



# Weekly Messenger

MARCH 20, 2020

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## A WORD FROM THE PASTOR: DON'T FORGET TO LOOK FOR GOD

Hindsight is so often 20/20 vision. I have often wished to know the outcome of many of the parts of my journey in life before coming through the trials and challenges. I have come to believe the truth of the poem "Footprints." I believe God does indeed carry us when we are feeling so overwhelmed by the circumstances of life that we would not be able to go on. I have looked back at my experiences and identified the times when it simply had to be God showing up to carry me that got me through.

More and more, I look for the places and spaces in my journey where God is actively at work in my life. Caring, nudging, holding me close – these are just some of the ways I have experienced God's goodness toward me in times of challenging uncertainty. I hear these testimonials from many of you, so I know I am not alone.

The days we are living through now are filled with challenging uncertainty. To keep folks healthy, we are following the guidelines of our bishop, governor, and the CDC. Our not being able to gather for worship, fellowship, and study gives the feeling of even more challenging uncertainty.

Let me remind you; we are still the church! We are sharing our worship service on our church website and the church Facebook page. We are reaching out by our "robo" calling system. *If you are not getting these calls*, please call the church office to be added to the list. Also, if you know of folks who don't have internet service to watch the church service, please alert the office so we can reach out in other ways.

Volunteers are now beginning to call our people each week to check-in, see if folks have any needs, and offer a prayer to those who want to pray with a friend. If you aren't receiving a call over the next week, it means we don't have your number. Please call the office to get us your phone number.

Lastly, I want to share with you the scripture I posted on my Facebook page today:

*"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart."*

Jeremiah 29:11-13 New Revised Standard Version (NRSV)

Grace and Peace,  
Rev. Don

# THE WEEKLY MESSENGER



## **CORONAVIRUS HOTLINES**

- Beaumont Hospital Coronavirus Hotline - 800-592-4784
- Beaumont Troy Hospital - 248-954-5000
- Henry Ford Hospital - 586-263-2300
- Henry Ford Patient Hotline - 313-874-1055
- Centers for Disease Control (CDC) - 800-232-4636
- State of Michigan Hotline - 888-535-6136
- Macomb County Health Department COVID 19 Helpline - 586-463-3750

## **HOW TO PROTECT YOURSELF**

- Stay home when sick
- Wash hands for 20 seconds
- Cover nose and mouth when coughing or sneezing
- Clean and disinfect often
- Avoid touching face, nose, eyes and mouth
- Get plenty of rest, fluids
- Avoid close contact or sharing cups or utensils
- Keep Tylenol on hand
- Maintain 2 week supply of water and food
- Avoid busy places
- Check prescriptions to make sure you don't run out
- Use curbside service for groceries when possible
- Use online or drive thru banking



## **IF YOU HAVE SYMPTOMS OF CORONAVIRUS, CALL YOUR PHYSICIAN AND STAY HOME. IF SYMPTOMS BECOME WORSE, CALL 911.**

Mild symptoms of the Coronavirus are fever, cough, muscle aches or fatigue. For your safety, **DO NOT** go to the ER, clinics or urgent care. **CALL** the hospital **HOTLINE**.

## **CHRONIC DISEASES ARE MORE SUSCEPTIBLE TO THE VIRUS. THIS INCLUDES HEART DISEASE, DIABETES AND LUNG DISEASE.**

- Refill prescriptions
- Keep Tylenol on hand.
- Keep active
- Keep in touch with family
- Practice good general hygiene
- Maintain 2-4 week supply of groceries and household items

*All information provided here is from the CDC ([www.cdc.gov](http://www.cdc.gov)) and the Macomb County Government ([www.macombgov.org](http://www.macombgov.org)).*

# THE WEEKLY MESSENGER

We can still participate in this fun project while we are at home!!

What to do? Take photos of "life moments" (it doesn't have to be a selfie!) through the lens of your camera and post them to our church's Facebook page. What a great opportunity for us to stay connected and maybe even bring us a little closer as we get a glimpse of everyone's day-to-day life at home.

To do that, you type in @UticaUnitedMethodistChurch -this turns into a link that sends your post to our page- and type #lifeframe in your post.

We will be creating something very special out of the pictures gathered.

#Lifeframe Photo Project

## Ideas to keep busy:

- Clean that cupboard/pantry that you've been putting off
- Read a book
- Pick a bible passage to read and then write down your thoughts about it.
- Call a friend or family member.
- Draw or paint a picture
- Watch a movie
- Clean out your email inbox
- Listen to music
- Write a letter to someone
- STAY POSITIVE!!

## Kroger dedicates shopping times for seniors, expectant mothers and first responders

(FOX 2) - Kroger is adjusting its store hours amid the coronavirus emergency to better accommodate re-stocking needs, and to also give senior citizens, expectant mothers and first responders the opportunity to shop without the rush.

Beginning Monday, March 23, Kroger will dedicate the first shopping hour from 7 – 8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

Additionally, Kroger stores will now close at 9 p.m. to accommodate cleaning and restocking.

