

ECKDAHL, Kathy FAILES FAMILY

(Blinder)

++new name—Please also pray for all those affected by Covid-19, our first responders, medical care profes-sionals, and those out on the front lines to protect us.

# One Shepherd's Thoughts...



Have you heard this phrase before? Rinse. Repeat. It's been a recent slang expression. It is also called the shampoo algorithm.

You know the instructions on the shampoo bottle label? The phrase is a funny reference taken from hair washing guidance and applied to any action that needs to be replicated many times in order to reach a goal or change a behavior.

You could use these words for ordinary actions. Get up, go to work, come home, eat, go to bed – rinse and repeat. You can use these words for when we face a habit, desire, or that which is best implemented on a never-ending cycle.

Or—when we fight with an imperfect or resistant obstacle such as weight loss. To achieve something great—it often takes weeks, months, or years of planning and hard work. You go through phases of trial and error. You take two steps forward and one step back. You try this, you try that. You start again. You rinse and repeat.

Basically, it means to do it again.

These two words also contain spiritual aspects—repeat the essentials that connect you with God. The essentials that slow you down to hear God. To serve God. To love God more.

Prayer is not a one-time conversation.

Reading the Bible once through doesn't carry you through all the ups and downs of life.

You don't worship one time.

One act of service doesn't meet all the human needs around us.

I felt scattered last week. Once again, I realized over the past days I had shortened my morning time with God—I had skimmed the Bible reading, chatted away to God instead of being—instead of listening with God. Sigh! Time to rinse and repeat.

Rinse and repeat is a practice to help me stay consistent in drawing closer to God and keeping God number One in my life.

Rinse and repeat brings me once again into the hands of the Potter to shape me as God wills.

Rinse reminds us of our baptism—we are children of God. Rinse implies forgiveness and fresh starts each moment, day. Rinse is the refreshment of the Holy Spirit into our souls, renewing and nourishing our journey.

Repeat tells us that instead of getting frustrating that we failed once again, we humbly return to the Lord. He repeats his forgiveness, mercy, and love.

### Routines contain blessings.

Rinse and repeat help nurture routines, so our spirits continually realign with God. God's gracious loop of love given over and over again to us.

**How do or could you use rinse and repeat?** God be with you, *Rev Day* 

From Green Chalice News for May 2020:

## The Peace of Wild Things

### By Wendell Berry

- When despair for the world grows in me
- and when I wake in the night to the least sound
- in fear of what my life and my children's lives may be,
- I go and lie down where the wood drake
- rests his beauty in the water,

and the great heron feeds.

I come into the peace of wild things

who do not tax their lives with forethought of grief. I come into the

presence of still water. And I feel above me the day-blind stars waiting with their light. For a time

I rest in the grace of the world, and am free.



Wash, Rinse, Repeat:



## Looking Forward

- Our ability to greatly enhance the livestreaming of our worship service will soon become a reality. This is your opportunity to donate to this worthy cause. If you are interested in donating you can send a check (marked for AV equipment) to the church office or you can give on line to the worship fund through Give Plus. Thank you for your consideration!
- Sunday May 31 is Pentecost, there will be a special offering on May 31 and June 7. This special offering is an option on Give Plus.
- Sunday May 31 is also the start of BCC Mission Week—if you are wondering how you can get involved please see Rev. Day or Steven Blinder.
- The BCC Annual Meeting will take place on June 21 via Zoom, using our normal Fellowship meeting code. More information to follow in the June Newsletter.