

Notes for Sunday, March 29, 2020 service

Ken Wilson

“Sufficient unto the day is the evil thereof”—Jesus

Offer something for your **coping kit** that I learned from my Gammy who died in 1961.

Trouble sleep, Gammy popped into awareness: “Sufficient unto the day...” the verse Gammy repeated almost daily according to my mother. The grandma I don’t think of much until recently

- Born England **1887**
Mom died; father married Gammy’s best friend
- **Sailed to Canada** three weeks after Titanic
- **WW1**—16 million killed
- **1918 Flu Pandemic**
- **Great Depression** (4 kids, lost one to sickness)
- Her husband left for St. Louis—alone to fend
- **reading tea leaves** to make money
- husband had stroke; come to learn he had a new family there; she went to bring him back
- WWII, Gammy’s **sons drafted**
- **Cold War**
- Lived in room in a boarding house in Detroit
- Died in my bed, last words: “**Look Glen! Over there—pointing to my closet—the angels!**”

Never connected dots—Titanic, WWI, 1918 Flu, Depression, WW2, Cold War

For first time, “sufficient unto day ...” made so much sense.

Gammy had a **spirituality of resilience** and I didn't even notice

=

Israel had a spirituality of resilience, calling to mind the ordeals God saw them through

Dear friends, do not be surprised at the fiery ordeal that has come on you as though something strange were happening to you.

So many in our church have a spirituality of resilience: LGBTQ, POC

"Don't be surprised at the ordeal that has come on you..."

I was surprised by the 2016 election results; others, not so much.

So I've been learning from my Gammy, making use of what she gave me that lay fallow for too long: "sufficient unto ..."

When I go into the land of "What it..." or "What happens when...", take a deep breath and return my focus to this saying of Jesus, "sufficient unto the day... each day has trouble enough of its own"

12 Step Recovery is a spirituality of resilience and "One Day at a Time" is version of my Gammy's saying of Jesus.

Mediation—Reflection:

Scribing practice:

"Sufficient unto the day is the evil thereof" (King James)

"Each day has trouble enough of its own" (New International)

"Each day has enough trouble of its own. Tomorrow will have its own worries." (Easy to Read Version)

"The suffering of the (present) hour is enough for it." (a saying of the rabbis from roughly the same period as Jesus)

Cloud of Witnesses: Those who have gone before us surround us to encourage us—open your heart to an awareness of their help