

# Living Table

UNITED CHURCH OF CHRIST

Tuesday, February 22, 2021

## This Week with Living Table UCC



### Message from Pr. Rachael

How is it with your spirit as we move deeper into Lent? It's important to pay attention to how you are feeling physically, emotionally, and spiritually. Yes, there is overlap, of course. And they are separate. For example, you may live with chronic pain (physical) which has the same impact on the brain as depression (emotional), yet you are not depressed so much as tired of being in pain and you remain open (spiritual) to the future. Or you may be tired of the isolation (physical) pandemic has forced on all of us and feel sad (emotional) while remaining hopeful (spiritual). Of course, these three can conspire together to as is often the case with grief or, the opposite, joy.

One of the reasons we included Flat Bunny in your Lenten packets (if you did not receive one and would like one, please email me - [rachael@livingtable.org](mailto:rachael@livingtable.org)), was to bring a little levity to a very heavy season. Keep the photos coming! While our sermon series, The Path to (True) Forgiveness, might not bring levity, it could possibly lead us to healing. Where are you finding healing these days? What practices - physical, emotional, or spiritual - help heal the wounded or broken places in your life? If you are struggling in any way during this season, please reach out to me, or a member of Congregational Care, or anyone you know who will listen and support

you. February and March can be long, hard months.

While this season has brought challenges, we also have much to celebrate as a community. We have a purchase agreement for our building which means that the plans for remodeling the Lake Nokomis building can continue. In addition, many folks are getting vaccinated. Both of these things bring us just a little closer to the day when we can meet in person again. What dreams do you have for our new space? What dreams do you have for the future of our community? What dreams do you have for yourself that are sustaining you these days?

This time of year, this season of Lent, and nearing the one-year anniversary of the start of pandemic conditions can challenge our sense of well-being. Please, check in with yourself and with your neighbors. We will get through this season together.

Be safe.

Be well.

Pr. Rachael

## 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:

10 am Virtual Tea with Pastor Rachael

5 pm Centering Prayer Group

### Saturday:

8 am Morning Bible Study Group reading Luke

### Sunday:

9:15 am Adult Sunday School: *The Cross and the Lynching Tree*

10:30 am Worship

12 pm Community Meeting

### Monday:

6:30 pm Property Team Meeting

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

All Things for Online Church

## Daily Lenten Prayer

Pr. Rachael will offer a Daily Lenten Prayer throughout the season at 6 pm. The mini service will include a reading and time for prayer and will be on both Facebook Live (<https://www.facebook.com/rachael.keefe/>) and YouTube (<https://www.youtube.com/c/RachaelKeefeUCC>).

## Zoom Passwords Required

All Zoom meetings now require a passcode. Thursday's Table talk contains all the meetings and passcodes for Living Table. If you cannot find what you need, please contact Pr. Rachael. They will not be shared on our website. You, however, are free

to share them with anyone interested in attending Living Table activities.

All Things for Online Church

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

