



*Pastor Elaine's Ponderings . . .*

*My Hope Is In the Lord*

Dear Abbey Road Beloveds,

What mighty strange few days it has been!!

We listen to announcements made by the CDC, the President, news anchors make their comment. Now we are learning that all public meetings of 10 and under are to be halted. That ideally, we should all isolate ourselves for the next 15 days minimum. For many folk, this is extremely scary.

Where in all of this anxious information do we find hope?

The author of Isaiah 40 writes:

**27** *Why do you say, O Jacob,  
and speak, O Israel,*

*"My way is hidden from the Lord,  
and my right is disregarded by my God"?*

**28** *Have you not known? Have you not heard?*

*The Lord is the everlasting God,  
the Creator of the ends of the earth.*

*He does not faint or grow weary;  
his understanding is unsearchable.*

**29** *He gives power to the faint,  
and strengthens the powerless.*

**30** *Even youths will faint and be weary,  
and the young will fall exhausted;*

**31** *but those who wait for the Lord shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.*

Our hope is in the Lord, my friends. Hope that never fails. Love everlasting. Steadfast and eternal. We have this hope! And we can share it. We can remind others, when they are flagging.

There is so much we can do right away to bring hope and share the love of God with our church friends and our neighbors:

Shopping for neighbors and church friends who can't ( or shouldn't) go out.

Coming by to change a light bulb or just make a welfare check.

Sending emails, cards and letters.

Making phone calls.

Pray! We have time! Let us lift our hearts in prayer for folk we know and don't know. For other churches and their pastors, for teachers and students and parents homeschooling for the first time.

Meditate! Practice breath prayer, look up loving kindness meditation, and give that a try.

We needn't allow this self imposed isolation, for the good of humanity to cause us to feel lonely.

In the coming days I will begin posting (via Face Book Live and Zoom) an evening check-in and prayer. We will spend a short time together, giving thanks and opening our hearts to the hope and joy that is ours in Christ, no matter what is going on in the world.

Each Sunday we will offer worship via Zoom and Face Book Live, for you to join us from home. We may offer Sunday School and Bible Study in the same ways. We have the technology.

*(Pastor Elaine's Ponderings continued on page 2)*

**BOARD OF ELDERS WILL MEET ON WEDNESDAY, MARCH 18, AT 6:30PM**



**ABBEY ROAD CHRISTIAN CHURCH  
(DISCIPLES OF CHRIST)**

2411 Abbey Road  
Cape Girardeau, MO 63701

Rev. Elaine Schoepf, Pastor  
562-396-8039 pastorelaines@gmail.com

David Dickey, Associate Minister  
573-450-1013 dldhistorian@gmail.com

Phone: 573-335-3422

Fax: 573-335-6996

E-mail: capearcc@gmail.com

www.abbeyroadchristianchurch.com

 FACEBOOK.COM/ARCCDOC/

**2020 Board of Elders Officers**

**Chair: Jim Main**

**Chair-Elect: Leslee Pollina**

**Past Chair: Steven Piker**

**Finance Chair: Deborah Balsano**

**Board Secretary: Judy McLain**

**Trustee Chair: Dennis Underwood**

**Elder At-Large: Darla Snider**

*(continued from page 1)*

And for those of us who don't have the actual technology, others who do can invite a friend or two to watch on their computer or device with them for a brief hour and still maintain a proper healthy distance.

There will be many opportunities for new ways to create community!

Meanwhile-

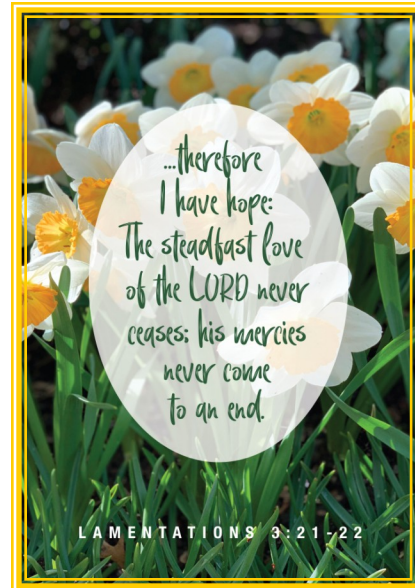
Let's make a promise to look in on one another. Pray for each other, and count our blessings.

In Christ Jesus who draws us together,

*Pastor Elaine*

( For those who have computers, copy and paste this into your browser for some terrific hope inspiring Devotional material!

[https://s3.amazonaws.com/media.cloversites.com/cb/cb0cd516-be94-40af-99bd-f2f2860b752e/documents/Pandemic\\_Hope\\_Devotional.pdf?fbclid=IwAR1MsC4cHmVLpWuGeKrdA00Ls0FuC5DT0MxDy2Vd\\_eG4nLx05QA1vrMC-Hc](https://s3.amazonaws.com/media.cloversites.com/cb/cb0cd516-be94-40af-99bd-f2f2860b752e/documents/Pandemic_Hope_Devotional.pdf?fbclid=IwAR1MsC4cHmVLpWuGeKrdA00Ls0FuC5DT0MxDy2Vd_eG4nLx05QA1vrMC-Hc)



**Cancellations...**

- **Sunday Worship Services will not be held for the remainder of March.** At the end of that time, the health situation will be reevaluated & further decisions made regarding meetings.
- Roanne has **cancelled all music rehearsals** for the upcoming weeks; she will be posting videos of music multiple times throughout the week via the ARCC Facebook page.
- **Women's Breakfast Group** will not meet on Thursday, March 19
- **The 15th Annual Wholistic Fair** scheduled for March 28 has been cancelled until next year.
- **The Vernal Equinox Labyrinth Walk** on Thursday, March 29, has been cancelled.

**ALL EVENTS HAVE BEEN  
CANCELLED  
UNTIL FURTHER NOTICE.**



John & Deborah Browne, Luther Hunt, Maxie McKenzie & family, Mark Faith, Bill Cox, Joe Robb Blattner, Debbie McCormick, Susan Spooler, Carol Gleason, Liz Meyer, Debbie Bradley, Thelma Nelson, Dawn Knoderer, Kim Farrar Frank, George Amick, Ruth Hopkins, Bill & Iris Likens, Pat Murray & Wally Allstun, Ed Sheridan & Nita Brackin, Pauline Filla, relatives & friends serving in the military, all who are hurting, lonely, and afraid.

**Do you have someone to add to our prayer list? Please inform the church office or fill out a form found at the back of the sanctuary.**