



The Midweek Monday
2020

Mennonite Church of Normal

March 30,

The 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.

Worship Information for Sunday

We worship together, in our homes, every Sunday, 9:30 a.m.! (see instructions below for connecting via computer or phone)

Fifth Sunday in Lent: Show Us, God, your power over death itself

The zoom worship experience will include music, scripture, children's time, readings, sermon and sharing. There will be more details in the Friday Midweek.

Zoom invite

Topic: MCN Worship

Time: Each Sunday 09:20 AM Central Time Service begins at 9:30

Join Zoom Meeting [click here.](#)

<https://zoom.us/j/762323722>

Meeting ID: 762 323 722

One tap mobile

+13126266799,,762323722# US (Chicago)

Here is the phone number and code to join worship by any phone.

+1 312 626 6799 US (Chicago)

Prayer for Worship at Home
Maren Tirabassi

God, I set aside this time for you.
It is easier when there is a place to go,
a gathering to join,
a space with images that draw me,
but here I am --
outside walking or inside sitting.
I name this place church
and this time is worship.
I pray for those who grieve
the ones they love who died of coronavirus.
I pray for those who are ill now,
self-quarantined, hospitalized,
quarantined in terrible places,
unable to be tested.
I pray for those who self-quarantine
to avoid the spread of illness.
I pray for those who are caring for the sick,
who are struggling to find vaccine, cure,
anything that will help,
who risk themselves among the frail.
I pray for those whose lives
are turned around,
who have lost their employment,
who are desperately lonely,
or suffering from too much family.
I pray for those who are full of fear,
especially those who do not know
that you are by their side.
I pray for those needs for prayer
which can be forgotten
in such a focused time --
for help, hope, joy,
for illness, hunger, homelessness, danger.
Now, O Holy One, I light a candle
or take my jacket off the hook.
I turn to a live stream, you tube,
television, devotional book,
time of contemplation, private journaling,
conversation over a scripture,
that opens a message for me today.
Give me an insight to change my heart,
a commission to change the world,
and a benediction to bring peace to my week. Amen.

Shared by Wayne Hochstetler

Zoom

MCN will offer worship, 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 any telephone, follow the prompts and listen. You will be asked to enter the meeting code followed by the # sign. Here is a video on how to use Zoom sent by a clergy person [link](#). If you need help call Laurie at 309-452-6622. Ross Hershberger has also volunteered to help 309-660-0710. You can also call Lydia Hedberg 309-660-9232.



MCN Social Hour is This Wednesday!

This Wednesday at 7:30 p.m. the Mennonite Church of Normal will gather via Zoom to socialize with each other. Leroy Loepp said he wishes he could make great coffee for everyone. You will have to provide your own coffee, tea, hot chocolate or whatever but please connect to Zoom and connect with each other.

Topic: MCN Social Hour

Time: Apr 1, 2020 07:30 PM Central Time (US and Canada)

[Join Zoom Meeting](#)

<https://zoom.us/j/765550367>

Meeting ID: 765 550 367

One tap mobile

+13126266799,,765550367#

Dial by your location

+1 312 626 6799

Meeting ID: 765 550 367



Milepost 90 God blesses us with peace

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel. Philippians 4:6-7 Contemporary English Version

“Sure, Paul, easy for you to say. You don't know what we're going through today.” Fact check: Paul was in prison, facing death. He was writing to encourage persecuted Christians, who knew death was likely for them as well.

When we pray about everything, God will bless us with peace—because we belong to Christ Jesus.

It's part of our benefit package. This peace is beyond our understanding: complete well-being of body, mind and soul. It will control (a powerful word!) our thinking and feeling. In the King James Version it was translated, mind and heart, because in the 16th Century, mind and heart were images for our thoughts and emotions.

Some of us allow our thinking to bring us down. Some of us allow our feelings to get us

down. And some of us allow both to bring us down. God's peace, which comes from praying about everything, will control both.

In yesterday's sermon, we were reminded of Ezekiel's conversation with God, and Martha and Mary's conversation with Jesus. That's what prayer is. Out of those conversations, there were enabled to replace their assessment of the situation, with God's assessment of the situation. Prayer enables us to see what God sees.

Henry David Thoreau captured the concept: It's not what you look at that matters, it's what you see. Today, we are looking at frightening things. Through prayer, we can see what God sees: potential for a reordering of our priorities and subsequent new life.

Volunteers

Several people have volunteered to help fill out government forms and apply for the many assistance programs that have been announced at local, state and federal levels. Contact a member of Pastoral Council and they will match you up with someone who can help in these areas.

