



Garden City Community Church Connections July 2024

Building a community where all are enriched
through Christian Love, Service, and Spiritual Renewal.

Pastor's Message

Dear the Garden City Community Church members and friends:

With summer upon us, I do pray you experience renewal and rest. For some of you, clubs and night-life and restaurants; for others of you, quieter gatherings and solitude. For still others, something in-between. For all of us, also something more. For all of us: worship, intentional time with God in faith community, and sharing our hearts with one another in community rests and renews. And in this interim-time season, soon to begin congregational conversations are crucial community gatherings. Obvious, I know.

Rest and renewal helps you and me engage life in an emotional and spiritual goodly place. Perhaps you are wondering, "What makes this so?" (Now, I am spelling out the obvious). The journey to a goodly place begins with the right people on the bus. In our case, "the right people" means all the Garden City Community Church members and friends who are willing. Willing to do what? Regularly participate in worship and Congregational Conversations (get on the bus). Why regularly participate? Because engagement answers "yes" to:

- Am I growing my faith and contributing to the Realm of God through weekly worship and service? Yes!
- Will I share my experience of this community of faith in congregational conversations? Yes!
- Will I seek to understand other's experience of this community of faith with openness and gracious receiving? Yes!
- Am I clear-eyed (reality) and hopeful (humble - "God is still speaking")? Yes!
- Are my conversations with God and with all my siblings in Christ grounded and nourished by prayer and prayerful listening? (mutual trust and respect). Yes!
- Will our congregational conversations reflect the length and depth of hoped for outcomes, both near-term and long-term? (not my will, God's will be done). Yes!
- Will our congregational conversations (the church profile) name and claim our 2024 - 2025 congregational core values, purpose and identity? Yes!

My observation. Emotional and spiritual rest and renewal, the Gospel stories illustrate, are the result of engaging dis-ease and transforming dis-ease to wellness, with God's help. Another word for Gospel dis-ease: conflict. Transforming conflict to wellness re-creates. Neither Jesus nor the one(s) dis-eased are victims. Both lean into God: a desire for transformation, the heart to ask forgiveness and to forgive, the faith to release dis-ease for wellness, and the action that does so.

To arrive at a goodly place? One works, with God's help, to transform dis-ease, conflict, into wellness. Transformation. Life-change. Not mediation. Not resolution. Transformation. John Paul Lederach, quoted by my colleague Terasa Cooley: "Conflict opens a path, a holy path (transformation), toward revelation (learning) and reconciliation (wellness)." (from *Transforming Conflict: The Blessings of Congregational Turmoil*. Rowman & Littlefield.2022. Words in parenthesis, mine)

Friends, emotional and spiritual conflict - dis-ease, joins us on the bus. How can it not? Perhaps, with God's help, dis-ease, conflict, becomes a teacher, a mirror, an invitation to be with one another in conversation about oneself, and one another, this household of faith and the wider church and world.

My observation. You, friends, are on a journey to a goodly place. If you are not already "on the bus" climb aboard. All who are willing are welcome. Join with your siblings in Christ. Choose to engage one another in prayerful, vulnerable, life-changing transformation! Rest and renew. Join fully in regular worship and congregational conversations. With God's help. With God's help, and the participation of all who are willing, a Godly, good place awaits.

Peace,

A handwritten signature in cursive script that reads "Pastor Arlen".

Schedule a Visit with Pastor Arlen

In person, or on Zoom, and at your place of choice.

Calendar: <https://bookme.name/WalkingAlongside/beingwith-hour>

His email address is revarlen@thegccc.org. Mobile: 585-455-2289



Inside This Issue

Pages 1,2	Pastor's Message
Page 4	Trustees (COT) News
Pages 5-7	NY Conference (UCC) Annual Meeting Reports
Page 8	Metro Association Report
Pages 9-11	Ministry Activities—Volunteers Needed
Page 12	Mission Events, News About the Building
Page 13	News from the Office, Online Giving
Page 13	Prayers for Pastor Arlen—Travel Mercies & Vacation Time
Page 14	Musical Ensembles
Page 15	Summer Sunday Funday Flyer
Page 16	Americana Fair Flyer
Page 17	Lutheran Counseling
Page 18	July Calendar

