



March 18, 2020

Dear Brothers & Sisters,

Greetings to you on this partially sunny day here in York, PA. The weather is starting to turn, and days are getting warmer. We know that in a few short weeks, buds will begin to appear on branches and robins will find their way to our yards. Before you know it, the smell of fresh cut grass and newly spread mulch will fill our neighborhoods.

Sometimes we want to hurry up the process and get on to the next chapter. If we know spring is going to come... let's hurry up and get to spring! But spring will come only when spring should come – in its time. In essence, this is what we are discussing this Lenten season of learning how to “pause.” This time of “social distancing,” parallels our liturgical call to pause from doing, and practice being.

Pushing pause on the busyness of life gives us a chance to move from the compulsion to get things done and rest in who we are as children of a Risen King. Many of our lives are so preoccupied with moving from one task to the next, that we seldom take the time to enjoy the presence of God in renewing ways.

During this time of prudent solitude, I encourage us all to engage our Lord through prayer, utilizing Right Now Media, journaling, silence and reflection. I am sure that at first these practices may feel uncomfortable, as we have trained ourselves to be efficient users of time. However, any step no matter how big or small, will have an enormous impact on your journey.

This is also a time to remember that we are the “body of Christ.” As such, we do not need to be next to one another to remember each other in prayer. Call family, friends, and neighbors to let them know you are thinking of them. Ask for prayer requests and offer each other reassurance that although we each have a unique journey, we don't travel alone. Our Superintendent, Rev. Howard Burgoyne, recently shared with the conference his prayers and the reading of Psalm 46: A reminder that God is our source of strength and our refuge in times of trouble.

I am using these days in focused prayer to lift each of you up. If you have specific prayer requests, please feel free to call or email me directly. Until we gather again, I pray that our Lord and Savior Jesus will give you all a sense of peace with His presence, the strength of His Spirit, and the assurance that all things are under our God's authority!

Grace & Peace,



Pastor Eric

## Psalm 46

- <sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.
- <sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,
- <sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging. <sup>[c]</sup>
- <sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.
- <sup>5</sup> God is within her, she will not fall;  
God will help her at break of day.
- <sup>6</sup> Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.
- <sup>7</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.
- <sup>8</sup> Come and see what the Lord has done,  
the desolations he has brought on the earth.
- <sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields <sup>[d]</sup> with fire.
- <sup>10</sup> He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."
- <sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.