



The Midweek Monday

Mennonite Church of Normal

March 23, 2020

Helpful websites:

www.cdc.gov

<https://www2.illinois.gov/sites/coronavirus>

Update from Gov. Pritzker's Press Conference 3-23-20

The total number of cases of Covid-19 virus in Illinois is 1,285. Twelve deaths due to the virus have been reported so far in the state. Most of the press conference was devoted to announcing new manufacturing and distribution coalitions to get personal protective equipment (PPE) to first responders and those in the medical field.

Midweek

The Midweek is published three times a week during the Covid-19 Pandemic. Previous issues are posted in the lower right hand corner of the church website. They will be updated as soon as possible, hopefully by 5 p.m. today.

Zoom

MCN will offer a worship experience, committee meetings and more over Zoom, which is a video teleconferencing platform. Zoom is free and very user friendly. One option is to simply call in from your telephone, follow the prompts and listen. Plus MCN volunteers can coach you on Zoom over the phone. Here is a video on how to use Zoom sent by a clergy person [link](#).

Starting tomorrow Laurie will offer Zoom training on Tuesdays and Thursdays at 5 p.m. If you do not have Zoom downloaded on your computer, "tablet" or smart phone it will prompt you to download it. Your device will need a camera, microphone and speakers. These items are built into laptops, tablets and smart phones but may have to be purchased for a desktop computer. But you can always connect to Zoom using any telephone - you will be able to listen to the session whether it be a committee meeting or worship. We now have volunteers willing to call you and coach you over

the phone to start using Zoom.

Here is the invitation to the Tuesday and Thursday Zoom learning sessions. Any time after 4:30 p.m. you can try to start the session. Here's one important tip. If you can't see the task bar for Zoom you have to "hover over" the bottom of your screen with your cursor.

From 4:30 to 5 p.m. you can call me at 309-452-6622 and I will help you get connected. Be patient, lots of people will be calling. Ross Hershberger has also volunteered to help with this and he can continue to receive calls after 5 p.m. while I am busy with the presentation. Someone else has volunteered but I don't yet have permission to share her phone number. I will send out this invitation to the Midweek email list tomorrow afternoon. After the training has ended I can stay on the Zoom session and Ross and I continue to try to help people. There will be another session on Thursday. Laurie

Topic: Zoom Training for MCN

Time: 5 PM Central Time but can start downloading Zoom and getting ready at 4:30 p.m.

Every Tuesday and Thursday

[Join Zoom Meeting by double clicking on this link.](https://zoom.us/j/683747439)

<https://zoom.us/j/683747439>

Meeting ID: 683 747 439

One tap mobile

+13126266799,,683747439# US (Chicago)

Use this phone number to join by calling in from any type of phone.

+1 312 626 6799 US (Chicago)

Worship

We are working on a Zoom worship experience to begin this Sunday, March 29 at 9:30 a.m. The Zoom link for worship will be shared here on Friday.

(Editor's note: This has been circulating on Facebook and we would appreciate knowing the author so we could provide attribution - please email Laurie. Dr. Sharon Weaver and Mary Ann Watkins confirmed the information is accurate so we are sharing it today.)

A little info on why we need to close everything.

Feeling confused as to why Coronavirus is a bigger deal than Seasonal flu? Here it is in a nutshell. I hope this helps. Feel free to share this to others who don't understand...

It has to do with RNA sequencing.... I.e. genetics.

Seasonal flu is an "all human virus". The DNA/RNA chains that make up the virus are recognized by the human immune system. This means that your body has some immunity to it before it comes around each year... you get immunity two ways...through exposure to a virus, or by getting a flu shot.

Novel viruses, come from animals.... the WHO tracks novel viruses in animals, (sometimes for years

watching for mutations). Usually these viruses only transfer from animal to animal (pigs in the case of H1N1) (birds in the case of the Spanish flu). But once, one of these animal viruses mutates, and starts to transfer from animals to humans... then it's a problem, Why? Because we have no natural or acquired immunity.. the RNA sequencing of the genes inside the virus isn't human, and the human immune system doesn't recognize it so, we can't fight it off.

