



Greetings to you all in Christ,

1. Reminder that beginning Sunday the 31st we will offer two worship services at 8 am and 10 am. This is so that we can maintain the six - foot distances between family groups. We will have bible class at 11:30. You can find the link below.

2. Not Going Back to Normal – Week 4

Last week I told you about “white noise” as discussed by author Clay Scroggins. White noise are the things we use to mask what we’re feeling. In an interview with Conan O’Brian comedian Louis C.K. shared an experience he had dealing with white noise. He said he was in his car listening to a Bruce Springsteen song (“Jungleland”) that made him really sad:

And I go, “Oh, I’m getting sad, gotta get the phone and write ‘hi’ to like 50 people.” Then I said, “You know what, don’t. Just be sad. Just let the sadness, stand in the way of it, and let it hit you like a truck.” The thing is, because we don’t want that first bit of sad, we push it away with a little phone or the food. You never feel completely sad or completely happy, you just feel kinda satisfied with your product, and then you die.

C.K. made a decision not to turn on his white noise. Let’s do something similar. Last week we identified our own white noise. Let’s experiment a little. Pick one of your noises and turn it down for a while. Maybe it means you don’t listen to music in the car for a week. Maybe you go for a month without online shopping. Maybe you take a break from social media or check it once or twice at a prescribed time. You get to decide. Whatever you decide to do pay attention to what happens. If you feel the urge to turn up the noise, use the time for prayer. We’re not eliminating white noise. We’re not quitting that thing forever. We’re seeking to become more aware of it and more aware of ourselves. Finally, as we continue to hold to God’s word, we are seeking to be more aware of the Holy Spirit’s direction.