ST. TIMOTHY LUTHERAN CHURCH
CHURCH MOUSE
May 2020

Sunday, May 3
Fourth Sunday of Easter
Worship in Spirit 9:30am
http://www.sttimothybemus.com/coronavirus-updates.html

Sunday, May 10
Fifth Sunday of Easter
Worship in Spirit 9:30 am
http://www.sttimothybemus.com/coronavirus-updates.html

Sunday, May 17
Sixth Sunday of Easter
Worship in Spirit 9:30 am
http://www.sttimothybemus.com/coronavirus-updates.html

Sunday, May 24
Seventh Sunday of Easter
Worship in Spirit 9:30 am
http://www.sttimothybemus.com/coronavirus-updates.html

Sunday, May 31
Day of Pentecost
Worship in Spirit 9:30 am
http://www.sttimothybemus.com/coronavirus-updates.html

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Grab a cup of coffee and join us via the link to worship together in Spirit each Sunday at 9:30 am

Pastor's Ponderings

My dear friends,

Did you ever think we would be in the season of Easter and that we still would not be able to meet together in person for worship? It's hard to believe. All the weeks of May, except for the last are in Easter, with the final week being Pentecost. Frankly, I know as much as you do about when we can return to our sanctuary for worship. In the meantime, we can make our living rooms and home offices our sanctuaries.

The psalmist writes, "The earth is the LORD's and all that is in it, the world, and those who live in it (Psalm 24:1). That includes our homes and our life at home. Here are some worship resources for home use that the ELCA has put together that I'd like to share with you. The first is daily Bible readings at: **https://www.elca.org/Faith/DailyBible.**You can also subscribe and have the readings sent to your email. Here is a link for worship at home: https://blogs.elca.org/worship/2108/. The resources at this link assist with prayer at home: https://blogs.elca.org/worship/2044/. Another "old school" resource that I frequently use is a hymnal. I've used both the LBW and ELW. In them, you will find far more than hymns. There are prayers, scripture readings, the psalms and in the case of the ELW, even *Luther's Small Catechism.* Of course, do not forget to read your actual Bibles. Allow God to speak through his word.

Take advantage of life being a bit slower. Let this time enrich your relationship with God through prayer and scripture reading. We are working on having a Zoom adult study group/prayer group/discussion group. Keep your eyes open. Also, please know you can email, text, or call me any time at 716-904-0855.

In the meantime, all I have to say is thank you to each one of you: for what you do and who you are. You are generous, faithful, beloved children of God.

Yours in Christ,

Pastor Ivy

St. Timothy Church Council

President- Kristie Bloomquist
Vice President - Marty Hunt
Secretary – Marcy Saar
Mary Lou Krott Tammy Haas
Linda Milks Pastor Ivy Gauvin

Treasurer – Julie Bihler
Financial Secretary – Kathy Carlson

Do you have questions or ideas for Council? Feel free to share them with any council member or write them down and leave in the office.

1 Beverly Klang
7 MajBritt Traynor
16 Marc Oste
18 Amie Adams
27 Zoe Castro
28 Joshua Powers

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Online and Smartphone Giving via Give+ App
ONLINE GIVING at St. Timothy for Debit/Credit cards
Three ways to give:
- Go directly to our website at www.sttimothybemus.com.
- Use our QR code with the QR reader on your smartphone.
- Download the app 'GivePlus Church'. Create an account.
For further information, see Kathy Carlson on Sundays or call her at 485-1316.

We will be not be able to meet on May 19th at 7:00 pm. No packing June-August but will resume in September. If you would like to help, contact Gale Svenson-Campbell at gales1949@gmail.com.
We are still collecting food for the 5 & 2 Ministry, bring your items and place in the bin in the front entranceway of the church. Lists of needed items are available in the narthex.

Fighting childhood hunger in our community, one child at a time.

