



The Edge

MONTHLY NEWSLETTER OF FOREST HILLS CHURCH

From the Pastor's Perspective

Monthly Church Events

At Home for Easter

It was still the first day of the week. That evening, while the disciples were behind closed doors because they were afraid of the Jewish authorities Jesus came and stood among them. He said, "Peace be with you." -John 20:19

The first Easter, the disciples stayed home.

Mary, Salome, and Mary Magdalene went to the tomb early in the morning to finish anointing Jesus' body (they didn't have sufficient time on Friday before the sun set—Jewish Sabbath started at sundown). So, as the sun rose on Sunday, they went back to the tomb to finish burial preparations.

That's when they were the first witnesses of the miracle! Jesus' body was not there. In fact, two angels tell them that Jesus had risen! They rushed back to tell the disciples. Only Peter and John went to see the empty tomb, however. Then they, too, went back home.

Mary, however, lingered at the tomb crying. That's when Jesus appeared to her. She rushed back to tell the disciples, but they stayed home.

So, the first Easter, Jesus' followers (all but three women and two men) stayed home. Then, while they were there (actually it was that evening), Jesus came and met them where they were! That's where He blessed them with peace.

That's when they experienced Easter.

Easter is Easter when and where you meet the risen Jesus. Even when we can't gather together in worship as the Body of Christ, it is still Easter! Although within weeks after that first Easter Christians started gathering together on Sunday

Daily	Daily Devotional videos posted
Wed.	Grow Group, Youth Group, Confirmation, and Kids videos posted
Sun.	Watch the worship service at 10 am
Sun., April 5	10 a.m.: Palm Sunday Worship
Thurs., April 9	Maundy Thursday Holy Communion at home
Fri., April 10 - Sun., April 12	Good Friday Prayer Vigil
Sun., April 10	6 a.m. Easter Sunrise Worship
Sun., April 10	10 a.m. Easter Worship
April 17th	Unload Truck (various Times)
April 18th	6 a.m. Community Care

Continued on page 2...

Pastor's Perspective Cont'd

morning to celebrate and commemorate Jesus' resurrection, Easter has always been a celebration of the risen Jesus

meeting us where we are at and experiencing Him and His transforming power.

There may be something God is trying to show us this Easter as we stay home and worship remotely. Perhaps we think of Easter too much as something we celebrate by "going to church." This year God is showing us that Easter is about meeting Jesus wherever we are. Easter is not at church. In fact, that's the point! Easter is when we meet the risen Jesus in our own lives and receive His resurrecting power. Easter is about Jesus' living transformation in our lives, in our homes, right where we are.

Perhaps it is good to stay home this Easter! We are "locked in" in many ways: not just staying at home, but also by all the other ways that, even when we are able to travel freely, still restrict our abundant living. What are the ways that you are "locked in?" Do you have sins that keep you trapped? Do you have past choices that limit your freedom? Do guilt and shame hem you in? Do you have death in relationships or dreams that keep you "grounded?"