Worship Schedule

Sundays

10:30 AM
Livestream & In-person

Tuesdays

Intercessory
Prayer Service
9:30 AM In-person

Council of Trustees News (COT)

Dear Church-

“CONSTANT KINDNESS CAN ACCOMPLISH MUCH. AS THE SUN MAKES ICE MELT, KINDNESS CAUSES MISUNDERSTANDING, MISTRUST, AND HOSTILITY TO EVAPORATE.” Albert Schweitzer

Did you know that there are organizations that develop school curriculum to teach kindness to children beginning as early as pre-school. In fact, more than half of U.S. states have now articulated learning standards (sometimes called “competencies” or “benchmarks”) for Social and Emotional Learning a.k.a. SEL. During our cottage conversations and other interim work I ask that we seek always to be kind. Here are a few ways to teach and to practice kindness:

Be an Example of Kindness

Promote Kindness Through Selfless Habits and Experiences

Help People Understand That Kindness Isn't Always Easy

Focus on How It Feels To Be Kind

I look forward to continue to grow in kindness and love as a church.

Faithfully submitted,

Kirsten Bahlke—Council of Trustees (COT) Chair





Annual Meeting of the New York Conference, May 31-June 1, 2024, Binghamton, NY

It was a pleasure to serve as a delegate at the recent annual NY conference, along with lead delegate Melva Victorino and Pastor Arlen Vernava. The conference theme was “Woven Together: Ties That Bind,” emphasizing the practice of three overlapping goals in our churches: equipping, encouraging, and empowering members to live into the gospel through radical welcome, doing justice, and putting love at the center of all that we do. Easier said than done, I realize, but this conference meeting reminded participants of the UCC covenant with these core values.

The conference began with a continuing education opportunity—three courses that lay leaders and ministry could choose from. I took the course “The Progressive Church in an Anxious and Divided Country” led by Rev. David Kaden, Senior Minister at First Congregational Church in Ithaca, NY, which explored strategies for maintaining a strong church body in this age of AI and increasing polarization. In small groups, participants shared how their communities are responding to social media echo chambers, whether through dialogues, youth groups, or just peace work. Some have shared that ONA (Open and affirming identity) has increased the diversity in their churches. Others expressed concern that technology algorithms cater to our likes and dislikes, further entrenching differences or extreme positions. As a result, some have left the Church, as we learned that 28% of U.S. adults are now religiously unaffiliated. How can we continue to grow considering these shifting trends? Rev. Kaden answered this question by drawing from the Book of Revelation, a favorite course he took in seminary; he corrected Google’s definition of Revelation as a destructive apocalypse, asserting instead that the Book both presents the undoing of a world rebuking God and the vision of a world living in accordance with God’s will. He gave compelling examples from current times of God’s will “done on earth as it is in heaven” – a rich topic for study and group discussion for UCC churches.

Next was the business meeting, where the body voted on the 2025 conference budget; the proposed changes to the By-Laws of the NY Conference; a slate of nominees for Conference Board and General Synod delegates; and a Resolution of Witness in response to the Christian Persecution in India. With the latter resolution, members of UCCNY were urged to contact Congressional representatives to condemn the destruction of Christian churches and schools in the Northeastern state of Manipur, which is led by India’s Hindu Nationalist party; this resolution is not to condemn mainstream Hinduism, but only the nationalist party persecuting religious minorities.

Following the business meeting, we learned about this year's project-across-NY Churches: "Church Pollinator Gardens," wherein UCCNY churches can help the environment by planting a pollinator garden – more details to come. We also heard an uplifting "State of the Conference" address by the Rev. Dr. Marsha Williams, "Lord, Plant my Feet on Higher Ground," followed by Rev. Dr. Marsha's historical installation ceremony, as the first African American UCC NY Conference minister. It was a wonderful worship celebration in honor of this occasion, including music with the Exodus Praise Team and a full procession of all UCC ministers in attendance, including our own Rev. Vernava. The conference concluded with a festive luncheon in Rev. Marsha's honor.

