



Evangelical Lutheran Church in America
God's work. Our hands.

Just This, Just Now

ELCA Presiding Bishop Elizabeth Eaton Weekly Video Message

Feb. 12, 2021

I don't know if you've ever had this experience, but one day, driving to work, when we did drive to work, I was so consumed by so many thoughts, so many things I had to get off my agenda, so many things on my to-do list, that I never really paid attention to any of the stop signs or stoplights. I did stop. But I don't know how I made it from home, and all of a sudden, there I was at work.

I was so distracted and thinking about so many other things, and I was so all over the place, that I was really wasn't anywhere at all. I think this has been our experience during this pandemic. The stress and the anxiety pile up. There's so many things to consider, to worry about, to get done, that we're all over the place. And because we're all over, we're nowhere at all.

My spiritual director told me this: when I'm getting into one of those times when I'm just thinking about everything and therefore nothing, she says, "Just say, 'Just this. Just now.'"

I hope that we can find some time during our days when we can say, "Just this. Just now," and be open to God's calming spirit. Be well, dear church.