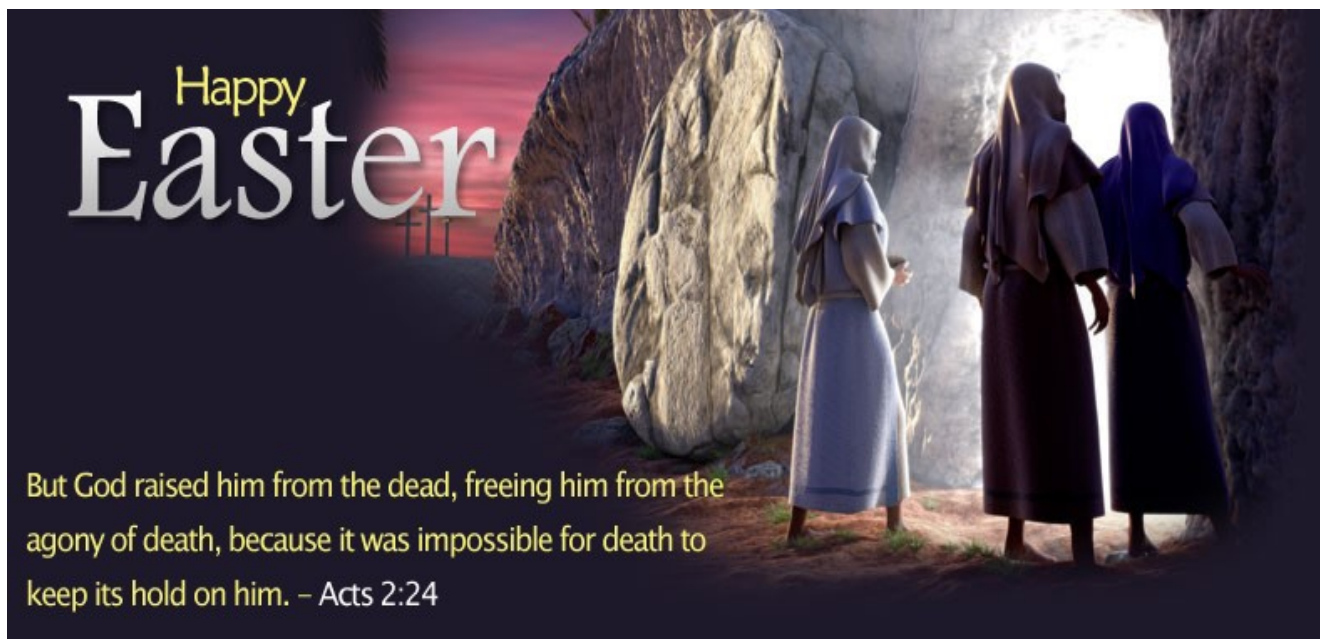
Hear the Easter news! Hear the angels' proclamation, "Jesus has been raised from the dead, as He has said. ... Tell His followers that He is going ahead of you ... and you will see Him!" (Matthew 28:6-7). The risen Jesus meets us right where we are locked up! He comes in and frees us. He changes us. He makes Easter right where we are. Easter is your life opened up.

We are going to reenact this first Easter by worshipping at home this year. Like the women we'll go and gather (although staying in our cars) at sunrise. Then, like the disciples, we'll have regular worship back in our homes remotely. There are Holy Week worship bags for each person with articles to accompany our worship videos for our Palm Sunday, Holy Week, and Easter worship experiences. Be sure to get your Easter at Home Bag (see details on the next page) so you can meet Jesus behind your locked doors.

This year, Easter will be all the more real and powerful, at home!

Peace be with you!

Pastor David



Holy Week (Remote) Services:

Easter will not be AT church (the building), but it will be WITH church (your church family, joining together remotely). We are going to reenact the first Easter by worshiping at home this year. The risen Jesus meets us right where we are locked up! He comes in and frees us. He changes us. He makes Easter right where we are.

We are offering Holy Week worship experiences remotely! You can find the videos and resources on our church web site at www.foresthillsumc.net.

You will also need an Easter At Home Bag. Pick one up at church sometime Thursday April 2 or Friday April 3, from 9 - 6 p.m. OR you can call the church office and someone will deliver a packet to you (in the Forest Lake area!). To pick up your bag, they will be available on the church sidewalk or, for a "drive through" option, simply call the church (651-464-5249) when you arrive and someone (wearing a glove!) will hand you a bag in your car. Easter at Home Bags have been assembled in sterile conditions and with safe products.

Sun., April 5 at 10 a.m.: Palm Sunday Worship

We will wave palm branches (supplied in the Easter at Home Bag).

Thurs., April 9: Maundy Thursday Holy Communion

Eat your Thursday evening meal, and then finish your meal by celebrating Holy Communion by watching the video (supplies in the Easter at Home Bag).

Fri., April 10 - Sun., April 12: Good Friday Prayer Vigil.

Pray for a half an hour by lighting the candle and holding the pocket cross (provided in the Easter at Home Bag). Sign up for a remote time slot on the church website.

Sun., April 10 at 6:30 a.m. Easter Sunrise Worship

Drive to Forest Hills Church parking lot and stay in your car! We'll have a speaker so everyone will be able to hear and participate with their windows down. We'll also have a creative Holy Communion experience.

Sun., April 10 at 10 a.m. Easter Worship

Watch the Easter worship video and use the plastic Easter egg with a surprise inside (provided in the Easter at Home Bag).

Creating Connecting Circles

During this time of social distancing, we're coming together as a church family...in creative ways! We're creating "Connection Circles" within our church family, groups of about 6 people, and we're asking each circle to make a weekly remote connection (phone call, text, email, etc.) with each other. We've asked some folks to "host" a circle, but we want everyone to make at least one remote connection with another person in their circle each week. You should be getting a contact from your host soon! Here's a recommended format for your weekly remote "connection":

1. Check in for how things are going.
2. Review the week's memory verse (available in the weekly email).
3. Share a "God moment" - A way that you have each seen God at work lately.
4. Pray with or for each other, or use a printed/provided prayer.

