Friendship News, November 2020

First Congregational United Church of Christ, Brainerd

An Open and Affirming Congregation

Church Office is currently closed due to Covid.

Office phone 218-829-2528 Office E-mail [uccbrainerd@gmail.com](mailto:uccbrainerd@gmail.com) Pastor’s E-mail: [pastorleslieucc@gmail.com](mailto:pastorleslieucc@gmail.com) Website: [www.uccbrainerdmn.org](http://www.uccbrainerdmn.org)

**Schedule a virtual 1 to 1 or an outdoor 1 to 1 with Pastor Leslie:**

[www.calendly.com/pastorleslieucc/1to1](http://www.calendly.com/pastorleslieucc/1to1)

*No matter who you are, or where you are on life’s journey, you are welcome here.*

**Pastor’s Pen – November: A Month for Gratitude and Grief**

This month, I want to share a beautiful piece of writing by my friend and colleague Rev. Caela Simmons Wood…

In November, I often write to you about cultivating a practice of gratitude. As the days grow shorter and we prepare for Thanksgiving, it’s a natural time to count our blessings. We have so much to be grateful for, even in the midst of all of the challenges and heartbreak of 2020.

This year, though, I also want to encourage you to make time for grief, even as you lean into your gratitude.

Imagine with me, if you will, our church bell ringing. If we were to sound the bell for every person in the world who has died from COVID we would need to ring that bell 1.12 million times. Our brains aren’t really wired to conceive of numbers that large, so imagine that each time we ring the bell it sounds for four seconds. 1….2….3….4…. It would take us almost 52 days of continual ringing to honor each life. Fifty-two days. Non-stop. Each tone straining to represent an entire beloved human being - made in God’s image. Lives lost too soon to this awful pandemic. The magnitude of loss is almost impossible to wrap our brains around.

As we prepare to observe All Saints Day, my heart is particularly thinking about those we’ve loved and lost this past year. Some from COVID, of course, but also others who died for all the other reasons we humans die. I’m sure almost every person who is reading this has loved and lost someone this year.

Even if you haven’t, I am certain you’ve loved and lost something this year. Because it’s been a year of grief. We’ve had to give up our regular everyday routines, contact with our loved ones. Grandbabies and great-grandbabies have arrived and maybe we haven’t been able to meet them yet. We have elders who are shut up in care facilities who have been isolated for over seven months now. We’ve lost jobs, homes, dreams for the future, long-anticipated trips, weddings, celebrations, graduations, and more. As we enter the holiday season, many of us are actively pre-grieving our family holiday gatherings and traditions, which will look different this year. Every loss compounds on top of the others and some days it feels like a major triumph just to get out of bed. Some days we don’t even make it that far.

Beloveds, if you’ve not yet taken time to sit with the grief of 2020, I hope you will. I know it can feel scary sometimes to open up space for that pain, so you might even try setting aside a limited amount of time to try it. Light a candle, grab a box of tissue, snuggle a pet. Find stillness in your body and spirit. Breathe in and out, in and out. Allow yourself to honor and name the things and people you’ve lost this year. It is good to remember.

*When You Meet Someone Deep in Grief* by Patricia McKernon Runkle

Slip off your needs

and set them by the door.

Enter barefoot

this darkened chapel

hollowed by loss

hallowed by sorrow

its gray stone walls

and floor.

You, congregation

of one

are here to listen

not to sing.

Kneel in the back pew.

Make no sound,

let the candles speak.

One of the gifts of our faith is that we can take our grief to God: knowing that God is big enough to handle it all, trusting that God will help us find a way through the pain and frustration and anger and resentment. We are not alone in our grief. God is with us. And God accompanies us in our gratitude and grief, in our joy and sorrow, in all that we do. Thanks be to God.

