

October 9, 2018

Dear Grace Church Family and Friends,

Yesterday, I saw a Facebook post from our bishop, Mariann Edgar Budde, about a parish visitation she made on Sunday.

While at a church, a woman from the parish asked the bishop where she finds hope in what feels like a hopeless time. Knowing what a struggle that can be, the bishop acknowledged it wasn't easy, but then offered three thoughts on what she tried to do:

1. *Stay close to Jesus in prayer.*
2. *Surround yourself with people you love and who inspire you.*
3. *Draw on deep wells of wisdom from writers, philosophers, artists and activists.*

I have been thinking about what the bishop wrote, and I believe she is spot on, as usual. But, I would add two more ideas to the list:

4. *Work out. Exercise. Sweat out all that negative energy and re-motivate yourself.*
5. *Get outside. Enjoy nature. Walk among the trees. See the animals. Take in all the beauty that surrounds us, each and every day.*

How about you? Where do you find hope?

See you in church,
Andrew