GCCC is in a period of transition, but after attending the NY Conference, I realize two things: that we are not alone—many churches share this profile—and, more importantly, that transitional spaces can be advantageous. They give us opportunities to gather, reflect, share, and grow in new ways we may never before thought possible. My prayer for GCCC is that in the coming months, we identify "the ties that bind" our congregation together—those core values that follow "God's will on earth as it is in heaven"—and that we live into those values, staying bound and true to each other, despite challenging times.

Respectfully submitted,

Susan Cushman

The Annual Meeting of the New York Conference United Church of Christ
Woven Together: Ties that Bind
"A Cord of Three Strands is Not Easily Broken" Ecclesiastes 4:12c

Report by Melva Victorino – Delegate to the NY Conference

The 2024 Annual Meeting (AM) of the NY Conference UCC was held on May 31 – June 1 at Binghamton, NY. It was filled with joyful moments of renewing friendship with colleagues, old and new friends, visitors from across the country and across the ocean.

In my more than three decades of representing our church at the AM of the Conference I always return home invigorated, but for some special reason this past AM was different. There was an unexplained feeling of lightness and joy in my heart. It took me several days to come down from that mountain-top experience.

It all started the first night when I went down from my hotel room to the area where we were going to gather for the two-day event. I hesitated to go down imagining that the place would be dark and deserted. As I checked on the display area to determine how much room I had for the poster display boards, folks started coming down the hallways. Friends I haven't seen for years, colleagues I have been seeing only on Zoom meetings, and folks I haven't met before warmly greeting me like old acquaintances.

"Ah, I'm beginning to feel at home," I said to myself.



That is how it feels whenever I attend the AM or any other events to represent our church. What made this AM so filled with awesome joy was highlighted by the installation of Rev. Dr. Marsha E. Williams as our conference minister. Marsha is no stranger to GCCC. She has twice graced our pulpit as guest preacher and conducted workshops, even virtually once when she tested positive with Covid.

I have known Marsha for many years, and I never have seen her shed tears in any emotional moment but during the prayers and laying of hands declaration, tears were flowing uncontrollably. Those hands were an affirmation that she will not walk alone as she leads the Conference to a new pathway into the future. Pastor Arlen Vernava represented us with all the clergy on the laying of hands, signifying that GCCC will walk with Marsha in our own transitional journey.

Guests from other Conferences came to participate and deliver greetings. The Rev. Hoger Kamlah and his wife, Elke, and Rev. Detlev Knoche from Frankfurt, Germany brought greetings from the Evangelical Churches of Hessen and Nassau (EKHN). Rev. Holger is the Dean of Frankfurt and Offenbach and Rev. Knoche is the Ecumenical Director of the Zentrum Center of the EKHN. All three of them had been to our church several times and GCCC had sent youth to events sponsored by EKHN. The EKHN has been the covenantal partner of the Conference for 20 years and still going strong.

The Evangelical Church Berlin Deanery EKBO/KKBS had a last-minute cancellation but there was a display for the signing of the renewal of the covenantal partnership agreement signed by Rev. Dr. Marsha E. Williams, Rev. Dr. Silke Radosh-Hinder (Superintendent) and Christoph Schmid (Transatlantic Partnership Coordinator MA) during the UCC General Synod held in Indianapolis in 2023.

The New York State Council of Churches (NYSCOC) presented a workshop on what the churches could take advantage of to save on energy with solar power. Informative resources and tools for community organizing and legislative actions for faith-based organizations are available on their website: NYSCOC.ORG.

The Exodus Praise Team of St. Albans UCC added to the festivity with praise and music that had everyone tapping their dancing shoes, clapping with the rhythm of each tempo and musical beat. Reports were approved without any controversies, AV systems worked well, food was delicious, hotel staff were very efficient, the accommodations were substantial, surrounding places were accessible, parking was free. There was nothing I could complain about. IT WAS A GREAT ANNUAL MEETING. The 2025 AM will be in Albany, NY. Date TBA.

As we greeted each other during my several trips to Frankfurt, I wish you, "May the God in me, the God in you bring peace to each other until we meet again."



