



Weekly Missive

From Acute to Chronic: Riding the Roller Coaster to Spiritual Wellness



It hit me two nights ago. The shortness of breath. The inability to sleep. The elevated pulse. No, I do not have Covid-19, nor do I want to make light of the situation for those who do. What I have is a growing awareness that our acute circumstances have transformed into a chronic condition.

In medical terms, acute conditions are those that occur suddenly, have immediate or rapidly developing symptoms, and are limited in duration (e.g. a broken bone). Chronic conditions are long-lasting and endure over time (e.g. Parkinson's). In 2020 terms, our acute health (pandemic), wealth (economic) and social (anti-racism protests) circumstances have morphed into chronic conditions that will be with us for longer than we expected—longer than we expected but not longer than we can endure.

In the Psalms, the deconstruction of normative society (read: chaos) is met with prayers first of lament and then of petition. In the Psalms, God endures with the psalmist long enough to begin within the psalmist that work of holy transformation, which is needed when our "normal" becomes "chaos" seeking a "new normal." Scholars call this the spirituality of the Psalms and talk about the Psalms' rhythm of orientation, disorientation and new orientation. We see glimpses of this rhythm in Psalm 13:

- 1 How long, O Lord? Will you forget me forever?
How long will you hide your face from me?
- 2 How long must I bear pain ^[a] in my soul,
and have sorrow in my heart all day long?
How long shall my enemy be exalted over me?
- 3 Consider and answer me, O Lord my God!
Give light to my eyes, or I will sleep the sleep of death,
- 4 and my enemy will say, "I have prevailed";
my foes will rejoice because I am shaken.
- 5 But I trusted in your steadfast love;
my heart shall rejoice in your salvation.
- 6 I will sing to the Lord,
because he has dealt bountifully with me.

The transition from acute to chronic is often experienced as a crisis point. We can put up with almost anything for a while; enduring is more difficult work. Enduring is spiritual work. Enduring requires we move beyond our own abilities to discover strength in community and depth in the Lord. In a culture in which we were taught to "pull ourselves up by the bootstraps," and respond to pain by "rub some dirt in it," this can be a painful transition of self-awareness of our own mortality as well as a confrontation with our own moral failings. But it is the way of Jesus—the via Delarosa—the way of sorrow that leads to transformation.

As I lay awake two nights ago, my mind a whirling dervish, I wondered how I was going to get a handle on all that is needful at this time: a renewed surge in Covid cases possibly requiring further intervention, some of our own pastors and elders and staff getting Covid, the need to organize churches for a second (and third) food drive for our Native American siblings, the need to continue the conversation about anti-racism (without alienating half the presbytery), the need to promote the Matthew 25 food drive for refugee ministry, trying to learn new ways of doing a presbytery meeting (not to mention Big Event), all while engaging two, major visioning conversations that may influence how (or if) presbytery staff

(including myself) have jobs beyond 2020. As I read the above list of my professional anxiety, I must confess: the acute has become the chronic.

Spiritual wellness amidst chronic conditions requires a different rhythm, a letting go of self in order to open to the possibilities God is presenting to us and within us. Riding the roller coaster of spiritual wellness means moving from "How long, O Lord?" to "Consider and answer me, O Lord my God!" to "I will sing to the Lord, for God had done bountifully with me."

What new song do you need to sing today?

Grace out,
Brad Munroe

[For this and other missives, click here.](#)

REGISTRATION IS NOW OPEN TO THE NEW VIRTUAL BIG EVENT! August 22

THE **Big** EVENT

Special Plenary Guest- Rev. Dr. Brent Strawn, Duke Divinity School

Make plans to join us virtually as we explore a theme on moving from "Living Amidst Disorientation: seeking God's new orientation for our communities and churches."

[Click here to register](#)

Schedule

9 a.m. Virtual Worship with St. Andrew's, Tucson

10:15 a.m. Plenary with Dr. Brent Strawn (opportunities for Q & A)

11:45 a.m. Lunch Break

1:00 p.m. Workshop of your choice (choose one):

- Canoeing the Covacalypse: VUCA Ministry- Revs. Brad Munroe and Renée Rico
- Finding Solid Ground: Stabilizing the Church to Serve as a Resource in a Time of Chaos- Reconciliation Team
- Psalming Our Disorientation: Writing into the Presence of God- Rev. Rachel Srubas and Sherin McArthur
- Resilience through Turbulent Times- Revs. John Cheek and Laura Munroe
- Suspended in Disorientation: Immigrants at the Border and in Detention- Revs. Mark Adams, Joe Keesecker, Ms Selena Petersen-Keesecker & Others

DESCRIPTION OF CLASSES

We are still in search of 12 Techie "Apostles" who can help to facilitate our online Zoom needs for the meeting. If you are, or know someone who can join us in this venture, please get in touch with Carolyn McBurney at pbymoffice@gmail.com.