God at work in our lives!

Our niece, despite suffering from liver cancer, having treatments postponed, and no health insurance, felt compassion for residents of a large nursing center. They have not only been deprived of visitors, but have been confined to their rooms for three weeks. She and her adult children, bought bird food, and filled all of the feeders outside resident windows. -Gary Martin

From Pastoral Council: Thanks to those who have signed up to help with specific tasks to respond to the new needs we have at MCN. More volunteers are needed. To sign up, [click here](#). 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)

A new small group via Zoom: The primary purpose of this group is to help each other discern passion, spiritual gifts, and callings. If you know your spiritual gifts, please consider participating-- you can help others in this process. We begin by sharing our life stories. We may be able to complete our objective in eight 90-minute sessions. Please note:

- Group size is limited to eight.
- Group interaction is crucial, so regular participation needs to be a priority in our schedules.
- Participants should sense the Spirit's call to join.

If 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.

Movie recommendation for Cabin Fever: I referenced Secretariat (2010), in Sunday's sermon. As you've likely noticed, I'm not a movie critic. The scripts, acting, directing, or cinematography may be mediocre (or worse) in some of these recommendations! I look for themes which teach us about God's Kingdom ways, as Jesus taught about God's Kingdom through parables from every day life. It may seem strange to see truth in a horse, regarding why we need to clarify our God-given passion, spiritual gifts and calling, in community. But, for what it's worth, that's what I see. -Gary Martin

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Connie Satchwell cssatch@hotmail.com 309-287-6124
Keith Unzicker keithunzicker@gmail.com 309-369-5008
Steve Stenger ststeng@gmail.com 309-825-2464

Handling the Effects of Trauma

COVID-19 consumes much of our mental and emotional energy these days. It is easy to feel isolated and very much alone - even if there are others in your home. Recognize that we all are living through trauma. It is important to look at what we know about trauma and how to deal with it in this crisis.

Traumatic events can impair our ability to grasp or cope with what is happening, which can lead to a slew of challenges such as sadness, grief, pain, panic, confusion, despair, anxiety, and depression. Feelings may become intense and unpredictable. Sleep or eating issues may appear. Changes in interpersonal relationships may happen - for example, an increase in conflict, or a tendency to isolate or withdraw. Difficulties in making decisions, fear, and mood swings can also be present. Disinterest in preferred activities may also occur. So many changes happening can be overwhelming.

There are things you can do to help!

- Stay connected with people. Even if the times necessitate quarantine or social distancing, get creative in ways to stay connected to others. Technology can be a great resource when physical proximity is not an option.
- When all else fails, remember the basics. Be sure to get enough sleep, eat well, and exercise. Research demonstrates that these basic daily tasks support our brains in coping effectively, regulating stress, decreasing depression and anxiety symptoms, and processing information.
- Just as you would create a medical toolkit, create a coping toolkit for yourself. Put together a list or kit of activities and objects that help you feel grounded, safe, bring you joy, and increase your quality of life as you ride out this crisis.
- Although staying informed is important, as possible, minimize your exposure to media on the outbreak and/or the flooding of traumatic stories about the pandemic. Exposure to trauma-filled media has been linked with increases in vicarious traumatization and traumatic stress symptoms. Even if you cannot get mental health services in person, there are many ways in which you can obtain distance mental health services. Multiple providers offer online counseling services or 24/7 crisis lines).
- If all else fails, normalize your struggles. Remember that you are not alone in this and many others are dealing with the consequences of this distressing time. Be kind to yourself (and others). Kindness and compassion can go a long way.

We encourage you to stay connected to your church family. There are many ways we can help each other. Make your needs known. Let us know if you are struggling. God works through each of us and we can minister to each other. May the Creator's boundless love flow through all of us to find healing for ourselves and each other.

~ Lois Hochstetler and Cindy Ropp

Excerpts taken from:

Turmaud, D. R. (2020). Trauma of pandemic proportions: Mental health consequences of the covid-19 pandemic and tools for coping. Psychology Today. At

<https://www.psychologytoday.com/us/blog/lifting-the-veil-trauma/202003/trauma-pandemic-proportions>

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

Tuesday

4:30 p.m. Staff Meeting (Zoom)

5:30 p.m. Church Board via Zoom

Wednesday

6:30 p.m. Pastoral Council and Cluster Leaders via Zoom

7:30 p.m. Social Hour via Zoom

Sunday

9:30 a.m. Worship via Zoom



Since the last issue:

--Mark Nielsen said it is a joy that Kroger is doing everything possible to make shopping as safe as possible.

