

March 18, 2020

## Prayer Resources for this week

Friends,

We are living in uncertain times. I sense that we are praying with even more intentionality for ourselves, our families, our neighbors, and our world. Let listen to and practice good wisdom that the scientific world offers us as we confront COVID-19. Let us also confront the outbreak of this virus, with an outbreak of prayer and kindness. This afternoon at 5PM I will be hosting a time of prayer through Facebook Live on our Chatham UMC Facebook page. If you have a prayer request that you would like lifted up, please email me by 4:45pm. You can also share your prayers in the comments section of the FB page.

As some of you know, a few years ago we set up coloring tables in our sanctuary so that people of all ages can practice meditative drawing during the worship service. For many, this practice is a calming and centering activity that engages the brain just enough to quiet our racing minds, and center us on God's loving and creative presence. Illustrated Ministry has recently put out some free resources of prayers we can pray and draw. This is a prayer for the third illustration in the link below.

Coloring Page 3 Prayer:

*God of presence and strength,*

*Help us feel you here with us when we are anxious and afraid, when the future feels unwieldy and uncertain. We know nothing is unknown to you, O God, and we know you are our rock and our comfort in times of trouble. Give us wisdom and courage to make changes that will help things get better. Amen.*

In the link below, you can download a meditative drawing prayer resource that might be helpful in this anxious time: [https://illustratedmin.s3.amazonaws.com/freebies/WhenYouFeelAnxious.pdf?ck\\_subscriber\\_id=136890273](https://illustratedmin.s3.amazonaws.com/freebies/WhenYouFeelAnxious.pdf?ck_subscriber_id=136890273)

Last Sunday morning, we enjoyed a virtual coffee fellowship from our own homes via Zoom video and phone conference call. It was delightful to be together via Zoom and to see each other's faces and hear each other's voices. I highly recommend that members of our congregation sign up for a free basic Zoom subscription, which will also allow us to have virtual conversations with our own families and friends throughout the world. It can break through the social isolation that so many are experiencing. As Barbara Babbitt shared with us in the Zoom coffee conversation, there is a difference between physical distancing (good practice) and social distancing (detrimental to our well-being). Let's use the technology we have to keep connected to each other. Let's use the technology we have to follow Jesus in our care for our neighbors.

For more information on creating a free Zoom account, please visit: <https://zoom.us>

Follower of Jesus, Corrie Ten Boom once wrote: "Never be afraid to trust an unknown future, to a known God." The God we know in Jesus the Christ, has chosen long ago to be with us, in the midst of everything, as a force of love in the midst of fear. To quote founder of Methodism, John Wesley, "The best of all, is that God is with us!"

I write with love, with prayer, and with trust,

Jeff