



2022
May

Making Room for More

May 4
ACCEPTANCE

May 11
RELEASE

May 18
DREAMS

May 25
CULTIVATING

IF YOU
WANT TO
MAKE ROOM
FOR
SOMETHING
NEW, YOU
MUST LET
GO OF
SOMETHING
OLD THAT
NO LONGER
SERVES
YOU.

ROY J.
BENNETT

THE TABLE IS SET EVERY WEDNESDAY AT 5:30 OR 6:30PM

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 OR BY SCANNING THE QR:





Centerpiece

Where the Table's News Rests

Pastor Libby: A Message From Sabbatical

Dear Table Beloved,

During my sabbatical, I set an intention to deepen the alignment of my three-centered awareness: intellect, emotions and movement (or intuition). Like most humans on planet earth right now, we've been in deep survival mode since the onset of the pandemic (and perhaps, depending on our circumstances, long before that...) I longed for a restoration of my nervous system and a shedding of what was holding me back from embracing a fresh reset.

When on pilgrimage to the Isle of Iona, led by John Philip Newell, one cloudy day we took a pilgrimage around the island to various sacred sites. At St. Columba Bay, nicknamed "The Bay of New Beginnings," we were welcomed into an activity of releasing that which was no longer serving us and embracing our true yearnings and desires for the next season of our lives. We were asked to place inside a rock all we need to release, and then to chuck it into the ocean. And to pick up a rock and place inside of it all we are yearning for. John Philip shared with us that we could pick up as many rocks as we desired, as the ocean is forgiving, she just keeps giving us rocks.

At our sunrise gathering on Easter morning, Ani Wa / Jessika helped to invite us into a similar practice. I invite you to do the same, now, in connecting with The Table's mission and your presence with us in this community.

Release — what is God inviting you to release in this chapter of life? A trauma? Pain? Sadness? Addiction? Worry? Unbelief? Chronic self-doubt?

Yearnings — what is God inviting you to name as your yearning in life right now?

Friends, God is forgiving, she just keeps giving us rocks. As many as you need to pick up and chuck (into the North Platte River, or another body of water); as many as you need to pick up and identify and name your yearnings with.

I bless you now with this poem, that it might be for you an invitation to name and claim your yearnings.

Patient Trust (excerpted from Hearts on Fire)
Prayer of Teilhard de Chardin

Above all, trust in the slow work of God.
We are quite naturally impatient in
everything
to reach the end without delay.
We should like to skip the intermediate
stages.
We are impatient of being on the way
to something unknown, something new.

And yet it is the law of all progress
that it is made by passing through some
stages of instability—
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually—let them
grow,
let them shape themselves, without
undue haste.
Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances
acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit
gradually forming within you will be.
Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling
yourself
in suspense and incomplete.

Trusting along side of you all, in the slow work of God,
Pastor Libby

The Table & *Red Clay Abbey* Events

WEEKLY *Events*

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!

The Table: 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>

3 Spaces Group: 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.

MONTHLY *Events*

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>

Circles of Trust: Monthly group of women in professional ministry coming together for support and spiritual nurture. We are meeting this month on March 18 @ 1.30 pm in Sweet Zoey's on CY Ave.

RCA Hosts a Retreat: Red Clay Abbey will be hosting a retreat for all the clergy of Wyoming, in North Casper, May 10-12th. The retreat theme is Internal Sabbath. If you are interested in getting involved we are looking for volunteers. Please feel free to contact Jessika or Meg.

EVENT HIGHLIGHT: ARTWALK IS BACK, 2022

The Table is dreamstorming how our participation in Artwalk will take shape this year. Artwalk is on the first Thursday for the 3 months of Summer; June 2, July 7, and August 4. I (Meg) am very excited to share with you very soon what is cooking, and I invite you to come and talk to me if you are feeling passionate or have thoughts about this endeavor.