

To: Rochester Regional Health Employees
From: Alma McKee, Chaplain, Rochester General Hospital
Subject: Chaplain's Message: Calm Me My God, Keep Me Calm

June 10, 2020

Calm Me My God, Keep Me Calm

In the past we have all tried hard to fit in. We would go the extra mile by going above and beyond the call of duty just to get a seat at the table. But when I saw the horrific footage of George Floyd being slowly killed with my very own eyes, I can't describe the anger I felt. Watching a privileged white man kneeling in the neck of a black man. The white officer looked so empowered and victorious to be crushing the life out of a black man. I heard some say, "Don't all lives matter?" I'm here to say that all lives won't matter until the black life does. As we watched this man plead for his life, "Please, I can't breathe!" And the officer continued to kneel in this man's neck with his hand in his pocket!

Something has to be done, and we the people have to do it now. The first thing that needs to happen is we are going to have to make some space for all of this anger in order to calm down. There is no one on this green earth that can calm us down like God. This thing is big, and right now, this is a God problem. We are all at a fork in the road where we are going to have to deal with the hurt, pain and anger that we are wrestling with. In the book of Proverbs it says, "He that is slow to anger is better than the mighty." How do I react as an African American/Chaplain/Christian? If I get angry as a Christian somebody will say, "And I thought they were a Christian." In the book of Ephesians 4:26 the Bible says, "Be angry, but sin not." So there is a right and a wrong way to express anger.

Actions should be based on principles. Anger should produce positive, productive action. We need to express anger in a way that hurts others the least. To forgive someone effectively, one has to transfer the system of injustice over to the system of justice, and that system is God. When we do this we are ready to be transformed. "Be ye transformed by the renewing of you mind then you will know my perfect and pleasing will (Rom. 12:2)."