

## **Clergy Corner—Rev. Marta Wheeler**

Each week in worship we warmly greet one another with “The Peace of Jesus Christ be with you.” How are we filled with the peace that we bless another with?

One of the ways is through spiritual practices such as studying the saints of old, centering prayer, and reading scripture in the lectiodivina way. Beginning in October, we will provide introductory lessons on spiritual practices at some M&M services.

October 21-22 we are offering a Women’s 24-hour Spiritual Retreat at the Benedictine Center near Schuyler, Nebraska. Going on retreat is a gift to yourself and an offering to God; it is one way to bring healing to your soul. Way too often we care for everyone else and then realize there is nothing left to give. Retreating from everyday concerns and taking time to be fully present to God is necessary for spiritual growth.

Usually I delight in walking rather fast. However, my basset hound forces me to slow down and meander about the neighborhood. At a slow pace, the opportunity to compose a Psalm and express gratitude to God is provided. It is in those moments that the Spirit of Christ fills me with joy so that I’m ready to do what needs to be done.