



What's Happening at Bluffton Presbyterian Church

May 2020

Growing in Faith • Sharing God's Love

WORSHIP SCHEDULE

I want to thank you all for your continued participation and support of our online worship videos. We had quite the viewership for the BAMA Good Friday video and our Easter Morning video, and many viewers as well of the Maundy Thursday and Easter Evening services with communion. As a reminder, these videos, including a new video each Sunday morning at 10:30 AM, can be found on our [church Facebook page](#), and later posted to our [church website](#) as well. Thanks to Deacon Dave Van Eman for assistance in burning DVDs of our worship videos for Mennonite Memorial Home and others by request.

Worship Committee Request for Participation:

Did you enjoy our Palm Sunday worship service with so many familiar faces and voices? We're going to do more of that! If you want to be involved in putting together our online worship videos, please contact me or any member of our worship committee (Diana Winebar, Tanya Best, Jayne McGarrity, Lin Rumer, and Michelle Talavina.). In any case, they may be contacting you soon, too!

Sunday, May 3

Liturgist: Laura From

Sunday, May 10

Liturgist: Linda Sycks

Sunday, May 17

Liturgist: Carole Enneking

Sunday, May 24

Liturgist: Diane Winebar

Sunday, May 31

Liturgist: Laura From

Mark Your Calendars!

- May 1 – BAMA Prayer Circle for MMH at The Centre 11:00 AM
- May 3 – Sunday Morning Fellowship Zoom – 10:00-10:30 AM
- May 3 – Worship Video with Communion
- May 10 – Worship Video; Mother's Day; Celebrate the Gifts of Women
- May 14 – Session 7:00 PM (*back on regular schedule of 2nd Thursday*)
- May 17 – Worship Video
- May 21 – Ascension of the Lord
- May 21 – Deacons Meeting – 6:30 PM
- May 24 – Worship Video
- **May 24 – Newsletter Items Deadline.**
- May 25 – Memorial Day
- May 31 – Worship Video; Day of Pentecost; Confirmation Recognition
- June 7-11 –Community Vacation Bible School hosted by First Mennonite Church. Note this is earlier than years past. We will be seeking an alternative format for this year. More details to follow.



Your Deacons have provided their cell phone numbers below for the congregation's convenience. Please do not hesitate to call any of us, for needs you may have. The Deacons have been checking in on members. Hope to see you soon!

Tanya Best	XXX-XXX-XXXX
Craig Bowman	XXX-XXX-XXXX
Laura From	XXX-XXX-XXXX
Helen Hawk	XXX-XXX-XXXX
Dave Van Eman	XXX-XXX-XXXX

Pastor's Letter

Dear church family, it may be a while before we are all able to gather together. Even when we do, it will not be “business as usual” or “back to normal.” Worship will not look/feel/sound exactly like we had taken for granted. The ongoing COVID-19 pandemic will require us to take serious precautions for many months to come. This is not what we'd like. We want what we had before. And yet, that is simply not possible if we truly care about keeping one another safe from the novel coronavirus.

Therefore, we have the challenge (aka opportunity) to get creative with how we are a church.

Remember, the church is not “closed;” worship is not “cancelled.” The Church is still the people (just scattered instead of gathered); worship is still entirely possible (as we lift our hearts and minds to God in prayer with requests for our families and communities, listen to the words of scripture with fresh ears, belt our praises in song, and more) – thanks to the availability of sharing videos via the internet and mailing print materials. The church should never be equated with a building. While it would be wonderful to gather together in any space, we will persevere through this time of physical distancing. Let us do all that we can to maintain our spiritual connections with our siblings in Christ.

Keep the faith,

Pastor Karol

Confirmation Class Update

With the uncertainty of when we might be able to resume with full participation of in-person worship, we are going to forge ahead to finish our current round of confirmation classes! Pastor Karol and Tenna will meet with the confirmands over Zoom on the first three Sundays in May. Confirmation recognition during (online) worship is tentatively rescheduled for May 31, Day of Pentecost.



Star Word: Acceptance

Here is a star word reflection from one of our members:

Accept: to receive willingly, to agree to.

Acceptance: the act of accepting, the state of being accepted or acceptable.

