

Friday, March 20, 2020

Dear siblings in Christ Jesus,

In this rapidly changing time of uncertainty and fear, we are called to be the church to the suffering in our midst. So while we are all pulling in to care for ourselves and our families, I remind you that kindness, connection, and compassion have not been canceled!

During this time, continue to be the presence of Jesus Christ to one another. Please check on one another through emails and phone calls. This is so vital. I ask that you go through the church directory and pick 2 people to pray for, check in with and offer to run errands for.

Some of you might want to take one page of our directory each day and pray for the people on that page. I continue to be available to anyone in need. This is a time for us to be in prayer, in bible reading, and holy listening for God's word for us in these days.

Know that I am only a phone call away. Let us continue to pray for an end to COVID 19 and for a cure. Please wash your hands, stay at home as much as possible, and let us all be a resource to those who are the most vulnerable.

I invite you for a time of quiet prayer, I invite you to find a comfortable place to sit with your back straight and your legs planted on the ground. Take a few moments to breathe in and breathe out. Spend this time centering yourself to listen to what God may be saying to you during this time of prayer, to listen to what rises up in your heart. Close your eyes for a few moments. As you sit with your eyes closed, use these or similar words: "Here I am, Lord. Here I am." When you are ready, open your eyes and pray.

I leave you with these words from Paul's letter to the Philippians: "Don't be anxious about anything, rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Jesus Christ. From now on friends, focus your thoughts on these things: all that is pure, all that is lovely, and all that is worthy of praise." (Phil 4:6-8)

May the Lord bless you and keep you. May the Lord heal you and watch over you and keep you healthy now and always.

Pastor Pablo

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