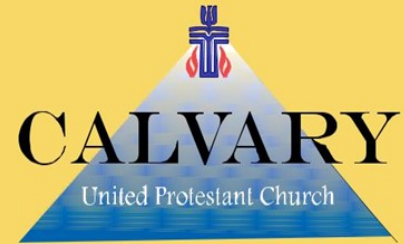


The Calvary Clip Sheet



APRIL 2020

Friends,

Palm Sunday, Holy Week and Easter are fast upon us, and in this extended time of self-isolation and virtual worship, our services will look different this year than in past years.

But, we will proceed, and will try to give you all the fullest experience of our high holy days as best we can.

We will gather at each appointed hour via our permanent Zoom worship link here:

<https://zoom.us/j/595398643>

or, by dialling in here: (312) 626-6799 US

There is some preparation for you to do.

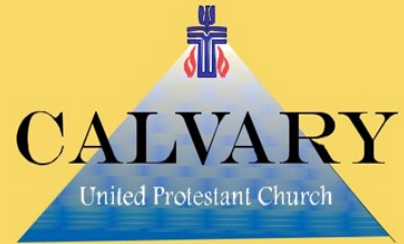
For PALM SUNDAY, please print and COLOR the palm branch picture below. Print as many as you need for your household, or like...the more the better!

For MAUNDY THURSDAY, please have a single candle, some juice (or wine) and some bread for Communion.

As always, if you have questions, concerns or needs, you can always private message me on FB, email me to revjjo@mac.com, or text or call me at 617 953 2159. You are all in my prayers.



The Calvary Clip Sheet



APRIL 2020

Calvary United Protestant Church PALM SUNDAY – HOLY WEEK - EASTER

Sunday, April 5 – PALM SUNDAY – 10:00 a.m.

Virtual Palm Procession

Thursday, April 9 – MAUNDY THURSDAY – 7:00 p.m.

Virtual Communion and Tenebrae

Friday, April 10 – GOOD FRIDAY – 12:00 p.m. Noon. *Seven Last Words of Christ*

Sunday, April 12 – EASTER SUNDAY – 10:00 a.m.

Visit our website at www.calvaryuppf.org or find us on [FaceBook](#)...there are items to gather for Palm Sunday and for Maundy Thursday for worship at home.

From the Web:

<https://zoom.us/j/595398643> meeting ID 595 398 643

Or call in:

(312) 626-6799

FREE LUNCH

Marian High School is offering free sack lunches for children under 18 from 11 am to 1 pm from Mondays to Fridays.

Please pass this information to anyone who may need it. <https://chschooldfoods.com/>

Please stay safe and healthy,

The Calvary Clip Sheet

HYMN NOTES

Leaning on the Everlasting Arms

GTG# 837

Composer: Anthony J. Showalter (1854-1924)
Stanzas and Refrain: Elisha Hoffman (1839-1929)
First Published: "The Song Evangel for Revival, Camp, and Evangelistic Meetings" (1887)

Traveling music teacher A.J. Showalter got back to his rooming house in Hartselle, Alabama. To find two letters waiting for him. He made a living visiting churches and setting up "singing schools" for a month or two at a time. It was an approach pioneered in colonial America and revived in the mid 1800's by Lowell Mason. It had done a great deal to enhance the quality of church music. By the late 1800s, there were many itinerant teachers like Showalter.

It must have been great to meet so many fellow Christians along the way and to help them develop their worship of God, but it was probably frustrating, too. Relationships lasted only as long as that singing school was in session, and then the teacher moved on. Perhaps some friendships could be maintained by mail, but a traveling maestro like Showalter basically had to trust God to care for the precious friends he left behind.

Back in his room, Showalter eagerly read the letters from two students he had taught on previous trips to South Carolina. Both had very bad news. The two men had had lost and buried their wives on the same day. Now they were sharing their grief with this teacher who had previously helped them express their joy in song.

Surely he wanted to give each of these men a brotherly hug, but he would have to express his sympathy in words. What could he write to them? He began looking through his Bible for answers, and he found Deuteronomy 33:27: "The eternal God is your refuge, and His everlasting arms are under you."

It is no surprise that this musician would hear a tune to go with that scriptural "hook." He soon had a few lines for a song, one that would express the kind of comfort that he wanted to offer his friends. But he wasn't a poet; he needed expert help. He wrote to his friend, Elisha Hoffman, in Pennsylvania. Describing the song that was forming in his mind. Hoffman delivered three stanzas to go with the existing chorus and Showalter wrote a full tune for all of it, so a hymn was born.

The words are positive, the tune bouncy. It's hardly a funeral dirge. In the immediate pain of a tragic loss, a person might not be ready for such a song, but the text from Deuteronomy is solid. When we go through the pain of loss, we can rest in the knowledge that the Lord is carrying us in the eternal embrace of His everlasting arms.



APRIL CHOIR SCHEDULE

All activities cancelled until further notice due to the COVID-19 Virus

MAY CHOIR SCHEDULE

All activities cancelled until further notice due to the COVID-19 Virus

CROP HUNGER WALK



ENDING HUNGER ONE STEP AT A TIME

Our annual Crop Hunger Walk cannot occur as usual due to the fact that we cannot safely walk together at this time. However, we CAN WALK! So we need to be more creative. The Mission Committee is looking for individuals who are interested in counting their “miles walked” on April 19, 20, and 21. We can walk around our homes, in our yards, on deserted streets, and track our miles walked in any way that is available to us. I typically use “Pacer”, a free app on my smartphone to track my walks, but no technology is required, a good estimate will do just fine.

