

THE LYNNWOOD LINES

THE MONTHLY NEWSLETTER FOR LYNNWOOD UNITED METHODIST CHURCH

Pastor's Letter

Greetings in the name of our Lord Jesus! We are facing an unprecedented and uncertain situation. I pray this finds all of you well and feeling the grace of God. Most of you have heard about the announcement of my appointment to San Leandro First United Methodist Church in July. Elders of UMC are appointed by Bishop of each annual conference annually, and it is our Bishop's decision to make a pastoral transition at Lynnwood. With this decision, I am accepting a new appointment, and a new appointment to Lynnwood has been made.

I want to express my deepest appreciation to Lynnwood for giving me a chance to serve as your pastor and help Lynnwood to expand our mission in our community. Esther and I will forever cherish your love and support and will carry them to the new appointment.

I have concentrated on helping our church to become even more relevant and making our ministry more transparent to the people we serve in our community. In this effort, we have made our core values, "dare to question, love, and serve," stronger and more clear by upgrading our website and adding social media communications. I have also focused on developing specific opportunities to help our core values to be relevant.

For daring to question, we have developed a new lecture series in partnership with the Pacific School of Religion (PSR) to promote our progressive faith values through a wide variety of social, religious, and political issues and to invite the progressive communities of faith to share and learn to serve our community together. Although we have decided to postpone our Spring lecture, we will continue to offer many exciting opportunities to become a leader of the progressive faith community.

We have also offered new and exciting ways to celebrate our diversity. As a reconciling congregation, we have emphasized and practiced becoming an inclusive community. It was truly an exciting opportunity to host various programs such as the "We Are Lights" Christmas concert by Oakland Gay Men's Chorus and the "Doors Open" musical by the theater group of Wesley UMC in San Jose. I hope we will continue to bring various opportunities to celebrate diversity. Our outreach community has helped us to be a church that dares to serve. Lynnwood will continue to expand this value in a wide variety of ways locally and globally.

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As a reconciling congregation that **dares to question, love, and serve**, we offer wide welcome to all people regardless of age, sex, racial or ethnic background, sexual orientation, gender identity, family status, physical or mental ability, or economic or immigration status.

Pastor's Letter, Cont'd. and New Appointment

I have also tried to deepen our Biblical understanding as we build stronger discipleship of Jesus in the transformation of the world. I pray for your continued success in building a stronger community of Christ to be a beacon of hope and love of Jesus Christ. With the new pastor, I am confident, Lynnewood will be even stronger and more successful.

In this global crisis, we are sharing a struggle that has not been experienced before. Lynnewood is complying with the "Shelter in Place" order and has suspended all physical gatherings. We are, however, offering different ways to serve our community including a Zoom Bible study on Wednesday and a Sunday youth online gathering.

We have also organized a great support team for caring for our community. If you are in need of support, please contact me or Linda Van Pelt. We will do all in our means to care for you. I would also like to continue to provide your support for Lynnewood. I ask you to make your regular financial giving to church so that we can continue to be your church. May the Almighty God restore our lives and bring us peace and hope.

Blessings in Christ,

Pastor Henry

Announcement from SPRC ; New Pastor for Lynnewood United Methodist Church

Dear Lynnewood Friends,

As was announced in the weekly email on Friday, March 20th and in church on March 15th, our Pastor Henry will transition to the San Leandro UMC this summer. We will celebrate and thank Pastor Henry and Esther in June before they move on.

It is with gratitude and joy that SPRC shares with you that Bishop Minerva Carcano is appointing the Reverend Jennifer Murdock to be the Senior Pastor at Lynnewood United Methodist Church beginning July 1, 2020.

SPRC met with Pastor Jennifer a few days ago. We are impressed by her strong commitment to the Good News of our Lord and Savior Jesus Christ and to sharing the grace and peace of God. Pastor Jennifer has a strong social justice, reconciliation, equality, and action focus. She has a passion for reaching new people.

Pastor Jennifer writes that helping people connect with God and the depths of their own compassion are her greatest joys in ministry. She does that through preaching, worship, small group studies, and experiences of service locally and globally. She says that learning to love with patience, forgiveness, compassion, and justice is our soul's live-long journey.

