

Calendar

Sabbath, April 25 (sundown 8:17pm)

9:15am-Adult Sabbath School Pre-Program
 9:30am-Adult, Youth & Children's Sabbath schools
 10:50am-Hearing God's Word: Katelyn Weyant

Wednesday, April 29

2:00pm-Bulletin Deadline

Sabbath, May 2 (sundown 8:24pm)

9:15am-Adult Sabbath School Pre-Program
 9:30am-Adult, Youth & Children's Sabbath schools
 10:50am-Hearing God's Word: Michael Halfhill

Tithes and Offering

4/25 KS NE Advance

5/2 Church Budget

Weekly church budget: \$3,420.00

Apr. 18 & online offering: \$8,332.54

Balance: -\$5,200.57

Donate online at piedmontparksda.org

Contact Information

Secretary's hours:

Monday, Wednesday, Friday: 9-2pm

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PIEDMONT PARK

SEVENTH-DAY ADVENTIST CHURCH

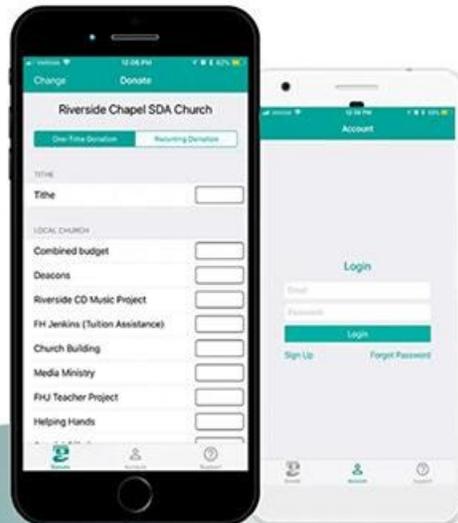
April 25, 2020

Call to Worship	A Mighty Fortress	506
Welcome & Prayer		Pastor Katelyn Weyant
Tithe and Offering	Kansas Nebraska Advance	Matthew Toews
Children's Story		Lily Young
Announcements		Pastor Michael Halfhill
Songs of Worship	Anywhere With Jesus	508
	Moment By Moment	507
Scripture	Luke 10:38-40	Erynn Somers
Sermon	The Curse of More	Pastor Katelyn Weyant
Song of Dedication	Abide With Me	50
Prayer of Blessing		Pastor Katelyn Weyant



**ADVENTIST GIVING APP
 NOW AVAILABLE!**

for iPhone, Android & iPad



Saturday Morning Viewing:

10am - Sabbath School lesson study

11am - Church Service

View at YouTube.com in our YouTube Channel:
piedmontparkchurch

Announcements

Family Bible Adventure in its usual format is cancelled, but there will be an online offering. Look forward to more information about that!

Hope Awakens continues at 6pm. This event is produced by *It Is Written* and would be great to share with your friends.

Message of Encouragement: by Kendra Carlson

Weeping may go on all night, but in the morning there is joy. Psalm 30:5

I recently read an article written by Aisha Ahmad about the three stages people go through when experiencing a global catastrophe. She's been through multiple crises, including war and says this is in many ways similar to war. Her advice provided a guiding light for me.

She says initially, we will be in shock, our brains will be fuzzy and we'll struggle to accomplish anything. It's difficult because your body is adjusting to a new normal. No one does this with so much grace they don't miss a beat. (I was trying.) It's appropriate to feel loss and sadness. If we allow ourselves to have these feelings, we will move into stage two, where more productivity and focus is available to us. If we deny the feelings, we prolong stage one.

This set me free because I had been afraid the sad feelings would take me lower and lower until isolation was over. Because I knew it could last a long time, I was trying to ward those feelings off. This made me cry easily. All the feelings were there, under the surface, whether I wished them away or not. And they kept leaking out. The denial caused havoc inside too. I became insanely critical of myself (humans often resort to perfectionism when they feel out of control) and it was excruciating.

When I read this article, I knew there was light BEFORE the end of the tunnel. I could let my feelings come up and they would indeed move on before COVID19 does. I would not feel rotten until the end of the need to shelter in place. So I did. I let my feelings be sad and my energy be low. It's moved me forward to a place where my body has reset. I'm able to sleep better at night, function during the day and my emotions are more stable.

For any of you who are afraid of the panic or fear or sadness you feel, I wanted to pass on the words of this guide who has been through this before. We are *blessed* to live a life where this experience is so foreign to us, and yet, it means the way through is unfamiliar. (If you'd like to read her article, you can find it online at the Chronicle of Higher Education.) I pray you find the space to allow your feelings and your body can reset. I pray for the good things God has planned for us in this season to manifest themselves. I pray for eyes to see the good things and hands to help with any hardship that is within our reach.

I never thought the comment, "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are!

Me: Alexa what's the weather this weekend?
Alexa: It doesn't matter... you're not going anywhere anyway.

Laughter as Medicine



Prayer & Praise

Steve Duden-health
Christian Beard-loss
Michelle Brady-recovery
Daryl Hauck-cancer
Victor Pastor-health
David Opp-heart
Shelly Jackson-health
Holly Green-cancer
Zlatko Manestar-health