With you on the journey,



**Covid-19 and the Church Update**

**Church family, If you are paying attention to the Covid data for Minnesota and for Crow Wing County, then you know that we are seeing a rapid increase in cases and hospitalizations. I received an email from our Conference Minister, Rev. Shari Prestemon which included the following:**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Last week's meeting of judicatory leaders with the Minnesota Department of Health was a sobering one & provided several bits of information you need to know. That meeting, along with the October 26 update from the Governor and MDH officials, can be summarized as follows:**

**> Arlota Medus, MDH epidemiologist: "This is a really critical time. We are on the edge of big trouble in Minnesota."**

**> As of Monday, October 26 we have 19 consecutive days of over 1000 new cases per day, the most serious community spread since the start of the pandemic.**

**> Over the recent 2-week period, there was an 11% increase in known cases of COVID directly related to outbreaks in faith communities. There was also a 37% increase in cases traced to weddings, and a 15% increase in cases related directly to worship.\* (Actual numbers are likely higher as some people are not comfortable naming these settings for contact tracing.)**

**> The metro area is actually slightly more stable than other parts of the state at this point. Case growth is now most pronounced in "greater Minnesota"; this aligns with where there is greatest resistance to measures such as masking.**

**> If you look at the state's positivity rate, case numbers, hospitalizations, and community spread indicators combined, we have a very "grim picture" in Minnesota currently. Our statewide positivity rate is 6.5% (caution urged at anything over 5%, high risk considered 10%). Our statewide community spread figure is 37.6% (high risk level). COVID-related hospitalizations have increased by 70%. Minnesota's COVID-19 fatality count took a big jump last Wednesday with 35 new deaths reported by the Minnesota Department of Health. The state has not seen such a high number since May 28.\***

**> Reminder: Masking, physical distancing, amount of time spent indoors, and size of gathering can all mitigate community spread, but they do not eliminate it.**

**> Marge Higgins, MDH official: "If you gather with anyone outside your household right now, you're entering a high risk environment." Even small social gatherings (including church committees/activities) pose risk, and given the broader data, those smaller social gatherings are higher risk now than they were over the summer.**

**\*Data provided from MDH calls on October 20 and October 26.**

**What does all of that data mean for us and our churches? If you have not resumed in-person, indoor worship or other in-person activities as of yet: stay the course and do not do so. If you have already resumed in-person, indoor worship and/or other activities: prayerfully consider ceasing that practice now. Meet with your congregational leadership, study your community's data, and consider discontinuing any in-person gatherings until further notice. I've already received word from some of you that you have made this decision where you are, and I'm grateful for the wisdom and care you are showing.**

**It is unlikely that the Governor would "dial back" on his executive orders and "shut us down" once again, given the enormous political and economic pressure he is under to not do so. So it is up to all of us to follow the data, practice prayerful discernment, and do our part as individuals, congregations, and the Conference to hasten this pandemic's conclusion and keep all our neighbors healthy & safe by following the most stringent public health protocols.**

**Advent & Christmas will present an enormous temptation for us as churches to re-gather our people face-to-face. Especially this year, after all we have endured, we long to be together for this most special part of the year. With a heavy heart, I urge you to avoid that temptation.**

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**I share this letter from Rev. Prestemon with you, not to cause fear or panic, but because I deeply care about the health and safety of every single one of you as well as that of our community at large. I know we are ALL so tired of what feels like never-ending COVID talk. We miss seeing one another in person, we're tired of Zoom screens and Facebook posts. We want to return to the “normal” routines of our personal and church lives. Unfortunately, COVID does not care that we are weary. In fact, the months ahead could be very difficult as weather prevents most outdoor gatherings and as the flu also sets in, complicating the picture. I urge each and every one of us to be as cautious as ever.**

**As you take care of your physical health, I encourage you also to tend to your mental health. Consider establishing a relationship with a therapist now, before you think you need one. Figure out what activities are soothing for you in times of anxiety and what is energizing for you in times of weariness. Reach out by phone or card or email to fellow church members and discover how your own spirits are lifted when you help someone else feel cared about. I am grateful to each of you for your patience and persistence during this time.**

**While this pandemic feels like it may never end, we know that it will eventually. We isolate now, so that when we gather again, no one is missing.**

**Yours in faith, Pastor Leslie**

**How to watch Sunday worship**  
The worship service is **broadcasted on the church Facebook page and the church's YouTube channel every Sunday at 10:00 am.**  
To watch worship on Facebook, go to <https://www.facebook.com/uccbrainerd/live>  
To watch on YouTube, go to <https://www.youtube.com/firstcongregationaluccbrainerd>  
Live stream videos are saved and can be viewed at any time.

**Worship Bulletins will be available for download each week at** <http://tinyurl.com/UCCBrainerdBulletins>**.**The bulletins will be ready for download first thing Sunday morning. They are available in both Word and PDF formats and are labeled by date. You can download the document and print it at home or follow along on your screen.   
We can also send a copy of the bulletin in the mail each week as we have been doing for some of our home-bound members. Just contact Terri in the office.

