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## March 2021: Outlaw's Bridge Universalist Church

*Welcoming Congregation*

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### The Bridge

**No Sunday School Programs and no Childcare during Phase 3.  
The playroom is clean and open for parents who wish to use it.**

**March 7, 2021: "The Constitution"** – Ed Clark – The second service in a series about our United States Constitution. We will continue to learn more about this amazing document and how it came into being.

#### **Sunday March 14, 2021: Time to Spring Forward**

**March 14, 2021: "Stronger in the Broken Places"** – Reverend Claudia Frost – On this 4<sup>th</sup> Sunday of Lent, we will look at brokenness and what carries us through life's darkest hours. In a year of devastating loss of livelihood, loss of community and connection with family and friends, loss of loved ones, how do we restore or heal what is broken both around and within us? What does stronger in the broken places mean for us both individually and for the church?

**March 21, 2021: "The Qualities of a Friend"** – Lisa Stolar – What qualities do you look for in a friend? Be ready to share your thoughts.

**March 28, 2021: "Palm Sunday: Celebration and Devastation"** – Reverend Claudia Frost – Like the story of Jesus' last week with his disciples, our lives can be one of celebration one day and then devastating loss the next. Please join us to revisit the symbolism of the ancient story that includes Palm Sunday celebrations, Temple drama, Passover misunderstandings and Jesus' death later in the week.



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#### Dates to Remember

**Because of the COVID-19 Virus, formal activities at Outlaw's Bridge are curtailed. We are in Phase 3.0 for reopening activities for ourselves and the state. We are still encouraged to practice "Safer at Home" orders when possible and gather in groups of no more than 10 inside and 50 outside. We are asked to practice social distancing, wash our hands and wear face coverings.**

**March 11: AUW Meeting at 1:00 p.m. following lunch ordered from Johnny's Seafood. Be at church by 11:30 a.m. to place order.**

**March 14: Board Meeting following church service. Lunch will be provided.**

*An Irish wish  
from the heart of a  
friend* ❀❀❀  
*"May good fortune  
be yours, may your  
joys never end."*

## Claudia's Comments

For the past twelve months we've been riding a roller coaster. The roller coaster named *COVID Pandemic* makes backward turns, complete 360 loops, fast curves, steep climbs and low drops, but few thrills. We've been bombarded daily with fearful messages of rising infection rates and death counts, civil unrest and violence in major cities as well as our nation's capital, weather extremes, contentious elections, ever changing pandemic rules, loss of jobs and businesses, lockdowns and school closures. In varying degrees, we've experienced the stress of isolation, loss and grief as well as both the personal and vicarious stress and trauma swirling around us.

Perhaps you've already heard the following story; I think it's worth a repeat to keep us mindful of the stress we've been living with.

### *A Great Lesson on Stress*

*A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, "Half empty or half full?" She fooled them all. "How heavy is this glass of water?", she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.*

*She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.*

*If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."*

*She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."*

*"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden – holding stress longer and better each time practiced."*

*So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.*

Please know I am thinking of you and your families. I hope the coming days of spring will bring us all brighter days of sunshine and spring flowers, opportunities to receive our COVID vaccines and a decrease in stress as we are able to gather in larger numbers at church.

With Love, Hope & Joy,  
Reverend Claudia