

## Psalm 46

- 1) God is our refuge and strength, a very present help in trouble.
- 2) Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;
- 3) Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof.
- 7) The Lord of hosts is with us; the God of Jacob is our refuge.
- 10) Be still, and know that I am God:...I will be exalted in the earth.
- 11) The Lord of hosts is with us; the God of Jacob is our refuge.

(King James Version)

Ten thousand flowers in spring,  
the moon in autumn  
A cool breeze in summer,  
snow in winter -  
If your mind is not clouded  
by unnecessary things, this is  
the best season of your life.

Wu-Men (12th Century Chinese)  
translated by Stephen Mitchell  
used with permission of HarperCollins Publications, Inc.

Nancy Baltins, member of Plymouth Congregational Church, social worker, philanthropist, spiritual director, volunteer, wife, mother, sister, friend, died at age 50 of cancer. As I read her obituary and heard her friends speak of her, it became apparent that she was truly an exceptional human being, and that hers was an extraordinary spirit. She seemed to have a special capacity for engaging with others on a deeply personal level, and for really believing that every day was "the best day." Instead of writing a slow, solemn memorial, I have tried to capture the joy in life that was reflected in the memories of her friends. The texts are two of her favorites.

duration: c. 3:40