

CORNER STONE Christian Church

April
2020

How Ya Doin'?

Proverbs 3

How are you doing at this stage of the worldwide COVID-19 crisis? We've been at it for awhile now, and although it is a changing scenario, people seem to be adapting and making the best of things. It has certainly required some changes in the lifestyle most of us are used to.

God is still God, His Word and the examples, lessons, and promises therein have not changed one iota. This circumstance could get better or worse, according to which expert you hear, but the same God who is, was, and ever shall be will never change. He's consistent and reliable. He's available to us, loves us, and is working through this situation to grow us toward maturity.

Proverbs 3 is an excellent chapter for those who are having trouble hanging on to faith. There are a series of statements made there which declare God's promised actions, interspersed with things we should do to grow our trust in Him, and some of the consequences of failing to trust in God. It is a good stand-alone read, or a springboard from which to chase down topics.

How we approach anything is a matter of our own choice. Have you chosen to unreservedly trust God? Have you made good decisions as to the practical matters of supplying your needs and taking care of your health? If you need help, have you reached out to the elders of the church, or any Christian friend?

There is an extensive article included in this month's newsletter from Drs. Joe and Melanie Rightmyer, who oversee "Your Body, God's Temple" ministry at Cornerstone. Read it and contact them with any questions you may have. They are a precious resource God blessed us with. Don't dwell in fear- get answers.

Everything in this newsletter on the calendar or announcement section is contingent on the social distancing and isolation situation. As of this writing, we will use Facebook streaming on Sunday mornings at 10:30 AM and Wednesday evenings at 6 PM. CCC Radio will broadcast Sunday at 10:30 for any who wish to sit in the parking lot and listen. Set your dial to FM 87.9.

It's a wild ride. God is more than capable of steering us through it. Trust Him and don't be distracted from Him. Give Him praise!

Be encouraged!

Jay

Nursery:

4/5- Charis Walker

4/12 - Dianna Stover

4/19 - Tonya Generally

4/26 - Charis Walker

Communion Meditation:

4/5- Ken Crook

4/12- Larry McKemey

4/19- Jay Thompson

4/26- Wayne Nickols

Greeters:

4/5- Loyd & Gladys McBride/Ken & Carolyn Crook

4/12- Loyd & Gladys McBride/Charlie Grider

4/19- Loyd & Gladys McBride/Sarah McKemey

4/26- Loyd & Gladys McBride/Sharon Clark

APRIL...APRIL...APRIL!!!

Monday April 6th - @ 4PM-Elder's- If anyone desires to meet with the elders please see Jay or Larry in advance to arrange a time during the meeting.

Saturday April 11th @ 8AM- Men's Breakfast-We will continue our discussion from the book the Restored Man. If you have a book, please read chapter 2.

Sunday April 12th- Easter SonRise Service & Breakfast- Providing the restriction has been lifted we will hold our annual SonRise service at 7AM. This will include uplifting music, a message and a time of communion. After the service we will have breakfast at the building. As in the past, we will have breakfast casseroles to avoid having to do any cooking, fruit, Danish & sweet rolls, along with milk, orange juice and coffee. A sign-up sheet will set up through Meal Train, so we ask that you please sign up for one or more of the items.

We will have Sunday School at 9:30AM and our regular 10:30AM gathering.

Sunday April 26th- Keenagers! Following the morning assembly; program to be announced.

9 SIMPLE WAYS TO FIGHT CORONAVIRUS by Drs Joe and Melanie Rightmyer

Have you ever had a high enough fever you were dizzy and so chilled that your teeth would chatter uncontrollably? Casandra's most recent hospitalization at St. Vincent's East was just like that. As we arrived at the Emergency Department waiting room, we joined about 25 "sickies" individuals waiting in anticipation of hearing their names called to go back and see the doctor. All we could think of was I hope I don't catch Coronavirus - 19 (COVID-19) while we are sitting in this waiting room. Thankfully we have not shown any symptoms yet, we have accepted the social distancing rules especially because of Casandra's compromised immune system, my history of severe asthma, and Joe's diabetes. So, I wanted to share with you, our approach and nine simple ways to fight COVID-19.

1. Educate Yourself About Signs and Symptoms: According to the CDC, COVID-19 symptoms include fever, shortness of breath and a dry cough. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 and develop symptoms.

2. Annual Vaccines: Make sure all your annual vaccines are up to date. The vaccine to treat against COVID-19 illness is being developed now and will not be available until NEXT YEAR. COVID-19 can go into other illnesses especially since it specifically attacks the lungs, so the pneumonia vaccines would be important to have if you are eligible.

