



# SACRED SPACE

A PUBLICATION OF SHALLOWFORD PRESBYTERIAN CHURCH 2020 Digital Edition





*From the Senior Pastor*

# Church is *not* Canceled

## Greetings, Shallowford friends!

This week marks seven months since I first stepped into the Shallowford pulpit. Seven months ago, or even one month ago, none of us could have imagined the twists and turns of our first spring together. Like many of you, I am more grateful than ever for our connections as a church family. Shallowford, somehow you manage to shine even when the light is dim.



I have been amazed at how quickly our congregation and our staff have adapted to the challenges of being the church in a pandemic. Children, youth, and adults are studying the Bible and playing games over Zoom. We are worshiping together online, praying over the phone, and keeping the postal service busy with handwritten cards from one Shallowford member to another. Our church building may be closed, but church is not canceled. The church has simply left the building!

When I am missing being with you all, I find myself wishing that things would go back to normal. But I heard a wise friend say recently that, if we do this right, we will never go back to normal.

**We will create a new normal:**

**One where we are more aware of how connected we really are.**

**One where we are slower to judge and quicker to be kind.**

**One where we are a little more flexible and a lot more grateful.**

I am grateful for you, Shallowford, and for the ways the Holy Spirit is on the move. Let's follow the Spirit's lead together as we continue to be the church without walls!

Peace,

Rev. Anna George Traynham  
Senior Pastor



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## ON THE COVER

The images on the cover of the 2020 Digital Edition of *Sacred Space* were submitted by Shallowford members. These photos were featured and helped pass the peace during pre-recorded worship videos on Sundays.

## A TEAM DEDICATED TO KEEP OUR COMMUNITY SAFE

In early March, a new coronavirus arrived in the U.S. and began its lethal attack. In response to news of the spread of COVID-19 in Atlanta, Rev. Anna George Traynham called an emergency session meeting via conference call on March 12. In that meeting, the session voted unanimously to close the campus for a two-week period to keep our congregation safe.

At its regular meeting on March 18, the session unanimously voted to affirm our commitment to follow public health guidelines and, for now, refrain from gathering in person. Shallowford closed its doors, canceling all in-person services, events, and meetings until further notice. Shallowford Presbyterian School canceled classes.

With the session's blessing, Pastor Anna recruited a task force of seven session members to meet weekly and guide Shallowford's response to COVID-19. In addition to Pastor Anna, members of the task force include Rev. Bradley Kibler, Dr. Robby Robinson, Hannah Collins, Dr. Terry O'Toole, Dr. Mike Cannon, CJ Drymon and Brad Bryant. All have backgrounds in the medical and public health fields.

"Each one of the task force members brings specific gifts and perspectives to our work, and we take the task of guiding Shallowford through this pandemic seriously and prayerfully," said Pastor Anna. "God is at work in our midst!"

As the task force facilitator, Pastor Anna leads meetings every Tuesday evening, via Zoom, to discuss the latest data and gating criteria, and to brainstorm strategies. Members identify and address concerns as they arise and make plans for Shallowford's return to in-person worship, Bible studies, Sunday School, and gatherings of all kinds, when it is safe to do so. The task force will make recommendations to the session and staff about when and how to return to the church building.

"The main challenges we experience are that the COVID-19 data is evolving daily so we must evolve along with it, taking into account both local and global voices," said Rev. Bradley Kibler. "We remain committed to leading through our faith in God, the science of COVID-19, and our experiences in the medical and public health fields in all of our discussions and decisions."

*"As we make decisions about next steps, please know that we will do so in a spirit of discernment - delicately, thoughtfully and prayerfully," said Pastor Anna. "When the time is right, we plan to phase in our return to ensure the safety of our members and our staff. We are grateful for the opportunity to lead during this time, and we ask for your prayers."*

RESEARCH



FAITHFULLY PLAN



COMMUNICATE





# BEHIND THE MASKS

## MEMBERS UNITE TO CARE FOR OUR SHALLOWFORD FAMILY SPC COVID-19 TASK FORCE PROFESSIONALS INCLUDE...



### REV. ANNA GEORGE TRAYNHAM

Anna oversees the COVID-19 Task Force and provides a clear window of thinking from her role as Senior Pastor. Anna's big picture thinking and churchwide knowledge is key in helping the group to devise a faithfully thought out plan for the congregation.



