

Dear Friends,

There are two notices with this letter: an invitation to this evening's discussion on "Peace," and a very helpful and timely informational sheet written by church member Karen Mazza on securing a Covid-19 vaccination. The document can be found [here](#).

Amid the many problems on the rise caused by the pandemic, here's one more misery to add to the list: **foot ailments**. People aren't seeking the care of professionals that often wards off toenail troubles. Spending more time at home, people are wearing slippers or socks without shoes that usually don't give adequate arch support. People are going barefoot that not only decreases the aforementioned arch support, but can also lead to stepping on sharp, painful objects as well as stubbed and broken toes.

I am going to resist listing any more foot and toe injuries and infirmities. It's just too painful to even think about it! But on the positive side during the pandemic, perhaps your feet have taken you on more walks outdoors. I know that when the lockdown began just about a year ago, I was amazed by the increased number of people who were out walking in our neighborhood.

Jesus, of course, did a lot of walking as he went from town to town, teaching and healing, and calling disciples. We read about him walking on water, walking the long road carrying the cross to Golgotha, and then walking on the road to Emmaus as the Risen Christ.

Later on, his disciples – including the Apostle Paul – spread the message of the gospel by walking. Undoubtedly, well-acquainted with blisters and bunions, and possibly bursitis and tendonitis, Paul walked and walked sharing the good news, often using the imagery of walking in his epistles. "Walk in newness of life," he wrote to the Romans. "Walk by faith not by sight," he wrote to the Corinthians. "Walk by the Spirit," he wrote to the Galatians.

Paul was not a podiatrist nor a shoe salesperson, but still, he was called to write to the Ephesians these words: "As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace." Could Paul have imagined that centuries later, the work of evangelism, peace, and justice might just depend on our footwear and our feet?

Think about the rallies, marches, and nonviolent protests that have brought real change for peace and justice. In his compelling work, "Letter from a Birmingham Jail," Martin Luther King, Jr. wrote:

"One day the South will recognize its real heroes ... They will be old, oppressed, battered Negro women, symbolized in a seventy two year old woman in Montgomery, Alabama, who rose up with a sense of dignity and with her people decided not to ride segregated buses, and who responded with ungrammatical profundity to one who inquired about her weariness: ***'My feets is tired, but my soul is at rest.'***"

Whatever the condition of our feet, may our souls be at rest as we are comforted by the knowledge that we are doing what we can to live and share the good news of Jesus Christ. And may tomorrow, **March Fourth**, be a reminder that we need to **march forth** into the world wearing the shoes on our feet that will make us "ready to proclaim the gospel of peace."

God bless,
Jane

P.S. I hope that you join us this evening, Wednesday, March 3 at 7:00 p.m. on Zoom for our discussion about what brings us peace. Deacon Karen Rettich is leading the conversation and all are welcome to attend!

Topic: First Church Portland's Lenten Series: Peace

Time: Mar 3, 2021 07:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89816332973?pwd=aFhtbkU3ZEFCWW5VMm9UZ0xVUFJMdz09>

Meeting ID: 898 1633 2973

Passcode: 179082

Find your local number: <https://us02web.zoom.us/j/89816332973?pwd=aFhtbkU3ZEFCWW5VMm9UZ0xVUFJMdz09>