

Sermon, June 28th, 2020 (Proper 8A)
The Rev. Sylvia Miller-Mutia with Donnel Miller-Mutia



Prophet Jeremiah



Babylonian Exile ~600 BCE



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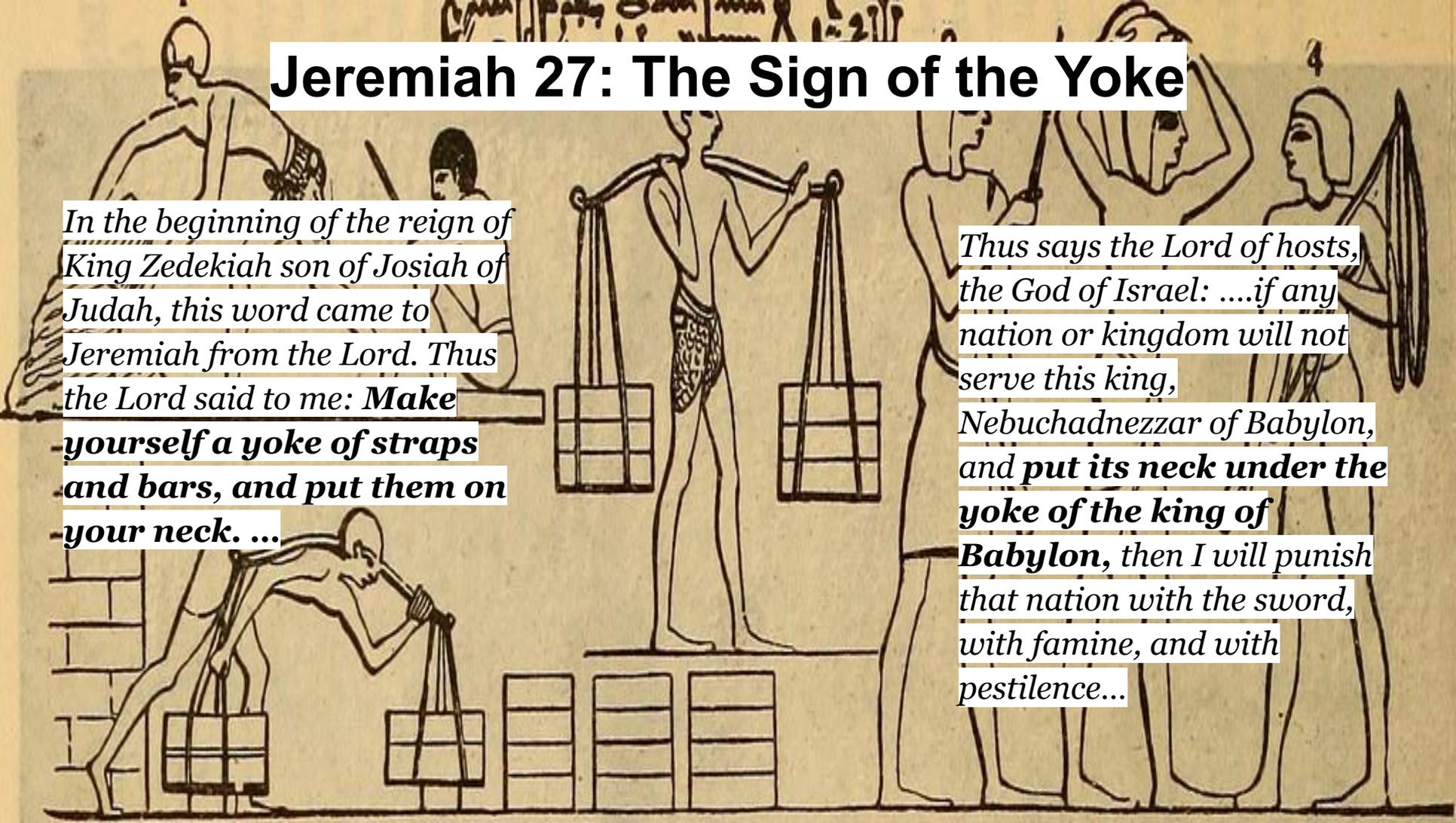
profeta e di sua vita.