**Helping the community**  
Your Church Council voted at the March Council Meeting to allow the Pastor's Discretionary Fund to be used to assist church members and others in the Brainerd area who are experiencing financial distress during this time. If you would like to make a donation to this fund, you can mail a check to the church and write "Discretionary Fund" in the memo line. Decisions about disbursement of funds will be handled by the Executive Committee.  
If you need assistance, please email, call, or text me. Let me know what your situation is and how the church might be of help.

Diagram, schematic

Description automatically generated**Please Send Your 2021 Pledge Commitments!**

Your church leadership is beginning the process of putting together our budget for 2021. We hope that you have prayerfully considered making a commitment to supporting your community of faith with your financial resources. Your pledge to give offers us guidance in constructing a responsible budget for the coming year. Whether you commit to $10 a month or $1000 a month, your pledge matters. Like a single yarn added to a woven tapestry, your gift adds beauty and strength when woven together into the fabric of our church and the wider community.

So far, we have received 34 commitment forms! THANK YOU! If the form is still sitting on your kitchen counter or under a magnet on your fridge, please put it in the mail today!   
  
**Need a form? Click** [**here**](https://mcusercontent.com/7358d6fe5c26410d29dfb93f0/files/07a7eb84-bbda-4de3-bf1f-04be6963dff4/2021_Committment_Card.docx) **to download one or call the church office.**   
Your generosity and support of your church is deeply appreciated. Thank you!  


**You can now donate to the church online!**We are now accepting your offerings and donations using **PayPal.** You do not need to have a PayPal account to make an online donation with a credit card. To contribute using PayPal, click here: <https://www.paypal.me/uccbrainerd>

**November Birthdays**

Christine Kelly Nov. 1

Eleanor Burkett Nov. 4

Dale Hadland Nov. 9

Jackie Froemming Nov. 10 Jan Kurtz Nov. 20

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| **First Congregational UCC News & Updates**  **November 29th Special Offering: WARM Line**  The Minnesota Warmline provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. The Warmline provides a safe, anonymous and confidential environment to connect with people who are here to listen…here to help. Please send your donation to First Congregational UCC, 415 Juniper St. Brainerd, MN 56401. Make sure to note on your offering: WARM Line Special Offering. Thank you!  **Reframing Christian Education**  What is the purpose and function of the Christian Education (CE) Department of First Congregational UCC? Conversations among CE members (Mary, Austin, Lowell) and the Church Council are happening that indicate this may be the time to re-invent and possibly re-name Christian Education.  **Why consider a change at this point?**  First of all, Christianity in general has recently gotten a bad reputation due to a host of social and interpersonal problems perpetrated by church leaders. More and more people identify as spiritual, but not religious, due to the perceived hypocrisy of Christian churches and leaders. Many churches are dropping their denominational affiliations in their names in order to back  away from this public perception of hypocrisy.  At First Congregational, it seems that most members think CE has been about Sunday School and Adult Forum. With the COVID 19 pandemic crunching our normal lives, it may be that we won’t be able to offer either of these services in person for quite some time. If a more accurate description of our purpose is spiritual development, how might we creatively support present and prospective members on their spiritual journeys?  The members of CE and the Church Council would like to invite you into a process for reinventing our purpose and function. The following are beginning questions to ponder and discuss.  Do physical/recreational activities also have a spiritual dimension? Can we organize winter activities aimed primarily at youth (open to adult participation) and pay attention to their spiritual value?  Can we design activities, either face to face or Zoom based, that are intergenerational by design? Will adults and youth participate? Are there creative ways for adults and youth to connect to learn about and support each other’s faith journeys? If we meet face to face, can that be done safely? How can we “do church” outside the church building? If you have questions, want to give feedback, or participate in this evolving process, contact any member of the church council, Pastor Leslie, or CE members Mary Harder c 218-851-3275, Austin Newgord c 218-316-9593, or Lowell Johnson c 218-820-5290. |

**The Columbarium at First Congregational UCC, Brainerd**

Sunday, November 1, 2020 is **All Saints Day.** In the back of The New Century Hymnal, we can read this children’s prayer.

