

[View this email in your browser](#)



5/8/2024

Dear Friends,

I had a blast last Sunday at the Couples Workshop we hosted at Reservoir. Twenty-three couples gathered together to talk about their relationships. Here's why I wanted to run an event like this:

As a feminist living in a post-feminist movement world, I've seen and heard many challenges about marriage. I don't mean that it's just hard for women. I think it's hard for men too. For all of us, to maneuver through growing up with toxic masculinity influences and traditional roles and expectations that run in our blood

and still much of it in the social systems—it's challenging. What are the rules of engagement? No one knows! Add in two working parents with kids with no village and sometimes it feels impossible. I wanted our church to host a couples workshop that was beyond “Men, love your wife. Women, submit to your husband”, where queer couples can come and feel welcome and safe, to offer to our community both the source of love and power of the gospel of Jesus for their marriage and practical science-based understanding of how we relate as human beings. Needless to say, 3 hours wasn't enough.

We didn't fix everyone's relationships but it was good for us to be together. We heard stories of journeying through faith/doubt seasons together, mental health regression of a partner, deep grief and loss. We heard from [Dr. Megan DeFranza](#), about understanding our brains and the nervous system can help us have compassion in conflict. She said, “One of the best things we can do for our relationships is to learn to regulate our own distress.” Oh baby, that can take us far!

If you're not in a relationship right now, “learn to regulate your own distress” now. And getting married obviously is not the end all be all. If that's a source of grief, bless you. If that feels like a thriving life, bless you! God has a unique plan for each of us. If your marriage is struggling, find community, open up about it, seek help as you go through the journey. Let's show up for each other and be with each other no matter what season we might be going through. Because, our church, we've got folks going through a difficult divorce, folks who are single and older, folks who are celebrating their engagements, and everything in between. Let us be a community that [rejoices with those who rejoice and mourn with those who mourn](#). That no matter where we are in our life journey, it's hard to do it alone. So let's do it together and remind one another that God is with us. And even maybe, just maybe, that God even works through us to heal, to endure, to find joy, to love ourselves and our neighbors.

Amen,

Pastor Lydia (she/they)



### **In-Person Worship | Sundays at 9:30am**

We invite you to join us on Sundays in the Sanctuary for our weekly praise and worship. The service starts promptly at 9:30. We're looking forward to seeing you there!

*"Your word is like a lamp for my feet."*

### **Online Worship | Sundays at 11:00am**

Join us for an online version of our service on [our YouTube channel](#). We will explore the same topics as the in-person service and attendees can share thoughts in the live chat. While you are there we invite you to take the time to subscribe if you haven't done so already. Also, don't forget to hit the notification bell so you can be alerted when we start to go live.

All of our live streams are recorded and uploaded the next day so you can watch and rewatch at your own convenience!

*"They who live in harmony with themselves live in harmony with the Universe."*

### **Kids Church and Youth Group | Sundays at 9:30 a.m.**

We invite our children and youth to join us for Jesus centered stories, music, dance, play, and more. Check in is at 9:15 until 9:35.

*"Be open and to all lessons in life and welcome wisdom as a gift."*

# EVENTS, HAPPENINGS, AND HIGHLIGHTS

## Pride Service

### **Pride Service** | Curation for 6/2

If you would like to help plan and curate the Pride Service for Sunday 6/2 we'd love to have you! We'll have a meeting **\*tonight\*** via zoom at 7pm on Wednesday 5/8 to discuss. [Email Ivy](#) for the link.



**Unpack: Bible, Worship, Music, Prayer | Sundays - 5/5, 5/12, and 5/19 from 11am - 2pm**

Come discuss, share, and experience themes of the Bible, worship music, and prayer in this three part series of Unpack. Unpack provides a space for folks to process the tensions they might have with these components of their faith and uncover or reimagine new ways forward. Everyone is welcome! We will meet in the MC Dining Room.



**Lost and Found | Sanctuary Lobby**

Hi there! Did you know that we have a lost and found? Sometimes in the hustle and bustle of life we may misplace items, leave behind in a hurry, or just have just have moments of good ol' absent mindedness. If you can relate, please take a minute or two to check the lost and found to see if any of your belongings have made their way over there. It's a large basket located in the Sanctuary lobby near the big brown table where the plants are. Keep in mind any unclaimed items will eventually be donated to Goodwill. Email [Rosie](#) if you would like to check the lost and found on a weekday.

# COMMUNITY EVENTS



## **CPA MA is looking for a new Co-op MA Director**

CPA MA is looking for a new Co-op Director to lead the cooperative toward financial self-sustainability and social impact through the growth of high-quality group purchasing programs. Is that you or someone you know? [Click and share this link](#) to find out more about this important role.

About CPA MA: This year we are represented by over 50 organizations who are purchasing through our programs, managing over a million dollars of contracts of which we will shift around \$300k to BIPOC- owned businesses. We also share in creation of a cooperative federation CPA Network, with other CPAs in 3 states, led by our big sister in Washington DC. We practice genuine workplace democracy, and are adding a worker-ownership class to step deeper into our power-sharing values. [Email CPA MA board member Trecia](#) with any questions.

**TELL  
RYAN  
PINTO:**

# SOMERVILLE STANDS WITH TENANTS!



Rally for three households facing threat of eviction after 60-90% rent increases issued immediately after the purchase of their building.

**MONDAY, MAY 13TH @ 6PM  
22 SARGENT AVE.**

**Register and learn more at:  
[bit.ly/SargentTenantsAlliance](http://bit.ly/SargentTenantsAlliance)**

### CAAS invitation to Rally in Support our Somerville Neighbors | Monday, 5/13 at 6pm

The Community Action Agency of Somerville (CAAS) is inviting you to join in support to rally for our Somerville neighbors who are facing imminent threat of displacement after the purchase of their building. An almost 100% rent increase is being forced on them for a property that is in violation of multiple State Sanitary Codes. The three units in the building are home to a single parent and their child, an essential worker, a local musician, and a person with health conditions who relies on Somerville programs for vital health services. [Register today](#) to join CAAS in the rally on May 13th in front of their home on 22 Sargent Ave in Somerville to demand that property owner stop these abusive rent increases and participate in good faith negotiations. THERE WILL BE PIZZA!!

---

Copyright © 2024 Reservoir Church, All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