****We are having a Family Food Pickup EVERY FRIDAY from 2-4 pm for ALL of our district students and families. We are handing out bags of food to any families in need, no questions asked. This is held at St Timothy's. Please use the side entrance.**

Financial Update

Hello everyone! On April 3rd, the Finance Committee sent out a letter describing our concern with the 'dangerously low' balance in our checking account due to the Coronavirus Pandemic and no in-person services. We also described a Federal program called the Payroll Protection Program (PPP) for small businesses – of which non-profits were eligible. As we enter May, here is an update on both of these situations.

Checking Account – Thanks **TOTALLY** to all of you mailing in your offerings for March and April, we were in a position to handle all of our expenses for April with a little breathing room!!! **BLESS YOU ALL!** Our expenses were also down with sheltering at home and a freeze on all new spending. As we enter May, I personally can sleep easier knowing that your support will always be there!

Payroll Protection Program – If you are following the news and the Small Business Association forgivable loan program, you know that the first allocation of funds was gone after just days of going online. St. Timothy did not get accepted. The second allocation of funds went online this week and the SBA site crashed for the first 2 days. They have now slowed down the process on their end, with banks trying to process these loan applications, including ours. Northwest Bank, our bank, has kept us informed throughout this process and will let us know if our application has been accepted.

Again, thank you for your overwhelming support and we all look forward to the time when we can meet again in person!! (Virtual hugs!!)

In the Palm of His Hand,
Kathy Carlson

Monthly Readings

May 3, Fourth Sunday of Easter
Readings and Psalm
Acts 2:42-47
The believers' common life
Psalm 23
The LORD is my shepherd; I shall not be in want. *(Ps. 23:1)*
1 Peter 2:19-25
Follow the shepherd, even in suffering
John 10:1-10
Christ the shepherd

May 10, Fifth Sunday of Easter
Readings and Psalm
Acts 7:55-60
The martyrdom of Stephen
Psalm 31:1-5, 15-16
Into your hands, O LORD, I commend my spirit. *(Ps. 31:5)*
1 Peter 2:2-10
God's people chosen to proclaim God's mighty acts
John 14:1-14
Christ the way, truth, and life

May 17, Sixth Sunday of Easter
Readings and Psalm
Acts 17:22-31
Paul's message to the Athenians
Psalm 66:8-20
Bless our God, you peoples; let the sound of praise be heard. *(Ps. 66:8)*
1 Peter 3:13-22
The days of Noah, a sign of baptism
John 14:15-21
Christ our advocate

May 24, Seventh Sunday of Easter
Readings and Psalm
Acts 1:6-14
Jesus' companions at prayer after his departure
Psalm 68:1-10, 32-35
Sing to God, who rides upon the clouds. *(Ps. 68:4)*
1 Peter 4:12-14; 5:6-11
God will sustain and restore those who suffer
John 17:1-11
Christ's prayer for his disciples

May 31, Day of Pentecost
Readings and Psalm
Acts 2:1-21
Filled with the Spirit to tell God's deeds
Psalm 104:24-34, 35b
Send forth your Spirit and renew the face of the earth. *(Ps. 104:30)*
1 Corinthians 12:3b-13
Varieties of gifts from the same Spirit
John 20:19-23
The Spirit poured out

Prayer Requests: Rose Johnson-Prieur, Avis West, Lori Erickson, John Gingrass, David Johnson, Shirley Meyers, Ron Simpson, Dan Kelly, Inara Ledder, Dick Starks, Grace Alessi, Tim O'Brien, Gretta Kettle, George and Janet Balcom, Maj-Britt Traynor, Pat & Maureen Kibbe, Beverly Klang, Trudy Fetzner, Thom Shagla, Matt Isaacson, Sarah Van Staalduinen, Mabel Tranum, Bryan Brown, , Jim Doherty, Karen Brown, and Bonnie Christoferson, those serving in the military and their families, including Ben Wickerham and Jeffrey Clauson, those caught up in violence and war who have no safe home in which to live. For all children, that the love of Christ may reach them through all of us who have resources to love, protect, pray and provide for them.

Community Outreach Ministry 2020

Every year, St. Timothy receives money from AmazonSmile through their non-profit fundraiser based on a percentage of its supporters' purchases. This money is then donated to a local non-profit organization through our Community Outreach Ministry. The Church Council has decided to donate this year to the St. Susan's Center in Jamestown.

