



PEAKS POSTINGS

April 14, 2020

Church Copyright Issues

Many churches are streaming their Sunday worship services over social media during the COVID-19 pandemic. Before streaming music and videos, refer to the church copyright license. Not all copyright licenses allow for streaming on social media. (For instance, the basic CCLI package that the Presbytery has does not allow for streaming services).

Streaming licenses are available from:

- One License
- Christian Copyright Solutions (CCS)
- Christian Video Licensing International (CVLI)
- CCLI (specific streaming license)

Additionally, each company may not cover everything a worshipping community wants to include on social media-ask questions and review the documentation before making a purchase.

Hungry People Need Your Help!

"We have food, and we want everybody else to have it, too." 13 year-old Rudy, a new volunteer for Blue Ridge Area Food Bank, sharing why his family wants to help.



With many newly unemployed, the need for food has dramatically increased across our country as a result of COVID-19. Feeding America, the largest domestic food relief agency in the US, is a network of 200 food banks and 60,000 agency partners such as food pantries and soup kitchens. The Presbytery of the Peaks supports Feeding America and many local pantries and feeding programs through your offerings to Two Cents-a-Meal. Now is the time to provide additional support if you are able! Please visit Feeding America Southwest Virginia at www.faswva.org / 540-342-3011 or Blue Ridge Area Food Bank at www.brafb.org / 434-845-4099 to see how you can help through food donations, financial contributions or as a volunteer.



After Easter - What's Normal Now?

What now? Lent was interrupted by a pandemic. You've improvised Holy Week and Easter. Under ordinary circumstances we'd be coasting this first week after Easter and preparing to settle into the brief period of normal between Easter and Memorial Day/the beginning of summer.

Currently, however, "normalcy" is a matter of debate. When, where, and how will life get back to normal? When will restrictions be lifted? When will it be safe? Will we throw caution to the wind? Are we overreacting? Or have we not yet reacted enough? How many other questions like these need to be answered so that we can get back to pre-Covid conditions?

For me personally, the Covid-19 pandemic has been Ash Wednesday on steroids. Did we need a reminder of our mortality? Our limits? Or just how fragile our illusion of control and living the good life is? A new coronavirus has served us well as a reminder of our limits.

And the cross? The truth is that Normalcy put Jesus there. Presbyterians understand that "normal" is utterly and thoroughly sinful and self-serving. On opposite sides of my living room I have two pieces of art - one depicts Dives and Lazarus, the rich man looking down upon the poor one whose wounds are licked by a dog. The other is a portrait of Jesus carrying the cross. Both are by the same Japanese artist, Sadeo Watanabe. In my spiritual living room the two pieces are connected. One makes the other necessary.

I hope ordinary life resumes soon - for everyone's sake. But I hope our new normal is better than what we've experienced before. I hope we don't forget the inequalities that Covid-19 has exposed. Within the bounds of our own presbytery, the so called "digital divide" has become transparent. The resources of the internet are not equally accessible, no more equal than access to health care, educational resources, and economic opportunity. When resources are limited and when we are afraid, we use whatever advantages we possess to make sure we are safe and secure, even if that means squeezing out somebody else.

I hope we as Easter people live into a better, more righteous future, a more just future. If Jesus died for all, if Jesus was raised in power for all, if Jesus prays for us all and sits at the right hand of God for us all - then all lives matter to God and all lives matter to the church, not just lives already in the church, or the lives that resemble most closely our own.

Let's not waste a crisis, the teachable moment offered by Covid-19. The church's pre-Covid-19 normal was dying. From a kingdom-of-God point of view, we had become abnormally inward looking. We've been looking to reach people outside the church, not for their sake, but for our own, to enrich us, to turn back time and permit us a revival of the way we used to be. A post-Covid world is going to be different, I hope. And that means the church will have an opportunity to be different. As good as it will be when we can be together again, let's be sure to look around the sanctuary to notice who is not there, and figure out how to reach them where they live, to bring God to bear on their needs, hopes, desires and dreams. The good life is ahead of us, not behind. So says the Empty Tomb. So says the Risen Lord.



Prayer & Beyond

Faithful Response in Times of Trouble

Presbyterian Women in the PC(USA)
www.presbyterianwomen.org/justice

In times of natural or humanmade crises . . .
God calls us to **RESPOND!**



We PRAY.

We thank God for God's steadfast love, and we ask God for healing and direction:
Holy One, it is hard to ask for help, but we know you are with us. Thank you for your presence and the hope you provide for such a time as this. Amen.



We HEAR.

We listen attentively.
We hear the cries of those in pain.
We are present in silence.
We acknowledge nonverbal cues.
We reflect on stories of pain.
We ask how we can help.