The biggest acceptance in my life is that I lost the love of my life, my best friend that made me smile and made me feel loved like never before. He made me a stronger person and I enjoyed every day with my husband Bob. I've accepted that he won't be back and I have to do my best to enjoy life without him. It's better, but some days are still tough.

Like most people, I've also had to accept the loss of family members, and big changes at work. Recently, with the outbreak of COVID-19, I learned my job ended permanently. I've had to accept that I needed a new plan for my life as I'm not ready to totally retire so I'm planning on starting my own business. I'm getting excited for it and I know Bob is smiling down on me!

Betsey Angus

Easter Flower Donors

The Worship Committee would like to thank everyone for their contributions and join in offering prayers of Thanksgiving for the following who we remember in this season of Easter...

Dick Evans and Gerald and Rosina Kingsmore
by Judy Evans

Roy Pneuman by Mariah Pneuman

My mother Joyce Fischer by Julia Szabo

My husband Donald Thompson and my parents

Emory and Zola Basinger by Elaine Thompson

Our parents Ben Macias, Myriel Winebar and Bob Winebar by Diane and Clair Winebar

Highlights of April Session Meeting

- Approved Stewardship Committee's request to set up a Vanco account, providing capabilities to electronically accept church contributions to the church's CNB general checking account. Approved to cancel all in-person church gatherings until health and government officials indicate it is safe to meet in groups again. Clerk participated in MVP Zoom conference call - topic how churches were dealing with virus. Clerk will complete PCUSA questionnaire concerning COVID-19 pandemic.
- Treasurer Julia Szabo shared information concerning online giving/mobile app – links are posted on website. Ready to begin accepting donations using this format as an additional way to make contributions to the church. Committee sent out a letter to church family asking to continue making financial contributions as able during the time we are not meeting as a congregation. All salary staff members are being paid for the month of April. For donors with email address, they will receive 1st quarter giving statements via email. Donors who do not have email will be sent a statement by mail. There will also be a cover letter that accompanies the statements.



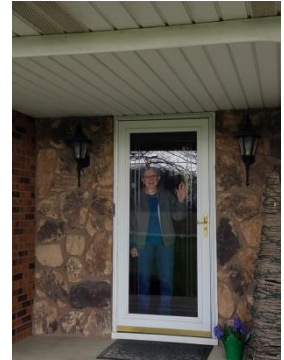
The 2019 financial records review/audit was started by the ONU students. Because students were dismissed (students sent home because of pandemic) before completing the financial portion of the review, the professor will finish the review and issue a report to us. Received a notice of discrepancies from state of Ohio on payroll taxes – will investigate further.

- M&R advised Pastor Karol to call Roto-Rooter for sewer backed up at manse - drilled out tree roots. Gary Lugibihl was contacted and he worked with Village to run a camera - said there may also be a problem with the village lines. Approved hiring Gary Lugibihl to repair manse sewer line - approx. \$1,500. Village will cover any expenses in their part of sewer line. Expect him to start project as soon as weather permits. John Marshall has agreed to mow church lawn at same price as last year.
- Due to the current suspension of in-person BPC gatherings, Pastor Karol offered worship services via Facebook/website each Sunday. Services have been viewed 100-300 times. Worship committee is assisting and is very appreciative of Pastor Karol's time and effort in planning, coordinating, and presenting these services. Grateful to everyone who has participated in these services.
- March Pastoral Care: 0 home/hospital/nursing home visits (visitor restrictions in place); 3 visitor/member conversations; 24+ phone calls; and 13 cards sent. Congregational activities: Online Worship (coordinating, recording, editing, posting, engaging); reaching out to Confirmation Class, Word in the World, and other individuals to establish practices for staying connected during physical distancing; and meetings utilizing Zoom - Deacons, Session Check-in and BPC Fellowship Time. Presbytery activities: check-in meetings with pastors and other Presbytery Leaders, New Pastors' Group and Discipleship Team (all Zoom). Community Engagement activities: BAMA (Zoom) and submitting audio or video recordings of Sunday worship services to MMH. Bluffton Community Assistance Program will begin using Community Market gift cards instead of food pantry distribution. Supply of gift cards will also be given to BAMA for pastors to distribute as needed. Pastor Karol thanked for continuing to provide worship opportunities during the pandemic.

