



Beloved Community

January 2022

Exploring The King Philosophy
of Non-Violence

- 5th New Years Covenant Gathering
- 12th Sabbatical & Winterizing Benediction
- 17th *Martin Luther King Jr. Day of Service & March from ART 321 @10am
- 19th *Casper Freedom Trail* Viewing - Compassion School Introduction
- 26th Non-Violent Communication Training

"Agape [Love] does not begin by discriminating between worthy and unworthy people...It begins by loving others for their sakes" and "makes no distinction between a friend and enemy; it is directed toward both...Agape is love seeking to preserve and create community."

-Rev. Dr. Martin Luther King Jr.

The Table is set every Wednesday at 5:30 or 6:30pm

Followed by all-ages meditation, reflection & dialogue.

Gathering in Person & Online: Join us at The Lyric for shared food at 5:30 pm {230 W. Yellowstone HWY}
or Join us via ZOOM at 6:30 pm by scanning the QR:

 [thetablecasper.org](https://www.thetablecasper.org)





Centerpiece

Where the Table's News Rests

January 2022

Hello Table Family,

One of our 'How We Set the Table' guidelines invites us to slow down so we have time to think and reflect and another to listen well and learn from silence: silence can feel awkward, but it is a gift in our noisy world and a way of learning in itself.

This is a just such a season for us in community — we are giving one another as pastor & alternative-church permission to slow down so we have time to think, reflect, listen and learn from silence (that blessed, gifted teacher!) This season is called “sabbatical” and it mirrors the season of winter. It is sabbatical for me as your pastor, and sabbatical for you as a community, leadership team and board. We are wintering together.

Katherine May is an author who reflects the following about the season of winter:

“Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Winter is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that's where the transformation occurs. Winter is not the death of the life cycle, but it's crucible.

Once we stop wishing it were summer, winter can be a glorious season in which the world takes on a sparse beauty and even the pavements sparkle. It's time for reflection, recuperation, for slow replenishment, for putting your house in order.



Doing those deeply unfashionable things — slowing down, letting your spare time expand, getting enough sleep, resting — is a radical action, but it is essential. There is a crossroads we all know, a moment when you need to shed a skin. If you do, you'll expose all those painful nerve endings and feel so raw that you'll need to take care of yourself for a while. If you don't, then the skin will harden around you. It's one of the most important choices you'll ever make.” (Wintering, The Power of Rest and Retreat in Difficult Times).

Beloved, it's time to slow down: for reflection, recuperation, replenishment and for putting our Table in order.

Celtic Spirituality has always pointed to “liminal” thin spaces where God’s presence can be felt more clearly than others. Sometimes they are geographical places, sometimes they are astronomical forces, sometimes they are earthly seasons. This is one such time in the life of our community. We have journeyed through advent, Christmas and Epiphany and in many ways, although we know that God is miraculously with us, still, “we wait with unimaginable longing to see the face of the one we know to be already with us. Like an unborn child, the life of God grows unseen yet profoundly felt. Insistently pushing and prodding us, enlarging the contours of our lives and our hearts, as intimate to us as our own breathing, yet utterly other, the divine presence waits to be born.”
- Wendy M. Wright, from 'The Vigil.'

How can we as a community lean into this season of sabbatical, winter-hibernation, pause, pregnant pondering, reflection, rejuvenation, wonder and waiting? How can we make room for God’s love to enlarge the contours of our lives and hearts and community and Table and mission?

Let us move slowly, carefully, mindfully, and curiously through this season together.

Thank you for giving me the gift of a pastoral sabbatical after 8 years of leading this community through the emergence of our beautiful, inclusive mission to nourish the spiritually hungry and welcome the curious into our studio of love by asking good questions, seeking good answers, and joining forces for good in Casper and beyond.

May God richly bless us all as we winterize our community for the transformation that awaits us.

God is with us, God is for us, May Love Be Our Compass,
Pastor Libby



The Table & The Red Clay Abbey Monthly & Weekly Events

(All event locations are subject to change. Please check the calendar for the latest information.)