Zoom Spring Metro Association Meeting Reports
May 16, 2024, 6:00 – 8:30 pm and June 20, 2024 – 6:00 pm
Theme: “Lay aside every weight” Hebrews 12:1

Report by Melva Victorino

The May 16, 2024, Spring Meeting of the Metro Association was held on Zoom with an opening worship. The business meeting was called to order after a declaration of a quorum by the registrar. Only delegates and clergy stayed in the virtual meeting room, while visitors stayed in the virtual fellowship room. Reports of committees and boards were accepted and approved. A 67-page packet of documents has detailed information on the Fall Meeting 2023 and the actions on budget, the personnel committee report, task force, the job description of a part-time Administrative Coordinator, and the election and reelection of the officers. It was a very challenging meeting especially with the Commission on Ministries report on page 53 of the packet where 2 clergy lost their ministerial standing as a result of fitness reviews: one effective December 2023 and the other in January 2024.

The president of the Board of Director (BOD) of the Metro Association removed herself from being reelected then resigned as president.

With the position of the BOD president being vacant, two nominations on the floor were accepted.

Ms. Yvette Wynn and Rev. Susan Switzer were nominated. It was moved that there be a special meeting be held for other nominations and to receive the bios, goals, plans of actions, and background experiences of nominees.

The meeting was adjourned at 9:25 pm. The Special Meeting to elect the new president will be announced after the Executive Committee of the Metro Association meets.

June 20, 2024, at 6:00 pm Special Meeting to present the nominees, credentials, individual presentation, and Q & A's.

Nominees were:

- Ms. Yvette Wynn
- Rev. Susan Switzer
- Rev. Karim Camara

The Information for each candidate was sent to delegates and voting clergy on June 14. Each candidate addressed the voters up to five minutes followed by Q's & A's up to 10 minutes oral responses from the candidates. The questions were typed in the Q & A tab and read by Vice Moderator Rev. Ron Wells.

For the election, the names of the candidates appeared on the zoom screen and voters clicked on one name of their choice.

The results of the election were:

Ms. Yvette Wynn - 60%
 Rev. Susan Switzer – 20%
 Rev. Karim Camara – 10%

Ms. Yvette Wynn is the new president of the BOD of the Metro Association and was installed the same night by Rev. Dr. Marsha E. Williams. Upon request, I can provide Yvette's information.

GCCC were represented as voting delegates by Robin Laisure, Susan Cushman, Melva Victorino, and Pastor Arlen Vernava.



MINISTRY ACTIVITIES

News from our Sunday School & Youth Groups



MIDDLE SCHOOL YOUTH GROUP CO-LEADER NEEDED

This position is open to anyone in the congregation that is interested in working with the church's youth! The commitment is 2 evenings a month (beginning in October, most likely Sunday evenings). We play games, read the Bible and eat snacks. If you are interested or have any questions, please email Amanda, adas@thegccc.org.



FAMILY NIGHT EVENTS - ALL ARE WELCOME TO ATTEND!!

July 9th, from 6:30pm-8:30pm is our next Board Game night. This event is open to everyone. There will be board games available for young and old alike. Snacks will be provided. We hope to see you all there! You can sign up here: <https://www.signupgenius.com/go/904084BACAD2EAA8-49920970-family>

July 20th, starting at 6:30pm. The **whole church is welcome** to come out and support Long Island's very own baseball team the Ducks! There will be fireworks after the game! We would like to get tickets soon so that we can all sit together, so please RSVP ASAP. **Please sign up here if you want to attend (money to be collected at a later date):** <https://www.signupgenius.com/go/904084BACAD2EAA8-49921617-family>



SUMMER SUNDAY FUNDAYS

Summer Sunday Fundays have begun! We are looking for adult volunteers to help out. We do fun crafts and play games with 3 year olds through 5th graders. The remaining scheduled dates are July 14th, 21st and August 4th and 11th. If you are available for any of these dates or want more info please reach out to Amanda, adas@thegccc.org.



MISSION TRIP SUNDAY

July 21st is our Mission Trip led service. Come welcome back our Mission Trippers after their week in Knoxville, TN. Hear about their experiences and what the week meant to them.

