



Monday Musing: December 30th, 2024.
Let It Be...

Over the last week or so, I have been listening to family and friends start to talk about the New Year and their New Year's Resolutions – just like every year. And some people have said, like the radio announcer earlier this morning, that sometimes our New Year's Resolutions are really just last year's resolutions, or the year before that, or before that... You get it. Why do we put so much pressure on ourselves!? And then we do it over and over again? It can't not affect how we feel about our ability to change or do whatever it is or was that we set out planning to do or to be.

While digging around in the basement for some old records for yesterday's service, I came across *Let It Be*, one of my favourite 45s when I was young. There were a lot of other 45s and LPs too but this was definitely one of my favourites and it brought back memories of Algonquin Park and going there as a counselor for grade 7 and 8 kids while I was in high school. The song itself though, I always felt had such wisdom in its words: Let It Be. Sometimes we need to Let It Be in life, don't we?

What if instead of New Year's Resolutions this year, we chose to Let It Be, and just be instead? What if we let go of targets, goals, workout plans, diets, dry January, plans for tidying, cleaning, or whatever, and just 'be' instead? What if we take all the stress of those "I'm going to do this" and focus on "I'm going to be" and with that just 'be' the best we can be at any given moment?

What if we accept ourselves and love and trust the goodness in ourselves and our own ability to grow that acceptance, love and trust through the year? What if we were to trust the divine love in each other and just help each other along the way?

My understanding of the lyrics of the song Let It Be is that some believe Paul McCartney was speaking about Mother Mary, Jesus' Mother, and others say no, that in an interview he said he was really thinking about his own mother. Whichever it may be for you, there is a lot of wisdom in the words of *Let It Be*. For me, the most important are 'let it be' and with those words, also the words 'let life unfold and don't be afraid.' Thanks Dad.

May we each welcome the New Year with hope for peace and to simply be the very best we can be, and love the very best we can - ourselves, each other and the world,

Shalom, my friends, shalom,
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Prayer

Gracious God, as this new year unfolds,
Let us take the pressure off,
Let us let go of gallant goals, extreme expectations,
And supreme promises to do more of this, or less of that.
God, as this new year unfolds,
May we help each other to let it go,
Let it be and let all unfold as it will without fear.
Let us trust in each other's wisdom,
And loving purpose to be there, to speak and to act,
To imagine and to dream, with kindness, honesty, and love,
To be the best we can be, with and for each other,
In every moment and with every breath.
And may we let it be, let us be,
So that we might focus on being the love you call us to be
In every way and every day and every night of our being.
Amen.

Scripture this Week

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| Jeremiah 31:7-14 | The people return home singing and dancing. |
| Psalms 147 | God's word goes out to the ends of the earth. |
| Ephesians 1:3-14 | Our inheritance through Jesus Christ. |
| John 1:1-18 | The Word became flesh and lived among us. |

TR Question (theological reflection)

How does the word become flesh and walk among us through you today?

What might you have to let go, or let it be?

What do these lyrics say to you?

When I find myself in times of trouble, Mother Mary comes to me
Speaking words of wisdom, let it be
And in my hour of darkness she is standing right in front of me
Speaking words of wisdom, let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be