

## The Laity Minute by Kelly Price

It is that time of year again. The time that all golfers dread: cold weather. While there are days one can get outside in the winter to enjoy the air or get some exercise, there are more days when doing this just isn't possible. I guess going outside and golfing in freezing cold works for some, but not getting sick is a bigger priority in my book.

So, when these super cold days occur, it relegates me to finding alternative forms of exercise. I've been known to put on my running shoes and trot up and down my stairs a few times. I have gotten as desperate as running in place. We bought an exercise bike recently, so I have begun to use that, as well. Granted, I am getting some form of movement with all these various activities. But, they all seem to have one thing in common: I'm not getting anywhere.

With walking or hiking, I move forward. When I golf, I am physically progressing to the next hole. When I kayak, I am paddling through the water moving toward my destination. But, when I run in place, I'm not moving anywhere and the same is true with the exercise bike. I can pedal as hard as I want, but I haven't moved an inch.

That same feeling of not getting anywhere may be true for many of us right now. Of course, the pandemic had/has much to do with that. The Methodist church is at a standstill because we have not been able to have General Conference. We cannot plan ahead very far because we simply don't know what's next. Can we have that meeting? That event? This feeling of "I can't move on" has been annoying, frustrating and to some, even depressing.

But here's the thing: being still is ok. There is so much that can happen while we are not moving forward. We can listen. We can be quiet and we can be patient. We can learn. God is there when we are moving forward at the speed of light and God is there when we are not moving a muscle.

As we continue to navigate our future as a church and our personal future, we can remember moving forward can be a useful, productive, and purposeful thing. But, we can also remember riding the exercise bike can remind us of how staying in one spot can be just as enlightening. So, keep pedaling. You are making just as much progress by not moving one inch.

*Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.*

*~Psalms 46:10*

Peace.