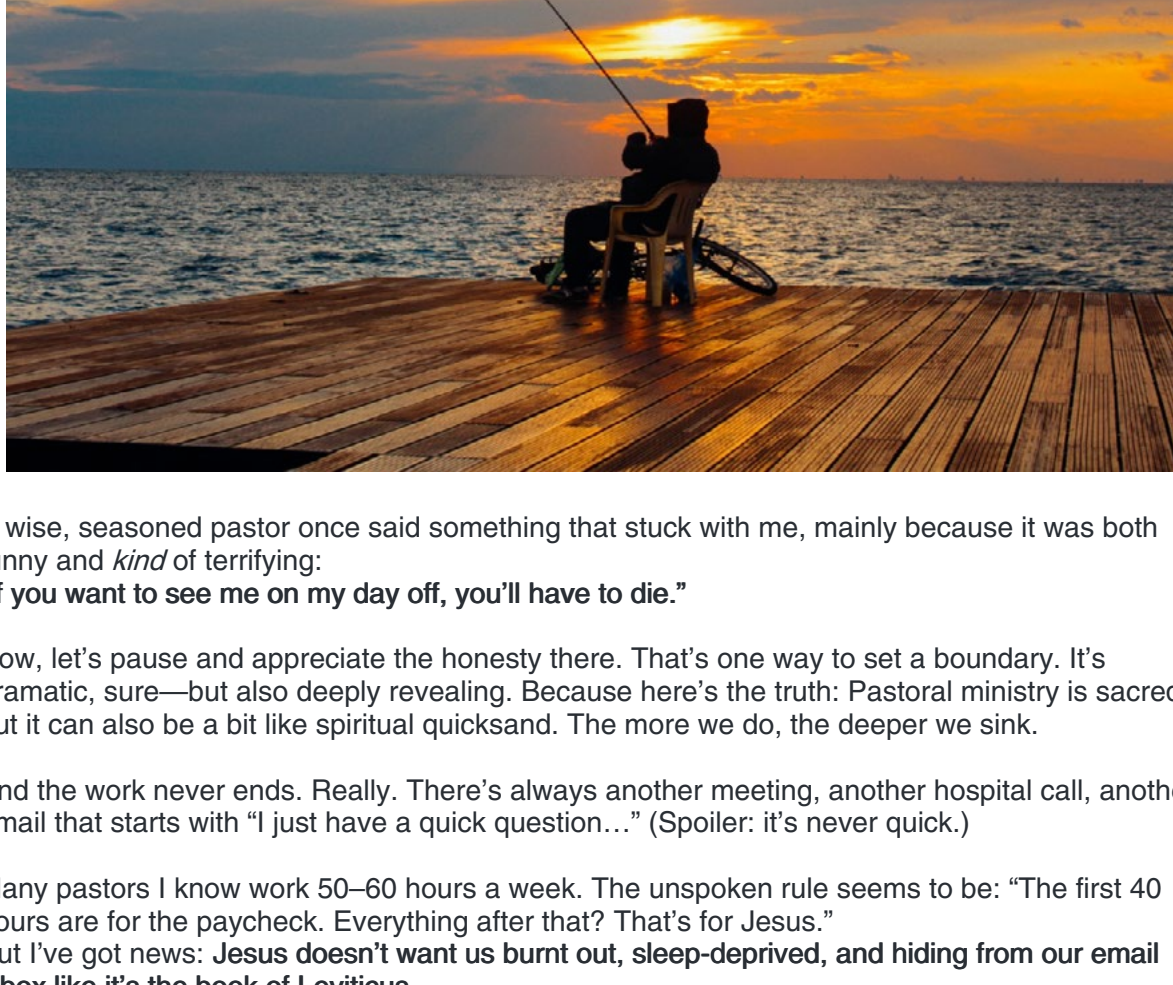


May 30, 2025

Rest, Boundaries, and the Ministry of Presence (Also, Maybe a Fishing Pole)



A wise, seasoned pastor once said something that stuck with me, mainly because it was both funny and *kind* of terrifying:

"If you want to see me on my day off, you'll have to die."

Now, let's pause and appreciate the honesty there. That's one way to set a boundary. It's dramatic, sure—but also deeply revealing. Because here's the truth: Pastoral ministry is sacred, but it can also be a bit like spiritual quicksand. The more we do, the deeper we sink.

