

The E-pistle news & updates

March 20 | This Week at Christ Church

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Sunday Service at 9 a.m. online via Zoom

Learn more about how to join us online below.

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See more below.

Other things happening

- Check out our website ccpvw.org for all sorts of new things and links.
- Mother Beth continues Children's Chapel on the Website and Facebook and starting this week on YouTube too.
- **Sign-up** to volunteer for our Card Care Task Force on our website
- **Sign-up** to volunteer to be a Phone Buddy
- **Sign-up** to volunteer to grocery shop and/or pick and deliver prescriptions
- Prayer and pastoral care **requests**
- Birthdays and Anniversaries (see below).



Meet

Dorothy Alice Bakken

Alice came into this world on March 18 at 7:47 p.m.! Sandy reports that she and Hayley are both doing well.

Let us pray, rejoice and give thanksgiving!

O God, you have taught us through your blessed Son that whoever receives a little child in the name of Christ receives Christ himself: We give thanks for the blessing you have bestowed upon this family in giving them a child. Confirm their joy by a lively sense of your presence with them, and give them calm strength and patient wisdom as they seek to bring this child to love all that is true and noble, just and pure, lovable and gracious, excellent and admirable, following the example of our Lord and Savior, Jesus Christ. Amen.

How to participate in Sunday's Service at 9 a.m.

Connecting to Zoom

- Step 1 - Download zoom.us to your computer and/or phone.
- Step 2 - Click on the blue button in the top right corner where it says sign-up for free.
- Step 3 - Sign up for the free account.
- Step 4 - Prior to the service download the bulletin from our website ccpvw.org.
- Step 5 - Shortly before 9 a.m. all you need to do is click on [this link](#), and it will take you directly to our service.

Practice Session for Connecting to a Zoom Service

- Zoom is new for many of us. We recommend that you practice once before Sunday.
- We will have a *practice session* on Saturday at 10 a.m. Please do Steps 1-3 before the practice session.
- We recommend that you use headphones to enhance your experience.
- **[Click here](#)** to participate in the practice session on Saturday at 10 a.m.

Livestream

- We will try to live stream the service from our YouTube channel (**[click here](#)**) but you will not have the experience of seeing everyone there. Please try Zoom if at all possible.

A Note From Your Rector

Dear Beloved Community of Christ Church:

There is so much I want to say, but I am running short on time tonight. Nonetheless, first and foremost, I want you to know, you are not alone. I am here. We are here, and we are in this together. If you find yourself in a dark place or the kids are driving you crazy and you need a prayer, a joke, an ear, toilet paper, then PLEASE email me, facetime me, or call me. My number is 970-948-7962. If you would like a regular telephone buddy - every one in this community of faith wants to help in some way - so I've got one for you.

I am reluctant to use the phrase "socially distancing" because the last thing we should be doing right now is distancing from each other socially. While we should be distancing from each other physically, we should simultaneously find ways to draw closer socially in a safe and responsible manner. To that end, we should be calling each other, Skyping and Facetiming, writing letters, emailing, and sending cards, etc. To facilitate that, in the coming days I will send out an electronic church directory to each one of you that will be an attachment to my email. Please check your contact information and make sure it is correct. There are several people for whom I do not have a phone number or an email and/or one or both are incorrect. Please check that your information is correct. I am also asking for volunteers for a Care Card Task Force. Many of our younger members have created fabulous cards for me to use for Christmas, Birthdays etc. In the coming weeks, I will use the Care Card Task Force to send cards to various members in our community. This is one way even our youngest can help. I am also asking for volunteers to be a telephone buddy who are willing to call and check-in with someone regularly. Finally, we could use volunteers who are willing to grocery shop or pick up and drop off essentials for someone. You can sign-up to volunteer and to make requests on our website.

In an effort to provide various worship opportunities, I have livestreamed Morning Prayer every day this week on the **[CCPVW Facebook page](#)**. You do not need to have a Facebook account to watch the livestream. If you miss the livestreams you can watch them later that day. If we continue, I think we will start to livestream from our church YouTube channel. I would appreciate your feedback about Morning Prayer. Some say it is an acquired taste. I have been doing it for far too long to have an objective opinion. In the coming week, I might experiment with a simple morning message in the form of a prayer or meditation each morning, and then ask for your feedback.

We moved the Rector's Bible Study (a/k/a The Men's Group, a/k/a The Men's Bible Study, and most recently a/k/a Six Guys and a Gal and a Dog Bible Study) to an online Zoom Meeting. We will continue to meet via Zoom at 9:30 a.m. on Thursdays. **All are welcome to join.** We read and discuss the lectionary readings for the upcoming Sunday.

Our Lenten Book Group *We Make the Road by Walking* is also going to meet via Zoom. We will post the link on the website. Please join us. David Riggs, Lauren Wittine, Lenore Lovoi and I will be facilitating that group. The time for this group is yet to be determined as we are having Sunday Services now at 9 a.m.

Carillon Chapel continued this week online via livestreaming on our **[FB page](#)**. The feedback for these was very good despite the dogs interrupting etc. Once we have more time, we plan to produce Children in advance and post them to the church YouTube Chanel. Normally I do three chapels a week - one chapel for each class but moving forward, I will probably only produce and post one chapel per week.