--Joe Culpepper shared a joy that technology was allowing MCN to worship together.

--Cindy Ropp asked for prayers for everyone's mental health during this challenging time and especially those who live alone.

--Laurie Vial asked for prayers for Carmen who is in the ICU with a very serious illness, possibly Covid-19.

--Gary Martin shared a joy that Caleb Augspurger and Laurie Vial and others used Zoom and other technology to make worship and other MCN meetings continue.

--Juergen Schroerer shared a joy that his daughter's Lutheran church (where she is a pastor), can broadcast their services over the radio for many to enjoy.

--Devon Tracy asked for prayers for expectant parents and parents of newborns during the

Pandemic. She said she has been blessed to be able to help several families virtually.
--Holly Zehr said it was a joy to have the Warfel family join in worship - they are former members who have moved to Madison, WI.
--From Paul and Mary Ann Watkins: We really appreciate all of the work done in preparation for our first MCN Church Service by Zoom. Thanks to all who worked to get the technology ready and for all who were a part of the service. It was very nice to get together in this way when we could not be together as we are accustomed to doing.

A Poem by Ron Ropp

"Hear my prayer. oh Lord
as the shepherd o'er my fears
for loneliness and pain
have lead my heart to tears

Grant peace within my mind
as your spirit's waters flow
into the pastures of my heart
that hope and love may grow"

To those who live with a loved one, give an extra hug to your loved one for those who are isolated alone!!

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

Mary Ann Watkins submitted this information and prayer from Maria Shriver

"NEWS AND VIEWS ABOVE THE NOISE"

————— **MARIA SHRIVER'S** —————
SUNDAY  **PAPER**

INSPIRING HEARTS & MINDS. MOVING HUMANITY FORWARD.



"Surrender yourself humbly; then you can be trusted to care for all things. Love the world as your own self; then you can truly care for all things." -Lao Tzu

I've Been Thinking...

I was catching up with a friend by phone the other day when she said to me: "I need you more than ever right now."

"Same here!" I replied, without skipping a beat.

The truth is, we all need each other more than ever right now. We need each other in so many ways, both big and small. We need to rely on one another. Lean on one another. Trust one another. Be compassionate, understanding, and patient with one another. We need to basically focus on being there for one another the best we can.

I've been thinking a lot this week about just how tied we are to one another. This historic moment is showing us how interconnected we are. It is showing us how we all have similar needs. And yet, as we live through this big, collective moment together, we are also going through it in very individual ways.

We each have our own fears and anxieties right now. We each have our own unknowns and uncertainties. I, myself, am trying to find a balance between staying informed with the news, while also turning away from it so I don't turn into an anxious mess. I've tried to stay upbeat and calm for my kids and colleagues during the day, and then literally work out my anxieties as I walk the streets of my neighborhood in the afternoon.

I've also tried to focus my heart on all the incredible acts of kindness and people moving humanity forward. Witnessing these acts of people helping one another has helped me put the pieces of my heart back together amid all the pain and heartbreak. I've found myself humbled and blown away by all the individuals who are stepping up, stepping forward, getting creative, being kind, being generous, and reaching out to others. It reaffirms what I've always said and believed: there are so many more good people in this world than bad. There are so many more people trying to make the world better than there are trying to tear it down.

It's downright breathtaking and inspiring to witness so much goodness in the world, after what feels like years of negativity, divisiveness, and misunderstanding. There are doctors, nurses, and health care workers leaving their families around the clock to protect the families of strangers. There are pharmacists, grocery store workers, delivery drivers, journalists, caregivers, and all sorts of other everyday people risking their lives for people they don't know. Each of them is moving humanity forward by showing up for their fellow human beings. Even those who stay at home are helping their fellow human beings in a big way. That's the truth.

And so here we are, all looking ahead to another week of uncertainty. Millions have already applied for unemployment. Millions of our fellow citizens face food insecurity, housing insecurity, and economic insecurity. We are in this together, and we will get through it together. But we also must pause to recognize that each of our experiences and ways through this will be different.

Your experience is very different from your neighbors and my own, but I think we're all waking up each morning and simply trying to do the best we can.