And the work never ends. Really. There's always another meeting, another hospital call, another email that starts with "I just have a quick question..." (Spoiler: It's never quick.)

Many pastors I know work 50–60 hours a week. The unspoken rule seems to be: "The first 40 hours are for the paycheck. Everything after that? That's for Jesus."

But I've got news: **Jesus doesn't want us burnt out, sleep-deprived, and hiding from our email inbox like it's the book of Leviticus.**

Ministry isn't about being constantly available. It's about being present, and those aren't the same thing. The most powerful gift we can offer each other is our full, rested, joyful presence. And no one's joyful when running on three hours of sleep, five cups of coffee, and a to-do list that reads like the book of Numbers.

Here's what I've learned (the hard way):

Working nonstop isn't holy. It's just... unhealthy. For the pastor. For their family. For the dog that hasn't seen a decent walk in weeks. And yes, for the church too.

By sprinting through the job of two pastors for the price of one, we unintentionally set a harmful precedent. The next pastor? They'll be handed a calendar and a cape and told, "Good luck keeping up." That's not a ministry—that's a Marvel origin story.

This isn't the kind of life Jesus modeled. He took naps in boats. He escaped to the mountains. He turned water into wine, not espresso. He fished. He visited with family.

Recently, I revisited Eugene Peterson's essay *The Unbusy Pastor*, and let me tell you—it hit harder than a deacon with a church budget spreadsheet. Peterson reminds us that the healthiest pastors aren't the busiest. They're the ones rooted in prayer, deeply present, and—wait for it—actually have hobbies.

So, in the coming days, I'm committing to something revolutionary: serving not from burnout, but from spiritual rootedness. I will take my days off. I will set boundaries. I may even fish occasionally—during my allotted hours, mind you, unless there's a genuine pastoral emergency (the kind where you do, in fact, need to die to interrupt).

My hope—for myself, and for this church—is to embrace a ministry that values **presence over pace, rest over rush, and boundaries as sacred.**

