A Resource and Prayers for Times of Anxiousness

I’ve shared these with several pastors and church leaders in Homestead over the last week. They’ve been a big help when I feel my anxiety level rise from watching too much news, several hours a day on Zoom meetings, and thinking I’m reading a foreign language as I try to understand the CARES Act. The article is from Sojourners Magazine “Coping with Anxiety in a Pandemic” by J. Dana Trent. The Prayers come from the Celtic tradition, Northumberland and Iona. I keep them in front of me as a screen saver on my laptop. When I take a break from being digitally connected and the virtual meetings going on, they remind me of what God spoke to Elijah at Horeb:

*11 He said, ‘Go out and stand on the mountain before the Lord, for the Lord is about to pass by.’ Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. 13When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, ‘What are you doing here, Elijah?’ 1 Kings 19:11-13*

And they are a reminder of God’s grace and peace which surrounds all of God’s children. I hope they will be a blessing to you.

Grace and Peace,

Stephen Earl

COPING WITH ANXIETY IN A PANDEMIC

BY J. DANA TRENT

Sojourners Magazine March 24, 2020

[https://sojo.net/articles/coping-anxiety-pandemic](about:blank)

Christ, as a light

illumine and guide me.

Christ, as a shield

overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,

lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

in the mouth of each who speaks unto me.

This day be within and without me,

lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

God our challenger and disturber,

help us to confront

all that makes for death and despair

in our lives, our communities, our world.

May we never lose sight

of the possibility of transformation

and be continually surprised

by people who believe in one another.