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# Reflections

Keep death and exile before your eyes each day, along with everything that seems terrible...this is the only path to human freedom.

- Epictetus

To practice death is to practice freedom. A man who has learned how to die has unlearned how to be a slave.

- Montaigne

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Almost everything — all external expectations, all pride, all fear of embarrassment or failure — these things just fall away in the face of death, leaving only what is truly important.

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

- Steve Jobs

It's easy to lose track of that mortality, to forget time, to think that you're going to live forever. The idea that you're gonna die and that life is short is only depressing if you're thinking about it wrong. If you're thinking about it right it should give you a sense of priority. It should even give you a sense of meaning; it should let you know what's important, what you're trying to do while you're here on this planet.

- Ryan Holiday

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# Scripture

Ecclesiastes 5:18-20, 7:1-6

<sup>5:18</sup> Behold, what I have seen to be good and fitting is to eat and drink and find enjoyment in all the toil with which one toils under the sun the few days of his life that God has given him, for this is his lot. <sup>19</sup> Everyone also to whom God has given wealth and possessions and power to enjoy them, and to accept his lot and rejoice in his toil—this is the gift of God. <sup>20</sup> For he will not much remember the days of his life because God keeps him occupied with joy in his heart.

<sup>7:1</sup> A good name is better than precious ointment, and the day of death than the day of birth.

<sup>2</sup> It is better to go to the house of mourning than to go to the house of feasting,  
for this is the end of all mankind, and the living will lay it to heart.

<sup>3</sup> Sorrow is better than laughter, for by sadness of face the heart is made glad.

<sup>4</sup> The heart of the wise is in the house of mourning, but the heart of fools is in the house of mirth.

<sup>5</sup> It is better for a man to hear the rebuke of the wise than to hear the song of fools.

<sup>6</sup> For as the crackling of thorns under a pot, so is the laughter of the fools;  
this also is vanity.

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# Sermon

*Memento Mori: In Praise of Sadness*

Rankin Wilbourne

[www.PacificCrossroads.org](http://www.PacificCrossroads.org) 

Pacific Crossroads 

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## Events & News

### **Membership Brunch, October 20**

If you are curious about church membership, or if you are ready to be a part of our church family, please join us at Sr. Pastor Rankin Wilbourne's house for a few hours of delightful food and rich conversation on what it means to be a member at Pacific Crossroads.

### **Community Groups: Invitation to Leadership, October 27**

If you're interested in taking more ownership of your Community Group, or in learning more about what it means to be a CG Leader, come to our Invitation to Leadership. Learn how to take on more ownership within your CG and what it looks like to lead a new group. Breakfast provided.

### **Boxes of Love, Begins October 28**

Our annual Boxes of Love campaign kicks off in just a few weeks! Boxes of Love provide wholesome, filling holiday meals to families in need. Begin considering how you can participate, whether saving up to buy an extra box or helping deliver boxes in mid-November.

*View and sign up for all events on our mobile app, on our website, [PacificCrossroads.org/Events](https://PacificCrossroads.org/Events), or speak with someone at the 'New Here?' tent.*

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## Ministry Resources

### **Congregational Care**

Our congregational care team is here to care for you if you are in a difficult place. Email [pastoralcare@pacificcrossroads.org](mailto:pastoralcare@pacificcrossroads.org) or call our office at 310.551.0081.

### **Celebrate Recovery**

Join together weekly with others to celebrate God's healing power in our lives. Visit [PacificCrossroads.org/CelebrateRecovery](https://PacificCrossroads.org/CelebrateRecovery).