With grace (and hopefully, a few rockfish),
Pastor Karis

One Big Pride Worship Celebration Sunday

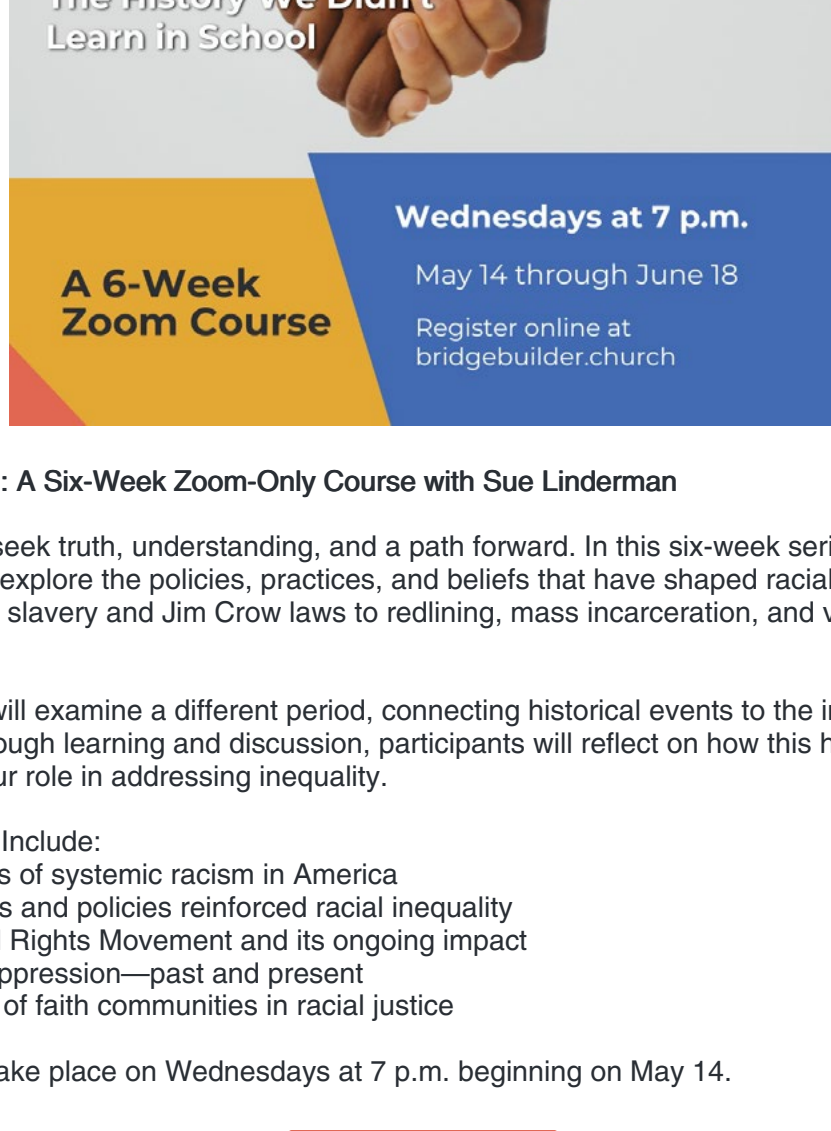


Our annual One Big Pride Worship Celebration Sunday is a joyful expression of our commitment as an RIC congregation. This special service reflects our ongoing dedication to the work of welcome, inclusion, celebration, and advocacy for LGBTQIA+ people in the life of the church.

We are proud to join hands with over 1,140 RIC partners across the United States and Canada in this vibrant and unified worship celebration. Together, we embrace this year's theme — Resilient Community — as we lift up the power of collective faith, justice, and radical love.

We're glad you're here. Welcome to the celebration!

Racism in America – The History We Didn't Learn in School



Bridge Building: A Six-Week Zoom-Only Course with Sue Linderman

Join us as we seek truth, understanding, and a path forward. In this six-week series, Sue Linderman will explore the policies, practices, and beliefs that have shaped racial disparities in America—from slavery and Jim Crow laws to redlining, mass incarceration, and voter suppression.

Each session will examine a different period, connecting historical events to the inequities we see today. Through learning and discussion, participants will reflect on how this history informs our role and our role in addressing inequality.

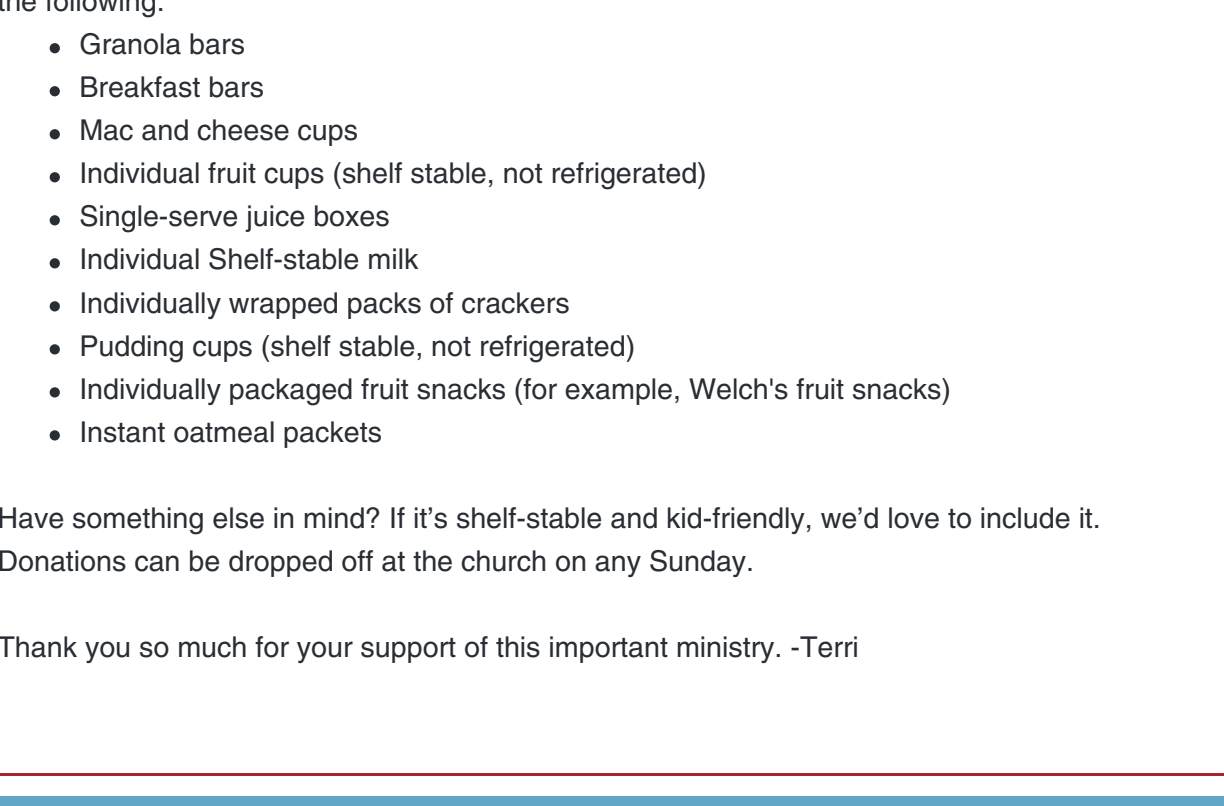
Course Topics Include:

