**9 Pentecost 2025**

 *Solos* is an American dramatic television miniseries created by [David Weil](https://en.wikipedia.org/wiki/David_Weil_%28showrunner%29) and produced by [Amazon Studios](https://en.wikipedia.org/wiki/Amazon_Studios). It stars [Morgan Freeman](https://en.wikipedia.org/wiki/Morgan_Freeman), [Anne Hathaway](https://en.wikipedia.org/wiki/Anne_Hathaway), [Helen Mirren](https://en.wikipedia.org/wiki/Helen_Mirren) and others. The series premiered on May 21, 2021, in the midst of Covid, on [Amazon Prime Video](https://en.wikipedia.org/wiki/Amazon_Prime_Video) in UK, United States, Australia, Canada, Ireland, India, New Zealand and later that year in additional territories. The series ponders what it means to be human, arguing that we are connected to others through shared experiences, even and especially in our most isolated and fearful moments.

In one episode of *Solos*, the character Sasha is living in a special isolation house she purchased after a Covid-like pandemic. The problem is that Sasha has become so afraid that she doesn’t believe anyone or anything (including her AI house assistant from the company who made the house) that it is safe to leave her isolation. She is still there 20+ years later, spiraling and living in hopeless conspiracies about why everything that is “good news” is really a lie. She cannot receive salvation and goodness because she is so worried and afraid.

 Worry is a very common feeling that all people experience from time to time. According to recent surveys and research, there are some worries that are more prevalent than others. While the specific things people worry about can vary based on age, location, culture and individual circumstances, there are some general themes that tend to be very common concerns. We worry about money and finances, the [health and safety of loved ones](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#health-and-safety-of-loved-ones), job and career issues, [relationship problems](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#relationship-problems), [anxiety and depression](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#anxiety-and-depression), [appearance and weight worries](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#appearance-and-weight-worries), [world events and politics](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#world-events-and-politics), [sleep problems](https://www.cibdol.com/blog/1588-what-are-the-top-10-things-people-worry-about#sleep-problems) and death and dying. That’s a heavy list.

 So, as Christians we’re not supposed to worry, right? As a result, I can find myself worrying about worrying! Nuts. I shouldn’t be worrying. Where’s my faith? Where’s my trust in the Lord. Jesus says to his disciples, “Do not be afraid, little flock, for it is your Father’s good pleasure to give you the kingdom.” Ah, there it is. At the root of worry is **fear**. Fear lives in our “caveman brains” in the reptilian stem at the back of our heads. It’s the fight, flight, or freeze response and unfortunately it is easily triggered. The trick is to move from that reptile brain to the big-boy brain in our frontal cortex. That’s the place where love lives, and the opposite of fear is **love**. Oh, but I thought the opposite of fear is trust? Yes, but knowing that we are loved by God and each other converts the fear into faith. We’re not alone.

 When we know we’re deep-down loved, we are enabled to do amazing things that go against the grain. Things like basing our lives on giving not on getting. Things like making sacrifices of time, talent and treasure that are out of this world. St. Paul once said that God loves a cheerful giver. The Greek world for cheerful is “hilarion,” the word from which we get our English word hilarious. God loves a hilarious giver! When you get that secret, people will look at you like you’re crazy. And Christians are crazy. Have you heard the saying, Leap and the net will appear? That’s faith. That’s trust rooted in love, and it’s a fear buster. Leap and the net will appear. It works, but only when can suspend disbelief and just do it.

 Jesus tells us that we need to be ready moment by moment for His Kingdom to come. Staying awake and keeping our lamps trimmed and lit in vigilant anticipation is the key. God shows up when we least expect. Paying attention moment by moment to the subtle movements of the Holy Spirit is contemplative living, deeply rooted in our Anglican tradition. That’s what we’re about here at Trinity. Just like the Phils and the Eagles have to practice to perfect their sport, we Trinitarians practice loving God and one another in order to live not in fear but in faith and trust rooted in love. This is why the Church is inseparable from following Jesus. Me and Jesus without the Church is fiction.

 Last week I spoke to you about my friend, Rahat Kanwal, the young Pakistani Registered Nurse who works in her hometown of [Mansehra](https://www.facebook.com/Mansehra-108135902547511/), Pakistan. As a Christian in the minority, she has devoted her life to offering free medical care to the poor Muslims in her town. She needs support through prayer and American dollars. I’d like to see us partner with her and the Vestry will take up the subject at their meeting later this month. Rahat and her team are living in some pretty dramatic ways into what I’ve been talking about there this morning. She inspires me, especially when I fall into fear and the caveman brain takes over.

 Finally, I’d like to ask you to pray for my friend, Caley. Caley is a volunteer at our Monday Homeless Meal and Essentials Pantry at Christ Church in Pottstown. She is a wonderful, loving person but she suffers big time from anxiety and depression. Like Sasha in *Solos,* she tends to isolate. She’s kind of a poster child for what worry and fear can do to a person. We love her and embrace her, and although she doesn’t come to worship regularly, we consider her a member of the parish. She’s great with kids and pets, and she was asked recently to help with the new Sunday School. She’s trying her best to beg off. The good news is that our temporary deacon, Amy, at Christ Church is also a mental health professional who is interested in helping Caley, and Caley seems to be open to it. Let’s pray that love wins!

**May it be so.**