

Mountain *Mover*

MONTHLY NEWSLETTER | FAITH LUTHERAN CHURCH | MAY 2020

THANK YOU!

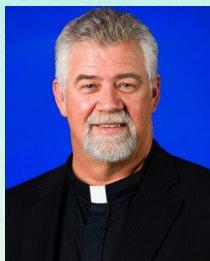
Beginning on Sunday, March 22, the same small, dedicated crew of worship leaders has committed to showing up to Faith every Sunday morning (plus Holy Week services) to create the live streamed worship service. Their perseverance and leadership are inspiring and we are grateful. Pictured on April 19, appropriately distanced in the sanctuary, are Herraël Montalvo (audio tech), Yu Cao (video tech), Pastor Junfeng Tan (assisting and presiding minister), Carol Strawn (lector, assisting minister, musician), John Vickery (production), Kathy Patrick (musician), Clayton Faulkner (musician), Helen Watson (live stream tech), and Alan Balius (musician).

Go to live.faithbellaire.org on Sunday mornings at 8:30 AM to join us for worship.



Scattered Thoughts

by Rev. Kerry Nelson, Senior Pastor



I was supposed to be in Turkey or Greece for the past 16 days but the trip was obviously canceled. There wasn't much to do given the shelter in place lives we have all been living. It was, and continues to be, surreal.

Emma is our youngest child, this year a senior at Baylor. Not only are her future job prospects on hold but she is missing out on all of the things that graduating seniors look forward to. The same with high school seniors. What a way for them to end their journey through school. But it is what it is and no one can change it. The alternative means more and more people getting sick, suffering, even dying. The stakes are high...but it is still hard.

God is our refuge and strength, a very present help in trouble.

Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.

The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.

The Lord of hosts is with us; the God of Jacob is our refuge.

Come, behold the works of the Lord; see what desolations he has brought on the earth.

He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.

"Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

The Lord of hosts is with us; the God of Jacob is our refuge. (Psalm 46)

I love Psalm 46. Whenever life has gotten difficult, those little words always come to mind – *Be still and know that I am God!* It just helps to know that we aren't alone. That whatever we are going through, God

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*The mission of Faith Lutheran Church is
to follow Jesus in blessing the world
with faith, hope, and love.*

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is right there with us. We don't have to fix everything, we can just do the next right thing and trust God in the process.

But this time is unlike anything we have ever experienced before.

Pandemics have happened before – but never during a time of instant communications, social media, and global economics. Both the reach and the impact feels overwhelming. And whether or not we have been personally affected, whether or not a loved one has gotten sick, we know it is just a matter of time before that changes.

In the meantime, what do we do? We shelter in place. We take long walks. We work from home. We stay in touch with video chats and phone calls. We order groceries online and wait a week before we can go pick them up or have them delivered. We just do what we can do.

In a time such as this, seldom has it been more important for us to *be still and know that I am God*.

Like many of you, I was raised in a home where lounging around wasn't much appreciated. "*Don't just sit there, do something!*" was always ringing in the back of my mind. In school, in sports, at work, I always assumed that there was a scoreboard somewhere, always keeping track of what we did. We were raised to be human *doings* instead of human *beings*.

But now, suddenly and tragically, we are all getting a crash course in what it means to be a human *being*. There isn't much we can do... so there isn't much that we do.

My best advice? *Be still and know that I am God*.

Let's use this time well. DO stay in touch. DO read those books you have always wanted to read. DO get out and move more than you usually do. DO take some time every day to just be quiet. To pray. To rest.

There will come a time when life returns to a new normal. Let's be patient as we wait. There will be much pain and vast needs ahead of us. When we read that 20 million people have filed for unemployment in a month we know that we are in for some rocky times ahead. None of that will be fixed immediately. But remember the Psalm, "*God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.*"

The morning will dawn. A new day will come. Until then, we will make the best of it. We'll be wise. We'll be careful. We'll be patient. We'll learn how to be human beings. And we will never again forget that we are radically connected to each and every other human being on the face of the earth. The earth in which God will ever be exalted. Be still and know....

The Lord of hosts is with us; the God of Jacob is our refuge.



A Message from the Council President

by Yvonne Moody, Church Council President



Here we are still...stuck in isolation. Quarantine. Exile. Perhaps this year, more than ever before, we have been given a glimpse of what the disciples were feeling in the midst of the first Easter. Fear. Worry. Uncertainty about the future.