So, church family, let's stay connected!

Prayer Vigil 2020

COVID-19 has led to an unprecedented experience for us in our country & church - social distancing. Most of us will feel it most keenly when it comes to church. We may feel this is a brand new idea - Easter at Home - but it turns out that Jesus already had this covered! Want to be apart of our Easter prayer vigil remotely? Sign up on our [website here](#).

Not sure what to pray about? Here are some suggestions of how to go about your prayer hour. In the case of a half hour, cut all times in half! Times are approximate, this is just a means of getting started.

Preparation (1 min): Ask God to help you spend this time profitably with him. Give yourself to him for this hour. **Confession (4 min):** Spend a moment going over with him recent sins that weigh on you, but don't dredge up old ones. Read 1 John 1:9. Ask for his cleansing, and then accept it by faith and thank him for it.

Praise and thanksgiving (9 min): Sing or read your adoration to the Lord using a hymnal or choruses you know. Now start to thank him for his goodness to you and your friends. There's a special sense in which God "inhabits" the praises of his people (Ps. 22:3).

Petition (9 min): Pray about life's difficulties. Use this time to talk over with the Lord your own struggles. Discuss with him your relationship with your loved one or spouse, your family, your financial needs, your studies or job.

Intercession (9 min): Pray for friends, loved ones, relatives, neighbors, fellow workers. Don't just read a list of names to God, but talk to him about their lives and needs. You can boldly ask him for their salvation. Ask God to bring Christians into their lives, to alter circumstances, and to give you opportunities for witness.

Prayer for the church (12 min): Call on God for a deep renewal of love for him. Pray for your pastor and church leaders. Intercede for the Sunday school children and the youth, the families, the singles, the widows, the sick and those unable to leave their homes. Call on God for an increase in giving so the church can accomplish its work. Pray for the Christian organizations working with the college students, children, military personnel, and the homeless in your community.

Prayer for the nation (8 min): Pray that God will guide our president and legislators, our justices and judges, our governors and mayors, our police and firefighters. Pray for righteousness in government and a public policy sensitive to the needs of the oppressed both here and abroad.

Prayer for other nations (8 min): Pray for the work of Christ throughout the world. Intercede for unreached peoples. Pray for missionaries, for Third World pastors and churches, for the people of God who are suffering persecution. Pray for peace. Ask God to give food, shelter, and hope to the hungry.

If you have questions contact Amanda Lucas.



A Word from Worship

Time continues to march on even if it seems like everything else has slowed down. For our family, this shelter-in-place feels like an extended spring break. Everything has changed. The way we work, the way we go to school, the way we interact with one another. Has the way we connect with God changed as well?

Most of us would hope that our faith is the type that cannot be shaken by the curveballs life might toss our way. But a worldwide pandemic that shuts down our way of life is a different story. Many are consuming as much news and media as they can. They want to be informed. Many are hoarding supplies and products. They want to be prepared. Many are binding on Netflix and video games. They want to pass the time.

As Christians, during this time (and any time) we want to be faithful! We can stay informed and prepared and enjoy some entertainment, but we answer to a higher calling. Even when we cannot meet together, we are still the people of God! We still love, grow and serve! These things might look a little differently during this time, but we must never neglect or ignore our mandate!

So as you are shut up at home you may feel lonely, a bit sad, maybe stir crazy...certainly abnormal. But whatever circumstances we might be experiencing, God remains unchanged. He is our rock, our sure foundation! We can rely on him.

Take advantage of the slowness of this time. Don't waste it merely wishing all this was over and waiting for things to normalize. Spend your time in worship! Use the videos we have provided on our church website. Find some worship music on Youtube. You can even make up your own songs of worship! It might all feel odd and awkward. That is okay. God is not at all embarrassed.

There are many times in the psalms where the writer commands his own soul to praise the Lord. Psalm 103 is no exception:

*Praise the LORD, my soul;
all my inmost being, praise his holy name.
Praise the LORD, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,*

Enjoy that crown! Enjoy the Love of your heavenly Father. Worship him even when it feels off and stay rooted in his word! This is not easy, but as the people of God, we are up for the challenge.

God bless you as you shelter in place.

