



Pastor Elaine Ponders . . .

Turn on Your Love Light

Frederick Buechner wrote these words, “Here is the world. Beautiful and terrible things will happen. Don’t be afraid.” But how do we manage that, I wonder . . . It would be easier just to give in and just walk through life with a case of the hopeless blues. Or we could choose to kindle the flame of hope and release our fear.

In Matthew, chapter 4, Jesus said to his followers, “You are the Light of the world”.

Think about that for a moment. Let it really sink in.

You. Not some famous spiritual teacher or famous TV preacher. Just little old you and little old me. We are light for the world. We were created to bring light to the world no matter who we are or how life seems right now.

The question I am often asked is how? How can we be light when we are struggling ourselves? If we are stressed out, or in the midst of grief, or feeling hopeless, where do we access the Light?

As a pastor, I have to be aware of how to keep my own light shining, and how to keep accessing the spirit-fuel to burn brightly. One practice that is essential for people in ministry is Sacred Rest.

Our Jewish kin practice Sabbath, or Shabbat, weekly. It is based on the idea of taking space to rest and recharge our body, mind, and spirit.

If we don’t pause intentionally, we burn out. We run out of fuel, like the foolish bridesmaids who forgot to trim and fill their lamps and missed the wedding party.

Just as in our human relationships, we must spend quality time in our relationship with the Divine. This feeds us and fuels peace and wholeness in the world.

The Anishinaabe people view the winter months as a time to rest, to gather in, to tell stories. They follow the animals’ cues and harvest in the autumn and hibernate as the snow blankets the cold earth beneath us. (EMBRACING THE BEAUTIFUL AND THE TERRIBLE IN 2020 KAITLIN CURTICE)

We Humans are designed to work and rest, stop and breathe, to pause when we are weary. If we weren’t we wouldn’t need Sabbath or hibernation.

Many of us have fallen into the practice of Go Go Going, running all the time. We have forgotten the part where even God rested after creating for 6 days.

Kaitlin Curtice suggests three things to help us rediscover Sabbath Rest and keep our internal lamps trimmed:

1. *Name what’s hard.*

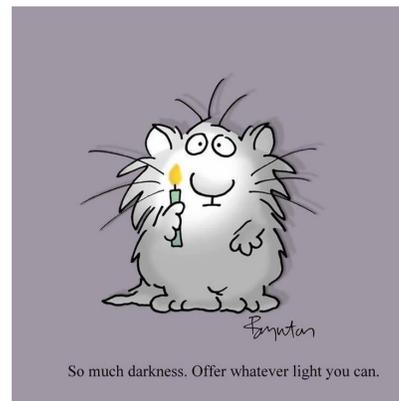
Whether it’s personal struggles or collective ones, we need to name the things that are taking up mental and spiritual space, causing trauma, or exacerbating already existing trauma. The things happening are really difficult, and we can say that to ourselves and those around us.

2. *Pick a practice*

Maybe your ideas of rest are breathing exercises. Maybe going outside with your dog, reading a favorite book, or having a date with a friend who knows you well. Maybe it’s disconnecting (from social media) for awhile.

3. *Share the love.*

When we are rested and filled up to do our work in the world, we are better equipped to help others. Make your life a safe space where people who are exhausted can enter in.



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Pastor Elaine Ponders . . . (continued)

It may be something as simple as sending a card to someone you know is grieving. It may be creating spaces for people to share their stories.

If we hold space for ourselves, we hold space for each other, and we can collectively change things.

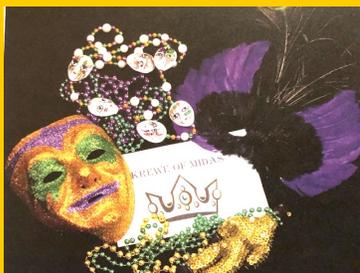
Won't you consider you own Love Light? Is it well-trimmed and full of fuel? Do you spend time in rest and time in quiet relationship with the Divine?

