



Region 1 Disaster Preparedness and Response  
Evangelical Lutheran Church in America  
GOD'S WORK. OUR HANDS.

## ELCA REGION 1 HAMMER & DANCE

September 1, 2020

**United for Ministry in the Days of COVID-19**  
Lutheran Social Service Agencies, Synods  
and ELCA Church Members Together

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**W**elcome to the [Hammer and Dance](#) for congregations. The [Hammer and Dance](#) began as a consultative resource for Region 1 Social Service Agencies and Synods. ([Back issues can be found here.](#)) Now we invite [you](#) into conversation around Disaster/COVID Preparedness and Response. We have learned and grown together in recent months. Your leadership has been important and effective. Thank you!

The [Hammer and Dance](#) can be [downloaded online](#), or [emailed to you on a regular basis](#). You, your congregation, and/or other individual members are all welcome to receive this publication. [Subscribe here](#). The newsletter is especially appropriate for Council members and Disaster Team participants.

As we journey together, I am genuinely interested in how I, as a Region 1 Lutheran Disaster Response consultant, can shape this resource for your use. Please [email me with your ideas](#).

My sincere gratitude to you, our partners in [Lutheran Social Services of Alaska](#), [Lutheran Community Services Northwest](#), and our Synod Bishops and their staffs. Together we are answering the call to be Christ's hands and heart in a hurting world.

*Dave Brauer-Rieke*



**LCS Northwest is providing all services via telehealth to protect your health during this time.**

Behavioral Health, Intensive Services & Foster Care - 509.747.8224

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# ZOOM Apnea – Is It Really A Thing?

Most people know what sleep apnea is, “[a potentially serious sleep disorder in which breathing repeatedly stops and starts.](#)” But **ZOOM Apnea**, what’s that?



## Is this really a problem?

**The short answer is: Yes**, according to Dr. Russell Greenfield of Novant Health Integrative Medicine.

Over time, screen apnea can:

- Disrupt your sleep.
- Lower your energy levels.
- Interfere with your ability to focus and think quickly.
- Lead to or exacerbate depression, anxiety, and other mood disorders.
- Increase stress, which can lead to stress-related illnesses.

“Screen apnea alters your body’s delicate balance of gasses like oxygen, nitric oxide, and carbon dioxide,” Greenfield says. “This can cause inflammation and interfere with your immune system’s ability to fight infection.”

This is not exactly good news during the coronavirus pandemic, when we all want our immune systems functioning like well-oiled machines.

Dr. Susan Pollick in a July 14, 2020 article entitled, “[Do You Have ‘ZOOM Apnea’?](#)” writes, “In this new reality in which we are living, many of us now live the bulk of our lives online ... (and) while we are grateful for the ability to work and stay in touch with our loved ones, more and more people are commenting on how exhausted they are from all these virtual interactions ... One surprising reason for this exhaustion may be as simple as our breath.”

ZOOM Apnea, better known as “screen apnea,” is relatively easy to deal with once we are aware of the problem. If you have a meditation practice you already know how to bring attention to your breath. Dr. Pollick recommends a simple, three-part practice one can employ even while actively engaged online. [A fuller explanation of her advice is found in her article](#), but in short:

1. **First, notice and relax.** “What is your posture? Are you slumped over your phone or laptop? Is your breathing shallow? Are you tense? ...”
2. **Second, enjoy one deep breath.** “Take a moment to pause ... enjoy a nice deep inhale. And then, most importantly, let yourself exhale fully ...”
3. **Third, add a little compassion.** “Even in the short pause of a single breath, you might notice difficult feelings coming up ... make a little space for them, just let them be.”

# Preaching through Disaster



Sermons don't happen the way they used to in a pre-COVID world. However, sermons are still the Word of God taking flesh. They remain a balm and a bully pulpit. Hungry is the heart to hear of God's love and presence, now more than ever!

Preaching during disaster begs for clear and unambiguous truth. In every issue of the *Hammer and Dance* we will offer reflections on upcoming Gospel lessons. If these thoughts help in your sermon preparation - wonderful. But you don't have to be a preacher to engage the Word. We pray these reflections enrich the witness of your everyday life, whoever you are and in whatever way your life touches others.

## Sunday, September 6, 2020 - [Matthew. 18:15-20](#) - **Dealing with Conflict**

Disasters always surface social vulnerabilities. With respect to our current COVID-19 Disaster the evils of deep racism and political opportunism have risen to the fore. Two things are clear from Matthew 18. 1) *Conflict must not be allowed to fester and destroy. Conflict begs to be lovingly engaged.* And 2) *The Church must not underestimate its power to effectively navigate deep conflict.* For as Jesus assures us, *“Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven!”*

## Sunday, September 13, 2020 - [Matthew. 18:21-35](#) – **Offering Forgiveness**

Forgiveness is not about being magnanimous. Forgiveness is a process to be undertaken as often as necessary. Pivotal in our cultural wrestling with racism and political dysfunction must be listening and forgiving. Clearly an unwillingness to forgive incurs divine wrath. So, Jesus says, *“For this reason, the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves.”*

## Sunday, September 20, 2020 - [Matthew. 20:1-16](#) – **Full Employment**

The Bible often repeats that a laborer is worthy of their hire. This simply means people should be paid for their work – and a fair wage at that! The sentiment, however, does not support a market evaluation of what this or that job is worth. In such a scheme it is the wealthy, not need, which determines pay. Our COVID economy woes reveal the vast chasm between the rich and those who have been marginalized. In this parable a landowner has rewarded his/her workers according to need, not the going market rate. *“Am I not allowed to do what I choose with what belongs to me?”* the landowner asks. Why is it that so many find offense in such a simple construct?



# Resources for Ministry

We are richly blessed to have each other here in Region 1 to support and resource our ministries - and not only in Region 1, but throughout the ELCA as a whole. One of the positive byproducts of our deep investment in virtual networking is easy access to what we are all learning and doing. **“Resources for Ministry”** will be a regular part of the *Hammer and Dance* going forward. Here are the kinds of things you can count on receiving.

## Sermons and Preaching Resources

Several of our synod offices are now providing monthly video sermons for use with virtual worship. Check your synod newsletter.

The *Hammer and Dance* will share **“Preaching thru Disaster”** reflections in every issue, like those [found here on page 3](#). And in addition, Region 1 Disaster Preparedness and Response Consultant Dave Brauer-Rieke is offering video sermons on 5<sup>th</sup> Sundays. [You'll find this sermon series here](#). These sermons can be used anytime and can be run live from Vimeo or downloaded for use directly from your computer.



## Hammer and Dance Newsletter



Please encourage your members to [subscribe to the Hammer and Dance directly](#). Put a notice in your newsletter or bulletin.

*Cut and paste the following paragraph if you wish!*

**Subscribe now to our new ELCA Region 1 Disaster Preparedness and Response Newsletter, [The Hammer and Dance](#). Find support for these days of COVID-19, devotions, new friends, and more. [The Hammer and Dance](#) is offered by our [Region 1 Disaster Consultant Dave Brauer-Rieke](#).**

**[Subscribe here.](#)**

## Webinars, Fundraisers and Conversations

In the virtual space we live in today Assemblies, Bishop Convocations, Learning Days and more are all being moved to ZOOM formats or Webinars. As with worship, we're getting better at this.



Check your synod websites and watch your newsletters. LDR, LIRS, LSS of Alaska, LCSNW, Region 1 Consultation to Clergy and more are churning out wonderful opportunities. [Here in this newsletter](#) and at [Region1BePrepared.org](#) Disaster Preparedness webinars for this fall will soon be announced.

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