

## **First United Methodist Church Updates**

### **March 19, 2020**

- Celebration of Life for Laura Chapa on Wednesday, April 1 has been canceled. Date to be determined.
- Reminder that all Worship Services and meetings have been cancelled through April 3<sup>rd</sup>.
- Continue to visit our website for more covid 19 updates and other information.

Dear Friends,

I hope this email finds you healthy and happy. Being stuck inside is not very fun, but there are so many ways that you can take advantage of your extra time. I'm spending time filing (two years' worth of paper), sorting through old photos, praying (never enough time for prayer), and trying to find creative ways of staying in touch with you.

There are two ways we can look at this situation, one is to be miserable. The second is to use this precious gift of unexpected free time to stretch yourself, mentally, emotionally, physically, and spiritually.

Being miserable never brings anything good, so ask to take a moment to decide how you might grow in each of the areas I listed above. Mentally, you might choose to learn something new (I'd like to learn Spanish), emotionally, are you sensing fear and anxiety about Covid19? Call a friend and share these concerns, hopefully easing some of your stress. Physically, take a walk! And, spiritually, ask yourself what act of Christian kindness you can perform this week to help someone else.

I am praying for each one of you every day, knowing that the Holy Spirit is with you and that you will find peace when you allow the Spirit in. And, remember to listen to our sermon podcast on our website ([lompocumc.org](http://lompocumc.org)) on Sunday morning. Finally, please let me know if there is anything, I can do for you in this time of waiting.

Peace and grace,  
Pastor Joy