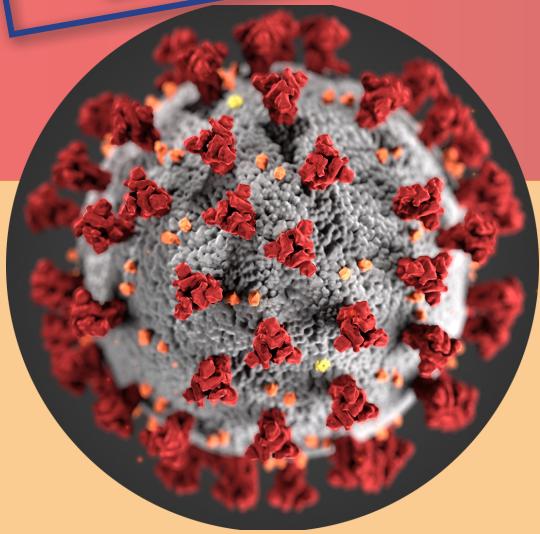


■ April 2020

ONLINE EDITION



TIPS FOR STAYING HEALTHY AND ACTIVE AT HOME

- Set day goals. Decide what your day is going to look like in the morning or before and try to stick with it... but give yourself some grace if it doesn't work out exactly as you plan.
- Be mindful of nutrition. It may be tempting to have coffee and girl scout cookies to curb anxiety and the stay at home blues, but it will probably make it worse.
- Stay active, find some way to get moving at whatever level is comfortable for you. A walk, a stretch a handstand contest in the living room!
- Take a break from the screens. Give your eyes and your mind a rest. Take deep breaths and focus on where you find peace.
- Stay connected, make calls or send texts and emails to friends and family. We can stay in community from our homes. Share what you're doing this is a time for creative thinking!
- Talk to people about what you are feeling. Sharing our emotions can take those emotions outside of ourselves. Someone maybe feeling like you and it's always good to feel heard.
- Talk to God, pray for our world and community. Look for the places that faith exists even in dark moments.



CHURCH IN THE TIME OF CORONAVIRUS

HOLY WEEK IN A TIME OF HEALTH CRISIS

Due to take precautions for our health, we will not hold in-person worship services during Holy Week and on Easter. However, we will hold online, live stream, worship on Maundy Thursday and on Easter as follows:

MAUNDY THURSDAY WORSHIP – 7 p.m.
On this day when we remember Jesus' Last Supper with the disciples and his command to "Love one Another" we will share this remembrance with each other. Join us online as we gather around our own tables and acknowledge the sacrifice that Christ gave on our behalf.

EASTER – 10 a.m.
As always, we will celebrate the Resurrection of the Lord, but this year we will do it in our own homes. This does not diminish our claim of victory over death but maybe it enhances our deep need to be in fellowship with God in all circumstances of life. Join us in worship, in hope, in praise of a God who claims us in life and in death.

IPC offers several ways to join together in worship online.

- IPC website
- Irvington Presbyterian Church Facebook Page
- IPC's YouTube Channel

As internet resources are taxed as usage increases, we hope to continue to provide these options. If one of these resources does not work on any given Sunday, please try another of the options. Full services and the sermon video will be available online soon after each livestreamed service ends.

CONTRIBUTIONS TO IPC

Until we are able to worship together in person and receive your gifts through the weekly Offering, we ask that your regular giving continue. IPC has several options for giving:

By mail: 55 Johnson Avenue
Indianapolis, IN 46219

Online: At our website, www.irvpresby.org click on the "Giving Online" button. You can provide a one-time gift or set up a reoccurring gift.

Automatic deduction: Send a gift online through your own bank.

OTHER FINANCIAL MATTERS FOR IPC

The Session of the church is well aware of the financial implications of the downturn in the economy for the church. Some of our church members have lost their jobs and many others face an uncertain economic future. Knowing this, the church has:

- Eliminated unessential expenses when possible, i.e. Sunday parking lot security, etc.;
- Reduced spending, i.e. little use of the copy machine for bulletins, lowering utility uses and custodial costs, etc.

At this time, all salaries are being paid at budgeted levels to support our staff. The Finance Committee hopes that pledges and gifts to the church will continue to be strong so that these salaries can continue as is without any decrease.

THANK YOU LARRY!

Prior to the health crisis, Larry Sipe announced that he wished to retire after 20 years as IPC Treasurer. Larry has served with dedication and uncommon distinction as the church treasurer. He stops by the church weekly to sign checks, authorize payroll, make deposits and accomplish many other responsibilities. When we come back together as a congregation, we hope to honor Larry for his faithful service.

Dear Presbyterians,

Day by day is how I am trying to deal with this health pandemic. Each day I try to find a little joy and some nice surprises from life. Sometimes it comes in a phone conversation with a church member. Sometimes it comes from taking a jog outside. Even the conference calls and video meetings I have attended have nourished my need for positive vibes. And on Easter, I'll revel in the Resurrection as always, and then, if I can last that long, I will gobble down some sweets that have been languishing in my pantry.

