There's a line from Psalm 34 that has come to my mind over the last few days - "seek peace and pursue it." The psalmist is offering advice on how to live well in times of chaos. There is the usual give thanks to God and follow God's teachings. And then there is the advice to "Depart from evil; do good; seek peace and pursue it." I wonder what that would look like in these days of COVID-19.

Many people are living with heightened anxiety and fear. It isn't always easy to get the facts about what is happening and testing remains seriously inadequate. For most of us it is hard not to worry about catching this virus or what we will do if our loved ones catch it. We may have family or friends working in healthcare or other necessary, risky jobs. We may already know people who have died from the virus. How can we possibly seek and pursue peace?

The simple answer is that we do everything we can to protect ourselves and assist others in protecting themselves. Then we breathe deeply and try to
go about our days. This doesn't always work, though, and we need some distractions before our minds can settle into a peaceful state. This week I'm sharing some of what I've heard from the Living Table Community on how you are all seeking peace.

- Prayer, meditation (don’t forget Centering Prayer Wed, at 5 pm)
- Create something – painting, drawing, coloring, sewing (masks probably don’t count)
- Bake and share with family, friends, or neighbors (bread is the clear winner here)
- Clean – take time to organize those areas that are always on the bottom of the list
- Garden
- Call a different person each day just to check in
- Video chat with family or friends (I can set up Zoom link)
- Play games
- Work on puzzles
- Write letters, emails, or texts to let people know you are thinking of them
- Plan a vacation for when we can all travel again (studies show vacation planning has a more positive impact on our lives than taking the vacation)
- Take naps
- Watch “old favorite” tv shows or movies
- Yoga or Tai Chi
- Get outside every day if at all possible

Take care of yourself and reach out if you need someone to listen. I will make time for you.
May you find peace of mind and spirit (at least for a few minutes a day).
Be well.
Pr. Rachael

**Calendar**

All Living Table events are Virtual, see the website for information. Rental groups are meeting at their own discretion but many to most are cancelling.

**Tuesday:**
6:30 pm Spiritual Directions Group

**Wednesday:**
10 am Tea with Pastor Rachael
5 pm Centering Prayer Group
6 pm GA Meeting (Rental)
6:30 pm Evening Bible Study

**Thursday:**
6 pm shOUT Choir (Rental)
Saturday:
8 am Morning Bible Study Group reading Luke

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

Monday:
3:30 pm Spanish Class (Happening Online)
6:30 pm Property Ministry

View the full calendar in the Calendar tab on our website:

**This Week on Zoom**

Spiritual Directions [https://zoom.us/j/146301485](https://zoom.us/j/146301485)
Tea with Pastor Rachael [https://zoom.us/j/998527789](https://zoom.us/j/998527789)
Centering Prayer [https://zoom.us/j/503945880](https://zoom.us/j/503945880)
Evening Bible Study [https://zoom.us/j/641151279](https://zoom.us/j/641151279)
Morning Bible Study [https://zoom.us/j/933079309](https://zoom.us/j/933079309)
Adult Sunday School [https://zoom.us/j/863972391](https://zoom.us/j/863972391)
Worship [https://zoom.us/j/284800825](https://zoom.us/j/284800825)
Kinship 11:30 am or immediately after worship
Property Ministry [https://zoom.us/j/657748243](https://zoom.us/j/657748243)

**Virtual Tea**

You can have virtual tea (or whatever you like) with Pr Rachael. She will be on Zoom from 10 -12 each Wednesday to check in with you and chat with others who might be needing a little extra kinship these days. Just click the link and join in. [https://zoom.us/j/998527789](https://zoom.us/j/998527789)

**Join Us for Healing**

**Spring Forest Qigong**

Together we will follow a video by Master Chunyi Lin
This practice of movements gives support to those with coronavirus and all those concerned.

