

## A NOTE FROM YOUR PASTOR

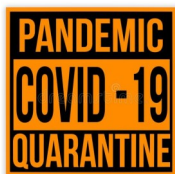
Hello Saints! This newsletter is here to offer encouragement, find ways to plug into our church family, and provide updates on what is happening in our churches.



I wanted to give you the latest update on Pastor Espo. He has been at a rehab facility where he has been working daily with therapist. He is now able to walk a bit, navigate stairs, and is starting to get his voice back. Please keep pastor, his wife

Tammy, and two sons John and Joe in your prayers as they adjust to the recovery road that lies ahead.

## Ways to Thrive in Your Faith DURING QUARANTINE



**Take one day at a time.** *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matt. 6:34)* Focus on the present. Don't get caught up in negative thought cycles and what ifs. Give thanks for the many blessings that you have received today.

**Regulate news intake.** We can easily become obsessed with the latest coronavirus stats. How many cases, which countries and cities, how many deaths, where are we on the bell curve? Be careful how much time you spend monitoring the news: it can quickly dominate your waking hours in an unhealthy way. Stay informed, but beware of obsessive tendencies. Regulate screen time. As you watch the news, pray for each point.

**Stay calm and pray.** These days of lockdown represent a keen opportunity to pour out our hearts to our heavenly Father. Usually, there are many distractions, but not now. Let's use every moment, as individuals, as couples, as families to intercede for the sick and dying, for the medical services, for the government, for fellow Christians, and for those who don't yet know Christ.

Plan the next seven days of prayer. When will you pray? With whom? For whom?



As we have seen, COVID-19 cases continue to rise here in Connecticut and New York. Our Bishop has closed the churches through May 24. It could be longer unless we see some dramatic turna-

round with the pandemic. The Annual church conference scheduled for June has been canceled as well.

I am creating some committees to start discussing how we will be reopening when the time comes. Lot's of questions about how we handle various challenges. I will keep you posted but wanted you to know that we are working on this in advance.

I will still be continuing with our weekly mini sermon, "COVID-19, our Faithful Approach." There will also be service every Sunday at 10:00 am with communion. Weekly Podcast will be available as well. Links and additional information can be found on page 2 of this newsletter.

A link will be provided by email, on the BUMC website, and on both BUMC and Long Ridge Facebook pages. Details on communion liturgy are on page 3.



Many have been asking about their giving for the church. We have set up online giving for BUMC. There is a link with specific instructions of how you can sign up and create your own safe personal account. Just got to the BUMC website and find the link. We are working in a link for Long Ridge.

Please note, giving can still be mailed into your perspective church as we are still making deposits and paying expenses.

Coronavirus COVID-19:

## Our Faithful Approach Mini Sermon Series

### A Soft Heart for God

<https://youtu.be/78xAzIumNLo>

### #8 Relationship Survival

<https://youtu.be/hBILZXAOEIA>

### #7 Dare to Be Hopeful

[Dare to Be Hopeful](#)

### #6 Watch Your Mouth

<https://youtu.be/nwFgNc5BTK4>

### #5 Feeling like you're ready to SNAP?

[https://youtu.be/\\_LwnS8IAH0Y](https://youtu.be/_LwnS8IAH0Y)

### #4 Doubt

<https://youtu.be/UTZAwLsbLdY>

### #3 Finding Joy in Difficult Times

<https://youtu.be/f6V3Fa4bKDA>

### #2 Worry

<https://youtu.be/47HxqSHvx7Y>

### #1 Fear

<https://www.youtube.com/watch?v=w7AIBk3GMGO>



## How To Call In & Hear Messages Including Holy Week Services

Also, anyone who does not have access to a computer can now call in to listen to the two weekly messages can now do so at 10am Sunday (will be a play of the Friday message) and 7pm Wednesday (will be a play of the Tuesday message). Also call in on Holy Thursday & Good Friday at 7:30 pm. Easter Sunday, call in at 10:00 am.

Listeners should call either 1-312-626-6799 or 1-929-205-6099 (providing both numbers in case one has a problem/is busy/etc). When prompted, enter the meeting ID 113-104-770 and press #, then just press # again when asked for their participant ID.

