

Grace and peace be with you!

Be well! Be courageous! Be loving! Be the Church! *What are we afraid of? In the midst of a pandemic, amid the spread of the coronavirus, during a time of social distancing, self-isolating and sheltering in place, it seems that there are so many things to fear right now. But, the love of Jesus is greater than our fear. The hope He brings is more powerful than our panic. We are washing our hands, wearing masks and keeping our distance from others to flatten the coronavirus curve. But, what if - in tandem with all that - we choose to live without fear like Jesus calls us - to replace fear with kindness, to replace panic with compassion and to replace anxiety with empathy? Let us - each one of us - accept the gift of peace that Jesus brings to our lives.*

In The Strong Love of Christ,

Pastor Brian King

Jesus said to them again, “Peace be with you.” (John 20:21)

ANNOUNCEMENTS

- ◆ Effective until further notice, the Nazareth building and all offices will be closed. Blessed Beginnings will remain open unless the Iowa Governor issues a mandate to close all daycares. Naz Food and Essentials Pantry clients will continue to be served, and donations can be dropped off at Door #1 from 12:00-3:00 p.m., Monday through Thursday. For all Nazareth Covid-19 updates, please go to www.naz.org/coronavirus.
- ◆ “Naz At Home” Worship Services will be recorded by our leadership team each week. We want to see you worship! Send videos/photos/stories of your “Worship At Home” experience to laura.sohl-cryer@naz.org.
- ◆ Would you like to learn more about how our Children and Student Ministries are utilizing technology to reach out and connect at this time of social distancing? Email:
 - ◆ kim.albertsen@naz.org for Kidz
 - ◆ kristin.sauerbrei@naz.org for CHAOS
 - ◆ kristina.mcburney@naz.org for BIGhouse
 - ◆ sara.sladky@naz.org for BASIC
- ◆ Hospitalized this week: Sid Sidler and Russ Druvenga

THANK YOU FOR YOUR SUPPORT!

*As we deeply desire to continue to do the ministry God has called us to here at Nazareth, your continued generous support – of prayers, service, and financial gifts – is so important. **Even while we are apart physically, giving is still possible online at www.naz.org/give. You can also mail your donation to the church office or use the free GIVE+ Mobile App (by searching “GIVE PLUS CHURCH” in the app store).** We truly cannot do this without you and are deeply grateful for your continued partnership!*

CONNECT WITH US

Address: 7401 University Avenue, Cedar Falls, Iowa 50613
 Phone: 319-266-7589 Email: info@naz.org
 Website: www.naz.org
 Facebook: www.facebook.com/MyNazareth
 Instagram: www.instagram.com/mynazchurch

SUNDAY’S WORSHIP SERVICE IS ONLINE!

Each week, our Sunday Worship Service will be posted online at 9:00 a.m. You can watch by going to our Facebook page or by clicking the “WORSHIP ONLINE” icon at www.naz.org.

FIND NAZ WORSHIP SERVICES ON TV!

Nazareth’s Online Worship Services (from the previous Sunday) will now be rebroadcast on Cedar Falls Public Access Channel (Channel 18 on CFU) on Saturday evenings at 5:00 p.m. and on Sunday mornings at 8:00 a.m.

WE ARE FAMILY.

MAKING CHRIST KNOWN.

As a family of faith, so many individuals and teams have stepped up - each in their own special way - to respond to others in need. 1 Peter 4:10 says: *“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”* What gift has God given you in order to share His love this week? Nazareth’s Kitchen Supervisor, Peg, has been using her baking gift to make these adorable cookies for neighbors and friends who are feeling down. What a great idea!



Do you know someone in the Nazareth family of faith who is making Christ known? Tell us about their story so that we can share it with others! Email your story (and photo or video) to info@naz.org.

BELOW IS AN EXCERPT OF DAVE WELTER'S "REFLECTIONS FROM THE HOME TEAM" BLOG FROM SATURDAY, APRIL 4:

I always try to find positives in challenges that come our way, and this is certainly one of them! The social distancing and isolation practices being employed due to Covid-19 have provided me more time to read and reflect on the thoughts and experiences of others.

My wife, Tricia, and I are currently reading a book for our Small Group Bible Study titled ***The Good and Beautiful God*** by James Bryan Smith. It is a wonderful book, and, as is often the case, this read had led me to another author who has given me some valuable perspectives that help me understand and get through this current pandemic challenge. Smith does an excellent job of helping us discover the narratives that Jesus lived by vs. the often-false narratives we have come to develop about God in our daily lives. He also provides some spiritual exercises he refers to as *Soul Training* that help us develop and grow in the knowledge of our good and beautiful God. This week's Soul Training exercise involves the concept of "Margin". Given that backdrop, Smith introduces us in the *Soul Training* exercise section of the chapter to Dr. Richard Swenson, who has written a book by the title ***Margin***.

Imagine that...As we all are aware from our English classes, margin refers to the space on the edge of a paper where there is no text. Swenson points out that the pages we read in a book have margins on the top, bottom and sides. If words stretched from top to bottom and to both edges, there would be no margin. Swenson points out that our lives are often like that. I know personally I can relate to that. So often, I have added so much to my schedule that I have little "margin" for leisure and rest and family and health and God. I think that may describe many of our situations "pre" Covid-19.

Dr. Swenson describes margin and being marginless this way: "The conditions of modern-day living devour margin..." He adds:

- ⇒ Marginless is being 30 minutes late to the doctor's office because you were 20 minutes late out of the hairdresser's because you were ten minutes late dropping the children off at school because the car ran out of gas two blocks from the gas station - and you forgot your purse; margin - on the other hand - is having breath left at the top of the staircase, money left at the end of the month and sanity left at the end of adolescence.
- ⇒ Marginless is the baby crying and the phone ringing at the same time; margin is grandma taking the baby for the afternoon.
- ⇒ Marginless is being asked to carry a load five pounds heavier than you can lift (I've been guilty of that); margin is a friend to carry half the burden.
- ⇒ Marginless is not having time to finish the book you're reading on stress; margin is having the time to read it twice."

Does this sound familiar to you? I know it does to me. I definitely made some adjustments on margin in my life following cancer, but it has taken me a while to learn the secret to creating margin in our lives, especially in retirement. Margin will help you erect boundaries to protect your time and sanity at a time when you may desperately need both! Dr. Swenson describes a simple, but very difficult to enact "secret" to help make this happen... "Just say no." That has been very difficult for me, but I'm working on it. By saying no to anything that is not absolutely necessary to the well-being of your soul or the welfare of others, we can go about our days with a rhythm and pace in which we can feel happy and at peace.

To me, this is the "silver lining" in this whole pandemic exercise we are currently going through. We are literally being forced to create some much needed "MARGIN" in our lives. (and I'm not referring to 'physical distancing' here...) We all most likely can acknowledge that at some time we have burned the candle at both ends... We all need MARGIN. Simply put, MARGIN = what may be missing in our lives, and the COVID -19 challenge is providing us that opportunity. As Dr. Swenson points out, when we lack margin, it is most often of our own doing. After all, God never called anyone to be marginless. We find an example of this in Luke 10:38-42:

"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

By reevaluating our priorities and determining the value of rest and simplicity in our lives, we can see where each of our individual identities really comes from. The benefits can be good health, financial stability, fulfilling relationships, and availability for God's purpose. This can become our new reality as we work through this current challenge together. God's richest blessings and good health your way!

TO READ THE COMPLETE BLOG POST, GO TO WWW.REFLECTIONSFROMTHEHOMETEAM.BLOGSPOT.COM.