MINISTRY ACTIVITIES

Men's Breakfast



All men of the church and their visitors are welcome; it is an opportunity to enjoy relaxed fellowship and conversation over a shared meal. **Next meetings are on July 6th and August 3rd at 8:00 am at the Carle Place Diner—151 Old Country Road in Carle Place. Reservations are not needed.**

Tuesday Prayer Service

The Prayer Service welcomes anyone who wishes to join us. We are meeting in the Chapel Tuesday mornings at 9:30 am. Please email the office, George Bashian or Rev. Arlen G. Vernava if you have a prayer request.



All requests are kept confidential.

Worship Ushers or Liturgists Opportunity

Perhaps you love to greet and welcome and lead, and work best as part of a team? Reach out to the *Ministry Committee* or *Pastor Arlen*, or email churchoffice@thegccc.org.



GC Community Church Tech Team



We are looking for youth (and the otherwise young-at-heart) to contribute to bringing our weekly services, special services, and other content to our homebound and our away-from-home members. This is also our chance to reach out to those seeking a new church home. But we cannot do this alone, we need your help, or your children's help in making this happen. Absolutely no experience required, and while we will guide newcomers, we will also gladly take advice from the old sages.

Contact Steve Short, Tim Martens, or William Stone

Or Just join us some Sunday, in the balcony!

MINISTRY ACTIVITIES

Worship Altar Flower Donations



A \$50.00 dollar donation provides a gift of love! Use this link:

<https://www.gardencitycommunitychurch.org/give> and go to the online giving 'quick give' and choose the dropdown line: 'Give to 2024 Flowers' - or - hand deliver or mail to The Garden City Community Church.

Sign up: <https://www.signupgenius.com/go/904084BACAD2EAA8-46046622-2024> Include the wording you wish us to include in the Order of Worship.

2024 Fellowship Hour Sign Up

Hosting Refreshment and Friendship after worship conversation - Perhaps hospitality and hosting are your passion. Schedule two ways: notebook in the Parlor or:

<https://www.signupgenius.com/go/904084BACAD2EAA8-46048741-2024> Questions?

Reach out to *Ministry Committee* or email churchoffice@thegccc.org

Fund a Refreshment and Friendship conversation time:

<https://www.gardencitycommunitychurch.org/give> and go to the online giving 'quick give' and choose the dropdown line: 'Give to 2024 Fellowship'.



Short Bios on our New Church Members

Maximillian Hill is a native Long Islander, a technology enthusiast and a person of faith. He is a first-generation graduate of Loyola University Maryland, a Jesuit University located in Baltimore. He currently serves at the City University of New York, helping computer science students land great career opportunities in the technology industry. Additionally, he is the host of the Built In The Bronx podcast. When he has free time, he enjoys exploring new places, connecting with friends and family, and digging into a good read.

Suzanne Roche is a GCCC Sunday School teacher who works as a director at a human services nonprofit in Manhattan. She lives locally with her husband Jeremy and two sons, Ryan and Dylan.



MISSION EVENTS

Bi-weekly Food Collections will be given to the INN during the summer

The LICC Emergency Food Pantry is still looking for a new home so while they are looking, we will give our food donations to the Interfaith Nutrition Network (INN.) The INN is located at 100 Madison Avenue in Hempstead.

Once the LICC Emergency Food Pantry finds a new home we will return to giving them our donations.

Our next scheduled donation dates are July 10th & 24th. Please drop off your non-perishable food items on these dates before noon on the Whitehall Blvd. porch. If you want to sign up to be a driver (to deliver our donations), please sign up here:

<https://www.signupgenius.com/go/904084BACAD2EAA8-46044897-2024>



Lions Club International

We are still collecting usable eyeglasses and hearing aids for the Lions Club International. The donation box is located in the church building hallway.



Mission Trip—Knoxville, TN

Twenty-two of our youth and leaders will be serving an underprivileged community in Knoxville, Tennessee, from July 14th through July 20th. They will come together to live in service, and worship, and create bonds which will last a lifetime. Our Mission Trips are truly transformative and contribute to strengthening the bond that each of the participants have with our church for years to come. **We hope that you will join us at the July 21st, 10:30am, service to hear all about their experiences and welcome them home.**



News About the Building

Rob Sipkin and Kristian Rhein have finished pruning the bushes around the building.





