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# DAYBREAKING NEWS

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*Special Reflections from Amy Notbohm*

## ***The Antidote to Judgement (spoiler alert: it's loving-kindness)***

*Week 2 of 3: Inspired by Brian McLaren's We Make the Road by Walking.*

*Read Matthew 6:19-7:21*

Does it seem like the world is full of “us” and “them”? How many ways do we split the world into us and them? Christian/Non-Christian. Republican/Democrat. Mask Wearers/Non-Wearers. Americans/Immigrants. People who care about others/People who don't. Selfish/Selfless. People who wear socks with sandals and people who don't. Why do we do this?

We shared a few weeks ago about how anxious we all are, and unfortunately, judgement is the natural fallout of anxiety. When we are anxious, we think we are being judged and then are quick to judge others. As Brian McClaren says, “Just as anxiety quickly becomes contagious and creates an anxiety driven system, judgement easily creates accusatory systems in which no one can rest, no one can be himself or herself, no one can feel free.” (142). Our tendency is to reach for the tree of knowledge from the Garden of Eden and categorize both ourselves and others as good or evil. Guess who is always good?

Jesus tells us though, that condemnation of the other is not the solution. The solution first begins with reducing anxiety through care for our neighbors as we look to build just communities. Then we also need to look at our own selves with clarity. “Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye?” (Mt 7:3) In our Compassion class last fall, we talked about compassion for both ourselves and for others, but we actually started with ourselves. When we spend time in the deep inner work of self-reflection where we notice who we are, we can then treat ourselves with loving kindness. When we develop our kindness muscles, instead of judging others, we are better equipped to treat the world with that same loving kindness. When we do that, we realize that we are all connected and there really is no “us” or “them” but only a human family nurtured and sustained in this beautiful Earth by a loving God.

As quoted by religious scholar and former Catholic nun Karen Armstrong in her book “*12 Steps to a Compassionate Life,*” an excerpt from the Qu'ran 93:5-20. This is a poem in which God asks Muhammad to remember the challenges of his own childhood and show loving kindness to those around him.



Thank you to everyone for your support of the Creighton Family Resource Center Diaper Drive. We have been able to provide over 500 diapers to local families in need! As COVID related unemployment continues, local families are still struggling, so the need is ongoing. We will keep a drop-off place in the narthex is there are any additional contributions.

**What is after will be better  
than what came before  
to you your lord will be giving  
You will be content**

**Did he not find your orphaned  
And give you shelter  
Find you lost  
and guide you  
Find you in hunger  
and provide for you**

**As for the orphan –  
do not oppress him  
And one who asks for help -  
do not turn him away  
And the grace of your lord – proclaim**

**Amen**

**Community Prayers**

- Prayers for Sue Teel, Lee Smith, Ruth Wymer, Sarah Burke and Paula Carmosino.
- If you have additional prayer requests, please let Sue Teel, Amy Notbohm or the church office know.

