

... »mütend« or healing



**The Bishop Harald Rückert's
Christmas 2021 Impulse**

Dear Sisters and Brothers,

A few days ago I received a Christmas card. A colleague from the ecumenical field sent it to me. It says: »... Christmas is coming and still the pandemic has the world firmly in its grip. This makes us afraid, and it makes us »mütend«^{*)}—tired and angry at the same time. In addition, other developments in our society and worldwide make »mütend« ...«

*) A German play on words combining tired (müde) and angry (wütend) to »mütend«—an English attempt: »tirangry«

»Mütend«—this term has stuck with me. It describes very accurately what I encounter in many places: Tiredness in the face of the never-ending ups and downs of the pandemic. Tiredness over the incessant news of natural disasters, war, refugee misery and injustice. Moreover, I encounter an increasing irritability. Even over the smallest things, very emotional and occasionally angry arguments quickly erupt. »Them against us!«, »Us against them!«—I hear these phrases far too often. The horizon becomes very narrow.

There is a »mütend« mood in many places in our society. However, I also encounter it among us in the church.

What do we all need in this situation?—Consideration, especially toward the weak, and uplifting gestures and words. That we consciously speak well to each other—comforting, praising, approving, encouraging—that is what we need! Criticizing, assigning blame, focusing on the unsuccessful and difficult things, that comes so easily and almost goes by itself. Nevertheless, this is exactly what makes us even more »mütend«. Talking positively with and about each other would do us good and really help everyone.

Into this situation the Christmas message resounds: »The healing grace of God has appeared to all people.« (Titus 2:11)

God's grace shines out over »mütend« people. God says yes to us, without ifs and buts. That builds up, right?! God's saving grace appears over our troubled world. It applies to all people—to me, to my loved ones, but also to those with whom I struggle.

Being touched by God's grace dispels leaden weariness.

Being touched by God's grace tames our angry resentments.

Being touched by God's grace heals our irritability.

Dear Sisters and Brothers,

»The healing grace of God has appeared to all people!« I wish for you that during the Christmas holidays (and far beyond) you may wholesomely experience this Christmas grace, be filled with it, and live healingly.

Be gracious to yourselves and to others.

Speak good things, comfort, praise and encourage one another.

This is good for all of us! In the family, in the church and in our society.

I wish you an invigorating,
peaceful and healing Christmas!

Bishop Harald Rückert

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