NEWS FROM THE OFFICE

HAVE YOU CHANGED ANY OF YOUR CORRESPONDENCE INFORMATION LATELY?

Moving or preparing to move?

Do you have a new address, a new phone number or a new e-mail address?

Do you want to receive our weekly e-blasts about all the activities going on in the church?

Are you getting the mailings from the church?

Please let the church office know if any of your information has changed so that we can stay in touch with you! We are updating our files and want to make sure we have the correct information.

PRAYERS FOR PASTOR ARLEN TRAVEL MERCIES & VACATION TIME

Friends, I am casting a fly-fishing line in water just below the Tenecomo Dam between the 14th through the 20th. Branson, MO. Thirty-fifth year - consecutive - fishing with my two best friends and brothers in Christ.

Noel Vanek will lead worship and bring the sermon message July 14th.

Missioners and their leaders will help lead worship July 21st.

After August 4th I will renew and rest upstate at my other home, where my wife lives, "Garden City Community Church north," returning in time to lead Labor Day Sunday worship.

ON-LINE GIVING UPDATE

Garden City Community Church has partnered with Breeze Church Management Systems to support our *On-line Giving Initiative*. If you would like to set up "Recurring Contributions" or make a "Onetime Contribution" to support our many Ministries, please click on the link below. Our online giving platform allows us to align our congregational giving with our member data base, resulting in greater efficiency and clarity for Church Members.

<https://gcc.breezechms.com/login/create>

Giving can also be accessed through GCCC website via the "GIVE" button

<https://gardencitycommunitychurch.org>

**Online
Giving**



We appreciate your support in our efforts. If you have any questions or concerns, please call Liz or Kim in the office (516)746-1700.

Musical Ensembles September through June

Adult Choir – Open to H.S. students through adults. Rehearsals are on Thursday evenings from 8:00 pm – 9:30 pm.



Youth Choir – Open to grades 3-8. Rehearsal are Sundays from noon to 12:30pm. Performs 1 Sunday a month at the 10:30 am service before Sunday School dismissal.



Handbell Choir – Open to H.S. students through adults. Rehearsals are Thursday evenings from 6:45 pm – 7:45 pm in modules. Performs 4 times a year.



Youth Band – Open to H.S. students through adults. Rehearsals are 1-2 Saturday mornings per month. Performs 1 Sunday or Special Occasion per month.



For more information contact Frank Crosio, Minister of Music at music@thegccc.org



Summer Sunday Funday!

DATES:

- ★ June 9th
- ★ June 16th
- ★ July 14th
- ★ July 21st
- ★ August 4th
- ★ August 11th

During the 10:30am service!

**COME HAVE FUN WITH US THIS
SUMMER!**

VOLUNTEERS NEEDED!



AMERICANA FAIR

Saturday, November 9, 2024

10 am – 3 pm

GARDEN CITY COMMUNITY CHURCH

245 Stewart Avenue at Whitehall Blvd.

Garden City, NY 11530

(516) 746-1700

Free Admission

Contact:

Chair: Cindy Campbell cindala86@gmail.com

Sorting: **VOLUNTEERS ARE NEEDED!!**

Youth Coordinator: Robin Laisure rblaisure421@gmail.com

SILENT AUCTION--Antiques, Collectibles

SHABBY/CHIC

ACCESSORIES

ATTIC TREASURES

HOLIDAY & GIFT BOUTIQUES

LINENS, LAMPS, CHINA, SILVER,

JEWELRY

TOYS, PICTURES, FRAMES,

GOURMET SHOP

BISTRO LUNCHEON or Hot Dog Tent





UPDATE FOR JULY 2024
 NOW WITH SECURE, VIRTUAL COUNSELING SESSIONS
 AVAILABLE FOR ANY NEW YORK RESIDENT

Prepared especially for LCC Congregations & Schools

Imposter Syndrome

By Francesca Navarro

One of the basic components of cognitive behavior therapy (CBT) is that human beings have a tendency to develop irrational and self-deprecating narratives. Through therapy, we can recognize we have the ability to change our self-talk into an empowering narrative. As a therapist who primarily practices CBT, it is often my job to assist clients in recognizing and countering their irrational and unhelpful thoughts.