Pastor Jennifer has been in pastoral ministry since 2004. She graduated from Ohio State as a sociology major and then from the Pacific School of Religion in Berkeley.

She excels in preaching, teaching, and administration.

We look forward to welcoming Pastor Jennifer Murdock, her husband Chris, and their two children to Lynnewood!

SPRC believes God is giving us an exciting pastor. It is our job as a congregation to welcome our new pastor and help her succeed. And we intend to just that!!

Stay tuned!

Sincerely,

Emmie
SPRC Chair

Prayers, Bible Studies, and Stephen Ministry

In Need of Prayer...

Lynnewood Family

- For all teachers, support staff and school administrators who are working tirelessly to begin remote learning on Monday 3/23.
- For all students and their families, and that students will take their remote lessons seriously and exhibit good digital citizenship.
- For our "at risk" students, including those with learning challenges and differences, and issues at home.

National and World Needs

- The healthcare workers dealing with COVID-19 directly.
- Those considered high risk for COVID-19 infection
- Those struggling with the isolation of sheltering in place.
- Our United Methodist Church, especially those reeling from the news of the General Conference postponement (see page 5 for more details).

Prayer Ministry:

Please email your prayer requests to the church office (office@lynnewood.org).



When an event shakes up your world, it can be very difficult to manage physically, emotionally, and spiritually. As we navigate these unknown waters, it is important that you know you have a caring church family supporting you. You also have nine Stephen Ministers who are very willing to help you with the fear, isolation, uncertainty, and grief of temporarily losing life as we know it.

If you would like a phone call from a Stephen Minister, who can just listen, offer a prayer, share a scripture and generally keep in touch with you during this virus challenge, please email The church office. They will have a Stephen Minister reach out to you.

It is also a time for all of us to reach out to loved ones, close friends, church family and acquaintances to let them know they are not alone. "I am thinking of you".

1 Thessalonians 5:11 "Therefore encourage one another and build each other up..."

In love and faith,
Your Stephen Ministers

WEDNESDAY MORNING BIBLE STUDY

10:00 a.m. Online using Zoom

During this time of "shelter in place", I would like to offer a chance to study the Lenten scriptures via zoom. Zoom with devices that have speakers, microphones and cameras will allow us to see, speak and hear each other. Please follow the instruction for using Zoom, and join me on Wednesday at 10 am to study together. If you have any questions, please email me (henry@lynnewood.org) and I will be happy to answer your questions.

-Pastor Henry

MONDAY NIGHT BIBLE STUDY

This bible study group is on hiatus during the shelter-in-place order. Please call or email questions to the church office.

General Announcements and Finance Update

	FEBRUARY FINANCE UPDATE							
	Operating Budget	Amount	% difference from budget					
	Donations (Year To Date)	\$71,822	-32.5%					
	Expenses (Year To date)	\$131,823	-7.6%					

Donations do not include rent income from Quarry Lane.

We collected \$2,990 on Souper Bowl Sunday for SSP.

If you would like to better understand where our church stands financially or the financial goals of our church, please see any member of the finance committee. We would be happy to discuss our finances with you!

OPEN HEART KITCHEN TO-GO MEALS FOR SENIORS

If you are interested in senior meals served and to-go and have a computer, please go to openheartkitchen.org Click on 'FIND A MEAL'. Then click onto the box noting "FOR CLIENTS AGED 60+, WE OFFER ADDITIONAL SENIOR MEALS. CLICK HERE FOR MEAL LOCATIONS". Please note you will have to make a reservation BY 1:00 the day before in order to have the meal available for pick up.

For those who do not have a computer, please see the following information for meal access:

MONDAY-FRIDAY LUNCH SERVICE SERVED OR TO-GO

DUBLIN

11:30 AM – 12:15 PM

DUBLIN SENIOR CENTER

7600 Amador Valley Blvd Dublin

Reservations: (925) 500-8241 by 1:00 the day before for pick up

PLEASANTON

11:45 AM – 1:00 PM

PLEASANTON SENIOR CENTER

5353 Sunol Blvd Pleasanton

Reservations: (925) 500-8241 by 1:00 the day before for pick up

LIVERMORE

12:00 PM – 1:00 PM

ROBERT LIVERMORE COMMUNITY CENTER

4444 East Avenue Livermore

Reservations: (925)500-8241 by 1:00 the day before for pick up

MONDAY-FRIDAY DINNER SERVICE SERVED OR TO-GO

PLEASANTON

4:00PM-6:00 PM

RIDGEVIEW COMMONS

5200 Case Avenue Pleasanton

Reservations (925) 500-8241 by 1:00 the day before for pick up

General Announcements, Continued

Here I Am to WorSHIP (Shelter in Place)

