



March 23, 2020

SPECIAL POINTS
OF INTEREST
Mental Health
CDC Checklist

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First Christian Church News

(Disciples of Christ) Emporia, KS

VOLUME 69 NO. 7

MARCH 23, 2020

Reflections

Psalm 108

A Song. A Psalm of David.

My heart is steadfast, O God, my heart is steadfast;

I will sing and make melody.

Awake, my soul!

Awake, O harp and lyre!

I will awake the dawn.

I will give thanks to you, O Lord, among the peoples,

and I will sing praises to you among the nations.

For your steadfast love is higher than the heavens,

and your faithfulness reaches to the clouds.

Last night the news hit home—Lyon County reported its first 2 cases of Coronavirus. This news reminds us that we need to continue to follow guidelines for good health. More than ever, it will be important to pay attention to precautions and safety measures laid out for us by the government and other agencies.

Through the season of Lent, our Lectionary Gospel scriptures give light to Jesus' signs so that we might come to believe. Every time Jesus heals someone, we are to see that his miracles are from our mighty, powerful, loving God. The blind man sees (John 9:1-41), the lame man walks (John 5:1-47), and this week, Lazarus is raised from the dead (John 11:1-45).

What a mighty God we serve. In this time of uncertainty, we can draw from the well of these powerful stories in John to remind ourselves of our awesome God. God is with us as we stay in our homes to protect our families, our friends, and ourselves using protective health precautions. God is with us as we keep vigil in our prayers. God is with us and with those who have been infected with Coronavirus—those who have mild cases and those who are in serious condition. God is with us and the families who have died. God is with us and the hundreds of thousands of people who have recovered. God loves us and all humanity so much and remains our faithful constant in our worry-ness and weariness.

When we see the steep cliffs above us as we walk through this valley, we remember that God has promised to be with us—God comforts and guides us (Psalm 23).

Let us remember to take care of each other—telephone each other often to offer a word of good cheer and hope. Share scriptures, encouraging poems, the lyrics to hymns and songs of praise, a joke, or a riddle. Be yourself, stay home and safe, and don't forget to smile! Remember to always give thanks to God!

“Rejoice in the Lord always; again I will say, Rejoice” (Philippians 4:4)

You are in my constant prayers. The Lord bless you and keep you always.

Pastor Lorraine

Join us for At Home Worship

Beginning this Sunday, March 29, you will have 2 options to choose from to worship at home.

At Home Worship on Facebook

Beginning this Sunday, March 29, join us for worship on Facebook! Pastor Lorraine will give the message entitled, "From Fear to Faith." This week's scripture is John 11:1-45.

At Home Worship via Email

Please join us for worship this Sunday, March 29 via email. You are encouraged to open your email at 10:30 a.m. to be part of our worshipping community. Just sign-in and let us know you are with us.

Upcoming Serving Schedule



Mar. 29, 2020—5th Sunday in Lent

Elder ~ Judy Moore

Worship Leader ~ Cameron Moore

Apr. 5, 2020—6th Sunday in Lent

Elder ~ Jaylene Arnett

Worship Leader ~ Barb Gimple

So far in March the Food Pantry has helped - **39 families**, consisting of **81 people** with food, plus **various other items**. Of those families, **13 were new** to us.



Our pantry continues to be a lifeline for those in our community.

Lonnie Atchison (*cancer*); **Lea Beers** (*medical*); **Glenn Boyce** (*medical*); **Lisa Cress** (*uterine cancer*); **Lynn Cress** (*heart surgery*); **Marilyn Dalton** (*sprained ankle*); **Wanda Davis** (*hip rehab*); **Joe Denson**, (*hip surgery*); **Brooke Franklin** (*cancer*); **Brad Jones** (*heart problems*); **Steve & Ramona Langley** (*brother-in-law and sister of Betty Richardson*); **Joe Lozier** (*brain tumor, father of Jen Dalton*); **Steve Martin** (*stem cell cancer treatment*); **Jeanice Miller** (*sciatic nerve pain*); **Betty Pierson** (*medical, no calls please*); **David Smith** (*cousin of Jeanice Miller, diabetic amputation*); **Andrea Vandruff** (*kidney issues*); and **Aubrey Wescott** (*stomach problems*).



Keeping the World in prayer

The Coronavirus continues to spread throughout our communities and states in the United States. The U.S. is now third in the world in the number of cases of the COVID-19. Please pray for the hundreds of thousands of people who are infected, the thousands who are in serious condition and for the families and friends of the tens of thousands who have already died. Please give thanks to God for God's presence as governments seek to protect their people through safety measures and please remember to give God thanks for the tens of thousands of people who have recovered. Please keep each other in prayer.

Thoughts to Ponder

Don't be ashamed to say what you are not ashamed to think.
 Count all your blessings. Sometimes the smallest ones are worth the most!
 Don't give up—look up!

