The Southern Conference Presents:
Educating, Equipping and Empowering Series

Thursday, May 28, 2020, 6:00 pm (ET)

Topic: "Coronavirus and the Climate Crisis: Lessons, Faith, and the Journey of the Ark"

Featured Presenter: Rev. Karen Richardson Dunn

Karen is facilitator of the Creation Justice Network of the Southern Conference. She received her M.Div. from Wake Forest University School of Divinity in 2011 and was ordained in the United Church of Christ in 2013. She has served as a parish minister, hospice chaplain, and as the program coordinator for Wake Forest School of Divinity’s Food, Health and Ecological Well-Being program. Karen is presently the Associate Director of the N.C. Council of Churches’ Partners in Health and Wholeness program. Karen is also an editor and writer, and mom to two fine sons, Dylan and Roan. They live in Asheville.

About the Presentation: Join us for this exploration of the connections between a global pandemic and a climate crisis, and the lessons Covid-19 is revealing to us in our fight for God's kingdom.
Creation, along with a journey of Noah and the Ark as our guiding star through both crises.

Please click the link below to join the webinar:
https://zoom.us/j/91323958982?pwd=VXdsTzhUZjV0Y0p1TnhrWSttNS81UT09
Password: 128613

Or iPhone one-tap:
   US: +13126266799,,91323958982#,1#,128613# or +16468769923,,91323958982#,1#,128613#
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   Dial(for higher quality, dial a number based on your current location):
   US: +1 312 626 6799 or +1 646 876 9923 or +1 301 715 8592 or +1 346 248 7799 or +1 669 900 6833 or +1 253 215 8782
   Webinar ID: 913 2395 8982
   Password: 128613
   International numbers available: https://zoom.us/u/ad4l5rFkle

White Privilege - Let's Talk

Offered by Rev. LaShauna Austria
Southern Conference Minister for Racial Equality and Justice

Featured guest: Rev. John Dorhauer (May 27 at 1:00 - 3:00 session)

White Privilege: Let's Talk is a resource for Transformational Dialogue, and a curriculum from the UCC that's designed to invite church members to engage in safe, meaningful, substantive, and bold conversations on race.

Sessions are offered at two different times. Note that Rev. John Dorhauer will be a featured guest, but only at the 1:00 pm session. Please register for the one that best fits your schedule, if you are not already registered for one of the weekly sessions.

To prepare for this third gathering (May 27), read the chapters written by Rev. John Dorhauer in each of the four sections (Part 1,2,3,4) of White Privilege Curriculum.

Registration is required!

Register for May 27th from 1:00 - 3:00 PM
Register for May 27th from 6:00 - 8:00 PM

White Privilege: Let's Talk / A Resource for Transformational Dialogue can also be downloaded (free) as a pdf document from UCC Resources.
Who Likes Housework?

Who likes housework? I don't. It never seems to end. The vacuuming, washing dishes, wiping things down, sweeping, disinfecting, washing clothes and decluttering seems to go on and on and on. What if I told you that the drudgery of daily chores could be utilized for your spiritual practices and self-care. Yes, that's right; your housework can become physical and spiritual medicine for body and soul.

I came across this idea a few years ago, when I was reading a book on mindfulness. The author wrote that in some Eastern traditions and spirituality, all movement is considered exercise. This concept really expanded my view of exercise. As a self-care practice, we know that regular exercise has tremendous value for exercising muscles, burning fat, focusing our minds, and bringing peace and calm through the release of endorphins.

Further, all Americans are urged daily to get some exercise to nourish their minds, bodies and souls. But to exercise, we often think we need a gym membership or tons of fancy equipment. This concept that all movement is considered exercise, however, helped me to see that there were routine things that I could do right around me (i.e. housework) that could benefit me physically, spiritually, and mentally. How?

This week like many of you, I looked at my floors and thought to myself these floors need vacuuming. Well, just getting out the old vacuum cleaner is movement. Then I unwrapped the cord, put on the attachments and went to work. I cleaned every floor and rug. I tried to get into all the cracks and crevices, really trying to notice all the dust and dirt. This included wiping down baseboards and other places that I saw dirt and dust. To do all was about a 30-45 minute process. I even broke out in a sweat. Wow! Exercise! I received two for one.