While we are all sheltering in place, we will be worshipping a bit differently. Each week on Friday, we will send out worship resources (poems, scriptures, music, etc.) for the coming Sunday via email. If you are not subscribed to our weekly email list, you can subscribe at <http://www.lynnewood.org/news>

Easter Services

Though we are not sure what the future holds, we are currently planning to hold services for Good Friday and Easter.

Good Friday: Service is currently set to take place at 7:30 p.m. on Friday, April 10th.

Easter: Services will be held at the normal worship times, 9:00 a.m. and 10:30 a.m. on Sunday, April 12th.

This information may change if the shelter-in-place order is extended, so please keep watching the Friday email for updates.

General Conference Postponed

On Monday, March 23rd, The Commission on the General Conference released an update that General Conference has been postponed until 2021. While this is inevitable due to the current COVID-19 crisis, many who were awaiting General Conference to know whether they would be welcome in the wider United Methodist Church are left hurting. **Please pray for our brothers and sisters awaiting answers.** More information can be found here: <https://www.resourceumc.org/en/content/general-conference-to-move-to-2021>

HANDLING THE CURRENT CRISIS

Now more than ever, many at Lynnewood are stepping up to help where they can. Here are a few thoughts that may help.

Credit Card and Car Loan Payments

Many lenders are doing something to help. Some are waiving interest, fees or penalties. Others are willing to increase credit limits so that there is money to purchase essentials. If you know someone that is struggling, encourage them to call the 800 number on the back of the card or call on their car loan to discuss the options.

Mortgage Lenders and Landlords

Some lenders will approve a moratorium on payments so that no payment has to be paid for now. Lenders may offer a payment restructuring that works or add any missed payments to the back end of the loan. For renters, Governor Newsom has encouraged cities to consider measure to protect renters. Roughly 28 cities have taken action as of March 22 to limit evictions, and a couple dozen more are considering some action.

Available Resources

A google search such as "how banks and credit card companies are helping" will provide lender policy updates. Dialing 2-1-1 from any phone will reach someone that may be able to help with information about available community programs. In addition, www.nextdoor.com is a community website that has resources, including people that are willing to assist as needed. If you are not using this site, check it out.

Most important

Becoming closer with friends and family is one way we can bless one another. Call someone that may need it or someone you haven't spoken with recently. Take time to pray for those you love. Remember that you are loved and remind them that they are. If someone you know is in need of prayer, consider contacting the church and get them on the prayer chain. We don't know many of the answers for now, but we do know there are good people and beauty around us. Let's use this time to handle a few things we can control and worry less about those we cannot. And, if you are struggling, reach out. This is a very difficult time, and we are in it together.

Lou

Music Notes



Some Thoughts about Surviving the Shelter in Place (as first sent to the Chancel Choir):

I don't know about you, but I'm struggling with how to find some semblance of routine during this time of shelter-in-place. I'm one who does better with external forces adding structure to my day – going to the gym or other appointments, meetings & rehearsals, and the necessary prep for those. With all that structure gone, it is harder to find motivation to find structure to help me through my day.

Here are some ideas I thought of... I will confess that I have yet to make these work, but these are things I'm going to work on in the next few days and beyond.

Figure out a regular sleep schedule and stick to it – decide when you're going to target getting up and when you're going to target getting to bed. I figure if I'm within 30 minutes of those targets it will be a good day. This amorphous kind of schedule makes it too easy for a night owl like me to go overboard with staying up late and then rising in the morning becomes more difficult. My goal is to set this up for myself.

Plan your days – I'm personally terrible at this if there are no deadlines and I find that not having a written checklist of things that have to be done also makes it difficult to add structure to my day. So for the first time in a very long time, I'm going to try planning ahead and writing things down (not just in my head)... even if it's just a few days at a time. I may not get everything done, but it will feel good to be able to cross some things (anything!) off my list.

