

Happy Saturday WFMC Family,

Sunday Worship Links

[WFMC YouTube Channel video service](#)

[WFMC Truthcasting/podcast message only audio](#)

[WFMC Facebook page, for you Facebook users](#)

[* NEW WFMC Morning Worship Livestream – 8:30 a.m.](#)

ABF Meetings:

[Click here for the current list of ABFs meeting online, their times of meeting and links to meeting sites.](#)

YBF (Youth Bible Fellowships) 10:00 – 10:40 a.m.

Middle school guys, middle school gals and high school [Click here for those links.](#)

Father's Day is June 21 Celebrate your Dad with a [bingo game and by filling out the Father's Day questionnaire found here.](#)

A Reminder About Tomorrow's In-Person Worship Service:

Many of us will celebrate worshipping together again tomorrow morning at 8:30, and we anticipate the day we'll all be together again – in Heaven, certainly, but I'm really talking about in the sanctuary. ☺ Here are some details:

- Please review the updated [Quick Facts and / or Full Details / FAQ of how this will work by clicking here.](#)
- Remember that worship begins at 8:30 a.m. Please plan to arrive 5-15 minutes early for seating.
- Please avoid awkward situations by not extending hands for greetings. This is the total opposite of our normal, friendly tendencies, but it's what we have to do for now.
- Due to the number who have requested the sanctuary, we really need those who have not let us know you're coming and those who indicated they would be willing to use either space to plan to sit in the Building C Great Hall. Sanctuary crowd, enter through the main doors of Building A. Great Hall crowd, enter through the Building C doors (by the playground.)
- In the sanctuary, we can maximize seating if families of 5 persons or more will sit in the center section and family units of four persons or less will sit in the outer, side sections.
- Please sit on the ends of the rows, leaving 3 seats between yours and other family units.
- Please use care in observing the distancing guidelines between family units in entering and exiting.
- Please note that, although we're taking many precautions in the interest of safety, there is, of course, no way to guarantee a "safe" environment, and that is because there is always a level of risk in gathering and interacting with other persons. The fact is, information about all this is still unfolding daily, the science is not yet a clear guide, and many unknowns may well exist for some time. This statement should not be read as a disclaimer. ☺ We simply want everyone to be as informed as possible because we respect and care about one another.

Prayer Requests:

Please keep the Joy family in your prayers as we interred Don's body this morning in a family gathering. A public memorial service is planned for later this fall.

Pray that Christ would move through His church in our nation for the reconciliation of races. If you want to begin talking to a black friend or co-worker about race, but don't know where to start, check out the article below by Elizabeth McCorvey.

A Quick Word About Grace

You know, I've noticed that we've become a people who are a bit more tense these days. Have you noticed that? Between the Corona virus lockdowns, fears and death tolls, the racial conflicts in our nation, the economic uncertainty and the ever-more charged political climate, we're something of a nation on edge. What that can mean for us personally is, we can become more the edgy and jumpy, which can come out in reactions to people, jumping to conclusions about circumstances and others' words, and presuming the worst instead of the best.

It's important to be aware of this propensity, and to realize that the only real cure is to ask the Lord every morning - and maybe multiple times a day:

"Lord, give me grace for this day.

Give me grace for this situation.

Give me grace for this person.

Give me grace for this post.

Give me grace to respond and not react.

Give me grace...

So that I might be a voice of calm and reason and truth and love;

So that I don't say or write something I'll regret...something that will damage relationships or my witness for you."

God has grace for us in these days to be people who are holy and blameless in our interactions with others. His grace can overcome the tension and fatigue and confusion of these days. Let's trust Him for that together.

Peace and Blessings, Sisters and Brothers,

Pastor Daryl

‘This dialogue is vital,’ but talking about race is complicated. Here’s a starting point.

BY ELIZABETH MCCORVEY

JUNE 04, 2020 12:12 PM

So you want to talk to your black friend/colleague/coworker about race and what’s going on in the world ... but you don’t know where to start. Recently, I created [a brief guide](#) for white and non-Black therapists to use with their clients to begin talking about what’s happening in Minnesota and beyond. This dialogue is vital not just for therapists, but for everyone — we can’t end systemic oppression and racism by refusing to talk about them. Here are my suggestions for initiating the conversation:

How do I start?

1. Ask permission to talk about it, and respect their “no.” Racism can be traumatizing and triggering for Black people and people of color to talk about. They may not want to talk about it with you.
2. Do not go into the conversation expecting your friend/colleague/coworker to be your personal racism manual. Do your own research. There is so much more to this than I can fit into one article, but I recommend beginning with “How To Be An Antiracist” by Ibram X. Kendi and “White Fragility” by Robin DiAngelo.

What do I say?

1. “I’ve been thinking about you lately with everything that has been going on in Minnesota and around the nation. Would it be okay if we talked about it? Feel free to say no!”
2. “I’m not going to do this perfectly, but I’m wondering if you want to talk about what’s been going on in the news lately. I know I’m going to make mistakes in this conversation, but I don’t want to pretend this isn’t happening.”
3. “I know that I am white/not of your race and can’t possibly understand what you might be going through. I want you to know that I am open to hearing anything you need to talk about right now.”
4. “I feel awkward saying this, because we’ve never talked about race before. But I want you to know that I’m watching the news, and I’m thinking about you and people who look like you.”

Ack! The dialogue is happening! Now what?

1. Listen. Just listen. And when you make mistakes, apologize and move on.
2. Don't make them take care of you! You offered to support someone and then they ended up having to hold you while you cry? Not cool. Or kind. Or supportive.
3. Prepare to be shut down. Some people may choose not to talk about it, for a million reasons that have nothing to do with you. However, If you ask five people of color to talk about race and they all shut you down, it might be about you. Read "White Fragility" again.
4. Breathe, because you might be feeling tense or uncomfortable. Own it, sit with it. Have the conversation anyway. Growing is almost always uncomfortable.
5. Validate their experience. You can say, "I hear you. I see you." When you're talking with a black or brown person about race, we are not talking about something that is separate from us — we're talking about our everyday lived experience. It might be private. It might be traumatizing.
6. Say "thank you for telling me." It's hard to talk about race. It's harder to live in a society that systematically oppresses you because of it. Thank that friend/colleague/coworker for allowing you to have a glimpse into their reality. It's a gift that they did not have to give you.
7. Use your best judgment. Andy in Sales who you met one time at the office Holiday party last year might not have any interest in talking about race with you.

And finally...research, research, research! This is not an outline, it's an introduction. Conversations are only the beginning.

Elizabeth McCorvey, LCSW provides psychotherapy to college students at UNC-Asheville and also does office-based and equine-assisted psychotherapy. She grew up in Lexington, Ky.