



## St. Matthew's Cathedral eNews

### Christ + Compassion + Community

*From the Dean*

## No Regrets

*Give thanks to the Lord, for he is good, and his mercy endures for ever.—Psalm 107:1*

**I am writing this note on the day that I spent a good deal of time with Holly Greef** and as I am reflecting on what I will say about Stormy for his memorial service on Saturday. And so, on this day, I am very much aware of the impermanence of life.

The death of a loved one has this way of crashing in on us and grabbing our attention, causing us to be aware of the deeper things of life: of how we are living our life, how we appreciate those around us, focusing on the important rather than the immediate.

In the Great Litany we pray "Lord, deliver us from dying suddenly and unprepared." Stormy died suddenly. But he didn't die unprepared. Although his diagnosis of cancer didn't leave him a whole lot of time to prepare for his death, Stormy realized that his whole life had been a preparation for his death, and he had no regrets.

He had lived a full life, had a loving wife and family, wonderful career, lots of friends, and lots of varied experiences.

Stormy told me that many people would say of his diagnosis, "Why me?" Stormy said, "I can't really say that. God has given me a wonderful life. I have no regrets."

Stormy understood, like the Psalmist, that the Lord's "mercy endures forever."

Lent is a time in which we reflect on our own mortality. What are you doing in preparation for that reality? Psalm 90:12 tells us: "So teach us to number our days, that we may apply our hearts to wisdom." Are you able to say about your life, "I have no regrets?" If not, what are you going to do about it?