- The roots of systemic racism in America
- How laws and policies reinforced racial inequality
- The Civil Rights Movement and its ongoing impact
- Voter suppression—past and present
- The role of faith communities in racial justice

The class will take place on Wednesdays at 7 p.m. beginning on May 14.

[Register Now](#)

White Bag Ministry Begins June 16



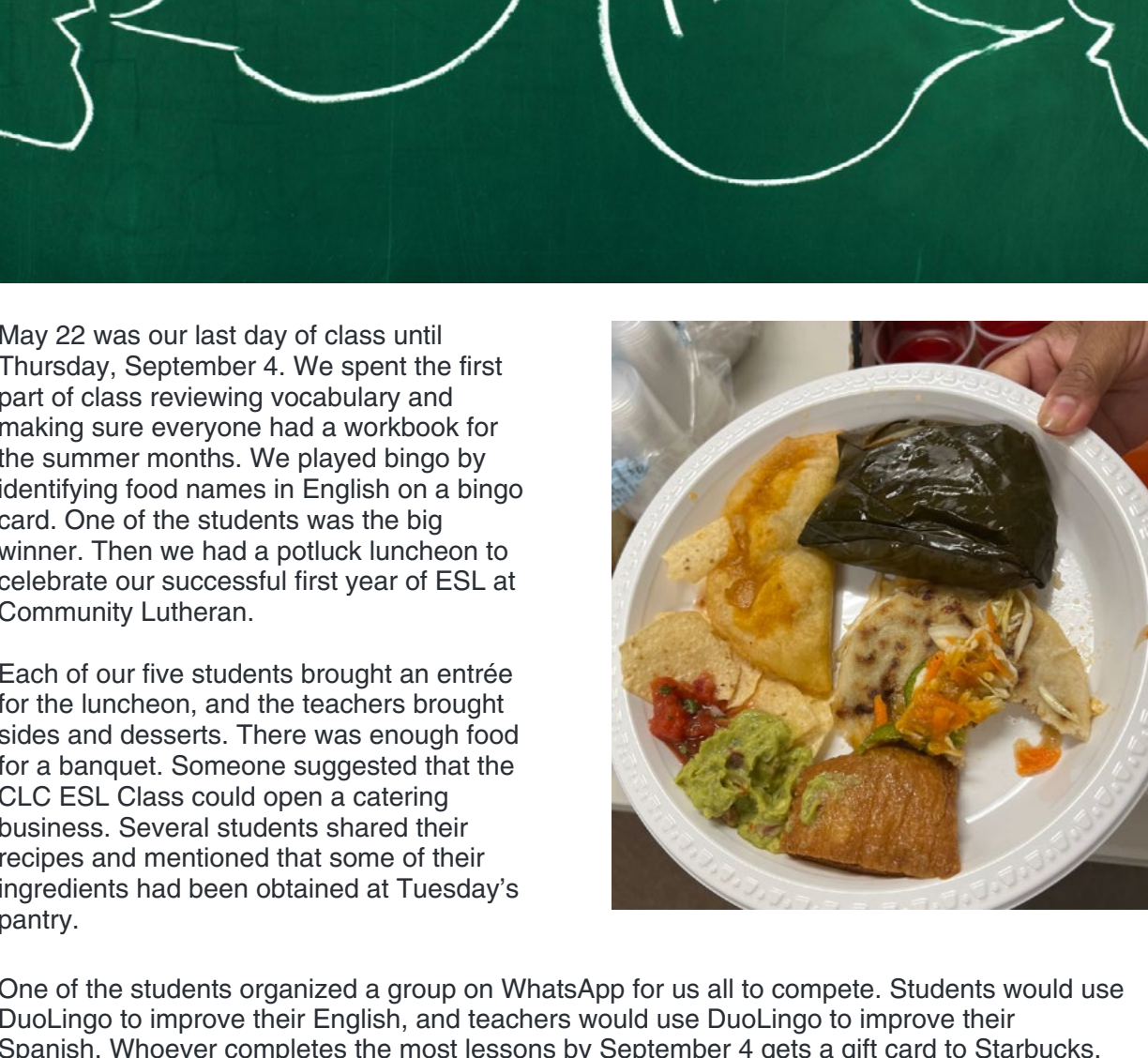
The school year will be over before we know it! That's when our White Bag Ministry will begin. The last day of school is June 13, and we will begin packing the White Bags and delivering them to the Frankford Library on June 16. We are in need of donations and request the following:

