



Dear Friends,

It is no secret, our new normal is living with uncertainty; for many of us anxiety is high. Along with our usual challenges of vocation and relationships we have closures, social distance, political tensions and pandemic fatigue. Psychologists are claiming that nationally, our anxiety and stress levels are at an all time high. Friends this affects our behavior, our faith, hope and love.

Some suggest we all need to take a deep breath, which is good, but beyond that how else can we manage our anxious worry? How do we silence the fear that can easily take our attention off of God and the grace and peace he has offered?

Some guidance is found in a letter to the first church in Ephesus. The Apostle Paul calls on the individuals and families in that particular church to be joined and held together and grow up in love.

*"14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind... 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."* Ephesians 4:14-16 (NIV)

This is good news, as we join and hold on together in Christ, as we build up one another in love, we will *grow up*. This is my prayer for you this week dear friend, no matter what you face, what high winds, storms or crashing waves appear, you will grow in Christ as we are joined together building, one another up in love.

Blessings,

A handwritten signature in blue ink, appearing to read "John".

Pastor John

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Rev. Dr. John McKeague

Trabuco Presbyterian Church