



PRESIDENT'S LETTER

JULY 2023

RECHARGING OUR BATTERIES

Our central air conditioning unit broke down during the hottest part of the summer. We had forgotten to have the unit serviced in the spring before it got hot. We waited several days for a repair and got highly creative with keeping the house cool. We drew the blinds, positioned fans to maximize air flow, put cardboard over our skylights, and adjusted our activities for the early morning or late evening. The problem was the capacitor, which is a battery type device that sends signals to the AC unit. Once this part was replaced, the air conditioner started working again.

Faith formation leaders need to recharge batteries or replace worn out parts too. We are constantly creating and re-creating teachable moments and faith formation ministries. If we forget to recharge, we may experience depletion, fatigue, burn out, and lack of creativity. This is part of the reason we selected *It is Well with My Soul* as our theme for 2023. We've been exploring several aspects of health and discovering spiritual practices that complement and support our health.

Creativity and recharging are closely related. We may gain new insights through journaling, or be renewed through artistic expression, or create something entirely new while on a retreat or away from our routine. Some years ago, I attended a silent retreat. We had an opening session, then were instructed to be silent for the next 24 hours. I went to my room and did okay with reading, journaling, and a craft project. Mealtimes were difficult. I wanted to talk to everyone else. Most participants looked down at their food and sat at tables distant from other people.

At the end of the 24 hours, I gained some new insights into how I could listen, be more aware of my surroundings, and survive without talking even though I am an extrovert. The silence renewed me in ways I became aware of over the next few months. After that retreat, I was led into a new position, used my gifts in ways I had not before, and entered a collaborative project with several different churches. None of this would have been possible without the practice of listening, and letting the silence speak.

God is at work through our creativity and recharging. Every season is a busy season in faith formation, but it is possible to take time to recharge. It may be a brief prayer, meeting a friend or colleague for conversation, spending time with something or someone that brings joy. I recharged recently with a trip to the mountains, time on the hiking trail, and visiting one of my favorite bookstores. You may be feeling worn out at this very moment. If so, my wish for you is that God speaks to you in a unique way and leads you to an opportunity to create and recharge.

I give thanks for all those in this Network who are co-creators with me,

Deacon Diane McGeoch

CENetwork Board:

Diane McGeoch, *President*
CENpresident@faithfulteaching.org
Idaho

Terri Robertson, *Secretary-Historian*
terri.robertson62@gmail.com
California

Teresa Kaldor, *Financial Secretary*
kaldor.teresa3@gmail.com
California

Rev. Juli Lejman-Guy, *Past President*
Cen.julilejmanguy@gmail.com
Ohio

Julie Hestermann, *Member at Large*
j.hestermann@sheridanlutheran.org
Nebraska

Ellen Lundie, *Member at Large*
e.lundie@belc.org
Pennsylvania

Holly Shipley, *Member at Large*
hshipley@holyltrinitychapelhill.org
North Carolina

Jamie Travers, *Member at Large*
eandlyo@gondtc.com
North Dakota

Janet Renick
Coordinator for Membership
CENcoordinator@faithfulteaching.org
Florida

Judy Twist
Social Media Coordinator
judy3927@gmail.com
Illinois

Contact Information:

Office:

P.O. Box 250009
Holly Hill, FL 32125

Website:

www.faitfulteaching.org

"...that they may be encouraged
in heart and united in love..."

Colossians 2.2 (NIV)