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Hello beloved, from Week 2 of Kitchen Table Worship!

Things are strangely quiet around Epworth today. Our food bank and shower ministries are open, but different...lots of gloves, sanitizing wipes, very few volunteers, and only a couple of people in the building at a time. But Laura got a kitten! I wish I could send you the sound of her sweet mew, it's so cute. Instead, you'll have to settle for a photo:

She is the sweetest thing. She has a little cold in her eyes. Her name is Milkshake. :-)

I hope that you were able to join us for worship, either on Facebook Live or on the radio, and that you were able to make a holy time of it. If you weren't able to do that and would like to, please let me know, I'd love to



help. This week, we are moving into the next installment of our Lenten worship series, this one about our Christian witness. Our scripture reading will be Matthew 4:18-20, about Jesus calling the fishermen to be his first disciples. Which reminds me, if you don't have a Bible at home, we would love to provide one for you! Just give us a call at the church. Or, if you're comfortable using the computer, you can also find it there at www.biblegateway.com...just type the passage into the search bar, and it will pop right up.

Enclosed you will find a buncha stuff related to worship this Sunday: this week's bulletin, copies of the songs we have chosen for this week, and other stuff to encourage and inspire you. Every week, we are working to think more creatively and provide more resources to keep us all connected with God and with each other; your ideas and requests are welcome! We would love to hear from you. And do send along your prayers and your God sightings to Kathy Reynolds at 423-0689 or kmreynolds3@gmail.com, so that we can send them out by email to everyone just like we always do. Private ones should be sent to me at pastor@eumcfallon.org or give me a call at 775-671-5553.

And thank you for bringing in and mailing your tithes! Even as we have had to close down our in-person worship and meetings, most of our bills remain the same, and the need in our community is as great as ever. If you aren't sure how to do that, you might like to call your bank to set up something automatic, or you are always welcome to mail your giving to us at 280 E Stillwater Ave, Fallon NV 89406. It is so appreciated!

In God's unfailing love,

Pastor Dawn

### News and Fun Stuff!

#### **Keeping Your Heart and Mind Healthy During Quarantine**

Staying indoors can be hard on your physical, emotional, and spiritual wellbeing. Fresh air is REALLY important, and getting outside can do wonders. So, if you can walk outside safely, do so! Go as long as is comfortable for you, and make a special effort to smile and wave at other people you see. Or, take some time to sit in the back or front yard, and breathe in the fresh air. Write a note for someone, or read a good book. Most of all, make it a time to look for evidence of God, and give thanks! You will find touches of God's creative power, signs of new life, beauty and wonder all around you. You will be amazed how good you will feel!

Study

Keeping ourselves in scripture and continuing to learn is so important. Especially when we or those we love are finding that we have new questions about God's activity and purpose. There are plenty of ways to keep up with your Bible studies by phone, or even by video! If you are already involved in a study, your leaders will be in touch with you; if you're not yet part of a study but would like to be, call the church office and we will put you in touch with one. If you'd like recommendations for good books, here are some you might like to try:

- "Holy Solitude: Lenten Reflections with Saints, Hermits, Prophets, and Rebels," by Heidi Haverkamp
- "The Walk," by Adam Hamilton
- "Messy Spirituality: God's Annoying Love for Imperfect People," by Michael Yaconelli
- "The Rewritten Life: When God Changes Your Story," by Jessica LaGrone

#### Connect

So many of you have excellent ideas about how to stay connected with your friends and neighbors and church! Here is a great one: create an "Anything Box." Put a tub with a lid out in some logical place in your neighborhood where everyone will walk by it at some point. Put some board games, cards, books, anything you'd be willing to share, with a note inviting

neighbors to do the same: borrow what they want, and lend what they have. Put a pad of paper inside, too, and invite people to write something they need. Put another pad of paper or notebook, and invite people to start a story that other people can add to. Add whatever else your creative self can think of! Check it often, and change things out to make it a constant surprise for the neighborhood.

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to evervone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will quard your hearts and your minds in Christ Jesus.

