

# pmlcConnect

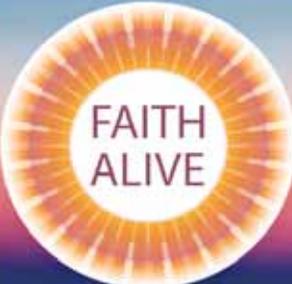
Mar 22—Mar 28, 2020

## WEEKLY SNAPSHOT

### COVID-19 UPDATES

Because of the increased concern regarding the COVID-19 pandemic in our area and for the sake of taking care of our community, in-person worship has been canceled through March.

**Instead, the following worship opportunities will take place online only:**



**ONLINE SUNDAY WORSHIP**

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**10AM ONLY**

### TUNE IN

<https://tinyurl.com/pmlc-online-worship>



**ONLINE LENTEN WORSHIP WEDNESDAYS | 7PM**

All Soup Suppers have been canceled.



**EMAIL US IF YOU WOULD LIKE TO RECEIVE—**  
Pastor Paul's weekly eBlast & PMLC's Weekly Events & Activities Update! [melissa.barrett@pmlc.org](mailto:melissa.barrett@pmlc.org)



**PRESTON MEADOW**  
LUTHERAN CHURCH

## WELCOME

### FIRST TIME GUEST? WE ARE GLAD YOU'RE HERE!

For 35 years, Preston Meadow Lutheran Church has been a community of **GRACE IN ACTION**, serving the communities of Plano, TX, and beyond with the light and love of Jesus. What started as a small gathering in a family living room has turned into a growing faith community with ministries throughout the Dallas-Fort Worth Metroplex and Haiti. We love to sing in worship and connect with others to grow in faith. We are a member church of the Evangelical Lutheran Church in America.

**If you are visiting online with us, please email us at [linda.bland@pmlc.org](mailto:linda.bland@pmlc.org) so that we can record your time with us today and extend a heart-filled and healthy welcome.** If you are new to our community, we'd like to know where you live so we might have the chance to be neighborly!

For weekly calendar, live worship, and other special events, visit [www.pmlc.org](http://www.pmlc.org)

# ✝ WORSHIP & CARE

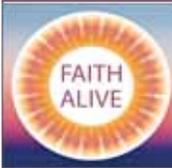
## CHURCH OFFICE HOURS

The office staff are working flex hours during this unprecedented event. Please call or email rather than stopping by the church. If you require immediate pastoral contact/care, please call 972-618-2233 and follow the prompts provided.



**ALTAR FLOWERS GIVEN BY**  
**The Stelzl Family** in memory of Christina's mom, Tubby.

**Al Hurlbaus** in celebration of Jeanne's birthday.



**LENTEN SERMON SERIES**  
Download our Lent 2020 Bible Reading Plan @pmlc.org. (Visit homepage and scroll down).

## OFFERING UPDATE FOR ONLINE WORSHIP

- Mail to church office or drop in mailbox
- Text "PMLC" to 77977 for a direct link to give online
- Visit [www.pmlc.org/give](http://www.pmlc.org/give).

## A MESSAGE FROM PASTOR PAUL

Dear Church,  
The different disaster proclamations has greatly impacted our ability to make pastoral visits. We are still here for you! Please call or email to let us know of your need. Reach out to us on Facebook Messenger if need be. We'll set up a time to chat.

**God loves you and we do too!**

## CONTEMPLATIVE PRAYER PRACTICE FOR PEACE, CALM & CONNECTION WITH GOD

Find a time and a place in your home where you can be alone and undisturbed. You might want to light a candle. Sit up straight, relaxed and comfortable, with feet on the floor. Take a few deep breaths and then begin your prayer. Start with five minutes. You will likely have times when thoughts interrupt your prayer. Gently dismiss them and return to prayer.

\* Helpful hint: Set a timer so you can focus on your prayer.

