

Last Week: March 8, 2020

Attendance: 55 Church: \$2938.05
Total: \$3295.00 Missions: \$356.95

THIS WEEK'S ACTIVITIES

Thursday, Mar 19 Prayer Meeting 7:00 p.m.

Mark Your Calendars

Fellowship Meal: April 5- We will be having a potluck lunch at Frey's Greenhouse. More information will follow.

Easter: April 12- We will be having a Sunrise service at 7:15 a.m. This will be outside. Please dress accordingly. Breakfast will be served at 8:00 a.m.- more details to follow.

Elder Team:

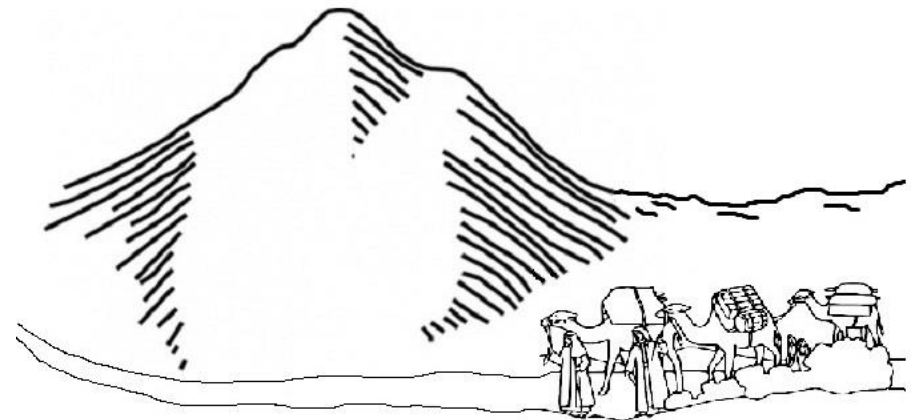
Amanda Rohrer: Lead Pastor (717) 274-1521 ext. 104
Doreen Miller: Congregational Spiritual Director (717) 926-9197
Dean Hoover (717) 304-4993
Tom Turley (717) 507-2535
Myron Miller (717) 228-5262

Lead Pastor hours: Mon-Thurs, call for appointment
Church Office hours: Wed & Fri 7:00 a.m. – 9:00 a.m.
March Trustee on-call **Reid Hoover:** 717-507-0162 or 717-867-2648

Gingrichs Mennonite Church

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Psalms
of
the
Ascent





**A Committed
Community
Abiding in Christ**

Announcements

Announcement for Communication

Please have all announcements to Ashlea in the church office by **Wednesday** at 8:00 a.m. Thank you

Welcome
to all who are joining us for worship today

March 15, 2020

Prelude	
Congregational Singing	Music Team
Announcements and Offering	Myron Miller
Sermon: Psalm 125	Kathy Kambic
Sharing Time	Myron Miller
Congregational Singing	Music Team
Benediction	Kathy Kambic

Plant the Seed

Manheim Mennonite Church will conclude their Plant the Seed seminar this evening at 7:00 p.m. The focus is on helping believers get involved with the communities in which they live and how to share our faith more openly and freely. More information is located on the table in the lobby.

Ladies' Bible Study

There will be no Ladies' Bible Study this week. They will resume again next Wednesday, March 25.

No Longer Alone

The Family Support Group of No Longer Alone will meet at the Crossings Meeting Room, 1001 E Oregon Road, Lititz on Feb 22 at 3:00 p.m. Cathy Meyers will present Minds Renewed. Cathy is the facilitator of Minds Renewed at Calvary Church. Care and Share time will follow at 4:10 p.m. All are welcome.

Bids for Kids Auction

True Life Youth Ministries (formerly Youth for Christ) is having its annual 'Bids 4 Kids' Benefit Auction on March 19-21, 2020 at the Lebanon Expo and Fairgrounds. On Saturday, March 21st, from 10 am- 2 pm there will be Kauffman's Chicken BBQ available. The BBQ is eat-in or take-out. Tickets are \$8.00 and are available from Ed Copenhaver.

Pulled Pork Fundraiser

Michael Clancy, Eastern Mennonite Mission's (EMM) Urban Missionary in Lebanon City (and Pastor of Freedom in Christ Fellowship), is having a Philly Style pulled pork fundraiser to help support his mission work. The event will be held March 28 at Krall's Mennonite Church, 2518 S. 5th Avenue #9701 Lebanon, PA 17042, at 4:30 p.m. Dinner will be served at 5:00 p.m. There will be sides and dessert too! There is more information on the bulletin board.