But we know the rest of the story! We are Easter people. We have built our faith on what happened **after** Jesus was crucified. Jesus was resurrected and he came through the locked doors, where the disciples were hiding in fear and isolation, and he said **"Peace be with you."** And he says this still, right here today, wherever we are. Jesus enters our homes, where we sit in isolation behind closed doors, and he brings us peace.

Easter has always been a special season for me. Since I was young, celebrating Easter meant gathering together with family for worship and celebration. Dining room tables filled with food, Easter eggs decorated, and Easter baskets filled with goodies. We also had a very special tradition in my hometown of Fredericksburg, the Easter Fires Pageant, which told the story of the early German settlers and the treaty between John O. Meusebach and the native Comanche tribe. Interwoven in the story was the traditional German story of Easter fires. For generations in our family, remembering our history and our faith were passed along as an integral part of our Easter holiday celebration.

I trust that for many of you, your traditional Easter celebrations were cut short due to isolation and travel restrictions. We all had to experience Easter in a different way this year. But the reason we celebrate has never been more important, or more real in our lives. Many of us have made sacrifices over the past few weeks, but each one of us plays a part, and each one of us is vital to God's plan.

We have all experienced loss. We've lost the ability to gather for worship, we've seen birthday parties, weddings, and even funerals cancelled because we can't gather together in one place. But we are also experiencing a "newness" of doing life in a different way. We're more cautious, yes, but hopefully more appreciative. We've had to slow down, and that is a gift. We've seen many organizations, including our own church, rise to the occasion to be a blessing in this difficult time.

Remember – we are Easter people! We know that there is life beyond the grave, and we can trust that God watches over us during this time of uncertainty. He comes into our homes as says, "Peace be with you." Yes, Lord! We are listening. Help us to respond, and to be a blessing in your name.

He is risen! Alleluia!

Taking Care of Your Health While Social Distancing

by Mardi Mayerhoff, First Place for Health Group Leader



The First Place for Health group started virtual meetings on March 24, Tuesday evenings at 7 PM. We share our “highs” and “lows” for the week, discuss how we are progressing with weight loss, and discuss the Bible study assignment for the past week. We will continue to meet this way until the Faith Lutheran Church building is open again for small groups to gather.

First Place for Health’s “Live It” eating plan stresses eating quality foods in appropriate quantities so that all nutrients required by our bodies are consumed and the plan suggests how much of each food group to eat daily, either for weight loss or for maintenance. For all of us the most difficult part of sticking with a plan during the COVID-19 isolation is emotional eating. For some that is a whole sleeve of Girl Scout cookies or any sugary food, for others it is chips and dips (especially queso for one member), and for others it is mindless eating every time we step into the kitchen. We know there are days when we just do not eat according to the plan. Our mantra for that is **“Do the Next Right Thing”** and **“Begin Again”** the following meal.

Another part of the First Place for Health program stresses being active to keep muscles toned, improve cardiovascular health, and burn calories. This is more difficult with the COVID-19 directives because gyms and swimming pools are shut down. Several in the group exercise at the Bellaire Therapy pool or their local YMCA pool. Members have started walking outside during the pleasant days we enjoyed in March and April and using YouTube exercise videos or DVDs that can be viewed on television or electronic devices in the comfort of their homes. Many count their steps and one sets a timer for every 20 minutes to get out of her chair and move about the house. Our mantra for activity is **“When it comes to exercise something is better than nothing and more is better than less.”**

First Place for Health is all about balance in our lives with Jesus at the center of it. This is accomplished using Bible study books that have daily lessons, reading our Bibles, praying, and serving others. All of these can be done from the comfort of our homes with the “serving others” now consisting of virtual hugs through phone contact, email, text, and other social media. There now seems to be more time for snail mail notes and cards which can let people know you are thinking about them and the recipients can have something to read or look at when they are down and out due to isolation.

I pray that everyone who receives this Mountain Mover can benefit from trying some of these tips during this time away from family and friends. The First Place for Health members are praying for people who have contracted the virus, their families, the first responders, medical personnel, restaurant and grocery store workers, and others who must work and be exposed to the virus. Each of us continues to wash our hands until they are dry and cracking, wearing masks when out and about, and wiping down surfaces of our cars, our electronics, and in our homes.

I can’t wait to see people in church, at my favorite restaurants, and in department stores where we can hug and shake hands. I know God is taking care of us and expects us to take care of ourselves and others by following the suggestions on the reports from medical personnel and government officials.

May God bless and keep you.

You may contact Mardi Mayerhoff for more information about the group at 713-203-1875 (cell) or mgmayerhoff@juno.com. Visit www.firstplaceforhealth.com for more info.