**Spirit of Love, Spirit of Truth, Guide us as we pray,**

**To think and wish and praise the best, And mean the words we say.**

**Hushed is our quiet room, Still is this place of prayer;**

**Silent, we bow our heads and feel your presence everywhere.**

The prayer seems to express the peace of our Columbarium here at First Congregational UCC. Have you stepped into that quiet room recently? Have you sat in the warm glow of the stained glass windows on a sunny day? The Columbarium is located in the historic space that once was our church’s front entry way. How appropriate it is that our Columbarium now marks another entry way into a new life — where the Spirits of Love and Truth are always present!

Although we cannot be together in worship on All Saints Day this year, may your heart turn to the “communion of saints” who have blessed you throughout your life. May your thoughts be Qilled with God’s peace, and may the witness of those faithful souls who guided you in life Qill you with gratitude and hope on November 1.

Our Columbarium is now complete. Should you wish to learn more about the purchase of a niche for your own cremains or for the ashes of a loved one, please call the church ofQice at (218) 829-2528. Terri Chidester, Administrative Assistant, can send you a packet of materials via email or regular mail. The Memorial Committee has prepared the information packet, and it contains all the details you will need as you consider inurnment here at First Congregational UCC. Have any other questions? Contact Dawn Stattine at [dawnstattine@gmail.com](mailto:dawnstattine@gmail.com).

Should you choose to use our Columbarium, it will be our church’s honor and privilege to serve you and/or your family members.

**O Lord, you have made us very small, and we bring our years to an end, like a tale that is told. Help us to remember that beyond our brief day is the eternity of your love. *~Reinhold Niebuhr (1892-1971)***

**Annual Budget Meeting**

Join us via Zoom on Sunday, **December 13th** at 11:15 am after worship service.



**Open and Affirming Webinars**

**Thanks to a VERY GENEROUS Donation by one of our church members, we are able to offer all of these webinars FOR FREE!!!!**

**Trans/Nonbinary 101: November 5, 2020  
Trans/Nonbinary 201: November 12  
ONA 201: November 19  
Bi/Pansexuality 101: December 3**

**1:1 Conversations: December 10**

For descriptions of each webinar, visit: [**https://openandaffirming.org/ona-webinars/**](https://openandaffirming.org/ona-webinars/)All webinars begin at 6 pm CDT.

**Use this link to participate in any of the webinars:**<https://zoom.us/j/5556624822>

**Online Gathering Opportunities!**

***\*All church Zoom Gatherings use this link:***  
[**tinyurl.com/UCCBrainerdZoom**](https://us02web.zoom.us/j/6452350419?pwd=YkxGc3NhYjlraUJ6RHJod0J2LzZRdz09)**or**[**us02web.zoom.us/j/6452350419**](https://us02web.zoom.us/j/6452350419?pwd=YkxGc3NhYjlraUJ6RHJod0J2LzZRdz09)

By phone:  +1 312 626 6799, Meeting ID: 645 235 0419, password: 56401

**Process Film Group – 3rd Friday of each month from 7:00 – 9:00 p.m.** **via Zoom.** Watch the movie on your own in advance and then join the discussion. **November 20th movie: *What Would Jesus Buy?*** Email Ellie Burkett at if you want to be added to the email list.

**Poetry Happy Hour – 4th Friday of each month at 4:30 pm via Zoom, November 27th.** We will take turns reading aloud (it is completely fine and wonderful if you simply wish to listen and enjoy). We will be reading the collection:*Stone Gathering: A reader. Volume II, Issue I Sumer 2020*. Published locally in Brainerd. Copies are available at Crow Wing Co-op or The Crossing Arts Alliance or at <https://danielledufy.com/> (subscriptions only on the website). Stone Gathering: A Reader is a collection of poems, small fictions, and short essays–5 times each year: there are four quarterly issues and an annual special issue.

**The Friday Book Group** – **Each Friday morning at 10:30 am via Zoom.** We continue to read the book *Sapiens: A Brief History of Humankind, by Yuval Noah Harari.*

**Sunday Morning Book Study Group – Each Sunday morning at 8:30 am via Zoom**. October 25th we started reading, ***Seat of the Soul*** *by Gary Zukav.*

**"Wednesday Word" with Pastor Leslie on Facebook Live**: Starting in November, Daily bread is changing to the “Wednesday Word.” Tune in at **Noon on Wednesdays** for a short time of prayer, pause, and reflection via Live stream on Pastor Leslie's Facebook page. Click here to participate live or to view recorded videos at any time: <https://www.facebook.com/revleslieucc>

**Fellowship Hour via Zoom:** Our Fellowship Hour starts immediately after worship, hop on to Zoom and say hello! Stay as long or as briefly as you like.

