



From January through May 2021, in the depths of the pandemic, our congregation walked the path of trauma healing together, using our Sunday worship time to notice each step in the STAR cycle: Strategies for Trauma Awareness and Resilience.

This work is both individual - naming, memorializing, and integrating our own personal traumas and struggles - and collective: what do we need to name, memorialize, and reconcile as a worshipping community? And it is ongoing. If you are in need of accompaniment on your healing journey, please use these resources and the prayers and practices on the following pages.

Pastor Cate: cate@germantownmennonite.org
Pastor Jay: jay@germantownmennonite.org
Vision Team: vision.team@germantownmennonite.org

The GMC Caring Fund can provide short- and longterm resources for mental and physical health care, and to support other needs. See the form below.

If you are in need of a therapist or mental health specialist, we recommend you try these resources:

- <u>Maternal Wellness Center</u>
- <u>Walnut Psychotherapy Center</u>
- Council for Relationships
- <u>Psychology Today's Philly listing</u>





# GMC CARING FUND SHORT-TERM REQUEST CONFIDENTIAL!

#### **Personal Information**

Name:

Household members:

Address:

Phone Number:

#### Situation

Tell us a little about the situation you are in and why you could use some financial or other support.? If it is financial tell us about your specific need and the amount you are requesting. Tell us if there are other ways we might be able to help you, such as help to find employment, housing or to connect with other resources.





# GMC CARING FUND LONG-TERM REQUEST CONFIDENTIAL!

# **Personal Information**

Name:

Household members:

Address:

Phone Number:

#### Financial Situation

Tell us a bit about your sources of income, assets, debts, and regular expenses.



#### Assistance

Briefly describe the reason that you need need long term support. List the expenses you need support in covering, and whether they are ongoing or one-time.





Center down.

And when your body has become still, reach out with your heart.

Know that we are connected in ways that are terrifying and beautiful.

God is here.

We pause to listen to that sacred voice saying: God is our refuge and strength, A very present help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge!

God is inside us and inside everybody else. We come into the world with God. Help us to travel deep into the truth of our selfhood,

that we would recognize it as it appears.

And as we come to know You more and more,
let us remember that You are a God who knows us.

You see us, and you're not leaving.

We pause to listen to that sacred voice saying: For it was you who formed my inward parts; you knit me together in the womb. I praise you, for I am fearfully and wonderfully made. I was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.





### AFFIRMATION OF FAITH

May all that is unforgiven in us, be released.

May our fears yield their deepest tranquilities.

May all that is unlived in us blossom into a future,

Graced with love.

We pause to listen to that sacred voice who invites us, saying: Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I. Touch me and see!

...Join us then in this vigil
and you will know what it is to dream!
Then you will know how marvelous it is
to live threatened with Resurrection!
To dream awake,
to keep watch asleep,
to live while dying,
and to know ourselves already resurrected!



From "Pandemic" by Lynn Ungar, Psalm 46:1-3, The Color Purple by Alice Walker, @blackliturgies, Psalm 139:13-16, "To come home to yourself" John O'Donohue, Luke 24:38-39, and "They Have Threatened Us With Resurrection" by Julia Esquivel.



## BODY SCAN

From My Grandmother's Hands by Resma Menakem.

Take a moment to ground yourself in your body. Notice the outline of your skin and the slight pressure of the air around it. Experience the pressure of whatever is beneath you.

Can you sense hope in your body? Where? How does your body experience hope? Is it a release of expansion? A tightening born of eagerness or anticipation?

What specific hopes accompany these sensations? The chance to heal? To be free of the burden of racialized trauma? To live a bigger, deeper life? Do you experience any fear in your body? If so, where? How does it manifest? As tightness? As a painful radiance? As a dead, hard spot?

What worries accompany your fear? Are you afraid your life will be different in ways you can't predict? Do you feel raw, wordless fear—and, perhaps, excitement—that heralds change? What pictures appear in your mind as you experience that fear?

If your body feels both hopeful and afraid, congratulations. You're where you need to be for what comes next.







### MOVEMENT

By Julia Shields Chrestay, adapted from artist and teacher Shavon Norris. All of the directions that involve movement can also be done with your attention and your breath.

With your eyes open or closed as you choose, reach your arms...

Back - Sending your breath and attention to your back body, and with your attention blessing the Past. Gently acknowledging grief, anger, beauty, gratitude, healing, ancestors, and blessing what has been.

Side - Moving your attention to your side body, embodying and blessing the Present. Give a gentle awareness to your body sensations, emotions, thoughts, blessing what is.

Above - Sending your attention to the space above your head. In this stance, gathering resources beyond the rational, Imagination, liberation, healing, blessing our possibilities.

Forward, focused at fingertips - Sending your gaze or your focus to that which is right in front of you. Envisioning the immediate future, next steps as individuals and families and as a community, blessing our next steps and decisions.

Forward and beyond, with a soft gaze - Sending your attention forward and beyond the immediate space of your body. To all that lies ahead, and with your breath fill that space with liberation, healing, blessing our individual and collective futures.

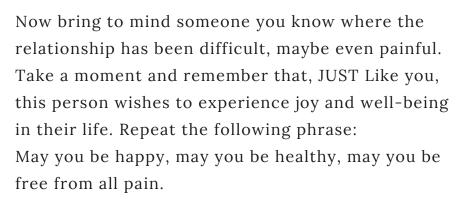




Take a deep breath in. And breathe out. Feel the warmth of your heart, feel the connectedness with your whole body, with God, with others.

Think of a person close to you, someone who loves you very much. It could be someone from the past or the present; someone still in life or who has passed. Send all your love and warm wishes to that person. Repeat the following phrase three times:

May you live with ease, may you be happy, may you be free from pain.



Now expand your awareness and picture the whole globe in front of you as a little ball. Hold all living beings on the globe in prayer, beings who, like you, want to be happy, well, and safe:

May you be happy, may you be healthy, may you be free from all pain.

Take a deep breath in, and let it go. Feel your body again, is there any lingering tension? Consciously let it go – into God's love and care and promises.





#### COMMUNION

On that last night Jesus shared with his disciples, he took bread, and when he had given thanks, he shared it with them, saying "When you share bread together, remember me."

In the same way, Jesus took the cup, and shared it with everyone saying, "This cup is the covenant, When you drink it together, remember me. For I tell you I shall not join you at this table again until we all eat it together in the coming kindom of God."

As John baptized Jesus in the Jordan, the Holy Spirit baptized the body of Christ. God now gathers us at this table as the body of Christ to hear the voice of heaven, spoken over the waters of baptism, saying "You are my beloved."

Water, bread, and wine, the gifts of the earth, the gifts of the church, reveal that we belong with God and one another.

Come with your hunger. Come with your thirst. Come with your whole body, your whole being. All that you are is welcome here.

This is God's table. This is our feast.

Come to the table, for the feast is now ready.

The bread of life, for you. Eat
The cup of salvation, for you. Drink