## THE PRACTICE OF BREATH PRAYER

Breath Prayer is a form of contemplative prayer which has been practiced for centuries by our faith ancestors. It is a prayer in which we choose a simple phrase which we repeat silently, over and over using the rhythm of our breath. Typically, we take a deep breath in, calling upon God, and exhaling we breathe out a prayer request. The Jesus Prayer is a well-known prayer that follows this model:

Breathing in we pray "Jesus Christ, Son of God;" Breathing out we pray "Have mercy on me, a sinner."

The key to this prayer is taking deep, rhythmic breaths in and out. Breathing deeply in we inhale, while repeating the first part of the prayer. Breathing out slowly we repeat the second part of the prayer. When the prayer is committed to your memory, pray the words and focus on your breathing. God is as close to you as your very next breath. God is literally re-creating you, breath by breath.

It is also possible to pray with scripture verses. In this case, there is no specific calling on God, but the scripture is divided for breathing in and breathing out.

A few samples are recorded below. If you find that these verses seem a little too long, slow your breathing to match the scripture.

John 1:5 "The light shines in the darkness / and the darkness has not overcome it."

Psalm 23:1 "The Lord is my shepherd / I shall not want."

Matthew 5:1 "Blessed are the poor in spirit / for theirs is the kingdom of heaven."

James 4:8 "Draw near to God / and God will draw near to you."

1 John 5:4 "Whatever is born of God / conquers the world."

John 10:14 "I am the good shepherd / I know my own and my own know me."

Psalm 62:1 "For God alone my soul waits in silence / From him comes my salvation."

Contact [jackie.schade@pmlc.org](mailto:jackie.schade@pmlc.org) with questions.

## ANNIVERSARY

### CELEBRATING 20+ YEARS:

Matthew & Theresa McFall—34yrs, 3/28

## CURRENT EVENT UPDATES

All gatherings at the church have been canceled or postponed through March, so please consult with the church calendar. Below are a few known updates. Thank you for your patience, understanding, and prayers. Check in with your friends and neighbors. Let's all extend grace abundantly to others.



### MOSAIC BIRTHDAY BASH POSTPONED

**Mar. 22/1-3pm/Fellowship Hall**

Unfortunately, due to the Covid-19 corona virus, the Mosaic Birthday

Bash scheduled for March 22nd has been postponed to a future date. Special thanks to all those who volunteered or contributed to help with this celebration of our Mosaic friends. We look forward to when we're able to reschedule.

Jeanne Hurlebaus | 972-965-7995



### JOURNEY OF HOPE DINNER

Postponed until otherwise notified.



### WELCA SPRING RETREAT

Postponed until otherwise notified.



### LITERARY LADIES BOOK CLUB

Postponed until otherwise notified.



### CHILI COOKOFF FUNDRAISER

Postponed until otherwise notified.



### FAMILY EASTER PARTY CANCELED

Postponed until otherwise notified.

## PRAYERS

**MEMBERS—Wrenda Benson, Nettie Schwarz, Gwen Workman, Carol Hackemack Harper, Linda Morgan, Marge Glossop, Joe Sheffield, Ken Schwarz, Karen Redding, Coralee Hester, Marie Higa, Doris Johnson, Anna Crain, Emma Collins, Ray Bell and Donna Whitaker.**