- Confirmation class will continue in some fashion virtually. Pastor Karol is sending material to the parents and the confirmands, so they can continue their discussions, learning, and growth. Date of the service yet to be determined; the Faith Formation Committee will host a reception following worship. We have been assigned the preschool games and snack area for VBS and will be partnering with Emmanuel UCC. As of now the dates are still June 7-11, but there could be changes due to COVID-19.
- Our Little Free Pantry is being used constantly. Presently, volunteers from Claralice Circle are taking a week at a time to make sure it is stocked. Church family will be asked to make food donations if possible. Some money has been donated to help purchase items. Consider using \$100 per month of local mission funds to help keep it stocked. Approved that monthly food donations be used for our Little Free Pantry instead of the Bluffton Food Pantry. At the time we implemented donating food items monthly for Bluffton Food Pantry, we did not have our own Little Free Pantry. Church continues support BCAP with Funds raised by the chili cook off.
- Church volunteers served pizza supper at Lima Rescue Mission on March 14 – once again a big hit.
- Discussed our church's ministry during time of COVID-19 Pandemic. Worship being offered through online services – website/Facebook. Pastoral care, by the pastor, Deacons, and others in church family, being completed through phone calls, notes, cards. Zoom Fellowship time has been created. Approved to forgo rent for Bluffton Community Preschool for April, May, and June (during time students are not paying tuition because of pandemic). Approved to have Communion celebrated virtually during online worship on Maundy Thursday and Easter evening services.

Deacons

Thank you to our Deacons for delivering Easter flowers on Sunday afternoon: Sue Dorsey and Elaine Thompson each wave a hello and thank you for their Easter flower!



Donnas Stone taking a break to receive these pretty daffodils, after she herself had been phoning several residents at Maple Crest to wish them all a Happy Easter!



Judy Evans welcoming her Easter Lily after enjoying the morning online service from her home.



Gracie the dog accepting the hyacinths on behalf of June Strahm and her son, Randy.



Check out Marilyn Bullock, Hazel Rodabaugh, and Jean Szabo in these pictures shared by Mennonite Home Communities of Ohio over the last couple of weeks.



March 2020 Financial Report

General Fund Budgeted Items

Thank you for financially supporting the church's budget.

Electronic Giving and Financial Assistance Available Now

Friends, we are living in uncertain times right now. Many of us are worried about the health of family members. Job security is also a concern for some. If you are in need of financial assistance, BPC has some limited resources to help you. Contact Pastor Karol or your Deacon. For those of you who are still able to support our church, we ask you to continue to do what you can. Although our worship services have gone online, I am still processing payroll checks and utility bills every month. While your paper checks mailed to the church are always welcome, here are some paper-free ways to send in your contributions:

1. Add Bluffton Presbyterian Church to your bank account's list of merchants. Your bank will send a check at no cost.
2. Click the "Giving" tab at the top of our website's home page: www.blufftonpc.org. You can make a secure gift through bank transfer or credit card and choose a variety of church mission funds to support.
3. Download the "GivePlus" mobile app onto your phone, search for Bluffton Presbyterian Church and follow the easy prompts.

Thank you for keeping BPC strong in its mission during uncertain times. I look forward to seeing you in person.

Sincerely,
Julia Szabo, Treasurer
treasurer@blufftonpc.org

Stewardship Strategies

There was an article in last month's newsletter explaining how those over 70 1/2 who have an IRA could reduce taxes by having the custodian of their IRA make out a check directly to Bluffton Presbyterian Church. Shortly thereafter the IRS waived required IRA distributions for 2020 making this strategy invalid until 2021. If you have any questions please contact a member of the Stewardship Committee or your tax adviser.

Bluffton Community Vacation School

First Mennonite Church is hosting VBS this year and the theme is **Who is my neighbor? Learning to love like Jesus**. The plan is to connect the theme with Mister Rogers and Daniel Tiger. We have been assigned the preschool games and snack area for VBS and will be partnering with Emmanuel UCC. As of now, the dates are still June 7-11, but there could be changes due to COVID-19. Below are the volunteer needs for the week. Please contact Tenna if you are willing to help.