Jeremiah 27: The Sign of the Yoke

*In the beginning of the reign of King Zedekiah son of Josiah of Judah, this word came to Jeremiah from the Lord. Thus the Lord said to me: **Make yourself a yoke of straps and bars, and put them on your neck. ...***

*Thus says the Lord of hosts, the God of Israel: ...if any nation or kingdom will not serve this king, Nebuchadnezzar of Babylon, and **put its neck under the yoke of the king of Babylon**, then I will punish that nation with the sword, with famine, and with pestilence...*

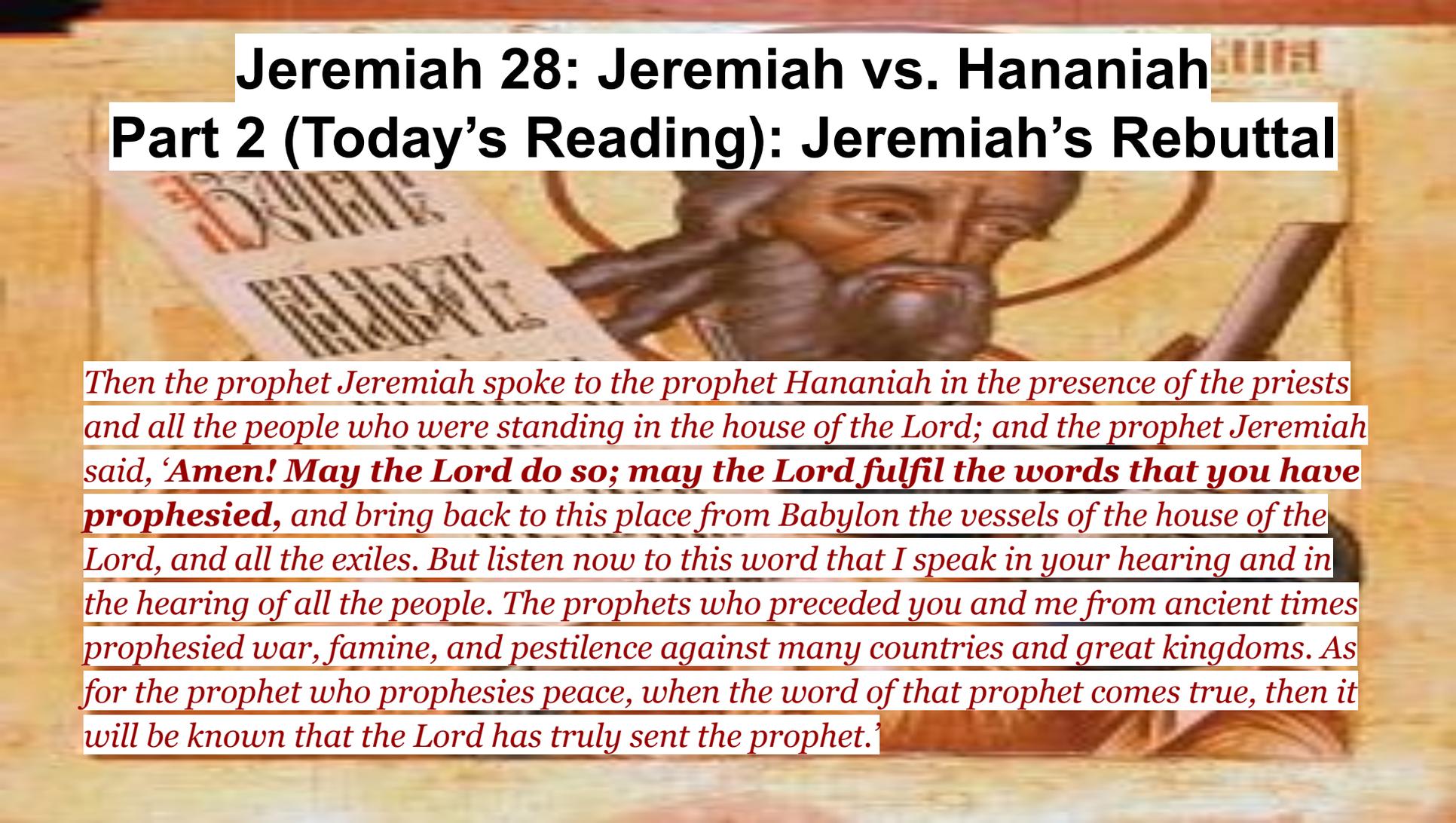


Jeremiah 28: Jeremiah vs. Hananiah

Part 1:

Hananiah tells the people what they want to hear

Hananiah says: *'Thus says the Lord of hosts, the God of Israel: I have broken the yoke of the king of Babylon. **Within two years** I will bring back to this place ... all the exiles from Judah who went to Babylon, says the Lord, for I will break the yoke of the king of Babylon.'*

The background features a classical-style illustration of a prophet with a long, dark beard and hair, wearing a dark robe. He is looking slightly to the right. In the foreground, there is a large, open scroll with Hebrew text written in black ink on a light-colored parchment. The scroll is partially unrolled, and the text is arranged in columns. The overall color palette is warm, with golden and brown tones.

Jeremiah 28: Jeremiah vs. Hananiah

Part 2 (Today's Reading): Jeremiah's Rebuttal

*Then the prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the Lord; and the prophet Jeremiah said, 'Amen! **May the Lord do so; may the Lord fulfil the words that you have prophesied,** and bring back to this place from Babylon the vessels of the house of the Lord, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the Lord has truly sent the prophet.'*

Jeremiah 28: Jeremiah vs. Hananiah

Part 3: Hananiah throws a fit, then dies

Then the prophet Hananiah took the yoke from the neck of the prophet Jeremiah, and broke it...At this, the prophet Jeremiah went his way.