- Granola bars
- Breakfast bars
- Mac and cheese cups
- Individual fruit cups (shelf stable, not refrigerated)
- Single-serve juice boxes
- Individual Shelf-stable milk
- Individually wrapped packs of crackers
- Pudding cups (shelf stable, not refrigerated)
- Individually packaged fruit snacks (for example, Welch's fruit snacks)
- Instant oatmeal packets

Have something else in mind? If it's shelf-stable and kid-friendly, we'd love to include it. Donations can be dropped off at the church on any Sunday.

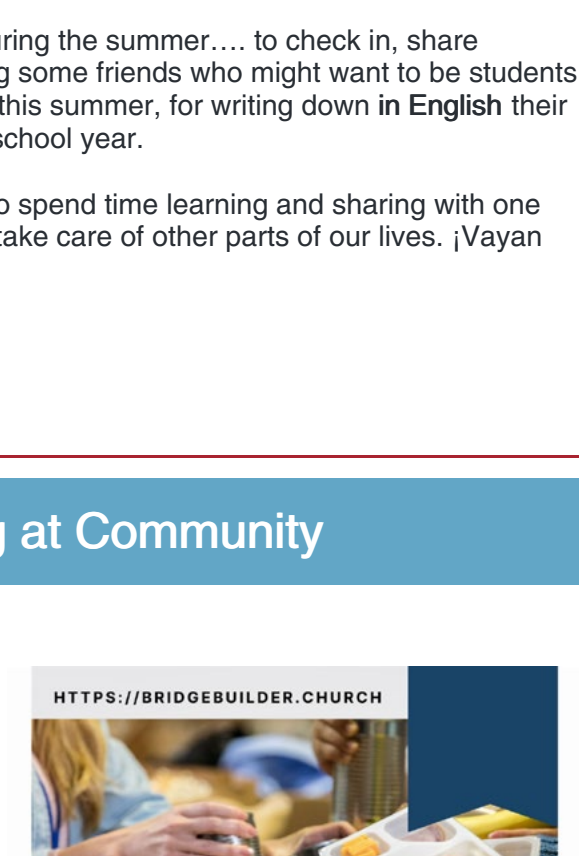
Thank you so much for your support of this important ministry. -Terri

A Year of Learning, Laughter, and Language



May 22 was our last day of class until Thursday, September 4. We spent the first part of class reviewing vocabulary and making sure everyone had a workbook for the summer months. We played bingo by identifying food names in English on a bingo card. One of the students was the big winner. Then we had a potluck luncheon to celebrate our successful first year of ESL at Community Lutheran.

Each of our five students brought an entrée for the luncheon, and the teachers brought sides and desserts. There was enough food for a banquet. Someone suggested that the CLC ESL Class could open a catering business. Several students shared their recipes and mentioned that some of their ingredients had been obtained at Tuesday's pantry.



One of the students organized a group on WhatsApp for us all to compete. Students would use Duolingo to improve their English, and teachers would use Duolingo to improve their Spanish. Whoever completes the most lessons by September 4 gets a gift card to Starbucks.

Over lunch, we all agreed to meet once a month during the summer... to check in, share questions and ideas that came up, and maybe bring some friends who might want to be students next year. Each student received a journal to keep this summer, for writing down in English their thoughts, adventures, and goals for the upcoming school year.

We all felt so blessed to have had the opportunity to spend time learning and sharing with one another. Hugs all around, and then we each left to take care of other parts of our lives. ¡Vayan con Dios a todos!