~ Philippians 4:4-7

# The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

~ Lamentations 3:22-23

#### The Amazing People of Fallon, Nevada

There are so many people reaching out to help each other, and to serve those in need! It is incredible. Just a few examples:

- Folks are sharing fabric and other supplies, and sewing surgical masks for use at Banner Hospital. Contact Kara Sommer at 775-217-0081 or lovelyladyfox@gmail.com to find out more, or if you would like to participate!
- MANY local restaurants are set up for to-go meals and even delivery!
  Call your favorite restaurant directly, or go to the Fallon Chamber of
  Commerce website at www.fallonchamber.com to see the list. It's a great way to support our local businesses.
- Cori Norwalk-Egger is using her resources as a restaurant owner to place orders for folks who can't find what they need at the grocery store. The easiest way to reach her is via Facebook, but if you don't have and don't want a Facebook account you are welcome to call the church at 423-4714 and we will put you in touch!
- Fallon Daily Bread has added a Saturday dinner to our schedule, and we are so glad to have so many folks offer to help! All meals are served to-go, outside. Help us spread the word, because no one needs to go hungry.
- Folks have set up a new Facebook group and other communication systems where they are sharing what they have with each other.
   Spare rolls of paper towels and toilet paper, canned food, fresh produce, all kinds of stuff.

What a great place we get to live in!

#### Church Humor ©





#### **Beware of Scams and Scammers**

For as much kindness as we are seeing, there are also scammers out there to beware of. In addition to the usual tricks saying you owe a huge tax bill, which can be scary, we are hearing about possible scams claiming to offer folks their stimulus check from the US Government, related to CoVid 19, asking for personal information or a small fee in order to send the money. If you receive phone calls or emails offering you money, or asking for your personal information (like your social security number or birthdate, or your banking information) don't answer it. Hang up, or delete. The IRS, Department of Social Security, US Treasury Dept, etc. will only contact you by mail. If you stay on the phone (or answer an email), they may threaten you with even greater fees, or even criminal prosecution...don't believe it, friends. Best practice is to hang up, and call your local IRS or social security office directly, using the number in the phone book. If you're not sure, call a friend or family member you trust, or even the non-emergency line at the police station. They will be glad to help.

## Taste and see

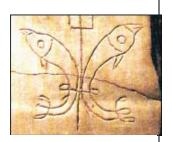
good! Blessed is the one who takes refuge

~ Psalm 34:8

in Him.

# 3 4 3 5 3 4

Newly discovered fresco showing people sharing Holy Communion, 2<sup>nd</sup> century. Possibly showing a woman officiating.



Ancient Christian fish symbol, found in Roman catacombs

### Kitchen Table Worship

A huge portion of Jesus' ministry took place at meals, and around mealtimes. At mealtimes is where Jesus showed God's love in abundance, like when he

changed water into wine at Cana, and when he multiplied the loaves and the fish to feed thousands. It is where he welcomed the unloved and the sinners, and challenged the powerful. It is where he showed his disciples how the greatest among them must be the greatest servant, when he washed their feet. It is where he saved Peter's life by forgiving his betrayal, over a



Medieval painting of the Lord's Supper

breakfast of fish on the beach. It is where he was made known to them in the breaking of the bread, when he appeared to many and said the prayer of thanks over the meal at Emmaus. And so, mealtimes have been a sacred thing since the earliest days of the church.

When you worship this week, you can make mealtime a sacred thing.

1. While you prepare the food, pray and make that your call to worship: give thanks to God for it, for your ability to buy and prepare it, for those who labored to bring it to your table. Pray all of your own love and God's love into it, for those who may be sharing the meal with you and for yourself.



Loaves and fishes floor mosaic, from St Peter's church on the Sea of Galilee, 4<sup>th</sup> century

- 2. Eat slowly. Pray while you eat, remembering those who are hungry, and savoring every bite with its different tastes and textures. Consider the abundance of God in providing for you, the depth of God's love for you, the amazing complexity and beauty of your own body with all of its parts.
- 3. Pray while you put things away, and wash what needs washing. Let this time be a benediction, a blessing, a reminder of the ways God calls us to discipleship: through clean living, thankfulness, good work, and service.

And before that, or after that, follow along in the bulletin to pray and sing together. Light a candle if you have one, and invite the presence of God in the Holy Spirit. Sing the songs we have enclosed, or put on your favorite music. Read the scripture passage about Jesus calling the disciples in Matthew 4. Tune in to the sermon on Sunday at 9:30am, and send your thoughts and questions about it to Pastor Dawn by sending her a note to the church, or an email to <a href="mailto:pastor@eumcfallon.org">pastor@eumcfallon.org</a>, or call her cell phone at 775-671-5553. And of course, send your prayers. **†**