**Wednesday Devotional at 9:30am:** Join us for a short devotional time from **9:30-9:55 am each Wednesday morning** as we study the scripture for the upcoming Sunday.

**Prayer Circle via Zoom**: Join our prayer circle for a time of fellowship, conversation, and prayer from **10:00 am - 11:30 am every Wednesday**.

**Highlights from the Council Meeting, October 21st, 2020 - 7:00 pm (via Zoom)**

~ These are highlights. If you would like a copy of the full minutes, please contact the church office ~

**Present:** Tracy Lyons, Joe Stattine, Barb Stokke, Deb Griffith, Gale Landem, Lowell Johnson, Cassie Lyons, Kelly Keller-Heikkila, Administrative Assistant Terri Chidester, and Pastor Leslie Moughty.

**Report Highlights**

**Pastor**: **Highlights:** Continue to meet weekly via Zoom with Minnesota UCC clergy, and monthly with regional UCC pastors; led discussion for August Film group about the film “13th”; Pastoral Review evaluations for NGLI (Next Generation Leadership Initiative) completed by 3 members of PPRC and 4 lay members; attended September meeting of the UCC MN Conference Board of Directors via Zoom as a member at large.

\*Community engagements: led 3 book group sessions on *So You Want to Talk About Race*,” delivered a blessing and brief remarks at the Ruth Bader Ginsberg vigil on September 19, and met with a small group of community members (Crow Wing Energize, Lowell Johnson, and Gail Mueller) to discuss Mental Health and Faith Communities.

\*Observations, Concerns, and other Updates: •By December 1, a 2021 Continuing Ed proposal will be submitted to NGLI for approval. •The MN Conference UCC 2021 Annual Meeting will be held virtually. \*The church website went down completely last week. Terri has been working off Cassie’s template to finish a “good for now” replacement to get us back online. • Update…We have a new domain name: **https://www.uccbrainerdmn.org**

Upcoming Time Off: Nov. 12 – 15 (Thurs – Sun) and Dec. 26 – 31 (Sat – Thurs). This uses the remainder of alotted vacation time. Leslie will end the year with 1 week of unused Continuing Ed time.

**Financials:** Total income is - 2% to budget and 11.8% to last year. Loose offerings are -$2k (-78%). to Work continues on compiling financial reports for the December Annual Budget meeting. Expenses are also down. Adjusting for the timing of a financial transfer, expenses are $15k favorable to budget but still showing a potential year end deficit of approx. $5k. Last Year at this time, deficit was projected at just under $13k.

**Trustees:** The parsonage fence project was completed in early October with the staining of the fence. Work for the parsonage steps and for the west-facing alley door area is on hold until next spring.

**Stewardship:** Stewardship felt that their Outreach Calling project was very successful. Stewardship offered many thanks to Carla Benjamin for her ‘weave’ artwork, to Judy Whiteman for creating the weave circle displayed during Sunday Zoom services, and to Dan Hegstad for taping and editing the video testimonials given by member and shown after the services.

A friendly reminder: **Pledge cards for 2021 are due.** If you plan to pledge, please send in your card.

**Christian Ministry**: Highlights from the written report – CM organized two outdoor, COVID-19 compliant services that were well received. CM is now focusing on the Advent and Christmas seasons.

**Christian Education**: In an oral report, Lowell Johnson announced that the WISE task force will become a committee within the Christian Education department.

**COVID-19 Task Force**: The COVID-19 Task Force did not meet, but Pastor Leslie gave the following update: Dr. Osterholm is predicting that the next 6-12 weeks will be the most difficult period of the pandemic with the addition of the influenza virus and the movement indoors with dry, heated air the virus loves. Pastor Leslie wants to remind folks of the importance of attending to ourselves and our spirits. Loving your neighbor looks like staying 6 feet apart, wearing your mask, taking care of one another, and speaking up when guidelines are not followed. Joe Stattine commended Pastor Leslie and the UCC for doing all the things that need to be done during this pandemic. He reminded us that we need to continue to persevere and continue to follow the guidelines.

