

Dear Brothers and Sisters in Christ,

This week could easily be a week that overwhelms me. It is one of those week's where everything piles on at once. Right now, with all that is going on around us, we can easily become overwhelmed, but I am reminded of the comforting words of the Psalmist "When my spirit was overwhelmed within me, You knew my path." (Psalm 142:3 NASB) When we feel overwhelmed by our circumstances, we trust in God knowing our path forward. We as Christians are called to live in this hope of eternity that trusts in God knowing the path, even if we don't, because we are busy being overwhelmed. When we turn to God in these times of overwhelmingness we can return to the feelings of peace, hope, love and joy that we have been noting.

Through worship, prayer and time in scriptures, we can turn to God and escape the overwhelming feelings life throws at us. This week I look forward to the break worship will give me as we continue with the sermon series on forgiveness. We will also continue as we have in week's past with our Phase 1 plan. For those of you who may need a reminder, that means the sanctuary is limited to 25 people which includes those leading and those running technology, but overflow rooms are available to view the live stream. We continue to also stream live on Facebook and YouTube for those who can and desire to remain worshiping remotely allowing for more room for those who can't worship at home. I would remind you that as part of Phase 1 reopening guidelines and following governor's orders, masks should be worn when entering and exiting, but also as much as you can tolerate when seated. I would also ask that masks be worn while singing. When we wear masks, it is out of love for our fellow brothers and sisters in Christ who may think differently than ourselves. Last, please remember to stay seated until you are dismissed. Let us come together for worship this Sunday wherever we may find ourselves and let go of the overwhelmingness of our lives right now to worship an amazingly wonderful God.

In His Peace,

Pastor Nicki

Some helpful links...

Click on the link below near the time the service begins at 10:00am to watch the live stream

<https://www.facebook.com/espresbyterian/>

YouTube live and video recordings <https://www.espresbyterian.com/worship/> or

<https://www.youtube.com/user/ESPresbyterian>

Additionally, bulletins and an online hymnal have been put on the website and can be found at <https://www.espresbyterian.com/worship/sunday-bulletin/>