St. Timothy has long supported St. Susan's in its effort to provide meals for those in need. This year, with the onset of the Coronavirus Pandemic, the Council felt the need to be so much more, that it is giving the full amount collected the past 2 years of $265 to support their increased demand.

Thank you to all who use AmazonSmile and have designated St. Timothy Lutheran Church of Bemus Point as their charity to receive a percentage of each of their purchases. If you aren't already participating in AmazonSmile, go to AmazonSmile.com to sign up today.

12 Tips on How to Manage Stress During the COVID-19 Pandemic
by Stephanie Reck

Any type of change can cause stress levels to surge. Dealing with the rapid and ongoing changes of the COVID-19 pandemic can create stress levels to soar.

We are faced with much uncertainty as this crisis looms over our nation. So many questions and concerns we face on a daily basis. If we are not diligent in finding ways to manage our stress than it won't be just COVID-19 we are dealing with but a host of other health concerns.

Stress affects every area of your life-physical, mental/emotional, and spiritual.

Listed below are some tips to help you to manage stress during the COVID-19 pandemic:

1.Let the first thing you do in the morning and the last thing you do before bed is pray, read the Word of God, and/or worship. Spend time in God's presence as much as you can right now.

2.Get out and get some sunlight. Just 20 minutes of sun can boost your mood and give you creativity.

3.Exercise as a way to reduce anxiety, stress and depression. If you are working from home now, take walks around your block/neighborhood first thing in the morning and during your breaks.

4.Find creative ways to reduce stress such as painting, coloring, writing, and/or gardening.

5.Do not check the news first thing when you get up in the morning. Set your tone for your day by spending time with God first.

6.Limit how often you listen and watch the news. Too much negativity coming from news reports can cause stress levels to increase.

7.Watch what you are eating. Limit your intake of sugar, white flour, processed foods, and fried foods. Incorporate fresh vegetables and fruits

daily into your diet.

8.Clean and organize your home. Cleaning and organizing are effective ways to reduce anxiety.

9.Focus on what you are thankful for. Write out or speak out daily at least (5) things that you are thankful for.

10.Watch what you are speaking out of your mouth. Choose to speak life and blessings not fear and worry.

11.Discipline your mind to think on what is good, lovely and praiseworthy. Take every thought captive that does not line up with God's Word. Be especially guarded during this time not to let your mind ruminate over and over your worries.

12.Find ways to stay connected with social distancing in place such as video chats, phone calls, or perhaps even meeting someone outdoors for lunch (as long as you follow social distancing protocols).

Implementing these tips can greatly control the amount of stress you may endure during this time. Try one or two of the tips to begin with, and add more as you see fit.

Respond: Take some time and share with our readers what you are doing to reduce stress.

Stephanie R. Reck, LMSW, LBT, BCCC
Founder of Hope Ministry
www.stephaniereck.com
Hopeandencouragement4women@gmail.com
Hope Ministry, @2019
Author of, "Disciplining Your Mind 30 Days to a Better You!"

Article Source: http://www.faithwriters.com

Global Mission

By Marcia Brown, Mission Interpreter

CHURCH DURING A PANDEMIC

You might wonder what our churches can do during this time when we can't even meet. How can missions function when we can't get within six feet of each other? Well, because of your mission support, the ELCA Advocacy network is staying busy. They have been present in policy discussions, voicing faith-informed priorities as response packages take shape. Such as:

- Working with African American clergy partners to mitigate the economic impact on their congregations.
- Immigrant issues continue as the virus doesn't discriminate between the documented and undocumented, and the need is great to protect the farmworkers and others.
- Protecting voting rights in this Presidential election year, by advocating for more widespread absentee voting.
- Being attentive to the most vulnerable in our society.
- Advocating for increased food assistance.
- Concern for the homeless population and their increased risk to contracting the virus, advocating for funding for housing, and a broader freeze on evictions.

