

APRIL MESSENGER

Group Cancellations

The Session of First Presbyterian Church has suspended all church groups with ten (10) or more people, including Sunday worship, until **April 24**.

Online Worship

Come join us in virtual worship! The Pastor's sermon will be streamed from our church YouTube channel (FPC1122) every Sunday. You can also view the worship services by visiting our church FaceBook page, or by going to firstpresclarkston.org and clicking on the "Worship" tab.

Ways to Give

Here are a few options for those of you who would like to continue to give tithes to FPC:

*Visit our church website and click on the button that reads "Online Giving"

*Set up automatic withdrawals with your bank to have a check from your bank mailed to FPC

*Mail a personal check (not cash) to the church

From the Pastor

Usually, the topic of Christ's Resurrection dominates our April Messenger. I write an article about events at the church or perhaps an extended reflection on a Resurrection related passage in Scripture. Scanning through the Messenger, you would find announcements about Easter Egg hunts, opportunities for Holy Week worship, and the like. How things have changed this year. I have no doubt we will look back on early 2020 as one of those history-changing events with a clear before and after. We will begin a sentence, "Remember when...," in reference to the pre-COVID-19 era.

At the moment, though, we are *in* the moment, as it were. For the leadership at FPC that has meant thinking, experimenting, and reflecting on the fly. It is a foreign landscape to inhabit, in a typically familiar time of year. It has meant, among other things, a lot of communication from us as we try to keep you -- the friends and family of FPC -- updated as we adapt to these new circumstances. So much has changed.

And yet, much has remained unchanged. We have arrived, again, at the annual celebration of our Lord's Resurrection. If ever there was an event in history that *changed* the course of history -- if ever there was an event in history with a before and an after -- it is the Resurrection of Jesus Christ. *This* event is *the* event. It is because of the Resurrection of our Lord that we can face whatever changes history brings our way. A lot of history has happened in 2,000-year existence of the church. Yet, regardless of how history and life-altering these events have been, the Holy Spirit has continued to proclaim through God's people, "Christ is Risen."

Turns out, the Resurrection Christ still dominates this April Messenger. It remains the most important event this month, conquering even the seemingly unconquerable COVID19. While we may not gather together at 1122 Diagonal street, as is our habit on Easter, this does not change the greater reality of Christ's Resurrection. Nor does it change the year-round Gospel News: "Christ is Risen!"

Grace and Peace,
Pastor Dave

JR. & SR. HIGH YOUTH

FIRST PRESBYTERIAN CHURCH OF CLARKSTON

SR. HIGH NEWS

Hi everyone! As a church, we have chosen to take all precautions and recommendations during this time to ensure the safety of our members and community. For senior high youth, this has meant canceling all group gatherings and events. As high school students who live for social interaction, fellowship, food and friends, we understand the overwhelming toll being home and isolated may have. For some of you this has been difficult and we appreciate you reaching out for support! Noah and I want you all to know we are available anytime via text/ phone. We are doing our best to keep in touch with all of you. This week we started our new bible study titled "Bible Study." We started with the introduction and Genesis. We will discuss in the following week via our group chats. If you did not receive a packet, please reach out to us with your address. Please watch for postcards and positive thoughts coming your way soon. As for future plans, we have some fun ideas in the making. We are going to try our very first live video stream in 2 weeks. Hope you will join Jennifer, Noah and I. Video chat live, ask questions...there could be pizza at stake! Stay tuned. If anyone has questions about camp, church services, or ways to stay connected, please reach out. Our church will be live each Sunday for worship service on the church website at www.firstpresclarkston.org and Sunday school each week via live stream on the church facebook page "First Presbyterian Church of Clarkston" starting at 10:00 a.m.

Stay home folks, stay safe,
Noah and Megan

JR. HIGH NEWS

Hello guys! As we work together during these ever changing times to keep our families, friends and community healthy, your youth leaders have been working on new and creative ways to stay connected with you. One of these ways is through facebook live stream and live watch parties. To be a part of this please join our youth group facebook page "First Pres Clarkston Youth Group." If you do not have facebook, please ask your parent if they will join the group and then we will send out text reminders of live stream get togethers. You could even win free pizza delivered to your home! Several of you have been reaching out via text messaging and we want you to know that we are here for you any time! I want to encourage you to read your daily devotional "Jesus Calling" and text our group with your thoughts. Your leaders miss you and we can't wait to be together again. In the mean time, we will do our best to stay connected through facebook and text. Let's stay connected to each other, stay in the word by reading your bibles and devotionals, and keep praying for each other.