Those who wish to support Our Crop Hunger Walk can donate per mile for any individuals who are tracking their steps (while singing *Order My Steps* for choir members!) We will ask our Administrative Assistant, LaVerne, to list each walker’s name and miles walked in our midweek announcements on April 23.

So, if you are a Walker, email LaVerne @ calvaryup@sbcglobal.net to get on the list to report your miles.

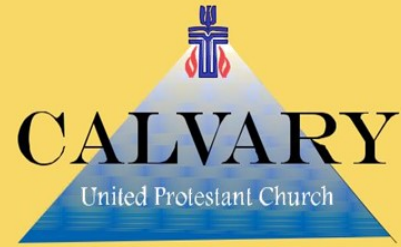
Checks can be sent to Calvary Church with “Crop Walk” written in the Memo line of the checks and can either be your pre-determined amount or, if you feel like socializing, call a Walker and write your check based on the miles your designated Walker was able to walk.

On April 26, Fran Beukelman will request that a check be forwarded from Calvary Church to Church World Service-Crop.

Have a good walk!

Mission Committee

The Calvary Clip Sheet



PASTOR JIM OLSON

APRIL 2020

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

Older people and people with chronic diseases who are at higher risk for COVID-19

Children and teens

People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders

People who have mental health conditions including problems with substance use

Stress during an infectious disease outbreak can include

Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Increased use of alcohol, tobacco, or other drugs.

Clean

Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.

Disinfect

Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Recommend use of EPA-registered household disinfectant external icon. Follow the instructions on the label to ensure safe and effective use of the product. Many products recommend:

Keeping surface wet for a period of time (see product label)

Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute. To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water OR
4 teaspoons bleach per quart of water

Alcohol solutions with at least 70% alcohol.

Electronics

For electronics, such as tablets, touch screens, keyboards, and remote controls.

Consider putting a wipeable cover on electronics
Follow manufacturer's instruction for cleaning and disinfecting

If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Laundry

For clothing, towels, linens and other items

Wear disposable gloves.

Wash hands with soap and water as soon as you remove the gloves.

Do not shake dirty laundry.

Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Dirty laundry from a sick person can be washed with other people's items.

Clean and disinfect clothes hampers according to guidance above for surfaces.

Clean hands often

Wash your hands often with soap and water for 20 seconds.

Always wash immediately after removing gloves and after contact with a sick person.

Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.

Additional key times to clean hands include:

After blowing one's nose, coughing, or sneezing

After using the restroom

Before eating or preparing food

After contact with animals or pets

Before and after providing routine care for another person who needs assistance (e.g. a child)

Avoid touching your eyes, nose, and mouth with unwashed hands.

When Someone is Sick

Bedroom and Bathroom

Keep separate bedroom and bathroom for sick person (if possible)

The sick person should stay separated from other people in the home (as much as possible).

If you have a separate bedroom and bathroom: Reduce cleaning to as-needed (e.g. soiled items and surfaces) to minimize the amount of contact with the sick person.

Caregivers can provide personal cleaning supplies to the sick person (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants .

If shared bathroom: Clean and disinfect after each use by the sick person. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

See precautions for household members and caregivers for more information.

Food

Stay separated: The sick person should eat (or be fed) in their room if possible.

Wash dishes and utensils using gloves and hot water: Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

Clean hands after handling used food service items.

Trash

Dedicated, lined trash can: If possible, dedicate a lined trash can for the sick person. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

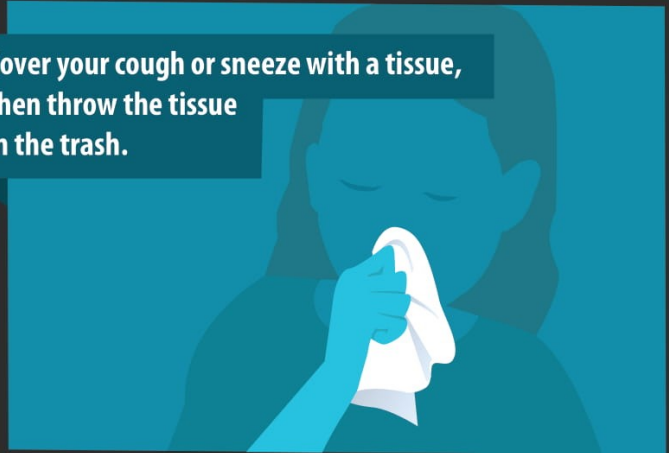
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

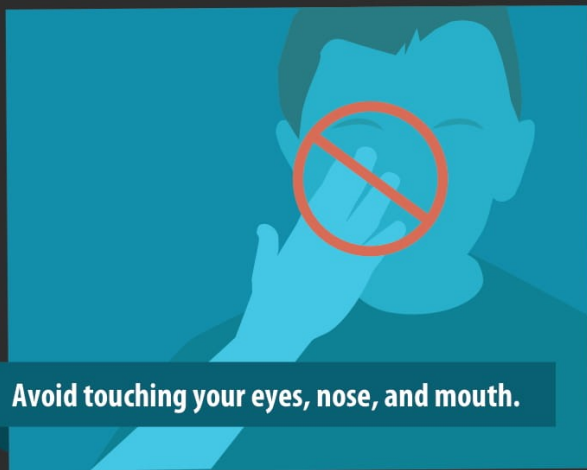
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



cdc.gov/COVID19-symptoms

Before you sleep, PRAY
When you wake up, PRAY.
When life gets hard, PRAY.
When you're happy, PRAY
If you are unsure, PRAY.
God is always with us.

Amen!

Beauty of Life