



SUNDAY
19 April 2020

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

– Lynn Ungar, March 11, 2020



Pray for medical professionals, caregivers, and researchers responsible for fighting the new coronavirus.

God, as more people get sick, healthcare workers and first responders are working longer hours with fewer supplies and with more risk of contracting the new coronavirus themselves. Renew their energy and sustain them on long shifts. Bring your protection upon them as they work with patients. Multiply their supplies so they have the protective items needed to stay safe on the job.

Inspire and invigorate the research doctors developing better tests to diagnose the virus, create vaccines to prevent it, and identify protocols to eliminate the disease's spread.

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.—*Psalm 23:4 (NIV)*

Pray for the new coronavirus to stop spreading.

Almighty God, we know that everything is in Your sovereign control. We ask that you keep this new coronavirus from continuing to spread. Give government officials the ability to safely handle people arriving from other countries. Help people decide to stay home instead of traveling or going out needlessly. Holy Spirit, remind people to [wash their hands properly](#).

And while it may be heart-breaking, comfort families as they decide to keep their distance from elderly or other high-risk family members.

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea ...—*Psalm 46:1-2 (NIV)*





ON THIS SPECIAL DAY AS
YOU CELEBRATE
YOUR BIRTHDAY,
WISHING YOU EMBRACE
ALL THE FRUITS
OF THE HOLY SPIRIT.
HAPPIEST AND MOST
BLESSED BIRTHDAY!

Pray, but stay away: holding on to faith in the time of coronavirus

- 20 Bev Mackintosh, Shirley Sisson, Jane Hauer
Geoffrey Spenser-Smith, Koeks Donaldson
Clive Meth, Melissa Smit
- 21 John Knipe, Fran Renney, Annemarie Rodenacker
Yvonne Tessendorf, Giesl Reel, Maiselle Russel
Michael Hobson
- 22 Rosie Webster, Hildegarde van Zyl, Yvonne Ridley

