

## **“Transforming Emotional Lead into Spiritual Gold”**

••• *An Exploration of the Book of Psalms* •••

We are all undergoing a major shift in our lives with the coronavirus pandemic. What I want to address this summer are the dark emotions we are experiencing as we move through this. We often treat dark emotions as forces within us to be overcome, repressed, medicated or otherwise defeated. The Book of Psalms points the way through the alchemy of transforming emotional lead into spiritual gold, underscoring that God is with us always, sometimes most powerfully in the darkest places.

**July 5** “Starting with the Happy Ending” • Psalm 23

**July 12** “From Desolation to Faith” • Psalm 137

**July 19** “From Depression to Empowerment” • Psalm 42

**July 26** “From Anger to Forgiveness” • Psalm 58, 79:8-9, 11-13

### *Communion Sunday*

**Aug. 2** “From Abandonment to Salvation” • Psalm 13

### *Memorial Sunday*

**Aug. 9** “From Grief to Joy” • Psalm 90:1-6, 9-10, 13-17

**Aug. 16** “From Shame to Redemption” • Psalm 25:6-12, 19-22

**Aug. 23** “From Fear to Trust” • Psalm 31:9-13, 17-18, 21-24

**Aug. 30** “From Despair to Hope” • Psalm 22:1-2, 14-18, 27-31

**Sept. 6** “From Helplessness to Transformation” • Psalm 28:1-2, 6-9

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••• *In lieu of the traditional offering, we’re passing the plate electronically this season. Gifts may be made with a credit card or PayPal account via the “donate” button on the Chapel website [www.BigMooseChapel.org](http://www.BigMooseChapel.org), or sent by mail to Chapel Treasurer John View, PO Box 209, Eagle Bay, NY 13331. Please remember that as always half of the plate collection goes to Outreach.* •••