

**SIERRA EVANGELICAL LUTHERAN CHURCH**  
**MONDAY MESSENGER - MAY 26, 2020**

*(Note: This letter is going out Tuesday, since the office was closed on the Monday following Memorial Day).*

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.”

*- Philippians 4:6-7 (Revised Standard Version)*

These verses are among my top all-time favorites. They also came to me because this is a particularly anxious time for all of us. Some of us are more directly negatively affected by the current situation than others. Some of us perhaps don't like being cooped up indoors so much but otherwise, may feel it's not so bad a time. But all of us are negatively affected in one way or another. I don't remember who brought it up in one of the many Zoom meetings or online communications in which I've been involved but an observation was made that we all experience a diffused anxiety in this time of communal suffering. It's pretty hard not to be affected by the grim statistics and relentless stream of sobering stories. So, it's very understandable and natural that, as we are impacted by that anxiety, we might react differently and more negatively than we normally would. We're surprised we act out about something. We might find ourselves lashing out at loved ones over stupid stuff. We might feel grumpy, sleepless, lackadaisical, or are over-sleeping or over-working. It's important and healthy to acknowledge that, be honest about it, and not be too hard on ourselves if we aren't functioning the way we feel we should. Then, lift it up in prayer. Write about it in a journal. Meditate on it, along with bible verses like the one above. Talk to a trusted friend or loved one about it. Perhaps even ask help from a trained counselor. It's nothing for which we need to be ashamed. These are unprecedented times and uncharted waters. We need all the help we can get to navigate through them. Our familiar ways of coping just may not work the way they used to. Perhaps this is the time and opportunity to explore new ways to be and do. Perhaps right now is the time to more fully explore what it means to be totally abandoned to God who will *never* abandon us, no matter how mixed and contradictory our feelings and actions are. We CAN let go and trust more fully in the promised “peace that passes all understanding.”

Remember that you are loved!  
Pastor Mark Perry

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**SELC CONTINUES IN MINISTRY TO ALL IN NEED**

Barb Williams noted to us: “Today (Friday, May 22<sup>nd</sup>) was our regular Salvation Army day. As it was last month, we provided the usual food, made up sack lunches to hand out since the dining area is closed for the duration. Today we fed 100, with 14 sack lunches also being taken to Good Neighbor Alliance since those resident there are not allowed to leave and come back. Carol Jordahl, Don, and I worked on it at a safe distance from the small handful of regular volunteers who were there.” Thank you, faithful servants, for the deployed love you share! If you'd like to help, call the church office for information.

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**GOODBYE AND GOD BLESS**

We sadly say goodbye to Carolyn Abbott who is relocating to Redwood, OR. Carolyn is leaving Thursday, May 28<sup>th</sup>.

## NAVAJO PROJECT ON-GOING EDUCATION OPPORTUNITIES

We were pleased to have about thirty people join us this past Sunday on Zoom and Live-stream for the first of four Education Modules which are an integral and valuable offering from Intern Pastor Paul Benz as part of his Internship Project.

This coming Sunday, May 31<sup>st</sup>, 1:00 pm, will be the second in the series, covering “**Dimensions of Culture: Exploring Social Spectrums and the Communication Gap.**” Again, it will be made available to access either live-stream on our website or via Zoom (email Intern Pastor Paul, Pastor Perry or the office by Friday to receive the Zoom invitation).

This training will discuss culture and explore various cultural dimensions such as high and low contexts, individualism and collectivism, power distance, and uncertainty avoidance. This workshop will also discuss the communication gap as well as the gold vs platinum rule. Attendees will gain an understanding of various aspects of culture that can help us be more effective when working across cultures but can also help us gain self-awareness and understanding as well.

We will be richly blessed by the leadership (via Zoom) of guest presenter, Isaiah “Shaneequa” Brokenleg, who is an enrolled member of the Rosebud Sioux Tribe (Sicangu Nation). She is the Staff Officer for Racial Reconciliation for the Episcopal Church. She is a priest in the Diocese of South Dakota, where she grew up, and the place she calls home.

From an academic perspective, Shaneequa has a Masters of Divinity from the Church Divinity School of the Pacific and a Masters of Public Health from the University of Minnesota. Prior to priesthood, she worked as an Epidemiologist and served Indian Country in the Great Lakes region for over a decade.

From a cultural/spiritual perspective Shaneequa believes that we are all related (“mitakuye oyasin”), and that the Gospel calls us to be “good relatives” to one another. Having grown up on the Rosebud reservation she has experienced and witnessed the devastating effects of historical/generational trauma, colonization, and racism. As a wíntè (Lakota two-spirit), she is called to be a healer and move our communities in the direction of positive change, in the direction of reconciliation, toward living in right-relationship with one another. She strives to live out her calling through work, our church, her art, and in her life.

We are attaching a worksheet in this email for those who may participate to use in the training. Please print it out and refer to it before we meet on Sunday or we can print one out for you if you'd let us know you have that need.



# FAITH5

Every Night In Every Home!

Our FAITH5 verse of the week is  
1 Peter 5:6-7

“Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. <sup>7</sup>Cast all your anxiety on him, because he cares for you.”

*(Post or keep this weekly scripture in a handy place and every morning or evening share the following as a couple, or with family members in the home or even with a dear friend over the phone.)*



SHARE

**Share** your highs and lows of the day with one another.



READ

**Read** the verse of the week and if time permits, the Bible story that pertains to the Scripture of the week.



TALK

**Talk** about how the Bible reading might relate to your highs and lows of the day or how it's speaking to you.



PRAY

**Pray** for one another's highs and lows and other prayer requests.



BLESS

**Bless** one another. Make the sign of the cross on each other's forehead or the palm of your hands and say something simple such as: “God bless you and keep you in His love and care!” Or feel free to make up your own blessing that incorporates a part of the FAITH5 verse of the week.

## SUNDAY LECTIONARY DAILY READINGS

The readings are chosen so that the days leading up to Sunday (Thursday through Saturday) prepare for the Sunday readings. The days flowing out from Sunday (Monday through Wednesday) reflect upon the Sunday readings.

### Week around Easter 7

*Monday*

Psalm 99

Leviticus 9:1-11, 22-24

1 Peter 4:1-6

*Tuesday*

Psalm 99

Numbers 16:41-50

1 Peter 4:7-11

*Wednesday*

Psalm 99

1 Kings 8:54-65

John 3:31-36

### Week around Pentecost

*Thursday*

Psalm 33:12-22

Exodus 19:1-9a

Acts 2:1-11

*Friday*

Psalm 33:12-22

Exodus 19:16-25

Romans 8:14-17

*Saturday*

Psalm 33:12-22

Exodus 20:1-21

Matthew 5:1-12

### Sunday- Day of Pentecost

Psalm 104:24-34, 35b

1 Corinthians 12:3b-13

Acts 2:1-21

John 20:19-23