

THE CUP



CUP EVANGELICAL PRESBYTERIAN CHURCH

'Join us for a drink of Living Water'



From the Pastor's Desk...

APRIL 2020

April 9, 2020

Dear Cup family and friends,

'Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and have pity and leave behind a blessing. . . Blow a trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders, Gather the children, even those nursing at the breast. Let the bridegroom leave his room and the bride her chamber. . .

-Joel 2:12-16

Clearly, these are unprecedented days in our nation, at least in our lifetime. Our current pandemic has upended our daily routines in countless ways, and caused us to recognize our frailty in stunning fashion. I have found it particularly interesting that this has fallen in the Christian season of Lent.

Friends, as the spiritual saying goes, 'if we ever needed the Lord before, we sure do need Him now.'

Our national denominational leaders have partnered with the Anglican church of North America in calling for a national day of prayer and fasting for tomorrow, Good Friday. I have enclosed the some attached resources they have provided, as well as something from the Navigators, a Christian parachurch organization I would recommend to you. Taking even an hour to come before the Lord to call out for His mercy is time very well spent. Those of you who were with us during the days we spent in a week-long prayer vigil in 2009 likely remember the rich experiences of meeting with the Lord that occurred in our prayer room. Indeed, the leading comment I heard was, 'I signed up for an hour of prayer; I wish I had signed up for two!'

Well, it appears that our current state of affairs has provided an excellent opportunity to call out to God from our homes. Please join with Kristina and myself this Good Friday for prayer and fasting. "Taste and see that the Lord is good." (Psalm 34:8)

In Christ,

Pastor Scott

Good Friday Book of Common Prayer (Anglican Church of North America)

<https://epc.org/wp-content/uploads/Files/EmailAttachments/GoodFridayBookOfCommonPrayer.pdf>

Practicing God's Presence in Prayer (Navigators.org)

<https://www.navigators.org/wp-content/uploads/2020/03/Practicing-Gods-Presence-in-Prayer-.pdf>

Protect Yourself from COVID-19

From the CDC Website, for more info visit [cdc.gov](https://www.cdc.gov)



Know How It Spreads

#• There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

#• **The best way to prevent illness is to avoid being exposed to this virus.**

#• The virus is thought to spread mainly from person-to-person (a) between people who are in close contact with one another (within about 6 feet) and (b) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Some recent studies suggest that COVID-19 can be spread by people who are not showing any symptoms.

Take Steps to Protect Yourself and Others

CLEAN YOUR HANDS OFTEN

#• **Wash your hands** often with soap and water for at least 20 seconds especially (recite The Lord's Prayer while washing) after you have been in a public place, or after blowing your nose, coughing, or sneezing.

#• If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

AVOID CLOSE CONTACT

#• **Avoid touching your eyes, nose, and mouth** with unwashed hands.

#• **Avoid close contact** with people who are sick

#• Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick. Remember that some people without symptoms may be able to spread the virus.

COVER COUGHS AND SNEEZES

#• Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

#• **Throw used tissues** in the trash.

#• Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

#• Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

USE A CLOTH FACE COVER IN PUBLIC

#• Cover your mouth and nose with a cloth face cover when you have to go out in public, for example to the grocery store or to pick up other necessities. (Cloth face coverings should not be placed on young children under the age of 2, on anyone who has trouble breathing, or on anyone who cannot remove the mask without assistance.)

#• **Do not use a mask meant for a healthcare worker.**

#• Continue to keep about 6 feet between yourself and others. **The cloth face cover is not a substitute for social distancing.** The cloth face cover is meant to protect other people in case you are infected.

CLEAN AND DISINFECT

#• **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

#• **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

IN NEED OF PRAYER?

Cup Church also has a Prayer Chain set up for anyone in need throughout the week or anyone having a prayer request. Please call Jenn during Office hours (Tuesday—Friday 9:00am—2:00pm) at 724-843-1594. Jenn is working from home and periodically checking messages throughout the day. For URGENT prayer requests, please call Jenn on her cell phone at 724-624-4094. If you cannot reach Jenn, you can also contact Scott or Joel to start the prayer chain.

Also, we are available if you would like to set up a more convenient time to pray together over the phone with a member of our prayer team or one of our elders.

Please remember that all prayer requests will remain confidential unless we are given permission to publically share!



Please join us online at cupepc.org for Resurrection Sunday service!



Easter Flower pickup will be Friday, April 10th from 11a—12p and Saturday, April 11th from 10a -12p. Please pull up to the main entrance steps and remain in your vehicle. Your flowers will be bought out to your car.



CUP LIBRARY NEWS

Hi folks,

I certainly miss seeing everyone at Cup and I pray that you are all staying healthy during this time of isolation. I realize it is not a time to use the Cup library in person but I wanted to let you know of some books that will soon be a part of our collection and will be available for your use in the near future.

The first two are books by Max Lucado, “Traveling Light” and “God Came Near”. Both are books that contain short essays or meditations that help the Christian believer to become closer to God.

Another book is “A Praying Life” by Paul Miller. In it Miller addresses the difficulty of maintaining a prayer life and he encourages Christians who want to know the joy and power of a vibrant prayer life.

Finally, we will be adding “Sources of Strength” by former U.S. president Jimmy Carter. He has been an avid student and teacher of the Bible for many years. The book is a compilation of 52 of his favorite meditations to share with those searching for new faith and understanding.



Paula Keefer, Cup Librarian



No words?

Not really sure where to begin. What a whirlwind the past month has been. With so much change happening I feel like I am in a wild dream. Although we can not meet in person the Youth have still been meeting weekly on Sunday's. Our new normal is seeing these beautiful faces on a screen instead of in person where I can hug them! We are adjusting! And I will tell you seeing their faces on that screen brings great joy to my heart!!! These youth are resilient for sure! I see their faith growing as I challenge them weekly to get on solid ground! We will continue to be online till further notice.

As for now Shine seems to be over for this year. It is with a sad, very sad heart that we cancel the musical in April. At this time I have no further information regarding Shine. However, I am posting a weekly devotion/lesson/challenge. Our Shine families are missed greatly!!!

Mini's Youth Group currently is operating as me posting a recorded lesson with "handouts". This is taking place every Tuesday. We are looking to go "live" there as well!!

Guys we are in crazy times but we know one thing is sure. We have a mighty God who loves us more then we sometimes understand. I am grateful for that knowledge and I beg you to continue to pray for the world and especially the Children and Youth. They are watching the world and they are seeking God in a different way! Pray they find that relationship with Him that is strong and they can feel his ever present love!

Blessings to you all! I can't wait to worship next to you in church again!

Your sister in Christ,

Joel Cunniff

CUP Children and Youth Director

"Your Life in Christ makes you strong and his love comforts you."
 Philippians 2:1-11