So, even though we are all cooped up at home and haven't seen the inside of our beloved congregations in many weeks, the larger church body is staying focused and working hard. This is only possible because of your mission support. ***Thank you!***

We are church together for the sake of the world. God's Work. Our Hands.

Ways to Help this Month:

 5 & 2 donations. Lists of food items and sizes available on the church website.

 Bemus Point Food Pantry. Items needed are cereal, spaghetti noodles and spaghetti sauce, peanut butter, soups, canned fruit, applesauce, toilet paper, dish soap, shampoo and toothpaste. **Monetary donations are always welcome**. Contact Marty Hunt 720-0460 for donations and questions.

 Can tab collection: The Synod Assembly planning team has decided to continue with the collection of aluminum can tabs for another year. Start collecting & look for announcement to turn them in.

 Love, INC – many needs – see E-Ministry for more details

 Honduras Promise Children Project needs new sponsors

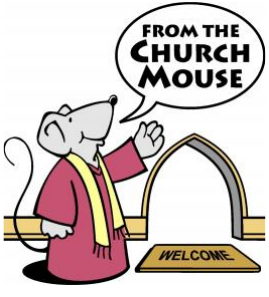
 Mailing in your weekly or monthly offering would be greatly appreciated for May if you haven't already done so.

ST. TIMOTHY LUTHERAN CHURCH

3748 Route 430, P.O. Box 9190

Bemus Point, New York 14712

Address Service Requested



MAY 2020
THE WORD IN SEASON
DAILY DEVOTIONALS

					1 John 14:8-14 Psalm 44:1-3, 20-26 Isaiah 30:18-21 2 Corinthians 4:1-6	**2** Ezekiel 34:1-16 Psalm 23 Luke 15:1-7
3 John 10:1-10 Psalm 23 Acts 2:42-47 1 Peter 2:19-25	**4** Psalm 100 Ezekiel 34:17-23 1 Peter 5:1-5	**5** Hebrews 13:20-21 Psalm 100 Ezekiel 34:23-31	**6** Jeremiah 23:1-8 Psalm 100 Matthew 20:17-28	**7** Psalm 31:1-5, 15-16 Genesis 12:1-3 Acts 6:8-15	**8** Exodus 3:1-12 Psalm 31:1-5,15-16 Acts 7:1-16	**9** Jeremiah 26:20-24 Psalm 31:1-5, 15-16 John 8:48-59
10 John 14:1-14 Psalm 31::1-5, 15-16 Acts 7:55-60 1 Peter 2:2-10	**11** Psalm 102:1-17 Exodus 13:17-22 Acts 7:17-40	**12** Provervbs3:5-12 Psalm 102:1-17 Acts 7:44-56	**13** John 8:31-38 Psalm 102:1-17 Proverbs 3:13-18	**14** Luke 6:12-16 Psalm 56 Isaiah 66:1-2 Acts 1:15-26	**15** Genesis 7:1-24 Psalm 66:8-20 Acts 27:13-38	**16** John 14:27-29 Psalm66:8-20 Genesis 8:13-19
17 John 14:15-21 Psalm 66:8-20 Acts 17:22-31 1 Peter 3:13-22	**18** Psalm 93 Genesis 9:8-17 Acts 27:39-44	**19** 1 Peter 3:8-12 Psalm 93 Deuteronomy 5:22-33	**20** John 16:16-24 Psalm 93 Deuteronomy 31:1-13	**21** Luke 24:44-53 Psalm 47 Acts 1:1-11 Ephesians 1:15-23	**22** Ephesians 2:1-7 Psalm 93 2 Kings 2:1-12	**23** 2 Kings 2:13-15 Psalm 93 John 8:21-30
24 John 17:1-11 Psalm 68:1-10, 32-35 Acts 1:6-14 1Peter 4:12-14,5:6-11 **31** John 20:19-23 Psalm 10:24-34, 35b Acts 2:1-21 1 Corinthians 12:3b-13	**25** Psalm 99 Leviticus 9:1-11, 22-24 1 Peter 4:1-6	**26** 1 Peter 4:7-11 Psalm 99 Numbers 16:41-50	**27** 1 Kings 8:54-65 Psalm 99 John 3:31-36	**28** Psalm 33:12-22 Exodus 19-1-9a Acts 2:1-11	**29** Romans 8:14-17 Psalm 33:12-22 Exodus 19:16-25	**30** Romans 8:14-17, 22-27 Psalm 33:12-22 Exodus 19:1-9 John 7:37-39