Every day, I try to check in on a friend, a neighbor, or a family member. I try to listen. I try to be thoughtful with my responses and honest with my needs, which fluctuate day to day. And while I'm classified at my age as one of the "vulnerable ones," I like to remind my kids that I'm also one of the experienced ones. One of the wise ones. I tell my kids that most people my age have been through some stuff and seen some stuff. We have lived through enough hard times to be able to reassure them that there will be light at the end of this tunnel.

Yes, things will be different and, yes, you will probably be different yourself. But that's not necessarily a bad thing. It's not a bad thing to realize that perhaps you've been living an over-scheduled life. It's not a bad thing to realize that you were way more resourceful than you realized. It's not a bad thing to realize that you could actually benefit from hanging out with your kids more often, and vice versa. It's not a bad thing for young people to realize that older people have vulnerabilities and weaknesses, as well as gifts and strengths. It's not a bad thing to realize how deeply we all need one another.

I need you now more than ever. It's true for me, and I bet it's the same for you. That's a good thing for us all to realize. So this week when your mind tries to take you down a dark path, remind yourself that you have work to do. Life-saving work. I need you and you need me.

Love,



PRAYER OF THE WEEK

Dear God, thank you for staying by my side during this time of uncertainty. May I count my blessings and give my love to others who need it right now. May we all remember that we're in this together. Amen.

These recommendations also come from Sunday Paper.

*[Tiger King](#) on Netflix if you're looking for a good, binge-able distraction with a lot of plot twists. (It lives up to the hype!)

*[Bill Gates' TED interview](#) if you want some thoughtful insights on our global response to the Coronavirus pandemic.

www.cdc.gov

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

<https://health.mcleancountyil.gov/734/COVID-19-Changes-in-Operations>



Birthdays and anniversaries will be published on Wednesdays.

Help for Small Businesses Amid Pandemic

The Illinois Small Business Development Center of McLean County at Illinois Wesleyan University is a resource for small business owners, particularly during the COVID-19 pandemic. Our local SBDC is funded in part through a cooperative agreement with the U.S. Small Business Administration, the Illinois Department of Commerce and Economic Opportunity, Illinois Wesleyan University, the City of Bloomington, and the Town of Normal. Small business owners from MCN can benefit from their knowledge - reach out.



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

While fear wants us to believe we are alone, faith knows differently.

- Rev. Crystal Hardin



Building Use

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

Today's Chuckle

Jill's car was unreliable and she called John for a ride every time it broke down. One day John got yet another one of those calls...

John: "What happened this time?"

Jill: "My brakes went out. Can you come get me?"

John: "Where are you?"

Jill: "I'm in the drugstore."

John: "And where's the car?"

Jill: "It's in here with me."

Below are older articles you may find valuable:

Press Conference Updates

Gov. Pritzker continues to hold daily press conferences at 2:30 p.m.

Updates from Menno Haven

We have updated our summer camp deposit requirement so that if Menno Haven does need to cancel summer camp, we will refund in full any monies (including the typical "non-refundable deposit) that was paid. We hope that these are two small ways that Menno Haven can care for your family in this uncertain time.

Summer Staff Recommendation Grant - If your family recommends a new summer staff member to Menno Haven and that staff is hired, your family will receive a \$150 grant towards your child's 2020 MH Youth Summer Camp registration fee. Applicants must apply by April 30 and must indicate on their application that your family referred them to work at Menno Haven. This grant can only be used for registrations costs towards 2020 Youth Summer Camp. If you have already paid in full, the \$150 will be refunded for your family.

Giving Blood

Blood donations are down during the Covid-19 Pandemic. The local Red Cross chapter is at 1 Westport Ct. Bloomington. 1-800-RED-CROSS [website](#). The Red Cross has new safety measures in place.

How to Protect Yourself From Coronavirus When Grocery Shopping

(Editor's note: This information is related to the grocery store article we published Monday - it is near the bottom of this newsletter. Thanks to Andy and Denise Hedberg for this information.

For an article from Consumer Reports on Protecting Yourself from Coronavirus When Grocery Shopping click on [this link](#).

"We used InstaCart for the first time this past weekend, and found it useful and easy to use. It opens up delivery options for other stores including: Schnucks, Target, Hy-Vee, Fresh Thyme, Petco, Kroger, Meijer, CVS Pharmacy, Aldi, Jewel-Osco and Sam's Club."

Local Team Forms to Help Area Citizens in High Risk Group

[Click here](#) for the Pantagraph article on the new McLean County Covid-10 Mutual Aid Team which can run errands for people in high risk groups. Later in the article there is information about free food for those who are food insecure.

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.](#)

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

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.](#)

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.
