



Bayside Helmsman

Week of March 23, 2020

Rev. Dr. David Rollins, Pastor & Head of Staff; 757.323.6569; drollins@baysidepresby.org

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Changing Lives, Growing Christian Disciples, Living God's Word

Dear Members and Friends of Bayside,

The leadership at Bayside Presbyterian Church has made the difficult decision to close for the unforeseeable future due to the COVID-19 virus. This means all events, including worship, Wed @ the Well, Choir, youth group, etc. has been cancelled until further notice.

Join us on Bayside's facebook page on Sunday mornings at 10:00 where David and Emma will share the word of God with us. <https://www.facebook.com/baysidepresby/>

The church office is closed. If you have a pastoral emergency, **do not call the office**, but call either David or Emma directly on their cell phones.

During this time it is important for all to stay home and away from crowds. Check on your elderly neighbors by phone, or make a phone visit to anyone in the hospital, or in a retirement home, they would greatly appreciate the time to chat with you!

Remember, we are a people of faith. Even though we are taking the necessary precautions, we continue to have faith in God and one another to walk together in these times of great concern. Have no fear, but rather continue to trust in the Lord.

Blessings and prayers for your continued safety.

**Please pray for those who grieve...
...for our first responders and military...
...for the ill and recovering...**

Charleen Albertolli, Janet L. Baker, Lori Batten, Paul Berryman, Mary Jane & Ed Borchers, Stuart Bossom, James Bowles, Frances Butler, Emily Bruggger, Audre Cannell, Amy Culipher, Don & Bernice Damuth, John Dannemann, Don Dixon, Carlos Fletcher, Barbara Franklin, Ian Gilchrist, Charlie & Frances Hicks, Lin Haskins, Tom Hooker, Billie Hurley, Doreen Joyce, Glen Kelsay, Kathleen Killen, Robert Lemay, Steve Long, Connie Moerschell, Nancy Norton, Lucy-Ellin Page, Lesley (Parr), daughter of Les and Marie Parr, Dot Pennypacker, Gloria Potter, Mary Phelps, Brenda Reid, Di Ricks, JD Simmons—brother of Martha Rudell; Lucy Sizemore, Gini Semler - friend of Audre Cannell, Michelle - Dianne Towler's daughter, Paul Verburg, Gloria Wardrup, Becky Wheeler.

**...for our brothers and sisters worldwide
who seek peace...**

*To share Prayer Concerns or Joys with our
Prayer Chain: baysideprayerchain@gmail.com
or call a pastor.*

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



Sunday | MATTHEW 6:25-34

Do you worry? Doesn't everyone worry? Many of us find ourselves ruminating over issues we cannot control, scenarios that may or may not happen, things that really don't deserve the energy we're investing in them. No matter that intellectually we know that our worry resolves nothing, helps not at all and distresses us, we find we cannot get our minds to stop running on that mental treadmill. This beautiful text poetically nudges us to let go of all that keeps us up at night and makes us anxious. Let's be clear, however, there are those for whom worry about food and clothing and shelter are present, real and pressing. There are also those for whom anxiety is an illness and should be treated as such. These words from Scripture should not be used to shame, dismiss or silence those already in pain. Rather, they should teach us that God's will for all is peace, provision and safety.

This Lent, as we seek to let go of fear and trust God's ability and will to give us what we need, we are called to work in ways that make this promise tangible for everyone. If we go to bed fed and in a safe dwelling, without the need to worry about our next meal or place of slumber, how might we show those in radically different circumstances that they too can be relieved of these worries?

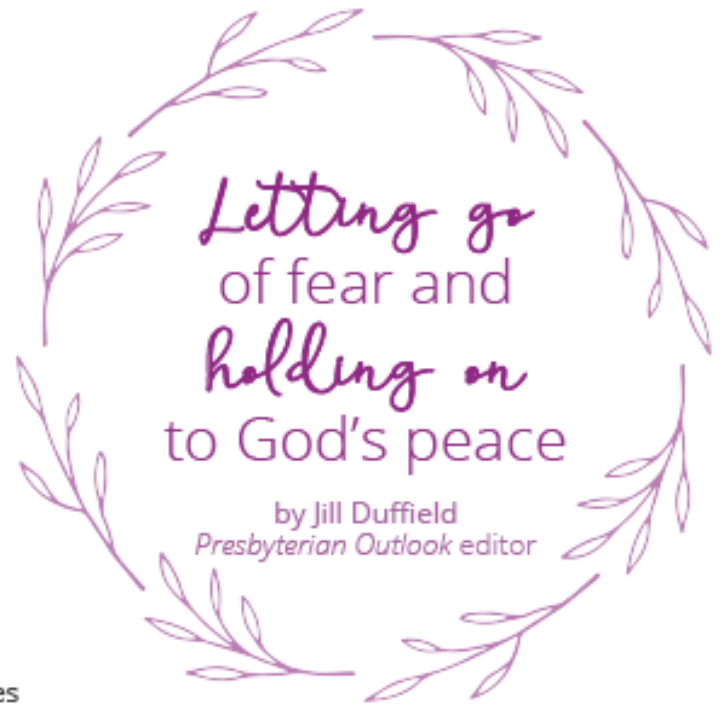
If God does not want us to worry about tomorrow, how can we alleviate today's troubles for those overwhelmed by them? Doing so would be striving first for the kingdom, every day.

