



APRIL 2020 Sheltered in Place

All regular scheduled meetings are suspended.

Easter Memories

From Peg Vorderstrasse: Some of you will have a better memory than I of the first Easter celebrated in our new church building. I was 11 years old and on Palm Sunday 1952 went forward to make my confession in the belief that Jesus Christ is the son of God and my personal Savior. Joining me was a group so large we stretched across the platform from one side to the other.

From Pastor Zane: My Easter memory is a recent one, and not in this building. I've been to over 23 Easter services in my life, but the first time I'd ever witness a flowering of the cross was at my last church in Dallas. I was blown away by the image of an instrument of death blooming with life, and of the powerful idea of participating in that resurrection as a community.

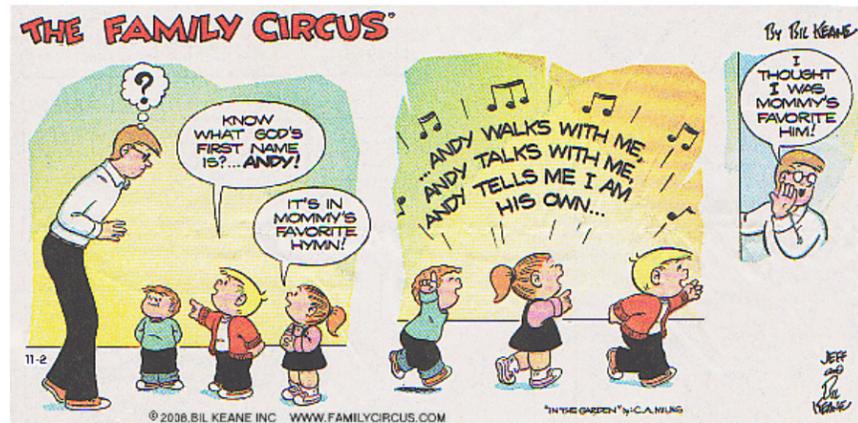
Be thinking about how you can contribute to Pastor's online Easter Service.

Scientists from China and internet sources recommend the following in addition to staying home:

- Don't smoke.
- Avoid exposing yourself to colds and flu.
- When returning from being in public places, do not sit down, but shower immediately and put on clean clothes. The virus is carried on skin, hair and clothes.
- Drink warm liquids every 20 min. The warm or hot liquid cleanses the throat and gastric juices destroy the virus.
- Wash your hand with soap for 20 seconds frequently.
- Eat fruits and vegetables to maintain vitamin C and Zinc levels to help immune system.
- Pets do not carry the disease, but the virus can survive on their coats.
- Rinse mouth or gargle with warm salt water or vinegar water often if you have a sore throat or are fighting allergies.
- The virus doesn't like direct sunlight. If you can't wash something put it outside in the sun and increase your outdoor time to increase immunity and sanity.

Youth Camp Dates!!!

Junior (3rd-5th) and Chi-Rho (6th-8th) will be held the week of August 2-6, 2020.
CYF (9th-12th) will be July 28—August 1, 2020.



Christian Caller

April 2020

Volume 241

Greetings Church,

I was communicating with one of the potential musicians for Hymns and Hops, and he said "what unique times we are living in." It is a fact of modern living that there is nothing new under the sun, and in other epidemics there have been times of self-quarantining, but never on this scale and in such a world where we are so technologically connected but more distant socially than we've ever been. I worry about many of us in this community, because many already feel isolated and depressed, and there's a good chance it will only get worse before it gets better. But, these **are** unique times. As things get bad, we have opportunities to draw into ourselves, or to come together however we can to keep one another safe and healthy. You have been calling one another, which is the most important ministry we can have right now. We have been staying connected on email, and doing church alone, but with everyone surrounding us when we do. The Soup Kitchen has not only remained open, but it has been increasing its service times, and been distributing groceries to the most vulnerable, often through soup kitchen people who are doing delivery for others.

Although it is still uncertain if we can plan for a physical celebration of the resurrection, I encourage us to begin thinking now of what resurrection means to us, and how we can celebrate it together even if we aren't physically together. My plan is to prepare a video worship service for Easter, and then when we are cleared to gather together again, we will have a proper Easter Gathering and celebrate resurrection as we normally would when we can gather. If you have any ideas for the service, or would like to participate by recording a video of you reading a scripture or performing a song.

please contact me. I Invite you to keep staying connected, keep reaching out to others, asking if you need help to go get groceries or get meds from the pharmacy, and most importantly, **STAYING HOME!**

Peace and Love, Pastor Zane

Soup Kitchen News

In accordance with the state mandates for restaurants, the Soup Kitchen closed its dining hall. Regular serving times of Monday, Wednesday and Friday, 4:30pm to 5:30pm, are open for guests to pick up a to-go-meal, along with sack lunch, produce and staples as they are available. Additional times for picking up surplus and perishable items can be found at Lebanon Soup Kitchen Community on Facebook, where donations may also be made.

