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Hello church family!

The flowers are blooming, some wonderful volunteers have been tidying up the outside of the church (thank GOD), and it is exciting to begin preparing for in-person worship. Covid-19 cases are on the rise a bit in Nevada, so PRAY HARD that folks stay well so that we can worship together again. The good news is that several rural churches (including us!) have written to the Bishop explaining the reality in our particular contexts, and she is taking it into account. Still though, keeping everyone healthy is the best way.

I hope and pray that you are keeping your body, heart, mind, and spirit healthy during this quarantine, because you are important! As tiresome as it has become, I hope that you are still wearing masks when you go out, keeping up that extra care with washing and distancing, feeding your body good God-given healthful food, and making sure to get as much fresh air as you can. I pray that you are spending time with good friends and family, in person or by phone or letters, and really appreciating the gift they are in your life. I pray that you are keeping your heart, mind, and soul healthy too by focusing on God's great love for you in Jesus Christ, by reading your Bible, by praying for each other, by counting your blessings and being thankful, by finding time and space to worship the Lord every day. Being mindful of the love and power of God is what will keep us strong, courageous, and wise in difficult times. You are a child of God, beloved! God loves you more than you know.

This weekend is Father's Day! And for whatever reason, I am looking forward to it even more than most years. As I sit writing, I find myself overwhelmed by the presence of so many good men in my life. So many good fathers, and father figures. They all have vastly different characters: some, like my grandfather, gruff and grumpy, with a love for children that makes him melt; some, like many friends and mentors, softhearted and quick to love, wearing their emotions on their sleeves; some, like my own father, loud and boisterous and charming and demanding; some, like my brothers, wise and mature and strong, with easy laughter and great humility; some, like my husband, quiet and protective, hardworking and silly. So many. All human and flawed, all a tremendous gift to me, to their families, and to the world.

I love the metaphors that Jesus and the Bible use for God as mother, and that the word used to describe Eve in Genesis means defender of Adam, warrior alongside him, giver of strength. And I love the metaphors that Jesus and the Bible use for God as father, with an overflowing love, wise and firm guidance, watchful attention, protective strength.

- **Deuteronomy 1:31:** "There you saw how the Lord your God carried you, as a father carries his son, all the way you went until you reached this place."
- **Psalm 32:7-8:** "You are my hiding place; you will protect me from trouble and surround me with songs of deliverance."
- **Psalm 103:13:** "As a father has compassion on his children, so the Lord has compassion on those who fear him."
- **2 Corinthians 6:18:** "And I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty."
- **Luke 15:20:** "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."

Let's give special thanks for the good men in our life this week. And great thanks for God our Father, who loves us beyond our imagining.

In God's amazing grace,

*Pastor Dawn*

# Worship by the Dashboard Lights, at the Kitchen Table, on the Front Porch, Anywhere and Everywhere!

“IN THE BEGINNING, God . . .” (Genesis 1:1).

“There was once a man in the land of Uz whose name was Job...” (Job 1:1).

“Now in those days a decree went out from Caesar Augustus...” (Luke 2:1).

“There came a man sent from God, whose name was John...” (John 1:6).

“Jesus said, ‘A man was going down from Jerusalem to Jericho, and fell among robbers...’” (Luke 10:30)



The Bible is filled with important stories. “God is telling the world a story,” writes Dan Taylor, in the book *The Power of Words and the Wonder of God*. “It begins in eternity past and stretches into eternity future. It climaxed two thousand years ago when God entered into his creation in a new way. It could reach its temporal conclusion today — or in five thousand years. The theme of the story is *shalom*: all things in their created place doing what they were created to do in loving relationship with their creator. And, amazing grace, it is a story into which God invites you and me.”

In part 3 of our worship series about modern parables, we will talk about the movie “The Big Fish.” It is strange and wonderful, about friendship and love and fathers and sons, about truth and fiction and shalom. You can find it pretty much everywhere, Netflix, Hulu, Amazon Prime and whatnot...probably even at Walmart if you prefer to buy it. It is perfectly suitable for the whole family; kids love it, even. And it is all about the power of our story, and God’s.

**“O come, let us worship and bow down; let us kneel before the LORD our Maker.”**

Psalm 95:6

If you will be joining us from home, you are invited to join us by Zoom for the first part of worship (the music, prayers, and Young at Heart). Look for the link in your email; the phone number will be there too if you prefer to join us by phone. And then, tune into KVLV radio at AM 980 for the live version of the sermon. The video version will be pre-recorded and put on Facebook and YouTube early Sunday morning...trying to do it live has just been too troublesome. Grab your Bible, light a candle, bring your church family and friends to mind, and settle in for a worshipful hour with the Lord.

In person is even better! Join us at 9am for drive-in worship in our north parking lot and on Stillwater Ave. You will be surprised how good it is just to be gathered, even in our cars. And it is a great gift to your church family, some of whom are REALLY missing each other and needing that connection with friendly Christian faces.

Our songs this week are “I Love to Tell the Story” on page 156 of our hymnal, and two modern worship songs: “You’re a Good, Good Father” and “In Our Father’s House.” You’ll find the lyrics on the back page and the insert to your bulletin. ♥

# News and Fun Stuff!

## How to Handle Stress

Churchill Community Coalition dropped off some flyers here at church awhile back with some great ideas for teens and adults regarding handling stress. Lord knows, with life the way it is right now, and many of our usual stress-relievers unavailable to us, stress is higher than ever. Here is some good information about stress and anxiety, and healthy ways to reduce it.



