



From the Pastor . . .

As you read this we're still observing our moderately enforced "shelter in place." We're also just days away from the highest holy days of the Christian calendar, beginning with Palm Sunday and continuing through Maundy Thursday and Good Friday to the Resurrection of Our Lord. Some things come immediately to mind: We more than likely will not be able to celebrate these days together in our church, just like folks across the country and around the world. And so, as I've heard others say, when we finally are allowed to gather once again in our sanctuary, that's when we will celebrate Easter! (As a matter of fact, every Sunday is described as a mini-Easter celebration. It's why the Sundays in Lent don't count towards the 40 days observed. Of the 46 days from Ash Wednesday to Easter Sunday, 6 of those days are Sundays.) If we are unable to meet, we will still live-stream the service from church for all to see, either live through Youtube and Facebook, or saved and posted on our website, GDLCSJ.com. Please watch your email each week to follow the link to whichever presentation for which you are personally available.

To be honest, this is one of the strangest things I've ever experienced. I could have never imagined something that would have kept the church from meeting together over consecutive weeks. And missing you all and our worship together, I am waiting expectantly for our gathering, whenever it happens. I have no contrary thoughts as to the wisdom of our current experience. I continue to pray, as I hope you are as well, for our leaders both here and around the world, to act wisely, to be protected from harm, and to serve their people with faithfulness. And I pray for God's power to come, bringing healing as only he is capable of providing.

In the meantime, remember our hope is in our God. Ann has reminded me of that hope from Psalm 46, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear..." There is a way that we can look at the current crisis and consider that God might just say, "I can use this!" The redemptive nature of our God goes far beyond the redemption of the cross. God actively takes the difficult things in our lives and brings good out of them. As Romans 8 reminds us, "We know that God causes all things to work for good to those who love God, to those who are called according to His purpose." (Romans 8:28)

I encourage you to stay connected with one another, to be the church for each other. Use your church directory to place a couple calls each and every day to share the peace of the Lord, to support one another in God's love, and to remind each other that we are perfectly loved, and "perfect love casts out fear." (1 John 4:18) Use the "Seek God for the City" prayer guide to continue in prayer for the community around Gloria Dei, and for the world as well, asking God to use these circumstances to show His power, mercy, and love, and to give us insight into how we can share His Kingdom with those for whom Jesus died – i.e. every single person on the planet!

May you be blessed until we meet again and celebrate Jesus' resurrection and presence in our midst.

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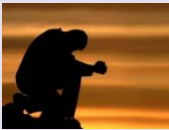
God be with you till we meet again;
By his counsels guide, uphold you;
With his sheep securely fold you.
God be with you till we meet again.

Till we meet, till we meet,
Till we meet at Jesus' feet,
Till we meet, till we meet,
God be with you till we meet again.

God be with you till we meet again
When life's perils thick confound you,
Put his arms unfailing round you.
God be with you till we meet again.

God be with you till we meet again;
Keep love's banner floating o'er you;
Smite death's threat'ning wave before you.
God be with you till we meet again.

Power to you!
Pastor Pat



We Pray For . . .

- Healing for: Logan LaRash (heart), Erin (MS), Rosemary Livesay, Don Rinerson (heart issue), Elsy Hayne's nephew (colon cancer), Wayne Beecher (rheumatoid arthritis), Rose Bakken, Naomi Moore, Ernie's sister (dialysis), Susan Olson, Kevin McFall (Holly's dad), Steve Goldammer's brother-in-law Mark Tammes (kidney disease and missed opportunity for a kidney implant), Aase's sister Eva (heart surgery), Therese Fransen, Laurie Price's husband (tested for Covid19), Daniel's stepdad Ken Arnold (stage 4 cancer), Michael (Daniel's friend and Kevin's roommate, diagnosed with Covid19), Norma Phillips friend Dennis (kidney biopsy), Don Phillips' cousin Meg (stage 4 pancreatic cancer), Raina's cousin Steve (cancer), - we pray strength, healing & peace for all.
- Comfort for those who have recently lost loved ones: DeHart family (Sheri), Nuessle family (Bonnie and Ron's brother), Mlnarik family (John's mom), Betty Cavanaugh's family (Kandra's mom), Orlando Estioko family (Rose Bakken's uncle), Jeanie Whyte's family & friends, Martha Perez' family, Bakken family (Joann and Dee), Fasching family (Carol), Correia and Carlson family (Naomi, Ledia's niece), Williams family (Lorie, Troy's mom), Schwartz family (Daniel's grandpa), Ude family (Tine).
- Our shut-ins: Virginia Fife, Ron Nuessle, Joan Rositano, Claudette Rezos, Lois Swanson, Arlette Grafft, Rosemary Livesay.
- The struggling families in our midst.
- Job and business stability (Cathy Duncan's son-in-law Jeff) for many temporarily out of work, struggling keeping a business going, and wondering what comes next.
- Anna, John's girlfriend currently stuck in New York with family, for peace and provision.