*Some time after the prophet Hananiah had broken the yoke from the neck of the prophet Jeremiah, the word of the Lord came to Jeremiah: Go, tell Hananiah, Thus says the Lord: **You have broken wooden bars only to forge iron bars in place of them!***

*And the prophet Jeremiah said, 'Listen, Hananiah, the Lord has not sent you, and you made this people trust in a lie. .. Within this year you will be dead, because you have spoken rebellion against the Lord.' In that same year, in the seventh month, **the prophet Hananiah died.***

Jeremiah 29: Good News and Bad News

Restoration? Yes!

Really Soon? No!

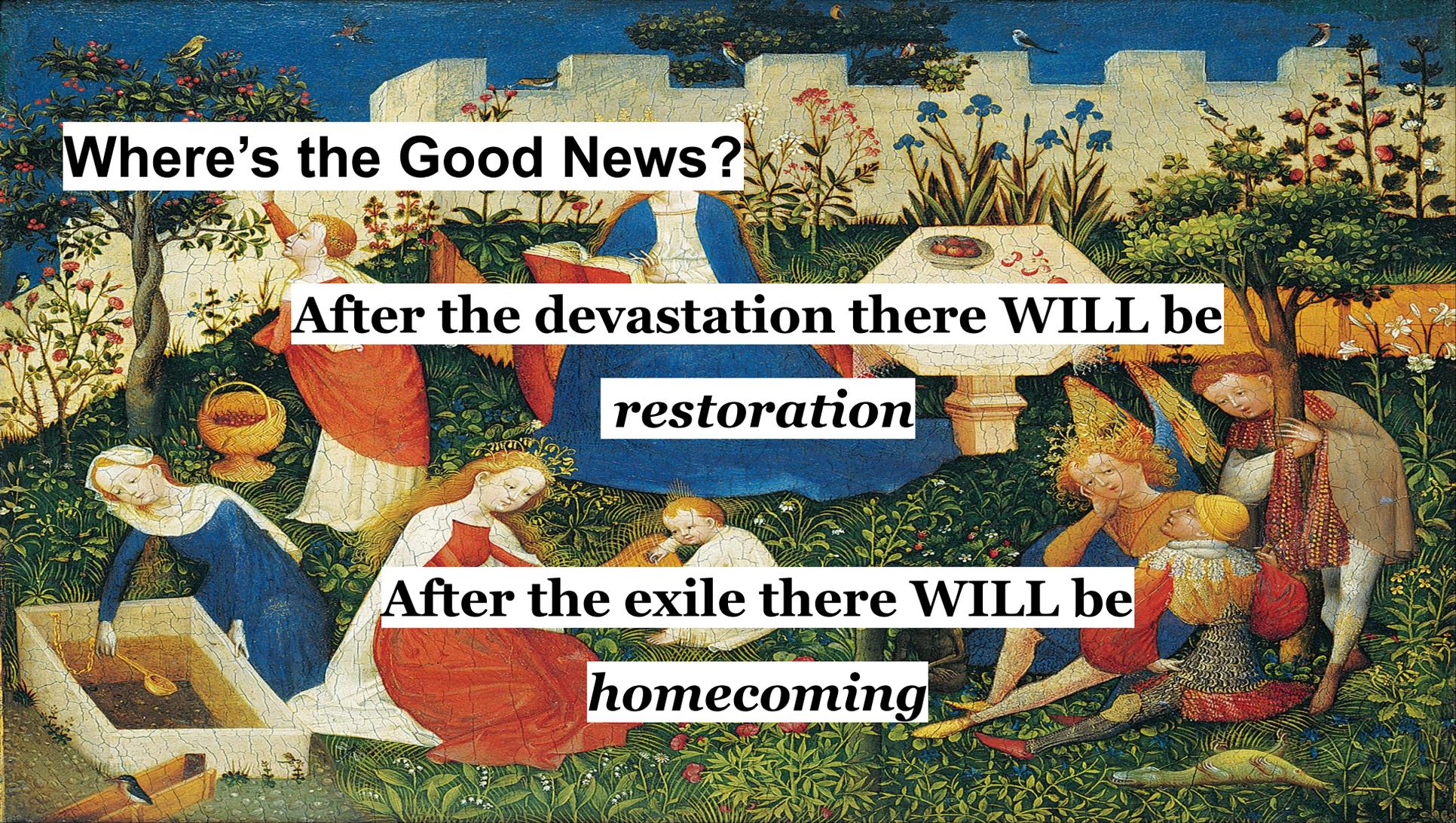


In the “Exilic Period”...



Which yoke will we choose?