### CJ DRYMON

CJ serves as Clerk of Session for Shallowford and is Treasurer and a member of the Presbyterian Women's coordinating team for Shallowford and the Presbytery of Greater Atlanta. CJ works in fundraising for Children's Healthcare of Atlanta.

### REV. BRADLEY KIBLER, MPH

Bradley holds both a B.S. and a Master's in public health. She interned in multiple health-serving organizations both in Atlanta and Africa and has worked as a hospital chaplain. She also serves on the Presbytery of Greater Atlanta's COVID-19 Task Force.



### DR. ROBBY ROBINSON

Robby has worked in public health for 34 years and as a Dental Director for 22 years. Now that his dental clinics have been temporarily shut down due to the COVID-19 virus, Robby is working at the Gwinnett County Public Health COVID-19 testing site.



### BRAD BRYANT

Brad leans on his experience of 30 years in local, state and national education and government policy. Brad will align the work of the task force's health care experts with the decisions made by the educational community to phase in the re-opening of our schools and colleges.



### DR. TERRY O'TOOLE

Terry serves as Chief of the Program Development and Evaluation Branch, Division of Nutrition, Physical Activity, and Obesity at the CDC. He provides leadership and subject matter expertise to state and community-based programs, national partners, and health organizations focused on chronic disease prevention.

### DR. MIKE CANNON

Mike is an epidemiologist at the Centers for Disease Control and Prevention and worked for 15 years on behavioral approaches to preventing the spread of infectious diseases.



### HANNAH COLLINS, NP

Hannah is a Nurse Practitioner with the Phase I Clinical Trial Program at Winship Cancer Institute of Emory University. She serves as a co-investigator on phase I trials and collaborates with physicians to care for patients in the Phase One Clinical Trial Unit.



## TOWN HALL MEETING

Learn more about the task force's work and the church's response to COVID-19. [Click HERE](#) for the ZOOM login information.

**TUESDAY, MAY 26<sup>TH</sup> AT 7:00 PM**

Submit your questions in advance to  
[spccovid19taskforce@shallowford.org](mailto:spccovid19taskforce@shallowford.org)

# VIRTUAL WORSHIP: BEHIND THE SCENES

WITH ALAN KIRKLAND

**Q:** Alan, Tell us about your weekly responsibilities.

**A:** As Shallowford's audio/visual support, I am responsible for making sure all the sound and visual systems are in good working order, which includes equipment replacement, repair, and troubleshooting. I mix, and now record and compile, the 11:00 am Sunday service.

**Q:** What goes into creating virtual worship?

**A:** Each week worship leaders are responsible for filming individual videos clips that are then collected in a shared Google folder. I have access to a shared spreadsheet which lays out the order of each Sunday service.

Some weeks, I am able to shoot on site, and other weeks all videos are sent to me. Videos are turned in electronically by "close of business" on Wednesday. Thursday mornings, I get to work compiling the videos, adjusting image sizes, creating graphics, editing the audio, and pulling older audio recordings. By early afternoon Friday, the service recording is complete and sent to Rebecca Porter for review. Together, we make any necessary edits, and, *voila!*

The weekly Children's Moment video is separate and undergoes the same procedure.

The process of switching to online worship is new to all of us, and I commend the staff for learning new skills, and approaching these transitional times with such positivity.

**Q:** How have digital offerings expanded your role?

**A:** Video production is a skill I had prior to this epidemic as a part of my production company, AK2 Productions, and for that I am very grateful. It was a natural progression for Sunday worship recording and compilation to become my weekly responsibility. I find that it takes more hours to create a video than what I would normally be spending on campus each week..

**Q:** How will you bring Sunday services into homes throughout our community?

**A:** *Livestreaming!* I am in the process of installing both a camera and streaming control system in the sanctuary. The camera will be robotic, so it will not need constant supervision, which will allow me to continue my role as the audio engineer for Sunday services while triggering the camera to move to the correct pre-established positions. This is exciting for Shallowford, as the weekly message can be shared without bounds online, and I am thrilled to have a small part in making that happen.



## ALAN SHARES A FEW THOUGHTS ABOUT HIS EXPERIENCE AT SHALLOWFORD:

As a classically trained musician, I really enjoy the wonderful music Emily Floyd, Wooyoung Kwon, the choirs and the staff create for worship each Sunday. Sundays bring music that feeds the soul and takes me back to my musical roots.

