

## A Softer Sound

Lately there's a lot of noise. Noise from politics. The opposite sides shouting out their positions -- calling the other bad names or worse. On the news -- the noise of wars popping up and growing fiercer with more fighting and bigger bombs every day. Noise of divisions in communities across our nation -- racial divisions and the singling out of immigrants as "the other". And then there is the trauma and destruction from Helene. All is torn. Chaotic. Noisy. No peace. No calm. No smoothness of sound. Life in tatters.

I work with kindergarteners. One thing we do to get calm in the classroom is to do what we call "the waterfall". The children all put their hands up in the air as high as they can reach and slowly bring them down while moving their fingers like droplets of water trickling down. While we do this, we all are saying a long soft "ssshhhhhhhhh" -- like the sound of water in a waterfall. A whispering sound. Soft. The room becomes quiet.

We need that soothing sound right now in our lives -- in our world.

How can that happen? How can we be part of it?

Waterfalls are made up of small water streams all coming together. It's a confluence. It's also a sound confluence -- a hush. A smooth sound.

That "coming together" makes me think about us. All our small helping actions coming together. Our cooking and giving food, giving warm coats, spending time listening, giving disaster supplies and money to help those in the midst of devastation -- all these actions come together to make a sound like that soft sound. It's peace. We are peacemakers.

This Sunday is **World Communion Sunday**. We will be collecting our **Peace and Global Witness Offering**. Give generously. Fifty percent of the offering goes to the PC (U.S.A.) General Assembly for global and national projects related to peace and justice. Twenty-five percent goes to our presbytery -- Salem Presbytery -- for projects. And 25% of the offering stays with our church for us to use locally. This year our church's portion will go to two organizations here in Chatham County -- **CORE** (Community Organizing for Racial Equity) and **Communities in Schools**.

**CORE** holds workshops, events, and conversations to help heal the divide between the races in Chatham County. Contact them to attend the upcoming workshop -- **Fundamentals of Racial Equity**, October 19, Siler City. Join in an evening conversation (virtual) every third Tuesday of the month (**The Social Justice Exchange**).

**Communities in Schools** gets help into the schools in our county by working with local businesses and agencies -- plus a team of fantastic volunteers. **CIS** provides food, school supplies, health care, counseling, tutors, and positive role models. **CIS** programs include **Lunch Buddies** and **Youth FIRST**. Contact **CIS** to volunteer.

Everyone -- each of us -- can do a small part to make the world sound a little softer. Less noise. More Peace.

Give generously Sunday.