



*The Practice of Repair*

Dear CUF folks,

Although some are better at it than others, I don't think anyone is able to get through a time of uncertainty about one's own or a beloved's serious health problem without anxiety. Waiting on test results, going to yet another provider hoping for a definitive answer; the time of not-knowing allows one's worst fears to grow unchecked. While we wait, we may do things to distract ourselves, and take special care of ourselves/others, but we can't take action to address the problem without a diagnosis.

This election season has been a similar experience –waiting for the test results for the diagnoses of our body politic. In the months and weeks leading up to the test, we worked to get out the vote, to be informed voters and maybe have campaigned for those candidates or causes we believe in. We know that the test results may take some time, so the uncertainty and anxiety will continue to grow for...days? Weeks? Longer?

***Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. ~L.R. Knost***

And then what? Once the election results are known, what will be the actions that we take as UUs, as a UU congregation? Whatever the results, we know that we will need to work to repair what has been broken: hearts, trust, faith, relationships. Whether the diagnosis is best case or worse case, we will need to work to repair civic discourse, and democratic systems that we never dreamed would be eroded. We will need to continue work to repair injustices done to the most vulnerable people, animals, ecosystems.

Whatever the results, we will need to continue our spiritual practices to sustain us for the work ahead. Our congregational spiritual practices – Sunday and Vespers Services, Covenant Groups, Choir, Social Action activities and more –nourish us for the life-long repair work that is love. These are the actions we can always take together, in all seasons.

Peace,

A handwritten signature in black ink, appearing to read 'L.R. Knost', written in a cursive style.