St. Timothy Lutheran Church 716-386-7280
Church Email: sttimothy2015@gmail.com

ST. TIMOTHY LUTHERAN CHURCH – MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship in Spirit Download interactive bulletin. Click on link http://www.sttimothybemus.com/coronavirus-updates.html					1 Beverly Klang	2
3 9:30 am Worship in Spirit Link above	4	5	6	7 MajBritt Traynor	8	9
10 Mother''s Day 9:30 am Worship in Spirit Link above	11	12	13	14	15	16 Marc Oste
17 9:30 am Worship in Spirit Link above Council Meeting 11 am	18 Amie Adams	19	20	21	22	23
24 9:30 am Worship in Spirit Link above 31 9:30 am Worship in Spirit Link above	25	26 Zoe Castro	27	28 Joshua Powers	29	30

27 Pray that we will be mindful and responsive to those who have become more lonely, isolated or distant over the past weeks and months, and that they will feel more connected and comforted as we reach out to one another and discover new ways of being in community and relationship with each other.

28 Give thanks for the commitment, creativity and compassion of teachers, teacher assistants, professors, educators and school staff who, facing difficult and uncertain situations, have persisted in attending to the educational and personal needs of their students — our children, youth and young adults.

29 Pray for congregations, Christian education leaders, youth and family ministry leaders, and volunteers preparing for summer programs, that they will deepen and stir the faith of members and reach into neighborhoods and surrounding communities with the gospel and an active spirit of hospitality and service.

30 Pray that our church's endeavors to foster understanding and unity between Lutherans, other Christian denominations and other faiths will yield abundant fruit for the glory of God and for healing our rifts and our brokenness.

31 *Day of Pentecost* Lift up prayers of joy and thanksgiving for how we are united in one Spirit yet manifest diverse gifts, abilities and wisdom for sharing the gospel, building up the body of Christ and serving our neighbor.

This resource may be copied and shared among members and friends of the congregations of the Evangelical Lutheran Church in America. Contact info@elca.org *for additional information. Evangelical Lutheran Church in America, 8765 W. Higgins Road, Chicago, IL 60631-4101. Telephone: 800-638-3522, ext. 2458.*

Evangelical Lutheran Church in America
God's work. Our hands.

PRAYER VENTURES
MAY 2020

These petitions are offered as guides to prayer for the global, social and outreach ministries of the ELCA, as well as for the needs and circumstances of our neighbors, communities and world. Thank you for your continued prayers for the life and mission of this church.

Please note: Most synod assemblies are not included in this edition of "Prayer Ventures" because plans and dates for many upcoming assemblies are still being determined.

1 Remember in prayer the leaders, voting members and others of the Rocky Mountain Synod gathering online for a digital synod assembly. Pray that the Spirit will strengthen, guide and encourage them in proclaiming the gospel, growing the church, serving our neighbor and doing God's work in an ever-changing world.

2 There are more than 100 Asian congregations and ministries in the ELCA. We remember in our prayers these congregations, ELCA Asian and Pacific Islander Ministries and the Association of Asian and Pacific Islanders, and ask God to bless their work with distinct, unique groups and communities as part of a common yet diverse Asian community.

3 Jesus is our Savior, guide and shepherd, whom we have faith in and trust with leading us through life in this world and to a new life — life eternal — that we could not have imagined or created on our own. Praise God!

4 Give thanks for the service and witness of U.S.-based mission personnel and of young adults serving in the Young Adults in Global Mission program, who have been brought home from their work with global companions due to the COVID-19 pandemic. Pray for their physical and spiritual health and that they will continue to respond to God's call to serve in our church, our congregations, related organizations and society.

