

From the Corner: *Vulnerability*

This is a scary time in our history. People are getting sick from this virus and some are dying, economics are unstable, jobs are being cut to part-time or eliminated completely. These realities touch all of us, even essential persons on the front lines. We are all feeling vulnerable and at risk.

My mother lives in an independent-living apartment in a multi-care retirement community. I am diligent in checking in with her daily by phone and visiting her regularly even though to do so we must sit on her patio with our masks on and talk through the screen door. We are both deaf in our left ears and the conversation can become quite humorous at times due to not hearing accurately which generates lots of laughter.

Recently I went to see her and 20-minutes into our visit my cell phone rang. The caller informed me that they had tested positive for COVID19. There I sat with my 91-year-old mother realizing now that I had been in contact with a person who has the virus. I informed my mother and everyone else connected immediately. How could this have happened. I have meticulously kept myself safe, wearing masks, sanitizing my hands, wiping down groceries and surfaces, etc. so that I might continue to be available to the needs of my congregants and my mother.

This pandemic has not only brought a deadly virus to us but also heightened bouts of depression, loneliness, and vulnerability.

In my ministry I have met plenty of people who feel vulnerable, as well as those who avoid being in a place of vulnerability (including myself). They avoid it as if it was a pandemic. And yet love, belonging, and connection always involves being vulnerable. Vulnerability can be a catalyst for courage, compassion, and connection, as Brené Brown says in her book, *Daring Greatly*. Our willingness to be vulnerable, engaged in life, brings about connections, and connection is why we're here.

Life, with or without a pandemic, involves being vulnerable. We face these risks daily and sometimes moment by moment with ourselves, others, and God.

Cast all your cares on God, who cares for you. -1 Peter 5.7-11

I will never leave you or forsake you. -Hebrews 13.5

Journey well,

Pastor Keith



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