



May 13, 2026

MESSENGER

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Sundays at 1 PM

942 Altadena Dr.

Altadena, CA 91001

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Contact Information:

Due to the fires, our mail has been forwarded. Please send mail to PO Box 91055, Pasadena, CA 91109. You may still call the church phone at 626-797-8970;

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NO MORE MEH DAYS

When I dress in the morning, I choose what shirt to wear based on how I anticipate the day ahead of me will go: What meetings will I have? Who am I likely see? Do I have to impress anybody? This morning, I decided it was going to be a *Meh Day*, a low-expectation day in a ho-hum week, and I didn't need to wear one of my best image shirts. So, I browsed through the other options and stumbled on a T-shirt I had never worn before. It had been a birthday gift from someone in the family, and I was unconsciously saving it for a **Special Day**. The right day had not come yet, so I thought I might as well wear it on this Meh Day.

Judy noticed it right away. She said, "I forgot about that shirt; it's really cool!" Suddenly, a neon-light thought started flashing in my mind: "**Special Day; Special Day; Special Day!**" *Just like that, my expectations for the day were radically upgraded from meh to special.*

But I also realized immediately that it was going to be **up to me to make it special**. *I pondered: What special things can I do? The neon-light changed color and began flashing: "Messenger article; Messenger article." So, here I am.*

My mind scanned random related thoughts, and I stumbled on the phrase "**Seize the Day!**" This is a translation of the Latin "*Carpe Diem*," a famous line from the first century AD Roman poet Homer. *My personal memory brought me back to the privileged private school nerds in the 1989 film Dead Poets Society in which the maverick young English Professor, played by Robin Williams, shaped their young lives into a Carpe Diem attitude, inspiring them to step out and take a chance with new ways of thinking. He helped them to become "dedicated to sucking the marrow out of life," rather than just accepting things as they are. All of them, including the Professor, were transformed by this seize-the-day way of thinking.*

What these thoughts said to me was that I should stop seeing myself as **controlled by** circumstances and start taking personal **control over** my circumstances. I was **declaring** a Special Day, rather than **waiting** for a Special Day to arrive.

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Then a Bible verse came to me:

*“**Today**, if you hear his voice, do not harden your hearts as in the rebellion.”*

Where had I read that? I searched for it and located it in a passage where the New Testament author of Hebrews is reflecting on the similarity between the challenges of his day and those faced by Moses in the thirteenth century BC (Hebrews 3:1-15) and applied by the Psalmist in the fourth century BC (Psalm 95:7-8). The word “Today” is mentioned four times in the Hebrews passage. The author underlines the importance of the present moment:

*Take care, brothers and sisters, that none of you may have an evil, unbelieving heart that turns away from the living God. But exhort one another **every day, while it is still “today,”** so that none of you may be hardened by the deceitfulness of sin. (Hebrews 3:12-13)*

*It's **this moment** that's important, whether in the thirteenth century BC (Moses), the fourth century AD (the Psalmist), a few decades after Jesus' Death and Resurrection or May 13, 2026!*

The challenge for each of us is to make the most of this present moment. The *Dead Poet Professor* called it “sucking the marrow out of life.” In the film this is applied to the students' personal achievement, but I embrace this same intensity as the way I'd like to live my life, maximizing every moment of every day as an opportunity-gift from God.

May none of my remaining days be *Meh*.

Pastor George Van Alstine