

15941 Virginia Ave.
Paramount, CA

EMMANUEL

C H U R C H

March 5, 2023
(562) 531-6820

connecting people to Jesus, people, and God's mission

Please keep the following people & their families in daily prayer...

- RICHARD GRIFFIN: Issues with blood flow and circulation to legs & feet
- GREG ENGLE: Inclusion Body Myositis
- SHEILA IANTORNO: Lupus, Breast Cancer
- TROY KUBINSKI: Inclusion Body Myositis
- GAY WALKER: Lung cancer
- TANYA COLLIS: severe pain 24 hrs/day
- CHARRON GAYDEN: Mental Health
- JADEN MALDONADO: (child)
Congenital cytomegalovirus
- TANYA MCKOWN: Lupus, Health issues
- EMMA ROMERO (Teen): Seizures
- BERTHA MARTINES: Stroke/ complete healing
- FRANCES HOLTON: Full recovery of knees
- RAQUEL MALDONADO (23): Recently diagnosed with MS
- WILLIAM SUAREZ: CHF
- JOSE PAGAN: Malignant tumor located near front of ear



DON'T FORGET TO
Spring Forward
SUNDAY, MARCH 12TH



ATR

ABOVE THE RIM BASKETBALL will be kicking off the spring season on March 6!

The 10-Week season will take place in the Activity Center and the parking lot basketball courts on Monday evenings at 6:30pm. Invite your friends or show up solo! Anyone 4th Grade and older is invited! Volunteers and athletes are encouraged to join us! If you have questions, email Christian.Korver@erc.la. We hope to see you there!

COMMUNION
Sunday

NEXT WEEK

do this in remembrance of me

English: 9am 10:30am 12pm 6pm | Spanish: 10:30am 12pm | Nepalese: 9:30am
(sanctuary) (activity center) (brick building)

Scan to access
ERC's Hub!



Additional Giving Opportunities

Church Planting offering March 5

Weekly Offering

YTD Offering: \$544,742.92

YTD Budget: \$546,984.00

Last Week's Offering: \$121,095.01

2023 Weekly Budget: \$60,766.00

Scan to
GIVE



IG: @erclosangeles | FB: @ERCPARAMOUNT | YT: @ERCVIDEO LA

CUT THE NOISE



Scripture Reading -Mark 1:35-39

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. -Luke 5:15-16

Cut the Noise - We need to be intentional in carving out time to be alone and in silence.

Mindfulness

Mindfulness is a state of active, open attention to the present. This state is described as observing one's thoughts and feelings without judging them as good or bad. -PsychologyToday.com

Silence and Solitude:

Intentional time in the quiet to be alone with ourselves and God. -John Mark Comer

Jesus' rhythms of retreating and reentering

- 1- It's how he began his ministry. -Matthew 4:1
- 2- It's how he made important decisions. -Luke 6:12-13
- 3- It's how he dealt with troubling emotions like grief. -Mark 14:13
- 4- It's how he dealt with the constant demands of his ministry and cared for his soul. Luke 5:15
- 5- It's how he taught his disciples. -Luke 11:1

- When we cut the noise, we get to **know** God. -John 10:27

- When we cut the noise, we **delight** in God. -Psalm 149:4

- When we cut the noise, we **rest** in God. -Matthew 11:28-30

- When we cut the noise, we **trust** in God. -Exodus 14:13-14.

Intentional time of silence and solitude:

- Establish a sacred time and place.
- Have a realistic goal.
- Settle into a comfortable, yet alert position.
- Read your Bible.
- Ask God to give you a simple prayer that expresses your openness and desire for God.
- Close your time in silence with a prayer of gratitude.
- Resist the urge to judge yourself or your experience in silence.

Silence and solitude throughout the day:

- Talk to God before you check your phone.
- Drive in silence.
- Don't watch the news for a day.
- Keep your phone in your pocket or at home for most of the day.
- Read your Bible while on your lunch break.
- Take a couple of minutes alone in your car after work before you go inside your house.

Time for reflection

Where in your life do you need to "cut the noise" in order to enjoy God's presence?
