

## **Our Savior Lutheran Church**

### ***Health Tips & Faith Resources***

#### **Reminder:**

Worship services at Our Savior, including both Sunday worship and our Lenten Wednesday gatherings, are suspended until April 1st. Groups of more than 10 people have been dissuaded from using the building as well. A decision regarding services in April will be made once more information is available. We thank you for your understanding during this uncertain time.

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### **A Letter from Our SAM**

*But now thus says the LORD,  
he who created you, O Jacob,  
he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
2When you pass through the waters, I will be with you;*

*and through the rivers, they shall not overwhelm you;  
when you walk through fire you shall not be burned,  
and the flame shall not consume you.  
3For I am the LORD your God,  
the Holy One of Israel, your Savior. (Isaiah 43:1-3)*

These words from Isaiah are the words I have turned to often when things are happening around me that I cannot control. We are in such a time. Others are coming at us with all kinds of information, some accurate, some not so much. We are overwhelmed and maybe even afraid. This is when we take a breath, step back and remember God's words. "Do not fear, for I have redeemed you." I invite you to take this passage and put it somewhere where you can be reminded of God's love for you when you are overwhelmed.

I also want to invite you to reach out if you need to talk. I can be reached at [lynne.culkin@gmail.com](mailto:lynne.culkin@gmail.com) or my cell 815-471-2821 you may call or text. I will also be posting a short service, weekly, on my YouTube page. Which may be found by simply typing in Lynne Culkin in the YouTube search line. Along with this, I invite you to continue to use your daily devotions for Lent.

Above all, please take care of yourself. Limit your outings and get plenty of rest and nutrition. If you need something please reach out to one of us here at Our Savior.

May God's peace surround in the days ahead,

Lynne Culkin, SAM/Intern

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## *Health Guidelines*

### **DO THE FIVE**

Help stop coronavirus

- |   |       |                          |
|---|-------|--------------------------|
| 1 | HANDS | Wash them often          |
| 2 | ELBOW | Cough into it            |
| 3 | FACE  | Don't touch it           |
| 4 | FEET  | Stay more than 3ft apart |
| 5 | FEEL  | Sick? Stay home          |

**The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends these everyday preventive actions to arrest the spread of respiratory diseases:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces, using a regular household cleaning spray or wipe.
- Follow CDC recommendations for using a face mask.
  - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.

- Face masks should be used by people who show symptoms of COVID-19, to help prevent the spread of the disease to others. The use of face masks is also crucial for health workers and people caring for someone in a close setting (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

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## *Faith Resources for Home*

### Prayers for Times of Public Health Concern: COVID-19/Coronavirus

God, our peace and our strength, we pray for our nation and the world as we face new uncertainties around coronavirus. Protect the most vulnerable among us, especially all who are currently sick or in isolation. Grant wisdom, patience, and clarity to health care workers, especially as their work caring for others puts them at great risk. Guide us as we consider how best to prepare and respond in our families, congregations, workplaces, and communities. Give us courage to face these days not with fear but with compassion, concern, and acts of service, trusting that you abide with us always; through Jesus Christ our Lord. Amen.

### **For a situation in which a worship community may be advised against gathering:**

Gracious God, it is good for us to gather as your beloved in community. We

treasure your presence with us in word and meal, song and prayer. Be with us in these days when gathering together as often as we would like is not possible. When we must be apart for reasons of safety, we trust that you surround us with your sheltering wings. Encourage us in connecting as we are able, reaching out to our neighbors in need and being persistent in prayer. We ask this in the name of Jesus, our constant companion. Amen.