**New Business:**

1. Christian Ed initiated a conversation on re-visioning the department.
2. Council determined the schedule for preparing the 2021 budget:

October 21–2021 budget planning sheets emailed to each department.

November 11–deadline for departments to submit budgets to Terri.

November 18, Council finalizes the 2021 budget.

December 13, the 2021 Annual Budget meeting will take place via Zoom following the service.

**The next Council meeting: November 18, 2020 7:00 pm via Zoom**

**Brainerd Lakes Area Information**

**~ Opportunities to Know and Share God’s Love ~**

**Community Thanksgiving Dinner**

**The Brainerd American Legion, VFW, Elks and Eagles Clubs will be providing a Community Thanksgiving Dinner again this year, Thursday, November 26th.**

Delivery or Contactless Pickup Only

Brainerd Legion – 708 Front Street, Brainerd

Delivery: 10 am – 11 am Pickup: 11 am – 1 pm

*Please RSVP by noon, November 25th*

Brainerd Legion: 218-829-2249 Brainerd VFW: 218-829-6393

Brainerd Eagles: 218-829-4216 Brainerd Elks: 219=8-829-2643

Monetary donations to purchase pies for the dinner should be dropped off at the Brainerd Legion

or mailed to the Brainerd American Legion, 708 Front Street, Brainerd MN 56401

by **Thursday November 19th.**

Free-will Donations Gratefully Accepted! Excess donations go to Teen Challenge

**Weaving Community Needs Your Help!**

The Lakes Area Guys Network (LAGN), under its Weaving Community grant, continues to work on building looms to donate to various sites in the community. **Here is how you can help.** We need donations of fabric to go out with the looms for kids and adults to use in their weaving projects. Examples are old neckties, strips of colorful cloth, yarn, ribbon, or any interesting material that is flexible enough to be woven into the vertical strands of the loom. We also need you to spread the word to community organizations that the looms are available for use at their gatherings. If you have materials to donate, or know of community groups who may be interested in hosting a loom, contact Lowell Johnson at johnsonlowells@gmail.com or 218-820-5290.

**Sharing Bread Soup Kitchen**

We have teamed up with **Operation Sandwich** to put together bags of food for the guests at the Soup Kitchen. We continue to hand out bags of food, on a weekly basis. Our weekly grocery bag distribution is Wednesday nights from 5:30-6:00 at the soup kitchen.

If you can't make it during that time, contact Operation Sandwich 218-829-2619 or Bridges of Hope at 218-297-4223 to make other arrangements. 

**Want to help?** We would love for you to partner with us in helping get food out to the people in our community. We are welcoming any non-perishable (non-expired) food items. These items can be dropped off at the soup kitchen (218-829-4203), Operation Sandwich (Bethlehem Lutheran) or Bridges of Hope. If you would like to make a monetary donation, to help cover the cost for these bags of food, you can go to these places to make a donation:  
[www.sharingbread.com](https://uccbrainerd.us2.list-manage.com/track/click?u=7358d6fe5c26410d29dfb93f0&id=63df5b7723&e=5e2c6f93e6) or [www.bridgesofhopemn.org/donate](https://uccbrainerd.us2.list-manage.com/track/click?u=7358d6fe5c26410d29dfb93f0&id=008c32cb3f&e=5e2c6f93e6)  (Please indicate that you would like your donation to go to Operation Sandwich)

**Coping During COVID-19 Support Group**

**Daily at 9am and 8pm Via Zoom ID: 449 846 8853.**

We are all having stress reactions to varying degrees – irritability, forgetfulness, worry, difficulty getting things done, poor sleep…Gain valuable insight from the safety of your own home that you may find helpful from seasoned mental health professionals. We are building a sense of community where we share our experience, strength, hope and needs. Please join us and invite others to log on

Additional FREE ONLINE RESOURCES:

Tools 2 Thrive <https://www/mhanational.org/mental-health-month>

Coping with COVID <https://mn.gov/dhs>

**Crisis Services** - All are available 24-hours (unless noted), FREE and confidential

**Crisis Line & Referral Service:** 218-828-4357, 218-828-HELP or 1-800-462-5525

**CRISIS:** from cell phone call CRISIS (274747)

**Crisis Nursery-Crow Wing County:** 218-692-2859

**Crisis Text Line:** Text “MN” or HopeLine” to 741741

**Bridges of Hope:** 218-825-4357 or 1-800-462-7682

**Minnesota 1st Call for Help:** 211

**Minnesota Farm & Rural Helpline:** 833-600-2670

**National Suicide Prevention Lifeline:** 1-800-273-8255

**Poison Control Center:** 1-800-222-1222

**Suicide & Mental Illness:** 1-800-462-5525

**Teen Crisis Line***:* 310-855-4673

**The Trevor Project (LGBTQ Crisis & Suicide Hotline – Youth under 25):** 866-488-7386

**Trans Lifeline:** 877-565-8860

**Veteran’s Crisis Line:** 1-800-273-8255 – press 1

**WARMLINE:** Speak with peers who are there to listen and support adults experiencing emotional distress. 1-844-739-6369 from 5:00pm -7:00am.

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| Church Calendar November 2020 |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Office Closed | Office Closed | Office Closed | Office Closed | Office Closed |  |
|  |  |  |  |  |  |  |
| 8:30 Book Study-**V**  1  9am Brainerd Friends- **Y**  10am Worship & Communion **V Online**  11a Fellowship Hour-**V** | 2  5:30 BACP- **Y**  6pm Tai Chi - **Y** | 3  2pm Emotions Anon- **Y**  5:30 Overeaters Anon- **Y** | 9:30 Devotional & 4  10am Prayer Circle**-V**  5:30 LARJP Grp- **Y**  7pm AA Common- **Y** | *5*  4pm Girl Scouts #43 -**?**  6:30 BLA ARC/Pastor Leslie Book Study **V** | 6  10:30 Book Grp - **V** | 7 |
| 8:30 Book Study-**V**  8  9am Brainerd Friends- **Y**  10am Worship & Communion **V Online**  11am Fellowship Hour-**V** | 9  4pm Girl Scouts-#373- **Y** | 10  2pm Emotions Anon- **Y**  5:30 Overeaters Anon- **Y** | 9:30 Devotional & 11  10am Prayer Circle**-V**  12pm Memorial Mtg - **V**  7pm AA Common- **Y**  Terri-Vacation Day | 3pm Trustees- **V** 12  5:30 Stewardship- **Y** 6:30 BLUE (Brnd Lakers  United for Envrnt.)-**Y**  Pastor Leslie-Vacation | 13  10:30 Book Grp - **V**  Pastor Leslie-Vacation | 14  Pastor Leslie-Vacation |
| 8:30 Book Study-**V**  15  9am Brainerd Friends- **Y**  10am Worship-**V Online**  11am Fellowship Hour-**V**  Pastor Leslie-Vacation | 16 | 17  2pm Emotions Anon- **Y**  5:30 Overeaters Anon- **Y** | 9:30 Devotional & 18 10am Prayer Circle -**V**  7pm Council Mtg – **V**  7pm AA Common- **Y** | 3:00 The Shop-C 19  4:00 Girl Scouts #43-**?**  6:30 BLA ARC/Pastor Leslie Book Study **V** 7pm AA Dist. 7- **Y** | 20  10:30 Book Grp - **V**  7pm Process Film Group-**V** | 21 |
|  |  |  |  |  |  |  |
| 8:30 Book Study-**V**  22  9am Brainerd Friends- **Y**  10am Worship-**V Online**  11am Fellowship Hour-**V**  **Newsletter Deadline** | 23  4pm Girl Scouts-#373- **Y** | 24  2pm Emotions Anon- **Y**  5:30 Overeaters Anon- **Y** | 9:30 Devotional & 25  10am Prayer Circle- **V**  7pm AA Common- **Y**  Terri-Vacation Day | Thanksgiving Day 26  OFFICE CLOSED  Terri and Pastor Leslie Off | 27  10:30 Book Grp - **V**  4pm Soup Kitchen-**C**  4:30 Poetry Happy Hour-**V**  Terri and Pastor Leslie Off  OFFICE CLOSED | 28 |
| 8:30 Book Study**-V** 29  9am Brainerd Friends- **Y**  10am Worship & Special Offering-**V Online**  11am Fellowship Hour-**V** | 30  5pm Le Mesa Group-To be confirmed -**Y**  5:30 AAUW -to be confirmed- **V** |  |  | Pastor Leslie will be on vacation  Thursday November 12 – Sunday November 15. |  | **V** – Zoom or 31 Specified Online  **C** – Cancelled  **Y** – Meeting held  ? – Unknown/no updates |