

Dear 55Alive!

I realize that some of you in Adult 4 and some of the individual classes are not yet 55 years old – but, Lord willing you WILL be!! Anyhow, we can't separate you **out**, so you get this pithy message, too!!

Gale and I just got back from Georgia and we had a great time – it was unique and unusual. There was a HUGE difference in the traffic on Interstate 20 – and, people seemed to drive a little more cautiously. It was really a fun drive.

**What unusual times we are in.** It's hard to believe how our country has changed in the last 2 – 3 weeks. I want you to know that your staff and the Prayer Ministry are praying for our church family to weather this storm and be shining examples of how God's people should act (and respond) during a time such as this!

Each day there seem to be new reports of drugs that are efficacious for this terrible disease. The most recent I've seen is hydroxychloroquine (Plaquenil) so those of you who are taking it (that includes me) very well have an extra layer of protection.

However, we know that the Lord is our true protection! HE is our shield!! I know that all of us have some “extra time” that can be devoted 1) to being in His word, and 2) to prayer. I would exhort you to not listen to the voices of doom on radio and TV hour after hour. We need to know what's going on, but we don't need to hear it over and over. Instead of focusing solely on the situation, let's pray and ask the Lord of the universe to intervene – and let's pray that people will turn to Him through this experience.

Bro. Larry sent a note to me from **Costco** that said that those who are **over 60** have a special opportunity to shop there. Costco will be opening on Tuesdays and Thursdays from 8-9 AM for senior (60 and older) shopping hour amid the coronavirus pandemic.

You may have heard that Cameron Bowman at our church is assembling a group to help provide needs for our 55Alive people. If you have a need, please email (suzie.miller@hotmail.com) or call the church (817.244.6590) and we will do our best to help you. BTW – a NEED is not a half gallon of ice cream or fingernail polish!!

Here is a checklist for all of us:

- 1 – Be in the word DAILY and be in prayer as a way of life!
- 2 - Let me encourage EVERYONE to reach out to each other. Don't let yourself become isolated – **call someone!!**  
Don't wait for someone to call you!
- 3 – Exercise your body! If you can't get outside, then walk around INSIDE. Exercise will help clear your mind as well as help rejuvenate your body.
- 4 – Think of all the things you have to be grateful for!!

I'll be sending a guide for scripture readings that may help us during this time to you tomorrow. I hope that putting God's word into our minds and praying together as a body of believers will help us to come out strong and victorious when this is all over!

May our God bless each of you with health and wisdom!!