3. Wash Hands: wash them again, then go back and rewash your hands! The CDC reports we must wash them for 20 seconds. If you are not sure how long that is, it takes about 20 seconds to sing Happy Birthday. Also, if soap and water is not available, use hand sanitizer. CDC recommends the use of alcohol-based hand sanitizers with greater than 60% ethanol or 70% isopropanol as the preferred form of hand hygiene.

4. Avoid Touching Your Face: Don't touch your eyes, nose, or face with unwashed hands, period! The COVID-19 is a respiratory virus which makes your mucus membranes, throat, nose, and eyes more susceptible for transmission of the virus.

5. Avoid being exposed: Since COVID-19 is spread through respiratory droplets person to person, and lives on objects for hours to days, we need to stay away from other people. Now the CDC is saying stay 6 feet apart, and do not get together in groups of 10. Double check on doctor appointments you may have and see if they can be scheduled for a later time. If you need to keep them, call ahead and ask what they are doing to maintain the 6 feet rule and to keep you from be-

ing contaminated by someone with the virus. An example would be they have you wait in your automobile until time to be seen.

6. Clean and disinfect frequently touched surfaces daily: This includes tables, door-knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, toilet handles, faucets, and sinks. Lysol, diluted bleach, and/or essential oil thieves are all acceptable to use as cleaners.

Recipe for diluted bleach is:

5 Tablespoons (1/3 cup) Bleach to 1 gallon of water

4 teaspoons of bleach to 1 quart of water

We are doing this because we now know COVID-19 lives on surfaces, see picture below.



7. Stock up on supplies: (WITHIN REASON) Has anyone tried to buy toilet paper lately? I ventured out to the local Piggly Wiggly and it reminded me of The Walking Dead TV show, the shelves were bare. If everyone would just go back to buying their typical items, there would be enough supplies. It is suggested by the CDC to make sure you have at least a one-month supply of your prescription medications.

8. Boost Your Immune System: Since this is a virus, our bodies' immune systems will be the main defense fighting against this illness. Things such as taking Vitamin C 500-100mg, zinc, drinking enough water, getting enough sleep, and making healthy food choices can all help us stay well. There is a saying, "A Probiotic A Day Keeps the Doctor Away." Probiotics are vital because 70% of our immune system works from the gut. There are three strains of live bacteria that need to be included in your supplement:

Lactobacillus Rhamnosus - LGG causes a reduction in risk of respiratory tract infections and illness, promotes overall gut health and reduces digestive upsets.

Lactobacillus Paracasei – causes a reduction in the duration of cold and flu symptoms by three days.

Lactobacillus Acidophilus – causes a reduction and prevention of cold and flu symptoms, including reduction of fever by 53% and coughing by 41%.

9. Dealing with anxiety and stress: Take a Break from Media! We do not immerse ourselves 24/7 in media about COVID-19. We read updates from trusted and reliable sources such as CDC. Find ways every day to release stress through meditation, prayer, dance, caring for pets, reading your Bible, devotions, exercise, taking a walk outside, journaling, a hot bath, coloring and painting, to name a few.

MARCH 2020

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MAY 2020

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APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31 Dinner/5PM AWANA, Youth, & Adult Bible Study/6PM B/Day- Paul Reynolds	1	2 Quilting/9AM	3 4
5 Sunday School/ 9:30 AM Worship/ 10:30 AM	6 Elders Meet/4PM B/Day- Pearl Stewart	7	8 AWANA, Youth, & Adult Bible Study/6PM	9 Survivors of Suicide Support Group/6PM	10	11 Men's Breakfast/8:00 AM
12 EASTER SONriseService/7AM, Breakfast following Sunday School/ 9:30 AM Worship/10:30 AM	13 Anniv- Ray & Lillian Zaworski	14 Ladies Bible Study/6PM	15 Dinner/5PM AWANA, Youth, & Adult Bible Study/6PM	16	17 Quilting/9AM	18
19 Sunday School/ 9:30 AM Worship/ 10:30 AM	20 B/Day- Aralyn Winn	21 Anniv- Jay & Kelley Thompson	22 AWANA, Youth, & Adult Bible Study/6PM	23 Survivors of Suicide Support Group/6PM	24 B/Day- Barbara Shackleford	25
26 Sunday School/ 9:30 AM Worship/ 10:30 AM Keenagers following!	27	28	29 Dinner/5PM AWANA, Youth, & Adult Bible Study/6PM	30	1	2