



This week, my e-mail has been filled with 'inReach' messages. 'inReach' is the new satellite messaging system that Ray is using this year when he is out on his canoe trips. (so I won't worry too much). It is a small, palm size device, that sends his GPS co-ordinates and one of a series of pre-set messages. The one I am hoping to get is 'Everything is OK'.

'In-reach' is an interesting concept. It first came up for me, when we were doing the visioning workshop at Trinity two years ago. I was used to the concept of 'out-reach', where we look out toward the world around us for opportunities to be supportive and helpful, but 'in-reach', where we shift our focus into our own Church community for opportunities to be supportive and helpful, was just something that I took for granted. It didn't need a name or identification. Until it did. And thank goodness it did. As Covid 19 has progressed, being intentional about Trinity's 'in-reach' has been crucial. With weekly updates, newsletters, pew pal connections, virtual worship services, the prayer chain, and much more, Trinity continues to stay connected both emotionally and spiritually.

But what these e-mail 'inReach' messages have really got me thinking about is 'in-reach' in a personal way, a soul way. Last Tuesday, I posted pictures of Ray and our oldest two granddaughters starting off on their annual Algonquin Park canoe trip. The pictures got our own daughters reminiscing about all their favorite summer things that they weren't able to do this year and how it made them feel blue.

This is a different summer. Our daughter described it in terms of an archeological dig, where an archeologist of the future, uncovering this layer in time, would find unique markers not seen before or after. And as Beth wrote about last week, some of these unique markers are bringing changes that we are struggling to get used to.

This is where I think the quote from Julian of Norwich comes in. "*All shall be well, and all shall be well, and all manner of things shall be well.*" Julian was a 14 century Christian mystic, and this is probably her most well-known quote. It was one of the 16 visions she had as a young woman when she was recovering from a serious illness. In a way, it is like an 'in-reach' from God to her soul, telling her that no matter how bad the world around her is, on the inside with God, all was well. For me, this has been a good 'in-reach' message this week. What about for you? What might be the 'in-reach' message from God that you can lean on right now?

Blessings in the journey. Mary Elizabeth