Plus, everyone I have encountered while at Shallowford has been welcoming and authentic. It is a wonderful place to worship and fellowship while working.

# WHEN OUR Giving BECOMES Receiving

A LETTER TO THE SHALLOWFORD



"The compassionate life is a grateful life, and actions born out of gratefulness are not compulsive but free, not somber, but joyful, not fanatical but liberating. When gratitude is the source of our actions, our giving becomes receiving and those to whom we minister become our ministers." There's so much to see in Henri Nouwen's words on living a compassionate life that I almost missed it. *Did you see it?* Those four words slipped right in the middle -- "...our giving becomes receiving..." Is he just being clever with some word play, or is there something to his antonymous rendering where he succinctly describes this reciprocal return on our investment "when gratitude is the source of our actions."

A vital aspect of stewardship is our giving to Christ's work in the world. Through the generosity of the Shallowford congregation's stewardship, the list of "those to whom we minister" spans several significant ministries throughout the world. Habitat, LaAmistad, La Gonave, Food pantry, Youth Mission trip, and many others. The same can be said about serving our church --- teaching Sunday School via Zoom, singing in a virtual choir, serving meals, prayer network, prayer shawls, and many others.

So, I have a question for you. Do you give to Christ's work in the world because you are compelled to do so

or free to do so? If you're like me, you've experienced that actions born out of compulsion tend to come with some sort of coercive strings attached whereas actions freely given yield a liberating effect, often bearing out gratitude beyond measure. I've spoken with Shallowford members as I'm sure you have and there's a constant, reliable refrain spoken as a result of one's ministry contribution --- "I got more out of this than I put into it" or as Nouwen aptly says it "our giving becomes receiving and those to whom we minister become our ministers."

Through Shallowford 365, along with regular financial updates, you'll hear testimonials throughout the year about the difference your gifts and pledges make in our community and how our giving becomes receiving.

I find myself filled with gratitude, Shallowford, for how you freely give to myriad ministries that embody Christ's work in the world. Shallowford, you raised roughly \$16,000 for our Pentecost offering to benefit our mission partners. Your intentional and purposeful contributions of time, money, and ability express a faithful way of life that promotes gratitude, nurtures sharing, and simply put, embodies Shallowford 365. Such amazing grace.

Terry O'Toole  
Stewardship Committee Co-Chair



[WWW.SHALLOWFORD.ORG/GIVE](http://WWW.SHALLOWFORD.ORG/GIVE)





# We Are In This Together:

## SHALLOWFORD PEN PAL PROJECT

Submitted by Betsy Smith

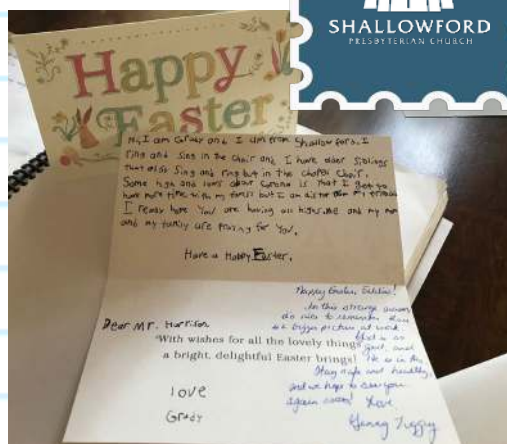
**Intergenerational activities are not new to Shallowford.** Years ago when the All Church Retreat was known as "Church Family Camp," the hundred or so campers prepared all of the meals. Folks were divided into cooking teams made up of members from different families - some young, some old. These children and adults formed friendships, many of which continued for years. Wednesdays at Shallowford gave another intergenerational opportunity when cleaning supplies were packed for Presbyterian Disaster Relief. In both of these, young and old came together for a common cause.

