

First United Methodist Church

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Vacation is about a time away. A change of pace. A time of relaxing and renewing. As I write these words, I'm on vacation. I'm in north central Minnesota, near Park Rapids. I'm actually on an island in Lake Belle Taine. It's an island that is completely a campground.

So far I've ridden my bike, gone hiking, gone running, gone geocaching, gone paddle-boarding, gone swimming, sat at the campfire (almost every night), had a s'more (pretty much every day), eaten way too much food, walked the dog, cleaned up after the dog, finished two books, stepped across the Mississippi (headwaters), watched the sun set, and spent time with family. I think disc golf might be on the agenda for today. Oh yeah, I've tried fishing...but so far I've only been participating in the catch and release program.

All of what I've mentioned above has been fun and good. But for me, the best part of vacation is simply the change of pace. Allowing my mind to disconnect with my "usual" daily activities and to refocus and be refilled with new sights, sounds, smells, experiences, and thoughts. It's very good!!!

We all need a change of pace. In fact, the weekly Sabbath is intended to be a change of pace. Yes, it's a time to connect with God (also an important aspect of vacation for me), but it's a change of pace that sometimes helps one see things more clearly, or from a new perspective.

I hope each of you have taken some time in these summer months, and also in your week, to create some Sabbath time. God set it up for us in the creation story in Genesis, even God took a Sabbath...or created space for a change of pace.

I'll be home soon but there's a couple more fish (and s'mores) calling my name. I'll be back in the office on the 14th. God's peace be with you all!

Serving Together,

Pastor Keith

Thanks to Pastor Jerry for preaching and leading worship last Sunday. By the way, the Acts Road Trip Reading Adventure for this week is Acts 15, 16, 17, 18. The Reading Adventure for next week is Acts 19, 20, 21. Acts truly is an interesting part of the Bible, telling the story of the early church. There is much we can learn from the early Christians that speaks to our "Church life" today.

This week's sermon theme is "Can I see your License and Registration?" Those are truly dreaded words to hear on a summer road trip!!!