Every morning at 8 am for 1/2 hour on Zoom for 30 days, with Judy St Clair, Beth Cherne, and Barb Huwe. Call or text Barb for more information. Email her for a Zoom invite

**Sewing Masks for Hospitals**

**Can you sew?** One critical need that has emerged over the past several days is the need for more personal protective equipment (PPE), such as masks and gowns, in hospitals and other health care settings. In recent days, doctors and nurses have warned that they are running out of equipment to stay safe as they diagnose and treat patients. Blue Cross and Blue Shield of Minnesota and Allina Health, along with several community
partners, have launched a statewide volunteer effort, calling for people to sew and donate masks for doctors, nurses, and other medical staff. Read more here.
The CDC compliant DIY mask pattern, material list, and directions can be found here: https://www.sewgoodgoods.org/face-mask-covid-19

Can't sew, but still want to help? If you don't sew but would like to support the effort, donations are welcome to Sew Good Goods through GiveMN. All money received will be used for supplies to support the community through this COVID-19 pandemic. If you are a Minnesota health system that would like to receive handmade masks or a local fabric store that would like to supply fabric to volunteers, contact Susan Schuster at susan.schuster@bluecrossmn.com to be added to the list. Health care systems accepting masks are asked to provide their own drop-off sites and make sure their facility has a process for accepting and sanitizing masks.

Any surplus masks will be made available to other organizations in need.

Sewing Masks for Our Community

Congregational Care is responding to a need for making cloth masks for our community. If you can help and/or have cotton material, please contact Barb Huwe

Jubilee Fund

We are currently receiving donations to the Jubilee Fund. This fund is being created to assist members and friends of Living Table who experience financial difficulties during this time. Funds will be ready for distribution in early May. If you have financial need and would like to apply for assistance from this fund, please contact Pr. Rachael. Thank you to all who have donated so far. We will get through this current crisis by supporting and encouraging one another.

UCC Special Offering

During April, we will collect the One Great Hour of Sharing offering. This Lenten offering supports the disaster, refugee, and development ministries of the UCC. It provides education to children, empowers communities through vocational training, supports microcredit lending and seeing people through to self-sufficiency, and empowers families with skills to support themselves and their neighbors. You can participate by sending a check to the church, or using the Special Offering option through the Donate Now button.

Calling in to Zoom

For those of you who may need to connect to Zoom via phone, here are the numbers to call: 1-929-436-2866 or 1-312-626-6799. The meeting ID is the same as the numbers in the Zoom link. For example the meeting ID for
Sunday morning Worship is 284 800 825 followed by #. Then follow the directions to enter the meeting.

**Adult Sunday School**
You are invited to share anything you find inspiring, hopeful, or healing. It could be a short article, a video clip, an image, a meme, a poem, or something else. Please send anything you want to share to Pr Rachael by Wednesday evening so they can be included in Thursday's Table Talk.

**Funeral Planning Form**
If anyone would like a copy of the Funeral Planning Form, contact Barb Huwe. Also if you need help filling it out, contact Laura Beth Gatke.

**Congregational Care Needs Volunteers**
If you are willing and able to assist other members by running errands such as grocery shopping or pharmacy pick up, please contact Barb Howe or Pr. Rachael. Congregational Care would like to have a list of people with minimal risk who are able to help those who must be more cautious.

**Book Club Beginnings**
There is interest in starting a Living Table Book Club. A good way to start would be sharing book recommendations. Perhaps we end up with a few different book clubs based on interest. If you have a book to recommend, send it to Pr. Rachael and make sure to note the genre. You can offer a very brief summary or a statement of why you are recommending the book as well. Here's an example:

Moonheart by Charles de Lint is an Urban Fantasy book. It includes a bit of romance, time travel, monsters, magic, and an epic battle between good and evil. It happens to be my all-time favorite novel. - Pr. Rachael

**Information about Automatic Deductions**
Now that we can’t pass the plate, people are learning other ways to donate to Living Table and its causes. The way that we’ve used for a long time is to have our payment services company, Vanco, deduct money from your checking account on a regular basis so that you don’t have to think about it. You can still do it that way by sending Ann 1) a voided check, 2) how much you want to donate, and 3) at what intervals. Those can be sent directly or to the church.

Another way to donate is to use the Donate Now button on the church website (scroll down to the large photo. The button is just above that; it’s also at the bottom of Table Talk). The site you go to has two sections. The left side of the page enables you to donate via credit card, checking account, or savings account. (Please note that using a credit card costs us a fee out of your donation.) You can designate that money to general operating, the UCC special offering, the Sheridan project, or the food shelf.
The right side of the page enables you to set up an account with a password so that you don’t have to put payment information in each time you use it. In both methods, you can designate a one-time gift or a continuing gift. Note that Vanco will send you a receipt from the church for your donation. However, we also track your gift, which shows up on your yearly statement. Be careful not to claim it twice on your taxes.

**Interested in Donating to the Church?**

Donate Now

God's Peace | [Table Talk Issues? Contact us!](#)

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

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