Chandler Presbyterian Church will host a workshop by Dr. Matthew Whittaker, Ph.D., former professor of history at ASU and founder of Diamond Strategies, which offers consultancy on issues of diversity, equity, and inclusion. Dr. Whittaker's workshop is called "White Allies 101" and reminds us that "ally" is a verb.

**WHITE
ALLIES
101**

Dr. Whittaker's workshop will be Friday, July 24, from 8:00 – 12:00 at Chandler Presbyterian. Masks and social distancing will be observed by those attending in-person, and the workshop will be simulcast online for those who want to participate virtually.

Dr. Whittaker will help those of us who want to help but are not sure how to help by walking us through some initial steps toward living as "white allies" on the journey toward equality, liberty and justice for all. Dr. Whittaker's topics will include:

Definitions—Ally History
The Anatomy of White Privilege Group Exercise

The White Ally Checklist Group Exercise
Anti-Racism Models
Techniques for listening Group Exercise
Techniques for Acting Group Exercise

To RSVP to be present in-person, contact Chandler Presbyterian at 480-963-3821 or office@chandlerpres.org. Chandler Presbyterian is located at 1900 S. Arrowhead Drive (just off Germann Road), Chandler, 85286.

MISSION PRIORITY GRANT APPLICATIONS BEING ACCEPTED THROUGH JULY 25

[CLICK HERE FOR APPLICATION, TUTORIAL, ETC](#) (Scroll down to Congregational Resourcing)



PLANTING SEEDS OF HOPE AND OPPORTUNITY- Deadline July 31!

Cook Native American Ministries Foundation (CNAMF) is a faith based 501(c)3 that offers funding opportunities nationwide to congregations and non-profit organizations who actively work in Native communities to provide programs and services. CNAMF will begin accepting Letters of Intent beginning May 20, 2020 for funding cycle 2021. The deadline for submitting a letter of intent is July 31, 2020.

Learn more at: <https://www.cooknam.org/grants>



UPCOMING EVENTS

AUGUST

22- The Big Event Zoom meeting

Presbytery calendar

Covid-19 Updates now has its own link on the website! Go to "Files" and look for the tab under "Clerks of Session". www.pbygrandcanyon.org/files/



Want to help our Navajo Sisters and Brothers?

The Presbytery of Grand Canyon has started a Navajo Nation Relief Fund. You will find a link on the Presbytery website, where you and your church family can make donations. You will be asked to create a profile for future giving. This site is safe and maintained through the Presbyterian Foundation. Tell your friends! Thanks for your continued love and care!

[Click here to give](#)

Please keep these people in your prayers:



RESOURCES

[Leadership Minutes](#)

[This Week's Presbyterian News](#)

[Presbyterian Women of GC](#) (Scroll to PW tab)

[Arizona Faith Network Events](#)

[Presbyterian Older Adult Network](#)

[Latest from the Board of Pensions](#)

[Presbyterians Today](#)

[Synod PW- Loaves and Fishes](#)

ACTIVE SHOOTER PLAN FOR CHURCHES

COVID -19 RESOURCES



Are you a new Clerk of Session? **Did you know that your session records are supposed to be reviewed each year?**

Lucky for you, we offer a Review of Records one hour prior to every Presbytery meeting where you can have that done and ask questions of experienced clerks who are there to help! Just register for the presbytery meeting and indicate that you are coming to records review. In the meantime, contact Carol

Gerlach of Mesa First (rlgclg6_6@hotmail.com) with any questions and check out the presbytery website for lots of important resources. And, of course, let the presbytery office know you are now the clerk so that you can be on the communications list to get timely updates.

Take a Look! Several new Job postings to explore! Feel free to share with friends!

JOBS- New Posting- 5/1

MARKETPLACE

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