Luther's Theology: Law and Gospel

by Dr. Clayton Faulkner, Pastoral Intern



In this third installment on Luther's Theology, I will cover another key principle: law and gospel. If you missed the previous articles, in March I wrote on the Theology of the Cross and in April I wrote on the Priesthood of All Believers.

An adage you've probably heard before is, "God's word afflicts the comfortable and comforts the afflicted." This is an idea that resonates with the theology of law and gospel. All of God's word, the Bible, can be both law and gospel.

So what does that mean? The law is that which accuses us and judges us. The gospel is that which comforts us and saves us. That means that the Bible does both of these things. Both of these have to be held together for God's word to be fulfilled.

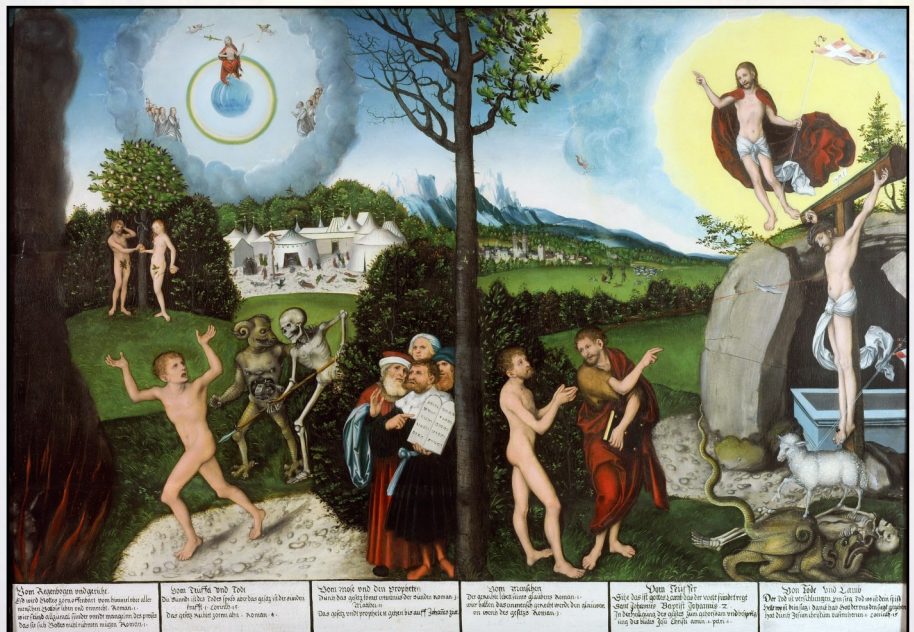
Again, it is important to recognize that law and gospel aren't exclusive categories in the Bible. It is not synonymous with the Old Testament and New Testament. Law and gospel is inclusive of the scripture as a whole. Any verse in the Bible, Old or New Testament, can be both law and gospel. God's Spirit can use all of the Bible to both convict us and create new life in us.

Not to belabor the point, but the whole Bible is both law and gospel. It's not an either/or proposition. Some people like to divide the Bible into sections. They would say that commandments ("thou shalts") are law. And promises (things that God does for us) are gospel. But that is not always right. The same text may function as both law and gospel. The function it has in any given situation may depend upon who is reading it and on what they need to hear.

This is quite remarkable! It underscores God's word as being an active, living thing. God's Spirit can use any part of the Bible to speak law and gospel to anyone, at any time. This is what makes Lutherans love and treasure the Bible. It is rich and complex, and we treat it with respect, especially in how we interpret it (not literally, but seriously, with an eye on historical and metaphorical approaches).

The Lutheran preacher is also tasked with preaching both law and gospel. Preaching only law is making demands with no promise. Jesus doesn't play a role in speaking the good news of God's unconditional love. Preaching only gospel is sometimes called "cheap grace." It is grace without discipleship, grace without the cross, and grace without Jesus. Because Jesus does not say we can skip over carrying our crosses if we are going to be his follower.

God's word tells us the truth about sin and the truth about grace depending on what we need to hear. The law teaches us to fear, love, and trust God. The law also helps us to order society, curb evil, and provide a standard of righteousness that guides human life. The gospel is the gracious promise of God in Christ. It grants forgiveness of sin, life, and salvation to all people. We need both. The Bible does both law and gospel.