Community Vacation Bible School Volunteers
June 7-11 6:00-8:00 PM First Mennonite Church

	Sun. June 7	Mon. June 8	Tues. June 9	Wed. June 10	Thurs. June 11
Walker					
Walker					
Walker					
Snack Room					
Snack Room					
Snack Room					
Games					
Games					
Games					

Sunday Morning Fellowship Zoom

If you are interested in a weekly connection with other church members for fellowship conversation using phone or video connections, join Pastor Karol on Zoom on Sunday mornings from 10:00-10:30 AM (just before the online worship video)! This is a new time to try in place of the Wednesday afternoon/ evening times offered in April. However, if there is interest in meeting more than one time per week, please contact Pastor Karol. It may even be possible for various people to serve as the meeting hosts.



Zoom Instructions for All Church Calls:

To Log in *WITH VIDEO ON YOUR COMPUTER, TABLET, OR SMARTPHONE*, Follow These Steps:

Step 1: Click This Link:

Step 2: (If you have never used Zoom before, you will be prompted to download/run the software program - it will guide you and will only take a minute or two.)

Step 3: You will be in the "waiting room" for just a moment until I "accept" you into the meeting - give me a few seconds to get to you before you give up!

To Call in *WITH YOUR HOME PHONE OR CELL PHONE*, Follow These Steps:

Step 1: Call in by dialing [redacted].

Step 2: When it asks for a meeting ID enter: [redacted] and then press #.

Step 3: If it asks for a participant ID, just press # to continue.

Step 4: If it asks for a passcode, just press # again to continue.

Step 5: You will be in the "waiting room" for just a moment until I "accept" you into the meeting - give me a few seconds to get to you before you give up!

When you are in, here are 2 functions to know about:

*6 - mute/unmute yourself

*9 - raise your hand (ask to speak)

Please contact Pastor Karol or someone else who has used Zoom ahead of time if you have questions about how to connect. With the online and call-in options, it should be accessible to everyone in our church family.

Doing God's Work – Mission

The monthly food collection will now be used for our own Little Food Pantry instead of the Bluffton Food Pantry. While food donations will stay in our program, a portion of the 3 cents a Meal collection and the annual Community Chili Cook-off proceeds will still support the Bluffton Food Pantry.

The use of the Little Food Pantry has increased tremendously over the past few weeks. Thanks to donations from congregation members, the Bluffton Food Pantry, and Lynda Best's friends from Kalida, the Pantry has continued to provide free food items 24 hours a day. To help keep the LFP stocked, Sue Van Eman has volunteered to coordinate a schedule of "Pantry Checkers." Checkers are assigned by the week and agree to stop by the church daily to fill the LFP. If you wish to volunteer, contact Sue.

Donations of food and personal care items or money (put "free pantry" in the memo on checks) are welcome to support this ministry. Drop off items at the church or contact Lynda Best or Carole Enneking for more information.



One Great Hour of Sharing Fish Box Donations

Families who have been collecting One Great Hour of Sharing donations in their fish boxes are asked to hold onto the boxes for a while. Gifts to the offering can still be made by check to the church through online giving.



Pentecost Offering

Sunday, May 31 is Pentecost, the birthday of the Church. The Pentecost Offering is a denominational collection that supports Children and Youth. This year's theme is Building a Life of Faith. Our congregation will keep 40% of the collection; the Mission Committee has chosen Samaritan House of Lima to be the recipient. Samaritan House has been offering shelter to women and children since 1980. Their mission is to "restore personal dignity and independence to homeless women and their children by providing shelter, hope and guidance." To learn more, visit www.samaritanhouselima.org. Our gifts will help support their operating budget during COVID19. Almost 50% of their budget depends on private donations, which are currently very low due to the pandemic.

Small Groups

Sister Min Circle and Claralice Circle are not meeting physically until further notice.

Jayne McGarrity [REDACTED] or Diane Winebar [REDACTED] are always happy to talk with you about small groups.

Mission Co-Worker Connections

Jhanderys Dotel-Vellenga and Ian Vellenga serve in Nicaragua with the Council of Protestant Churches in Nicaragua (CEPAD), which works to improve the lives of economically impoverished communities by promoting justice and peace. Working closely with their Nicaraguan colleagues and supervisors, Ian and Jhanderys assist in CEPAD's international partnership program, helping to coordinate U.S. church delegation visits; developing new partnerships as requested by CEPAD leadership; facilitating communication between partner bodies; and encouraging and accompanying partnerships as they deepen their connection and understanding of doing mission together.

