Please Don’t Hug Me

Dear friends,

Have you ever seen someone you’re truly glad to see coming toward you with both arms open and thought, *Oh dear, what do I say?* I have. It feels especially awkward when it’s someone I see every week. I want her to know I’m glad she’s there. I also know how long a cold can linger for me.

Here’s one line I can say with a smile. **“It’s so good to see you! I’m skipping hugs these days.”** A little wave helps me say it before we’re both halfway into the hug. Then I can ask how she’s doing and give her my full attention.

> *“Salute one another with an holy kiss. The churches of Christ salute you.” Romans 16:16 (KJV)*

When I read Paul’s words, I think about how good it feels to be greeted with genuine affection. Some of us love a hug. Some of us would rather be asked first. We can make room for both and still let the person in front of us know how glad we are to see her.

Let’s pray. Lord Jesus, give us gracious words when we feel awkward. Help us speak honestly and receive one another’s words kindly. Let the people we greet feel welcomed and cared for. Amen.

With love,
Angela Everly

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