

DAYBREAKING NEWS

Reflection from Rev. Shirley Wells | Prayer time

Pastoral Care

Pastor Tom can be reached by telephone for any needs during the summertime while he is in Flagstaff. The church office can contact Joel Bullock or Amy Notbohm for any matters during the summer months.



Listening with our Hearts

We are all hungering to share and to be heard. These days of pandemic and now the racial crisis bring more anxiety and turmoil than any of us expected. We are caught up in the sadness of all the lives that have been lost in Covid-19 and now remembering the lives of all the black men and women who are no longer with us. For those of us who are isolated and refrain from going out in public places, this really is a challenge. We can't go out to lunch and meet a friend. Or linger after church to simply chat. Social distancing keeps us away even from family members.

Dorotheus of Gaza, one of the Desert Fathers and Mothers, said that as we move closer to God, we move closer to each other. During this time of forced solitude, I am finding myself seeking more ways to be in relationship with the God whom I love. Now I am finding the time to read more, to learn more about Mindfulness and Centering Prayer and The Welcoming Prayer. Listening in Silence is a renewing practice for me. These are all ways that are healing to my soul. I am wondering if these might be helpful for you also?

During this time of disconnection, tension, and animosity in our communities, when there is polarization on the political front, I feel this is the time more than ever that we can reach out to each other and really listen.

We are all hungering to share and to be heard. Perhaps now it is time to renew our commitment to the fine art of conversation – both with God and with each other. May we continue to cultivate our relationships in whatever way that we can. May we lean in and listen to the story of another. Even though we are distanced from each other, may we find ways to honor the space between us, recognizing the beloved in each one of us, whether we agree or not. Our presence with each other is what counts.

Comedy Corner

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Prayers

This time of isolation is hard for everyone. We pray for health and patience for our community, neighborhoods, state and the world. We pray for those who are lonely that they may find companionship through friends and family. We pray for those who are struggling with housing and food insecurity that they may be sheltered and fed. And we pray that we each feel the spirit moving in our bodies to in communion with God.

Giving

Our offering plate is going to be lonely without Sunday Services, but never fear, you can still send your tithes and offerings to the Aldersgate church office.

Aldersgate UMC
3530 N. 32nd Street
Phoenix, AZ 85018-5609
(602) 956-3710

Sit down with God with a cup of tea and share the prayers of your heart and the tears of your brokenness. Spend time with a friend on FaceTime. Renew acquaintances through the power of Zoom. Make a phone call to someone who really needs to hear your voice. Listen to the words and to the silence between the words. As we grow closer to God, we move toward each other. As we grow closer to each other, we grow closer toward God. May we all listen with our hearts!

Prayer from The Corrymeela Community

God of human touch,
God of spiritual embrace:
this biggest event of our lives
will live on in our tissues,
something our bodies
are actively learning to hold.
And so the kindness we show
to ourselves,
and the support we offer each other,
is not just for right now.
May the soothing techniques we practice
and the centering breaths we take
hold us in this moment
and train us for moments to come,
so that without
thinking
we can find
ourselves
again, in your
presence.

Amen



Rev. Tom Kiracofe
Pastor
Martha Stowe
Administrator

