

COVID 19 AND OUR CHURCH

The Guidelines for Moving Forward remain the same at this time. In-person worship will be re-evaluated the week of September 7th and any changes will be communicated to all members. In the meantime, on line worship will continue via live stream. You can now watch both the 9:30 am traditional or the 11:00 am contemporary services on the church website. In addition, daily meditations, "It Is Well," can be seen Monday through Saturday at 10:00 am. All of these live streams are archived so they can be watched at any time it is convenient to you. Go to www.hydeparkchurch.org, click on "Media" and then "Live Stream" on the drop-down menu, to find the Sunday service or daily meditation you would like to watch.

NEW!!!!

Beginning on Sunday, August 23rd, the church offers **PhoneLiveStreaming!** Any church member—or friend-- can listen to the same 9:30 am worship service that HPCUMC live-streams each week on any type of phone. This is especially helpful for people who do not have computers. You can use this service in several different ways.

1. You can call **513-472-8621** by 9:30 am on Sunday morning to listen to the service.
2. You can call **513-472-8621** and press "1" to set it up so you will be called every Sunday morning at 9:30 am and automatically be connected to the service.
3. You can call **513-472-8621** when it is convenient so you can listen to the most recent service in case you missed it, as the last one is archived.

THE "MAGIC" OF ONE MINUTE OF GRATITUDE

How can you change each day to a joyful one in just one minute? It's simple. By counting your blessings and expressing gratitude. Why does gratitude work as a meditation practice?

- *Because it makes you focus on what you have, instead of what you seek*
- *It creates inner contentment and peace that stays with you after you end*
- *It can help you deal with the moments when things don't go as you think they should*

Here are the simple steps:

Try to take a moment to be free from distractions. You can close your eyes and relax. Say gently to yourself: I give thanks today for all that I am blessed with:

1. *I am grateful for my breath that fills my lungs (Pause)*
2. *I am grateful for my last meal which nourished me (pause)*
3. *I am grateful for water that quenches my thirst (pause)*
4. *I am grateful for my health, that I am able to carry on (Pause)*
5. *I am grateful for a roof over my head, my home (pause)*
6. *I am grateful for the love of my family (pause)*

7. *I am grateful ...* (From Trinity Lutheran May *Lantern* – Norah Bertschy, Parish Nurse)

BIRTHDAYS--SEPTEMBER 2020

NAME	EMAIL	DAY
Bill Greenwald	av8navy@roadrunner.com	2
Bob Hedlesten	MAGIC3905@aol.com	2
Joyce Isekeit	jisekeit@gmail.com	4
Ruth Davis		5
Rudy Heath	heathcr1936@gmail.com	5
Lowell Orr	lporr@fuse.net	5
Bill Patterson	wgpatter@icloud.com	5
Bev Gardner	gardnerbda@yahoo.com	6
Paula Tyler	scarlettyler9@aol.com	6
Kate Hawkins	Kfhawkins97@gmail.com	7
Ron Purdon	purdon@mail.com	9
Ann Swanson		9
Joni Welsh	jwelsh@hpcumc.org	14
Bill Bruner	chatbru82@gmail.com	17
Elizabeth Findlay	elizabethsfindlay@gmail.com	17
Ginny Kordons	cowrievlk@aol.com	18
Ellen Sewell	ecsewell@gmail.com	19
Karen Webster	klwebster77@gmail.com	21
Dave Weaver	dweaver@hpcumc.org	22
Edna Asbury	Edna will be 98 years old!!	23
Dave Adams	dtadams34@fuse.net	24
Glen Mayfield	gmayfield@rccf.com	24
Nancy Walters	nlwalters1@gmail.com	25
John Woeste	jjwcpa@hotmail.com	26
Penny Bassler	pennybassler@gmail.com	27
Linda C. Covert	lindacovert@hotmail.com	29

RECENT MOVE--Shirley Wurtz moved to live with her daughter in South Carolina. Her new address is: 533 Drayton Circle, Anderson, South Carolina 29621.

RECENT DEATH--JoAnn Cundiff on July 28, 2020