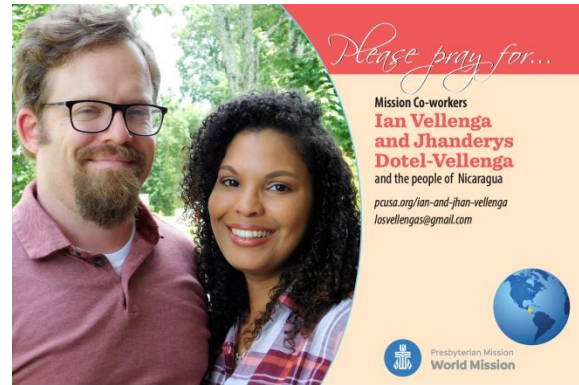
Jhanderys and Ian view true mission as multilateral. They know that relationships with people "of other traditions and ethnicities are being shaped by the Holy Spirit who, like the wind, 'blows where it chooses' (John 3:8) and enables us to discern how to nurture a loving community of people." This, Jhanderys and Ian believe, is "God's intention for all God's creation and the mission of the church." Through the example of Nicaraguans, who exude faith, perseverance, kindness, and hospitality despite all of the difficulties life presents to them, the couple is inspired to live a more faith-driven life. Jhanderys and Ian say that "the current struggle of the people of Nicaragua for justice and righteousness shows how hard they are willing to fight for what they believe is right and true."

Our congregation has been supporting this missionary couple for the past year. Due to COVID19, they have returned to the U.S.

Financial Support for Ian and Jhan Vellenga:
Bluffton Presbyterian Church
P.O. Box 149, Bluffton, OH 45817
Memo: Mission Co-Workers (or) Vellengas

For more information:

pcusa.org/ian-and-jhan-vellenga



Thank you for supporting Ian Vellenga and Jhan Dortel-Velenga's ministry in Nicaragua. Your prayers and financial support make a difference to the lives of people in Nicaragua

Join the New Beginnings Team!

Have ideas? A vision? Want to contribute in a creative way? Consider joining New Beginnings. Reach out to any team member with questions or interest. Members include Tenna Rhonemus, Diane Winebar, Tammie & Bob Hursh, Dick McGarrity, and Sarah Brauen.

New Beginnings - Lima Rescue Mission

The Lima Rescue Mission activities were cancelled for April. Bob and Tammie Hursh dropped off pizza and water for staff to serve.

The next Lima Rescue Mission pizza supper is scheduled for Saturday, May 9. Ryan and Sarah Brauen have volunteered to drop off pizza and water for the staff to serve. Please contact Bob and Tammie Hursh or Ryan and Sarah Brauen to donate other items such as candy bars (they love Snickers bars) and individual bags of chips.

I Love My Church

Remember this New Beginnings Project from the spring of 2019? Why not watch the [I Love My Church video](#) (click the link or find it on our Facebook page and website) again and pray for each church person who appears (and all the others, too)! Thanks again to Nathan Hursh whose superb videographer skills are on display in this production.

Thank you!!

Dear Bluffton Presbyterian Church,

I hope that this note finds you happy, healthy, and at peace!

This week (April 19-25) is **National Volunteer Week**, and it is hard to say something meaningful and extraordinary in these uncertain times.

Although this is challenging, and changes are being made, we all look forward to the time when again we can unite.

We want to say “**thank you**” for all that our volunteers have faithfully done to assist the elders and staff at the Mennonite Memorial Home, Maple Crest, Hilty Home, and Willow Ridge. You are greatly appreciated! The more than 9,300 hours that our volunteers have given in support of the elders and staff of MHCO in 2019 is extraordinary.

While waiting for that great day when we can gather again, keep praying and looking to the Lord.

Kindest Regards,
Dee Steffen Activities Director Hilty Home
Barb Gossard Activities Director Mennonite Memorial Home and Willow Ridge
Chelsey Bassett Activities Director Maple Crest
Jessica Strahm Volunteer Coordinator MHCO

On behalf of Presbyterian Mission please convey our appreciation to your mission committee, pastor, session, and congregation for your gracious and faithful support. On March 10, 2020, we received \$122.75 for 102 Shared Mission Support; and \$24.65 for H999999 Hunger Fund.