Attendance and Giving Record

ATTENDANCE & GIVING RECORD

March 15, 2020 SS canceled / Worship 52

March 22, 2020 At Home Worship 22+

GIVING RECORD

Mar. 15, 2020~Offering \$1,172.60 / Building \$82.00

Mar. 22, 2020~Offering N/A / Building N/A



April Anniversaries

- 16 Reese & Breann Johnson
- 17 Nik & Sarah Roth

March Birthdays

- 29 Dorothy Matile
- 31 Mary Volland



April Birthdays

- 07 Briana Becker
- 08 Debbie Davis
- 08 Porter Garnett
- 13 Dina Breckenridge
- 15 Gavin LeClear
- 18 Diana Solis
- 20 Jim Siebert
- 21 Tammie McDiffett
- 22 Kohlby Ketchum
- 24 Kara Horton (Office)
- 24 Gale Kelley
- 24 Betty Richardson
- 25 Andy Kuhn
- 30 Wanda Davis



THE SECRET PLACE

Devotions for Daily Worship
The Spring 2020
(March, April, May)

Secret Place daily devotional
books

have arrived and are located on
the hall table.

Still only \$1.00 per
copy so get yours
today!



Mark The Dates

Until further notice, all scheduled “in-person” meetings are cancelled. Alternative meeting methods such as conference calls, meetings on Zoom, meetings through email, etc. will be used.

Lectionary Schedule

Mar. 29—May 3, 2020

Mar. 29, 2020—5th Sunday in Lent

- Ezekiel 37:1-14
- Psalms 130
- Romans 8:6-11
- John 11:1-45

Apr. 5, 2020—6th Sunday in Lent

- Psalms 118:1-2, 19-29
- Matthew 21:1-11

Apr. 12, 2020—Easter Day

- Acts 10:34-43 or Jeremiah 31:1-6
- Psalms 118:1-2, 14-24
- Colossians 3:1-4 or Acts 10:34-43
- John 20:1-18 or Matthew 28:1-10

Apr. 19 2020—2nd Sunday of Easter

- Acts 2:14a, 22-32
- Psalms 16
- 1 Peter 1:3-9
- John 20:19-31

Apr. 26, 2020—3rd Sunday of Easter

- Acts 2:14a, 36-41
- Psalms 116:1-4, 12-19
- 1 Peter 1:17-23
- Luke 24:13-35

May 3, 2020—4th Sunday of Easter

- Acts 2:42-47
- Psalms 23
- 1 Peter 2:19-25
- John 10:1-10



Taking Care of Your Mental Health in the Face of Uncertainty

Dr. Doreen Marshall, AFSP Vice President of Programs

It's important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

1. ***Separate what is in your control from what is not.*** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).
2. ***Do what helps you feel a sense of safety.*** This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
3. ***Get outside in nature—even if you are avoiding crowds.*** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
4. ***Challenge yourself to stay in the present.*** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
5. ***Stay connected and reach out if you need more support.*** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

We are in this together, and help is always available. If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.

Retrieved from: <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Checklist for Individuals and Families

Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>

PLAN AND PREPARE

Get up-to-date information about local COVID-19 activity from public health officials

Create a [household plan of action](#).

- Consider members of the household that may be at greater risk such as [older adults and people with severe chronic illnesses](#).
- Ask your neighbors what their plan includes.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Choose a room in your house that can be used to separate sick household members from others.

Take everyday [preventive actions](#):

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces
- Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

TAKE ACTION

Put your household plan into action

- Continue to practice [everyday preventive actions](#)
- [If someone in the household is sick](#), separate them into the prepared room
- [If caring for a household member, follow recommended precautions and monitor your own health](#)
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the emotional health of your household members, including yourself.

*Continued on next page.

First Christian Church
Lorraine W. Bailey,
Transitional Minister



“The mission of First Christian Church is to inspire each other to reach out to the un-churched and to serve and share with our community by proclaiming the Gospel of Jesus Christ.”

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Office Hours

8 a.m. until Noon, Monday through Friday.
Pastor Lorraine—8:00 am to 11:00 am, Tuesday through Friday. Afternoons by appointment.



Next Newsletter Deadline
Apr. 6, 2020 & Apr. 20, 2020



March-April 2020

22 10:30am At Home Worship	23 Newsletter Deadline	24	25 5:30pm Facilities Meeting	26 5pm Elders Meeting 6pm Christian Ed	27	28
29 10:30am At Home Worship	30	31	Apr 1 10:30am Lyon Co. Ministerial Alliance	2 10:30am Emily Prouse Cooking Class 5pm ESU Cook Healthy, Eat Well Class 5pm Leadership Team	3	4 8am Simmons Birthday Parties
5 Easter Special Offering Palm Sunday 10:30am At Home Worship	6 Newsletter Deadline 1:30pm Emily Prouse Cooking Class 7pm Boy Scouts	7	8 9:30am NE KS Clergy-Topoka 6:15pm Stewardship Committee Meet	9 Maundy Thursday 10:30am Emily Prouse Cooking Class 5pm Elder's Study 7pm Maundy Thursday Service	10 Good Friday 12pm Stations of the Cross	11

***Checklist for Individuals and Families continued.**

Take additional precautions for those at highest risk, particularly older adults and those who have severe underlying health conditions.

- Consider staying at home and away from crowds if you or a family member are an older adult or have underlying health issues
- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- When you go out in public, keep away from others who are sick and limit close contact with others
- Practice good hand hygiene