

Dan's Musings March 18, 2020

By now we know about the coronavirus. I thought it might be helpful to every once in a while during the mid week, to share my thoughts. Hopefully they are helpful to you during this time of uncertainty and crises. And if you have something that the church community would benefit from, please pass it on. I am sure that you have articles and comments you could share with all of us through your own emails, or facebook or by sending them to the church office for us to pass on.

I suspect most of you have some information as to what is going on around the world as well as locally. And new information keeps being shared with us so we are learning new terms – like “flattening the curve,” “social distancing” and so on. We know that COVID-19 cases seem to double at least every 6 days in various locations. This means health systems are being and will be overwhelmed. And we’ve all heard lots of advice on washing hands, touching our faces, and on and on.

So I thought that we could support each other with emails and passing on helpful information – but especially encouraging news as well as hope filled information.

I will be continuing to have **sermons** each weekend on our web sight, initially to get us through the Lenten season.

And I will occasionally have something to share by **email midweek**, like these musings.

In thinking about our situation, I can’t help but reflect that we have looked at “**fear**” a number of times beginning last summer in our sermons and last summer’s children’s stories. It might be helpful for you to reflect on what you remember as well as use the North Star web site.

Also, I remember sharing that maybe this is the age where Christians need to become known as “the **people of hope.**”

I think this is true today. So despite the importance of isolating, we need to keep in mind the best ways **to help each other and our neighbors – demonstrate hope.** One way includes making sure the local food bank has food. Maybe, check on neighbors and people you know – to make sure they are doing all right. And, if you come across an inspiring article, story, testimony, devotional, or Bible verse – share it. I hear rumors of how people in this community supported each other in hard times in the past. Those would be good stories to share. They are testimonies about Jesus and illustrations of hope.

Most of us have modern ways of **communication** – let’s use them. After all, each of us needs to get in our 7,000 to 16,000 spoken words a day! We can do this by calling each other, reading Bible passages out loud; letting people close to us know we love them, and so on.

Another suggestion is: Don’t watch or listen to the news all day! Garbage in – garbage out! This is important for **mental, emotional and spiritual health.** With being involved in fewer activities, spending more time in prayer for each other and those places in real trouble around the world, Bible reading, uplifting stories, and so on, can help us be less fearful, more hopeful, and more able to encourage and help each other.

Lastly, I plan to continue, at this point, holding my regular hours and schedule at the church. And I am always available by email, phone, and at the office of home. When I’m in Regina – Rose’s phone number is – 306-551-2267. And I do have a home phone. Also, I’ll be using the phone for my visits. So any suggestions or questions, please ask. Blessings and Fear Not! Dan