

Poem by Lois Westerlund

The Limits of Power

*Miserable, invisible bug
Drives the world indoors,
Empties all stores,
Closes office doors,
Dissolves money, not secure,
Takes the old, like days of yore,
Shakes the fearful to their core,
But brings the faithful to pour
Out their hearts, with
thankfulness,
To the God of Love and Power.
Who listens, who cares,
Who loves—look at the Cross.
His ways are not our ways,
There will be gain in this loss.*

If we don't maintain a quiet time each day, it's not that we are too busy; it's because we do not feel it is important enough... There's an old navy rule: when ships readjust their compass, they drop anchor in a quiet spot... Quiet time is not just a helpful idea, it is absolutely necessary to spiritual growth.

-- George Sweeting

Help is Available

Several people in the church have volunteered to help with picking up items from the pharmacy and grocery, and transportation to the doctor's office. Let the church office know if you have a need.

Crozet Market (Great Valu) offers curbside grocery service and home delivery. You can order online.



Birthdays:

3/25 Carol Aldridge
3/25 Patricia Huff
3/27 Sam Kellum*
4/1 Hugh Shears

*Note to the secretive "Pastor's Birthday Gift Committee": under the circumstances, large amounts of canned foods are not expected this year. It's the thought that counts.



Daily Bible study videos are posted weekdays on the Mountain Plain Facebook page.

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PLAINLY SPEAKING

The
Mountain Plain Baptist Church
Newsletter
March 23 - April 5, 2020



I lift up my eyes to the hills —
where does my help come from?
My help comes from the Lord,
the Maker of Heaven and Earth.

While Sunday services are paused, we hope this bi-monthly newsletter will be a reminder that you are missed and loved, and that we will get through this together as we trust in God.

I am guessing it has been over twenty-five years since Mountain Plain has had a newsletter. We are hoping this newsletter will be another way of keeping the church family informed and encouraged.

On Thursday, March 19, 2020, our pastor Sam and the current deacon board (Scott Belew, Jim Fox, Douglas Hill, A.J. Smith and Lloyd Willis) met via a conference call set up by A.J.

We were able to go over the agenda prepared by Sam as well as covering other issues suggested by the deacons. Issues discussed during the meeting included the generation of a newsletter, ways of allowing financial support of the church while church services aren't being held, and having each person in the church family have a deacon or pastor contact by phone, card, letter, email, etc. once a week until services resume.

We plan to meet again on April 2, 2020 by conference call. If you have concerns that you feel the deacons should discuss, please contact one of us. --Lloyd Willis

Quarantine Cuisine

recipes from the back of the pantry

Sheepdog's Pie

- 1 can Dinty Moore beef stew
- 1 cup mashed potatoes

After donning your chef's hat and washing your hands - again! - open can of Dinty Moore and pour into soufflé dish until 1 inch from the rim. Using a pastry bag (or a spatula if you were raised by wolves) pipe mashed potatoes on top of stew up to top of dish. Bake at 425 degrees for 15 minutes or until stew is bubbly and potatoes are just brown on top.

When the virus canceled Sunday services last week I spent the morning watching sermons online. The most common sermon text that day was 2 Timothy 1:7 "For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment." This is a fine Scripture choice for difficult times, but just not in the way I heard it used. Put in context, this Scripture is not saying we should pay no mind to dangers (such as today's global pandemic), but rather that we must focus on the most important things — loving God and loving our neighbors — despite the challenges we may face.

When we read the next verse, 2 Timothy 1:8, we see that Paul was encouraging his young protégé Timothy not to be discouraged as he preached the message of Christ to a disbelieving, often hostile world: "So don't be ashamed of the testimony about our Lord, or of me His prisoner. Instead, share in suffering for the gospel, relying on the power of God."

Paul wasn't counseling Timothy to ignore all dangers, but rather to continue telling people the great news about Jesus Christ, regardless of how difficult life got. My guess is that it's hard to share the Gospel while hooked up to a respirator in ICU, so perhaps we should pay extra attention to that part about "sound judgment."

Taking prudent measures to protect yourself and others from a health risk is not succumbing to fearfulness, it's being loving and wise. Fearfulness would be focusing only on ourselves rather than on the well-being of others. Our current situation does not prevent us from sharing our testimony about the Lord and reaching out to those in need with a phone call, note of encouragement, or act of kindness. May we take such actions in the days ahead with a spirit of power, love, and sound judgment, while relying on the power of God.

Like a coating of glaze over earthenware are fervent lips with an evil heart.

A malicious man disguises himself with his lips, but in his heart he harbors deceit.

Though his speech is charming, do not believe him, for seven abominations fill his heart.

His malice may be concealed by deception, but his wickedness will be exposed in the assembly.

If a man digs a pit, he will fall into it; if a man rolls a stone, it will roll back on him.

A lying tongue hates those it hurts, and a flattering mouth works ruin.

Sunday services will be canceled until further notice. Should the social distancing mandate continue several more weeks, please feel free to submit your own newsletter articles for future editions.

Email mountainplain@gmail.com

One of the challenges of this pandemic is financial. As the economy struggles and people's incomes are affected, charitable giving often decreases. Will you please continue your faithful contributions to Mountain Plain even while we are not able to gather together? Assuming we will not meet for at least the next two Sundays, we have included two self-addressed, stamped envelopes to help you continue your weekly giving. Thank you in advance for keeping the ministries of your church strong.