Now.... sometimes, the mutation only allows transfer from animal to human, for years it's only transmission is from an infected animal to a human before it finally mutates so that it can now transfer human to human... once that happens..we have a new contagion phase. And depending on the fashion of this new mutation, that's what decides how contagious, or how deadly it's gonna be..

H1N1 was deadly....but it did not mutate in a way that was as deadly as the Spanish flu. It's RNA was slower to mutate and it attacked its host differently, too.

Fast forward.

Now, here comes this Coronavirus... it existed in animals only, for nobody knows how long...but one day, at an animal market, in Wuhan China, in December 2019, it mutated and made the jump from animal to people. At first, only animals could give it to a person... But here is the scary part.... in just TWO WEEKS it mutated again and gained the ability to jump from human to human. Scientists call this quick ability, "slippery"

This Coronavirus, not being in any form a "human" virus (whereas we would all have some natural or acquired immunity). Took off like a rocket. And this was because, Humans have no known immunity...doctors have no known medicines for it.

And it just so happens that this particular mutated animal virus, changed itself in such a way the way that it causes great damage to human lungs..

That's why Coronavirus is different from seasonal flu, or H1N1 or any other type of influenza.... this one is slippery AF. And it's a lung eater...And, it's already mutated AGAIN, so that we now have two strains to deal with, strain s, and strain L....which makes it twice as hard to develop a vaccine.

We really have no tools in our shed, with this. History has shown that fast and immediate closings of public places has helped in the past pandemics. Philadelphia and Baltimore were reluctant to close events in 1918 and they were the hardest hit in the US during the Spanish Flu.

Factoid: Henry VIII stayed in his room and allowed no one near him, till the Black Plague passed...(honestly...I understand him so much better now). Just like us, he had no tools in his shed, except social isolation...

And let me end by saying....right now it's hitting older folks harder... but this genome is so slippery...if it mutates again (and it will). Who is to say, what it will do next.

Be smart folks... acting like you're unafraid is so not cool right now.

#flattenthecurve. Stay home folks... and share this to those that just are not catching on. This is why they are closing everything.

Grocery Store Delivery and Pick-up Info

Compiled by Cindy Ropp, Laurie Vial and Lotus Hershberger

Three Bloomington-Normal grocery stores offer pick-up and delivery services: Kroger (Oakland Avenue only), Meijer and Wal-Mart (both locations). There is a fee, usually close to \$5 for pick-up and close to \$10 for delivery. Wal-Mart says delivery is free for the first 15 days after you sign up. Kroger may offer the first three pick-ups for free.

These services require signing up with a credit or debit card and placing your order online. For pick-up they will place your order in your car when you pull up. As we go to press these pick-up and delivery times are about three days in the future.

There is something called Instacart that will purchase and deliver groceries from many stores. If you have information related to pick-up or delivery please send to Laurie to share with your MCN family. If you go to the store in person most stores are not allowing the re-usable bags at this time. Remember to sanitize your groceries before touching them or let food set for 72 hours for any live virus to die. Also, many stores have special hours for those in the high risk category.

MCN Coronavirus Response Update, March 23, 2020

1. Pastoral Council is coordinating our efforts to involve many in caring for all of us, and keeping us connected. Special thanks to everyone who is already doing this! Cluster Group leaders are seeing that all MCN participants are contacted.
2. An initial step is to invite anyone to volunteer for specific needs, through sign-up genius. If you have immediate needs for pastoral care or anything else, please contact Gary Martin, Ron Ropp, Melika Hershberger, Connie Satchwell, Keith Unzicker or Steve Stenger. (Contact information is below)
3. Please remember the new rule: Please let someone else know what you need. For many that may be simply someone to talk to. It is as important to maintain our emotional health as it is our physical health these days. According to Jesus, allowing someone else to minister to you, helps that person (see Luke 10:1-14, Matthew 25:31-46)
4. We plan to “gather” via Zoom, for worship on March 29, at 9:30 a.m. - see details in each midweek.
5. We encourage those who are able, to continue your faithful financial support for the operating budget. The Mutual Aid fund is already being used to assist MCN households, so as you are able, give generously to the Mutual Aid fund. You can mail a check to MCN, or use the electronic giving option which is a tab on church website.