Our God is a God of now and a God of the future. The "now" seems pretty dismal as we await the end of the pandemic. But it is our call as Christians to embrace the now, however bad and sad it is, as one more day surrounded by God's presence. As far as the future goes, I'm willing to wait. I want a better day, I pray for a better day, and I trust God to make it happen. Until then, I think I'll just try to make the most of this day.

With you in spirit and faith,



COMMITTEES/ GATHERINGS/ STUDIES

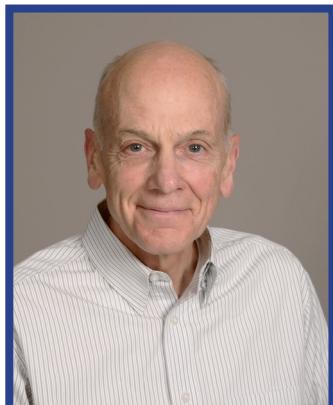
Until we are given the go-ahead by health authorities to reopen, the church building is officially closed to all gatherings of church and outside groups. Some staff members and trustees are stopping by the church individually from time to time to make sure that the building is O.K. but otherwise the building will be vacant.



WELCOME TO BRUCE!

In the meantime, we are grateful that Bruce Stroud has agreed to serve as treasurer. Bruce is quite familiar with the financial system of the church, having served as Chair and member of the Finance Committee for many years.

Thank you, Larry, and thank you Bruce!




If you do have a group or committee that wishes to meet, please contact Craig Shaw (cshaw@irvpresby.org) who can walk you through the steps of setting up an online meeting. Thanks Craig!

YOUTH GROUP

We will be meeting on Zoom through April. Check emails and announcements for date and time to tune in!

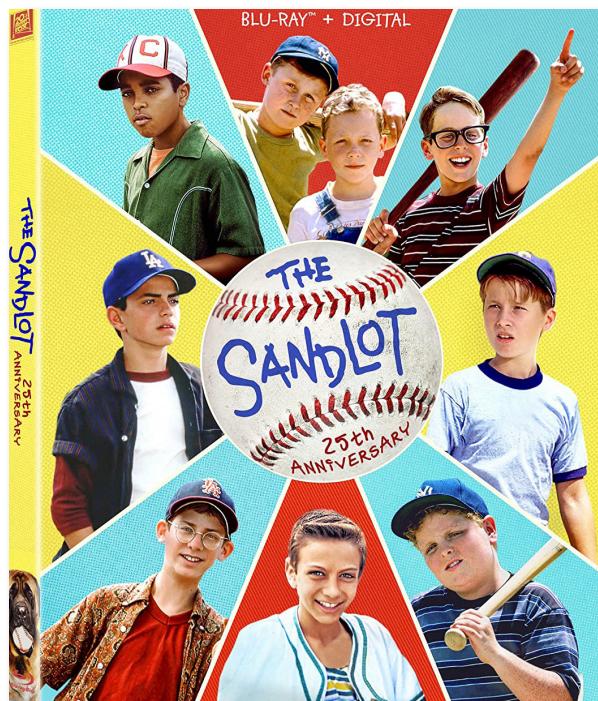
SUNDAY MORNINGS AT THE MOVIES

The youth group have been spending their Sunday mornings sharing scenes from their favorite movies with each other. This does come with some requirements - saying where they see God working in the film, sharing a scripture, and creating a devotional to go along. It has been amazing to see how these youth have been able to take pop culture and relate it to their faith. For a couple months, we will feature a film they have chosen and share where they see God in the movie.

Cameron Harris' Movie Recommendation

The Sandlot

"The sandlot is a great movie because it is about baseball but also it covers topics that teens like me can relate to. God is working in the film by giving smalls forgiveness for what he did to his stepdads Babe Ruth signed baseball."



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TUESDAY, APRIL 5TH, 9TH-12TH AT HOME

Readings, prayers, questions, and hands-on activities to explore Holy Week at home. Meal is up to you!

"Messy Church is cool. I like the hands-on activities. Last time we made "elephant toothpaste." It was a cool science experiment. I also get to hold babies. Everyone should come to Messy Church. It is great for all ages."

--Edrisa (age 10)

UPDATE ON ENGAGING YOUNG ADULTS

While we will continue to do programing like Pizza Church and work with college students now studying from home the Center for Congregations has hit pause on the Engaging Young Adults Initiative as we learn new ways of being the church. We are committed to continuing with the initiative when it restarts.

CHRISTIAN EDUCATION--JESUS HOLDS US

Jesus holds us.

A friend and colleague shared that reminder on social media recently, just as all of the school closures and other social distancing measures were being enacted.

Jesus holds us.

Normally, the C.E. section of the newsletter would include reminders about upcoming events and a brief description about what we're learning and doing. Writing this in mid-March, after so many things have changed so quickly just in the last few days, I have no idea what April will hold. Maybe everything will be back to normal by the time you read this. Maybe it won't. Check your email, follow the IPC Facebook page, and listen for announcements around programming week to week.