Jen Read and Mari Satterlee

What's Happening at Community

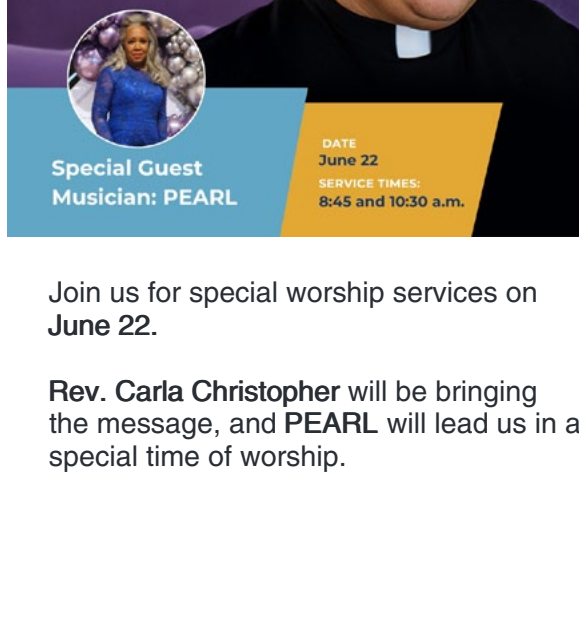
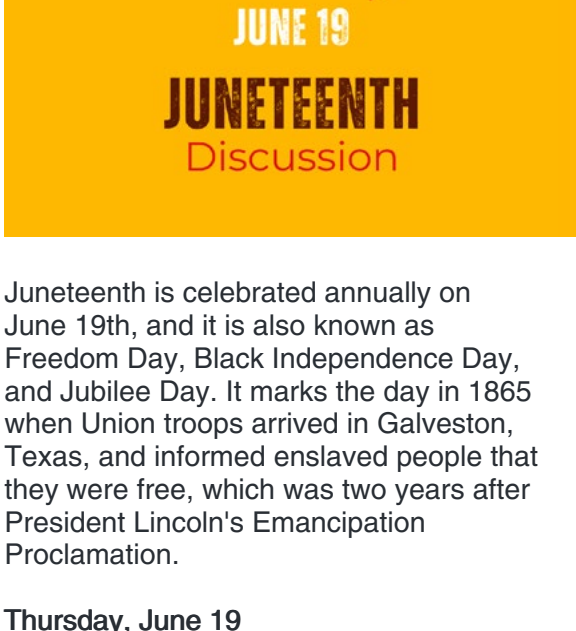
CLC Food Pantry Donation Requests
May 2025

- Black Beans (canned or dry)
- Peanut Butter (ideally 16 oz jars)
- Pasta
- Cereal
- Pineapple - canned
- Peaches - canned
- Fruit or Applesauce cups
- Cream Soups
- Pasta Sauce in jars
- Mac and cheese
- Cooking oil
- Shelf-stable Chocolate Milk

The Food Pantry Ministry is seeking volunteers who are willing and able to go out and purchase food and supplies for the Pantry. Reimbursement is available for approved items. Things we regularly shop for include produce (Sunday or Monday just prior to the pantry dates), as well as cleaning and personal care items, usually sourced from dollar stores. Some non-perishable food is also sometimes on the list, and we try to find the best prices. If you enjoy finding a good bargain and have some time in the evenings or weekends to shop, contact Mona, Susan, or Katie to see about getting a list of things to buy.



The next pantry is June 3rd, from 10 to 12. Volunteers are welcome to come around 8:30 for set-up. We will also serve lunch after the pantry for all volunteers, so plan to stick around for some food! Thank you for all you do to serve the community!

