

KTF 2024 November 7

Dear Ones,

Many years ago I attended a workshop for lay and clergy leaders on how to respond pastorally to people who have experienced trauma. That day I was introduced to the idea that people's first response will come from a place of anger, fear or sadness (they coincide with the fight-flight-freeze response to danger). People generally have a 'default' setting, the place where they first land. The pastoral care provider needs to pay attention to where they are, and understand how moving from one of those places to another is part of how they find the energy and motivation to move forward. What I remember most is that he said that the least common place to land first was sadness—which happens to be my default setting—and that those of us who go there first then find the energy to move forward into a place of healing by shifting to anger. (Anger shifts to sadness, fear can shift either way.) In the years since, I have considered naming it "passion" instead of "anger," because anger is a more complicated emotion and can be driven by many things. Whatever word we use to describe it, it's that moment when my slumping shoulders suddenly straighten up, and my sorrow-soaked soul stands up and shakes it off like a dog. That's when I am ready to get to work.

I encourage you to spend some time this week asking, "Where do I land first? And how do I move forward in useful ways from that place?" Then look at your loved ones, co-workers, friends and ask where they are. We will all be moving in different directions in the coming weeks, and need to be patient with ourselves and one another. Don't rush the transition, but recognize it as a sign of hope.

In the meantime....*keep the faith*,
Nancy+

THIS SUNDAY'S READINGS

1 Kings 17:8-16 * Psalm 146 * Hebrews 9:24-28 * Mark 12:38-44

BIRTHDAYS AND ANNIVERSARIES

Jenna Mulandi (11/9)

CALENDAR HIGHLIGHTS

SUN: 9:30 AM Sunday School
10:15 AM Eucharist In-person & online
WED: 9:00 AM Bible Study and Eucharist (in person and online)
THU: 9:00 AM Christ Church Book Group/Zoom
7:15 PM Compline on Zoom
SUN: 10:15 AM Eucharist In-person & online The Rev. Sandy Williams, Celebrant & Preacher
3:00 PM Bethel House Church

CREATION CARE TIPS

For the Beauty of the Earth (without the song)

We used to go to church with Adelaide, who was at times a vestry member, warden, treasurer, eucharistic minister, and soloist in the choir. She was also a storyteller, and once told us this story:

There was an empty lot on a run down street in a city far past its prime. One day, a man who lived on that street decided he had had enough of looking at this weed-infested and junk-filled space, and started cleaning it up. After several weeks of struggling with vines, roots, beer cans, tires, and things we can't even mention, it was ready for planting. He sowed many kinds of seeds, but to hurry things a little, he also bought a few shrubs and flowering plants. The next month, as he was watering this new oasis where once

stood a miserable eyesore, a minister stopped to talk. The minister kept extolling the virtues of God above, who made Heaven and Earth, and how wonderful this little place was because of what God had done there. After several minutes of this, the man began to lose patience, and blurted out, "But I did this." The clergyperson, momentarily stunned, stammered that God alone was responsible for the beauty of the place. But the man, unfazed, replied, "God had this empty lot for decades, and just remember what God did with it! It was my backbreaking work that transformed it to what it is today."

There may be a bit of leeway when determining who is the winner of this argument; after all, God created the Earth, the skies, the rain, and the human who did the work. But the man did the work. Was the man inspired by God to clean the vacant lot? The storyteller doesn't say, but I believe the answer is yes!

On Sunday, Bella led us in reciting Psalm 24, which begins "The Earth is the Lord's and all that is in it, the world and all who dwell therein. For it is he who founded it upon the seas and made it firm upon the rivers of the deep." Then Malaikah read, "I saw a new heaven and a new earth; for the first earth had passed away, and the sea was no more." Farther along in the service, Nancy began the prayers of the people with this: "Rooted in God's abundant love for the world, we lift our prayers for the church, the world, and all of creation." And during the Great Thanksgiving, the bishop said, "...presenting to you these gifts your Earth has formed and human hands have made, we acclaim you, O Christ." and he continued, "Grant that we, burning with your Spirit's power, may be a people of hope, justice, and love."

What might this Earth look like if we were so burning with the Holy Spirit that we became a people of hope, justice, and love, not just for our fellow human inhabitants of the world, but for the Earth itself? Would it look like that vacant lot that was turned into a beautiful oasis?— Patty

Hurt not the earth—neither the sea—nor the trees. Revelation 7:3

ANNOUNCEMENTS

Napkins Project Our first gathering was a lot of fun! Speak to Patty or Carolyn to find out when we will next meet to continue making napkins for every household in our congregation. Examples are on display on the credenza outside the office.

Sunday, Nov 17 Nancy will be in Brunswick baptizing her great-niece, Tess in the morning. Sandy will be celebrant and preacher at Christ Church. There WILL BE Bethel House Church in the afternoon.

Christmas Outreach Project In cooperation with Community Concepts, we will help 3 (and maybe more!) families have a happy Christmas/holiday season this year. We have decided that the best way to do this is to have you purchase gift cards (Hannaford, Walmart, gas cards). Once we know the details of the families, we will also purchase something to unwrap—a toy, a book, a game...It will depend a lot on the circumstances of the particular family. We also encourage you to leave holiday cards (please don't seal them) which we will use to deliver the gift cards. You can sign them or just write "Your friends at Christ Episcopal Church in Norway." For more information, speak to Jenna Mulandi or Rosemary Laban.

UNITED THANK OFFERING: The next ingathering of our UTO boxes will be **Sunday, November 24th**—the Sunday of Thanksgiving week. However, being thankful isn't just for the Thanksgiving holiday. Scripture tells us to be "thankful in everything, in all circumstances" ([1 Thessalonians 5:18](#)). When we find ourselves overwhelmed with burdens and worried about tomorrow, we can praise God for who he is and his promise to never leave us or forsake us. We have been blessed with the free gift of salvation and eternal life! There is ALWAYS something for which Christians can feel gratitude. So, it's never too late to start putting money in a UTO box (outside Nancy's office) to help us realize and/or remember the blessings that come with knowing the Lord's loving presence in our lives.