We **ACKNOWLEDGE** the pain of those suffering the impact of a tragedy, disaster, violence or internal crisis.
We respond lovingly, remaining sensitive and open in the faith that God's plan is wholeness for all.



We GRIEVE

for those lost and injured; we grieve for humankind and our world. We open our arms to those who are suffering, as we seek healing for ourselves and others.



We ACT.

We work to fix systems that contribute to humanitarian and natural disasters.
We learn about issues.
We vote and run for office.
We advocate for justice.
We hold courageous conversations. We seek solutions together.



We REBUILD.

We come to the aid of those in need. We hear their needs and work together to overcome challenges.
We repair, we reconcile, we move forward, trusting in God.



We look to the Word for HOPE

... neither death nor life . . . nor anything else in all creation will . . . be able to separate us from the love of God.
(Rom. 8:39)



The LORD is near to the brokenhearted and saves the crushed in spirit.
(Ps. 34:18)



I will never leave you or forsake you.
(Heb. 13:5)



For nothing will be impossible with **GOD.**
—Luke 1:37

In times of disaster . . . earthquakes and floods, fires and storms, suicides and overdose, racial violence and hate, shootings and family violence, rape and human trafficking, illness and death, poverty and oppression . . . we seek understanding, we give comfort, we extend aid, we work for healing, we seek peace in the confidence of God's grace.



Find links to resources at www.presbyterianwomen.org/justice.

Download this item at www.presbyterianwomen.org/justice or order PWR19205 from www.presbyterianwomen.org/shop.

The Presbyterian Hunger Program is working closely with partners and is mindful of the importance of continued work with vulnerable communities, throughout the current pandemic. Congregations with food ministries are developing ways for the safe distribution of food. See other food/hunger tips from the Presbyterian Hunger Program here: <https://www.presbyterianmission.org/food-faith/food-covid19/>.



Two Cents a Meal Grant Applications due date has been extended to April 30, 2020. Please send to the Presbytery Office or email to: ju-lie.dyke@peakspresbytery.org



Presbyterian Mental Health Network

Mental Well-Being during a Pandemic

For many of us these are unprecedented times. We're being asked to do new things, relate in new ways, and care for one another in different and sometimes uncomfortable ways. For many, this is a time of great fear, stress, and anxiety. The [Presbyterian Mental Health Network](#) offers the following resource for congregations, clergy, and communities.

Stress, Fear, and Panic

- Fear is a normal response to real and potential threats. It's okay to be afraid. However, fear is designed to be a brief emotional state.
- Persistent fear and panic are detrimental to our physical, mental, and emotional health. Persistent fear and panic stresses our immune systems and hinders our ability to respond and plan accordingly.
- [Caregivers can honor the importance of being afraid without giving permission to live in fear.](#)
 - Listen to people who are afraid without dismissing their fears.
 - Limit your exposure to news and especially commentary on the pandemic. Be informed, not an expert.
- Learn to listen to your integrated self:
 - If you are physically tense, get up and walk around.
 - If you are emotionally spent, rest, relax, meditate, initiate important spiritual practices.
 - If you run into a mental wall, step back, turn off things that are stimulating the stress, reach out to others.

Mental Well-Being

- Maintain positive thoughts. It is too easy for our thoughts to cascade into catastrophe. Though this crisis will bring about changes, not everything is permanent, pervasive, or personal. [Balance the reality of the situation with gratitude.](#)
- Be imaginative and creative. Imagination can be both a terrible and terrific human feature. It can convince the worst is upon us, it can also save us from depression and anxiety. [When you feel overwhelmed, use your imagination to draw upon meaningful, peaceful, safe, carefree, experiences.](#)
- [As you are able, when stressed, change your physical surroundings.](#) Our minds often try and predict what is coming next. Physical spaces can become associated with emotional states. [When stress or panic hits, change your physical space, what you view or see, or who is in front of you.](#)
- We are in uncharted territory, and that can feel tenuous. Predictability is difficult. Therefore, make a routine that honors this new normal. [Create a daily schedule: bathing, eating, sleeping, working, relating, exercise, social interaction.](#)
- [Relate, relate, relate.](#) Reach out to friends, family, and members of your church and other communities. Invent creative social interactions. [Physical distance does not have to equate to social isolation.](#) We can teach and embolden the people around us to create and be community.
- [Seek professional help.](#) When you need it, access professional help. Share with your community that you are seeking help. Break down the stigma of seeking counseling and coaching. Virtual counseling and coaching is normal now.

