

APRIL 2020 | VOL 2 | ISSUE 4

CCY *Connect*

Stand Firm

I pray that this newsletter finds you and yours safe and sound. The last couple of weeks have been interesting and challenging to say the least – but I also find that it has led itself to good opportunity! Never has there been more of an opportunity to share the Good News of Jesus to those around us. It might look different than what we imagined- but I am incredibly convinced that this did not catch our God off guard!

This newsletter (and most of our communication venues) will look different for a while, but we want to encourage you to stay connected to Jesus (see John 15:1-17) and to one another in Christian community (see Hebrews 10:23-25).

Our children's ministry team – lead by Tori Lambert – is seeking to connect with our kids in a number of creative ways. Keep reading to learn more!

Our Youth Minister – Chris Miller – is working on creative ways to connect with our students. More information inside!

And, I am really excited that you get to hear from my friend – Kerry Bond – on how you and I and our families can remain healthy during this time, as she writes from a mental health perspective.

I am filled with hope today as I write these words because of the promises of God ---- and that He will never leave us or forsake us. May we draw near to God and near to one another. Let's get creative as we reach out to BE THE CHURCH.

For the next several weeks (perhaps longer) we will continue with our online presence – via Facebook and our church platform (please look at our website for updates). Reach out and invite someone who perhaps hasn't been in the church building for some time to watch and connect online! I plan to still be on site at the church throughout the week and on Sunday morning from 9a -12p.

If you would like portable communion packs or the opportunity to give, you can call and swing by.... If you have a need, please let us know. We have a team that is ready to help!

Until we see one another – face to face – Let's decide to “stand firm” together!

“Stand firm and you will win life.” (Luke 21:19 – the words of Jesus!)

Clay



Finding Opportunity in Uncertainty

Kerry Bond

Denial, anger, bargaining, depression, and acceptance - Many will recognize these words as the stages of grief. While the notion of grief typically centers on death, it is also evident in other loss experiences such as divorce, changing jobs, moving away, loss of a limb, and even loss of normalcy. In the midst of the current public health crisis, the entire world is experiencing a sense of grief related to dramatic changes in daily routines, being disconnected, inactivity, limited access to preferred activities, and for many, loss of income or employment.

To compound the difficulty of our current, collective situation, we are also experiencing what is termed anticipatory grief. Anticipatory grief is the feeling we get about what the future holds when we're uncertain. There is loss of control over impending change, which threatens our sense of safety. Unmanaged anticipatory grief is felt as an anxiety response. God created in us a survival mechanism, the fight or flight response, to help protect us when our safety is threatened. And, because He cares for us, He also provided a mechanism to restore our sense of safety, known as the relaxation response. In times of stress, we can induce the relaxation response through breathing exercises and other mindfulness techniques. (See inset for a 1 minute breathing exercise)

What we know about grief is that the distress we feel lessens over time, as we begin to regain control through acceptance. We can minimize the impact of recent changes by finding balance in our lives through maintaining a routine or finding a "new normal." Another means of gaining a sense of control is through productivity. Now is the time to engage in activities your busyness has prevented you from accomplishing.

So go ahead...learn to knit, go fishing, walk the dog, clean out your closet, prepare for that garage sale you've been talking about for the past 3 years! Now is also an opportune time to invest in relationships by finding meaningful ways to stay connected with family and friends. And let us not forget that we've likely said (at least once), that we would pray more, read the Bible more, and spend more time in fellowship with God, if we only had the time. And while it doesn't always happen in the way we might expect...God provides!

MARCH PARTICIPATION AT CCY

DATE	SS	WORSHIP	GROUPS	GENGIVING
3-1	97	168	160	\$12,451
3-8	74	163	194	\$ 8,745
3-15	47	140	145	\$ 4,058
3-21	shelter in place order			\$ 6,734
3-29	shelter in place order			\$ 6,460

WEEKLY NEED: \$7,289

the one minute **MEDITATION**

Take a deep breath.

*Breathing in through the nose,
Breathing out through the mouth.*

*Breathing in feeling the lungs expanding,
Breathing out feeling a sense of letting go.*

*Breathing in to feel the body getting fuller,
Breathing out to feel the release of any tension.*

*Breathing in feeling alive and awake,
Breathing out feeling muscles relaxing.*

*Breathing in a sense of calmness,
Breathing out unnecessary tension.*

Easter

AT CHRIST'S CHURCH OF YUKON

EASTER WEEKEND ONLINE EXPERIENCE

Even though gathering together as a church family looks different these days, we still want to celebrate the events that give life to our faith, inviting as many people as we can to join the celebration! Below are the times our events and devotions will broadcast, as well as resources to help you invite others to engage with your family and neighbors .