Jennifer and Mitchel

IDEAS WHILE
YOU'RE HOME:



MAKE DINNER
FOR YOUR
FAMILY



SPEND TIME IN
THE WORD /
READ A DAILY
DEVOTION



CONNECT WITH
YOUR LEADERS
ON FACEBOOK



PHONE OR
TEXT A FRIEND,
START A CHAT
GROUP

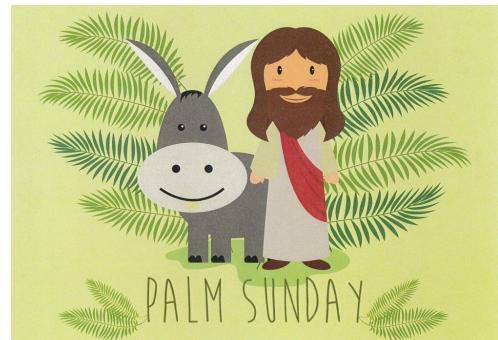
Children's Ministry

FIRST PRESBYTERIAN CHURCH OF CLARKSTON

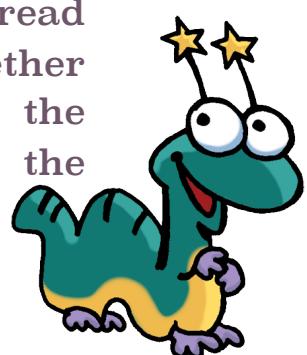


Community Easter Egg Hunt: Due to the current stay-at-home order in Washington state the Annual Easter Egg Hunt has been cancelled. We would love to have you share your family Easter photos on the church facebook page for our church family to enjoy.

Post your photos/videos of your child celebrating Palm Sunday on the church facebook page "First Presbyterian Church of Clarkston". Your church family will love to see your photos/videos of your child celebrating this special day.



Lectionary Sunday School, connecting Sunday School to church: Each Sunday morning at 10:00am your child can join the facebook live stream for Sunday School. We will sing, read the bible, hear the children's sermon and connect together through our bulletin. Bulletins may be printed from the church website at www.firstpresclarkston.org under the Children's Ministry section.



April Sunday School Lessons:

5

Holy Week
Jesus' love is
sooooo big.

Palm Sunday

12

The Empty Tomb
Jesus is Alive!
Alleluia!

Easter Sunday

19

Doubting
Thomas
Jesus helps us
believe.

Easter 2

26

The Road to
Emmaus
Surprise! Jesus is
with us.

Easter 3

THE OPPORTUNITY OF DISRUPTION

While our lives have been disrupted by COVID-19, this disruption can also provide a way to grow deeper in our relationship with Christ. Here are some opportunities that you might consider embracing as we live into this “new normal” to not only grow in your relationship with Christ but maintain your overall health. (These suggestions are adapted from a “rule of life” from Portland, OR’s Bridgetown Church.)

Start the Day in Quiet Prayer & Scripture

Start the day in quiet prayer and scripture reading before anything digital, like Instagram, or the news, or television. Simply start the day in quiet with God.

Create a Gratitude Ritual

Draw your attention to the things for which you are grateful. Perhaps you write them down each morning or share with your family or friends around the dinner table in the evening.

Exercise or Go for a Walk

If at all possible, while maintaining proper social distancing, exercise or go for a walk through your neighborhood. There is something to engaging in this space in your body, to stay grounded with God.

One “Focal Practice”

Find an activity in which you are able to give your complete focus without getting distracted or finding yourself concerned about the conditions of the outside world. This can be gardening, woodworking, whittling, cooking, reading, art, writing, bird watching, chess, etc. (If you’ve never tried one of these, perhaps it’s a good time to start!)⁵

Relational Touchpoint

Establish a relational touchpoint with a close friend, family member, or your community “buddy.” This is a time to draw closer in relationships, through the benefit of technology, not grow more distant.

Limit Intake of News

The news cycle moves at a rapid pace, but our internal tempo is not meant to live at that speed. Limit your intake to two times daily. Consider setting an alarm for once in the morning and once in the evening.

Limit Screen Time & Escapist Behaviors

It will be very easy to indulge in escapist behaviors. Find ways to limit your intake of things like alcohol, social media, television, sugar, staying up late, etc.

Prayer & Fasting

Join others of FPC at prayer at 11:22 AM. You might also consider fasting -- a sacred practice in the church for times of distress or needed discernment. This fast could be for a whole day, maybe one day a week, or, perhaps one day a week you skip breakfast and/or lunch for the purpose of prayer. (Fasting is not for everyone, though, so you might check with your health care provider before you take it on.)

Engage & Encourage Your Community

Continue to connect with your FPC friends on a regular basis. Call one another, text one another, learn how to do video chats, connect & *encourage* one another on FB. Simply connect. If you find out someone needs help, help them, or find someone who can.

Sabbath & Online Worship

Keep your routine to practice Sabbath, or to start one for the first time. And gather with us online every Lord’s Day (Sunday) as we worship together, learn from the Scriptures, and create space for the Holy Spirit.