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*For Children: Our Second Cool School video is available by clicking here: [CUC Cool School Video #2](#)*

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Dear Friends

Welcome to worship for Sunday, October 25.

I had a dentist appointment this week. It was my regular cleaning and check-up with a wonderful dentist and an excellent hygienist, both of whom I have known for many years. I had wondered if the appointment would be cancelled because of understandable concerns about well-being during the pandemic. But many precautions had been put in place and I have to believe that we all felt safe.

Afterwards I couldn't help but think what an odd gift that situation was. In the midst of a public health crisis, laying prostrate in a dentist's chair, two people with sharp instruments poking in my mouth, and I felt perfectly safe. There is a word for this dynamic and it is **trust**.

Trust is the assurance that we are well and we are safe in the hands of another. There may be some inherent capacity to trust placed within us from birth but for the most part trust is built up over time. The more someone has proven themselves trustworthy, the more likely it is that we will feel comfortable being vulnerable with them again.

And there's the rub. If we have experienced care and concern it may be said that we are able to trust easily. But if we have not known that experience, then it is perfectly understandable that trust is a difficult thing to offer. I think of this often when hearing stories about people of colour whose experience of authority and the justice system is far different than my own. How can someone be expected to trust in law enforcement agencies if those same agencies have let them down time and again? If officials, institutions, authorities have not proven themselves trustworthy to an individual or to a community, then why should trust be expected in return?

Perhaps this is part of the dynamic of those who resist public health orders. For my part I continue to trust Dr. Roussin and Dr. Tam and listen to them because they are medical authorities. But I recognize that this is a privileged position because I have found medical authorities to be trustworthy all my life. I think of all the times I listened to and trusted our family pediatrician who for 20 years was wise and caring with the most important people in my life, our three children. But it is entirely possible that others have not experienced the care of those who should be trusted.

But all hope is not lost. Trust is cumulative. Trust is experiential. Trust builds upon itself over time. Every experience of care and compassion while vulnerable will invariably lead to a greater level of trust. In all the places where cannot exist presently, renewal remains possible. It just needs to start slowly and carefully.

I would suggest that there is an intricate connection between faith and trust. Knowing the promises of God and experiencing over and again that God keeps God's word teaches us what it means to trust one another. We will invariably let one another down from time to time. That is part of what it means to be human.

However, God is trustworthy. More than neighbour, more than church, more than authorities.

Even more than the dentist.

***But in you, Lord, I put my trust; I say, 'You are my God.'***

Psalm 31:14

Grace and peace,

Michael

P.S. Would you like to follow along with today's bible reading? Click here: [Matthew 22:34-46](#)