

# Living Table

UNITED CHURCH OF CHRIST

Tuesday, September 1, 2020

## This Week with Living Table UCC



### A Message from Pr. Laura Beth

Are you getting enough sleep? How about enough rest? While our faith drives us to participate in the many ways of being faith-filled people, recharging our batteries can be just as faith-filling. As I was going about my week, I found this list of nine different types of rest. Who knew there was more ways to rest than one? As we come into September, I invite you to assess your rest. Which ones below do you already do? Which ones do you want to try?

1. Permission to do something just for fun
2. Paying attention to my own needs
3. An unscheduled day
4. Allowing myself to say no to obligations
5. Going somewhere I want to go alone
6. Taking a nap
7. Being with people who let me be my full self
8. Taking a walk in nature
9. Quality time with a friend

When we rest and recharge, we are able to listen more intently to the word of God still speaking in our lives. If we become too busy, too scheduled, we might miss out on some really groovy, God-revealing moments. How will you be resting this month?

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)

### Thursday:

6:30 pm Grief and Loss Group

### 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

## Free Dirt

We have begun digging out a rain garden plot in front of the church but could use help removing the dirt. If anyone needs good soil for their garden please dig the hole deeper to remove more dirt. Complete by this Friday at the latest.

## 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.

All Things for Online Church

## 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