ONLINE DATES AND TIMES



BROADCASTING AT CCYOK.COM AND FACEBOOK LIVE

WAYS TO INVITE PEOPLE TO EASTER



"Chalk the Walk" - Go outside and decorate the end of your driveway or the road in front of your house with art and an invite to our Easter Online Experience.

Post your own story or testimony online - type it out or create a video. Tell your followers how Jesus has changed your life! And invite them to hear the good news with you at our online experience.

Share the CCY Online Experience events on Facebook and social media.

WAYS TO ENGAGE PEOPLE ON EASTER



Start a Facebook Watch Party with your small group, family, or friends

Join in on our virtual Easter Egg Hunt, live on Facebook on Saturday April 11th, at 11am.
www.ccyok.com/events

Coordinate your family Easter meal with friends or other family members and FaceTime, Zoom, etc while you eat.

Still get dressed up, take a family photo and then share it online.

Message from the Youth Pastor

Hey Everyone!

Pastor Chris, here! I can't even put into words the amount that I miss each of you! In this time of chaos and confusion, I wanted to reach out and encourage you. In speaking with some of my pastor friends across the country, there is a lot of fear and anxiety amongst their students and congregation and I know we are no exception!

I don't know many things about what is going on in this world, but I do know this: YOU are so loved and cared for. God is still in control amongst the lot of this. He has never let you down and he never will! Deuteronomy 31:8 says "It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed."

Be on the lookout for messages via Remind to be involved in future E-events and live events once everything clears up! If you don't have it already, download ZOOM so we can do video conferences with the youth! If you aren't on the "Remind" messages, text "@ccyyouth" to (856) 282-2708

Talk to you soon! Love and miss you all!

Sincerely,

Chris Miller
CCY Youth Pastor



KIDS CORNER

MESSAGE FROM MS. TORI

Hey kiddos,

I hope you are all doing well! I know school has started back up online, I hope that's going well for you all! I've been praying for you guys and can't wait to see you again. Don't forget you can still watch your Royal Warriors lessons and Sunday lessons on the kid's Facebook page, Wednesday's at 3:00 and Sunday's at 1:00. I love you all so much and I'm sending big hugs your way!

Love, Ms. Tori



FLAT JESUS!

Here's a picture of Jesus!

Let's do something fun to help us remember Jesus is always with us.

- Color and cut out Jesus.
- Take Jesus everywhere with you.
- Have a parent take a picture of you with Jesus and post it to our closed church Facebook page and/or the CCY kids Facebook page.

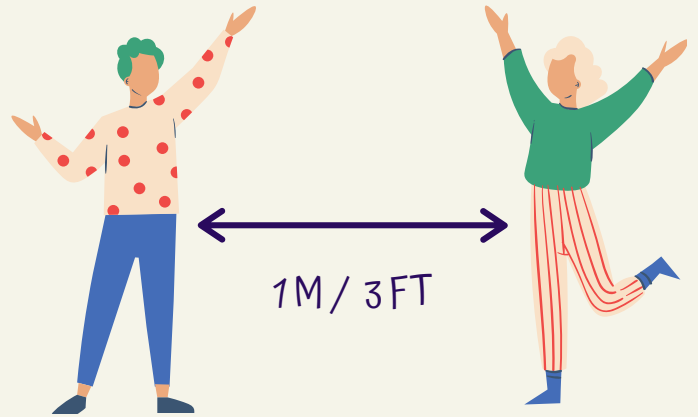


STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



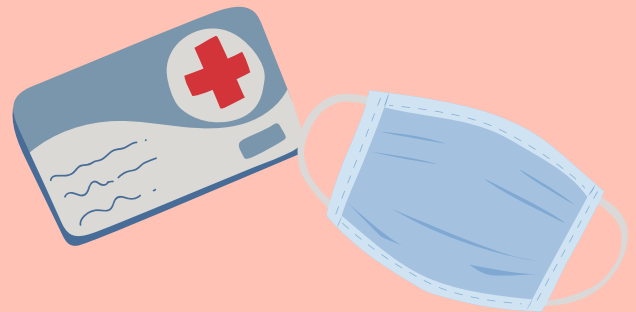
MAINTAIN PHYSICAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.