



September 25, 2019

A SPECIAL OFFER FOR YOU

If you are reading this, then I am pleased to offer you the opportunity to be free for the next five minutes. Wherever you are – whatever time of day or night – please receive this gift.

For the next five minutes, I hereby release you from any responsibility to contribute to society,
or to impress anyone, or to accomplish anything useful.

In this offer, you can spend the next five minutes free from worry. That's right, you do not need to worry about anything for a whole five minutes. You can let go of your anxiety for the nation and the world. You can release the grip of dread about what you've done or haven't done. During this reprieve from worry, maybe you can take a moment to notice something interesting, or funny, or beautiful. But remember, no worrying if you don't!

There is nothing for you to live up to, and nothing required of you.
You are loved, just the way you are.
You are loved, just for being you.
You are God's beloved child.
You are free to be your most real and glorious self, just as God made you.

And here's the best part. Five minutes is only the initial offer: it is endlessly repeatable.

Go ahead. Check the time. You've got five minutes...starting now.

I'll see you in church.

Peace,

Rev. Dr. Matthew Wooster
Senior Minister