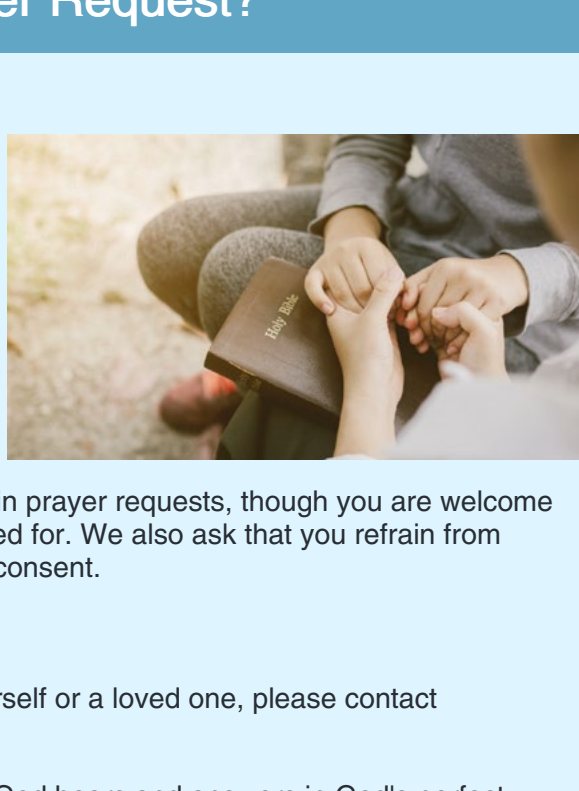
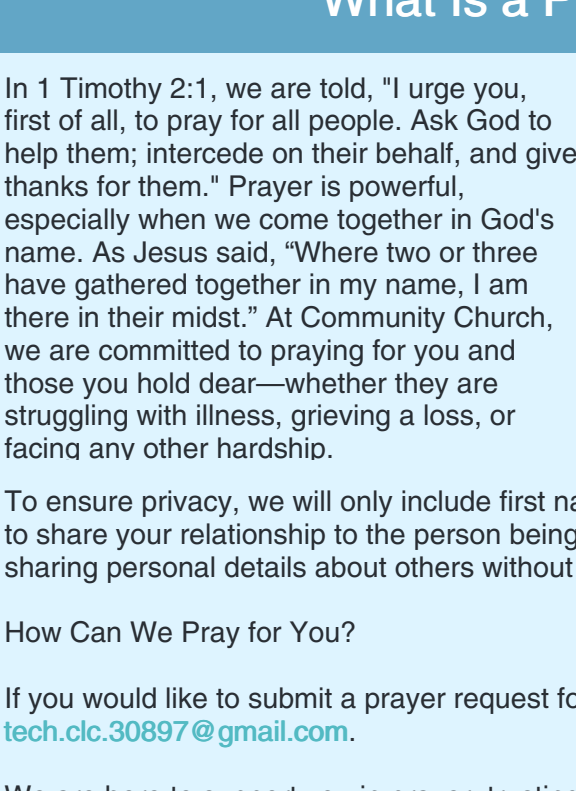


Join us at our booth for Delaware Pride.

June 7
9 a.m. to 3 p.m.
Congressional Hall
Dover, DE

Join us for special worship services on June 22.

Rev. Carla Christopher will be bringing the message, and PEARL will lead us in a special time of worship.



Juneteenth is celebrated annually on June 19th, and it is also known as Freedom Day, Black Independence Day, and Jubilee Day. It marks the day in 1865 when Union troops arrived in Galveston, Texas, and informed enslaved people that they were free, which was two years after President Lincoln's Emancipation Proclamation.

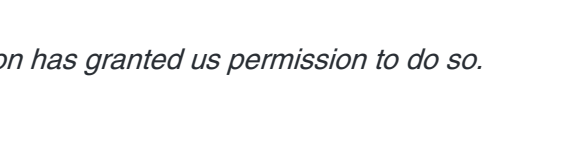
Thursday, June 19
11 a.m. to 12:30 p.m.
Luther Hall

Pizza Lunch with Congregational Juneteenth Discussion

Open to everyone

What Is a Prayer Request?

In 1 Timothy 2:1, we are told, "I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them." Prayer is powerful, especially when we come together in God's name. As Jesus said, "Where two or three have gathered together in my name, I am there in their midst." At Community Church, we are committed to praying for you and those you hold dear—whether they are struggling with illness, grieving a loss, or facing any other hardship.



To ensure privacy, we will only include first names in prayer requests, though you are welcome to share your relationship to the person being prayed for. We also ask that you refrain from sharing personal details about others without their consent.

How Can We Pray for You?

If you would like to submit a prayer request for yourself or a loved one, please contact tech.clc.30897@gmail.com.

We are here to support you in prayer, trusting that God hears and answers in God's perfect timing.

[Submit a Prayer Request](#)

Prayer Requests: Together in Faith

Susan Barracato - I pray for all people of the world.

Each person mentioned in this newsletter publication has granted us permission to do so.