5 Ask God to help us have faith in how God leads, comforts, protects, nourishes and loves us all the days of our lives.

6 Pray that we will be guided by the spirit, manner and example of Jesus to be humble and gracious in our faith, service and daily life.

7 Ask God to help us endure the risks and difficulties of sharing the good news of Jesus Christ, doing good, working for justice and serving our neighbors in need.

8 Give thanks for the work of the ELCA Domestic Mission unit, directors for evangelical mission, synod staff, coaches and consultants, and other partners assisting congregations as they renew themselves as communities of faith engaged in God's mission — locally and globally.

9 Pray that children and youth who suffer domestic abuse will experience the physical, emotional and spiritual care of concerned, skilled adults who intervene in their situations and help provide the safety, healing and trustworthy love for which they yearn.

10 Remembering Jesus' words to Thomas — "I am the way, and the truth, and the life" — we pray that they will empower us to embrace Jesus as the son of God and our salvation, and fill our lives with confidence to perform works of love, mercy, justice, truth and kindness.

11 Pray for our outdoor ministries and their year-round and summer staff, who are working to adapt their ministries, programs and ways of serving congregations and communities during these times of COVID-19.

12 Pause throughout the day and give thanks for the simple things of creation that enrich your life and faith and fill you with joy and wonder.

13 Give thanks that God knows us intimately and listens to our prayers, and that God is our rock, refuge and source of steadfast love in all circumstances and in all places.

14 Pray for students of all ages as they participate in online classes, wonder about their school year, prepare for finals and graduations, and long for their normal social interactions and school activities.

15 Pray for synod leaders who are discerning new plans, formats and dates for their assemblies with concern for the health and well-being of leaders, voting members and others; pray the Spirit will guide their plans and strengthen their unwavering work of proclaiming the gospel, growing the church, serving our neighbor and doing God's work in the world.

16 Give thanks and praise to God that our church and lives are built on the solid, enduring foundation of Christ; pray that we, as siblings in Christ, will be bold and welcoming in our invitation to our neighbors to believe, have faith and experience the blessings of community with us.

17 The love of God and the Spirit of truth dwell within us and prevail in our daily lives. Pray that with this knowledge and inspiration, we will feel encouraged to follow the commandments and ways of God and to exemplify love, truth, mercy and service in the world.

18 Thank God for our special relationship with the Reformed Church in America, a full communion partner with the ELCA since 1997; pray for the church, its diverse ministries and its members and leaders; and pray that together we will find mutual support, new partnerships and new resources for the work of sharing the gospel and serving our neighbor.

19 Pray that our baptism into the life, death and resurrection of Jesus Christ will banish our fears of doing God's work in the world and will prepare us daily for sharing the gospel and serving our neighbor with gentleness and reverence.

20 Give thanks for parents, aunts, uncles and grandparents whose example and convictions teach children and youth the values of compassion, generosity and respect for one another.

21 *Ascension of Our Lord* While we look forward to everlasting life and being with Jesus in heaven, pray that we will live with confidence and joy in the promise of salvation and the presence of the Spirit, which sustains and equips us for the work we are called to today as people of the good news.

22 Remember in prayer our ELCA missionaries, global companions and international leaders. Pray for their health and well-being as well as their continuing witness and service in the world even though some of our work together may have been temporarily suspended.

23 Think about the blessings, wisdom, revelations and gifts you have received by God's grace through faith in Jesus Christ; give thanks for each one.

24 Give thanks, praise and glory to God for restoring our relationship with our Creator and unifying us — beloved children of God — through the love and sacrifice of Jesus.

25 *Memorial Day* Today we remember, mourn and give thanks for the military men and women who have given their lives in pursuit of justice, peace and freedom for our country and all nations.

26 Pray that the Spirit of God working in us will help us value every generation for its faith, wisdom, gifts and diverse life experiences, and that we will not disparage or discount one another because of age, mistakes or differences of perspective but instead will give thanks and affirm and support one another as members of the body of Christ, which includes all generations.