A medieval manuscript illumination depicting a garden scene. In the background, a white stone wall with crenellations stands against a blue sky with birds. In the foreground, a woman in a red and white dress stands on the left, holding a basket. A man in a blue and white robe sits at a table with a plate of fruit. A woman in a blue and white dress is kneeling by a well on the left. A woman in a red and white dress sits in the center, and a child sits next to her. On the right, a woman in a red and white dress is being attended to by a man in a brown tunic. The scene is filled with lush greenery, flowers, and birds.

Where's the Good News?

After the devastation there WILL be
restoration

After the exile there WILL be
homecoming



In the time of exile...

How do we persevere?

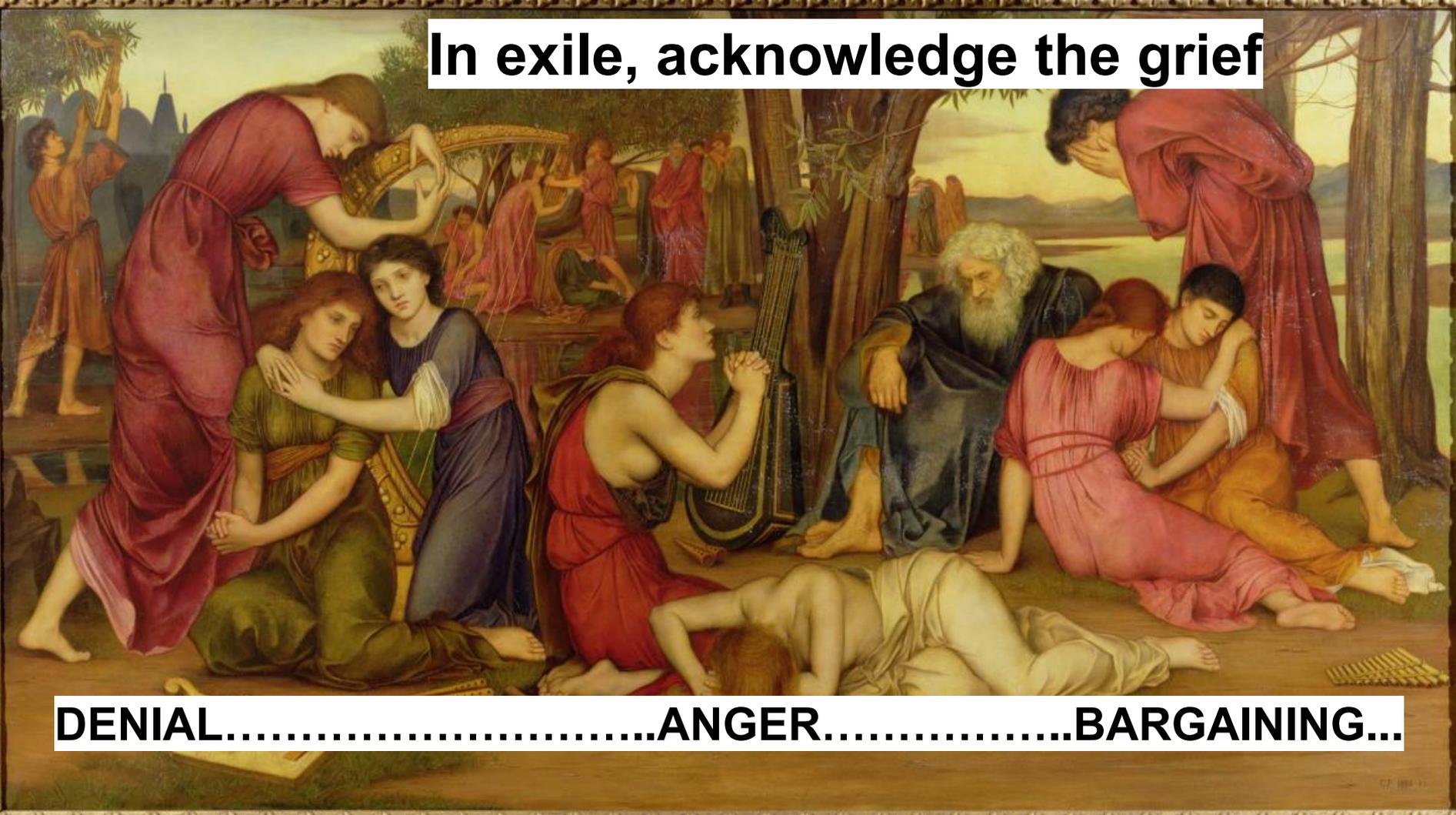
How do we preserve hope?

How do we GROW AND FLOURISH?

