



Little Brown Church of Sunol

United Church of Christ – Congregational

P. O. Box 124

141 Kilkare Rd

Sunol, CA 94586

Phone: 925-862-2004

www.thelittlebrownchurchofsunol.org

Tax ID Number 93-1211708

August 2020

Worship services at LBC continue to be suspended during the coronavirus pandemic. We are worshipping together in spirit and looking forward to being able to gather in community again.

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- August-September Calendar
- Pastor Mary Joins Advisory Council
- Summer Reminders
- Stress Relievers
- A Virtual Program with John Philip Newell

August-September Calendar

Wednesday, Aug. 19 ... Sunol Citizens' Advisory Council virtual meeting

Monday, Sept. 7 ... Labor Day

Tuesday, Sept. 22 ... First Day of Autumn

Additional Role for Pastor Mary

Pastor Mary has been appointed to the Sunol Citizens' Advisory Council by the Alameda County Board of Supervisors. Sunol is unincorporated, so the council serves as a local sounding board and advisory group to the supervisors. The council normally meets monthly at Sunol Glen School but has been meeting on Zoom during the pandemic. Mary's first official meeting will be on Wednesday, August 19.

Dealing with Dispiriting Times

Many of us are feeling low-level anxiety and background depression as the pandemic drags on and the nation feels rudderless. There are many coping mechanisms out there, some healthier than others. (Weight Watchers says 35 percent of Americans have gained weight due to the lockdown, but Bloomberg says we're drinking less alcohol.) Here are a few I came across on the internet. (Whatever did we do before the internet?)

Next month we'll explore techniques developed by various Christian traditions. Meanwhile, feel free to share your coping mechanisms with this newsletter.

Fearful? First imagine a worst-case scenario, all the way through to the bitter end. (Use your imagination, but stay within the realm of possibility). Second, imagine a best-case scenario. (Make it wonderful, but possible.) Finally, imagine the most realistic scenario, which is probably a balance between the two.

Heart racing? Try the butterfly hug. Cross your hands on your chest with thumbs linked and index fingers just touching your collarbones. Flap the butterfly wings alternately, first quickly, then gradually slowing down as you slow your breathing.

Feeling sudden stress? One deep breathing technique involves taking a long, slow inhalation, then pausing for one or two full seconds, then exhaling through your lips so slowly that if a candle flame were in front of you, you wouldn't blow it out. After three of these calming breaths, take one more and this time blow out the candle.

Need a shortcut to a peaceful place? One grounding exercise involves imagining a place where you feel very safe and peaceful. Take some time to fully develop this place in your imagination. Then grab your left wrist with your right hand. Whenever you need to calm down, repeat the action and the peaceful place should come along with it. —Barbara Egbert

John Philip Newell Program

If you have enjoyed the Wisdom in the Pandemic videos by John Philip Newell in our Sunday worship emails, you may be interested in a program on October 18 called "Sacred Earth, Sacred Soul." (There is a \$25 fee.) Newell will talk over Zoom about his new book and share his vision of waking up to the sacred in all things. For more information and to register, go to:

<https://www.eventbrite.com/e/sacred-earth-sacred-soul-a-virtual-program-with-john-philip-newell-tickets-114748945184>

Summer Reminders

- If you need pastoral care and can't reach Pastor Mary immediately, please email Sue Ann Yarbrough at sayarbrough@gmail.com.
- Please remember to stay current with your pledges. Checks can be mailed to Little Brown Church at P.O. Box 124, Sunol, CA 94586.

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LITTLE BROWN CHURCH OF SUNOL

Pastor: The Rev. Mary P. Conant, phone 510-866-3167, email mpconant@comcast.net