

Rev. Laura Martin, in "Let Your Heart Be Troubled" encourages us to "feel all of it," even the troubling and the broken. May your heart be moved with compassion, love and action in the days, months and years ahead...

Let Your Heart Be Troubled

Let your heart be troubled.
Let your heart be troubled by all that points away
From Life,
That stands on the street and
Sells it out for 30 pieces of silver, still.
Let yourself be struck by grief,
Lost for days,
Fallen,
Left without words.
Let yourself be angry, without apology.
Let yourself feel all of it.
This troubling is holy too, says the One
who
Broke apart the world.
Let your heart be.
And then let your heart find rest
In the curve of grace,
In the space of the undone.
Let your heart find the place
Where you and Mystery meet, dancing,
In a warm enough night,
Or at the day's rising, watching tree and leaf blow.
Let your heart find rest in the washing of the dish,
In the walk with the dog.
Let your heart find rest in a voice remembered,
Or a letter written.
Let your heart find rest in thank you and amen,
In the ordinary and the sacred,
And the way these two are always meeting.
Let your heart be.



*--inspired by John 14:1: "Do not let your hearts be troubled. Believe in God, believe also in me." Amen.
By Rev. Laura Martin*

Let your heart BE! The Women's Table



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