

THE ARLINGTON POST

Do Not Let Your Hearts Be Troubled

In John chapter 13, right before the Passover Festival at their "Last Supper," Jesus tells his disciples he will be betrayed. He tells them he will be going away, somewhere they could not come. They knew the whole of Jerusalem was stirred up against them by the religious leaders. They were alarmed! They were confused! They were afraid!

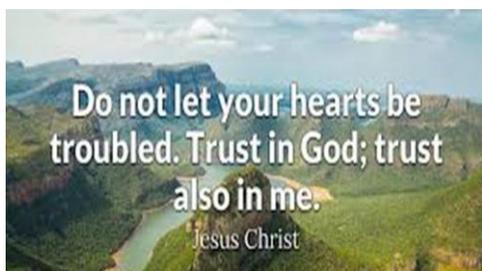
He told them he was giving them a new command...LOVE ONE ANOTHER. He washed their feet and told them to do the same to others...to serve one another...they were confounded...how could they go on without him?

At the start of John chapter 14, Jesus finishes his talk with them- and he saw their faces, he knew their hearts. So he said, "Do not let your hearts be troubled." But how could they not have troubled hearts after all he had told them? They were so afraid, so confused! This might be how we feel during this coronavirus pandemic. We might be so afraid! So confused! Life as we know it is changed...like the disciples knew their lives were going to be changed. How can we not have troubled hearts?

Jesus gave them the answer-"trust in God, trust also in me."

When our heart are troubled, remember the Lord who will never leave or forsake you, is in your hearts, and loves you. Trust in him, don't let your hearts be troubled. Find time to connect with God by reading His word, seeking Him in prayers, reading devotional materials, listening to songs that glorify Him. And as the disciples had one another (Jesus did not leave them to manage alone), we have each other, we are not alone.

God loves us and we love one another.



GATHERING

[New York States Executive Order](#) mandates that concentrations of individuals outside their home must be limited to workers providing essential services only and social distancing should be practiced.

As a church we are not to meet until the first week in May, or sooner if the Order is lifted. In the interim we as a church are connecting by:

Phone	Weekly Newsletter
Zoom Meetings	Facebook
YouTube Videos	Email

There is much NEW information on our website: arlingtonreformedchurch.org including a prayer page, worship videos and messages, community resources.

There are two phone chats scheduled each week. Here is how **anyone** can access them to check in, discuss a scripture, pray together:

Bible, Coffee and Chat

Tuesday Mornings 10-11am
Dial: 1-929-436-2866
Meeting ID#:765-566-406
Meeting Password: 275672

Evening Fellowship

Wednesday Evening 7-8pm
Dial: 1-929-436-2866
Meeting ID#:616-565-565
Meeting Password: 972760

Please call into one of our weekly chats- we would love to hear from everyone!

ARC Ministry During the COVID-19 Pandemic

Dutchess Outreach reached out to Arlington Reformed Church for help in feeding the hungry in Dutchess County during the pandemic. They asked if we could provide 100 bag meals (a sandwich, juice box and cookie bar) twice a month, on the 1st Sunday and the 3rd Sunday of April, May and June or possibly longer if the pandemic continues.

The consistory got to work through a ZOOM meeting and agreed to make this happen! Carrie Albertson went to BJ's and priced out purchasing 600 paper bags, 600 sandwich bags, 600 juice boxes, 600 cookie bars and 3 large peanut butter and 3 large jellies.

This will be the foundation for us to make 100 bag meals twice a month for 3 months. Cost: \$295. Thank you, Carrie! With the help of a donation of \$95 the church's cost for this important community ministry is \$200.

We will still need bread from Freihofer's (thank you Jim and Sheila for picking this up). Contributions of fillings (tuna, egg salad, cold cuts) (we can pick up from your home) on the Sundays we are making sandwiches would be greatly appreciated. We have a team who has agreed to make up these bag meals. (with masks and gloves on, of course!)

If you can contribute to the Outreach Fund, it would help with this ministry as we continue to serve our community.



Springtime in the Hudson Valley

NEXT CHURCH SERVICE BEING PLANNED

SUNDAY MAY 3RD (unless we hear otherwise)

Worship with single serve Communion and
Potluck if possible...

Please call your Elders to talk, for prayer or for help:

Ann Veeder:	845-546-3286
Dawn Kostenko:	546-6093
Cynthia Canaday:	845-546-1634

OFFERINGS

EVEN THOUGH WE ARE NOT PHYSICALLY
GATHERING, YOUR CONTINUED
SUPPORT OF YOUR CHURCH IS GREATLY
NEEDED AND APPRECIATED. HERE ARE
WAYS TO GIVE:

- YOU CAN MAIL IN YOUR DONATION
- YOU CAN DONATE ONLINE THROUGH OUR WEBSITE GIVING PAGE OR
- YOU CAN SCAN THE QR CODE BELOW IF YOU HAVE A SMART PHONE:



THANK YOU LOVING CHURCH

Arlington Reformed Church

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