

## The Bridge

**June 7: "Love"** – Jimmy Merritt

**June 14: "Look for the Helpers"** – Reverend Claudia M Frost – Our sermon title comes from a quote by the late Fred Rogers. He often told the story about what his Mother would say when he would see scary things on the news: *Look for the Helpers*. With the COVID-19 Pandemic and now civil unrest and purposeful destruction of businesses, historic buildings and landmarks, where do we look for the helpers? We can't let those bent on chaos and destruction obscure the calls for justice and need for real change. What does our religious faith ask of us at this time?

**June 21: "Fathers' Day Sharing Service"** – Please bring your Dad stories to share.

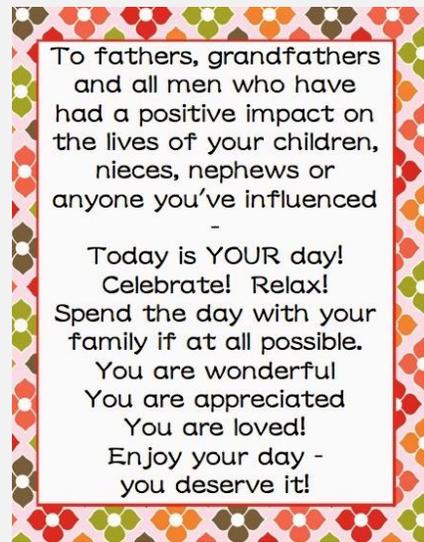
**June 28: "Hold On"** – Reverend Claudia M Frost – As I think of what comes next as we continue to navigate through this shifting terrain of today's times, I am reminded of Nancy Wood's words #688 in our hymnal: "Hold on to what is good...Hold on to what you believe...Hold on to what you must do..." Let us explore what grounds us in our faith during times of great change.

**Remember:** You can zoom or phone with "**Conversations with Reverend Claudia**" each Thursday at noon through June 25, (Download Zoom, go to <https://uuma.zoom.us/j/881624971>, meeting ID 881 624 971; or enter by phone 1-646-876-9923 US (New York) or 1-253-215-8782, meeting ID 881 624 971.)



### 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 "Stay 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!**



## Claudia's Comments

This is a time when human emotions and reactions are all over the map...and mine are no exception. In the shadow of what's happening in Minneapolis and major cities across the country (even Washington, DC and Raleigh), I'm grieving the senseless death of George Floyd at the hands of police officers. I'm not just heartbroken, but also angry about what is happening to the people who want to peacefully protest the injustice done to Mr. Floyd and other people of color. I'm repulsed by the inhuman beatings some people have endured just for trying to protect their businesses or have been caught in the wrong place during mob rioting and looting. I mourn for all the people who have lost their life's dreams as their businesses are looted and burned and for those who now have nowhere nearby to get their prescriptions filled or buy groceries.

Watching the historic Episcopal church in DC set on fire last night and learning both the Lincoln and World War II Memorials have been vandalized compound my sadness and sense of outrage. I'm not angry at those who call for justice and express anger by their attempts to peacefully assemble and protest with signs that express their pain. My anger is over the disregard for human life. I'm also angry over the groups who have taken to the streets in an organized manner to intentionally cause chaos, looting and cause personal harm to law enforcement, people from the media and those who are marching and protesting for change...People who set fires, throw bricks, rocks and other volatile objects show total disregard for the memory of George Floyd and the inherent worth and dignity of all people. As I sit with my grief and anger, I know this is also a time for contemplation...a time for being still and listening to the still small voice within...to hear what the holy has to say at this threshold for change. For me, I know this is not the time to run into the fray. It's not the time to be seduced by simplistic answers, dualistic thinking or angry people. Anger is a necessary, appropriate and useful response to injustice, but anger can be dangerous, self-defeating and egocentric. I've learned that unexamined anger can be so intent on pointing out problems that we never get to thoughtfully be part of the solution.

As I have been examining my grief and anger, I have also been reading many sources for how best to be part of the solution...a way forward. I know that way may be different for each of us. I've learned that in order to know what kind of help or advocacy is desired, I must be in relationship with people on the margins. Change starts with each of us in our own hearts, our own homes and involvement in our own communities.

During this time of the COVID-19 Pandemic and now this second crisis of violence, looting and destruction, the hard work by public health officials, health care workers, first responders, elected leaders and all who have been working for constructive change in race relations are under threat by those who want to cause chaos. Even in our personal grief and anger, we must acknowledge all the pain and suffering that exists in this time and use it as a path to rediscover our interconnectedness and lasting solutions to the problems we face. Although this time of social distancing and disruption to our lives is stressful, we need to remain committed to staying in touch with others and advocate for change, logic, reason, respect and love.

Thinking of you with love and hope, Reverend Claudia