

The Bridge

No Sunday School Programs and no Childcare during Phase 2.
The playroom is clean and open for parents who wish to use it.

July 5, 2020: "Independence Day" – What do you know about Independence Day? What is your favorite memory or celebration? Plan to share your stories.

July 12, 2020: "Gratitude" – This was Lois Cavanaugh-Daley's favorite sermon topic. We will share thoughts and memories.

July 19, 2020: Services with Jimmy Merritt

July 26, 2020: "Gardening as Sacramental Theology" – This service is based on the writings of F. Vernon Chandler, written as he hoed his garden behind the Outlaw's Bridge parsonage in June 1990.



Dates to Remember

Because of the COVID-19 Virus, formal activities at Outlaw's Bridge are curtailed. We are in Phase 2 for reopening activities for the state. We are still encouraged to practice "Safer at Home" orders when possible and gather in groups of no more than ten.

When out, practice social/physical distancing, wash hands and wear face coverings. Please stay healthy and safe. Please stay in touch with each other during this difficult time. Please take the time to thank the essential workers you encounter!

Stay Healthy and Safe!



Claudia's Comments

Often my July newsletter article starts with reports from General Assembly or musings about summer...4th of July activities, remembrances of delicious summer foods like ice cold watermelon, Bar B Q, corn on the cob and homemade ice cream shared at family cookouts. This year my mood is a bit more somber as I contemplate what July activities will be like this year with all the changes mandated by the Pandemic. All of us have probably had a number of events, family trips or gatherings cancelled or changed. So much change is not only disappointing, even though necessary during this Pandemic, but it's wearing on our spirits.

How are all the summer cancellations and changes affecting you? How do sudden or slow losses affect you? As we observe changes in our environment, in relationships, in our communities, or our time at church, do you feel sadness or a dull level of grief? I think it's important for us to name the many changes we have had to make due to the Pandemic. Notice and honor your feelings. Months ago when "stay at home" mandates started and things were cancelled or closed, I recall thinking this won't be so bad; things will get back to normal with the heat of the summer. Well, here we are at the beginning of July with no end in sight. I can tell my mood is not as buoyant as it was.

As each week passes, I find myself being more intentional in assessing my feelings and paying attention to responses to small irritations and trying to do something creative to mitigate my disappointment, sadness, restlessness or anger. I think I'll bake something tomorrow with the beautiful blueberries a friend gave me yesterday. I'll take breaks now and then to watch the beautiful birds at the birdfeeder and the wily, seed-stealing squirrels that give me joy. Then later this week I'm going to clean the screened-in porch and plant some flowers in pots on the patio. Even though there won't be any fireworks or neighborhood parades and celebrations this year, I'll find our United States flag and have it ready to display on the 4th of July. What are your plans?

I'm intentionally not ignoring my feelings about all the change and disappointments that have been happening due to the COVID-19 virus. I know that to ignore feelings and reactions leads to numbness and pessimism. I'm usually an optimistic and hopeful person. I remember what Viktor Frankl taught us about the last of our human freedoms. He said we can't choose what happens to us in life, but the one thing we have control over is how we choose to react to what happens.

So how will you choose your response to all the Pandemic changes? Will you take time to assess how you're feeling; recognize what's dragging your spirit down, diminishing your patience or sapping your sense of gratitude and joy? What's your plan?

Happy 4th of July!

With Love, Hope and Joy,

Reverend Claudia