

FROM THE PASTOR'S DESK  
February 2023

I have only a one minute,  
sixty seconds in it.  
Forced upon me, can't refuse it.  
Didn't seek it, didn't choose it.  
But it is up to me to use it.

I must suffer if I lose it.  
Give [an] account if I abuse it.  
Just a tiny little minute,  
But eternity can be found in it.  
~Dr. Benjamin Elijah Mays

About a year or so ago, I was scrolling on Facebook and came across an intriguing quote that said: "Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again." Many times, we as humans are so in a hurry trying to accomplish one thing after another, that we forget to slow down, to pause, to breath and to enjoy the time that we have now.

The time that we have with family, friends, and loved ones is precious. The time enjoying the freedom that we have inherited through our forebears is of the utmost importance. And even the time that we spend enjoying the simple things in life is sacred: like sipping from a warm cup of hot chocolate, on a cold snowy day; like the feeling of the pages between our fingers while reading a good book; like the time spent enjoying the loud silence that hovers over your home during the late nights/early mornings; like the time spent listening to children laugh and play in the grocery store—while their mother shops; and, like the time spent doing absolutely nothing. There is something sacred about these moments.

As you dance across the world's stage in the year 2023, make sure you take time out to slow down, to pause, to breath, and to relish in the present moment. And always keep in mind, "Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again."

Pastor Michael