



**LET'S CHAT!**  
with Pastor D

in the  
**Loop**

## Stress Relievers!

We continue to share some things to remember and practice that can help alleviate stress during this Pandemic.

I will restate the points from the last issue.

Remember:

1. It will end.
2. Have an outlet.

There are also some practices that can help to adjust to this “new normal.”

1. Explore your creativity.

Find unique ways to do the things you love and spend time with others.

We recently celebrated a birthday with a drive-by convoy. It maintained social distancing, and showed care and love for the surprised celebrant. We relished the time together and it will forever remain etched in our minds.

There are families that are miles apart, and have meals together using video.

Others pass the time using their talent to sew masks and sell them for a supplemental income.

This may be the time to rediscover your hobbies and explore what makes you unique.

The key to overcome this pandemic is to remain creative and connected while refusing to isolate emotionally and mentally. Even when you don't feel like it, get up and try something new.

You may realize that your unhappiness will change to excitement and anxiety level will decrease. Most importantly remember to pray or have someone pray with you.

To be continued...

GD

Cast all your anxiety  
on him [God] because  
he cares for you.

- 1 Peter 5:7 -

## What's Happening...

In compliance with our "stay home and stay healthy" order to help save lives against the Coronavirus, Sharon Church has suspend in-person worship services until further notice. *This also includes any gatherings of the church which will result in more than 10 people attending. We have moved to a virtual community for fellowshiping. & communicating.*

### Sharon Seventh Day Adventist Weekly Church Services:

#### **Sunday**

- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913

#### **Monday**

- 6:00am Moring Prayer via Prayer Line 1-888-791-7913
- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913
  - Noon Bible Study via Prayer Line 1-888-791-7913

#### **Tuesday**

- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913

#### **Wednesday**

- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913
  - 5:00pm Banner Ministry via Prayer Line 1-888-791-7913
  - 7-8pm Prayer Meeting via Prayer Line 1-888-791-7913

#### **Thursday**

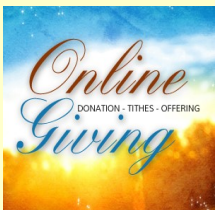
- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913

#### **Friday**

- 9-9:30am Morning Prayer and Devotion via Prayer Line 1-888-791-7913
  - 7-7:30pm Evening via YouTube

#### **Sabbath**

- 10am Youth Sabbath School via Zoom
- 10am Adult Sabbath School via Facebook and YouTube
- 11:15am Church Service via Facebook Live and YouTube
  - Noon Prayer via Prayer Line 1-888-791-7913
- 2:00-4:00pm The last 2 Sabbath's of the month the Food Pantry will be open with restrictions and strict adherence to social distancing procedures



We would like to encourage everyone to continue giving financially. There are a couple of ways this can happen, via the Sharon church web page at: [sharonsda.net](http://sharonsda.net) or by clicking on this secure link: <https://adventistgiving.org/#/org/ANIFOL/envelope/start> or mailing your contribution to the church (5209 NE 22<sup>nd</sup> Ave. Portland, OR 97211), please designate how you would like your funds distributed.

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## Spot the difference

Find 4 differences.

