

TIME(S) CHANGE

This past weekend we experienced another time change. The phrase "fall back and spring forward" reminds us which direction we need to change our clocks at this time of year. Regardless, whether we move our clocks back or forward an hour, we have experienced a change in our time. These time changes can affect us in different ways. One person shared with me on Monday how he showed up to church one hour early on Sunday morning, at 9:30 as opposed to 10:30 a.m. I have seen the opposite happen in spring when a person showed up near the end of a church service having forgotten to move their clock ahead.

When my father was alive, he used to struggle with the time change often complaining how it disrupted his sleep patterns. Apparently, the time change has an impact on drivers as well. A commentator on the radio reminded listeners that the likelihood of drivers being involved in an accident increases shortly after the time change. What I notice most about the time change is the impact it has on peoples' daily routines. For instance, when we "fall back" I notice:

- how children are no longer at the park after supper playing with friends
- how people are getting out for their walks in the day earlier rather than taking a stroll after supper.
- how people settle in for the night earlier and pull their blinds down.

Time changes can have these and other effects on us. However, time changes do not always have to do with keeping up with "Day-light saving". Time itself can see us undergo certain changes. I was reminded of this as I finished a television series recently. In the final episode of this series this extended family underwent a series of changes:

- their one daughter accepted a job in Europe after graduation,
- their youngest son was accepted to college in Oregon and would soon be leaving,
- their other daughter had recently married and now was moving into an apartment with her husband,
- their brother and his partner moved back to the mid-west after accepting a new job.

It was a time when this family was experiencing so many changes all at once. Time can bring changes for us as well. As the writer of **Ecclesiastes** reminds us, time has a way of helping us to love one moment and hate the next; laugh one moment and cry the next; have something one moment and throw it away the next. While we cannot avoid being affected by how time changes things, we do have the ability to maintain a level of peace and assurance despite any new realities. I was reminded of this truth by God when He placed on my heart the familiar hymn "He Leadeth Me: O Blessed Thought." The opening verse to this hymn is:

**He leadeth me: O blessed thought!
O words with heavenly comfort fraught!
What-e'er I do, wher-e'er I be,
Still 'tis God's hand that leadeth me.**

As we sing subsequent verses of this hymn, we are reminded how, no matter what changes time may bring about in our lives, we have the choice to ***keep clasping God's hand and to allow Him to lead us through.*** Even if this time change brings deepest gloom or troubled waters, we can rest assured that ***God is leading us through them.***

I pray that the only time change we may be going through at this time is falling back one hour in time, but if this season has brought on new challenges, may we find assurance in clasping God's hand and letting Him lead.

If you had to hear me sing this hymn it would not provide much inspiration, especially when you would have to cover your ears. Reminding you of this hymn hopefully provides you with inspiration to endure this and every time change in life.

Keep Safe and God Bless,

Pastor Dean