Have you ever sat in a room and felt like you did not belong? Have you ever been asked a question, given an answer, and then questioned whether or not you are qualified to even answer the question? These irrational thoughts can be challenging to identify and confront. It can become difficult to discern what is true even when others encourage and support our skills. We are our own harshest critics.

This experience is called Imposter Syndrome. It is an inner voice trying to convince you that you do not belong in a space you have worked hard to be in. Imposter syndrome manifests in different ways. Common triggers are a new job, new colleagues, or a newly obtained promotion. It is difficult to admit these feelings because at the core, we are afraid others will find out we really are a fraud.

Studies show that “70% of adults experience Imposter Syndrome at least once in their lifetime,” (Psychology Today, 2024).

“70% of adults experience Imposter Syndrome at least once in their lifetime”
Psychology Today, 2024

Whether we are recent grads or seasoned professionals, this can cause anguish and make us feel as if we do not belong and are not qualified.

Imposter syndrome causes individuals to focus on their inadequacies as opposed to their successes. This creates unrealistic standards and leads to unrealistic pressure. In turn, this can impact our mental health and create anxiety or depressive feelings (Weir, 2013).

Unaddressed Imposter Syndrome will not only lead to feelings of incompetence and self-doubt, but also may lead to not taking well-deserved roles or engaging in well-deserved relationships. It can limit your ability for success.

We need to stop the waves of self-doubt. Do not allow them to become a tidal wave that stops us from being productive and reaching our fullest potential.

“Overcoming imposter syndrome involves changing a person’s mindset about their own abilities” (Psychology Today, 2024). It is important to engage in positive self-talk related to your role and career. When the thoughts start rolling in and you cannot manage to see your seat at a table, I invite you to change the narrative!

Here are some helpful narratives.

“I have earned all the necessary tools to be here.”

“I have a unique and helpful perspective on this situation.”

“Acknowledging that I don’t know it all, helps me to grow and stay open to learning more.”

To the question I ask myself— am I good enough? Michelle Obama offered this advice as far as assuming others are better than we are. “I have been at probably every powerful table that you can think of, I have worked at nonprofits, I have been at foundations, I have worked in corporations, served on corporate boards, I have been at G-summits, I have sat in at the U.N. They are not that smart.”

This month’s Counselor’s Article is by one of our newest counselors, Francesca Navarro, MHC LP, who specializes in Cognitive Behavioral Therapy(CBT). Francesca sees children and adults at our Bronxville location.

Call the Lutheran Counseling Center at 516-741-0994 or 1-800-317-1173 or e-mail us at Center@lccny.org for more information or to set an appointment.

July



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Trustees (COT) Meeting 7:30 pm F&A Zoom Meeting 8:00 pm	2 Prayer Service 9:30 am Prayer Service Card Burnling/Brunch 10:30 am	3	4 Office Closed	5	6 Men's Breakfast 8 am Carle Place Diner
7 Sunday Service 10:30 am Sunday School Not scheduled Fellowship Hour 11:30 am	8	9 Prayer Service 9:30 am Board Game Night 6:30 pm	10 Food Donation drop-off for INN before noon	11	12	13
14 MISSION TRIP Sunday Service 10:30 am Church School Summer Funday 10:30 am Fellowship Hour 11:30 am	15 MISSION TRIP Trustees (COT) Meeting 7:30 pm	16 MISSION TRIP Prayer Service 9:30 am	17 MISSION TRIP	18 MISSION TRIP	19 MISSION TRIP	20 MISSION TRIP LI Ducks game 6:30 pm
21 Mission Trip/Sunday Service 10:30 am Church School Summer Funday 10:30 am Fellowship Hour 11:30 am Ministry Meeting 12:00 pm	22 Prayer Service 9:30 am	23 Prayer Service 9:30 am Food Donation drop-off for INN before noon	24	25	26	27
28 Sunday Service 10:30 am Fellowship Hour 11:30 am Sunday School Not scheduled	29 Trustees (COT) Meeting 7:30 pm	30 Prayer Service 9:30 am	31			