In exile, acknowledge the grief



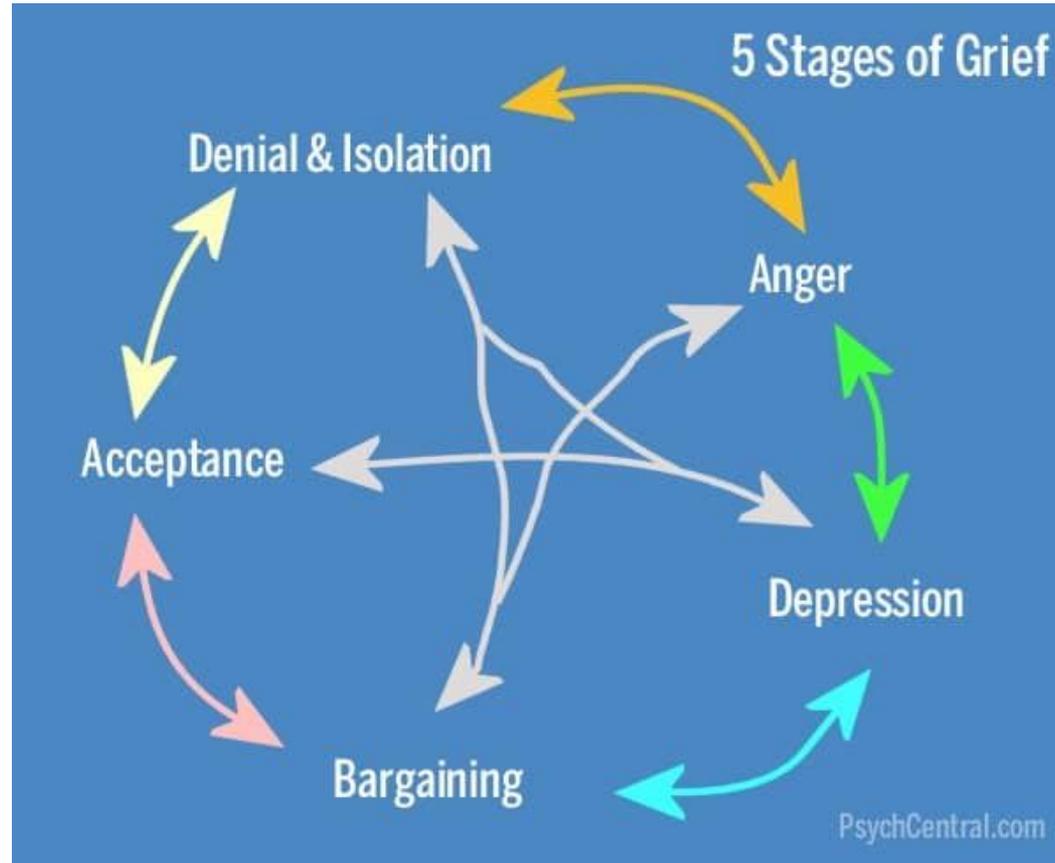
In exile, acknowledge the grief

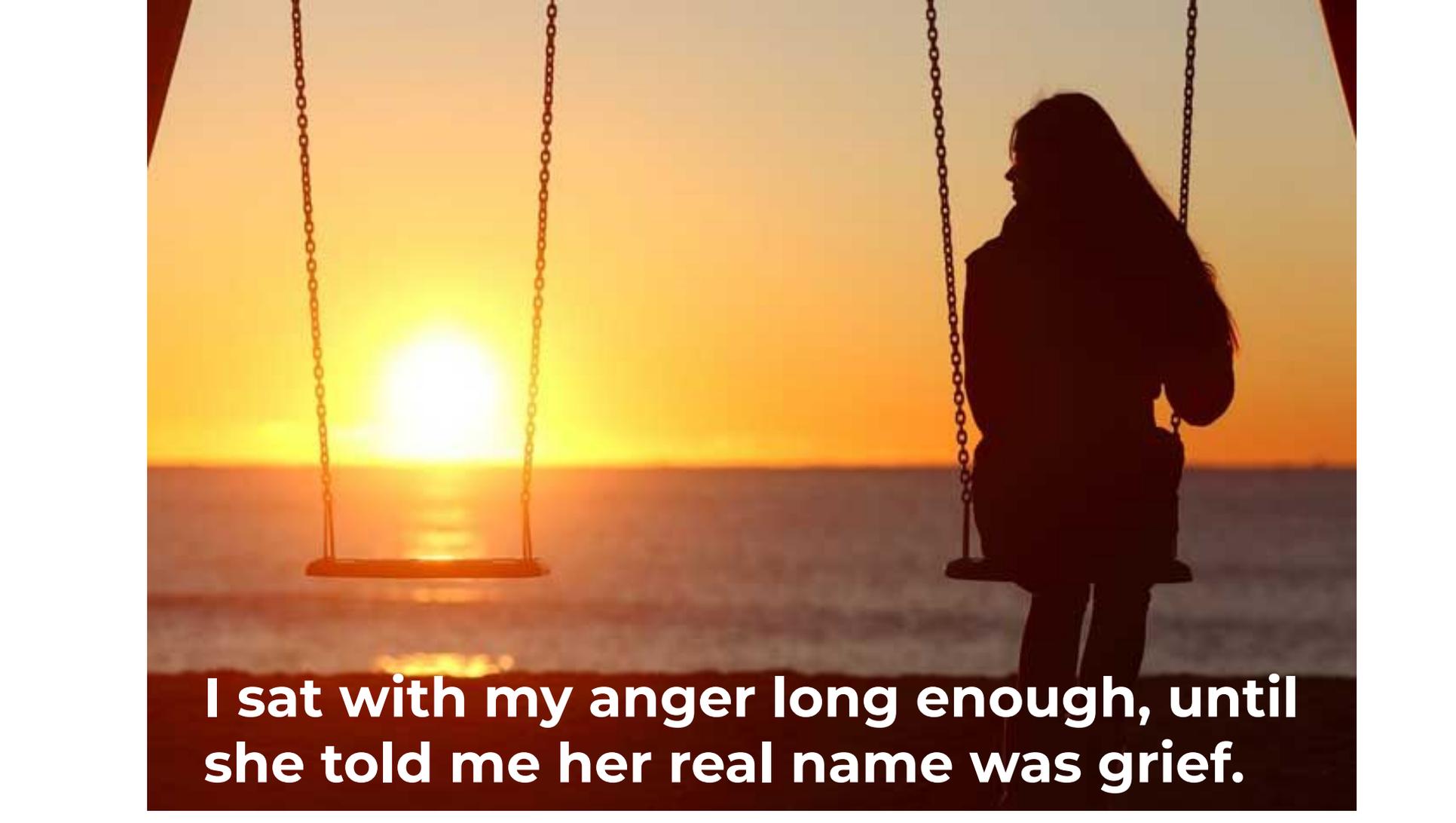


DENIAL.....ANGER.....BARGAINING...

The Stations of Grief That We Visit

(by Elisabeth Kübler-Ross)



A silhouette of a person with long hair sitting on a swing set. The person is facing left, looking towards a bright sunset over the ocean. The sun is low on the horizon, creating a warm, golden glow. The ocean is visible in the background, and the sky is a mix of orange and yellow. The person is sitting on a swing that is slightly to the right of the center. The overall mood is contemplative and melancholic.

I sat with my anger long enough, until she told me her real name was grief.

A low-angle, close-up photograph of a person's legs and feet as they run on a gravel path. The person is wearing dark blue jeans and dark running shoes with red accents. The path is made of grey gravel and is flanked by green grass and trees in the background. The lighting is bright, suggesting a sunny day.

GRIEF IS NOT A SPRINT.

IT'S A MARATHON.

PACE YOURSELF,

