



July/August 2024

Welcome

Welcome to the Bryn Mawr newsletter, Spiritual Reflections. The idea behind the content is to deliver news and information to and from Bryn Mawr’s parishioners and the good work we are doing in the community and on our own spiritual journeys. Please feel free to share with us your own spiritual reflection to publish in the newsletter every other month. We hope you enjoy!



“The earth beneath my feet is the great womb out of which the life upon which my body depends comes in utter abundance. There is at work in the soil a mystery by which the death of one seed is transformed a thousandfold in newness of life. The magic of wind, sun and rain creates a climate that nourishes every living thing. It is law, and more than law; it is order, and more than order – there is a brooding tenderness out of which it all comes. In the contemplation of the earth I know that I am surrounded by the love of God.”

– Howard Thurman, *For the Inward Journey: The Writings of Howard Thurman*
 Submitted by Rev. Dr. Elaine Hanson-Hysell

LAKOTA PRAYER

Submitted by Rev. Dr. Elaine Hanson-Hysell
 Great Mystery (Great Spirit)

Teach me how to trust my heart,
 Teach me how to trust my mind,
 Teach me how to trust my intuition.

Teach me how to trust my inner knowing,
 The senses of my body,
 The blessings of my spirit.

Teach me to trust these things
 so that I may enter my Sacred Space
 and love beyond my fear

and thus Walk in Balance
 with the passing of each glorious Sun.



Submitted by Rev. Dr. Elaine Hanson-Hysell

Spiritual Reflections

Sacred Mess Of Nature

By Lucy Grace

Submitted by Rev. Dr. Elaine Hanson-Hysell



A seed eventually blooms into the most beautiful flower. But first it must break down, crack open, travel through mud without any guarantees and give over to instinct and the will of existence. It does not know there is light through the mud of growth. It does not know its dismantling will lead to its blooming: but it follows impulse.

It follows the sacred mess of nature. And God is that mess. We are that mess. Intelligent mess. We cannot scream at the seed to “bloom!” before it is time. It needs water, sunlight, patience. And when it is ready, it opens. Nor can we scream at ourselves to “open!” “Heal!” Or “surrender!”

We can only meet what is truly here now, deeply and earnestly, and choose to keep opening to what is, trusting life’s innate intelligence. Our unfolding is happening in perfect timing. Like the seed, we bend, we break, we rise -- and through it all, Grace.

Once we come to experience life as the deep benevolence it is -- the wonder and magic of existence fills us, we can let go of control and see through the arrogance and limitation of a human mind, thinking it could know anything. “God” loves every single hair on your head, exactly as you are. “Spirituality” is inclusive of all parts of you, the profound and the profane. The humiliating and the holy.

From this place -- from this grace -- contractions and fears ease and eventually let go,

allowing us to fall ever more deeply into surrender, into deep light -- so that it may infuse and tend the human experience, grounding God, through you, here. This is where we find the intersection of spirit and matter. The divine, everywhere.

So lay down your burdens. Take off your masks. Here is a hearth for you to rest. Here is a God who loves all of you—no matter what you are, aren’t, do or don’t do. Here are friends who see through the sacred mess of you—into the might, untamable light, and truth you always are. And in doing so, call it ever more deeply forth.

Lucy Grace is a seeker, author, mother and a poet. :) Excerpt above is the introduction of her latest book, This Untameable Light

SEED QUESTIONS FOR REFLECTION: As a seed is blooming, what helps you find the patience to stay still within the mess, while cultivating faith that it's ultimately a sacred and an "intelligent mess"? How do you balance leading with the profound while being inclusive of the profane? What has been an experience that gave you insight into your "untameable light?"

Bryn Mawr Members Per Capita Why?

By Todd Fletcher

In addition to your Annual Pledge to Bryn Mawr Presbyterian Church each member is assigned a Per Capita amount to be paid to the Presbytery to support all of their activities throughout the year. This year’s Per Capita is \$36.30 per member. As of May 31st, only 42% of the total Bryn Mawr pays out to the Presbytery has been received. The Church Treasurer has already paid our Annual Contribution to the Presbytery even though we haven’t collected even half of that total to date. The amount due from our church is based on our membership at the end of the prior year. The Presbytery breaks out the payment as follows: the General Assembly of the Presbyterian Church receives \$9.80; the Synod of Lakes and

Spiritual Reflections

Prairies receives \$5.50, and John Knox Presbytery receives \$21.00.

John Knox Presbytery is made up of 55 congregations that are doing ministry, with each other and for each other in ways they simply couldn't do alone. Every Presbyterian shares in the benefit of the Presbyterian Church (U.S.A.) and the expenses associated with coordinating and performing their functions are shared by every member as well.

