

## Beloved FUMC Family,

As we face these uncertain times and changing world, we are reminded that God has not given us a spirit of fear, but a power of love and care. God's power of love and care to resist against the unrest spreading of the coronavirus pandemic with it growing concern, world-wide and at home.

The Apostle Paul says, "*For God has not given us a spirit of fear, but of power and of love and of a sound mind.*" (2 Timothy 1:7) The author of the Proverbs says, "*For the Lord gives wisdom; from his mouth come knowledge and understanding.*" (Proverbs 2:6)

Many churches, including our church are suspending services and events until further notice. We will continue our Live Stream Service on every Sunday morning at 10:00 am, and I will preach from my leaving room.

Yesterday afternoon, Governor Polis delivered a message to all people of Colorado about the "State's Stay at Home Orders" beginning today on March 26 at 8:00 am until April 17.

During this time of delaying, I want to challenge you to take a good care of yourself physically, mentally, and spiritually. Remember you are staying at home at this time. Watch your diet and do some exercise every day. Don't sit down and lay on the couch more than an hour. Stand up and walk around the house; maybe you can step outside and walk around the yard for few minutes.

In addition, if you are sixty-years old and older, especially if you have a condition which makes you more vulnerable to contracting a virus, you may want to consider the possibility of resting a lot and taking more care of yourself. Reports reveal elderly individuals have a higher chance of contracting the virus.

Please join us at Facebook for the 10:00 am service every Sunday morning. Your continual financial support during this crisis is very much appreciated.

Let me leave you with four things we can all do. 1. Pray for God to aid scientists in discovering a vaccine quickly. And for the witness of the church; that we will not allow the coronavirus to isolate our faith. 2. Act responsibly by washing your hands with soap, etc. 3. Respect the space of others by keeping social distances. 4. Rest in God by praying, meditating, reading and studying the Bible, and spiritual self-discipline such as fasting.

Jeremiah says, "*Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.*" (Jeremiah 33:6)

Stay safe and be strong and healthy,  
Pastor Sione