You have blessed our witness and ministry in a profound way. As always, I am here to walk alongside you in your mission efforts. Please let me know how I may help.

Blessings on your mission and ministry,
Rev. Chris Roseland
Mission Engagement Advisor

Youth Group

It's hard to believe that my first year with the church is coming to an end. I have had a blast getting to know the youth these past months! Since day 1, I have felt welcomed and supported by the congregation. BPC is truly full of God's love and presence! From Bible scavenger hunts to Christmas skits, from dinner at the Brauens to serving a soup dinner here and everything in-between, I am truly blessed to be a part of this church family. I look forward to what the future has in store! – Adam

Birthdays

May	2	Patrick Rhonemus
	3	Paige McVetta
	7	Adam Shanaman
	9	George Stultz
	14	Jade Hochstetler
		Elaine Thompson
	15	Jeremy Zank
	20	Sarah Brauen
		Tucker Neff
	21	Ryan Blaskay
		Becky Mehta
	22	Brian Blaskay
	24	Carole Enneking
		Kevin McVetta
		Sunny Zank
	26	Rebecca Hursey
		Kory Enneking
	29	Heidi Hotmire
		Tyler From
June	3	Carla Montgomery
	4	Dusty Freed
	6	Sheila Hurlburt
		Donnas Stone

Anniversaries

May	11	Bob and Tammie Hursh
		Owen and Kay Ziessler
	19	Tyler and Jade Hochstetler
	24	Tyler and Laura From
	28	Don and Jodi Brauen
June	4	Ryan and Sarah Brauen

BPC Prayer Chain

If you have a prayer request, please contact Craig Bowman [REDACTED] PLEASE leave a message if no answer. Or call the church office (419-358-5806) with your prayer request, and we will pass along the information. If you would like to add someone to the prayer chain other than yourself, please be sure to get their permission first. Names and circumstances can be kept confidential, if desired. God knows for whom we pray. If you would like to be part of the chain or would like more information, please contact Craig or another deacon.



Prayers for those sick with the flu, the Corona virus and other illnesses; for all the doctors, nurses, and healthcare workers providing care to those with the coronavirus and all other sicknesses, and for daycare centers that remain open with extra precautions.

Prayers for those without work (many restaurants) and who are overworked (grocery stores) because of the circumstances.

Prayers for our members and friends serving in the armed forces: especially Kyle Begg, Andrew Warner, and Lucas Woodward.

Prayers for Sylvia and Chuck Morman (Diane's sister and brother-in-law) for health and financial concerns.

Prayers for Molly Pontius (Lori's friend) was released from the hospital on March 31! She is staying near the hospital with her husband. Two biopsies show no signs of rejection: the 45 days of treatments to reduce the antibodies that would cause rejection were successful!

Prayers for Lima Police department and the Montgomery family on the loss of Aaron's K9 partner Grizz.

Prayers for Mariah Pneuman's friend Nancy Galvin whose cancer has metastasized.

Prayers for 7-month-old Mariah (foster daughter of Brandie Wagner's baby-sitter), who will be having heart surgery.

Prayers for Walter Schmidt (Lori's father) who needs further medical evaluation for areas of concern.

Prayers for Jayne's Aunt Helen Dimick who passed away in Perrysburg on April 18.

Prayers for Dortha Radabaugh who will remain at Mennonite Memorial Home (MMH) several more weeks to recover from ankle surgery.

Prayers for Jean Szabo who is back at Willow Ridge after hip surgery.

Prayers for the 8 residents of MMH who have died from COVID-19 as of April 22.

Prayers for residents of all nursing homes including MMH who are especially at risk for COVID-19, along with the staff who are caring for them.

Prayers for Gwen (Diane's friend in Leipsic) whose parents Sue and Jack are battling cancer.

Prayers for Mrs. Wagner (Diane's friend in Leipsic) with health concerns.

Prayers for Luke Siegel, his mother Marty and family (from Adam's home church) with COVID-19.

Prayers for all who are struggling: with health, finances, or employment, during this pandemic.

