

# A Message from Rev. Chris

Recently the words of Daniel Hunter at Choose Democracy have been calling to me. He interviewed activists living under authoritarian regimes around the world. Every single person he spoke with shared the same advice: protect your psychology and let your heart stay soft. Their aim is to wear you down. One colleague from Turkey quipped, “There’s always something bad happening every day. If we had to react to every bad thing, we’d never have time to eat.”

In that spirit, I am reaching out to invite you to think about and share your resources for resilience. What readings, music, practices, or inspirational stories have been helpful to you? If there is sufficient interest and participation, we will create a shared collection to turn to in these difficult times.

**If you have a resource you’d like to share, please aim to share it in the next few weeks, by February 22, using this form: <https://forms.gle/AxMYp8XrdfFFuoSy9>**

Last Sunday, our Sunday morning faith development program put together 100 dinner bags for our partners at My Brother’s Table—and the Youth Group did the same! Thanks to Doreen for driving those over.

Also last Sunday, the Youth Group made homemade chicken noodle and vegan minestrone soups, which are labeled and in the church freezer in the kitchen—thanks to Eileen for all her help in leading those efforts! Please help yourself if you might appreciate a home-cooked soup, or if you are visiting someone in the community who might appreciate one.

This Sunday, we welcome back local artist Bruce Orr to lead another installment of our Sunday morning faith development art adventures—see details in this newsletter or on our [website](#). There will be no faith development program on February 15, as that is the first Sunday of school vacation week, but Bruce will be back to lead a program on February 22. The Nursery will be available each Sunday.

I will be away on vacation starting this Sunday and returning February 22nd, in time to lead our Sunday evening meditation, which will be held on Zoom.

May we all find time for restoration amidst the challenges we are facing,

Rev. Chris