

April 5, 2020

# W E L C O M E

We count it a privilege to have each one of you who are viewing our Online Service. May you experience God's presence as you worship with us! We want you to know that we are here for you and want to serve you even amid this virus crisis. If you need assistance you can contact the Church Office at 717-762-5432 or Pastor Newsome at 717-404-6231.

## A Word from the Pastor:

I'm sharing an article written by Pastor Craig Groeschel of Life Church in Edmond, Oklahoma. He's also a best-selling author & leadership expert. This information won't apply to all of us but yet it will be helpful to those who have been furloughed during the crisis. Miss you and praying for you!!

### "LEADING FROM HOME"

During the COVID-19 crisis of early 2020, many teams are working remotely from home. In this season, meetings are over video, communication is sometimes indirect, and leadership has unique challenges. In addition to the physical differences and requirements of working from home, team members may also feel emotionally disoriented. For some team members, they may be stressed because they have even more work than normal—and for other team members, they may feel guilt over not having enough to contribute. Tips for working and leading from home:

#### 1. Go to bed on time.

The temptation is to stay up late, watch TV, or hang out with the kids—because you're all at home. Don't do it. To be effective, continue to lead with normal routines. In the morning, set your alarm and get up on time, or even get up early.

#### 2. Get dressed.

Even if you don't see anyone, or you turn the camera off on your video calls, getting dressed sends your brain a cue that it's time to go to work. Get dressed and be in the mindset to be productive.

#### 3. Set three goals each day.

Name the top three priorities for today and focus on them Do them first. There will always be other tasks, emails, calls, etc. that crop up, but you'll continue to be effective if you complete the three most important things each day. If you're among the group that has little to nothing to do—perhaps your work is dependent on you being in the office or your skills aren't needed right now—continue to stretch your mind. Read a book, listen to a new podcast, or try something new.

#### 4. Exercise.

What we're fighting against during this time is the monotony of being cooped up in the house all day and the tendency to sit and veg out. If it's nice, go outside. Or, do a workout from a video. Here's one I love: <https://go2lc/homeworkout>

#### 5. Designate a workspace.

Trying to work in the same spot on the couch where you relax sends mixed signals to the brain. Designate a spot at the kitchen counter, at the desk in your bedroom, on the back porch, or in a home office to work.

#### 6. Take breaks.

Without any of the normal office cues—like a group lunch, a certain meeting, or a coworker stopping by to chat—it can be hard to remember to take breaks. Depending on your personality, you may need to set an alarm, get up every hour for a five-minute walk around the house. Step outside for some fresh air. If workload allows, take a day off—let your team know what day that will be and completely unplug.

#### 7. Tips for working with kids

Much like how you're going to lead yourself to be regimented, disciplined, and effective, you can help your kids do the same while they're out of school. If their school has provided work for home, set a start time for school work. School begins at, say, 8:30am. Set requirements that your kids be dressed and at

the kitchen table by then.

Continue to reinforce discipline and dedication to schoolwork—set the expectation that the kids cannot play, go outside, go online, etc. until the schoolwork is done. Make them stay focused.

If you have doubts about your ability to homeschool during this period, don't worry. You're not going to ruin your kids with six or eight or ten weeks out of school. In fact, if you can devote certain time slots to them help them learn to focus, and push through their schoolwork, they may come out ahead of where they might normally be. But, give yourself grace. It's hard work to try to do your own job while teaching your kids or minding toddlers. Do your best.

#### Win the battle in your mind.

The hardest part of any crisis is the battle that roars in your mind. Even though it may be hard, and you'll face tough decisions along the way, tell yourself over and over: this will pass. You can't control everything, but take control of your attitude. Don't let your mind wander; don't dabble in "what-ifs."

Don't dwell on excuses about why you can't lead in your current situation. Remember, you can make excuses or you can make progress, but you can't make both. When you lead, you can expect to face a significant crisis perhaps once every ten years. Learning now to master leading through a crisis will serve you for the rest of your life.

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PRAYER REQUESTS:

- Our Nation
- Unsaved Loved Ones
- Revival in our Church
- Peace of Jerusalem
- Becky Bricker
- Dennis Newsome(Pastor's Brother)
- Catherine Pentz
- Sue Spessard
- Albert Keyser (Re-hab)
- Joey Kline
- Bob Bowders (facing surgery)
- Corona Virus Victims
- World Missions Director (Greg & Sandie Mundis) sick with Covid-19
- Missionary— Ron Maddux (sick with Covid-19)