

# Summer Musings

## July 2020

First Christian Church Casper Wyoming

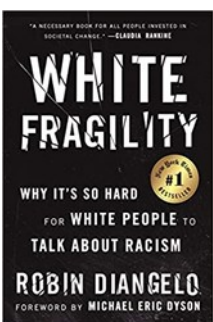
### summer reading opportunities

#### Central Rocky Mountain Region Reconciliation Team Book Club

The Reconciliation Team of the Central Rocky Mountain Region invites all Disciples to participate in a book club focusing on racism, race and awareness.

Periodically a book will be suggested with discussion questions posted on the groups Facebook page.

To join the book club, please join our Facebook Group: <https://www.facebook.com/groups/1367168003479865>

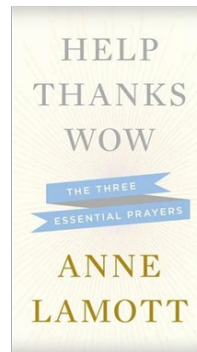


The first book is: *White Fragility* by Robin Diangelo. The book challenges white people's assumptions about race and points out how those assumptions maintain inequality.

For more information go to: our regional website:

<http://www.crmrdoc.org/congregational-life/>

#### reading with fcc casper



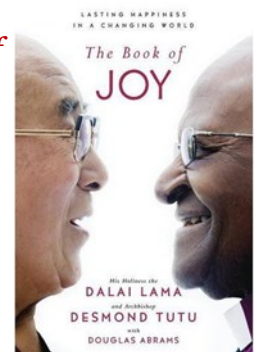
During the month of July our sermons will focus on the Psalms.

Among other things, the Psalms include prayers of ancient Israel.

Anne Lamott's book, *HELP, THANKS, WOW: The Three Essential Prayers*, is an excellent little book that will open your heart and teach you much about the practice and meaning of prayer.

In 2015 Archbishop Desmond Tutu traveled to Dharamsala, India to celebrate His Holiness the Dalai Lama's 80th birthday. During their time together the spiritual leaders wanted to share their path to joy despite their both having endured years of oppression and exile.

*How do we find joy in the face of life's inevitable suffering?* is the question this book of conversations seeks to answer. There is much to ponder in this lovely book by two Nobel Peace Prize winning holy men.



*"I read a book one day and my whole life was changed."* – Orhan Pamuk