

Dear Chapelites,

The 2020 Diet - Sunday Schedule - Healthful Choices

If 2020 were a diet plan, it would be something like this.

In March, events were cancelled, and we pretty much stayed at home. It was like the most basic of diets—meat and potatoes. I am not really complaining since those are my two favorite food groups. There's a lot you can do from burgers and fries to mashed potatoes and gravy to steak and a baked potato.



In life, we kept to our household which was not a bad thing. We played together; we worked together; we created a lot of happy memories. To be Captain Obvious, the most important thing was we survived. We still have pulses. While messages of fear and doom bombarded us, we lived.

For good reason, some of you continue on the meat and potatoes safer at home diet. Create some happy memories. You will survive. I look forward to when we all can potluck together again.

After a couple months of meat and potatoes, I knew something was missing. To put things in simple terms, dietary experts say that it is important to add color to our diet. Not only are colorful fruits and vegetables healthy choices, they add flavor and variety to our meals.

I love people. I enjoy interacting with people. Deprived of in person relationships beyond our household, there was a deep void in my life. We are created by God to be social creatures and interaction and fellowship are important to our mental health and our holistic well-being. Drive-in church and later inside church were the first places I found social interaction. Through family events and community activities, it is good to be with friends and extended family again. Students enjoy seeing classmates again. I look forward to the time when all activities are normal again—everything from sitting together at a football game to saying hi to strangers in the store.

Meat and potatoes, fruits and veggies. What is missing? Salt, sugar, and spice! A basic diet is edible, it sustains life, but it is pretty bland without the salt of service to others. During the shut down, we found new methods to reach out to those around us. As more things reopen, we continue to find more opportunities to serve persons in time of need.

Sugar and spices affect our taste buds differently. Some of us like sweet things, others tangy, others hot! hot! hot! We have different tastes in recreational activities that sweeten and spice up our lives. Baseball and high school and pro football spice up my life. You are finding activities that add you joy to your lives.

Not to be a whiner, but something is still missing from the 2020 diet—dessert! A couple days ago the Big 10 announced that football will be back. Sweet! I'm thinking a chocolate covered peanut butter ball will put a great ending to this 2020 diet. Mmm-mmm-mmm-mmm-mmm!!!

I am grateful for meat and potatoes; God gives us life.

I am thankful for fruits and veggies; God gives us families and friends, co-workers and classmates.

I appreciate salt—service opportunities.

I am glad for sugar spices—things that sweeten life.

I am grateful for incense—prayer, praise and worship that connect us to God.

“The Lord said to Moses, ‘Take sweet spices, stacte, and onycha, and galbanum, sweet spices with pure frankincense (of each shall there be an equal part), and make an incense blended as by the

perfumer, seasoned with salt, pure and holy.” (Exodus 30:34-35 ESV) This sweet, spicy incense was used in temple worship rituals.

In heaven, “The four living creatures and the twenty-four elders fell down before the Lamb [Jesus], each holding a harp, and golden bowls full of incense, which are the prayers of the saints.” (Revelation 5:8 ESV)

Not only do spices bring joy to our palates and our daily lives, but they bring joy to the Lord. Our prayers are the sweet, spicy incense that He enjoys.

We gather in cars to worship; we gather in church to worship; we gather in homes and other locations, live or later, to worship. We pray that our worship and the entirety of our lives will waft up into God’s throne room as a spicy, sweet-smelling aroma.

Last night for dinner, Sherry made chicken curry and rice. This family recipe came from India with grandma and grandpa after their missionary service. My plate had a colorful presentation of chicken and potatoes, carrots, bhindis (okra), and other veggies, curry powder and jalapeno on a bed of rice—plus a cup of chai. The medley of flavors was delicious! I pray for more savory food in my 2020 diet.



Continue to pray for the virus to end. Continue to serve Jesus and love one another.

See you Sunday,
Pastor Brad

P.S.

Sunday Schedule

Option 1: Drive-in/Outside Worship. (8:15 am)

Our platform is near the propane tank. Park in that area, and worship in your car. Or worship on the lawn with a blanket or a bag chair and an FM radio. Tune your FM radio to 90.5. Our broadcast range is limited, so you need to be on the church property to hear.

Option 2: Inside Worship. (10:30 am)

Please observe physically distant seating. While we have overflow options, they have not been used. .yet.

While no nursery will be available, parents with small children can stay with them in the family room. The worship service will be on the TV there.

Masks are required (with exceptions.) Masks are available at the door.

At 10:30, you can sit in the church yard or in your car and listen on the radio - FM 90.5.

Option 3: Worship online Live or Later.

We will Live Stream the service on YouTube at 10:30 am. Liberty Chapel's YouTube channel is <https://www.youtube.com/c/libertychapelc>

You can watch the service on your computer or mobile device live. The service will remain on YouTube so you can watch it later. If the live stream does not work, the service will be uploaded soon after church, and you can watch later.

Sunday School (9:15 am)

About half our classes have changed spaces. A map in the welcome center and signs on the doors will direct you. Or just ask.

Masks are required (with exceptions.) Masks are available at the door.

Children, sixth grade and younger, must be escorted to and picked up from their classes by a parent or the adult who brought them. If you need assistance, please let someone know.

Nursery will be provided for the Sunday School hour only. Parents and adults who bring children will take turns watching the children while other parents go to class.

We will not receive an offering during Sunday School.

The Explorers Class taught by Joe Gillen is meeting in Terry Hoffman's building with fresh air and physical distancing. If you are concerned about meeting in the classrooms, you are welcome to join them.

Healthful Choices and Risk Mitigation

If you or someone in your household has a fever, or if you are not feeling well, please do not come to inside worship or Sunday School. Our ability to meet in person depends on our ability to trust one another.

We are only as safe as what any one of us does. If you go to a party, a social gathering, or a vacation, it is like we are all going with you. Please stay away from risky situations outside of church and observe proper mitigation precautions.

Choose the option that is best for you and your family. If you are in a higher risk category, you may need to worship outside or at home. . .but continue to worship.