

Day 74 | Monday, 1 June 2020

Today: those who are trying to do the right thing

We start a new month with some changes in the reopening process of our state. As we look forward to this process, we cannot help but be troubled by the violence and destruction taking place in many of our cities across this country. Those who are protesting peacefully are getting linked in with those who are causing destruction. I guess I have lived a fairly sheltered life in Western New York because I don't understand the mentality behind destroying businesses some of which have been family operated for years. The events of this past week trouble my spirit.

"Holy and loving God, you care for us in all the seasons of life, and you hold us as we recall the struggles and hurts of life. There are pains too deep for words and sorrows breathed out in every sigh. There are memories that still wound and losses that are still grieved. There are daily stresses that twist and strain the body and constant worries that whittle away at our joy in living. There is rejection from others and our own wounded self-esteem. There is violence on the streets and fear in our hearts. There are tears close to the surface and a river of woe that we usually hold back. Holy and loving God be with us now as we let Christ hold some of those painful memories. Amen" (Sourcebook of Worship Resources page 115)

From the Church Mouse:

We are doing a great job here in the Woodlands in taking care of each other. We are doing what we can to help others by making masks, etc. We are looking toward the future when, on June 2nd, we start phase one of the pond project. We occupy our time well, during the daylight hours, with exercise, cooking, cleaning the house and gardening. But what of the time when the sun goes down and the night is upon us. Our minds wander to the awful reality of our time. Checking on the news is necessary for us as citizens, but seldom does anything to relieve the stress of our minds and bodies.

So, consider doing the following with the Rev. and the Mouse: Stretch your way to a good night's sleep.

1) Stretch out your pretzel back

*Sit on the edge of your bed with your back straight and your feet on the floor. Put one hand on your chest, the other on your abdomen. You inhale, raise your head, gently arching your spine and slowly lifting your chest and collarbones as high as you can. Keep tilting your head back until you see the ceiling.

*As you exhale, draw your tailbone under and slowly round your back as you look down. This returns you to the starting position. Breathe slowly and deeply throughout. Repeat the sequence six times.

2) Stretch your cramped sides

*Sit on the edge of your bed with your back straight and feet on the floor. Rest your left hand on your left hip. Inhale and bend your torso to the left. Shift your weight onto your right buttock and stretch your right arm over your head.

*As your left buttocks rises, turn your head and look down to the left. Exhale; return to the sitting position. Repeat six times on each side.

3) Rotate your aching body

*Sit on the edge of your bed, back straight and feet on the floor. As you inhale, rotate your abdomen to the left. (It helps to think of your belly button as a headlight on a car that's turning.) Place your right hand on the outside of your left knee to help you turn.

*Continue inhaling as you lift your chest and rotate farther left. Tuck you chin down and look over your left shoulder behind you. Exhale back to the starting position. Repeat six time on each side.

Enough for today except for two things:

- 1) Don't watch the news after your stretch-out
- 2) If you need a demo, stop at the Mouses' house.

Your last stretch-out on Friday.