The COVID-19 pandemic presented yet another common cause - children going to school online while sheltering in place, with time on their hands and seniors sheltering in place with time on their hands. Four creative women - Jill Jung, Rev. Catherine Foster, Anne Thomas, and Mary Ann Rutkowski - came up with the idea for a note-writing project in an attempt to connect restless children and lonely seniors. They used the restrictions forced by the virus to come up with a project which would give kids, stuck at home, something fun to do, plus a way to reach out to seniors, many of whom were also stuck at home. **The goal was to help close the social distancing gap by forming ongoing connections with Shallowford's more isolated and vulnerable members - those with limited family and visitors for engagement.**

A family with young children was matched with a senior and ask that a "letter" be sent weekly. This could be a written page, a card, a drawing, a poem, a photo with a note ...whatever the child was inspired to do. **The families filled out a survey, and the kids were off. Here are some of the results:**

Barbara Houze was thrilled when she received notes from Harper, Jordan, and Riley Spruill. She then wrote each girl a note of her own, saying, "Children like to get their own notes." Later, the girls made a cross using black construction paper and cellophane. Barbara has it in the window by her kitchen table so she can enjoy it every day - especially when the sun is shining through.

Betty Jordan received pictures from Thomas Iredale. She has them on her refrigerator and was delighted with how much they brightened her kitchen.



Whalen Phister has sent several drawings to Margaret McGarity. According to Margaret, "Whalen is an excellent artist. My daughter is an art teacher, and I know talent." When Laura shared this praise with her son, he replied:

*"...it's cool that I'm doing something I'm good at and she feels good about it and not so alone!"*



# ADDITIONAL SUPPORT FOR OUR NEIGHBORS IN NEED

## A Special Pentecost Offering

On May 31, 2020, Pentecost Sunday brought an overwhelming feeling of love and neighborly support, as the Shallowford community gave generously to a special Pentecost Offering to assist our neighbors through the current pandemic and economic crisis.

Together, Shallowford's online worshippers responded to urgent needs in our community and raised **\$20,248** to be shared equally among Shalom International Ministry, Memorial Drive Ministries, The Zo Presbyterian Church, and Shallowford's own Compassion Fund.

Rob Pope, chair of Shallowford's Mission Committee and member of the Mission Forward Fund Committee, is honored to serve the church, especially during this time of need.

In an appeal to the congregation, Rob shared, "This crisis has me acutely aware of how much our mission partners and community need us to live our calling to love our neighbors."

In addition to the **\$20,248** raised by our faithful worshippers, the Mission Forward Fund Committee boldly and unanimously voted to give **\$30,000** to our eight mission partners who are working directly with those most affected by the pandemic and resulting financial crisis.

The committee felt strongly that they wanted to support our neighbors on the front lines of feeding, clothing, educating, and loving one another through this crisis.

**\$20,248** will be equally shared among the following ministries:



### THE ZO PRESBYTERIAN CHURCH

**\$5,062** will go toward costs to continue weekly worship, fellowship, and community outreach.

### MEMORIAL DRIVE MINISTRIES

**\$5,062** will go toward the efforts to foster diverse Christian worship, innovative community services, and transformative relationships in the Clarkston community.



### SHALOM INTERNATIONAL MINISTRY

**\$5,062** will help fund efforts to address the social, economic, emotional, physical, and spiritual needs of church members and friends. This ministry is oriented around four core values: worship, learning, hospitality, and healing.

### SPC COMPASSION FUND

**\$5,062** will go to support for members and neighbors in need of assistance. Through the benevolence component of the fund, Shallowford is able to provide financial aid in situations where a church member, neighbor, or seminary candidate requires specific financial help, including rent, medical bills, home repairs, books, tuition assistance, etc.

## RESPONDING TO COVID-19:

Shallowford's Mission Partners Lend Support During Challenging Times

1.



### DECATUR COOPERATIVE MINISTRY

Decatur Cooperative Ministry (DCM) is on the frontlines of the COVID-19 crisis, serving our homeless, precariously housed, and at-risk neighbors in need while managing the increased burdens of adhering to CDC protocols.

DCM continues to supply household and personal items, meals, and access to resources. The food pantry continues to provide emergency food supplies to Dekalb County residents.

To DONATE SUPPLIES, VISIT [DECATURCOOPERATIVEMINISTRY.ORG](https://www.deaturcooperativeministry.org)

2.



### NETWORKS COOPERATIVE MINISTRIES

Because of Shallowford's support and the support of this community, NETworks has kept the food pantry open and stocked, and has provided an increased amount of rent and utility assistance. Over 430 families visited the pantry last April, 40% of those being first-time visitors.

*"One of the benefits in my job is seeing the goodness in people. I see it every day--in you and in your members and in our community. Thank you."*

- David Fisher, Executive Director

To VOLUNTEER OR DONATE, VISIT [NETWORKSCOOP.ORG/COVID](https://www.networkscoop.org/covid)

3.