News from Faith Library—*Evangelical Lutheran Worship* at Our Fingertips

by Laura Swanson, Parish Ed Team

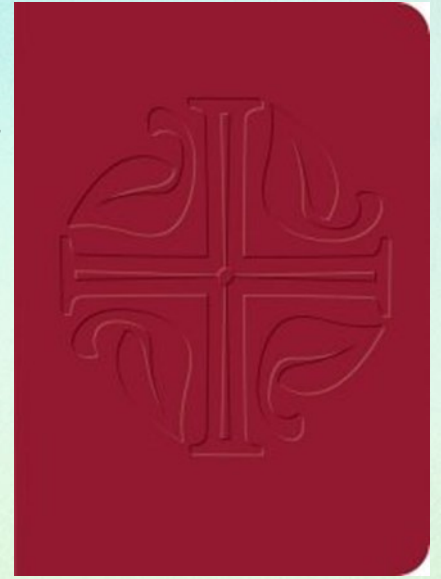
From mid-August 2017 through early May 2018, I joined Faith Lutheran's First Steps @ Faith catechumenate program. It was much more than a class; it was an intentional journey of "discipleship and spiritual formation." During this journey, I was presented with a new book, *Evangelical Lutheran Worship*. In my naiveté, I called it "the hymnal." It is so much more and it is at our fingertips every Sunday that we are blessed to sit down in the Sanctuary to worship. It's found along with the pew Bible, the Spark Bible, connection cards, and envelopes for offerings.

Simply put, I love this book. It is informative, inspirational and serves as a concordance when I am looking for guidance. The book outlines the church year and lists Lesser Festivals and Commemorations. For example, on May 8, we commemorate Julian of Norwich, "renewer of the church." In the section in the back of the book titled "Topical Index of Hymns," one can look for hymns that speak to the reader on multiple topics such as atonement, hope and assurance, songs for children, commitment, and community in Christ. Can't read a note? Neither can I! I just read the words and reflect on the message.

I invite you to take a moment to get reacquainted with "the hymnal." For me, it is a beautiful book full of history, faith, hope, and love.

As we worship at home these days, you might love to have a copy of *Evangelical Lutheran Worship* for yourself. Augsburg Fortress is currently running a sale and including free shipping on all their hymnals! Visit their website (<https://www.augsburgfortress.org/store/category/286455/Evangelical-Lutheran-Worship?lv=true>) and use the code **ATHOME** for the discount.

If you have an idea for an article for News from Faith Library or if you would like to shine the Spotlight on one of our members, please send us an e-mail at library@faithbellaire.org. We like to shine the Spotlight on members who share their gifts at Faith in inspiring ways.



Prayer Corner—Prayers of the Church

by Peggy Porter

Read John 14:1-14 and Psalm 86.

John 14:13 "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son."

In 1 Thessalonians 5:17-18, Paul wrote that God told us to pray without ceasing and give thanks in all circumstances. We always need to be aware of God's presence with us, and we can be in conversation with God about anything and everything. But when we come together in church, we pray in one accord, united in our thoughts and hearts.

In the prayer of the Church, we pray for the needs of the world, the Church, and the members of the congregation, as well as offering any other special concerns. The congregation often joins in the prayer of the Church with the phrase, "Hear our prayer" or "Lord have mercy." 1 Timothy 2:1-2 says, "I urge that supplications, prayers, and intercessions, and thanksgivings be made for all people, for kings and all who are in high positions."

The death and resurrection of Jesus Christ made it possible for us to approach God in prayer. Jesus said, "I am the way, and the truth and the life. No one comes to the Father except through me" (John 14:6). The Holy Spirit bestows on us our faith and interprets our prayers. Jesus has promised to hear us and answer our prayers, to the glory of God the Father.

Pray: Almighty God, hear our prayers and grant us peace. In Jesus' name. Amen.



CCSC Food Pantry Drive

Christian Community Service Center is on the front lines of feeding people and meeting their basic needs. During this national COVID-19 crisis, CCSC is experiencing difficulty obtaining groceries from its distributors, so your food donations will help keep the shelves stocked.

You can drop off food donations at the following three locations:

1. West University Methodist Church. They have a tent in front of their church on University Blvd. every Monday from 1:00 - 3:00 PM where they collect food from anyone who has food to donate; drive in front of the tent, open your trunk or SUV hatch, they take the food, and you are on your way without leaving your car. WU Methodist has committed to holding these drives for the next 2 Mondays: May 4 and May 11.
2. Food Pantry at 3230 Mercer St. (77027) Monday through Friday from 9:00 AM - 2:00 PM and Saturdays 9:00 AM - 11:00 AM.
3. Food Pantry at 6856 Bellaire Blvd (77074) Monday, Tuesday, Thursday or Friday from 10:00 AM - 1:00 PM, CCSC's Bellaire food pantry is located in the church's Canterbury Hall on the east side of the church campus (the same side as KIPP Connect school). Go to the blue double doors of the building closest to the athletic field.

