RESET
LIVE WOMEN'S BIBLE STUDY

Women's Ministry
Pray As You Go Podcast

pray-as-you-go.org
This one might feel impossible to battle since social standing is usually bestowed by other people, but we have a great deal of control over our own relational connections—and none of it involves manipulating our bodies to curry favor.

McBride suggests healthy embodiment here involves voice and intentional community. Environments that thrive on the social elevation of some and the disempowerment of others are not unchangeable, indeed, courageous voices from the margins have turned every oppressive power structure on its head. Voices calling out the bully, the mean girl, the misogynist, the boys’ club, the manipulator, the passive aggressor, the racist, the intimidator, any person or group that uses social exclusion as capital—this critical resistance refuses to sail quietly along the constructed social tides that ebb and flow on human rejection.

Your voice matters. You are not powerless. You are not required to shape-shift for belonging; this is not a soul rule and you don’t have to follow it. “We can be tempted to satisfy our relational longings, our desire to connect, but in doing so deny the parts of us that make us who we really are,” wrote McBride. “But the more we know ourselves, love ourselves, as we are, the more not being part of that...
Science of Well Being

“The interest in the class in just the last few days has been incredible and a bit surreal,” Santos said. “I think that just as people are focused on evidence-based ways for staying physically healthy during this COVID-19 crisis, so too people are looking for evidence-based ways of improving their mental health.”
Get Grounded in Your Body

At a time when many of us are feeling distracted and uneasy, we can boost our calm and focus through our five senses.

Sight
Sound
Smell
Taste
Touch

--- Gretchen Rubin
The Happiness Project
gretchenrubin.com
Sign Up to Help

Sign up to call or write notes to home-bound church members, deliver groceries and more.

I WANT TO HELP!  

Give to Our COVID Response Fund

Our team is preparing to respond to the needs of our partner pantries and organizations through food donations and sending funds. Select "COVID Response" under the Giving Type dropdown.

GIVE NOW

Join the Truck Ministry

As we respond to the needs of our community during this time, we need more truck drivers to deliver donations and supplies to our community partners.

VOLUNTEER WITH THE TRUCK MINISTRY

Check Out the DIY Serve Page

These are projects you can do with your family or small group that benefit our Resurrection Missions Ministries and community partners.

DIY SERVE PROJECTS
On the Border
Mexican Grill & Cantina
Tortilla Chips
phrourein

Greek

military word for standing on guard
Christian mindfulness

The practice of paying prayerful attention in the present moment to God’s abundant life

--- Amy Oden
Saint Paul
School of Theology
Christian mindfulness

Basic Christian Mindfulness Practice:
1. Attentive Breathing
2. Attentive Embodiment
3. Acknowledgment
4. Discovery
20 easy challenges to boost your spirits while safer at home

- Gretchen Rubin

1. Re-read old journals or look through old photo albums
2. Use something you've been saving like candles or fancy food ingredients
3. Donate to a cause you believe in
4. Write a haiku
5. Spend 30 minutes reading a book from your "to read" pile
6. Use an appliance that's never been used before
7. Take a moment to appreciate the flavor of ketchup
8. Make a list of your 30 favorite TV shows, or movies, or books
9. Wear a costume during a video call
10. Send a letter or postcard to someone you love
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11. Experiment with a new form of exercise
12. Have a "picnic," in whatever form that might take—car picnic, floor picnic
13. Update your resume, LinkedIn profile, and cover letter
14. Do 20 jumping jacks
15. Make a point of using up all the mostly-eaten containers of food
16. Declare a Family Prank Day
17. Sit outside and listen to the birds
18. Tackle some pet care
19. Go for a 20-minute walk outside
20. Use the "good china" you don't use often
Suggested Reading

• Right Here Right Now by Amy Oden
• Gifts of Imperfection by Brene Brown
• Maybe You Should Talk to Someone by Lori Gottlieb
• Inspired by Rachel Held Evans
This week…

How will you be seen, and see others?

How will you be heard, and hear others?