



CALL TO ACTION

LENT 4: TRAUMA, RESILIENCE, AND RELATIONAL WOUNDS

- Listen to *The Neighbor Next Door* podcast episode “Lora Andrews—Hopeful Neighboring” from January 5, 2021 (<https://www.stitcher.com/show/the-neighbor-next-door/episode/re-cast-lora-andrews-hopeful-neighboring-80616564>) to hear a story about a congregation working to address and heal the relational wounds of racism in their community.
- Take a few minutes to pray and/or journal around the following question: What relational wounds in my family or my community need to be brought into the light of God’s grace?
- Research courses on anti-racism or addressing family trauma in your area that can provide actionable steps for reducing relational wounds in society and/or in families. If none are available, consider bringing an expert in to offer a course at your church.
- If you or someone you know are working to heal relational wounds, consider what kinds of support might help the healing process. Perhaps you need childcare during counseling appointments, a night where you don’t have to cook dinner, or a listening ear as you process what you are learning. Asking for or offering assistance as we tend relational wounds helps build resilience and networks of support that benefit everyone.
- If you feel the need to seek further mental health services at any point in this sermon series, you can contact the pastoral staff for recommendations or go to the National Alliance on Mental Illness website (<https://nami.org/>) for recommendations on how to find a therapist, and support group opportunities to aid you in your journey.



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