



January 12, 2025

From the Addiction & Recovery Taskforce: Fighting the Good Fight

'I have fought the good fight, I have finished the race, I have kept the faith.' (2 Timothy 4:7)

In this holiday season, let us not forget the family members and friends of loved ones who have lost their battle with addiction. Grief is often felt much deeper during the holidays, and the ones left behind will never know why 'their' someone passed away while others manage to stay clean & sober.

Emotions ebb and flow, between happy memories and painful, grace and anger, love and emptiness.

If you are a family member or friend.... Remember to be kind to yourself. Take time to have a good cry – Scream into a pillow if you need to. Be vulnerable with those closest to you – Take all the hugs you can get. Celebrate the life you still have. Allow yourself to be happy. And don't forget to talk with those you've lost – Their spirits are still with us.

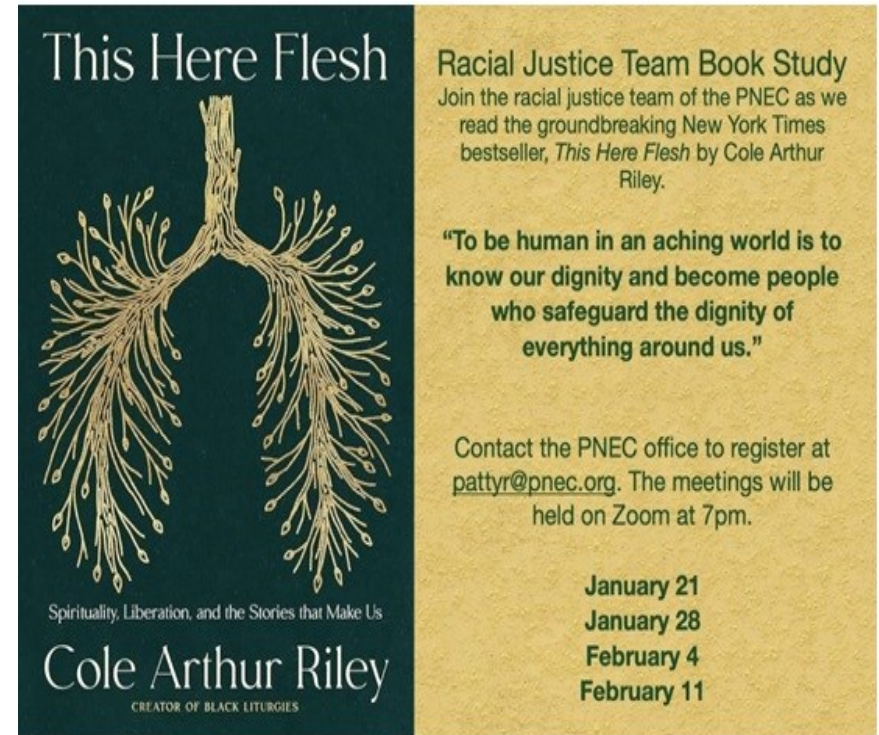
May everyone find comfort and strength during this time of Hope, Peace, Love and Joy.



PSEC Spring Meeting— Save the Date

The PSEC Spring Meeting will be a one day event taking place on **May 31st**. Please save the date and start looking for your church delegates now. Location to be announced shortly!

Penn Northeast Conference Racial Justice Team Book Study



The Penn Northeast Conference Racial Justice Team is hosting a book study on Zoom on the book "This Here Flesh: Spirituality, Liberation, and the Stories that Make Us" by Cole Arthur Riley. Authorized Ministers participating in the entire book study will receive five hours of continuing education credit OR can use this to fulfill their Diversity Training requirement. Non-clergy are also welcome to participate.



General Synod 2025

July 11-15 in Kansas City, Missouri

More details in next week's Communitas!