

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