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HOLY WEEK WORSHIP SCHEDULE

If the shelter-in-place is canceled in time for Easter we will be celebrating Easter Brunch as planned, including Holy Week Services. Pastor Pat will send out an email if the services are definitely canceled.

- Maundy Thursday – 7:00 pm
- Good Friday – 7:00 pm
- Easter Sunday service – 9:30 am
- Easter Brunch - after Easter service. (there will probably be NO EGG HUNT. Purchased eggs could be given to the Lord's Pantry. Ask Wendy if you have questions.



*Church Doctors
Oral Presentation*

The potluck with Oral presentation that we had scheduled for April 19th is being postponed until May 17th.

Details will be in the May Newsletter!

alleluia!
Christ has Risen!

Proverbs 17:22 *A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

We have heard that laughter is good medicine.

National Humor Month was conceived as a means to heighten public awareness of the therapeutic value of humor. Laughter and joy – the benchmarks of humor – lead to improved well-being, boosted moral, increased communication skills, and an enriched quality of life.



It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

Laughter is one of the best ways to deal with stress. Studies show that laughing with others even releases endorphins in the brain that mimic the euphoria induced by powerful drugs like heroin. Building on that, social laughter also forms social bonds. This is the scientific explanation of why laughter is so contagious; spreading endorphin release through a group promotes a sense of belonging and safety.

In fact, not only does laughter form social bonds, but it keeps them too. This study found that couples who laugh together report having higher-quality relationships. Essentially, couples who laugh together, stay together!

Laughter has also been shown by research to have an anti-inflammatory effect that fights against damage from cardiovascular disease. Scientists don't fully understand this yet, but it is believed to be related to diminishing the body's stress response (an inflammatory agent).

HEALTH SUNDAY Canceled

This month blood screening has been canceled because of shelter-in-place.

Join me next month to get your blood pressure monitored! Stay safe at home for the time being.



"C'mon! Look at these fangs! . . . Look at these claws! . . . You think we're supposed to eat just honey and berries?"



The month of April offers these health observances:

*Alcohol Awareness Mth,
Cancer Control Mth,
National Autism Awareness Mth, National Child Abuse Prevention Mth, National Donate Life Mth, National Distracted Driving Mth, National Facial Protection Mth, national Humor Mth, National Sarcoidosis Awareness Mth, National STI Awareness Mth, Women's Eye Health and Safety Mth, Irritable Bowel Syndrome Mth, Sexual Assault Awareness Mth, Sports Eye Safety Awareness Mth.*



Leadership Team Corner

The Leadership Team met on March 17th. Here are some highlights:

The Corona Virus Closures are affecting all of the ministries at Gloria Dei.

Worship Services will be done online until the County permits us to resume our normal schedule. You'll continue to receive a Constant Contact email with a link to the service.

Healthy Churches Thrive. The Church Doctors Presentation to the Congregation scheduled for April 19th with a Potluck & Presentation- **RESCHEDULED**

Solar Project- No action this month.

Lord's Pantry - Total Families Served in January: 11759 Homeless: 520

The pantry is an emergency site for the eastside and is much needed at this current state of weakness. Mary has been in contact with the food bank and CDC everyday to ensure the Pantry stays up to date on all precautions and measures needed for the pantry. This includes extra washing of

hands, more frequent bleaching of items, hand sanitizing, bagging of produce, not allowing clients to sign in, wearing of gloves and having sick volunteers stay home. The food supply has also been increased to help with the surplus of clients and the closure of smaller pantries in the area.

