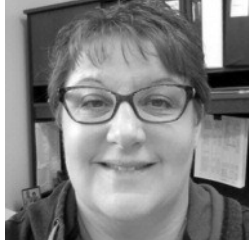


**Pastor's Pen**

Co-Pastor Joanne Fraser

Ribstone Community  
of Christ

I have never been very good at meditation. During a moment of silence I become anxious and distracted very quickly. I don't think that this makes me a bad person. I think it means that I am a person that needs to pray and reflect in a manner more suited to my personality. Today I attended the Remembrance Day service at our local school. The service was wonderful. During the moment of silence, while I was trying my best to reflect on the reasons we celebrate Remembrance Day, I noticed that many people began to get restless after about 15 or 20 seconds of silence. I was actually relieved to note that I am not the only one that finds a moment to be a very long time.

I was disappointed in myself today for not

being able to have a thoughtful moment thanking those that have fought for and continue to serve for our freedom. I should be able to do better than that. I am thankful and am overwhelmed by the sacrifices those men and women have made for our country. I just have to be grateful and show my appreciation and respect in some other way. I have to forgive myself and allow myself to try again next time. I will not choose to stay away from the Remembrance Day service because I have this particular shortcoming. I will keep attending and one of these times

I'll get it right.

There was a time when Jesus wanted to be alone to pray in the garden of Gethsemane, so He asked His disciples to stay and keep watch while He went further into the garden. When He returned He found them all asleep. He asked Peter, "Could you not keep watch for even one hour?" I'm sure the disciples had tried to keep watch, but were simply overcome by sleep. I don't feel that the disciples had intended to let Jesus down. Jesus was disappointed, but He understood. Jesus did not dismiss the disciples and tell them that they had

failed. He gave them another chance. He let them remain with Him. Jesus allowed the disci-

ples the opportunity to show their love and respect for Him in other ways.

More  
Pastor's Pen  
P. 19

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