The Soup Kitchen is working with the city to receive and distribute donations from a variety of businesses. Randy, the Soup Kitchen manager, has sent meals, salads, desserts and personal items to the Veteran's Home to help in their shut-in situation. The community has come together to help meet the increasing demands for food due to the lay-off of hundreds of people in our area. Except for a few people, volunteers have been asked to stay home. The situation is flexible and is being monitored daily to see that those in need will find help.

First Christian Church of Lebanon

170 E. Grant St.
Lebanon, OR 97355

Pastor Zane Ridings 503-798-7445
Office Hours: Monday-Tuesday-Thursday 9:30 am—1:30 pm
Church email: lebanonfcc@comcast.net
Church website: www.fcclebanon.org

Church office: 541-258-5911

Greetings from the outback of Lacomb.

Mike and Sheryl are sheltered in place. We pray that is also true for you and that you experience the shelter of God's grace within the Lord's presence during this difficult time.

As many of you know, the executive committee of the church board met via phone and text two weeks ago. We agreed to close the church, have pastor monitor and work from the office sending weekly devotions and meditations with the door locked, mobilize the elders to check on their 'sheep' via phone and pass on requests or needs, and continue as best we can. It is our hope that we can still minister to each other and keep in touch remotely. Easter will be celebrated but probably in the shelter of each home. God recognizes and rejoices in all worship and prayer.

Please check your email for Pastor Zane's message and Judy's music as well as comments from the congregation. Contact an elder or pastor if you need help to shop or with shortages. And thank you all for reaching out in love and for mailing or dropping off your church contributions.

Mike timed the Lord's Prayer and it takes 25 seconds to recite. Pray when you wash.
Peace and love,
Mike and Sheryl

FYI: Epidemiologists predict Oregon's hospitals will reach maximum capacity by mid-April (KGW8 News). Are you truly ready? Milk, bread, spinach, peppers and many other fresh commodities can be frozen. Eggs and cheese can be stored in the fridge or frozen. Fruits and veggies can be preserved by canning or drying. Make ahead balanced soups and meals are wonderful to defrost for an easy meal. Please prepare and be ready to limit shopping trips to absolute need and shower immediately after returning home. Our neighborhood is already shopping for each other, swapping meals, and bartering staples.

In the meantime, be safe and stay well. To keep from climbing the walls, here are some off-the-wall suggestions:

- Make praise and thanksgiving be your goal of each moment. Be an instrument of those blessings to others in new virus-safe ways.
 - Plant seeds where you can shelter them and build a 'victory garden'. Share excess seeds and seedlings.
 - Clean your flower beds, trim your shrubs, divide plants and share them.
 - Write a letter to someone who resides in a senior home or care facility.
 - Clean out bookshelves and create a 'bring a book, take a book' neighborhood library.
 - Clean out your freezer, make jams and jellies out of fruit, and/or make a company meal with that big roast or ham and share it with your neighbor.
 - Put a snack in the mailbox for your mail person.
 - Write a letter, write your memoirs, or write something for the church newsletter.
 - Create a cheery sign for your yard or the Veterans' Home or hospital or first responders.
 - Make big pots of freezable meals so you can pretend it is take out when you don't want to cook.
 - Take old towels and make them into reusable cleaning towels to replace paper ones.
 - Find an unfinished craft or project and finish it.
 - Make reusable shopping bags and wash them after each use.
 - Wash your windows, clean a closet or junk drawer...only if desperate..
 - Pray. Share a devotional by phone with someone.
 - Find a movie and invite a friend to make popcorn and watch the same movie at their own home.
 - Check your cupboards for extras that you can share or barter with others.
- * Play a board game. The Daley's just bought Monopoly. Can you be a bigger Monopoly property magnate or millionaire?

CONGRATULATIONS!
Janet Crossan and Ron Nortuene!
March 21, 2020



Practice makes perfect!
Judy Stevens and Susie Phillips



Service at the Oaks March 8, 2020
with Jon West and Pastor Zane, Judy and Richard Stevens.

Birthdays

Chloe Berryman	13
Mike Kizer	16
Sheryl Kizer	30

Anniversaries

Van & Cathy Johnson	April 10
Mike & Sheryl Kizer	April 10
Richard & Lori Slavenski	April 20

IN OUR PRAYERS:

Chanda Berryman
Bill Gabrielsen
Arlene Breckel
Del Eggert
Betty Lou Rockwell
Ruth Moss
Cathy Johnson
Millie Patterson
Jesse Leseur
Judy Leseur

Vila Adkins
Addy Opel
Diana Johnson
James Lenfesty
Joe Adkins
Ronita Slayden
Gertrude DeButts
Nancy VanVleet
Nancy Burgett
Earl Hunter

Esty Slate
Diana Hoover

Service People:
Sgt Scot Noss
Capt. Tory Petersen
Capt. Pete Brawn
1 Lt. Kellen Petersen
Pvt. Anthony Ramos
Pray for our World,

our Church our Minister,
the soup Kitchen, and our
Regional Ministers.

If you know of any updates or corrections to this list, please let the office know in writing or email