Journal – I'm beginning a prayer/gratitude journal, not just in my head as I tend to do, but write it down. Especially important is writing down the things you are grateful for. Try to find at least 3 things. For example, one of mine yesterday (Tues 3/17) was watching the amazing hail storm that occurred in Livermore.

Find time to connect with God ... prayer, scripture, listening to inspiring music, walking out in nature... whatever works best for you. There is no one right way.

Allow time for yourself – reading, writing, music, art projects, craft projects, watching movies or favorite shows, playing solitaire/computer games, working in your garden... whatever relaxes you.

Take care of yourself – getting enough sleep, drinking enough water/fluids, exercising or at least getting some walks in, eating healthy... and of course, washing your hands frequently... you know, all that stuff they recommend you do anyway.

Find ways to connect ... whether text, email, phone, Skype, writing a card to someone...

Finally, cut yourself some slack! These are extraordinarily stressful times. It's difficult to plan/anticipate anything when the future is so unknown. You may find yourself binging on TV or on foods or on phone games, whatever "vice" it is that tempts you most. The worst thing you can do is beat yourself up about it. Recognize what crazy times you are in the midst of... forgive yourself (God does) and work to do better the next day.

This idea comes from Vicki: Designated Worry Time. If you find yourself worrying frequently during the day, assign some portion of the morning (no more than 10 minutes) as your designated worry time. Set a timer and let all of your worries pass through your mind during that time. When the timer goes off, proceed to the next thing on your schedule (even if the next thing is, "browse online" or "take a nap.") Discipline yourself so that, if worries come into your mind at other times, you renew your focus on the current task, and "quarantine the worry" into its designated time the next day.

Dan has contributed more ideas of things to do, and while he was thinking in terms of the single person, I think they work for everyone. The list: Jig saw puzzles, other puzzles, solitaire, cleaning out old correspondence, paperwork file sort and arrange closets. Same things with drawers. Organize all the photos that you have collected. Make a collection of useful but no longer needed items for donation to a charity. Think about food items that are nearing their expiration date. Write, call, or e-mail family and close friends. A handwritten note is special.

Continued on the following page...

Music Notes (Continued) and Small Group Ministries

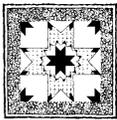


I hope you find something in here to help you. It helped me to type these out. (Now all I have to do is follow my own advice!)

May you find ways to be kind to yourself and kind to each other during this time. Remember the lessons of Psalm 23 – God is with us, leading us, no matter what the circumstances.

Wishing you times of renewal while sheltering in place.

Donna



PRAYERS & SQUARES

Please remember whenever we have a quilt, it is not finished until you participate by tying a knot or laying your hands on a knot and saying a prayer. If you would like to help with this ministry, please contact the church office.

KNITTING GROUP

The knitting group is on hiatus at the moment as they await more volunteers. If you know how to knit and would like to join this group, please contact the church office.

DREAM GROUP

This group meets the third Thursday of the month at 11:00 a.m. During the shelter-in-place order, this group will be meeting by Zoom.

MEN'S BREAKFAST

SECOND SATURDAY of the month - 8 a.m.
Fellowship Hall

All men are invited to breakfast at 8:00 a.m. in the Fellowship Hall. Come and join in a great breakfast and better fellowship. Heart-healthy food to be included.

If the shelter-in-place order is lifted, we will meet again **Saturday, April 11th** in the Fellowship Hall. Start the day off right with good food and good fellowship!

Please call the church office with any questions.

Seasoned Citizens

We will not be scheduling future Seasoned Citizens luncheons unless and until our "Shelter in Place" order has been lifted. As we face this new but temporary way of living due to COVID-19, please keep in mind that we must stay connected to our friends and family by telephone or email. It is important to maintain our mental and emotional health until we meet again.

Thank you all for understanding.

Lucy and Carol

Lynnewood Outreach

ALAMEDA COUNTY FOOD BANK SORTING DAY UPDATE

The Alameda County Community Food Bank Sorting Day on Saturday, April 4 has been cancelled.