Here's a list of items that will help the most:

- Bags with handles for packing groceries (paper, reusable, plastic)
- Pasta
- Hearty soups (with meat or beans)
- Canned tuna or chicken
- Boxed dry cereal
- Canned vegetables (all types)
- Canned fruit (all types)
- Cleaning wipes
- Toilet paper
- Bar soap
- Baby wipes/diapers (sizes 4, 5, and 6)



Lessons Learned in Crisis

by Rev. Junfeng Tan, Associate Pastor



"So teach us to count our days that we may gain a wise heart." Psalm 90:12

The last two months have been very challenging for all of us. I'd like to share some lessons I have learned during the COVID-19 crisis.

Vulnerability: All of us, from young to old, are at risk of contracting the coronavirus and becoming seriously ill, or even dying from it. "Am I going to get the virus? What if I am being infected by the virus? Then what? Am I going to have mild or severe symptoms? What is my chance of a full recovery?" These are the real questions that I sometimes ask myself, especially when and after I go to the grocery store and other public places. I am grateful for doctors, nurses, first responders, police, and workers of essential businesses who daily put their lives on the line in the fight against the virus, who have made all kinds of sacrifices, even their own life, to save and protect the public.

Relationship: When we follow the "Stay at Home" order and practice social distancing, we are doing our part to contain and mitigate the spread of the Coronavirus and to save lives. At the same time, many of us have found out it is not easy to be with our loved ones under the same roof 24/7 for an extended period of time. We may find ourselves easily irritated, frustrated, angry, and short-tempered. We may need to constantly remind ourselves to be patient, understanding, and gentle with one another. We may need to re-learn conflict management skills, communication skills, and parenting skills. We may need to sit down with our loved ones and talk about forgiveness and healing the wounds. For those who live alone, those who live in nursing homes, loneliness and isolation can become an acutely felt challenge and health risk factor. We need to pay special attention to them and reach out to them through telephone, email, letter, or other communications tools.

Compassion: In the world of coronavirus, all of our lives are in each other's hands. In order to protect ourselves from the infection of the virus, we have to do everything we can to help others. No one is safe unless everyone else is safe. We are inter-connected with one another. We are interdependent on each other. When I watch the coronavirus news reports, I am touched by the stories of individuals and organizations that reach out to help the most vulnerable, the poor, the elderly, and children. Our government agencies and health care systems have played vital roles in the war against the virus. We need to pray for their hard work and the decisions that they make. As shown in study after study, the poorer neighborhoods are often hit hardest by the coronavirus. It is my prayer that we are building a more just, more compassionate society as we are dealing with the coronavirus crisis. The Bible teaches us to love our neighbor as ourselves. The wisdom and the urgency of this biblical teaching is more relevant to our society than ever before.

Solidarity: As the coronavirus has spread from China to the world, the discriminations and racist attacks against Asians, especially against Chinese, have risen in the United States and other parts of the world. Several members of Faith took the action and posted messages on our Faithbook on Facebook page to counter the racism and prejudice, and to show solidarity and friendship with the Chinese members and friends of our congregation. Some of you wrote emails to me to encourage and comfort us. I am grateful for your kindness and support. What you have done is clear evidence that love is stronger than hatred, and faith unites us all.

Church: Church is not a building. Church is the people of God who practice their faith at home and in the community. When you participate in a worship service via the internet from your homes, you are in the church. When family gather around a dinner table to practice Faith5 (share highs and lows, read a Bible story or verse, talk about the Bible story and highs and lows, pray, and bless), our home becomes a domestic church. When we go out to work and serve with the heart and mind of Christ, the church is on the move. I am grateful for those of you who reach out to our homebound and senior members and who pray for the sick. I am grateful for Faith's Food Pantry Team that continues to serve at the CCSC's Gethsemane food pantry; I am grateful for Faith's Grace Meal Team that continues to serve the homeless youth at Montrose Grace Place. I am grateful for all of you who support the ministries of Faith through your financial gifts and active participation. It is my prayer that our faith becomes stronger, our congregation becomes stronger as we walk together through the coronavirus crisis.