BUT KEEP ON RUNNING.

Dr. Melissa Tate - Scruse

If you want to go fast
go alone.
If you want to go far
go together.

African proverb



Self care basics

S.E.A.M.

Stitch up the Broken Seam of Grief

(by Phyllis Kosminsky, Ph.D)

S: Self-Regulate

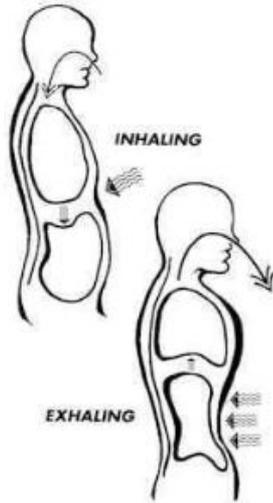
E: Eat (& Sleep) - basic care of physical
body

A: Action

M: Monitor Self-Talk



S - Self-regulate: As intense feelings arise, take slow deep breaths. Do not ignore or distract - be mindful with your body, your feelings & emotions. Be gentle with yourself.



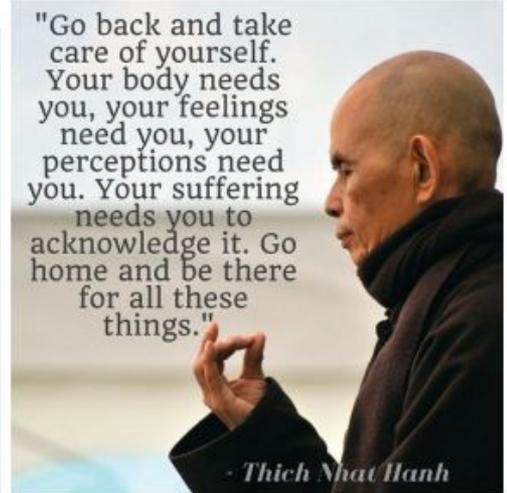
"Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes."

- Russ Harris

 Mental Health and Invisible Illness Resources

"Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things."

- Thich Nhat Hanh



E - Eat: Put some nutrition in your body.



A - Action: Move your body, do something positive: create art, water a plant, bring communion to others, volunteer.



M - Monitor Self-Talk: Notice thought patterns, especially unrealistic “should” & “must” statements. I/we/you “should’ve”, “would’ve”, “could’ve” statements.

