



IKC Resources in a Time of Civil Unrest

BUILDING AND PERSONAL SAFETY:

Here are some links to the Insurance Board's guidance on the securing of your buildings in a time of civil unrest.

Insurance Board resource for churches in times of civil unrest: <https://www.insuranceboard.org/wp-content/uploads/2020/06/Protecting-Your-Church-During-Civil-Unrest.pdf>

Insurance Board resource on securing your church: <https://www.insuranceboard.org/wp-content/uploads/2020/11/Securing-Your-House-of-Worship.pdf>

The Washington DC offices of the UCC National Setting has released a helpful Dos and Don'ts document titled "Amid pre-inauguration turmoil, UCC leaders suggest do's, don't's," by [Connie Larkman](#). Read that article here: <https://www.ucc.org/amid-pre-inauguration-turmoil-ucc-leaders-suggest-dos-donts/>.

PRAYER AND MENTAL HEALTH:

As a WISE for Mental Health Conference, this moment also offers us the opportunity to share our ongoing support for our clergy and local churches through times of prayer and mental health sustaining practices. Because there are so many unknowns in this moment, this can cause anxiety to rise to the surface. Below is an engaging contemplative and meditative practice to calm anxiety, fear, and move one's spirit into a centering with God.

Rev. Shannon Abbott's Mind Jar Meditation:

<https://www.youtube.com/watch?v=vbfEz2thwQ4&list=PL6VgfHt6zEy5PLCS0aPibOsoeXuQOI4PC>

Kentucky Council of Churches video vigil:

January 17, at 5:30 pm EST, 4:30 pm CST. Available for viewing on their [Facebook page](#) and [website](#).

Soul Check-In with the Conference Minister: Wednesday, January 20 from 3-4 pm EST/2-3 pm CST (Inauguration Day) join Rev. Chad Abbott for a During this hour he will be live via Zoom praying and offering to hear your concerns. Join the Zoom here: <https://us02web.zoom.us/j/84161557428?pwd=MIBLWEFpbm5DaWx3dnhJQ1ZqRXpOU009>.

Prayer of Protection by the Rev. Dr. Sarah Lund:

God of Love, in this time of chaos, fear, uncertainty, anxiety, stress, dread, and painful conflict, we cry out for help.
Help the one who is hurting so much they seek to harm.
Help the one who is worried so much they shut down.
Help the one who is despairing so much they seek to disappear.
Help the one who is fearing so much they seek to consume others with fear.
Help the one who is anxious so much they are unable to do anything.
Help the one who is threatened so much they unleash threat upon others.
God of Love, ground us in your Being. Secure us in the truth that Love is more powerful than fear.
Protect us from all harm, in body, mind, and spirit.
May we be vessels of liberating Love and justice.
May the power of Love fill us and flow through us.
May this Love transform that which was meant for evil and turn it into good.
In the name of all that is good and holy, all that is Love, we pray, Amen.

A Blessing in Chaos from Jan Richardson:

Blessing in the Chaos
To all that is chaotic
in you,
let there come silence.
Let there be
a calming
of the clamoring,
a stilling
of the voices that
have laid their claim
on you,
that have made their
home in you,
that go with you
even to the
holy places
but will not
let you rest,
will not let you
hear your life
with wholeness
or feel the grace
that fashioned you.
Let what distracts you
cease.
Let what divides you
cease.
Let there come an end
to what diminishes
and demeans,
and let depart
all that keeps you
in its cage.

Let there be
an opening
into the quiet
that lies beneath
the chaos,
where you find
the peace
you did not think
possible
and see what shimmers
within the storm.