We will continue to experiment and adapt as we enter into this new way of being. Your ideas, comments, suggestions and opinions are needed now more than ever.

Finally, I offer you this prayer, which many liked during morning prayer:

*May we who are merely inconvenienced
Remember those whose lives are at stake.
May we who have no risk factors
Remember those most vulnerable.
May we who have the luxury of working from home
Remember those who must choose between preserving their health or making their rent.
May we who have the flexibility to care for our children when their schools close
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no place to go.
May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.
May we who settle in for a quarantine at home
Remember those who have no home.
During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbors. Amen.*

Prayer for a Pandemic by Cameron Bellm

Be well, be safe, be prayerful and be connected.
Beth+

Lauren's Musical Meditation on Psalm 23 for this Sunday

Greetings Christ Church community:

As you know, it is my job and my calling to enhance your worship through music and I have been brainstorming this week how I might continue to reach you in this difficult time of isolation. I thought perhaps a study of some relevant hymns over the next few weeks would be an opportunity to really dive deeper into the songs we know and love.

Hymns are prayers, and many of their texts come from beautiful and ancient poetry. I hope by this study you will come to understand some of our most well known tunes in a new and transformative way. Each week I will select a new hymn, based on the lectionary, and share with you some of its context, be it historical, literary, or biblical. Also included in these letters will be at least one recording of an arrangement of the hymn for you to listen to and sometimes sing along with! Lastly, I will conclude every letter with some challenges, which I hope you will find inspiring.

We begin today with Psalm 23, our Psalm for the 4th Sunday of Lent. This is, perhaps, one of the most famous passages in all the bible, and therefore has been set to many different tunes. The one I have selected for our purposes today is the tune *Crimond* and can be found on page **663 of The Hymnal 1982**. This tune was composed by Jessie Seymour Irvine, a Scottish Minister's daughter, in 1872. **Listen to Psalm 23 Track 1 now**, following or singing along in your hymn books. You may recognize some of the voices on this track, but our choir members did not meet to sing this together! Rather, they carefully timed themselves singing at home so that all the voice parts could later be united into what you are hearing.

The following is a fabulous video about the book of Psalms and I highly recommend you watch it: [here](#)

Here are my three main takeaways from this video for our study of Psalm 23:

Many of the psalms came to be sung from ancient worship to today, but the book of psalms was not designed as the first hymnbook. There were many interesting design elements that went into the collection of the book of Psalms and you can learn more details in the video. The first two thirds of the book focuses on poems of lament (which generally express pain and confusion over the state of the world and ask for God's aid), while the conclusion of the book focuses on poems of praise (which celebrate goodness in the world and thank God for his

works). Psalm 23, therefore, stands out as one of the rare poems of praise in the early book. Psalm 23 is part of a group of psalms 20-23 that foretells of the Messianic King and his deliverance. This is juxtaposed with psalms 16-18 earlier that celebrates David's elevation to King. You can see why this might have led Jesus' contemporaries to expect a Messiah that rescued them from Roman rule! But as we now understand, His kingdom was not of this earth (John 18:36).

Psalm 23 features two main metaphors. The first compares the Lord to a shepherd who conscientiously attends to the needs of us, his sheep. Imagine the careless shepherd who guides his flock to dried up grass or a tumultuous river! The Lord is not like this--he knows our needs and guides us safely. Even when we walk through dark valleys, he is there. Indeed "the valley of death's shadow" may be thought of as our whole earthly life, from which death is an inescapable truth. At every moment of our lives, God walks by our side "to comfort and to aid."

The second metaphor begins in verse 4 of this hymn. The image is of a bountiful banquet prepared for us by God. He has laid a feast for us with a full cup and a fine spread, safe from any danger. This meal set for us by our Lord may be seen to foretell the Last Supper, where Jesus offered himself to us as the bread of life and the cup of salvation. The food that God provides us with is both physical and spiritual, fulfilling all our needs.

In the final line of this hymn, we are promised the fruits of our faith in our Lord: to "dwell forever in [his] home." God has prepared a place for us in heaven--we need only to trust in him and follow him.

Challenges:

In a quiet place, **Listen now to Psalm 23 Track 2**. This organ work, titled "The Lord's My Shepherd," was arranged by Don Hustad (1918-2013). What images come to mind as you hear this music? Does any particular section seem to reference a line of the hymn?

King David, the author of Psalm 23, praises God for many things, from restoring his soul (verse 2) to guiding him through the valley of death's shadow (verse 3) and filling his cup (verse 4). Which of these or the other praises of this song speak most directly to you? For what would you like to praise God today?

You are all in my constant prayers during these unfamiliar times. Please do not hesitate to reach out to me, be it regarding music or just for a chat! My cell is (727) 249-4842--leave a message, as I do not always answer unfamiliar numbers, but I will be thrilled to call you back.

Blessings,
Lauren Wittine

Celebrations This Week

Birthdays

Julie Fouquet
Barbara Harwood
Ruth Ann Wrucke
June Tunnell
Natalie Leonard

