Welcome to the first day of Spring and the first issue of our newly designed Weekly Newsletter. We'll be emailing this to you now on ***Thursdays*** with news about Sunday's online worship service, church family birthdays, and various other information we hope is of interest to you.

Even though we can't be together right now, you can still watch our weekly worship service on **Facebook** (*facebook.com/First.United.Pres*) beginning at ***9:45am on Sundays***. You can also watch our worship services at any time on our website at *www.firstunitedpc.org*. Finally, if all this technology is not comfortable to you, you can contact the church office to request that a DVD of our latest service be mailed to you. Our church isn't the building, it's our people. Please let us know what we can do to be of help to you.

Where is God? How are we to respond in times of crisis as people of faith? Many of us are struggling with finding some sense of peace during this upheaval and anxiety. Jesus has promised that He will always be with us in the darkest valleys and when we feel overwhelmed by our current situation. ***This Sunday***, we will focus on a story found in the Gospel of John (John 9: 1-12) about how our faith can be challenged and how God never stops bringing about good from evil. Join us online as we celebrate the reality that when it seems the darkest, Jesus is the light!

Pastor Luke

Are you feeling stressed or anxious?
Try this deep breathing technique:

1 - Breathe in...
2 - Focus on the things you can control...
3 - Breathe out…
4 - Let go of the way you wish things could be…
5 - Repeat as many times as needed…

While we adjust to our "new normal," ask yourself and your loved ones (in person or by phone) these questions:

- What am I grateful for today?
- Who am I checking in on and connecting with today?
- What expectations of "normal" am I letting go of today?
- How am I going to move my body today?
- What beauty am I creating, cultivating, or inviting today?

Why not call, email, or send a card today?

LAST WEEK

Last Sunday	**Lynn Jensen**
Last Monday	**Madelyn Janssen & Lynnee Schmidt**
Last Tuesday	**Patricia O'Konski & Joseph Vollmar**
Last Wednesday	**Paul Jensen**

THIS WEEK

Friday	**William Johnson**
Saturday	**Don La Rock & Larry Longlais**
Sunday	**Peg Hau**
Monday	**Andrew Schnitzler**
Wednesday	**Suzanne Driscoll & Lisa Koltz**
Next Thursday	**Cindi Barnett & Anne Dropp**

First United Presbyterian Church

"Changing Lives through God's Love in Christ"

605 N Webster Ave
De Pere, WI 54115
(920) 336-1446

info@firstunitedpc.org

www.firstunitedpc.org

facebook.com/First.United.Pres

If all the talk about Covid-19 is making you feel frightened or over-whelmed, support is available. You are not alone. Call the **Distress Hotline** at **1-800-985-5990** or text TalkWithUs to 66746. #Covid19 #NoStigma

Loren's "Church Sign" of the Week

"When the world pushes you to your knees, you are in a perfect position to pray."