

Living Table

UNITED CHURCH OF CHRIST

Tuesday, August 25, 2020

This Week with Living Table UCC



A Message from Pr. Laura Beth

I found myself plugging my nose during my lunchtime break at work yesterday, and no, it wasn't because I didn't wash my spinach well enough and my salad tasted like dirt (true story, how do you get those salad leaves clean??), it was because I decided I needed to practice some of the mental health coping skills I am always preaching about. Pandemic thinking had caught up with me and I was feeling sad and stressed.

We are all facing individual and/or collective stress during these pandemic times and it can mess with our breathing patterns. One way to help regulate our breathing and to calm moments of panic is to plug one nostril at a time and breath. You can do this by just pressing your index finger to one nostril and then focusing on slowly breathing (Side note: do not plug both nostrils at once, only one at a time!) Try this for a few moments during a break in your day, or if you find yourself getting overwhelmed. Make sure you are taking those breaks, too. Retired or not, we all fill our days with events and breaks are just as important whether we are on the clock or off the clock.

Maybe when you take your break, you will notice a bird in your yard that you hadn't

seen before. Maybe as you take deep breaths, you will hear the leaves rustle on the trees as the wind blows through the hot, August air. When we slow down, God shows up.

As I was plugging one nostril at a time and breathing slowly and deeply, I started to hear the noise of the neighborhood—the children laughing as they rode their scooters, the bus doors opening and closing, construction workers fixing the road—and I was reminded that I am not alone. We are not alone. May you go gracefully into the week, feeling your feelings and being intentional about taking breaks, breathing, and letting God in: however and in whatever ways She shows up.

Peace,
Pr. Laura Beth

Calendar

All Living Table events are Virtual, see All Things for Online Church for Zoom Links:
<http://www.livingtable.org/all-things-for-online-church.html>

Wednesday:

5 pm Centering Prayer Group
6 pm GA Meeting (Rental)

Friday:

1 pm Ethnic Author Book Club

Saturday:

8 am Morning Bible Study Group reading Hebrews

Sunday:

9:15 am Adult Sunday School
10:30 am Worship

View the full calendar in the [Calendar](#) tab on our website.

All Things for Online Church

Beacon Rent Day Action

On Aug 3, four people from Living Table joined the Beacon Rent Day Action online. We were given some information and a chart about affordable housing to send to our legislators. We started at 8:30 am and were done in 45 minutes. Can we get another four to participate on Sept. 1 so we double our number of supporters? When you register at Beacon (<https://www.beaconinterfaith.org/event/action-0901/>), you get a link by the day of the meeting.

Housing Crisis

Have you seen the homeless tent camps in your local park? Have you wondered who will be providing resources so that these people can have a home? Want to know more about Beacon Interfaith Housing Collaborative or become a volunteer? Check out this free virtual event . During this 30 minute live presentation you will learn about the history of this local organization and one of the current housing

projects, Cranberry Ridge, which is in the planning stages. There will be an opportunity to ask questions after the presentation.

Register online for this event at www.beaconinterfaith.org. Click on EVENTS at top of the page. This event is on August 26 at 2 pm. Complete the registration and you will receive a link to the event in your email.

Have questions? contact Dorothy at 612-823-4028

School Supplies

Hiawatha and Howe Schools need supplies even though classes will begin online, as some families will not be able to purchase supplies. The schools' money for restocking supplies was spent last spring to set up distance learning. The best way we can help is to donate money that someone (one of us or maybe the school itself) can use to buy supplies. There is now a category online for supplies when you use the Donate Now button. If you want to buy supplies yourself and send or take them to the school, its address is 4201 42nd Ave. S., Minneapolis 55406. However, making a donation is the most efficient way to contribute.

Day Camp: Water Wednesdays

Dear Day Camp families,

We now have our website ready for you to register your kid(s) for Water Wednesdays gatherings, 9-10 am every Wednesday morning, July 8-August 26. If your kids will be participating, please sign them up! This opportunity is geared for elementary aged kids, but middle schoolers are welcome to tune in as well.

Register here:

<https://sites.google.com/view/southminneapolisdaycamp2020/home>

Here is the Zoom link for our Water Wednesdays gatherings:

<https://us02web.zoom.us/j/89173970572>

We will have additional prayer flags for your children and I'll be in touch with those who register about that next week.

I hope to see your children next Wednesday! Feel most free to spread the word to other families you know.

Peace,
Martha

All Things for Online Church

Interested in Donating to the Church?

[Donate Now](#)

Living Table is a compassionate community drawn together in Christ to
embody love, seek justice, and invite healing