To summarize, your Session has agreed to pay John Knox Presbytery our requested Per Capita for 2024 whether or not we have received those funds from our members. So, if you have already paid your Per Capita for 2024, Thank You! If you haven't paid it yet the Session would greatly appreciate you doing so sooner rather than later this year.

Made New

By Patti Ryback

On March 2nd, I attended the "Made New Women's Conference" at Crosspoint Community Church in Oconomowoc, WI. The speakers were Laura Sandretti, Shanthini Baskaran, and Rachel Inouye. I was very moved as I sat in the audience and listened to these women praise God and give him glory. Songs were sung accompanied by a four-piece band. All three speakers were very inspirational. They referenced bible verses often and had the gift of entertaining the audience while telling moving stories. God's love was shared, and we prayed together.

Shanthini had the most unusual story about how her family, living in India, were Christians. When her great-grandmother was young, she was married to an old rich man that had many wives. When her husband died, his family wanted to burn her on his funeral pyre (called Sati) even though it was outlawed at the time. A Christian family rescued her great-grandmother and introduced her

to the love of Jesus. That act of kindness from the Christian family changed the trajectory of her family's future religion. She switched from Hindu to Christianity, which is a small minority in India, making up 2.3% of the population.

Since attending this conference, I began listening to Rachel Inouye's Podcast called The Real Deal. I started with her first Podcast from 1/8/2019 where she interviewed her father who taught her to always be the real deal. Don't try to be someone else, be yourself. I have listened to all episodes from the first to 2/15/2022. She does an excellent job interviewing Christian men and women that talk about God in their lives. She ends the Podcast with prayer which I find very inspiring. I will continue listening to Rachel and eventually will have listened to all her episodes.

Since attending this conference and listening to the Real Deal Podcast, I find I am praying more. I have seen prayer work in my everyday life when I found an assisted living home for my mom so quickly. I feel more connected to the Lord. Like the title of the conference, I feel like I am "made new".

Achieving Peace

By A. T. Ariyaratne

Submitted by Rev. Dr. Elaine Hanson-Hysell



When an individual lacks inner peace, domestic harmony is affected. When domestic harmony is lost, peace amongst neighbors too thins out. In this manner, when the inner peace of an individual is lost, the family, neighborhood, country and the world too start losing their peaceful atmosphere. Persons and groups lacking peace of mind hang on to nationality, language, religion,

Spiritual Reflections

politics, ethics, groups, high status, low positions, etc, and engage themselves in anti-social acts of crime, terrorism and war.

We believe the only way to achieve peace is to cultivate individual and collective inner peace. It is not possible to achieve peace by speeches laden with sentiments, slogan shouting rallies, using weapons, blaming one another and arousing mob feelings. Neither minds tarnished with anger and ill will, nor loading people with political compromises, will bring in peace. Hatred cannot be overcome with hatred. War is not a path to peace. "The armed get destroyed by arms." There is a wonderful potential and strength in our minds - thoughts in the proper direction help achieve self-composure.

A well-developed mind - not subservient to five sense activity, not missing proper direction, not falling prey to undesirable influence, thereby being successful in personal life and promoting peace among people - is achieved through meditation. Persons who have developed their minds through meditation are constantly in a proper state of mind, and the spiritual aura emanating from pure thoughts influences others also.

We have to set apart some time daily for meditation in order to lead successful lives individually, as families, and as members of a community. Life devoid of meditation is limited to five sense activity and lacks essence. It is a life which brings no good to oneself or to the society. It only brings sorrow. When a very large number of persons congregate with composure of mind and body, and engage in meditation walks and mass peace meditations, the power of the spiritual energy generated makes our minds peaceful and calm. This helps us to set aside the thoughts of greed, to cultivate thoughts of selfless service, to stop being hateful, and to extend loving kindness towards all; to destroy narrow, selfish unwholesome thoughts and thereby to make the mind recipient of wisdom unmatched.

A. T. Ariyaratne was a Sri Lankan activist, founder and President of the Sarvodaya Shramadana movement.

SEED QUESTIONS FOR REFLECTION: What does achieving peace mean to you? Can you share a

personal story of a time you felt peace? What helps you cultivate individual and collective inner peace?

The Patience of Ordinary Things

By Pat Schneider

Submitted by Rev. Dr. Elaine Hanson-Hysell

It is a kind of love, is it not?
How the cup holds the tea,
How the chair stands sturdy and foursquare,
How the floor receives the bottoms of shoes
Or toes. How soles of feet know
Where they're supposed to be.
I've been thinking about the patience
Of ordinary things, how clothes
Wait respectfully in closets
And soap dries quietly in the dish,
And towels drink the wet
From the skin of the back.
And the lovely repetition of stairs.
And what is more generous than a window?