Ways to stay connected with Faith Lutheran Church throughout the week:

Monday

- Email update from the church

Tuesday

- 7:00 PM - High School Group Zoom (<https://uhd.zoom.us/j/590031981>)

Wednesday

- 10:00 AM - Grief Share Support Group Zoom (<https://zoom.us/j/8324923858>)
- 7:30 PM - Adult Learning Group Zoom (<https://us04web.zoom.us/j/2528585784>)
- 8:00 PM - Faith Chinese Fellowship Group Zoom (<https://zoom.us/j/5497260963>)

Thursday

- This Week at Faith email update from the church
- 7:30 PM - Faith Choir Group Zoom (<https://uhd.zoom.us/j/270119266>)

Friday

- 6:30 PM - Women of Faith - Conversation/Discussion/Bible Study (<https://zoom.us/j/394307598>)
- 8:00 PM - Faith Chinese Fellowship Group Zoom (<https://zoom.us/j/5497260963>)

Saturday

- Email update from the church with worship information

Sunday

- 8:30 AM - Sunday worship in English (live.faithbellaire.org or playback any time after)
- 9:30 AM - Learning Group for Kindergarten through 2nd grade (<https://us04web.zoom.us/j/105046495?pwd=SXdRT3BDaTMzMjcXK293MXl0ZlI3Zz09>)
- 10:00 AM - Learning Group for 3rd through 5th grade (<https://us04web.zoom.us/j/285532915?pwd=NW9qSXIWTm5CdHE1Z1BHMFljK2diUT09>)
- 10:30 AM - Learning Group for Parents (<https://uhd.zoom.us/j/9709559367>)
- 10:50 AM - Sunday worship in Chinese (<https://zoom.us/j/5497260963>)
- 4:00 PM - Confirmation Group Zoom for Middle Schoolers (<https://uhd.zoom.us/j/610343282>)



News from the Children's Ministry

by Courtney Lerch, Children's Ministry Coordinator



As we enter May, most of us have now spent over a month staying at home. For those of us with school-aged children, the current situation has created a new juggling act that no one ever saw coming. As parents, we become accustomed to the busy schedules packed with sports practices, music lessons, art lessons, etc.; we anticipate crammed evenings filled with homework and/or bath and bed struggles; we get in the habit of rushing to play dates, birthday parties, and school functions. Given the state of our pre-pandemic lives, no one could have ever foreseen weeks upon weeks of staying at home with a completely blank family calendar. Many of us feel ill-prepared for our new role in the current situation. Instead of being chief organizer, chauffeur, and chef for our family, we are now teacher, psychologist, and playmate. Amidst our own worry and anxiety about staying healthy, financial pressures, and even basics such as how and when we can get groceries, we find ourselves the only source of comfort for our children.

How do we handle this current reality? If we focus on the negative, it is all too easy to give up and give in to the temptation to just bide our time until things return to normal. On the other hand, we can actively look for the good in each situation and choose to use this time in a positive way. We always lament our busy schedules and not having enough time with our family—we have now been gifted with more time together than we could have ever imagined possible. What do we do with this gift? How do we spend this time together? Do we look for opportunities for real connection with our spouse and children? Do we use this time for faith formation together as a family?

As we decide how to fill our days, we can choose activities that will help us emerge from our current situation stronger, more united, and more filled with love. When we are able to be with others once again, let us choose to use these new gifts to follow Jesus in blessing the world with faith, hope, and love.

Please join us for our Sunday Zoom Sessions!

9:30 AM: K-2nd grade

<https://us04web.zoom.us/j/105046495?pwd=SXdRT3BDaTMzMjcK293MXI0ZlI3Zz09>

10:00 AM: 3rd-5th grade

<https://us04web.zoom.us/j/285532915?pwd=NW9qSXIWTm5CdHE1Z1BHMFljK2diUT09>

Parents:

<https://uhd.zoom.us/j/9709559367>



Isolation

by John Vickery, Director of Youth and Family Ministry



As quarantine drags on, I am finding myself ready for it to end. Though, there is seemingly no end in sight. During the first couple of weeks, I thought that it was really nice to be able to be home, spending more time with Kelsey and Addy as we build the beginnings of our little family. Now, however, I am feeling the effects of isolation. I have been trying to fill my time with other activities, ranging from video games, study, school work, church work; really anything that will help me not sit idle and eat everything that enters my range of vision.

Though this time may seem bleak, there are moments that also bring me great joy. Each week, I am hosting zoom meetings for the High Schoolers, and there are students who are not too involved with the church, but have committed to being present on a zoom call once a week. Since our people are spread all throughout the Houston Metro area, digital meetings lend themselves very well to our context. Another joy that I have found, is how many people rallied around this year's Easter Devotional. Even though that project doesn't involve actual spoken communication between people, there is a certain sense of connectedness that was felt by the authors who came together to make the devotional a reality.

What makes the devotional book even more special, is that now that it is completed, we are able to invite everyone to also be a part of it by reading the scripture texts, reflections, and prayers. Each entry is very well written and gives a unique perspective to our world that we share.