However, the food bank still needs our help!

If you are under 65 and looking for ways to serve your community and get out of your home for a little while, the Alameda County Community Food Bank is looking for volunteers to help them sort and pack food for delivery to school children, seniors, and other compromised and isolated members of the community. You would not be able to drop-in to help, but you can register to help. They are capping the number of volunteers to meet protocols mandated by the state. They are considered essential and so are volunteers. If interested, please click on this link: <https://accfb.org/food-sorting/>

Help with Wildfire Recovery in Lake County, California

Lake County has had several major wildfires that last few years, including the Valley Fire which destroyed 1300 homes in the Middletown area. If the shelter-in-place order is lifted, we will be going to assist with the continued rebuilding homes for families that are challenged to do so on their own. We will leave on Sunday, May 3rd and return on Friday, May 8th.

We will be staying at the Hope City team housing in Middletown – twin size bunk beds and showers with meals provided by the Hope City Staff with our help. The cost of the trip is \$225. Registration is now available and due by April 17th.

For more information, questions or to register, contact Steve at sae612@msn.com or 925-362-8697.

Bundles of Joy

Bundles of Joy is an on-going joint project with Axis Community Health and several other churches in the Tri-Valley. It is only made possible by the donations we receive each month. We provide 14 bags per month to Axis to be given out to low-income pregnant women. Please help us to continue to reach out to families in need and show them what a caring community we are. Donations from the list below can be given to Kristin. Contact the church office with any questions.

Items Needed for the Bundles of Joy Project:

- Diapers (Newborn – Size 1)
- Pacifiers
- Cloth Toys or Stuffed Animals
- Bibs (We usually include 2.)
- Wipes
- Blankets
- Rattles
- Hats (We usually include 2.)
- Baby Wash, Lotion, Powder or Ointment (We include 1 item per bag.)
- Newborn Outfits – Size 0-6 months (We usually include 1 per bag.)
- Pajamas, Size 0-6 months (We usually include 1 per bag.)
- Onesies, Size 0-6 months (We usually include 1-2 per bag.)
- Baby Booties or Socks (We usually include 2-3 pairs.)
- Cash or Gift Cards (Target, etc...)

EGG CARTONS—Ongoing Project

Many people see egg cartons in the narthex and wonder why empty egg cartons are brought to church. The Tri-Valley Haven Food Bank receives eggs from local grocery stores with good eggs and some broken and mushy eggs. Before Tri-Valley staff distributes the good eggs to their clients, they seek cleaner egg cartons. Over the years the Lynnewood church family has been the source for the egg cartons. Thank you for your continued support of this outreach opportunity. **NOTE: Linda is taking the egg cartons during the shelter-in-place mandate, so please contact her if you would like to contribute!**

Children, Sunday School, and Youth News

Coming Soon—Lwood College Crew Convo

College students: email Diana your cell number and email address. Lets get talking!
diana@lynnewood.org

YOUTH ZOOM

Youth Zoom every Sunday at 4pm with Diana. Watch your email and text messages for details. All 6th-12th graders lets check-in, share, and give thanks for the gift of each other and love in the world.

May Lynnewood Lines Deadline and Information

DEADLINE FOR MAY LINES

In recent months, we have had some issues in the office with getting enough articles to publish the Lynnewood Lines in a timely manner. If we are to continue distributing the Lynnewood Lines, then we need content from YOU, the members of the congregation. Please submit your articles for next month's Lynnewood Lines to the office by **April 20th**. Send to office@lynnewood.org. While this is the preferred deadline, we do understand that sometimes circumstances get in the way. However, **articles not received by April 25th will NOT be included in the May edition of the Lines.** If we do not have enough articles by this date to justify a full edition of the Lynnewood Lines, then an abbreviated edition will be published in its place.

Please include "LINES Article" in the subject line. Email is preferred, but for those of you who don't have email, please reach out to the office staff so we can accommodate you during the shelter-in-place order. We are still able to check voicemails a few times a week, so you can call us at (925) 846-0221.

Did you get a "Got It" reply to your email? Sometimes the email systems lose the article or the reply. If you did not get a reply, please send your article again.



"You can cut all the
flowers, but you cannot
keep spring from coming.

-Pablo Neruda