Buncha Fallon photos of happy things :-). Credit Barb Swetzof-Lund

## June Birthdays!

Viola Heinle, 6/7

♥ Bill Deal, 6/8

Gaye Johnston, 6/8

Levia Coval, 6/9

Erica Stritenberger, 6/13

Margot Mills, 6/14

June Conner, 6/16

♥ Pam Thornton, 6/16

Marge Lister, 6/17

Sharon Foster, 6/20

Gretchen Felte, 6/21

♥ Vera McGarity, 6/21

Kathy Underhill, 6/21

Ron Evans, 6/22

Zachary Mills, 6/22

Suzanne Noonkester, 6/24

Tony Albiston, 6/26

♥ Dorothy Smith, 6/26

June Young, 6/28

Mary Lou Grumstrup, 6/29

Steve Young, 6/29

Alana Hughes, 6/30

*Levia Coval turns 10 years old this year!*

♥ *Special prayers for the families and friends of Bill Deal, Pam Thornton (Pastor Jason's mom, who passed this year from ALS), Vera McGarity (John McGarity's mom), and Dorothy Smith (beloved of Dick Powers).*

### Symptoms:

- Upset stomach
- Avoiding school, work, people, or activities
- Constant worry
- Migraines/headaches
- Withdrawal
- Meltdowns and panic attacks
- Constant need for approval

### Activities that May Help:

- Talking with someone you trust
- Breathing deeply and easily, concentrating on relaxing muscles with each breath out
- Journaling
- Mindfulness: focusing on what you see, hear, smell, taste, and touch while breathing slowly and easily
- Art or music
- Stretching, walking, or any form of exercise
- Listing good things you see, hear, smell, taste, or feel around you right now
- Unplugging electronics
- Cleaning or organizing something, one specific thing
- Planting something, and caring for it
- Helping someone, even with something small and simple

If someone you know is feeling stressed or anxious, treat them with care and understanding. Don't try to talk them out of their stress or anxiety. Instead, offer to listen, invite them for a walk outdoors or for a meal or beverage, share stories of good things you have seen or heard, tell them what you love about them...sincere compliments can be especially helpful. Pray for them, especially...and even pray with them, if they would like. ♥

## Independence Day Parade!

Yes, we get to have a parade this year! We have ordered some very cute little foam gliders that we want to put Epworth UMC stickers on and fly out to the crowd, and we need YOU! We would love your donations of candy, as always, to toss out to the kids. Bring them by the church office on Sunday, Monday or Tuesday, or call Pastor Dawn at 775-671-5553 to see what a better time might be. We would love for you to ride the float with us, or walk alongside it, wearing your Epworth tshirts and waving and smiling at our neighbors. And we would REALLY love your help with ideas to make our float fun and fresh and new! Come on, you creative people, we know you have it in you. The only themes are spring, and patriotic decor. Call the church office, or email or call Pastor Dawn with your ideas!



**“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”**

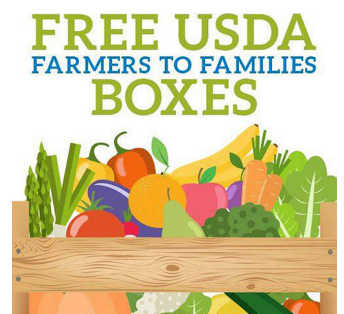
*Galatians 6:2*

## Church Council Meeting

Please join us for a Church Council meeting on Sunday, June 28! We are hoping and praying to be able to open the first or second Sunday in July, so we need to use this time to get our final ducks in a row. Folks have been sprucing up, cleaning and weeding...others have volunteered to help donate masks and hand sanitizer...and a few have volunteered to help prepare kids’ activities for worship, greet folks as they come in, and be the bathroom attendant to keep things sanitized between uses. Stay tuned for a more detailed sign-up sheet to follow! And please join us for the council meeting, via Zoom, to discuss the (hopefully) final details. Look for the link and the phone number via email.

## More Opportunities to Volunteer

We are SO blessed to have such an active, faithful, loving church. Our ministries are thriving, especially with the addition of USDA “Farmers to Families” fresh food boxes that have been arriving via a partnership with New Frontier and the Food Bank of Northern Nevada. For the past 2 weeks, we have received 75 boxes that we have offered to folks in need, and we will continue that through the end of June. Then, we are partnering with Kelli Kelly and the Fallon Food Hub on a grant that (if we are awarded the grant) will provide similar boxes of fresh local produce every other week from July through Thanksgiving. It is such a wonderful thing!! **Call the church office**, we would love your help:



- Help host our laundry and shower services on Mondays, Tuesdays, or Thursday afternoons. It is really easy, and is such a gift to folks in need.
- Help staff the sign-in desk at the Epworth Food Pantry on Mondays from 9:30am til 1pm
- Volunteer to escort folks through the pantry, to get what they need.
- Help unload and shelve new food that comes in on Monday mornings
- Help prepare and submit monthly pantry reports
- Be here on Tuesday afternoons to help distribute those fresh food boxes
- Help with organizing and light cleaning in the Wolf Center during the week. ♥