

As I remember it, Mother Teresa once said, "I know God will never give me more than I can handle. I just wish he didn't trust me so much." I always found those words comforting. It is comforting to know that even someone as faithful as Mother Teresa did at times feel a bit overwhelmed and even lost. Life does have challenges and often those challenges are unexpected and certainly not what we would ever choose.

There are times that we all wish we could just opt out...of just about everything. There are times that just about everything feels like it is going south and that we are trapped or stuck with no good plan for getting out of our mess. Michael Yaconelli, author of *Messy Spirituality* writes, "...getting stuck is the prerequisite to getting unstuck. Getting stuck is a great moment, a summons, a call from within, the glorious music of disaffection and dissatisfaction with our place in life. We get stuck when we want to change but can't, when we want to stop destructive behavior but don't, when the tug-o-war between God's will and ours stands still and we can't move."

I suspect we have all felt those moments of being stuck, trapped, paralyzed. It is often scary. Yaconelli continues saying, "Getting stuck can be the best thing that could happen to us, because it forces us to stop. It halts the momentum of our lives. ...we end up searching for Jesus. When we are stuck we are much more likely to pay attention to our hunger for God and the longings and yearnings we have stifled. Sometimes, being stuck is the low point and we then say, 'Okay, I give up.'"

Because life is wonderful and at the same time so often disappointing, or at least frustrating, it is essential for our physical, mental and spiritual health to remain fully connected to one another and God. It is then we grow...out of our stuckness. To do so, it helps to learn about those who faithfully overcame times that could have gotten the best of them. That's why I do hope you will join me each week for worship during February. We will be doing some self-reflection as we grow to understand our individual stories, our life adventures that we write, or create, with God. And, we will each hopefully come to understand that our stories continue. We need not remain stuck. Each of us and all of us together have the opportunity to reinvent who we are, rededicate our lives, find renewed purpose, and make a lasting positive impact on our friends and family and people we may not yet know.

What an adventure life is. Let's embrace it.
Let's do this...together, with God's help.

Blessings,
Barb