I intend to begin a practice I have neglected of late. That is taking a minimum of 24 continuous hours away from church. That means I will not read texts or email, run over to the church because I forgot a book or calendar (because I won't be writing an article or sending cards in my down time) or even doing fun things with church folk. I need this common Pastoral spiritual practice because I tend toward working some every day—I write my sermons on Saturday because that is what works for me. So Mondays will be my Sacred Sabbath day. This is difficult for me (so you know I will understand if your own Sabbath practice is challenging!)

Let us help each other learn to practice true Sabbath Rest, so that we can be a light for neighbors and the world. To be continued . . .

Pastor Elaine

Save the Date for a Party!
MURDER AT MARDI GRAS



February 25
5:30pm
Finger foods
Heavy appetizers

We'll have another
GARAGE SALE some-
time this summer, so
start going through
your stuff!

We'll let you know as
soon as a date is cho-
sen.

Please don't bring any-
thing to church until
the week of the sale.



Save Your
Items for Our
Garage Sale

STAY TUNED!



**ABBEY ROAD CHRISTIAN CHURCH
(DISCIPLES OF CHRIST)**

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Worship Notes January 12

Attendance: 57

Regular friends: 4

Offering: \$1894

January 19

Lighting Up the World

Matthew 5:14-16 (NRSV)

Elaine Schoepf

Serving on Sunday, January 19

At the Table: Jim Main (c), Glenda Zink (o)

Distribution: Randy & Judy McLain

Communion Prep: Marge Janssen

Scripture Reader: Jim Main

Greeters: Marge Janssen, Sue Kemp

Ushers: Karen Piker, Carolyn Taylor

Abbey Road Adventures: Steven Piker

Worship Capt.: Karen Piker

Soundboard: Breedon/Dean

CALENDAR

Wednesday, January 15

9:30am Bible Study

6:00pm New Life Singers practice

6:30pm Deacons' Cabinet meeting

Friday, January 17

10:00am ARCL: Genealogy

Sunday, January 19

9:30am Worship

9:30am Abbey Rd. Adventures for children, K-6th grade

10:30am Fellowship

10:45am Sunday School

Tuesday, January 21

8:00am Golden Boys at My Daddy's Cheesecake

Wednesday, January 22

9:30am Bible Study

6:00pm New Life Singers practice

Thursday, January 23

8:00am Women's Breakfast Group at Courtyard by Marriott

- **Golden Boys** will meet at 8:00 on Tuesday at My Daddy's Cheesecake. Please join us for breakfast and conversation.
- **Are you scheduled to serve this week?** Please check the schedule above to make sure; if you're scheduled & can't make it, please find a sub & inform the church office.

- **Please sign up to serve in February!**

- **REMINDER: NEWSLETTER DEADLINE IS NOON ON TUESDAY!**

TOOL BOX RESCUE!

The tool box in the office is in sad need of an update. If you have any of the following tools laying around & not being used, you might consider sending it/them to the office toolbox! We could use a drill, various size drill bits, small screwdrivers, & pliers. More items may be added later. Thank you!!



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John & Deborah Browne, Kenny Werner, Luther Hunt, Mary Ann Heinsman, Maxie McKenzie & family, Mark Faith, Bill Cox, Gerry Thomason, Ada "Dottie" Cruce, Joe Robb Blattner, Debbie McCormick, Susan Spooler, Carol Gleason, Debbie Bradley, Thelma Nelson, Dawn Knoderer, Kim Farrar Frank, George Amick, Ruth Hopkins, Bill & Iris Likens, Pat Murray & Wally Allstun, Ed Sheridan & Nita Brackin, Winona Crampton, Colt Reams, Becky Tinsley, Felicia Fox, Pauline Filla, relatives & friends serving in the military, all who are hurting, lonely, and afraid.

Do you have someone to add to our prayer list? Please inform the church office or fill out a form found at the back of the sanctuary.