

August 16, 2020

St. Thomas's Episcopal Parish  
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weekly newsletter

# The Carpenter's Helper

*This Week..we are challenged to be a more effective  
disciple in the quest for equity and justice*

I can do things you cannot, you  
can do things I cannot; together  
we can do great things.

Mother Teresa

Soul Surrenderers, Congratulations! We did it!

We ran, walked, roller skated, and biked our way through a marathon!

**I know that alone, I would not have made it more than a mile, but together...  
...we journeyed over 140 Km!...**

That's incredible! Together we raised over \$150!

Donations will still be accepted until next Monday, 8/17, when we will mail in our check to the UTO (United Thank Offering). 100% of the money collected will go to the 2020 UTO Ingathering and will be dispersed to ministries responding to the COVID-19 pandemic.

**ARE YOU READY FOR YOUR NEXT CHALLENGE?**

This race challenged us to push ourselves physically. Check out the 21-day challenge on the next page, which will challenge us mentally and spiritually to become a more effective disciple in the quest for equity and justice.

**During the COVID-19 pandemic, St. Thomas's is alive and well.** We are worshiping via live streaming on YouTube (See our YouTube Channel and hit Subscribe!). The full-text bulletins for our services can be found on our website, and by email request.

We also continue to respond to the needs of the Newark Community through our collaboration with the Newark Empowerment Center and others. Those who would like to support our work may do so by going to our "Giving to St Thomas's" page.

Our prayers are with all those who are ill, all who are caring for them, and all who are striving to hear the voice of God in these challenging times. May God bless you and keep you, now and always. For more, see the Episcopal Diocese of Delaware COVID-19 site.

## 21-DAY RACIAL EQUITY CHALLENGE



sign up at  
<https://delaware.church/21-day-racial-equity-challenge/>

“Have you ever made a successful change in your life?

Perhaps you wanted to exercise more, eat less, or change jobs? Think about the time and attention you dedicated to the process. A lot, right? Change is hard. Creating effective social justice habits, particularly those dealing with issues of power, privilege, supremacy and leadership is like any lifestyle change. Setting our intentions and adjusting what we spend our time doing is essential. It’s all about building new habits. Sometimes the hardest part is just getting started. The good news is, there’s an abundance of resources just waiting to **empower you to be a more effective disciple in the quest for equity and justice.**” Eddie Moore Jr.

The 21-day Racial Equity Challenge was originally developed by Dr. Eddie Moore, Jr. and Debby Irving and has been adapted by many organizations across the country. The challenge is designed to create dedicated time and space to build more effective social justice habits, particularly those dealing with issues of race, power, privilege, and leadership.

### What is the Equity Challenge?

- The 21-day Racial Equity Challenge is a personal commitment to devote 5-30 minutes a day, for 21 days, to learn about the history and impact of racism in Delaware, and the ways that bias, prejudice, privilege, and oppression show up in our everyday lives.
- With this awareness and understanding of how racism shapes each of our lived experiences, we can all become part of making positive change in our community.
- The 21-Day Racial Equity Challenge is an enlightening journey, for everyone – no matter where you come from or how you identify yourself. Along with new perspectives, you’ll receive examples and tools of how you can help undo racism and build a more just and equitable community here in Delaware.
- While we encourage everyone to share their participation with others and to join the conversation, your information will remain both private and confidential.

### How does it work?

- Every morning of the 21-Day Racial Equity Challenge, registered participants will receive an email featuring links to readings, videos, and/or podcasts that are 5-30 minutes long. Participants pick one or more of the “challenges” and begin their journey of discovery.
- Participants can share reflections and “Aha!” moments using the hashtags #unitedforequity, #equitychampions, and #DEequitychallenge, and can follow the conversation on Facebook, Twitter and Instagram. A private, monitored Facebookgroup will be available for deeper discussions.

America is struggling to come to terms with its painful legacy of racism. But while many feel “the fierce urgency of now,” not everyone knows where or how to engage. The 21-day Racial Equity Challenge led by United Way of Delaware and YWCA Delaware, with the Episcopal Church of Delaware as a "Challenge Champion", is an opportunity to learn about the history of racism in Delaware, and to identify ways you can use that knowledge to help build a more equitable society. The goal is for at least 5,000 people to take up the Challenge this August 17-Sept 6 and to lend their power to fuel a statewide social movement.

**“Do the best you can until you know better.  
Then when you know better, do better.” – Maya Angelou**