



**Evangelical Lutheran Church in America**  
God's work. Our hands.

**Come to me all that are weary**  
**ELCA Presiding Bishop Elizabeth Eaton Weekly Video Message**  
**Sept. 3, 2021**

This spring my mother turned 95. She grew up in the Depression. She lived through World War II, the Korean War, Vietnam, all the upheaval and changes in the '60s. And she says this past time of the pandemic has been the most difficult time in all of her life and memory.

Sometimes I think we tend to forget that we're living through something major and global. It is a *pandemic*. And it's not just the pandemic of COVID-19 and its variants, but of anxiety, of fear, of division in our country. I think it's time for us to take a step back, take a deep breath, be gentle with each other and gentle with ourselves.

And also to heed the words of Jesus, "Come to me, all that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Be well, dear church.