Prayers of thanksgiving for all who have been donating to BPC's Little Free Pantry, as it is getting a very large amount of use at this time.

Let us hold one another and all of these in prayer when we lift our hearts to God. If you have prayers you would like to be shared with our church family, please let us know.

Request for Masks from MHCO

As most people are staying at home, some who have sewing skills may be willing to help making masks. While MHCO has some masks on hand they are basically not available in the short term and we are unsure when more will be delivered.

MHCO is asking that masks be delivered to MMH at the front entrance. (It would be good if the church or people making them could include in a bag the number of masks and who made them with contact information so we could later thank them.)

Take a look at this instructional video:

<https://www.deaconess.com/How-to-make-a-Face-Mask?fbclid=IwAR1H25JhviFlqeBji-LEwCUCGNf-PbJcst4fHxcnXOTHUqoTk6CVQ8cuyRM>

Resilience in the Face of Fear

(from <https://medium.com/wake-up-call/7-ways-to-be-resilient-in-the-face-of-fear-7a97c77b3bc3>)

If anyone knows resilience, it is award-winning author and speaker Nancy Sharp. Since she faced several heartbreaking events (detailed in the full article), she's been coaching others through hardship. Here are 7 ways to live with greater resilience in a COVID-19 world. See which ones work best for you.

1. Express yourself.

Write it out. Talk it out. Do what you must to unburden your fears. There's a trove of research about how writing to better understand and learn from our emotions, strengthens our immune systems and minds.

2. Release stress through laughter.

Watch Carol Burnett reruns or Saturday Night Live. I have a friend who texts me a "morning funny" every day – a silly cartoon or graphic about the absurdity of our situation. It's not only okay to laugh, it's healing. Take a look at The Mayo Clinic's prescription for laughter here.

3. Stretch yourself.

This is probably not the time to tackle a huge, long-term goal. How about organizing the medicine cabinet or planting your favorite herbs in a pot?

4. Give your mind a break.

Wiggle your toes. Take a walk and smell the fragrant spring air. Listen to music. Meditate. Your fears won't necessarily go away but your grip on them might.

5. Show empathy.

Worry and fear can keep us trapped in our own egos and mental silos. It's not necessary to be heroic. How about making a simple phone call to a friend or sending a "thinking of you" letter? "Empathy is the game-changer. It is the trait that will ultimately save the world," says Judith Orloff M.D., author of *The Empath's Survival Guide*.

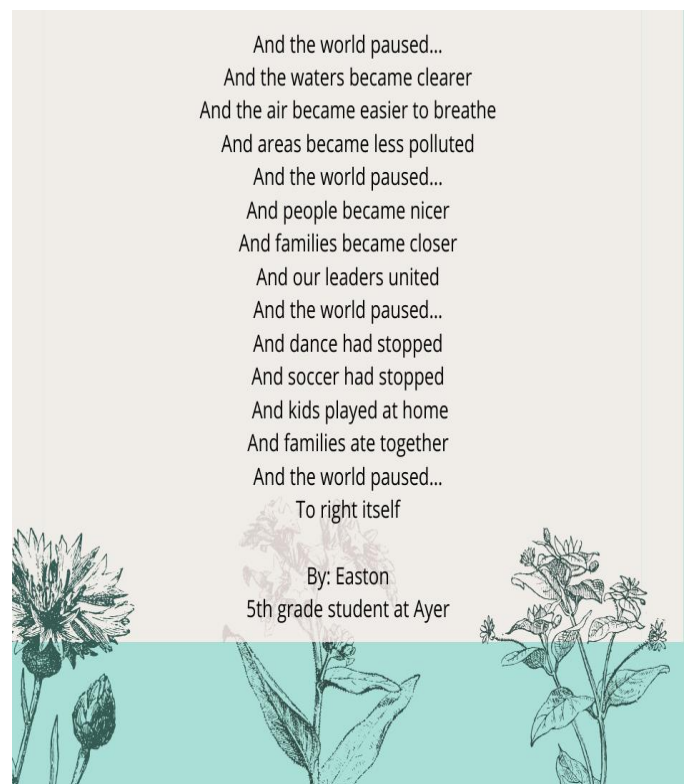
6. Think of a time you triumphed over a challenge before.

It doesn't matter how small. What matters is that you transitioned to a different place.