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**Giving**

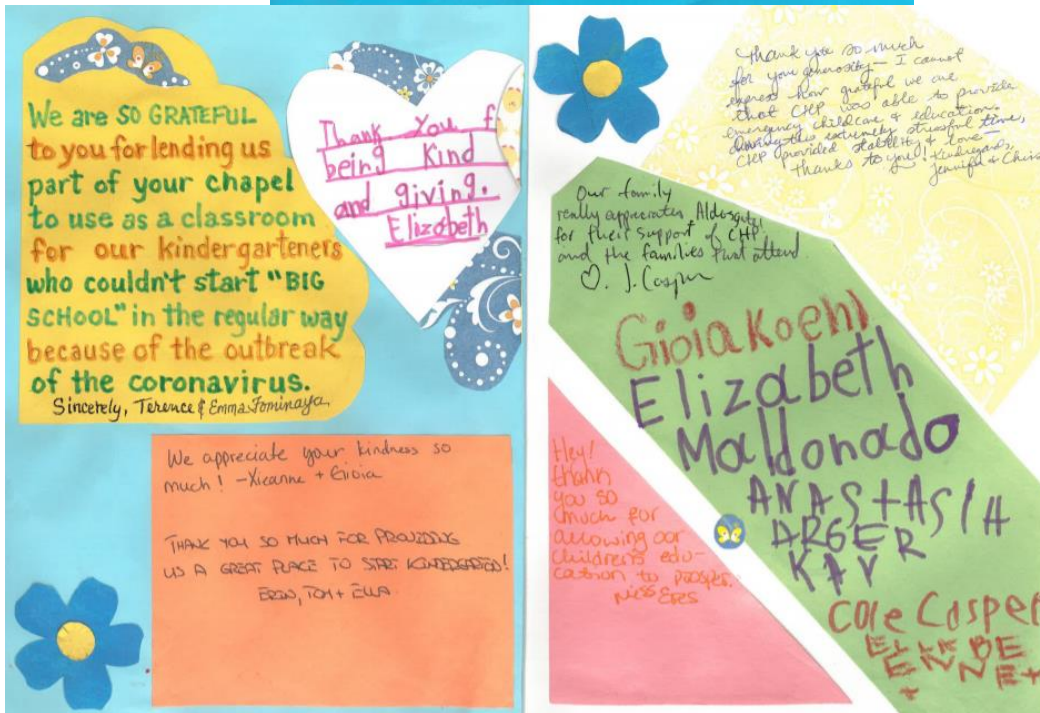
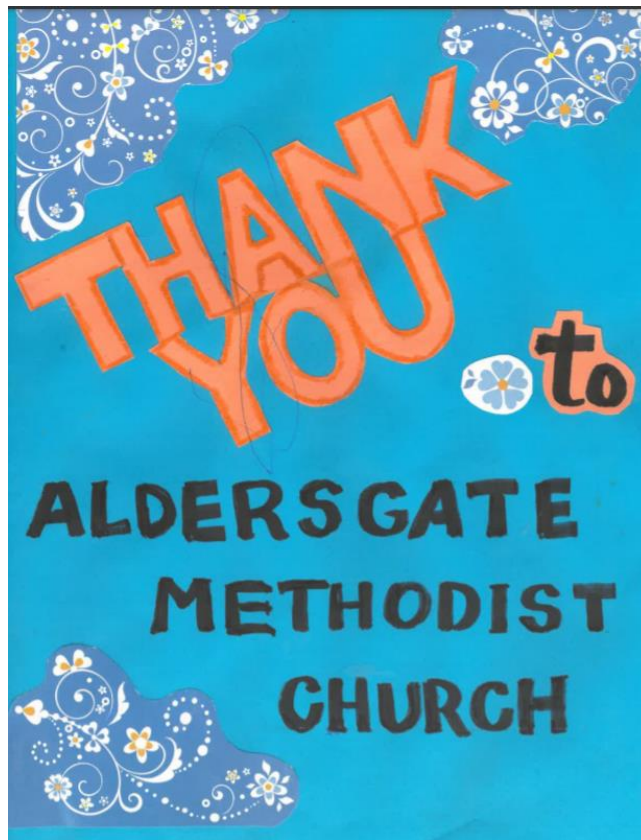
Thank you for your continued support for the work and ministry of Aldersgate United Methodist Church – mailing address is 3530 North 32nd Street; Phoenix, AZ 85018-5609

*You may wish to process a bill payment from your bank account to pay a tithe or donation electronically.*

From Amy: Thank you to everyone for the lovely cards for Pastor Appreciation Month. It is a joy to be in community with each and every one of you!

Rev. Tom Kiracofe  
Pastor  
Martha Stowe  
Administrator

Special Note from Camelback Holistic Preschool:



Rev. Tom Kiracofe
Pastor

Martha Stowe
Administrator