**FAMILY MEMBERS—Jack** (Lisa & Kurt Kern’s nephew), **John** (Kirk Barrett’s father), **Michael** (Joe & Sandra Sheffield’s son), **Barbara** (Michael Porst’s mother), **Conrad** (Sandra Sheffield’s brother-in-law), **Scott** (Rolf & Donna Forseth’s son-in-law), **Roger** (Mary Higdon’s father), **Roger** (Chadwick Stelzl’s uncle), **Eleanor & Chick** (Debbie Shock’s mom & dad), **Richard** (Evan Reitzell’s father), **Sam & Terri** (Rene Walls’ aunt & uncle), **David** (Julie Delaney’s dad), **Shirley** (Bob Appel’s sister), **Guy** (Ken & Joleen Schwarz’s son), **Sue** (Mary Higdon’s sister), **Katie** (Sharon (Lawson) Best’s granddaughter), **John** (Pastor Jackie & Henry’s nephew & brother-in-law), **Charles** (Shannon McKemie’s dad), **Trish** (Carol Hackemack Harper’s cousin), **Alice** (Erin Williams’ grandma); **Tanya** (Jim & Janelle Gauthier’s niece; Lora Bowers’ cousin), **Cheryl** (Nettie Schwarz’s cousin), **Callie** (Roylyn Kohutek’s mom & family), **Suzanne** (Marilyn & Harold Layher’s daughter), **Linda** (Kirk Schlotman’s mom), **Alice** (Chris Henry’s mom), **Chriss** (Brian Scott’s cousin), **Alan & Judy; + Judy’s parents** (Mike & Roylyn’s son & daughter-in-law), **Sarah** (Kelly Schlotman’s cousin), **Chris** (Pastor Jackie & Henry’s son), **Henry** (Kevin Ericson’s dad), **Edward & Edna** (Kerri Fortney’s grandparents), **Joe** (Gina Best’s dad), **Wayne** (Joe & Sandra Sheffield’s nephew), **Arlene** (Donna Smith’s mother), **Earl** (Evi Miculka’s dad), **Patty** (cousin & niece of Kim & Charlotte Wiemann), **Rafael** (Bill & Susan Laupus’ relative), **David** (Amber Paulsen’s dad), **Julia** (Charlie & Kathy Brown’s granddaughter), **Abigail, Alexander & Simone** (Michelle Honeck’s family), **Ron** (Michelle Honeck’s dad), **Serena** (Bob & Pat Appel’s niece), **John** (Linda Hahn’s brother), **Ray** (Jim Gauthier’s brother), and **Carol** (Theresa St.-Gil’s mother-in-law).

**OTHERS—Bella** (friend of Walls Family), **Nyra** (Christina Stelzl’s friend), **Faith Trapp, Bob Baker & Family, Carol** (her Euchre friends), **Bob** (John Shea’s friend), **Anita** (Kathleen Rice’s friend), **Hercules Family** (Sheffield family friends), **Beth** (co-teacher to Sarah Wiseman), **Nancy** (Quon family friend), **Graham** (Davenport family friend), **Patrick** (Candice Clark’s friend’s husband), **Dawn** (Sonja Jasper’s friend), **Kathy** (former PMLC member), **Frank** (Pastor Jackie & Henry’s Schade’s friend), **Amanda** (Jennifer Miller’s friend), **Pat** (Sonja Jasper’s friend), **Priya** (Jan Pierret’s friend), **Sue** (Lynn Thompson’s friend), **Patricia** (Becky Shuman’s friend), **Bonnie** (Susan Kahl’s friend), **Chris** (Jon Johnson’s friend), **Usha** (Jan Pierret’s friend), **Luane** (John Shea’s friend), **Debbie** (Ellen Selman’s friend), **Bettye** (Laupus family friend), **Caprice** (Kern family friend), and **Rebecca** (Jim & Janelle Gauthier’s friend).

### ALL FAMILY MEMBERS & FRIENDS SERVING ABROAD & HERE IN THE MILITARY

**Preston Meadow Lutheran Church Staff: 972-618-2233 ▪ 6801 Coit Road ▪ Plano, Texas 75024**

Rev. Paul Mussachio, Lead Pastor, ext. 233

Cheryl Schaum, Director of Preschool, ext. 236

Rev. Dr. Jackie Linden-Schade, Pastor for Congregational Care, ext. 223

Linda Bland, Office Director, ext. 224

Rev. Kate Knutson, Pastor for Family Ministry, ext. 225

Chadwick Stelzl, Facility & Safety Manager, ext. 241

Angie Weiss, Dir. Of Children’s & Youth Ministry, ext. 226

Melissa Barrett, Communications Coordinator, ext. 221

Tommy Rose, Coordinator of Youth Ministry

Anne Abercrombie, Choir Director/Organist