## HOW TO CONTACT THE PASTOR

Feel free to contact Pastor John:

Cell Number **203-312-6789** Call or Text

Email: [pastorjohnparille@gmail.com](mailto:pastorjohnparille@gmail.com)



Enjoy brief, pointed messages weekly on the Expect, Believe & Trust Podcast from Pastor John. These are short messages that will help you on your journey of faith. Enter the link below on your web

browser, listen on Podcast or other platforms, or simply scroll down and listen on your smartphone or computer. Enjoy!

### Finding the Sweet Spot with God

<https://anchor.fm/.../.../Finding-the-Sweet-Spot-with-God-ectu5q>

### Reaping & Sowing

<https://anchor.fm/john-parille/episodes/Reaping--Sowing-eclrir>

### April Fools

<https://anchor.fm/john-parille/episodes/April-Fools-ec8f8h>

### Expect, Believe & Trust

<https://anchor.fm/john-parille/episodes/Expect--Believe--trust-ebrd0h>



change happens in circles, not rows

Join us on Monday nights at 7:00 pm for on virtual small groups! Please visit our website for more detailed information found under announcements. Below is the link to the church website

<https://www.bethelmethodist.net/>



# THE GREAT THANKSGIVING

*Read bold print in response*

*Please have ready at your home any bread, cracker or the like and some sort of juice. If you do not have grape juice that is fine, even water will be a accepted replacement.*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is right, and a good and joyful thing,  
always and everywhere to give thanks to you,  
Father Almighty, creator of heaven and earth.  
You formed us in your image and breathed into us the breath  
of life.

When we turned away, and our love failed, your love re-  
mained steadfast. You delivered us from captivity, made cov-  
enant to be our sovereign God, and spoke to us through the  
prophets.

And so, with your people on earth and all the company of  
heaven we praise your name and join their unending hymn:

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest. Blessed is he who comes in the  
name of the Lord. Hosanna in the highest.**

Holy are you, and blessed is your Son Jesus Christ.  
Your Spirit anointed him to preach good news to the poor,  
to proclaim release to the captives and recovering of sight to  
the blind, to set at liberty those who are oppressed, and to  
announce that the time had come when you would save your  
people.

He healed the sick, fed the hungry, and ate with sinners.  
By the baptism of his suffering, death, and resurrection  
you gave birth to your Church, delivered us from slavery to  
sin and death, and made with us a new covenant by water  
and the Spirit.

When the Lord Jesus ascended, he promised to be with us  
always, in the power of your Word and Holy Spirit.

On the night in which he gave himself up for us, he took  
bread, gave thanks to you, broke the bread, gave it to his  
disciples, and said: "Take, eat; this is my body which is given  
for you. Do this in remembrance of me."

When the supper was over, he took the cup, gave thanks to  
you, gave it to his disciples, and said: "Drink from this, all of  
you; this is my blood of the new covenant, poured out for  
you and for many for the forgiveness of sins. Do this, as  
often as you drink it, in remembrance of me."

And so, in remembrance of these your mighty acts in Jesus  
Christ, we offer ourselves in praise and thanksgiving  
as a holy and living sacrifice, in union with Christ's offering  
for us, as we proclaim the mystery of faith.

**Christ has died; Christ is risen; Christ will come again.**

Pour out your Holy Spirit on us gathered here, and on these  
gifts of bread and cup. Make them be for us the body and  
blood of Christ, that we may be for the world the body of  
Christ, redeemed by his blood.

By your Spirit make us one with Christ, one with each other,  
and one in ministry to all the world, until Christ comes in  
final victory and we feast at his heavenly banquet.

Through your Son Jesus Christ, with the Holy Spirit in your  
holy Church, all honor and glory is yours, almighty Father,  
now and forever. **Amen.**

Let us now join in prayer that Jesus taught His Disciples

**Our Father, which art in heaven, Hallowed be thy Name.  
Thy Kingdom come. Thy will be done in earth, As it is in  
heaven.**

**Give us this day our daily bread. And forgive us our tres-  
passes, As we forgive them that trespass against us.**

**And lead us not into temptation, But deliver us from evil.  
For thine is the kingdom, The power, and the glory, For  
ever and ever. Amen.**