

# Connecting New

November, 2020

Can there be light without dark? Could we experience joy if we never knew sorrow? This month I share a poem and a painting that I hope offers some consolation in this truth.

## Even Though

To write it down steals its power.  
To name it to another person offers perspective  
and opens us to consolation.  
So I made two lists, sharing them with Jesus –  
what is stirring anxiety in me and what brings me joy.  
And indeed consolation did come  
as only a loving friend could offer,  
but what surprised me was that even though  
the pandemic rages on, the second list was longer.



In this season of both sorrow and joy, fear and gratitude, separation and communion, may we receive the love offered each moment by a God who delights in our very being.

Peace and Blessings,

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