Journaling



Counseling



Support Group



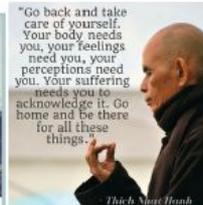
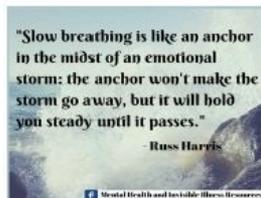
Read a book on Grief



SEAM - Self care basics

Stitch up the Broken Seam of Grief (by Phyllis Kosminsky, Ph.D)

S - Self-regulate: As intense feelings arise, take slow deep breaths. Do not ignore or distract - be mindful with your body, your feelings & emotions. Be gentle with yourself.



E - Eat: Put some nutrition in your body.



A - Action: Move your body, do something positive: create art, water a plant, bring communion to others, volunteer.



M - Monitor Self-Talk: Notice thought patterns, especially unrealistic "should" & "must" statements, as well as "should've", "would've", "could've" statements.

Journaling



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Read a book on Grief



Learn to “make a home” in exile

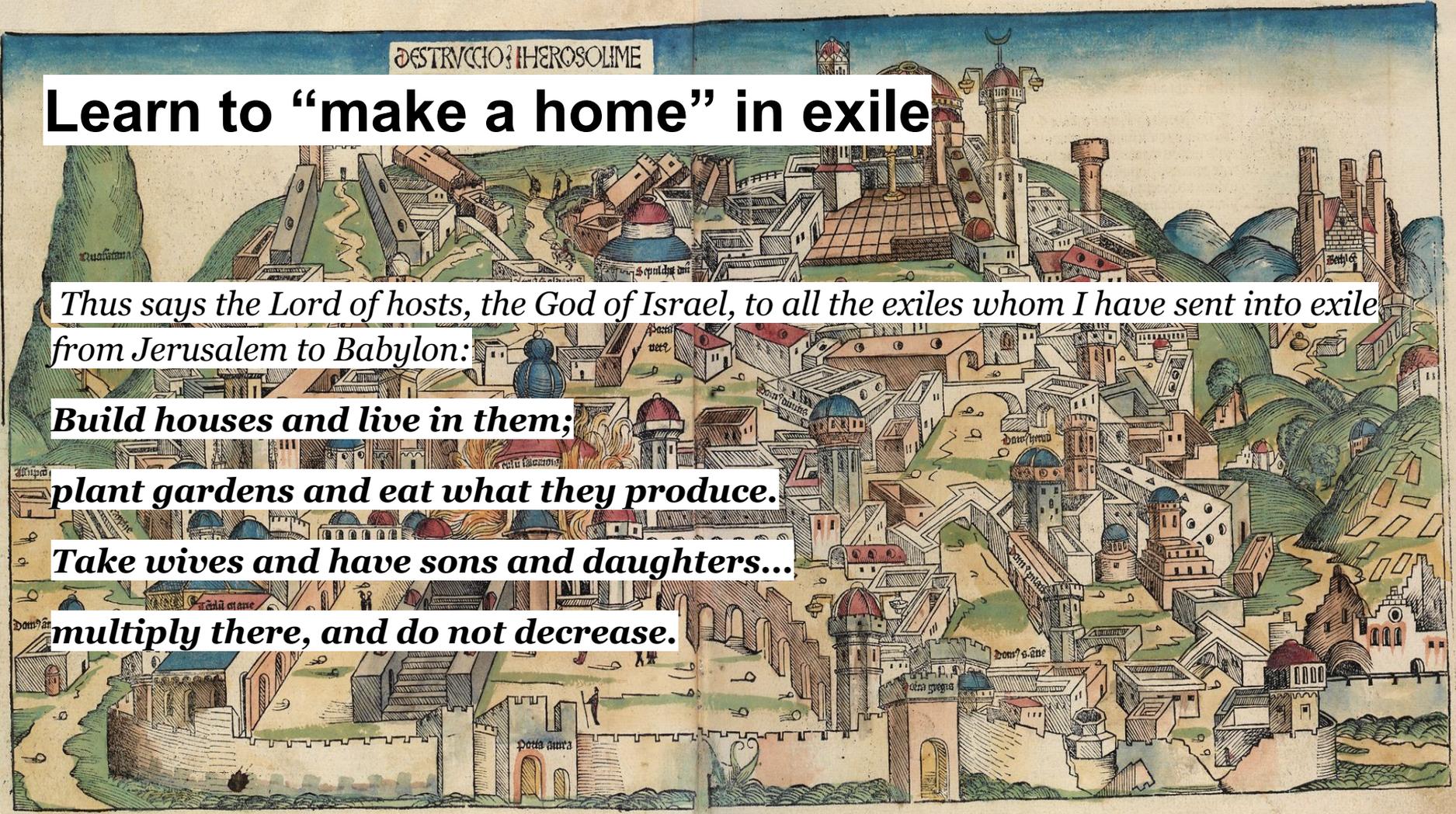
Thus says the Lord of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon:

Build houses and live in them;

plant gardens and eat what they produce.