Kroger encourages all other customers to shop between 8 a.m. and 9 p.m. on Monday, Wednesday and Friday and from 7 a.m. to 9 p.m. all other days of the week.

Kroger pharmacy hours will remain the same and vary by store.

"Kroger wants to provide these groups with the ability to purchase the items they need when fewer shoppers are present," said Rachel Hurst, corporate affairs manager, The Kroger Co. of Michigan. "We request that customers respect these hours for the health of our community during this time of uncertainty. We thank our customers for their kind consideration, which impacted our decision to provide special hours for seniors and those who are more vulnerable to COVID-19 coronavirus."

Kroger is just one of many national retailers that have adjusted hours amid the coronavirus outbreak emergency.

# THE WEEKLY MESSENGER

## GRACE'S DEVOTIONAL: "CHURCH CANCELLED?"

Church has been cancelled for 3 weeks (*written 3/14/20*). How can this be? Just when we think we have seen it all, we are hit with another blow. How can church be cancelled? Truth is, it can't. We are the church! Remember the words from the hymn? "We are the church, we are the church together, all who follow Jesus, all around the world, we are the church together."

How do we do church when we are not meeting in our designated building? We call each other, we look out for each other, we care for each other. We can do this! We remember the food pantry, we remember our pledges, we remember the classes we are taking, we remember our fellowship and we continue to connect. For some of us this is a natural thing, when people are missing from church, we check on them. I am not good at this, but I try. We just have to try harder. We can pray for each other and stay connected with each other. We can not only say we are a church family, but we can be a family. In the midst of this relatively minor inconvenience we can grow together, we can show each other that we care, not just on Sunday's, but every day. God has planned for this; never doubt this. He is in control and he walks this path with us. When you think of someone that you are missing from church, maybe that is God giving you a nudge that you should check on them. We are here to be the hands and feet of Jesus. Let us do our task and remain connected with those we know and love from that building we call the church. Soon we will be back into our routine and meeting at 9:30 and 11, and we will have an increased appreciation for those around us and also for that gathering place called the church. Meanwhile, follow the rules, wash your hands, listen for updates from our Pastor (and no this is not his vacation, far from it, he will still be reaching out to us with messages and changes and staying connected with the Bishop and others. He too, will be thinking of new ways to do church), stay connected with those who have sat by you in the pews and remember who we are: children of God prepared to carry on his work no matter the circumstances. This is a stumbling stone but sometimes stumbling stones lead us to a new path and help us grow.

Acts 20:28 Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God which he bought with his own blood.

Lord be with us as we face new circumstances. Help us to care for each other, may we remember our mission to do your work. Be with those who are ill, those who are frightened, those who are grieving, may they be comforted. Help us find new ways to be the church. Be with our Pastor, bless his ministry and be with his family, be with our staff and leaders, give them comfort and guidance. In Jesus name, Amen

Grace Epperson



# THE WEEKLY MESSENGER

## Ministry Team:

Reverend Don Gotham  
srpastor@uticaumc.org

## Contemporary Worship Leader

Christopher Heldt  
chris.heldt@uticaumc.org

## Music Ministry

David Fox, Organist, Bell, &  
Chancel Choirs Director  
FoxDavidL@sbcglobal.net

## Communications Director

Beth Miller  
bmiller@uticaumc.org

## Secretary/Bookkeeper

Charlotte Ramsey  
charlotte@uticaumc.org

## Youth Leader

Suzy Palmer  
suzy.palmer@uticaumc.org

## Child Care

Caitlyn Wilson

## Custodian

Rachelle Heldt

## Sunday Worship Times:

Our Sunday Worship  
will be available in video  
form on our website and  
Facebook page on  
Sunday morning.



## Our Mission:

To make disciples of Jesus Christ for  
the transformation of the world.

## Our Vision:

To reach and nurture our community  
with the love of Christ.

## Office Hours:

**YES - STILL OPEN!!**

**Monday-Thursday**  
8:00am - 4:00pm

**Friday**  
8:00am - 2:00pm

**Phone:** (586)731-7667

Like us on Facebook!

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## Classes/Studies

While all activities  
and gatherings are  
on pause, please  
stay in touch by  
following our  
Facebook page,  
checking our  
website  
(www.uticaumc.org),  
and following the  
Weekly Messenger.

If you are not  
signed up for the  
Weekly Messenger  
email, you can do  
so on our website  
by clicking the  
"More" tab and  
going to "Weekly  
Messenger".

In addition, we are  
working on a way  
for groups to meet  
via telephone and  
video calls. We will  
be sure to keep all  
informed as we  
work through this  
new time.



Can't make it to church or just  
looking for a fast and easy  
way to give? Donate online  
with a one time gift or set up  
automatic donations!

Visit our website to give now!  
[www.uticaumc.org/e-giving](http://www.uticaumc.org/e-giving)

If you need assistance, feel  
free to call the office!

## Deadline Information:

Items for The Weekly Messenger,  
The Weekly Prayer List, or  
Announcements must be submitted  
by the **Sunday prior to posting**.  
Submit to [bmiller@uticaumc.org](mailto:bmiller@uticaumc.org),  
contact the office, or complete a  
form in the office.