

Living Table

UNITED CHURCH OF CHRIST

Tuesday, March 24, 2020

This Week with Living Table UCC



A Message from Pr. Rachael

It was good to see so many gather on Zoom for worship on Sunday. My hope is that more will join us as we become familiar with the technology. We are also reaching out to our members and friends who may not have access to the internet to help them get connected via phone. We remain vital and connected in spite of not being able to gather in person. I will have more information next week on Holy Week and what we can do from our separate spaces to make the services during that week as meaningful as possible.

In the meantime, it is hard to believe the world we find ourselves living in. It is easy to lose ourselves in the anxiety and fear that seems to be everywhere. Take time each day to step away from media and breathe. Validate any anxious feelings and then refocus on what is good in this moment. And then give thanks to God. This won't change the world or even our circumstances, but it will get us through those moments of overwhelming fear of what might be coming.

Be gentle with yourselves. Be patient with everyone. Check in with your neighbors, even as you are checking in on friends and family. We need each other and we will only get through this together. Remember that I am available for conversation via Zoom or another method, as is Pr. Laura Beth. Email to set up a time - rachael@livingtable.org, ministertotheheart@gmail.com.

May you be well and may your hearts be filled with gratitude and love,
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:

5 pm Centering Prayer Group

6 pm GA Meeting (Rental)

6:30 pm Evening Bible Study

Thursday:

6 pm Small Group AA (Rental)

6 pm shOUT Choir (Rental)

Friday:

7 pm Back to Basics AA (Rental)

Saturday:

8 am Morning Bible Study Group reading Luke

1-2:30 pm Online: [NAMI MN: GLBTOAIP Peer Support Group Meeting](#)

3 pm WiCoM Rental (No notice this is cancelled, but it may be)

Sunday:

9:15 am Adult Sunday School

10:30 am Worship

Monday:

3:30 pm Spanish Class (External Group)

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

This Week on Zoom

Retirement Spiritual Direction Group - <https://zoom.us/j/146301485>

Centering Prayer <https://zoom.us/j/503945880>

Evening Bible Study <https://zoom.us/j/641151279>

Morning Bible Study <https://zoom.us/j/933079309>

Adult Sunday School 9:15 am <https://zoom.us/j/863972391>

Worship 10:30 am <https://zoom.us/j/284800825>

Kinship 11:30 am or immediately after worship

New to Zoom?

If you have not used Zoom yet, these directions are for you:

Before our meeting, please go to the Zoom test site to make sure your system is ready to go. It will check your camera and your audio, and it will prompt you to download the necessary app. After you go through the quick test site setup, you can just follow the links on our website to join any future Zoom gathering for Living Table. Don't forget to use headphones or earbuds, and to stay on mute except when you are talking. This test site is at <https://zoom.us/test>. Lastly, there is a YouTube playlist where recorded services can be found. Our "Zoom Church" services are much more interactive than what recordings capture, but still they are shared for anyone to see. We look forward to seeing you at 10:30 Central Time on Sunday, and:

Veterans of Zoom

If you HAVE used Zoom now, these directions are for you:

First, congratulations for figuring this out! Now that you've done this, you're all set to join any future Zoom gatherings for Living Table. The direct links to join are on our website. Please try to do the following: Use earbuds or headphones if at all possible. This reduces echo. Also, set your camera to be at eye level - by either raising your table, lowering your chair, setting your laptop on some books, or whatever makes sense so that we can see one another eye to eye (rather than eye to nostril). Lastly, there is a YouTube playlist where recorded services can be found. Our "Zoom Church" services are much more interactive than what recordings capture, but still they are shared for anyone to see.

Wednesday Evening Bible Study

Ever wonder what it means to be a follower of Jesus in these times? Join us on Wednesday evenings as we explore what "discipleship" might mean for us.

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

