



July 20, 2026

Being Brave?

In my last Faith Matters piece, I prayed to be brave. That was April and I didn't know how brave I would have to be. I'm not so sure I have been brave, but I have been humbled and slowed.

I have always thought of myself as very healthy. My primary care provider went so far as to tell me I was her healthiest patient last year. I've always told myself I owe this to good genes. Now I know that even those of us with good genes can have problems. None of us are immune.

Now I am spending July recovering from lung surgery. I can't walk very far without getting winded. I still have some physical pain. I am not allowed to partake in my favorite summer activity: jumping in the refreshing water of Lake Michigan or Crystal Lake.

Instead, I get to sit on my porch and read or talk with friends and family. I get to take a nap most every day. And as I learned from Pierre Teilhard de Chardin, I must trust in the slow work of God. My body slowly heals as I watch the world in bloom and listen to the birds and crickets and squirrels and grandchildren chatter.

I have witnessed so much love and care from friends at St. Andrews and elsewhere, and my wonderful family. I have witnessed love in cards, words, food, care, conversations and prayer. I am very grateful for all these gifts.

This experience has reminded me of the beauty of slowing down, so my gift to all of you is a poem by Mary Oliver appropriately called "**The Gift.**"

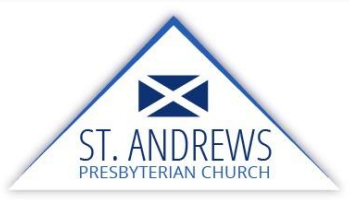
*Be still, my soul, and steadfast.
Earth and heaven both are still watching*

*though time is draining from the clock
and your walk, that was confident and quick,
has become slow.*

*So, be slow if you must, but let
the heart still play its true part.
Love still as once you loved, deeply
and without patience. Let God and the world
know you are grateful.
That the gift has been given.*

~Written by Barb Perry

Click [HERE](#) to read previous "Faith Matters" articles



8190 Lincoln Rd. Beulah, MI 49617
231.882.4241
www.benziestandrews.com



Benzie St. Andrews | 8190 Lincoln Rd | Beulah, MI 49617 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!