Not only were my floors cleaned, I felt better. Paying attention to everything that I was doing. Looking at every surface. Hearing every sound. Feeling the rugs and floors under my feet. Being attentive to every scent. I kept my heart and mind in the present moment; not thinking of past or future worries, fears, and concerns; but staying in the now of peace and calm. So today, I invite you to look at your chores differently. Start that housework, work in the garden, or do that house project that is calling your name. Do them all joyfully recognizing them as exercise, a balm and healing for your spirit, heart, and mind.

About the author: Rev. John T. Myers, (D.Min.) Associate Conference Minister, EVA, is founder and CEO of Fruit of the Spirit, LLC, devoted to sharing spiritual practices that heal and transform. Rev. Myers is available for zoom calls to discuss and share spiritual practices and perform life coaching. www.fruitofthespirit.life.

Download above practice #9

Download Spiritual Practice series #1, 2, 3, 4, 5, 6, 7, 8, 9
Check in with your Association

**Associations** continue virtual check-ins with various schedules and topics. If you are not aware of options in your Association, contact the ACM or other named person in your region.

**Eastern Virginia Association:**
Rev. John Myers (D.Min.) / (ACM) / johnmyers2122@gmail.com

**Eastern North Carolina Association:**
Rev. Eddie Weathers (ACM) / eandaweathers@hotmail.com
Rev. Micah Royal (ENCA president) / micahbroyal@yahoo.com

**Western North Carolina Association:**
Rev. Colleen Samson (D.Min.) / ACM / revsamson@wnca-soc.org

Conference Call-in Prayer Line is available to ALL

See SOC web page: "Prayer Practices during this Pandemic" for call-in numbers and times.

Links for previous Zoom Webinars

**Maundy Thursday Service / YouTube**
View service here

**Generosity in the Pandemic**
with Rev. Andrew Warner, UCC Generosity Outreach Officer
Originally aired on April 2, 2020
Download highlights of Warner Powerpoint presentation

**Web and Digital Strategies**
with Chris Gabriel, UCC Manager - Web strategies
Originally aired on Apr 14, 2020
Access Meeting Recording here
Password: n3^6&rMl

**Mental Health**
with Rev. Sarah Lund of the UCC Health Network
originally aired on April 21, 2020
Access Meeting recording here

**Scams and Predators**
with Frank Burton Jr., Chief Apostle of Perfect Will Ministries in New Castle, Delaware (17 years); and retired FBI Special Agent (22 1/2 years)
Originally aired on April 23, 2020
Access Meeting recording here
Watch Apostle Burton’s Powerpoint presentation

**Human Trafficking**
with Courtney Pierce, Anti-Trafficking Outreach and Direct Service Coordinator of Samaritan House, Southeast Virginia
Originally aired on April 28
Watch Samaritan House Powerpoint presentation

**The Impact of COVID-19 on Communities of Color:** Inequities, Inequalities
Statistics and studies have demonstrated the link between COVID-19 death rates and environmental injustice. This UCC Creation Justice webinar will address this link from three perspectives: scientific research, front line experience, and government response. Senator Cory Booker, Harvard researcher Francesca Dominici and the Rev. Lionel Murphy from the frontlines of the cancer alley in Louisiana will be the featured guests as we consider what faith communities can do to make a difference on this vital matter of life and death.
Find below links related to the webinar and its participants:

- Environmental Justice Act in the Senate
- Environmental Justice for All Act in the House
- Dr. Dominici's study on air pollution and COVID-19 mortality
- News articles on Dr. Dominici's study
- A Virus Stalks a County with One of the Highest Death Rates in the US
- The Guardian's Cancer Town Series of Articles on Reserve, Louisiana
- Desmog: Long Exposed to Polluted Air, Louisiana's Cancer Alley Residents Are Now in a COVID-19 Hotspot
- Arm in Arm's Nonviolent Climate Initiative
- Breath to the People: Sacred Air and Toxic Pollution

"As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'"

-- John 7:38

Lectionary Reading, Day of Pentecost / May 31, 2020 / John 7:37-39
Photo - Gragg Prong, Roseborough, N.C. / by C. L. Stumb

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