A new small group via Zoom: The primary purpose of this group is to help each other discern passion, spiritual gifts, and callings. We begin this work by sharing our life stories. While we will be supportive to each other in this process, support is not the primary objective. We may be able to complete our objective in eight 90-minute sessions. To accomplish this objective:

Group size is limited to eight (if more inquire, two groups may start)

Participation in each session needs to be a priority in our schedule—the group interaction is crucial; it is not a class.

Participants should sense the Spirit’s call to participate.

Zoom capability is necessary.

If you are interested, contact Gary Martin as soon as possible. When seven have inquired, an exploratory meeting will be convened at a time suitable for all. Those who want to continue will find suitable dates.

Cinema Recommendation for Cabin Fever:

Chocolat (2000) is a metaphor for renewal in the faith community. During Lent, a flawed “pagan” newcomer brings freedom to a community held hostage by religious rule-keeping. Folk on the margins are empowered, and stand up to those in power. A “three strikes against them” community also arrives, and contributes to renewal. The study guide is below. Pastor Gary plans a movie suggestion for each issue.

Melika Hershberger mfkhersh@gmail.com 309-888-6241

Connie Satchwell cssatch@hotmail.com 309-287-6124

Keith Unzicker keithunzicker@gmail.com 309-369-5008

Steve Stenger ststeng@gmail.com 309-825-2464

Chocolat (2000) Reflection Guide

By Gary Martin

1. Identify figurative examples among the characters

- the transitional pastor
- abuse of power
- a non-anxious presence
- a wounded healer
- awareness of family systems and own brokenness
- Holy Spirit

2. How many of the following characteristics can you identify in the transitional pastor figure?

- ___ a non-anxious presence
- ___ leadership (motivating, guiding many to work together toward a common goal)
- ___ visioning capacity: can see what doesn't exist/knows each next step to achieve it
- ___ conflict transformation skills
- ___ self-care/healthy boundaries
- ___ flexible/adaptable
- ___ missional orientation
- ___ intrinsically motivated
- ___ builds group cohesiveness
- ___ recognizes/utilizes giftedness of others
- ___ resilient
- ___ empathy

3. Dynamics to watch for:

- Empowering the marginalized/giving voice to the voiceless
- The community interacting with outsiders/folk who are different, brings health to system
- challenging the “sacred” sets the faith community free

4. Chocolate as metaphor for gospel?



Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar

Staff Contact Info

Virtual Church Office Hours M-F 9 to 4

Gary Martin, Transitional Pastor gmartin5@comcast.net cell 574.238.5475.

Ron Ropp, Pastor of Visitation is providing pastoral care for those who are ill or hospitalized. Barry

and Marge Weaver and Wayne and Lois Hochstetler are assisting with visitation with those in care facilities or homebound. This care will be done by phone calls.

Laurie Vial, Office Manager; church@normalmennonite.org or 309.452.6622 will forward to the new church cell phone 217.255.2119.

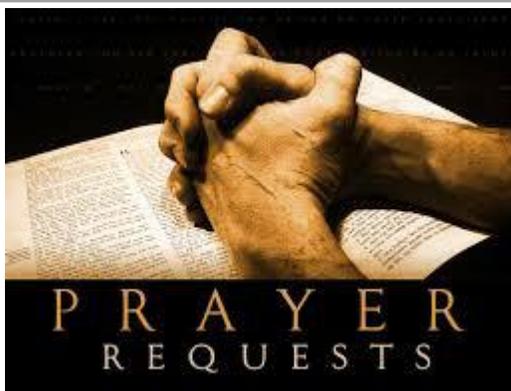
Bryan Oyer, custodian

Lauren Satchwell, Youth Ministry Leader; satchwell.lauren@gmail.com or 309.830.6827.



This Week at MCN

Even though the building is closed, committees and other groups can still meet by Zoom either using a computer with a video camera, microphone and speakers, or by calling in from your phone. Laurie will set up these Zoom meetings. Please stay in touch with Laurie to keep our calendar up-to-date with these Zoom meetings.



Since the last issue:

--Please pray for people of all ages who live alone and can feel particularly isolated during this time.

