



**Stephen Ministry**

**Pat Bartee – Leader**

Stephen Ministers recognize that the Covid Pandemic has necessitated isolation and has also cut us all off from what makes life joyous - connection with others. So how can we survive and thrive alone?

**1. Move!** - Exercise not only keeps us healthier and flexible but it releases endorphins, chemicals that elevate mood. Infinity and YouTube offer free yoga and general exercise classes. Get out the old bike in the basement for a ride every weekend. Walking moves everything and even a little a day adds up by week's end. At least, leave your cozy spot once every hour and do a few squats while you are up!

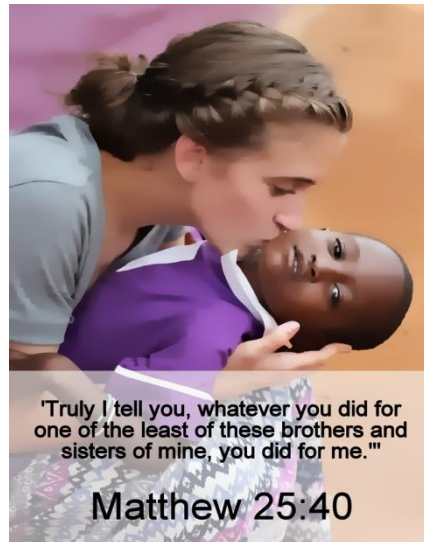
**2. Start each day positively.** - Beginning the day in gratitude and hope helps set the tone for the day. A prayer before rising and a few leg lifts help the day begin brighter.

**3. Try to accomplish one good deed a day.** - Call or text encouragement or a funny joke or remembrance to a sibling, a cousin, or a good friend. Leave brownies at a neighbor's or friend's door. Pick up a neighbor's garbage can or mail. Plant a tree or shrub that will bring beauty to your neighborhood. Send birthday cards.

**4. Read uplifting and mentally-stimulating books, including the Scriptures.** - Now's the time to re-read Psalms about all David's ups and downs and the wonderful passages of God's continued care for all his creatures throughout the Bible. With today's technology, you can just Google the type of scripture you need and there

it is! This is the time, whether by library book, Amazon purchase of a hard copy, or iPad or Kindle reading to re-read a classic treasure or try something new or "out of the box" for you. Let us recommend "Becoming Mrs. Lewis", "A Woman of No Importance", "The Boys in the Boat", and, always, anything by Jane Austin. Have you tried reading with a grandchild on Skype or Zoom?

**5. Pray for others.** - Nothing takes the focus off of one's loneliness better than putting the attention elsewhere. Join the church prayer vine and pray every day for people on that list. Our church has already seen the power and healing generated by this activity of our members. Make your own prayer list. Try keeping it in the files on your Phone so you can pull it up easily or make a bookmark to slide in your Bible or favorite book. How beautiful it was to hear that the Garden Presbyterian Church in Zambia is praying for us!



[https://www.presbyterianwomen.org/what\\_we\\_do/build-community/antiracism/](https://www.presbyterianwomen.org/what_we_do/build-community/antiracism/)



(Reading List for Learning about Race and White Privilege in American Society, Introduction by David Hill cont'd)

segments equals roughly 330 hours of instruction. Needless to say, this short amount of time does not allow for in-depth coverage of topics. Consequently, we know only the basics, and these basics are filtered through textbook publishers who want to sell curriculum materials and elected school boards who make decisions to purchase the materials. Another way to put it, the history we learn is sanitized: those things we can be proud of are highlighted; ugly times are barely mentioned, if at all. Another reason for this bibliography is a strange authoritarian climate that has emerged in America where politicians and talk show pundits suddenly know more than historians and more than scientists. My wish is that people will take the time to read some of these books, turn to the backs and look at sources, and then draw their own conclusions.

(To be continued- Winter Issue Jan. 2021)



<https://www.newyorker.com/books/under-review/american-christianitys-white-supremacy-problem> - A concise survey and explanation of the link between American Christianity and Racism thru the sin of slavery.



**Reading List for Learning about Race and White Privilege in American Society**

**Introduction by David Hill**

This annotated bibliography about race and white privilege in America was compiled by a white, male, native Georgian who looked at the data and concluded our nation, and particularly the South, has systematically disenfranchised and brutalized black and brown Americans since the 1600s and continues to do so today. I have read most of the books included. Some I have skimmed and plan to read in the coming months, but I have a general understanding of the contents of these books. Considering the social justice movement growing in our country, I believe these books can help deepen understanding of the issues surrounding racial justice and white privilege. Certainly, there are many more materials that could be added to the list, but this is a good start. There are excellent articles and research studies that I will add in the future. Why compile an annotated bibliography? Most Americans going through school, public and private, get 180 days of American history twice, once in about the fifth grade and again in the tenth or eleventh grade. Three hundred and sixty days of American history taught in 50-60 minutes

(Reading List for Learning about Race and White Privilege in American Society, Introduction by David Hill cont'd inside)

**Summer 2020 MVPC Quarterly Moderator Report – Ann Williams**

<http://www.atlpcusa.org/pw.html>

The 2020-2021 Coordinating Team was installed at the church on Sunday, August 16th by Reverend Barrett Abernethy.

We will combine Day and Sunday Circles and continue to study lessons from *“Love Carved in Stone”*. We plan to meet via Zoom.

Book Circle meets the second Friday of each month. In the Fall, the Book Circle will review *Plain & Simple* by Sue Bender , *A Fire Sparkling* by Julianne Maclean, and *Before We Were Yours* by Lisa Wingate

We distributed a total of \$1,775. to 5 charitable organizations in our area, including the *Mount Vernon Presbyterian Church Covid 19 Fund*. Our Coordinating Team will continue to meet monthly via Zoom through the end of the year.

**God’s Paintbrush written by Sandy Eisenberg Sasso; illustrated by Annette Compton**

“Have you ever wondered about God? What does God look like? Is God ever sad? Where would you look for God?” Children ask questions about God that are often startlingly direct and adults are often uncomfortable answering them. Through fantasy and imagination, Sasso and Compton invite children of all faiths and backgrounds to encounter God openly through moments in their own lives. Non-sectarian and non-sexist in language and drawings, God’s Paintbrush provides a gift of images which nurtures and encourages children (and adults as well) in making meaning of their world. All you need is this book, watercolors, paintbrush, paper and a child with whom to paint.

**Clarice P Elder – Resources**

**PRESBYTERIAN WOMEN**

**FALL QUARTER 2020**

**FEED THE HUNGRY**  
take care of the sick  
**CLOTHE** the naked  
Welcome

*THE STRANGER, VISIT THE PRISONER*  
*WHATEVER YOU DID TO ONE OF THESE LEAST*  
*brothers and sisters of mine*

you did for  
**me**  
**FEED THE HUNGRY**  
take care of the sick  
**CLOTHE** the naked  
Welcome

**Mount Vernon Presbyterian Church**  
471 Mt. Vernon Hwy, NE  
Sandy Springs, GA 30328  
404-255-2211