

### The Book of James

I read the article in the newspaper written by Terri Simon on Faith and Values, and it gave me encouragement and strength. I am going to share with you excerpts from her writing from the Book of James. The letter of James offers guidance to a community that is facing many trials, persecutions and illnesses, and in spite of all the trials and hardship, Christianity grew because Christians took care of the sick at great risk, and comforted the dying, and brought solace to those afflicted by deadly illnesses. The Christians demonstrated what they believed and gave a message of hope for the future. As a result Christianity had unprecedented growth in those times of chaos.

So how do we respond to this epidemic we are facing in 2020? James talks about perseverance, kindness toward others and patience. As our stay at home grows longer, it is hard to be patient and we all feel a bit frustrated. James tells us perseverance strengthens our character. He also tells us our faith inspires us to do good works and help provide for the poor. "Let everyone be quick to listen, slow to speak, slow to anger, he writes." Kindness in times of shared suffering can bring hope to others, Terri said the letter of James could be a "stay at home guide book" for all of us. Practice kindness toward others, call a friend, check on elderly neighbors and be patient with those around us. We are all in this together. This too shall pass.

