

Corona virus response update – March 23, 2020

How are you doing, really? What has changed for you? What is your emotional state trying to tell you? What do you notice in yourself that is different than a few weeks ago? Or possibly just days ago? What has changed that is out of your control? Work? Activities? Hobbies? Schedule? How are you coping? Are you eating healthy? Sleeping well? Feeding your soul and spirit too? Are you feeling isolated? How can you let people in on your real journey and assist them in sharing theirs?

We are created for relationship with God and each other. Don't do life alone. Find ways to connect with God. His word and his Spirit are never cancelled and always available. Do engage others as well. Put it in your schedule. Contact several other people each week to connect meaningfully. This will be a push for many of us. Take it on as a challenge to conquer, a critical and necessary step, an opportunity to seize! Whatever helps you push through and do it go for it. It will be a mutual blessing I am positive.

Who did you used to connect with regularly? Contact them. Who might be feeling more isolated, or overwhelmed, or whatever than you? Contact them. Contact a few people in the most personal way available. Maybe we need to rediscover that phones still make calls and not only texts. Think of our church family. Consider those of your generation, and those who are not. Think of those in our community. Contact several regularly, weekly a few possibly daily. Share authentically, ask and listen for understanding, and then pray for them. Yes, we can pray over the phone or facetime or however we are connecting. It doesn't have to be long just real.

We need it. Those around us do too. Don't journey alone. Encourage everyone in your household to connect with God and others. Then model it. Reach out for your own health. Reach out for the other's good. Reach out to obey and honor God. If we each contact a few we will bless many, and be blessed ourselves.

Ecclesiastes 4:7-12 NLT

⁷ I observed yet another example of something meaningless under the sun. ⁸ This is the case of a man who is all alone, without a child or a brother, yet who works hard to gain as much wealth as he can. But then he asks himself, "Who am I working for? Why am I giving up so much pleasure now?" It is all so meaningless and depressing.

⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. ¹¹ Likewise, two people lying close together can keep each other warm. But how can one be warm alone? ¹² A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

We are in the office regularly and available through all the usual means. Don't hesitate to contact us too. We love you and count it a very real privilege to journey with you.

CMBC Staff