Congregational Spiritual Practice: Praying Psalm 23

As a congregation, we are praying Psalm 23 to become more aware and accepting of the ways God loves us—choosing us and caring for each of us and our entire congregation. Continue to repeat Psalm 23 regularly.

This week spend time praying and journaling with the first statement in verse 3—“He restores my soul.” Other translations include “He renews my strength” (NLT) and “He gives me new strength” (GNT).

The word translated “soul” here can also be translated “life” or “heart.” The Hebrews understood the “soul” to include their entire, living, breathing body and being, not just their spirit.

Invite God to transform your heart and mind through this Scripture. What part of your soul needs to be strengthened and restored—body, mind, heart, spirit? In what ways have you experienced restoration and strengthening in the past? Tell God what you need for your entire being right now. Pause to let God respond to you.

Choose to receive God’s attentive love for you as you pray

Psalm 23 A psalm of David.

- 1 The Lord is my shepherd; I have all that I need.
- 2 He lets me rest in green meadows; he leads me beside peaceful streams.
- 3 He renews my strength. He guides me along right paths, bringing honor to his name.
- 4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
- 5 You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.
- 6 Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

Psalms of the Ascent

Imagine taking a road trip three times a year on foot in a hot and arid land. God's people did just that and they had a playlist to keep them company along the way. They would leave behind their cares and responsibilities and make the pilgrimage to Jerusalem. No matter which direction they came from it was an ascent since Jerusalem was built on a hill. Their playlist (road songs) was Psalms 120-134. As they sang each song it allowed the time to pass by easier and also provided them with preparation for where they were going.

Message Notes— Kathy Kambic

Series: Psalms of the Ascent

Title: Psalm 125

Psalm 125 (NIV)

A song of ascents

- ¹ Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.
- ² As the mountains surround Jerusalem, so the LORD surrounds his people both now and forevermore.
- ³ The scepter of the wicked will not remain over the land allotted to the righteous, for then the righteous might use their hands to do evil.
- ⁴ LORD, do good to those who are good, to those who are upright in heart.
- ⁵ But those who turn to crooked ways the LORD will banish with the evildoers.

Peace be on Israel.

Psalm 125 (The Passion)

A song of the stairway

- ¹ Those who trust in the Lord are as unshakeable, as unmovable as mighty Mount Zion!
- ² Just as the mountains surround Jerusalem, so the Lord's wrap-around presence surrounds his people, protecting them now and forever.
- ³ The wicked will not always rule over the godly, provoking them to do what is evil.
- ⁴ God, let your goodness be given away to your good people, to all your godly lovers!
- ⁵ But those who turn away from truth, you will turn them away from you, to follow their crooked ways. You will give them just what they deserve.

May Israel experience peace and prosperity!

Coronavirus Epidemic

The current outbreak of a respiratory illness caused by a new strain of coronavirus has been called COVID-19 (coronavirus disease-2019). First identified in Wuhan city in China at the end of December 2019, the virus has spread rapidly and has (as of 3/12/19) infected over 130,000 people in 114 countries. The Centers for Disease Control (CDC) warns us to expect the spread of the virus in the US as well. At this time, we have no specific medicines to treat the illness nor vaccines to prevent it; these are both being aggressively sought.

COVID-19 tends to be much milder in young persons, who may have minimal symptoms. However, the severity of illness increases with age or underlying medical problems. The most common symptoms include fever, dry cough, and shortness of breath. Persons appear to be most contagious early in the illness when symptoms are mild and appear like a typical “cold.”

So, what can we do to help prevent contracting and spreading the illness?

- 1) The biggest thing you can do is to wash your hands with soap and water for 20 seconds (the time it takes to say the Lord’s Prayer). Dry hands well, preferably with paper towels. You can also use a hand sanitizer containing at least 60% alcohol.
- 2) Avoid touching your face, since the virus enters your body through your mouth, nose, or eyes.
- 3) Cover coughs or sneezes with tissue; then throw the tissue in the trash.
- 4) Avoid shaking hands and hugs. Although these are normally ways we show love, presently we show love by *not* doing them (Instead, elbow touches, curtsies, bows, waves, or smiles are all good options).
- 5) Avoid close contact for 2 weeks with those who have traveled to countries or areas with outbreaks (esp. China, Italy, Iran, Japan, Germany, France, Spain, and South Korea).
- 6) Avoid attending very large gatherings, especially if you are elderly or have underlying health problems.
- 7) If you are sick with respiratory symptoms or fever, please stay home. As Christians, we need not be fearful. Our trust is ultimately in God. As we face these difficult and uncertain times, let us watch for ways to serve others and to share with them about “the peace that passes all understanding” that we have in Jesus.

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