### LAAMISTAD

During COVID-19, LaAmistad has provided families with financial assistance for food and rent. Through grants, families are now able to pick up fresh meats and produce at scheduled times in the Shallowford parking lot.

LaAmistad relies on the generosity of its staff,

families, and community to help ensure that students receive the same academic and social benefits from *Animate*, LaAmistad's summer programming, which provides virtual concept reinforcement, daily readings, and live instructions.

To SUPPORT ANÍMATE, VISIT [LAAMISTADINC.ORG/FORMS/DONATE.ASPX](https://www.laamistadinc.org/forms/donate.aspx)

4.



### LA GONAVE HAITI PARTNERS

La Gonave Haiti Partners is working with other organizations on the island to secure masks and gloves for the staff at Bill Rice Community Health Center. In May, the partnership sent funds to purchase 800 buckets and 50 cases of liquid chlorine

product manufactured in Leogane, Haiti. The household purification systems have been distributed to vulnerable families in 10 communities on la Gonave and to patients at Bill Rice Community Health Center.

To PARTICIPATE IN THE PROGRAM, VISIT [LAGONAVEPARTNERS.ORG/LA-GONAVE-NEWS](https://www.lagonavepartners.org/la-gonave-news)



## LEARN MORE ABOUT OUR MISSION PARTNERS!

5.



### MEMORIAL DRIVE MINISTRIES

In response to COVID-19, Memorial Drive Ministries created two funds where people can give. The first is a fund that will be shared directly with our on site programs and ministries. The second is Memorial Drive Ministries' (MDM) Operating Budget.

MDM, as well as many of our on site partners, maintain Amazon Wish Lists. This is one of the best places to find supplies and items that are needed on campus. For more information regarding MDM, visit [mdmatl.org](http://mdmatl.org).

TO BROWSE THE AMAZON WISH LIST, VISIT [AMZN.TO/2XQAMTG](https://amzn.to/2XQAMTG)

6.



### SHALLOWFORD FOOD PANTRY

Shallowford's Food Pantry served members of the community through April, then made the decision to redirect people to the NETWorks Food Pantry in an effort to keep volunteers safe.

Shallowford member and food pantry volunteer Vaughn Dunnigan delivered pasta, pasta sauce, soup, beans, and more to help stock NETWorks pantry.

FOR FOOD ASSISTANCE, VISIT [WWW.NETWORKSCOOP.ORG/FOOD-PANTRY](http://WWW.NETWORKSCOOP.ORG/FOOD-PANTRY)

7.



### SHALOM INTERNATIONAL MINISTRY

Shalom International Ministry responds to the emergent nutritional and educational needs and stresses that have become acute due to COVID-19 through grocery delivery for up to 40 families, virtual gatherings, and additional

support necessary for families to continue in the Inspire Afterschool Initiative.

Shalom has distributed over 100 masks donated by Shallowford Presbyterian Church.

TO SUPPORT INSPIRE, VISIT [SHALOMINTERNATIONALMINISTRY.COM](http://SHALOMINTERNATIONALMINISTRY.COM)

8.



### THORNWELL HOME FOR CHILDREN

Thornwell's commitment to serve children and families in need remains steadfast. Thornwell now provides children and families with digital options to learn, grow, and stabilize while sheltering in place. Thornwell has delivered special packages to hundreds of families to

encourage family game nights, craft time, and fun learning opportunities. Other efforts include preparing and distributing support kits with activities and strategies to be used during home confinement.

TO SUBMIT A GIFT, VISIT [THORNWELL.ORG](http://THORNWELL.ORG)

# TEEN'S EAGLE SCOUT PROJECT BRINGS LOCAL COMMUNITY TOGETHER:

## SHALLOWFORD FOOD PANTRY RECEIVES 3,000+ DONATIONS

In September Shallowford member Thomas Maki planned and executed his Eagle Scout project that delivered a goal-topping 3,000+ units of food to the Shallowford Food Pantry. The drive-thru donation event filled the SPC pantry shelves that had been depleted during COVID-19.

"I wanted a project that actually made an impact on our community," said Thomas. "Giving food to the food pantry helps food-insecure people, especially during the pandemic."

"I was grateful for, but not surprised at, Thomas's choice for his Eagle Scout project," said Vaughn Dunnigan, co-chair of the SPC Food Pantry. "Thomas has been a regular volunteer for the Food Pantry for years, and his work there over the summer was invaluable."