Visits to Our Members in Care Facilities

Please remember in your prayers, or with cards, the following members in care facilities:

Ruth Marquis - Heritage Health

Lloyd Combs - Martin Health Care

Deborah Spacek - Evergreen

Jo Ropp - McLean County Nursing Home

Evelyn Bertsche - McLean County Nursing Home

Roy Jiles - Evergreen

Joyce Schmucker - Luther Oaks Assisted Living



Milepost 83 God, show us green pastures in an arid land

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;

he leads me beside still waters; he restores my soul.

He leads me in right paths for his name's sake. Psalm 23:1-3

Psalm 23 was yesterday's lectionary psalm. When we hear the words green pastures in Psalm 23, many of us probably picture a large area of tall, lush green grass on rolling land or a mountain side. In childhood, the ten-acre field surrounding our garden, was alfalfa. In one level corner, my father built a large backstop for baseball, and let us keep the infield mowed. An outfield hit often brought a halt to the game, as we all searched for the ball. The aroma of alfalfa is seared in my memory.

Green pastures in the arid climate of biblical Palestine, referred to small areas of grass, often hidden among the rocks. It took effort to find them. In the arid land of COVID-19, we can still claim the soul-restoring comfort of David's poetry. The green pastures will be much smaller than we are used to, and found in unusual places. But our Lord will show them to us, as the Lord did for David.

If the Lord has led you to lie down in a soul-restoring green pasture recently, share that good news with another. E-mail such news to me at gmartin5@comcast.net, and we'll find ways to share it more widely.



Birthdays and anniversaries will be published on Wednesdays.

Transition Visitation Report

Gary Martin's Transition Visitation Report is available online in written format (PDF) and an audio recording. To access either [use this link.](#)



Church Directory Proofreading Deadline Extended

The Directory was published from the church database for the first time. Birthdays and anniversaries will be listed in the back. Even if your listing was correct last year and you have no changes, I need you to proofread your listing. Also proofread the supplemental pages.

You can look at the file online using [this link](#) . There are instructions on how to communicate changes and/or let me know it is o.k. as is.

A few of you could be missing entirely - we need to correct that!

If you do NOT proofread your listing a volunteer will call or email you. **Please proofread your listing to minimize the time this step takes.** If you are willing to help with this step please email Laurie at church@normalmennonite.org.

Thanks for your help in making it up-to-date and accurate. Laurie

Menno Haven Youth Summer Camp registration

...is now open at mennohaven.com/summer-camps1 for campers going into grades 3-12. There you will also find camp schedules, descriptions, prices, as well as answers to general questions.

Here are some discounts and dates to be aware of for Menno Haven's youth summer camps:

Free T-shirt: If you pay in full by May 1, 2020, you will automatically receive a free 2020 Menno Haven summer camp t-shirt.

Early Registration Discount: If you pay in full by March 31, 2020, you will automatically receive a free 2020 Menno Haven summer camp t-shirt AND a \$15 discount.

First-Time Camper Discount: If you have never attended a Menno Haven youth summer camp, you can request a \$15 First Time Camper discount.

Sibling Discount: With one full price registration, you can request a \$25 Sibling Discount for each additional sibling.

MCN camperships - to receive a discount on camping, young people should participate in "Blessing Bingo." [Here is the link.](#)



Partners in Healing 2020

MCN has been asked to pray for the **Progressive Care Unit**. PCU is located on the second floor of the patient bed tower and provides care for neurosurgical and other high-acuity patients at Advocate BroMenn Medical Center.



Conference Newsletter

The Central District Conference Focus is now available in this online format. Just click the picture of the newsletter or the title. A copy is available on the Entrance Bulletin Board. Also

available is the [CDC Reporter](#).



Virtual Office Hours

M-F 9-4

Deadline for Midweek items is noon M-W-F

Voice of the Day

In times of chaos and fear, we lean into words and music, art and dance, and we ask what they can teach us. Then, we take those lessons with us into the world, and we let the muse remind us why hope is possible in a time like this.

- Kaitlin Curtice



Building Use

Our building is closed until it is safe to be open again.

Today's Chuckle

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps.

"Where would you like to sit?" he asked politely.

"The front row please," she answered.

"You really don't want to do that," the usher said. "The pastor is really boring."

"Do you happen to know who I am?" the woman inquired.

"No," he said.

"I'm the pastor's mother," she replied indignantly.

"Do you know who I am?" he asked.

"No," she said.

"Good," he answered, "Let me show you the front pew."