Take wives and have sons and daughters...

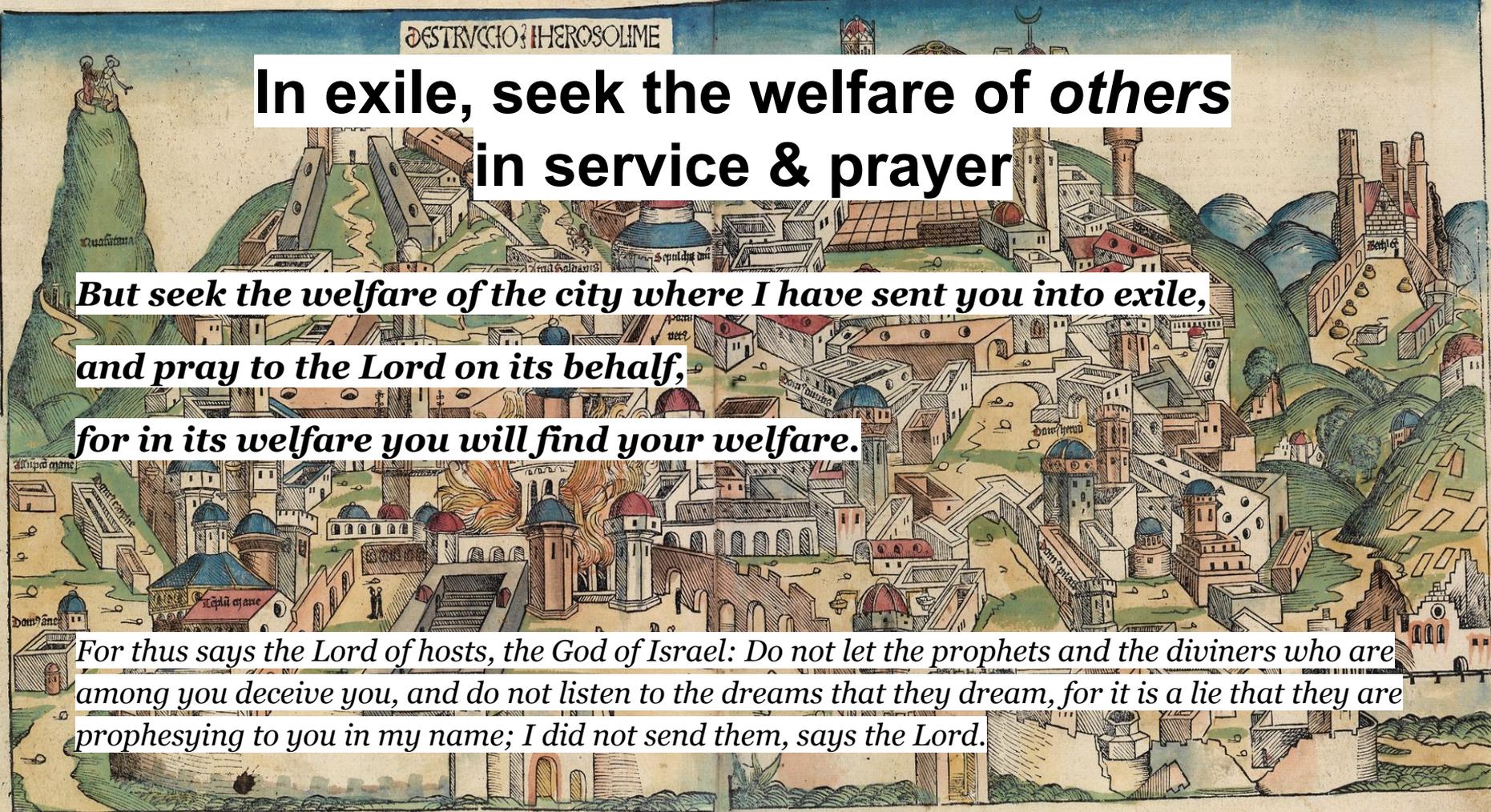
multiply there, and do not decrease.



**In exile, seek the welfare of others
in service & prayer**

*But seek the welfare of the city where I have sent you into exile,
and pray to the Lord on its behalf,
for in its welfare you will find your welfare.*

*For thus says the Lord of hosts, the God of Israel: Do not let the prophets and the diviners who are
among you deceive you, and do not listen to the dreams that they dream, for it is a lie that they are
prophesying to you in my name; I did not send them, says the Lord.*





**In exile,
remember God's Promise...**

...when Babylon's seventy years are completed will I visit you, and I will fulfil to you my promise and bring you back to this place. For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.