

— November 2022 —

# NEWSLETTER

EXPLORING THE BOOK BY VALARIE KAUR:  
“SEE NO STRANGER: A MEMOIR AND  
MANIFESTO OF REVOLUTIONARY LOVE”  
LOVE FOR OURSELVES

NOV. 2 - BREATHE

NOV. 9 - PUSH

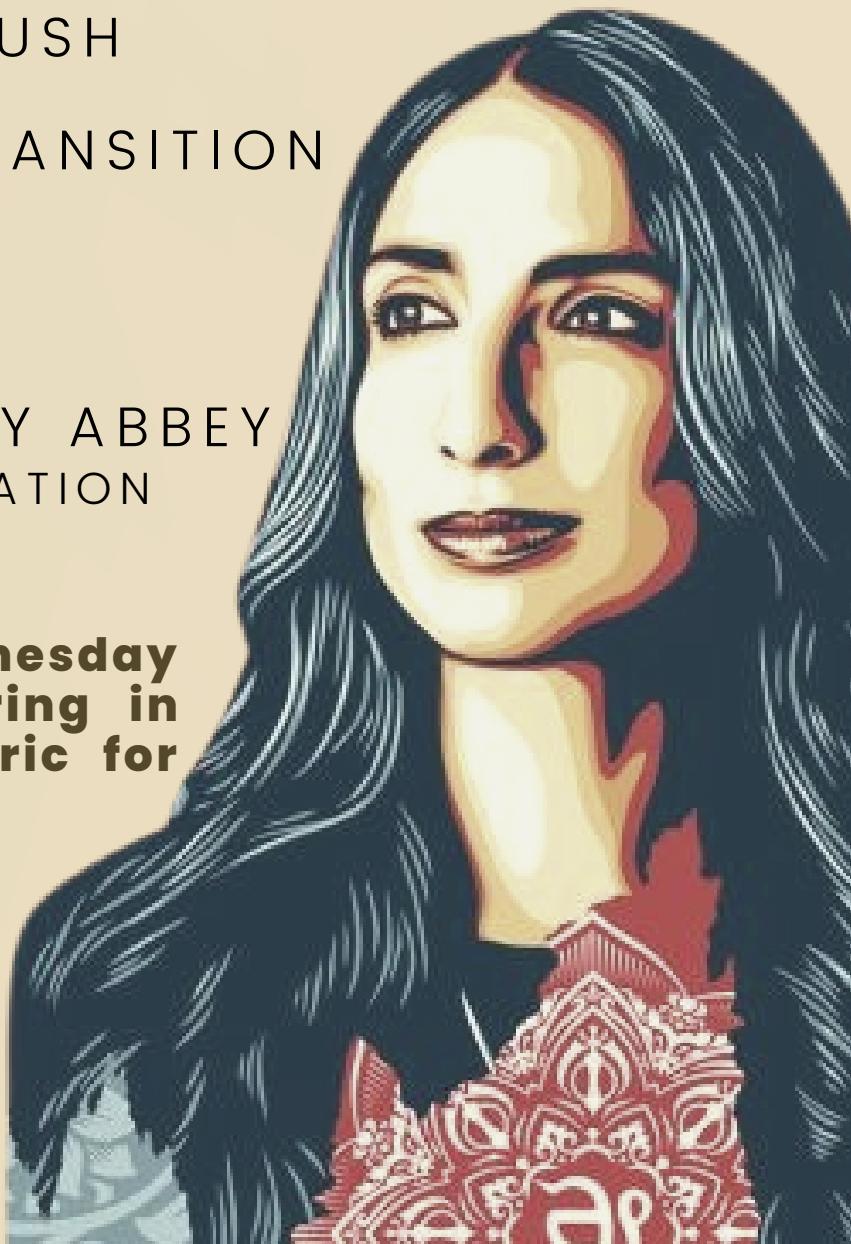
NOV. 16 - TRANSITION

NOV. 23 - JOY

NOV. 30 -

THE TABLE & RED CLAY ABBEY  
REVIEW MIRROR CELEBRATION

**The Table is set every Wednesday at 5:30 or 6:30pm gathering in Person. Join us at The Lyric for shared food at 5:30 pm {230 W. Yellowstone HWY} or join us for conversation at 6:30 pm.**





# TABLE

## Centerpiece

Where The Table's News Rests

### Love for Ourselves, Breathe & Push

“Let us live in the present where love can touch us.”

~ Henri Nouwen

Life will take you in the direction you're going: yes or yes? Are you going to go the easy way or the hard way? Choose your hard. As your Pastor and one of your trusted spiritual guides, I want to invite you to take the way of Revolutionary Love that our sibling, Valarie Kaur, has been inviting us into as we move through her memoir and manifesto together in communal reflection.

Learning to be present to ourselves, others, our opponents and to enter Revolutionary love ultimately welcomes us into the “easy” way to live. Not because life gets easier, or has less hardship, or gives us any less intensity. Because love is the only lense through which we can be healed, transformed and welcomed into freedom.

We are our best, and ultimately, only resources for navigating this difficult time on planet earth to be alive, to be human. In the final section of her book, Valarie invites us to do our personal work in loving, caring for and tending our resource to become the healthiest version of ourselves in order to love others and our opponents with ease and intention.





“Love for ourselves (note: not love for self) intentionally emphasizes the need to love ourselves collectively, to love ourselves interdependently (rather than independently), to participate in community care, and to advocate for the health and well-being of all in the community. (Kaur, 2020).”

Our blessing when we gather weekly states, “Let us go to love and serve each other so that those to whom love is a strange might find in us, generous friends.” This kind of generous love and friendship, begins with kind and gentle love of self. Our friend in ministry, Rev. Dr. Lynn Williamson of Shepherd of the Hills Presbyterian Church, says at the close of their worship services, “Friends, God loves us: let’s act like it.” Pure and simple: let us live loved.

## New Swag

Beanies (one size fits all).....	\$25
Caps (one size fits all).....	\$25
Table T-shirts (xs, s, m, L, XL).....	\$15
Nunk Shirt	
Red (xs, s, m, L, XL).....	\$15
Tan (xs, s, m, L, XL).....	\$15



# The Table & Red Clay Abbey Events

## WEEKLY Events

**The Table:** Join us every Wednesday night downtown at The Lyric for shared food, compassion teachings, exploration, embodied spiritual practice, and community conversation. All are welcome! We share food at 5.30 and reflective action at 6.30pm. We are currently not offering hybrid zoom opportunity.

## MONTHLY Events

**Circles of Trust:** Monthly group of women in professional ministry coming together for support and spiritual nurture. We meet the third Friday of the month at 1 pm at Racca's Pizzeria

## EVENT HIGHLIGHT: THE CENTER FOR COMPASSION AND RESTORATION

The Center for Compassion & Restoration is coming: February 2023!! Friends, we are moving toward the opening of the Center for Compassion & Restoration, a newly organized 501(c)3. This new organization will house the spiritual communities of The Table & Red Clay Abbey, and foster a kind of greenhouse for programs impacting the work of compassion & restoration in our neighborhood. We cannot wait to witness the flourishing of this new organization. How about you?

**VISION:**  
nourishes the roots of individual and mutual flourishing

**MISSION:**  
is a school of becoming genuinely human

**ACTION:**  
We encourage students of life to facilitate creative and resilient community