Thomas is the youngest child of Eero and Angela Maki who along with sons Henry and Charlie joined the church years ago. From Sunday School and worship to choirs and youth groups, they made it an active part of their lives. Scouting is also a Maki family tradition. Henry and Charlie are both Eagle Scouts. To share more about his project and scouting, Thomas answered some questions.

**Q: WHEN DID YOU JOIN THE BOY SCOUTS OF AMERICA?**

**A:** I joined Troup 77 at Oak Grove Methodist Church when I was in sixth grade. I love camping and the outdoors, and my favorite scout activity is backpacking. I've been on a handful of trips including one 12-day backpacking trip to New Mexico.

**Q: WHAT IS REQUIRED TO EARN YOUR EAGLE SCOUT BADGE?**

**A:** To achieve the rank of Eagle Scout, you have to earn every rank leading up to Eagle, have a position of responsibility in the troop, complete all Eagle-required merit badges plus additional badges, and complete an Eagle Scout project, all before the age of 18. You must also be a leader and help others.





## Q: WHY DID YOU CHOOSE THE FOOD PANTRY?

**A:** I wanted to impact our community. Also, Mrs. Vaughn Dunnigan, co-chair of the SPC Food Pantry, inspired me to work on this project. She gives so much of her time to the food pantry and I sometimes think it goes underappreciated. I see her volunteering there a lot helping people, some of whom don't speak English.

## Q: HOW DID YOU ORGANIZE THE PROJECT?

**A:** Lots of emails were sent. I needed to get approval from multiple people to set up my project. I needed to advertise and convince people to give. Finally, I needed people to work the day of the event to help me receive and organize all the food and then sort it into the food pantry. My goal was to collect 1,000 units of food. **We collected over 3,000 units!**

## Q: WHAT DID YOU LEARN?

**A:** Organizing an event is hard. There is a lot of planning you need to do beforehand and permissions you need to get to accomplish anything. Organizing emails and other materials were the hardest things for me to do.

## Q: WHO HAS INFLUENCED OR INSPIRED YOU?

**A:** **My parents.** My mother has taught me to be more compassionate and to set a good example for younger scouts. My father has taught me to be successful and has given me the skills I need. I'm thankful for the people who

give so much of their time to the church whether they volunteer their time or whether they work there. I spend a lot of time at the church and doing church-related activities and the people who keep the church running mean lots to me.



**TOP:** Thanks to generous donations from community members, Thomas Maki rolls a full cart to the Food Pantry.

**LEFT:** Following brothers Henry and Charlie, Thomas entered scouting at an early age.

**BOTTOM:** Thomas set up a drive-thru donation event and all volunteers wore masks to unload cars and stock SPC Food Pantry shelves.



# Spiritual Health and Connection through Troubling Times

*Be transformed by the renewing of your mind. - Romans 12:2*

**L**ife happens ... everything changes ... everything belongs. In connecting and going deeper, may we uncover and embrace resources and possibilities we may not have tapped into before. As we all move through this disturbing time of isolation and distance, may we also create the space to live in it with fierce aliveness, loving presence, reverence, and connection.

Robby Carroll, M.Div., LMFT, Director of Shallowford Family Counseling Center (SFCC), and Kay Stewart, M.Ed., Director of Mindfulness Education for SFCC, are embracing this time of pandemic as an opportunity to deepen connection and develop new virtual resources for spiritual and emotional health and well-being.

Robby and Kay invite you to connect with SFCC to engage in meaningful conversations as a pathway to mindfully living life on life's terms, accepting what we cannot change, changing what we can, and having the wisdom to know the difference. Through skillful attentiveness and deep listening, we awaken inner strengths for clarity, courage, compassion, and connectedness – allowing us to be fully alive as long as we live!

Over the past 10 years, Robby and Kay have worked together to expand the educational and training services offered to the community, including evidence-based mindfulness classes engaging over 200 participants since 2013.

Shallowford wants to be a vital resource for well-being, especially in the midst of difficult times of uncertainty and social distance. **As we lean into possibilities for mind renewal and spiritual health through virtual learning, we hope you'll engage with us and spread the word about these tuition-free offerings (p. 13):**





# FREE June Offerings – Register Today!

## LISTEN IN on Soundcloud (free and ongoing)

As we engage in life-giving conversations, you can LISTEN IN on Soundcloud. Through these brief conversations, (15 minutes or less), we engage the deeper questions of life ... who we are and what matters most in our relationships as we seek meaning and purpose in life. We hope you'll join us in living the questions of this strange and difficult time ...