The devotional is being emailed out on a weekly basis, as well as being posted daily on Faithbook. If you are not receiving the devotional and you would like to, you can reach out to me and I am happy to work to get it into your hands.

The important thing to remember, is that while COVID may seem to be endless, and disrupting our lives in such significant ways, God is with us, and is calling us to be a blessing in the world in whatever way that we can. We also need to remember that "this too shall pass" and it will pass given the time. I have loved "seeing" all of you through my phone receiver, email inbox, social media, and so on. And I am looking forward to the day that we can gather once again in person!

NAMIWalks Your Way - A Virtual Event
Mental Health for All: A National Day of Hope
 May 30, 2020

NAMIWalks is the largest and most successful mental health awareness and fundraising event in America. Through NAMIWalks, we are supporting the NAMI organization which is helping change how Americans view persons with a mental illness. The NAMIWalk is going virtual. I will provide more information as I receive it.

On May 30, NAMIWalks will be a virtual experience and joined by NAMIWalks across the country. NAMIWalks Your Way means what it sounds like: participants get to make NAMIWalks their own. You can walk a 5K—through your neighborhood, around your backyard, on your treadmill. Or you can do something else meaningful and fun to celebrate our virtual walk day. What participants are doing on May 30:

- Walking 3,500 steps for a 5K *their way*
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Hosting a virtual paint and sip party



Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag **#NotAlone** and **#MentalHealthForAll**. Together we can make May 30 a day to remember - ***Mental Health for All: A National Day of Hope.***

There is no fee to register as a walker. You may register online and contribute to the Alliance now. Every registered participant who personally raises \$100 or more will receive a recognition T-shirt. The national website is <http://www.namiwalks.org>. Select the Texas > Greater Houston walk to register or to donate online.

1 in 5 Adults
 experience mental illness
 each year in the U.S.

1 in 6 Youth
 aged 6-17 experience a mental
 health disorder each year in the U.S.

Walk with us

to raise awareness and funds that support free,
 top-rated programs and services for our community.

***At this time registration is suspended and a decision regarding if
 Faith Camp will continue as scheduled will be coming soon.***

**2020 FAITH CAMP
 REGISTRATION NOW OPEN**



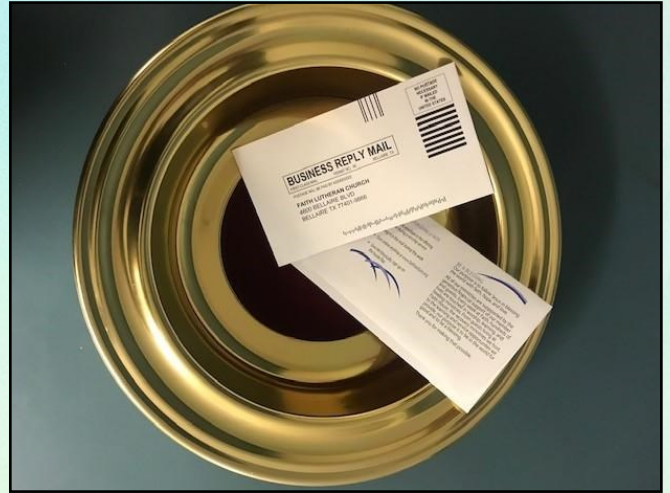
JULY 13 - 31, 2020

WWW.FAITHBELLAIRE.ORG/FAITHCAMP July 13 - 31, 2020

Continue to Support Our Mission Through Financial Support in These Challenging Times

The ministry of Faith Lutheran is made possible only by the generous financial support of our members and guests.

As we have joined the rest of the country in moving our worship life online, we anticipate a possible significant impact on our congregational finances. Your continued support of the church and mission is ever more important. Since only about 30% of our giving comes through online giving or automatic bank drafts, we run the risk of losing 70% of our financial support.



Here is how you can help...by giving online or through bank automated checks.

1. If you use the "bill pay" feature at your bank, 100% of your gift will come in a check sent directly to Faith.
2. Giving online at www.faithbellaire.org/give can be very convenient but every gift costs the congregation a small service charge if giving by credit card. Giving online can be set up to give electronically by check (no fee) or credit card and there is also a feature to set up your frequency.
3. Mail a check to the church office using one of our prepaid postage offering envelopes. Please send an email to the church office at info@faithbellaire.org and request for us to mail some to you.
4. If you are required to make annual IRA withdrawals, consider giving a portion directly to the congregation. Consult your financial advisor for the tax savings and charitable contribution impact of such gifts.

