



11/13/20

2020 has been declared the most stressful year – EVER!!!! – and November (only half over...) the most stressful month.

HOW TO COPE???

Shirley Erena Murray has a prescription for us:

Come and find the quiet center in the crowded life we lead
Find the room for hope to enter, find the frame where we
are freed
Clear the chaos and the clutter, clear our eyes
So we can see all the things that really matter
Be at peace – and simply – be.

How often is it that we stop – and sit – in peace – simply to
BE?



Shirley Erena Murray 1939 – 2020

What wise and calming words Shirley shares in her hymn! A New Zealander, she wrote over 380 hymns (10 of which are in our Chalice Hymnal) addressing current challenges we all face. Railing against irrelevant or outdated lyrics, Shirley dedicated her entire life to addressing issues of peace, justice and compassion by writing hymns which take a fresh look at the Gospels, in search of truths for our living NOW.

Singing a hymn – or praying the words – is a great way to find a “quiet center,” even if you only have 5 minutes! Shirley’s are particularly wonderful for reflection...

Do your spirit a favor RIGHT NOW – and take 5 minutes to enter this link into your browser <https://www.youtube.com/watch?v=Eg4g-ZlKnM> and let the music of this virtual choir calm your soul.

Take a deep breath and let it out slowly while you listen...

