

DAYBREAKING NEWS

Borderlands Produce Distribution | Prayer in Virulent Times

Prayer Requests

In this period of uncertainty, keep our medical workers, grocery stockers and delivery drivers in your prayers; those who are homebound and in care facilities: Jim Simmons, Linda Harmon, Gladys Mercer, Faye Mills, Verna Platner, Shirley Strivings and LaVon Ullrich. All of our children who are home with school cancellations and their parents.

If you have prayer requests or other needs, please let the church know. You can call the church office or let your prayer chain contact know.

Giving

Our offering plate is going to be lonely without Sunday Services, but never fear, you can still send your tithes and offerings to the Aldersgate church office:

Aldersgate UMC.
3530 N. 32nd Street
Phoenix, AZ 85018-5609

(602) 956-3710



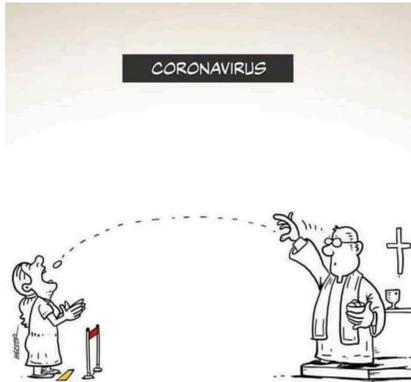
Feeding our Community with Borderlands

Aldersgate again hosted the Borderlands Produce Rescue/Produce on Wheels Without Waste program in our parking lot on Saturday along with volunteers from Dayspring, Aldersgate and other faith institutions. The Borderlands program collects excess fresh produce from around the state and provides people with chance to buy 72 lbs of produce for \$12. Between walk-up and pre-order customers, we saw approximately a 300% increase in participation which amounted to about 200 families that received much needed groceries. During this time of crisis, we will continue to look for the church to be in service to our neighbors!

Do you need help?

As we all seek to social distance, whether we are taking our own precautions or we are in facilities that are imposing limitations on excursions, we may find we have new needs for assistance. If there is something the church can help with, please call the office. If you are a senior age 60+, the Area Agency on Aging has a Senior Only helpline available at (602) 264-4257. Many area grocery stores have implemented hours for seniors and vulnerable persons including Fry's 6-7am Mon-Thurs and Basha's and Food City 5-6am Wed. Other stores have protected time as well.

Comedy Corner



Mental Health Tips while Social Distancing:

- Connect with friends and family with phone calls, letters, cards, emails or video.
- Stay active. Enjoy our beautiful spring weather with walks outside or indoor exercises.
- Eat healthy and stay hydrated
- Get enough sleep, but not too much.
- Practice gratitude through journals, thank you notes, or just noticing your blessings.
- If isolated with family or housemates, take to be alone.
- Seek professional help if you experience symptoms of depression or acute anxiety.

Prayer in Virulent Times by Carol Penner

We bind onto ourselves
 the loving power of God our Creator,
 the enlivening power of the Spirit of Truth,
 and the steadfast faithfulness of Christ.

We bind onto ourselves
 the glories of the earth, this gift:
 the power of heaven,
 the light of the sun,
 the brightness of the moon,
 the splendour of fire,
 the flashing of lightning,
 the swiftness of wind,
 the depth of the sea,
 the stability of the earth.

Against the power of viruses,
 against the sweep of pandemics,
 against the selfishness that hoards for oneself,
 against the anxiety that gnaws at our hearts,
 good Lord, protect us.

Against sickness and pain,
 good Lord protect us.

For all who do the work of caring for the sick,
 good Lord preserve them.

For all who are grieving,
 and cannot be comforted,
 good Lord, hear our prayer.

We bind to ourselves today
 God's eye to watch over us,
 God's ear to hear us,
 God's word to give us speech,
 God's hand to guide us.

Christ with us, Christ before us,
 Christ behind us, Christ within us,
 Christ beneath us, Christ above us,
 Christ in quiet, Christ in danger,
 Christ in mouth of friend or stranger.

With the steadfastness of God, our Rock,
 and the love of Christ that will not let us go,
 and the Spirit of Hope, who gives us peace,
 we go into this day.

Rev. Tom Kiracofe

Pastor

Martha Stowe

Administrator