- ☪ *Can we allow painful and challenging experiences to transform and guide us into greater wisdom?*
- ☪ *Rather than fight or flee, can we attend and befriend the reality of suffering and tap into the vast mental, emotional, physical, and spiritual resources within us?*
- ☪ *When destabilized and disoriented, can we pause and with gentle curiosity, examine limiting habits and beliefs and open to the possibility of choice and transformation?*



## Inner Workshops –

**LIVE** weekly on Zoom beginning with a **3-week** series on **June 12, 19, and 26, 1:00-2:30 pm.**

These virtual tuition-free Inner WorkShops offer a regular rhythm and place of refuge to slow down and listen deeply to ourselves and each other.

**Sign up** now for our first 3-week series, “Spiritual Renewal for Troubling Times.” If you are feeling isolated, disconnected, gripped by fear or sadness, we invite you to join us in this safe space where the noise around us – and within us – can subside. Together, we’ll explore life-giving practices for mindful awareness and spiritual health to attune our hearts and minds to that still small voice within.

“THE WAY TO FIND THE REAL WORLD IS NOT MERELY TO MEASURE AND OBSERVE WHAT IS OUTSIDE US, BUT TO DISCOVER OUR OWN INNER GROUND.”

— THOMAS MERTON

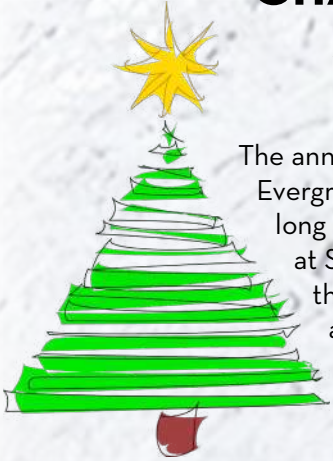
Join the SFCC email list to stay informed about future offerings and ongoing resources. SFCC historically offers counseling services as a ministry of and outreach of Shallowford Presbyterian Church. Shallowford has a long history and commitment to an in-house counseling center offering individual therapy and training to the community as a whole.

**To learn more, please visit our newly launched website, [shallowfordfamilycounselingcenter.org](http://shallowfordfamilycounselingcenter.org).**



# 2020 Evergreen Sale

## CHAPEL CHOIR HONORS A 30 YEAR TRADITION



The annual Youth Choir Evergreen Sale enjoys a long 30 year tradition at Shallowford but this year presented a new challenge. How could the choir pull off a traditionally interactive, high

touch fundraising event in the middle of the COVID-19 pandemic when safety rules mandate social distancing? Fortunately, Shallowford boasts a big parking lot.

Under the guidance of musical director and organizational wizard Emily Floyd, a logistics team drew up an elaborate and detailed plan that turned the church campus into the site of Shallowford's First Drive-Through Evergreen Sale Pick-Up!

On Saturday, December 5, a multitude of masked youth choir members welcomed, greeted, and gave directions to each buyer, most also wearing a mask. Buyers entered the parking lot,

checked in with a masked clipboard-holder, then proceeded to the upper lot for wreaths and roping that were placed in each car by the elves on duty. Buyers drove on to join a long circular line in the lower lot that led to the rows of Christmas trees. More masked youth and volunteers securely tied each tree to the roof of a vehicle. The entire process enabled buyers to sit safely in their cars and enjoy expert, careful service.

At a final stop near the exit, another masked clipboard-holder checked orders off the list while a group of volunteers offered thanks, waves and smiles to each patron. The proceeds from the successful sale will support the 2021 Summer Choir Tour. Order your 2021 tree next November through the Evergreen Sale at [www.shallowford.org](http://www.shallowford.org).

Learn more about Shallowford's Music Ministry and our many different choirs at [www.shallowford.org/music](http://www.shallowford.org/music). Follow us on Facebook to see posts that include choir spotlights featuring music made by members of all ages.







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Rebecca Goode

Sunday Morning Worship  
Sunday School Hour

8:45 a.m. & 11:00 a.m.  
9:30 - 10:30 a.m.



**STAY CONNECTED!**

