



The Bridge

May 8, 2020

**All Worship Services, including Lenten Services and CONNECTED, are cancelled at Christ Lutheran.
The Campus buildings are closed for use by local organizations except the American Red Cross.
We will let you know when things are up and running again!**

This Sunday's Worship Services on line and through Zoom



THE FIFTH SUNDAY AFTER EASTER
SERVICE OF THE WORD + ZOOM WORSHIP
MAY 10, 2020

CHRIST LUTHERAN, HILTON HEAD, SC

CLC HHI Worship, Sunday May 10, 2020

**[Click here](#) for Easter 5th Sunday Bulletin
(Mother's Day)**

10:00 AM

Join Zoom Meeting

<https://zoom.us/j/99818378166?pwd=ZDI5RG96NjZ5aEt3Mm04aksvNnhTd09>

Meeting ID: 998 1837 8166

Password: 051020



From Pastor Mary

Dear Church,

As this time of anxious creativity continues, we as church continue to look at many things in new ways. Some things will be temporary. Some will begin now and influence future practices. Some things might be total game changers.

How to share communion while being in quarantine is definitely one of those "things" we are looking at afresh. As you know, when the quarantine started in mid-Lent, that seemed like a good season to fast from communion. We kept fasting through Holy Week and then most of the Easter season. We thought that we might be back together toward the end of Eastertide and then we could have a big celebratory Easter worship service. Not so. Fasting as a discipleship discipline can be a holy and faith-shaping practice. But fasting too long leads to starvation and ill (spiritual) health.

I'm learning and thinking new theological and liturgical thoughts as we find ourselves in a new world. We are planning to put the Eucharist back into the service beginning May 17th. You are invited to set a communion table in your worship space at home. Lay a nice linen on your kitchen table, coffee table, or end table. (This is what I do when I prepare communion in parishioners' homes.) Have a nice loaf of bread and a cup of wine ready. If you would like to bake your own home communion bread, I have some good recipes of the wheat and gluten-free kind. At the time in the service when we would normally come forward, you will be invited to commune each other in your household or if you are communing solo, fed yourself. I will speak the words, "The body of Christ given for you" and allow a few moments for you to share the bread in your home. Then I will say, "The blood of Christ shed for you" and allow a few more moments for you to share the wine in your home.

I was additionally helped this week to receive a little article written by Diana Butler Bass (Google her for more info) as she reflected on a conversation a decade ago

with the amazing Phyllis Tickle (definitely Google her). I share most of this article with you as we all continue to juggle many public health and theological concerns.

[Click here](#) to read the complete article.

Stay well. Remain prayerful. Christ is with us.

Pastor Mary

Encouraging thoughts from Silke Pyrlik, Spiritual Director



**Now what?
It's been 8 weeks....**



It is May 2020, graduation month for all classes of 2020.

It is going to be a tough month since graduation will not take place as usual and if you have a graduate at home or in your family you might have experienced or heard how hard this actually is.

I am speaking from experience. The loss is too much, too unexpected and of course outside of any experience a teenager would normally have. Words of comfort help little, outside distraction is very limited, expecting insight, strength and peace in a teenager is asked a lot ...and even for this mom and recent widow it is a true challenge to stay upbeat and be a cheerleader and coach in positivity for my son.

Steven Crandell is the director of content and communities for Spiritual Directors International (SDI). His unofficial job title is "Director of Encouragement" and he shared the following practice challenge this week that has helped me.

PRACTICE

- 1) Welcome stillness. Settle into it as you might settle into a favorite rocking chair. Relax. Rock. Be.
- 2) Imagine you are on a life boat. You have only just escaped from the ship you were on. It sank minutes ago.
- 3) Ask yourself this question: Who do you want to be with you on this life boat - as you face great uncertainty with few resources?
- 4) Discern on this question. Let arise within you the behavior and values that you would want to encounter on the life boat.
- 5) Return to your daily rhythm and activity. But whenever you encounter any difficulty, instead of reacting in annoyance or bitterness or fear.... channel the person you just imagined... be the person you want to be with on that life boat.

This practice is inspired by the wisdom teacher and Zen priest Genjo Marinello Roshi. It comes from a story he told in a heart-opening SDI digital gathering called "Sun-faced Buddha, Moon-faced Buddha: A Zen Response to the Pandemic." You can watch the recording here: <https://youtu.be/qBvmcSfRGqs>

This practice has helped me to refocus when times get too tough. I imagine myself being "my own dream partner" in this life boat that I am sharing with Benjamin. I like the title of "Director of Encouragement" :-)) We should all resume that title. I hope this practice can help you to too!

May the Peace always be with you!

Silke

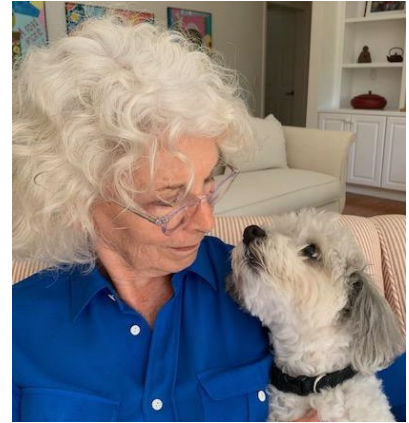
A live streamed session with Dr. Barbara Meyer was held on Monday, May 4 at 4:00 PM.