Spiritual Well-Being

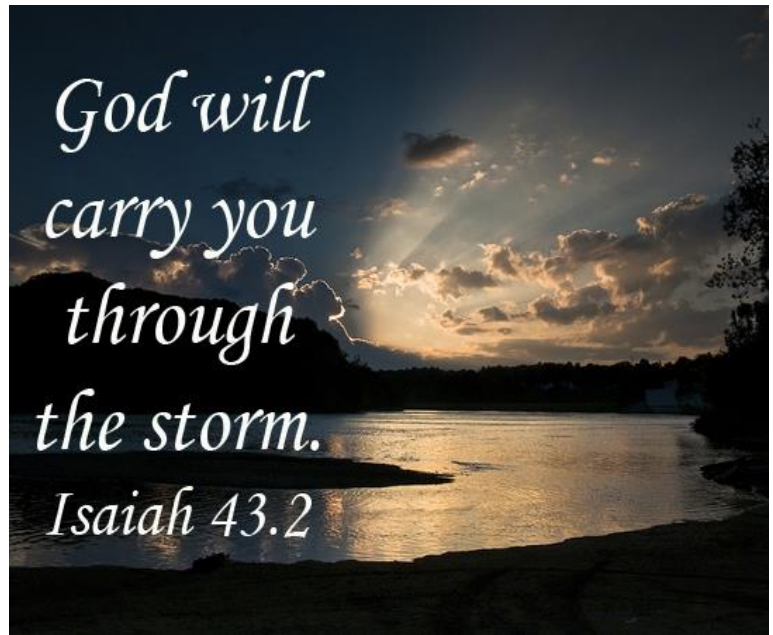
- This is not just a physical and mental crisis. [It is also a spiritual crisis for many people.](#) As spiritual leaders - clergy, youth leaders, sessions, deacons - we have a distinct perspective and interpretation to offer others.
- Provide a spiritual frame that serves your church communities with energy and imagination. Spend time in community thinking, reflecting, and learning about how we theologically understand what is happening.
- Think about social distancing as a spiritual practice of care of neighbor.
- Reframe fears with empathy. Help people worried about their survival expand this to the community's survival.
- Access your spiritual practices and create new ones that frame this new reality of life and community.



Presbyterian Men

Because of Covid-19, we have decided to cancel the Conference in July 2020 and reschedule it for 2021.

Walt Martin
Council Moderator



From the Presbyterian Women -

Carol Cole, Peaks PW Historian, is also the Moderator for Presbyterian Women at Second Presbyterian Church in Roanoke.

Carol leads PW's current Bible Study, and she was most anxious for the ladies at Second Presbyterian to have access to the DVD that accompanies **Love Carved in Stone: A Fresh Look at the Ten Commandments** by Eugenia Anne Gamble. Eugenia is a favorite of the ladies, and the Bible Study has been most informative and energizing.

Carol worked with Louisville to have the DVD available on **YouTube** for PW. The videos for lessons **six, seven, eight, and nine are posted on the PW YouTube channel.**

<https://youtu.be/68Wm-vPuhw0>

<https://youtu.be/QVd8T9Oyic0>

<https://youtu.be/68Wm-vPuhw0>

Peaks PW wishes to express sincere appreciation to Betsy Ensign-George in the PW Office in Louisville for her help and support in making this happen. The Peaks PW Coordinating Team wishes to thank Carol for her follow-through for all members of Presbyterian Women in the Presbytery of the Peaks.

Be safe and we look forward to seeing each of you at our Annual Gathering in September!

Grace and peace be with each of you,

Helen Dean, Peaks PW Moderator



PRESBYTERY CALENDAR

Date	Time	Event	Location
4/15/20	10:00 a.m.	Committee on Administration	Zoom
4/15/20	2:00 p.m.	Trustees Meeting	Zoom

Next Presbytery Meeting:

June 13, 2020

Meeting Location: Presbytery of the Peaks Office

[On-Line Calendar](#)

Peaks Postings is published each week on Tuesday. Please submit news, events, or prayer requests **by noon on Mondays** to Julie Dyke at julie.dyke@peaks-presbytery.org for inclusion in the following issue.

Guidelines for announcements or news items to be featured in Peaks Postings:

- Keep the information to one page or less.
- Use links to web sites rather than including lots of details.
- Please obtain permission from the people pictured in your photos before submitting them to *Peaks Postings*.

Peaks Postings Editors reserve the right to

- feature or not feature an article. Our first priority is to feature activities within POP churches and the Presbytery.
- edit submitted articles/announcements.
- limit the number of weeks an article/announcement is featured.

Past issues of Peaks Postings are archived for about six months on our website, [Presbytery of the Peaks](#).

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“Building partnerships in Christ, to empower communities of faith to be the
Body of Christ for the world.”