

## Contact Information

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# GOOD TIDINGS FROM ZION

May 2023



## Practice Resurrection

What does it mean to *practice resurrection*? It's really a spirituality practice or faith practice that honors the process of death and resurrection through which God works. The ultimate of course was Jesus' death and resurrection, which was a foretaste of the end of the present age and the birth of the new creation and the joining of heaven and earth.

There are lots of smaller ways to live and practice that cycle of death and resurrection. Paradoxically, practicing and living resurrection first requires experiencing death....in some fashion. Spring is a beautiful time to find visual examples. In confirmation after Easter, we walked outside to look for signs of resurrection. There were many places where you could see shoots of green coming up amidst dead, brown plants from last year. The picture is my own lilies that show that new life coming out of death. (It also shows I need to do some trimming.)

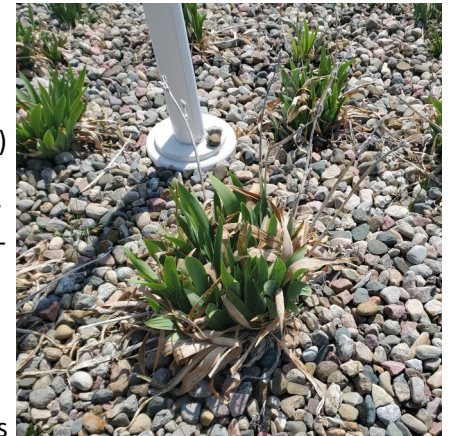
So one of the first places we can practice resurrection is outside, in nature. We practice by paying attention to the new life springing out of what looked completely dead a few months ago. No matter what time of year, we can pay attention to the beauty of nature and its ever-changing shape.

Practicing resurrection means also paying attention to what in us is dying and what we need to let go of. We can't truly practice resurrection until we face those things we need to let go of...let die. Things like ego, self-centeredness, self-pity, self-delusions.

We need to acknowledge and let go of our failures...not just things we've done wrong but things we really have no control over and therefore can't fix or change.

Each time we are able to let go, even a little, we open a space for something new – for resurrection. When I was preparing for that confirmation class, I discovered a wonderful website called Spirituality and Practice. One of the pages is called Naming the Days, by Frederic and Mary Ann Brussat. The Easter post listed ways to practice resurrection.

The first was what I talked about above – getting out and paying attention to resurrection in the natural world. Here are some others:



- Leave the past to God's mercy. Leave the future to God's discretion. Living in the [present moment](#), the only time when God brings forth new life, is a way of affirming your belief in resurrection.
- Look for signs of rebirth in the lives of others
- Whenever you with [compassion](#) open your heart, mind, and soul to the pain of the world, you help bring suffering beings back into the land of the living.
- When you cultivate the art of making [connections](#), the walls of separation come crashing down and new life can spring up out of the rubble.
- When you regularly pray for others as part of your [devotional activities](#), you are practicing resurrection.
- [Enthusiasm](#) is the mark of a life-giver. When you can laugh and sing and relish life, you are practicing resurrection.
- [Faith](#) enables us to live with confidence amidst doubt and paradox. When you can trust in your relationship with God, all kinds of leaps and rebirths are possible.
- Every time you [forgive](#) someone, another resurrection is in the making.
- Every time you accept God's [grace](#) in your life and see it in the world around you, your own resurrection is in the making.
- Practice [gratitude](#) and you are slaying the death-dealing forces of boredom, despair, and taking-things-for-granted.

There were more – 37 in all. If you want to explore more, here's the website: <https://www.spiritualityandpractice.com/>. Click on practices and go to Naming the Days. Explore all the website. There's some great ideas for spiritual practices.

Maybe pick one a day and make it your intention for the day. Practice resurrection.

Christ's peace,

*Pastor Kris*

#### May helpers

Cleaner—Charlie and Diane  
 Usher—Jon Christo (Karsen when available)  
 Lector—Nygrens  
 Communion Asst.—Charlie  
 Acolyte—open

## Calendar

Worship is livestreamed to the church YouTube channel. You can find the link to that and the bulletin on our website: [Online Worship](#)

**May 1—May 7 - Pastor Kris on vacation. Pastor Glenda Ferguson will be covering for emergencies. Her phone number is 402-443-5503**

**May 3** 6:30 pm—Confirmation; Wednesday school shopping trip—

**May 7** 9:00 am—Worship—**no Communion**

**May 11** 4:45 pm—Confirmation class meet at church for Barnabas excursion

**May 14** 9:00 am—Worship **with Holy Communion**

**May 17** 7:00 pm—Confirmation class

**May 21** 9:00 am—Worship—service will be the one designed by confirmation class

**May 28** 9:00 am—Pentecost Worship with Holy Communion

**May 31** 7:00 pm—Confirmation end of year party

### Confirmation schedule:

**May 3** – *Bonhoeffer: Agent of Grace*. This movie is 90 minutes so class start at 6:30 and go to about 8:30

**Thursday May 11** – Service-learning project at the Barnabas Community in Lincoln. **Meet at Zion at 4:45**. Let

Pr. Kris know if we need to pick anyone up at home

**May 17** – Plan a worship service

**Sunday May 21** – confirmation class designed worship service

**May 24** – off

**May 31** – end of year party

**Sunday June 4** – Affirmation of Baptism service