

Good morning,

Psalm 19:7-10 speaks in glorious tones of the law, the decrees, the precepts, the commandment, and the fear of the Lord as reviving the soul, making wise the simple, rejoicing the heart, enlightening the eyes, enduring forever, and to be desired. Wow! That's a lot of praise for what God has to say to us. Jesus spent his life trying to get that good news through to us. The last verse adds that this is all ***more to be desired than gold, even much fine gold.***

So, let me tell you about how I spent part of a day off recently...



A friend of mine goes panning for gold in the Nanaimo River as a stress reliever, a way to find balance for a busy life, and to spend time in the wonder of creation. He asked me if I would like to come along sometime. I did, and went with recently. We met in the woods a little south of Nanaimo and then walked and climbed down to the water. We wore chest waders and walked through and across the river for 15 minutes to a gravel bed on the other side. We dug in the wet gravel and he showed me how to "pan" for about 4 hours. The rush of the river and the beauty around us was wonderful as we sat in the water panning for specks of gold. He commented, "*Nobody would ever get rich doing this here, but isn't the setting beautiful!*" I had to agree. You can see a sample of gold in my pan. There is more to life than chasing after it.

On the long walk in the river and then up a steep hill back to the car, I had an unexpected immersion experience as I lost my footing on slippery river rocks in the thigh deep water. It was surprising and invigorating as the current filled my chest waders up to my knees before I was back on my feet. The climb up the hill, now that I was also carrying 30 pounds of water around my legs, was a great workout. My kind friend encouraged me and said, "*That has happened to me too!*" We laughed and carried on. I learned again that the joy and adventure related to the love of God is "***more to be desired than gold, even much fine gold.***" The gold on the ring finger of my left hand is sufficient for me.

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Coming up at Hope:

Oct 3 @ 10:00 a.m. *Hymn Sing* on Zoom

Oct 4 @ 8:30 a.m. *Men's Group* in person and on Zoom

Oct 4 @ 9:00 a.m. - Noon. *Hope Quilters*

Oct 4 @ 10:15 a.m. *Hope Men's Chorus* practice

Oct 6 @ 10:00 a.m. *Sunday Worship* (Zoom opens at 9:30 a.m.)

Oct 6 @ immediately following the service: **Meet & Greet** the Afghani refugee we have sponsored..

Oct 8 @ 1:30 p.m. *Tuesday Afternoon Bible Study* on Zoom

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On October 6, following the worship service, we will host a brief ***Meet and Greet*** of the Afghani refugee we have sponsored. Stop in for coffee and cookies and meet ***Fatima!***

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The *Sunday service* and *Invitation to Zoom* will appear in your email as usual on Saturday morning.

The Lord is with us.

Pastor Terry