**For the chronically ill and those who support them:**

Loving God, your heart overflows with compassion for your whole creation. Pour out your Spirit on all people living with illness for which there is no cure, as well as their families and loved ones. Help them to know that you claim them as your own and deliver them from fear and pain; for the sake of Jesus Christ, our healer and Lord. (Evangelical Lutheran Worship, p. 85)

**For caregivers and others who support the sick:**

God, our refuge and strength, our present help in time of trouble, care for those who tend the needs of [the sick]/[ name/s ]. Strengthen them in body and spirit. Refresh them when weary; console them when anxious; comfort them in grief; and hearten them in discouragement. Be with us all, and give us peace at all times and in every way; through Christ our peace. (Evangelical Lutheran Worship, p. 85)

**For health care providers:**

Merciful God, your healing power is everywhere about us. Strengthen those who work among the sick; give them courage and confidence in all they do. Encourage them when their efforts seem futile or when death prevails. Increase their trust in your power even to overcome death and pain and crying. May they be thankful for every sign of health you give, and humble before the mystery of your healing grace; through Jesus Christ our Lord. (Evangelical Lutheran Worship, p. 85)

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## Service for Use at Home

### OPENING PRAYER

Holy is the Lord, the Almighty,

**He was, he is, and he is to come.**

He is worthy of glory and honor and power.

**He created all things. By His will they came to be.**

Worthy is Christ, the Lamb who was slain;

**Worthy to take the scroll and break its seals.**

By his blood he purchased for God

**People of every race and tongue, of every folk and nation.**

Christ made of them a kingdom

**And priests to serve our God.**

And they shall reign on earth forever.

**Amen. Come, Lord Jesus.**

### READING FOR THE DAY

Wednesday, March 18<sup>th</sup>: Psalm 81

Thursday, March 19<sup>th</sup>: Ephesians 4:25-32

Friday, March 20<sup>th</sup>: Ephesians 5:1-9

Saturday, March 21<sup>st</sup>: John 1:1-9

Sunday, March 22<sup>nd</sup>: John 9:1-41

Monday, March 23<sup>rd</sup>: Isaiah 59:9-19

Wednesday, March 24<sup>th</sup>: Psalm 146

Thursday, March 25<sup>th</sup>: Revelation 10:1-11

Friday, March 26<sup>th</sup>: Revelation 11:15-19

Saturday, March 27<sup>th</sup>: Luke 24:44-53

Sunday, March 29<sup>th</sup>:        John 11:1-45  
Monday, March 30<sup>th</sup>:        1 Kings 17:17-24  
Tuesday, March 31<sup>st</sup>:        2 Kings 4:18-37  
Wednesday, April 1<sup>st</sup>:        Psalm 143

## **APOSTLES' CREED**

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## PRAYERS

Show us your mercy, O Lord,

**And grant us your salvation.**

Clothe your ministers with righteousness.

**Let your people sing with joy.**

Give peace, O Lord, in all the world;

**For only in You can we live in safety.**

Lord, keep this nation under your care,

**And guide us in the way of justice and truth.**

Let your way be known upon earth;

**Your saving health among all nations.**

Let not the needy, O Lord, be forgotten,

**Nor the hope of the poor be taken away.**

Create in us clean hearts, O God,

**and sustain us with your Holy Spirit.**

We give thanks to you, Heavenly Father, through Jesus Christ your dear Son, that you have this day so graciously protected us. We beg you to forgive us all our sins and the wrong which we have done. By your great mercy defend us from all the perils and dangers of this night. Into your hands we commend our bodies and souls, and all that is ours. Let your holy angels have charge of us, that the wicked one have no power over us. **Amen.**

## LORD'S PRAYER

**Our Father, who art in heaven,**

**hallowed be thy name,**

**thy kingdom come, thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread;**



and forgive us our trespasses,  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen.

## **BENEDICTION**

The Lord bless us and keep us.

The Lord make His face shine on us and be gracious to us.

The Lord look upon us with favor and give us peace. **Amen.**

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## **Other Resources**

For those seeking more online resources, St. Paul Lutheran Church will also be posting a simple worship service including the day's readings and a sermon by Pastor Pete Hinrich on Sunday mornings. That page can be found by searching "St. Paul Lutheran Church" on Youtube or by going directly to <https://www.youtube.com/channel/UC60r3lqSlrtT3AubBz-6jiQ>.