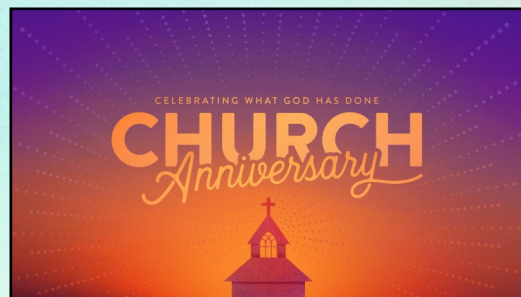
If you have questions about setting up online giving, processing a one time gift, or other types of gifts, please call Stacy Williams at 713-664-3381 or email her at swilliams@faithbellaire.org.

Here's our mailing address for your reference.

Faith Lutheran Church
4600 Bellaire Blvd
Bellaire, TX 77401

Save the Date - 75th Jubilee Celebration

Faith is getting ready to celebrate an important anniversary. In January of 2021, the church will be 75 years old, and we are beginning to plan a year-long celebration to be launched in January 2021 and culminate in the closing months of that year. The plans will involve the participation of many groups and individuals. We invite everyone to become involved. Watch for an opportunity to sign up in the Connection Card, or call Stacy in the church office at 713.664.3048 or contact one of the co-chairs (George Amundson or Karen Elsen) to express your interest in helping.



Salem Keenagers—Upcoming Events

All Keenagers activities for the month of May have been **cancelled**. This includes our **May 14** luncheon in McPhail Hall at St. John's Presbyterian Church and also our **May 9** trip to see "Mamma Mia." All money will be refunded.

Mark your calendars for the following upcoming trip dates:

- **Thursday, June 11** – Plans have been made to travel to Livingston, TX for blueberry picking at the C & M Blueberry Farm. This comes as an invitation from current and former members of Salem. Cost of this trip will be \$3.00.
- **Thursday, July 16** – Plans still in progress
- **Thursday, August 13** – Plans still in progress
- **Thursday, September 24** – Plans still in progress

PLEASE NOTE: All payments for bus trips must be paid in full at least a week before our trip unless you are on a waiting list or unless tickets need to be purchased in advance. Please use separate checks for each event. If paying in person, please place the money in an envelope and mark on the front of the envelope: the event, the amount, and your name. Please make all checks payable to Carole Knaub as Keenagers does not have a bank checking account. Checks may be mailed to me at 1802 Thompson Crossing Drive, Richmond, TX 77406. Please call me at 281-344-0312 if interested in any of the above trips. Remember, Keenagers is for anyone age 50 or older regardless of religious preference. Come and get involved and have fun.

Faith Lutheran Church

4600 Bellaire Boulevard at Avenue B
Bellaire, Texas 77401

Office: 713-664-3048

Fax: 713-664-3371

Faith Day School: 713-664-3233

Mother's Day Out: 713-664-7726

FaithBellaire.org

FaithDaySchool.org

FaithHouseHouston.org

info@faithbellaire.org

Rev. Kerry Nelson

Rev. Junfeng Tan

Stacy Williams

Dr. Clayton Faulkner

John Vickery

Courtney Lerch

Kendolyn Pope

Yu Cao

Patricia Deckard

Alan Balus

Nettie Rodriguez

Senior Pastor

Associate Pastor

Director of Operations

Pastoral Intern

Director of Youth and Family

Children's Ministry Coordinator

Director of Faith Schools

Morning Office Coordinator

Afternoon Office Coordinator

Organist/Choir Director

Evening Facility Manager



75,000 FACE MASK CHALLENGE!

Wearing masks in public is a way to love and care for your neighbor. There's a lot of good information out there about how masks protect those around us. It will be a kind gesture for some time to wear a mask when in any public space, including worship. Don't buy or borrow N-95 masks. Healthcare folks who work with COVID-19 desperately need them, and they are in short supply. Make a mask, or use a bandana. Consider joining **Lutheran World Relief** in their 75,000 Face Mask Challenge.

Not all heroes wear capes. Some make face masks.

Many people in developing countries don't have the option of social distancing or frequent handwashing to slow the spread of COVID-19. The U.S. Centers for Disease Control and Prevention now says cloth face masks, along with hand washing and social distancing may help reduce transmission.

We need your help to sew cloth face masks to help us reach men, women, and children in vulnerable communities.

After all, Lutheran World Relief was founded 75 years ago to help neighbors around the globe who were suffering during World War II. What will be our generation's legacy during this time of crisis? go to [www.<https://lwr.org/masks>](https://lwr.org/masks) for more information and how to ship.