- July 7
 - Session Meeting, 11a
- July 13
 - Spiritual Deepening Day, 9a-1p
 - Food Pantry, 9-11a
- July 14
 - Pulpit Supply
 - Deacon Meeting, 11a
- July 17
 - Luke House
- July 20
 - Market Place Dayz, 9a-2p

Spiritual Reflections

- July 21
 - Film Fellowship, 11a
 - “Ordinary Angels”
- July 27
 - Food Pantry, 9-11a
- July 28
 - Choir Sunday
- August 10
 - Spiritual Deepening Day, 9a-1p
 - Food Pantry, 9-11a
- August 18
 - Film Fellowship
- August 21
 - Luke House
- August 24
 - Food Pantry, 9-11a
- August 25
 - Choir Sunday

July Birthdays

- 1 Jeff Stapleton
- 2 Nathan Edward Sykes (Farwell)
- 3 Elliot Opal Stapleton
- 6 Beverly Conklin
- 18 Noah Edward Hank
- 21 Rachel Pfeffer
- 21 Stephanie Vial

July Anniversaries

- 2 Louise & Larry Rhead

August Birthdays

- 1 Jahmari Clash
- 5 Ramona Winger
- 6 Gary True
- 15 Joann Lewis
- 23 Tammy Tuten
- 27 Jackson Towne
- 29 Todd Fletcher
- 31 Andrew Hysell

August Anniversaries

- 1 Debby & Paul Nonn
 - 4 David & Eileen Conklin
 - 13 Dylan & Suzanne Anderson
 - 16 Jeff & Kathy Stapleton
-



Prayer List

June 16, 2024

Steve Pfeifer as he continues to rehab at home from a stroke he suffered after his surgery and for Rhonda, his caretaker.

June 9, 2024

The Dennis Buckley family with the loss of his mother, Helen. They had been members for a very long time.

The Mark Severson family with the loss of his father, Robert. The Seversons were members of our church before moving to Mauston to care for his parents.

Dawn, Jeff, and Kathy Stapleton's sister-in-law who was diagnosed with Type 2 diabetes and had a reaction to her medication.

June 2, 2024

Patti Ryback's sister, Gail who has been diagnosed with breast cancer

May 24, 2024

Joann Lewis who has been diagnosed with Invasive Ductal Carcinoma Grade 2. She will be undergoing a lumpectomy with follow up radiation. Prayers also that the cancer is contained and hasn't spread.

Prayers also for her 2 daughters who have health issues.

Family of Gay Semanko, Kathy Stapleton's cousin, who passed away this past week.

Soren Anderson, Dylan and Suzanne's son, who broke his tibia.

April 7, 20214

The family of Sarah who passed away. Sarah was a co-worker of Kathy Farwell.

Herb Evert is dealing with complications from his medication.

Spiritual Reflections

Continued prayers:

The Bakers: Both Karen and Preston are dealing with health issues.

David and Eileen Conklin both diagnosed with cancer.

Larry Kieck (being treated for cancer) and his wife and constant caretaker, Kim.

Jerry Rodefeld dealing with cancer.

To help keep the prayer list updated, prayers will remain on the list for two months and reviewed at the Deacon's meeting. If you wish to have us continue praying for an individual or family, please let one of the Deacon's know so we can add them back on. All other prayers involving a world situation, community concerns, groups, governmental, disasters, etc. are prayed for during church. Due to confidential reasons, please be sure the person you want on the prayer list has given us permission to do this and a prayer request card has been submitted with this marked on the prayer card.

Updated 6-20-2024

2024 Session and Deacons:

Session Members/Committee Chairs:

Dave Conklin – Finance

Todd Fletcher – Worship/Personnel

Andrew Hysell – Membership/Missions

Debby Nonn

Patti Ryback – Communications

Jeff Stapleton – Buildings and Grounds

Rev. Dr. Elaine Hanson-Hysell (Moderator)

Vicki Kraus – Clerk of Session

Deacons:

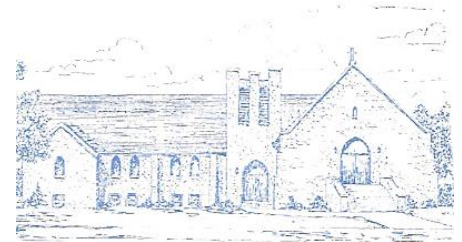
Eileen Conklin

Louise Rhead

Cindy Skaar

Tammy Tuten

Ramona Winger



Founded 1896