

The Weekly Message from Darren Brandon
April, 2026

"Finding the Eddy"



I've always loved rivers. I have experienced contentment on their banks, skipping stones across a smooth surface, and I have known the rush of excitement navigating whitewater in a kayak. When you are on the river, one of the most important skills you can learn is to "read the river" - especially, how to find eddies.

An eddy is a calm pool of water created when the river current encounters an obstacle like a boulder or bend in the river. Paddlers use an eddy to rest and conserve energy. The river never stops its relentless flow, but the paddler must occasionally slip away from the rush.

Pausing when events are swirling all around is something Jesus does often. The events of Holy Week move at a swift and staggering pace, yet Jesus stops to get his bearings. He pauses at a friend's house in Bethany and is anointed by a woman with oil and love. There is the quiet intimacy of the Upper Room and the shadowed stillness of dark Gethsemane. Even on the most difficult part of his journey, when the weight of the world is too much to bear, someone steps out of the crowd to help him carry the cross - Simon of Cyrene.

Holy Week is not just a rush toward Sunday; it is a series of pauses, moments to catch our breath in the presence of the Divine. We can tuck ourselves into the quiet spaces carved out by grace. These are the eddies that sustain us in the darkest times.

May you find your place of rest this week, a place where Christ meets you with grace, strength, and peace. Blessings!

Darren