7. Have faith.

Your presence in the universe matters. It's just as astronomer Carl Sagan said, "Somewhere, something incredible is waiting to be known." Cautious optimism. Believe.

I'm rooting for all of us.





A PLACE OF HOPE FOR
CHILDREN, TEENS AND ADULTS

Coronavirus...Focus on what you CAN do!

- Wash hands more frequently
- Keep hands away from face, eyes, nose, and mouth
- Maintain clean home and car
- Open windows, get outside and get fresh air
- Do not smoke
- Minimize alcohol intake
- **Build Immune System:**
 - Get enough healthy sleep: 8 hours/night is best! (Tip: No caffeine intake after 2:00 or 3:00 PM and no screens 1 hour before bed will greatly improve your sleep!)
 - Move your body daily! Get at least 20 minutes of exercise per day.
 - Eat diet high in veggies, fruits, whole grains, proteins (nuts, plain yogurt, poultry, fish).
 - Decrease sugar intake.
 - Increase water intake. (Suggested amount: 8, 8-oz. glasses per day)
 - Take multi-vitamin.
- **Decrease Anxiety:**
 - Limit or take a break from all media reporting on Coronavirus.
 - Share something encouraging or uplifting on social media.
 - Stay intentionally connected with friends and family (if not in person, via phone calls, Facetime, etc.).
 - -Practice deep-breathing techniques: Breathe in 4 counts, hold 4-6 counts, exhale slowly 6-8 counts; repeat 5 times in a row multiple times per day.
 - (Check out these apps-Abide, Calm, Centering Prayer, Reflect)

- Do something you enjoy like reading, puzzles, knitting, drawing, biking, running, watch a great movie, etc.
- Laugh often!
- Be intentional about gratefulness: Make a list of 3 things you are grateful for each day.
- Try yoga at home. (Check out holyyoga.net)
- Do something for someone else: send an encouraging note, email, text, share supplies with someone in need, etc.
- Listen to Christian music stations geared toward hope. (Try WBCL or Pandora for your favorite artists!)
- Pray for the health of our nation, government and medical officials, schools and students, job concerns, those working to contain the virus, and for God to bring good out of this in yourself and in our nation.
- Spend time reading God's Word and journaling. (Tip: Try looking up all verses that have to do with peace and journal about them. Check out You Version Bible app for other guided plans.)

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
-John 14:27

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

-Romans 15:13

theguardian.com, health.harvard.edu





PENTECOST
SPECIAL OFFERINGS

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Illustrated Ministry LLC

Bluffton Presbyterian Church
112 N. Main St., P.O. Box 149
Bluffton, OH 45817
419-358-5806

blufftonpc.org

Sunday Virtual Fellowship: 10:00 AM

Sunday Virtual Worship: 10:30 AM

MAY OFFICE HOURS

Pastor: Rev. Karol Farris Schilling

Phone:

Email: pastor@blufftonpc.org

Office Hours: Tues 1-4; Wed 10-1

Primary Work Days: Tuesday – Friday

Secretary: Cathy Carroll

Email: bpcbluff@wcoil.com

Office Hours: Thurs 9-12

Treasurer: Julia Szabo

Email: treasurer@blufftonpc.org

Faith Formation Intern: Adam Shanaman

Email: shaa-a@bluffton.edu

Organists: Jayne McGarrity and Sue Van Eman

Choir Director: Linda Sycks

Nursery Helpers: Kori Phipps and Shawna Anderson

Custodian: Roger Brodman

2020 Church Officers

Session

Clerk of Session – Lori Schmidt

Buildings & Grounds – Lynda Best

Faith Formation – Tenna Rhonemus

Fellowship – Jodi Brauen

Finance & Stewardship – Clair Winebar

Mission – Carole Enneking

New Beginnings – Sarah Brauen

Nominating – Lynda Best and Tenna Rhonemus

Personnel – Betsey Angus

Presbytery Commissioner – Lori Schmidt

Worship – Diane Winebar

Members at Large – Sarah Brauen and Lori Schmidt

Board of Deacons

Moderator: Helen Hawk

Assistant Moderator: Laura From

Members: Tanya Best, Craig Bowman,

Dave Van Eman, and Jeanette Warren