Dear Brothers and Sisters in Christ,

This week I have been reading and reflecting on spiritual practices. One in particular is prayer. In uncertain and divisive times as we are experiencing, prayer is ever more important in the faith life of a believer. In our session's Bible study, we discussed what is prayer. What does prayer mean to you? What does prayer, in times such as these, feel like? Is it more like a lament, just sitting in silence, singing songs to God or something else? There are many forms of prayer. Prayer is a way to communicate with the Holy as well as receive communication. It can take many forms, but the important thing to remember in times such as this, prayer is a way we stay connected to God. As 1 Peter reminds us, "For the eyes of the Lord are on the righteous and God's ears are attentive to their prayer..." Praying to God in any form during these troubling times is what we must do to find peace.

Prayer is something that we also do corporately together in worship. Prayer is a way we can each, in our own space, connect to God together. This week we continue our phase 1 worship. As has been mentioned in weeks past, worship will remain the same until any new direction is given. This means we will continue to allow 25 people in the sanctuary, which includes those leading and running technology, but overflow rooms are available to view the live stream. We also continue to stream live on Facebook and YouTube for those who can and desire to remain worshiping remotely, allowing for more room for those who cannot worship at home. Additionally, we are mailing pastor's letters, bulletins and copies of sermons to those who have no other means of worshiping with us.

Furthermore, the Children's Sunday school boxes were delivered. If you know someone who might want a Sunday school box, please let our secretary, Jen, know. These boxes contain all the necessary supplies to learn more about the God to whom we pray. May we all remember that God is near to offer God's peace and, in any and all times, God's ears are attentive to our prayers in whatever form they take.

In Christ 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 <u>https://www.espresbyterian.com/worship/</u> or <u>https://www.youtube.com/user/ESPresbyterian</u>

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