Wednesday Night Gathering: Join us every Wednesday night downtown at The Lyric for shared food, compassion teachings, exploration, embodied spiritual practice, and community conversation. All are welcome! If you would like to join us online, please follow this Zoom Link at 6:30 p.m.
<https://us02web.zoom.us/j/81694859096>

Three Spaces: Is a weekly Practice group that helps us to open the three spaces within ourselves, our heart, mind and body to help move us toward transformation, healing and integration. Topics and themes vary. Three Spaces meets every Saturday at 10:15 a.m. at the following location: 4230 S Oak Street in Casper.

YogaSoul: A once a month gathering blending Yoga and Christian Spiritual tradition. This is a restorative, contemplative practice. All bodies and All faith traditions are welcome. Join us in person every 2nd Sunday of the month at 123 S. Durbin Street in Casper, or online over Zoom on the 2nd Monday of the month here: <https://diowy.info/YogaSoul>

The Way of the Rosary (PRAYER Bead Group): A once a week gathering exploring the tradition of the Rosary from multiple faith perspectives. This is a beautiful way to practice embodied prayer and contemplation. Rosaries and prayer beads are provided. No prior experience or knowledge of the practice necessary. Join us at ART321, 321 W. Midwest Street in Casper every Thursday evening at 7:00 p.m.

Open Listening: Join our pastors/residents Scarlow's coffee shop on Tuesday morning, 11am-Noon. We are present to hear your questions, concerns, input & stories!

Circles of Trust: Monthly spiritual retreat space for women in ministry.

Event Highlight: Yoga Soul

The Table, in partnership with the Episcopal Diocese of Wyoming, has adapted a beautiful, blended practice of yoga and Christian spiritual tradition to help deepen and support connecting with ourselves and the Divine. YogaSoul is a spiritually embodied experience for the head, heart, mind, and body. We include the practice of "Eucharist" & "Yoga". During YogaSoul we aim to give thanks through the connection of our embodied selves to God's love and each other. Anyone is welcome to join this practice. ALL bodies, ALL faith traditions and backgrounds can benefit from this heart-centered gathering. Please join us in-person on the 2nd Sunday of each month at 123 S. Durbin Street, or online the second Monday of each month at the following Zoom link location:
<https://diowy.info/YogaSoul>



Table Menu for January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 11-Noon-Open Listening Scarlow's Coffee shop	5 5:30pm Dinner 6:30p, Hybrid gathering*	6 7pm-Prayer Bead Group at 321 W. Midwest Ave.	7	8 10:15 am- 3 Spaces at 4230 S. Oak St.
9 5:30 pm-Yoga Soul 123 Durbin St.	10 5:30 pm Yoga Soul Online https://diowy.info/YogaSoul	11 11-Noon-Open Listening Scarlow's Coffee shop	12 5:30pm Dinner 6:30p, Hybrid gathering*	13 7pm-Prayer Bead Group/ 7pm-Table Board meeting	14 12-4pm Circles Retreat	15 10:15 am- 3 Spaces at 4230 S. Oak St.
16	17 10am-MLKJr. March and service/ 5pm-Mural Project Board meeting	18 11-Noon-Open Listening Scarlow's Coffee shop	19 5:30pm Dinner 6:30p, Hybrid gathering*	20 7pm-Prayer Bead Group at 321 W. Midwest Ave.	21	22 10:15 am- 3 Spaces at 4230 S. Oak St.
23	24	25 11-Noon-Open Listening Scarlow's Coffee shop	26 5:30pm Dinner 6:30p, Hybrid gathering*	27 7pm-Prayer Bead Group at 321 W. Midwest Ave.	28	29 10:15 am- 3 Spaces at 4230 S. Oak St.
30	31					

NOTES:	*Wednesday Nights Meet for dinner at the Lyric at 5:30 In person or online gathering at 6:30 pm. https://us02web.zoom.us/j/81694859096	Pastor Libby (307-363-1490) Office hours: M-F 1-5 pm Sabbath-Sunday <i>Pastor Libby will be on sabbatical Jan. 17-April 10</i>	Ani Wa Jessika (307-851-6638) Office hours: M-F 1-5 pm Sabbath- Sunday	Resident Pastor Meghan mea@thetablecasper.org Office hours: M-F1-5 pm Sabbath- Sunday