For the King,
-Pastor Andrew

Praise the LORD, O my soul, and
forget not all his benefits —
who forgives all our sins and
heals all our diseases...

- Psalm 103:2-3 -



Community Care Up-date

Forest Hills Community Care would like to thank everyone who was able to make it to March's community care.

With the extra work effort required for this distribution to avoid contact as much as possible, you all did a great job. The following is a run-down of what you accomplished.

Friday night the volunteers boxed/bagged the non-refrigerated foods into shares in fellowship hall and boxed the refrigerated foods, as many as we could in the trailer. Everybody did an awesome job. Thank you for all your hard work.

Saturday, all carts were preloaded (non-refrigerated foods) with a share ready to load the freezer foods from the trailer. The guest cars lined up in the parking lot and were checked in at their cars, with a strip of tape for each share put on their backseat window. As the cars drove up, the shares were rolled out in carts and loaded in the cars. Carts were then reloaded and this continued until we ran out of food. Another new way of doing it for us, but our volunteers once again did an awesome job.

You all continued doing this until we ran out of foods, approximately 200 shares were distributed. Awesome! Awesome! Awesome! Thank you Lord for this group. You are blessed peoples. You are all a God Sends to this ministry and we appreciate all the help you proved.

Thank you

Community Care Team

“Prexting” the Psalm of the Day

I am indebted to our missionaries for the idea of praying the psalm of the day and to Reese Werner for the idea of “prexting” prayers.

Praying the psalm of the day is one of many, many different ways to pray. The psalm of the day provides fuel for prayer and can be used to enrich your prayers for yourself and others. For example, if it's the 11th of the month pray out of Psalm 11. Keep on going every day until you pray out of Psalm 30 on the 30th. If there is a 31st of the month, pray out of part of Psalm 119 (the longest psalm). On the first of the next month, pray out of Psalm 31, the first of the next month pray out of Psalm 61 and so on until you've prayed through all 150 psalms, then start over with Psalm 1. Pick a part of the psalm to pray for yourself or for someone else. For example, from Psalm 103:4, 5 NASB: “Dear God, Please redeem Susan's life and crown her with lovingkindness and compassion...please satisfy her years with good things so that her youth is renewed like the eagle.”

Take it to the next level by putting the psalm prayer into a text message to that person so they are encouraged. That way the effect of the prayer is multiplied as they can agree on it and think on the scripture that you sent. If someone is going through a difficult time (and we all are during this quarantine), consider “prexting” them (prayer-texting) (Reese Werner's term) once a week or once a month for a while to let them know they are not forgotten. Many struggles are ongoing and require ongoing prayer.

“The effective prayer of a righteous man can accomplish much” James 5:16b NASB

Jennifer Berglund

Youth Group

"And if Christ has not been raised, our preaching is useless and so is your faith." - 1 Corinthians 15:14

These past few weeks have been a bit crazy and for some scary. We as leaders are trying to figure out how much content to give out and how to connect with each of the groups. Last week, I posted a prerecorded video (you can check it out on our website) discussing Mark's view of Jesus's death & resurrection. This week we are going to do a Zoom call so we 'see' each other again.

Here is our upcoming schedule:

4/1: Zoom Call - Luke's Account and Check in

4/8: No Class

4/9: Maundy Thursday in home communion (video will come)

4/15: Zoom Call - John's Account

Summer 2020 Mission Trip

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can as long as ever you can." – John Wesley

Thank you all for the generous support of our mission trip! We have reached our \$3000 goal that will help fund the teens in going on the mission trip. We have also received money above and beyond that total, these monies will go to help fund a community meal during our mission trip. Past meals have through the ministry has fed over 400 people! We are excited to be able to be a part of not only meeting the spiritual needs of those in the Minneapolis community but also the physical needs.

Later this spring/ summer we will also be hosting a gently used shoe drive to gather shoes for the Good in the Hood ministry. These shoes will be given to them to resell to the community at low costs. The funds raised are then used to buy food for their food -shelf pantry and community meals.

Cassi

Director of Youth Ministries

April Birthdays

May your special day be blessed and filled with joy! If your birthday isn't listed, please call the office and let us know so we can add you to the list!

Andrea Hendrickson 4/16

Lois Werhan 4/17

Jennifer Berglund 4/18

Jacob Hendrickson 4/22

Marlin Bergerson 4/26

Matt Hendrickson 4/26

Dona Yetter 4/27

