

January 31, 2018

Preparing for NOOHRA Workshop #4  
at 11 a.m. on Sunday, February 4, 2018

Hello Dear Friend,

We are down to our last Noohra Workshop! How does it feel? I sincerely hope that this process has been valuable- that we have connected as a community, that we have clarified our understanding of ourselves and each other, and that we are starting to have a greater sense of where we're being called to go.

I have been praying a lot about this final week. I feel like it's the most important out of all four. And then this morning, I went to my podcast library and the latest episode of Pod Save the People had just been posted. Its title, 'You Can't Pour From an Empty Cup,' reminded me of our conversations regarding the Eucharist and Kenosis concepts last week, so I pressed play. Listening to the conversation between host (and personal role model) DeRay Mckesson and guest Reza Aslan was like getting a phone call directly from God saying: "Ava, are you listening? We have work to do." Their discussion of the role of Jesus, the church, and religious movements in the forward progression of humanity is everything we've been contemplating as a community. It filled me with hope, excitement, and affirmation.

If you listen to podcasts via iTunes/apple products, click [here](#) to access the episode, if you don't use Apple/iTunes products, you can listen [here](#). Feel free to listen to the whole thing if you'd like (I believe Pod Save the People is the best piece of media around racial and social justice being created today), but the interview begins at 29:45. If you're unfamiliar with the world of podcasting, VPR recently created a tutorial which you can find [here](#).

#### **Here's what you need to know for Week 4:**

**Theme:** COVENANT - *What is our promise?*

**Scripture:** *Genesis 15* (See attachment from the book *What is the Bible*)

**Overview:** We are all called to be partners in the ongoing process of creation. This week we'll discuss the promises we must make to ourselves, to our communities, and to the world in order to be present to that calling. We will define the promises we're willing to make, and we'll step into covenant as individuals and as a church.

#### **PLEASE DO AHEAD OF TIME:**

1. A covenant for our community starts with a covenant to yourself.
2. **Take some time this week to meditate on the promises you are called to make and keep to yourself.**
3. How can you show up for yourself with grace, trust, love, and hope?
4. **Please read the following [LINKED](#) chapter of *What is the Bible* by Rob Bell.** And, it would be great if you could find time throughout the week to check out the latest episode of Pod Save the People I mentioned above. Again, you can listen to it (in the iTunes store) by clicking [here](#).
5. If you have an android phone or are listening on computer, or another device that doesn't have iTunes, you can listen [here](#).

#### **THIS WEEK IS VERY IMPORTANT:**

Please make sure your friends and neighbors know how important this week is going to be to the life and future of the church and invite them to join us- even if they haven't signed up or been able to attend the three previous weeks.

**LUNCH:** If you were able to purchase a sub from the middle schoolers, that is great! They'll have them available for pickup and you can have them for lunch during the workshop. If you weren't able to order a sub and want to – please use this [LINK](#) to order a sub by Thursday – or drop by the church and fill in a paper form. If you are not ordering a sub, please respond by [EMAIL](#) to me so I can plan accordingly to make sure everyone who would like to gets lunch.

*Thank you so much for making the commitment to this community and participating in Noohra.  
We'll see you Sunday!*

Warmly,  
Ava



noohra

JANUARY 14, 21, 28, &  
FEBRUARY 4  
11:00 A.M. - 1:00 P.M.