

## In Touch

### HOW TO BE IN CONTROL WHEN EVERYTHING IS OUT OF CONTROL

Dear Friend:

If there's ever been a time where you feel out of control-now is likely one of those times! COVID19 has turned everything upside down. I have said it before and I will repeat it: this is not the first worldwide pandemic. The 1918 Spanish flu killed 50 million people. The 1968 Hong Kong flu killed 1 million people. None of us were alive in 1918 and the Hong Kong flu killed 100,000 in the U.S., the number we are approaching for COVID19. You wouldn't have heard as much about the Hong Kong flu because we did not have 24 hour news or the internet.

What is out of your control? Getting the virus is out of your control – ultimately. You should be smart and reduce the risk. You cannot control your country. What people and government do or do not do is totally out of your control. You can't control people at the grocery store. I wish they would all wear masks, I do. If they don't wear a mask I certainly can't control them. You cannot control people's fears or foolishness in regards to COVID19.

So...what are we to do? What CAN we control? First, realize you are the only one you can control. You can control your thoughts. You can control your attitude. You can control your temper. You can control your tongue. You can control your choices: fear or faith panic or prayer? "Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving, present your requests to God, and the peace of God which passes all understanding will guard your heart and your mind in Christ Jesus our Lord" (Philippians 4:6-7)

In Christ's Love, Pastor Mike

Church Events: Worship Sunday, 10:15 a.m.

Prayer Requests: Cindy Wagman/Farber as she has one more skin graft surgery ahead, Joy Fugate recovering from surgery related infection, Stan Eller (kidney illness).

If you have a prayer requests remember, you can email [Clarabell@franklinub.org](mailto:Clarabell@franklinub.org) or call and leave it on the church answering machine

**ALSO PLEASE NOTE:** We are seriously looking into a texting system that will allow the church to make announcements, instant prayer requests, and emergency information. Eventually, we would like to have everyone's cell number so we can conclude you in communication.