She is a clinical psychologist and CBY board member. Her talk was called "*Anxiety: Lowering it for Health's Sake.*"

She talked about how a little anxiety is not a bad thing. But, living with too much anxiety over a prolonged period of time can result in health problems. During these challenging times of COVID19, stress levels are high.

Join Dr. Meyer as she teaches you a relaxation skill that will help lower stress and promote physical well-being.

To listen to her speak, go to www.bethyam.org and click on the large StreamSpot icon to find her session from May 4th.



Thursday, June 11 Blood Drive from 11:00 a.m. to 5:00 p.m

We have truly seen the best of humanity right now and have had no problem with finding donors who want to donate.



I want to start by saying IT IS STILL SAFE TO GIVE BLOOD. And blood IS STILL NEEDED.

At this time, only one safety procedure that has changed since our last drive is - wearing face masks or coverings for both staff and donors at all times.

The below safety procedures are still in place at this time.

Safety Procedures:

Each Red Cross blood drive has the highest standards of safety and infection control. To ensure the health of staff and donors, precautions include:

- 1) Checking temperatures of donors as they enter.
- 2) We will be providing hand sanitizer for use before the drive, as well as throughout the donation process
- 3) Following social distancing between donors including entry, donation and refreshment areas.
- 4) Wearing face masks or coverings for both staff and donors at all times
- 5) Routinely disinfecting surfaces, equipment and donor-touched areas.
- 6) Wearing gloves, and changing gloves often and using sterile collection sets and an aseptic scrub for every donation.

Candace Camp
Donor Recruitment
Account Representative

American Red Cross Blood Services
Palmetto Service Center Bluffton, SC
843-259-3920(c) Candace.Camp@redcross.org
RedCrossBlood.org
facebook.com/RedCrossBlood



Thank you for your faithful contributions!

This week is the first week of May. We so appreciate all who took the time and effort to send in your contributions in many ways, including bringing with your Deep Well/Little Free Pantry donations!

Remember, you can send your contributions to us by any of these three ways:

- By US Mail to:

Christ Lutheran Church
829 William Hilton Pkwy
Hilton Head Island, SC 29928

- Donate online at our website clchhi.org by using the "Give" button.
- Donate via Vanco at vancopayments.com

UPCOMING EVENTS

Graduation Sunday

Mark your calendars for May 24th when we will recognize, bless, and celebrate our two high school graduates, Benjamin Pyrlik and Avery White, and our college graduate, Alyssa White. Immediately following worship all are invited to jump in their cars, drive through the church parking lot, wave and honk your horns at the graduates who will be outside in cap and gown, and drop a card for them in a basket.

Confirmation Update

In keeping with our original schedule, our Confirmation Group meetings will end in two weeks. We had planned for Gunnar Ternstrom to be confirmed on Pentecost Sunday, May 31st. He and his family have agreed that we will wait until the time when we can all come together in celebration again to have his Rite of Confirmation. Other confirmation camps and servant camps for this summer have also been postponed or cancelled. We grieve the loss of these opportunities but look forward to discovering the new things we might do together when the time is right.

The Coming Together/Diversity Weekend originally to be held at CLC in April was postponed to September 11-13. The planning team has now decided that large gatherings, even in September, probably won't be advisable. So, we are taking a fresh look at our goals for this event and discerning different ways to achieve these goals to celebrate diversity, become educated about our histories, and advocate for racial reconciliation.



Thank you! Thank you! The Service Ministry team had another successful joint drive for Deep Well and the Little Food Pantry. We delivered approximately 363 pounds of food to the Deep Well Pantry along with several checks and food gift cards! Bins of food and assorted other items were collected for LFP and left at the church to keep the shelves in our parking lot pantry full. By report, what goes on the shelves quickly leaves the shelves. Thank you to all the church members and friends and neighbors of church members who stopped by and handed over their bags!

I received this update from Deep Well Tuesday evening; I wanted to share some highlights to help CLC members realize the huge role they are playing to keep island families fed and housed. From March 1 through April 30 DW Pantry volunteers filled bags of food for 1458 people (30,618 meals worth!). 6.5 tons of donated food was sorted and shelved (this number does not reflect food from Second Helpings, Backpack Buddies, donated Piggly Wiggly food, and food DW

purchased at wholesale prices from the Pig). \$191,216 was spent to cover all or part of 244 families' housing payments (rent/mortgage) during the same period. May amounts will undoubtedly skyrocket. Individual monetary donations (over 800 gifts) are flowing into the office daily to help islanders in need.

So again thank you for your care and concern. Chris Wilcox and the Service Ministry Team



Your generous and loving hearts filled 14 bins with food and personal hygiene items for The Little Free Pantry. What an amazing response!

We will continue to host a monthly food drive for Deep Well and The Little Free Pantry. The need is great in our community and Christ Lutheran stands ready to help!

As Pastor Mary says, "God is Good and so are His People".

Thank you from the bottom of our hearts.

Here is a Bible Study for Kids on the Story of Creation by Pastor Mary's daughter, Pastor Elise Anderson at Trinity LC, Hixson, TN:



<https://www.facebook.com/5232768/posts/10115804244983213/?d=n>

In compliance with Governor Henry McMaster's Executive Order to close all schools through the end of the school year, Christ Lutheran Preschool is closed until further notice.

