



a message from Pastor Glen • March 19, 2020

The LORD is good to those who wait for Him, to the soul who seeks Him. (Lam 3:25)

Dear brothers and sisters in Christ,

Grace to you. I want to give you an update on what's happening this week at RMCC, and to also let you know that you can expect to hear from me every Thursday as we go forward. We are monitoring the COVID-19 situation with a commitment to following the guidelines and directives from our government and health officials. As you know, RMCC gatherings have been postponed and, as of today, the church office is closed. You can still reach our pastors and staff by phone or email (see below).

The Lord is opening doors for ministry to continue in many exciting, creative and significant ways and I want to give you some ideas for staying connected and healthy in the days ahead, but first I want to encourage you in God's Word.

The prophet Jeremiah writes in the book of Lamentations that: **Through the Lord's mercies we are not consumed because His compassions fail not. They are new every morning. (Lam. 3:22-23)**

Jeremiah was grieved by the troubles of the nation of Israel, to the point of being overwhelmed by what was happening around him. But in chapter three he begins to strengthen himself in the Lord by taking control of his thought life and that is what I want to encourage us to be doing at this time. Jeremiah re-discovered his hope in God by reminding himself of God's faithfulness.

The Word of God gives us a road map for how to navigate difficult seasons. It begins by instructing us to take our thoughts captive and make them obedient to Jesus Christ, and then being intentional about meditating on those things that are true, noble, just, pure, lovely, of good report and praiseworthy. (2 Cor. 10:5; Phil. 4:8)

As we do these things, the Lord will saturate us with the peace of God. The hope we have in Christ will be renewed, and the Lord will open doors for us to share the reason for our hope with others. (1 Peter 3:15)

May Lord bless you brothers and sisters and may the peace of God which surpasses understanding guard your hearts and minds through Christ Jesus. (Phil. 4:7)

Staying in the Word ...

We will be gathering on-line this Sunday to continue our study in John 5, and we're planning to share a special video message for the kids. Our Livestream channel is easy to access with your smartphone, ipad or computer at calvarychapel.ca (touch or click on 'Watch and Listen' and then click on the Livestream logo). You can also access our archive of messages through Genesis to Revelation, tune into Priority One Radio, listen to programs from our Stay in the Word radio ministry or listen week days at 11 am and 5 pm on AM700 The Light.

Staying Healthy ...

There are many things you can do to care for your health at this time including boosting your immune system with fruits and vegetables, drinking lots of water, aiming for eight hours of sleep every night and exercising! Our Vibrant Life Ministry Leader, Dr. Magda Czegledi, has put together some very helpful information which you can find on the home page of our website (you'll see the link at the bottom of the home page). You can reach Magda at drczeg@gmail.com for additional information.

Staying Connected ...

You can reach the pastors via email or by calling RMCC's main line (see below). If you would like to be part of our prayer ministry team send Pastor Blair your email and you'll receive prayer requests. You can also follow us on our Facebook page. (<https://www.facebook.com/rockymountaincalvarychapelcalgary/>)

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