Please feel free to call or email Mary with any questions or concerns. If you know of anyone that needs food, please refer them to the Pantry as they'll be more than happy to help.

Parish Nurse – Donna continues to provide articles for the Bulletin and Messenger. In February, she served 74 individuals, 15 informal contacts at church, 18 home visits, 35 phone consults, 5 transports to appointments.

She continues to offer monthly Blood Pressure checks, but those have not been well attended recently.

Acolyte

04-05	Lessa Hawkes
04-12	Katherine DeHart
04-19	Ushers
04-26	Ushers

Assisting Minister

04-05	Jon Kromrey
04-12	Joyce Boddie
04-19	Donna Zimmerman
04-26	Jane Hendricks

Communion Assistant

04-05	John Rainville
04-12	Sylvia Smith
04-19	Jane Hendricks
04-26	Daniel Schwartz

Reader

04-05	Ann Fitzgerald
04-12	Karen Hokanson
04-19	Ann Fitzgerald
04-26	Kandra Tobin

Power Point

04-05	Wendy Kromrey
04-12	Wendy Kromrey
04-19	Wendy Kromrey
04-26	Wendy Kromrey

Sound & Light

04-05	John Mlnarik
04-12	Rikky Bakken
04-19	John Mlnarik
04-26	Rikky Bakken

APRIL WORSHIP TEAM

Ushers: Dennis Eliason
Robert Borregard
Ernest Moore
Bob Martinez

Tellers: Joyce Boddie
Barbara McCalment

Worship Prep: Jean Rinerson

We Pray For (continued from page 2)

- Eva and her family for wisdom.
- Raina's son Matthew, for courage and patience with a new routine.
- Strength & rest to the caregivers who assist in the care of others.
- The ministries of GDLC: the Early Learning Center, the Convalescent Hospital Ministry.
- The Lord's Pantry, keeping the volunteers safe, sane, and sympathetic.
- The ministries that we support with our benevolence dollars.
- World Vision and other relief agencies in their diligent emergency health efforts to prevent the spread of Covid19.
- Provision and safety for the homeless.
- Gloria Dei for direction and motivation in our "Healthy Churches Thrive" consultation. Come Holy Spirit!
- Wisdom for leaders and provision for refugees from Central & South America.
- Our nation, to heal our divisions with truth, justice & honesty.
- Christ the Life Lutheran Church and its pastor Ken Jenks as they move into a new chapter in their lives with Pastor Jenks move.
- Frontline medical personnel and first responders in the battle against Covid19, for their safety and protection.
- For the world as we all deal with the pandemic – help heal us, Lord; bring comfort to those who suffer, compassion to those who have lost loved ones, and help world leaders make smart and timely decisions.
- Ledia, Bob and Victoria in their move this past week to Colorado, and Ledia's parents, Gilda and Julien, for their continuing care.

Lord in your mercy! Hear our prayers!

Gloria Dei Benevolence

It is a blessing to give!! The following Ministries have been chosen for Gloria Dei's Benevolence funds:



Aircraft Maintenance Instruction – *missionary flight ministry*
Destiny Rescue – *rescue and restoration of children being trafficked*
Food for the Poor – *provides food, shelter & medicine to the poor*
Gideons – *bible distributor*
Global Leadership Summit – *seminar ministry to equip leaders*
Habitat for Humanity – *building homes for families*
Home for Bible Translators, Israel – *supports translators learning Hebrew*
Institute of Lutheran Theology – *seminary and grad school*
Lutheran Bible Translators – *bible translator missionaries*
Mount Cross – *retreat and conference ministry*
One Step Closer – *equestrian therapy for vets and children*
Real Options – *crisis pregnancy*
Samaritan's Purse – *emergency medical response ministry*
Seeds of Hope, Jericho – *humanitarian aid ministry*
Shepherd's Canyon Retreat Center – *retreats for full-time ministers*
Tartu Academy – *private Christian university in Estonia*
Teen Challenge – *troubled youth rescue and rehab ministry*
World Mission Prayer League – *prayer ministry supporting missions*
World Vision – *humanitarian aid and development org.*
Wycliffe – *bible translator missionaries*