Lord, we forget to seek your Kingdom first. We notice what we lack, rather than giving thanks for all we have. We neglect the needs of those without their daily bread, despite having been fed on the bread of life. We ask for your wisdom so that we will focus rightly and live accordingly until no one has cause to worry. Amen.

Monday | ISAIAH 12:2

How often do we think about what it means that God is our salvation? From what and for what are we saved? Salvation is one of those churchy words that we often use without considering what it means or why it matters. What difference does it make to you that you have been saved by God?

God who saves us, who is our strength and shield, our hope and haven, your coming to us and rescuing us from sin and isolation, separation and estrangement, frees us to live without fear and with divine purpose. We thank you for loving us enough to intervene on our behalf so that we can live fully for you. Amen.



Tuesday | PSALM 27:1

What are your greatest fears? List them and then pray through the list. Picture God's light surrounding each one. Remember that God knows them already and right now is present, offering you strength and working for good. Can you turn one of those fears over to God's care just for today?

Heavenly Father, our fears threaten to overtake us. We fear for the state of our world, for those we love, for ourselves. We obsess about what might happen and if resolution to wicked problems will come. Our regrets linger and our hopes remain unfulfilled. At least for today we put down our burdens and rest in your promise of light and love. Amen.

Wednesday | 1 JOHN 4:18-19

We love because God first loved us. Use this verse as a breath prayer throughout the day. Breathe in "we love," and breathe out "because God first love us." As you find yourself stressed or distracted, breathe in "I love," and breathe out "because God first loved me." Pay attention to how this practice impacts your attitude, emotions and perspective.

Lord of love, you loved us first. You knew and loved us even as we were being knit together in our mother's womb. You called us by name, said we belong to you and stopped at nothing to be in relationship with us. Recognizing the magnitude of this gift, we want to love you and others with our whole being. Amen.

Thursday | 2 TIMOTHY 1:7

How do God's power, self-discipline and love go together? How might they go together for disciples of Jesus Christ? Loving requires intentionality, effort, practice, God's power and our self-discipline. How do you see these three things working together in your life and faith community? Where do you need most to practice self-discipline in order to be more loving?

God of power and might, we often lack self-discipline and fail to love as we ought. Self-centeredness replaces self-discipline. Selfishness overtakes your call to serve you and others. Forgive us for trusting in our own power, rather than relying on yours. Strengthen our self-discipline so that we can love you and our neighbors fearlessly. Amen.

Friday | JOHN 14:27

Peace is illusive, ineffable and so much more than the absence of violence. Jesus gifts us with his peace. Where do you find and feel Jesus' peace that passes understanding? How can you cultivate a deep sense of Jesus' peace in ways that impact the people and places around you? Read the headlines and pray for peace for those without any this day.

Prince of Peace, in a world too often overflowing with violence, cruelty and war, we long for your inexplicable peace, not only for ourselves, but for all of creation. Blessed are the peacemakers, for they will be called children of God. May your offspring increase exponentially until all the earth is enveloped by your peace. Amen.

Saturday | ISAIAH 54:10

What in your life feels tumultuous, as if the very earth beneath your feet is shaking? Reflect on your faith journey and remember other seasons of upheaval. How was God present? Looking back, where do you see that God was at work? Can recalling those times give you comfort and assurance now?

There are seasons, Lord of all, when nothing in our world seems stable or certain, the foundations on which we stand shake and tremble and we wonder what will be left standing when the tumult stops. Remind us, compassionate God, of your unfailing covenant and persistent compassion. Help us to hold on to you when everything else is crumbling. Amen.