

KPUMC WEEKLY UPDATES

March 19, 2020



SUNDAY IS COMING

I will not be writing a sermon this week.

It's a new day! I'm not speaking of the day of the week. I'm referring to this new way of living our daily lives.

I have had a few emails inquiring about my wellbeing. So I will attempt to create a word picture.

I am practicing social distancing. I have learned I am getting better at judging 6 feet.

I am working out of my home the majority of the time, but I go to the church for some things. I am learning its lonely without my people stopping by. I miss you.

I am practicing my spiritual disciplines with greater intention. They are my lifeline during this unusual time. Scripture, prayer, reading devotions, listening to music, etc keep my heart focused on God. It helps anxiety, fear, uncertainty and the whole array of emotions we are all feeling, including me.

Seminary and 23 years of local church ministry did not prepare me for this season of ministry. It is like walking into a darkroom with your eyes squinting. I am "feeling my way."

I have attempted a couple of videos and put them on our Facebook page. I know is that most of my people do not use social media. My heart says that if just one person is encouraged I have accomplished something.

I am writing regular emails trying to keep us connected while we are separated. It feels like a long journey, with things worsening, but faith says, "this too shall pass" and God is our companion.

At this time I am continuing my physical therapy twice a week. The countdown is on....6 days and the sling goes away! It has been my companion since January. I am definitely ready to say so-long, far well....

Please remember I am available by email, phone and text. If you need to hear another human voice give me a call. I will be making calls too.

Blessings and prayers for each of you and the world. Jackie

Kenwood Park United Methodist Church
Sunday Worship—9:00 a.m.

A community where faith grows, hope is found, and love is demonstrated.

March 19, 2020

KPUMC Members,

Each of you should have received a letter delivered to your mailbox this week from Leadership Council Chairman Jerry Bair and Pastor Jackie. (your physical mailbox, not email box)

The letter details the decisions and actions at KPUMC in response to the Corona Virus restrictions and precautions. There is also information on ways everyone can help support the church, as well as receive support that may be needed while we cannot gather together.

If you are a member and did not receive the letter this week, please email the church at: office@kenwoodparkumc.org, or call the church office at 319-365-6933, Monday through Thursday, 9 to noon. We'll double check your address and send another copy.

RESOURCES DURING THIS SEASON

The Annual Conference has compiled the following web page with worship services available for your viewing:

<https://www.iaumc.org/newsdetail/streamed-services-staying-socially-connected-during-covid-19-13526853>

(To open, right click on the above link, then click on "open hyperlink" in the list that will pop up.)

DAILY QUARANTINE QUESTIONS—to consider from IAUMC

What am I GRATEFUL for today?

Who am I CHECKING IN ON or CONNECTING WITH today?

What expectations of "normal" am I LETTING GO OF today?

How am I GETTING OUTSIDE today?

How am I MOVING MY BODY today?

What BEAUTY am I either creating, cultivating or inviting in today?

I will be reflecting on these questions each day. I invite you to join me. This practice of reflecting will help our mental health to remain strong during these stressful and anxious days. Jackie



We all know how important washing our hands for at least 20 seconds is, especially now.

And you probably know that singing

"Happy Birthday" twice, or one time through the "ABC song" is an easy way to time your sudsy 20 seconds.

But do you also know that you can add 20 seconds of Godliness to your cleanliness by singing the Doxology as you wash?

*"Praise God,
from whom all blessings flow;
praise Him all creatures here below;
praise Him above, ye heavenly host;
praise Father, Son, and Holy Ghost.
Amen."*