

Pastor Letter 5/11/2022

Dear Brothers and Sisters in Christ,

As part of my role in our local clergy group, it is my responsibility to maintain the email list and meeting reminders. Additionally, I forward messages from other faith leaders or faith-related events when asked to share. Twice now I have forwarded emails that have had negative responses from other faith leaders, whose religious beliefs may differ. As you are well aware, there is a growing anger around many things, but especially anything made political. Some have identified this as pandemic anger. Although I believe the pandemic did increase the political anger, I also think there is more to it than just the pandemic. This anger is showing up more and more, it seems we cannot escape it. Since we cannot escape the anger, what does the Bible teach us on how to become immune to letting this anger get the best of us? In an article by Dr. Frank Alexander Clark, a psychiatrist who says faith is a significant factor in his practice, offers a list of scriptures that point to ways we can become immune to this anger.

- Be mindful of your emotions/feelings and respond accordingly (Ephesians 4:26)
- Be open to the power of someone else's narrative. Be respectful of people's choices, even if they don't align with your belief system. (James 1:19)
- Be conduits of love and unity while deliquescing (dissolving) division. (Romans 8:38-39)
- Be faithful prayer warriors in all circumstances. (1 Thessalonians 5:17)
- Be clothed with "masks" that capture droplets of love and kindness. (Colossians 3:12)

I have found this list helpful to keep in mind when I must stop myself from reacting negatively and responding with my own beliefs. We may not stop others' anger, but we can stop ourselves from perpetuating any more anger and division. As we continue in these highly politically charged angered times, may we remember God's word to us as presented in this list and other scriptures and live into the love and peace that God calls us to share.

In His Peace,

Pastor Nicki

YouTube: live stream and recording can be found at <https://www.espresbyterian.com/worship/> or <https://www.youtube.com/user/ESPresbyterian>

Facebook: click on the link below near the time the service begins at 10:00am to watch the live stream <https://www.facebook.com/espresbyterian/>

Additionally, bulletins and an online hymnal have been put on the website and can be found at <https://www.espresbyterian.com/worship/sunday-bulletin/>

Ways to give- mail or drop of check/cash through no contact mail slot in office window. Drop off envelope in offering plates before or after worship services. Donate on our website by going to the home page at <https://www.espresbyterian.com/> and clicking on the Donate button in the upper right corner. Designate where you would like the money to go by using the note section