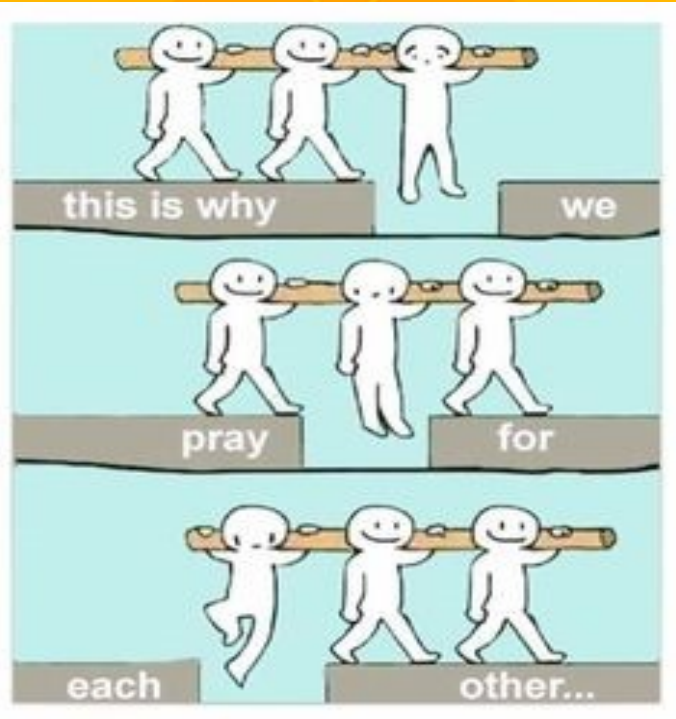


United Parish
801 Main
Box 175
Bottineau, ND 58318
Facebook
We are on the web
www.unitedparishbottineau.com
Newsletter News:
Send
unitedparishbottineau@gmail.com
Deadline for Newsletter is
- looking for articles
Church office - 228-2800
Secretary - 228-8123

Bottineau Food Pantry
Church volunteering June 17, 2020 and July 15, 2020
At this time with COVID-19 we have been **cancelling church volunteers** and a group of less than 10 pack boxes the day before distribution. If you prefer to get a group of volunteers now feel free to do that or you can wait and I will keep you informed as to our current process. Stay safe, Feel free to contact me if you have any questions. Joan Mortenson



Up Beat



UNITED PARISH NEWSLETTER
JUNE 2020

Where's the Peace in the World Filled With Fear?
Rachel Ferchak Geckle, with Eric Coe 8 Minute Read

My dad is part of the population most vulnerable to the new coronavirus. He has a degenerative illness called multiple system atrophy (MSA). It's a rare disease that affects the brain stem — more specifically, it attacks and slowly shuts down the respiratory system. The slightest infection could be fatal. Although he's free of infection right now, the "what ifs" surrounding the coronavirus abound.

"Are you stocked up on medical supplies and all of dad's special food and his medicines?" I asked my mom in a text this week.

"I am trying! Dad's food is good for about six weeks," she responded. "Going to buy more supplies tomorrow morning. ... As many as I can." She ended her response with a smile emoji.

"OK, that's good to hear," I wrote. "I'm really worried about you two."

"Please don't worry. We'll be OK!" Mom texted back with another smile.

"I'm still worried."

My parents live 900 miles away from me. Visiting them isn't an option right now, but that's not the only thing related to COVID-19 weighing on my mind.

I'm worried. I'm a Christian and I'm worried. And, what, if anything, can I do about it?

Everything feels uncertain. My mind often jumps to worst-case scenarios. I have no control over this pandemic. No control over who visits my parents. No control over what germs are in the area. No control over whether a loved one will contract COVID-19. No control over whether my city locks down. No control over whether another recession is on the horizon.

I'm worried. I'm a Christian and I'm worried. And, what, if anything, can I do about it?

I have a low-level anxiety disorder, which is under control. But circumstances still arise that bring up natural fears and concerns.

One minute I hear, "It's not that bad." And then I hear the constant stream of updated numbers — of countries on lockdown, travel restrictions, cases and deaths, reports on the global economy. The uncertainty brings my anxiety back up.

Living in Florida, I'm used to waiting out storms — namely hurricanes. You watch the news, check for updates repeatedly and wait. You don't know how it'll affect you, but still you wait. When things are out of your control, an underlying anxiety and fear inevitably come.

The global pandemic is causing me to experience similar emotions.

How do I walk through this when it all feels daunting?

