

The Weekly Message from Darren Brandon (July 28, 2021)
“Sacred Rhythms”



Each spring, purple martins arrive and nest in the gourds that hang on a rack Lori’s dad welded from an old hay rake. The scouts arrive in early March, followed by younger martins around four weeks later.

All summer, they fill the sky with aerial flights swooping to catch insects and spend their time raising their young. One morning while picking blueberries, I heard the martins chattering. The sound continued a while, and then suddenly, they were gone. I’ve attached the video on Facebook so you can see them if you like.

Sometime in August, the Purple Martins will gather in flocks and begin their 4,000-mile migration to South America. They will return next year, a sure sign that spring is here. Year after year, they make this long journey to us. There is something deep within which guides them to these nesting grounds each year. I believe their migration is a sacred rhythm.

We also have sacred rhythms that give us life. We tend to do more or push harder to get what we want in life. Yet, what is most needed is to balance all our activity with simple practices that create space for God to speak. These ancient practices open our hearts to God’s transforming love.

One of those practices is sabbath. When we worship on Sunday mornings together, we listen for God’s voice in the prayers, singing, and hearing of God’s word. To include sabbath as a daily practice, I encourage you to join me in five minutes each day. Set a timer. Pause and say, “God, I am here.” Then listen.

May Grace, Mercy, and Peace be yours. Amen

Darren