Regardless, Jesus holds us. In times of fear and uncertainty – whether due to a global pandemic or personal crises – God is always with us. Cling to that promise. Remind yourself and the children in your life. We may have to keep our distance from one another, but God holds us close.

--Rev. Carolyn Lesmeister

CHRISTIAN EDUCATION UPDATE

The last few weeks have been a whirlwind for everyone, trying to figure out how to reconfigure almost every aspect of our lives so that we can protect ourselves and one another from this virus.

Parents and children alike (everyone, really) are grieving the loss of normal: familiar routines, in-person conversations, special events. Give yourself and them grace - and as much patience as you can - as those feelings come out in obvious or indirect ways. Allow space to name those losses, however seemingly small.

Meanwhile, your faithful CE folks are

working on how to offer resources for faith formation at home in ways that are accessible and simple but also creative and engaging.

Families should have already received a "Pandemic Hope" daily devotional; the Messy Church team is working to offer a whole set of resources for Holy Week; Hannah Braun and I will be providing Sunday School type lessons you can do easily at home. Depending on how long this lasts, we may even be considering alternative ways to do VBS, though we'd certainly all prefer to be back to our regular gatherings by early June.

To ensure you receive all of these

great materials, please make sure I have your correct email address. If you didn't get the daily devotional sent out in March, I may not have it, so be sure to email me at clesmeister@irvpresby.org so I can add you to my list. I am trying to share a lot of things on Facebook, too, so follow IPC there as well! Finally, this is new territory for everyone. I welcome your feedback about what works for you and your family (and what doesn't!) as well as what you need. I realize that may change as our situation continues to evolve. Never hesitate to be in touch.

--Carolyn Lesmeister

SUMMER MUSIC

May 17 marks the last time the Chancel Choir, Handbell Choir and Children's Choir will present an anthem for the seasonal year.

You will see them up front again beginning on Rally Day in the fall.

While the choirs are on a short hiatus, soloists and small groups of singers and instrumentalists will be offering music during

the summertime services. If you are interested in singing or playing an instrument this summer as an anthem, please contact Amy Studabaker at AmyStudabaker@gmail.com.



The IPC Sunday Morning Livestreaming Worship Team misses all of you and is looking forward to seeing the sanctuary filled once again!

LIFT HIGH THE CROSS ON EASTER MORNING GIFT HIGH THE CROSS ON EASTER MORNING

Easter is a glorious time for musicians. It's such a delicious treat to sing beautiful, soaring lines with triumphant lyrics after many weeks of reflective Lenten refrains. Don't get me wrong, the slow, contemplative music of Lent is gorgeous in its own way but getting to praise God with a group of brass players is truly glorious on Easter morning.

For me, it doesn't feel like Easter until we have sung "Lift High the Cross." I love to sing the descant on the fourth verse, and the lyrics carry the message of Easter to an important next step. This hymn reflects on Jesus's story, celebrates Christ's triumph over death and urges us to go out and proclaim our love for Him so the whole world will hear of His sacrifice. During Lent, we take some important time to reflect on the events of the cross. This Easter anthem stirs us to action from personal reflection to outreach. We must go out and "lift high the cross, sharing our faith with those around us."

What is your favorite Easter hymn?

--Amy

CAN YOU HEAR ME NOW! YES!

While we have been away from the sanctuary, our long-awaited new sound system has been installed by Designed Sound and Video of Greensburg. The new system includes new speakers to replace decades old speakers, new digital equipment to replace old analog equipment and a new enhanced hearing system for people who need hearing assistance. The IPC Endowment funded \$25,000 of the system and another \$7,490 was provided by a grant from the Smock Foundation. We look forward to gathering again in the sanctuary to worship where we think the congregation will hear everything "loud & clear."



IPC MEMBERS AT HOME

Thank you for sending in pictures!
Keep sending them to Craig Shaw at
cshaw@irvpresby.org.



Irvington Presbyterian Church

The Presbyterian Church (U.S.A.)

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JACK'S OR N E R

Jack Simpson,
IPC member,
explores the
archives for
stories of the
church, its
past members
and other bits
of interesting
information and
lore.

Every American was issued a series of Ration Books during the war. These contained removable stamps good for certain rationed items like sugar, meat, cooking oil and canned goods. A person had to have the stamp to give the grocer in order to buy the item. All American people were affected by Government rationing.

Along with food, gas and clothing were rationed. Starting in Spring of 1942 Americans were asked to conserve on everything. The Federal Government needed to control supply and demand and was introduced to avoid public anger due to shortages.

While industry and commerce were affected, individuals felt the effects more intensely. People were often required to give up material goods, but there was an increase in employment. Individual efforts evolved

into organizations coming to terms with immediate circumstances. Joining together to support and maintain supply levels for the troops abroad meant making daily adjustments.

These efforts also included scrap drives, taking factory jobs, goods donations and other similar projects to assist those on the front. It shows that even though the war was not fought in the US, it affected every citizen. Everyone had to do his part. Hopefully that war was the last World War to end all wars.

**On the healthful side, eating marshmallows helps to relieve tooth aches, asthma, sore throats and arthritis.*

