May 4, 2021

Dear Friends,

If you heard my sermon on Sunday – in person or online – you might remember that I encouraged each of us to focus on our unique life journey. I hope each of us will give some time to recalling those who have made significant impacts on our journey.

Whether these folks were with you for years or for a brief encounter, who has played a significant role on the quality and direction of your path? Who has opened your mind to new insights or spurred you to greater heights or walked alongside you through a rough stretch?

The quality of our journey is best when we make it with friends. These are special individuals we love to be around when life is a celebration and who we can call on when life crashes.

Priest and poet John O’Donohue wrote a great deal about Celtic spirituality and one of his favorite themes was “anam cara,” which is Gaelic for “soul friend.” Here is a beautiful blessing he wrote about the joy of having friends and being a friend. I hope you will read it slowly and allow its lines to sink into the depths of your being. I think of it as an addendum to Sunday’s sermon.

**A Friendship Blessing**

*May you be blessed with good friends.*

*May you learn to be a good friend to yourself.*

*May you be able to journey to that place in your soul where there is greater love, warmth, feeling, and forgiveness.*

*May this change you.*

*May it transfigure that which is negative, distant, or cold in you.*

*May you be brought in to the real passion, kinship, and affinity of belonging.*

*May you treasure your friends.*

*May you be good to them and may you be there for them; may they bring you all the blessings, challenges, truth, and light that you need for your journey.*

*May you never be isolated.*

*May you always be in the gentle nest of belonging with your anam cara.*

I hope you will be on the lookout for ways to enrich the journeys of others, knowing that when you bring joy to another, it rebounds to you.

Blessings,

Gregory Knox Jones

Senior Pastor/Head of Staff

P. S. If you wish to join us for in-person worship in the sanctuary this Sunday, May 9, please click here to make a reservation.