Acknowledging your fears is a good first step.

The next step can be harder: Remember.

Remember that God enters into your anxiety and tells you to share our concerns with Him because He cares for you (1 Peter 5:7). Remember to go to Him with your burdens, and He will give you rest (Matthew 11:28-30). Remember that He has provided you with perfect peace through a living hope (Philippians 4:6-7). And remember that God-given peace does not make natural sense.

The Bible describes a God who is not indifferent to the details of our lives. It describes a God who knows us personally, who cares for us deeply, and for whom nothing is out of His control. We live in a world broken by sin, and unfortunately, the consequences of sin remain.

God isn't content for us to continue to live in a broken world. That may be our present, but it is not our future. God gives us a promise that, in eternity, something better awaits.

A world with no sickness. A place of security and stability. Loss and grief will no longer overtake us. Death will no longer reign. And the God who made you so you could know Him will wipe away your every tear.

God isn't content for us to continue to live in a broken world. That may be our present, but it is not our future. God gives us a promise that, in eternity, something better awaits.

God is no stranger to suffering, devastation or carrying heavy burdens. God entered into our hurting world to rescue us. Through His Son, Jesus, He walked among us and experienced all we have gone through and will go through.

Jesus says in the Gospel of John, "I am the way, and the truth, and the life. No one comes to the Father except through Me" (14:6, New International Version). Through dying a humiliating death on a cross, He took the penalty for our shortcomings. Through His resurrection, Jesus has made the way for us to have a relationship with God. Because of Jesus, we have a hope that extends beyond the short window of our lives. And if we have experienced the forgiveness that Jesus offers, we can look to the future with peace and joy, regardless of the present circumstances.

This certainty with God brings me back to the peace that doesn't make sense. Regardless of someone's faith, anxiety and fear are natural tendencies. This world was not created for sickness, for death, for sorrow, for instability. But through Jesus, you can have peace within all the uncertainty and still hope for the future.

Peace doesn't mean you ignore the risks or avoid thinking about the situation. Peace isn't saying, "Oh, everything will be fine." Peace doesn't mean you shouldn't take proper precautions for your safety and the well-being of others. (We still need to take responsibility and follow the guidelines of health experts and officials.)

Peace is acknowledging that the circumstances are bad and may get worse but, by trusting in Jesus, having hope in the midst of those circumstances.

We have the opportunity to live unafraid because of a hope that isn't based on wearing a mask or the development of a vaccine but that rests in a relationship with the Prince of Peace, Jesus Christ.

THE HISTORY OF FLAG DAY

The first celebration of the U.S. Flag's birthday was held in 1877 on the 100th anniversary of the Flag Resolution of 1777. However, it is believed that the first annual recognition of the flag's birthday dates back to 1885 when school teacher, BJ Cigrand, first organized a group of Wisconsin school children to observe June 14 - the 108th anniversary of the official adoption of The Stars and Stripes as the Flag's Birthday. Cigrand, now known as the 'Father of Flag Day,' continued to publically advocate the observance of June 14 as the flag's 'birthday', or 'Flag Day' for years.

Just a few years later the efforts of another school teacher, George Balch, led to the formal observance of 'Flag Day' on June 14 by the New York State Board of Education. Over the following years as many as 36 state and local governments began adopted the annual observance. For over 30 years Flag Day remained a state and local celebration.



June Birthdays

- 1- Tyler Bernstein
- 3 – Trevor Bernstein
- 5 – Linda Bullinger
- 7 – Lyla Cote
- 18 – Paige Vad
- 20 – Peggy Nelson
- 22-Carson Reed Bremner
- 24 - Ron Martin
- 25 - Jim Whetter
- 30 - Jim Berube



- 9 – Brad & Margo Knudson
- 22 – Jim & Sharon Whetter
- 24 - Howard & Dorothy Beyer
- 24 – Shari & Les Turner

Sympathy to the families of Mildred Wheeler and Lorraine Cote..

United Parish Missions

Violet Reinholz Birthday - James & Diane Reinholz

Presbyterian Memorial

Gary & Fell Kippen - Joy Sanders



Prayer in a Time of Pandemic

May we who are merely inconvenienced Remember those whose lives are at stake.

May we who have no risk factors Remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose Between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close Remember those who have no options.

May we who have to cancel our trips Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market Remember those who have no margin at all

May we who settle in a for a quarantine at home Remember those who have no home. As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors. AMEN. (Author Unknown)

