



Castro Valley Church of the Nazarene



July 15, 2020

From

Pastor Steve

HOW TO THRIVE AND NOT SIMPLY SURVIVE

Beloved,

To say these are unusual days is an understatement. And I want to be honest with all of you in saying I don't like it!!!

But that doesn't mean that I have not been given an opportunity to enhance the joy of my life even in the unusual days. I cannot tell you how long this will last and hoping for an end to all of this can have good and bad ramifications.

Let's take the bad: if we are so focused what's to come in the future whether real or imagined it can steal away from the beauty of today. I planted some strawberries a few months ago hoping for a bountiful harvest. After several weeks... nothing! One plant produced 3 small, anemic, honestly unhealthy looking strawberries. It

seemed like a total failure. One morning I picked those 3 small anemic strawberries and took them inside. We had a simple and hilarious harvest celebration and ate them. They were fibrous and bitter, but a harvest nonetheless and something to be celebrated. Folks, it's a mindset, a focus, a context. I could be so focused in on the failure of this one thing and miss the abundance of zucchini, Roma tomatoes, cucumber, snap peas, lettuce and radishes we also planted. I will not!

To survive in this time we must look at the blessing all around us and don't allow ourselves to be consumed by the news, the unrest, the latest concern in trends. Choose the joy of blessing right there in front of you.

Write down 4 things that are a blessing to you right now.

1. _____
2. _____
3. _____
4. _____

Now the good: There is good all around you.

Everywhere! It permeates our lives and screams to be noticed. There's sunshine, and music, the voice of a friend and the love of a child. There's pizza from Mod, Trader Joe's Mochi and White Chocolate Mochas from our favorite coffee place. There's good movies and Andy Griffith Show reruns. There's worship at CVNaz and moments of connection, online Bible studies and blogs that encourage joy.

There's good everywhere!!!

The problem seems to be this: we allow ourselves to be consumed by the bad more than the good. It's time to change all of that and here are a couple of things to do to make sure the good has a greater affect on you:

1) **Celebrate the Good**—notice it, make mention of it, replicate it, tell others about it, take pictures of it, share it on Facebook or via email. The best way to allow the good in life to consume us is to keep it alive. And finally, give thanks



CVNaz Connection

to God continually for the good. Empower it by your thoughts.

2) Minimize the bad/negative.

If there are things that create anxiety or anger or simply get you riled up, take away any emphasis you might give to it. Don't share bad news, derogatory opinions, hateful or divisive ideas. Don't note it, post it, take pictures of it, share it with friends or family. Why do we feel like we need to share the misery? That's the devil's work. When you do that, you empower the negative things to consume you and others.

The Bible tells us to think about the good things and we will have peace. Philippians 4:8-9. Read this section of scripture and let it encourage you.

Try it out! Let me know how it works for you and let's celebrate the good things together.

Don't forget... **you are loved.** Stay connected and check in if you need to. We'd be glad to hear from you. Be encouraged!

Prayer Concerns



Mickey Stephano

Unless a miracle happens Mickey is in her final days. The fall took a toll on her and even after a successful surgery she has not responded. Please pray for Jack and the family during this tough time.

Mike Roche

Will be going through more chemotherapy next week. Pray for continued healing and strength to rise to the challenge.

CVNAZ CONNECTION—THIS SATURDAY

There will be a welcome center open from 9:00 a.m. to 12:00 p.m. at the church facility for times of connection, fellowship and prayer. Come grab a donut and some coffee, join the support group and enjoy good conversation. We will observe all COVID protocols.



UPCOMING EVENTS

Men's Bible Study— Thursday at 7:00 p.m. in the Fellowship Center

CVNaz Connection—Saturday 9:00-12:00

CVNaz Sunday School—Sunday at 9:00.

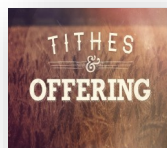
CVNaz Worship Online

10:45 Prelude, 11:00 Service

Invite all of your friends and family to join you at a CVNaz Watch Party

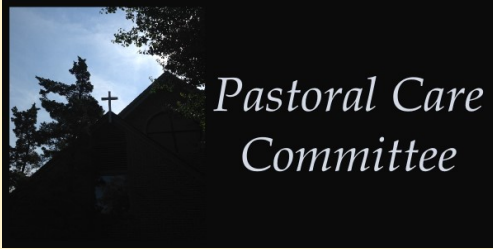
Hymn Sing-along July 26—6 p.m.

YouTube and Facebook Live



FAITHFUL IN GIVING TO THE LORD

If you can and will, if God has blessed you and you wish to share those blessings with others, please continue to be faithful to your local church and its mission. We want to continue to be a part of great things happening in our community and around the world through your faithful support.



July 2020

Pastor Steve and Suzanne

Stacie, Allison, Ross Sarah, Madison

Prayer support from the Castro Valley Church of the Nazarene church family

Happy Birthday – Sarah – July 9

Suzanne – July 13

Give Praise to the Lord for his mercy and grace in bringing Stacie through her surgery on July 1.

Continue to pray for her effective healing.

Pray for Pastor Steve and Suzanne for wisdom and discernment of the will of God in opening the church for worship again.

Pray for protected health – spiritual, emotional, physical, mental for Pastor Steve and his family in light of the virus pandemic and the turmoil of racial tensions in our community and country.

Pray that God would so open His Word to Pastor Steve that we would continue to hear life-changing truth through the worship messages.

Pray that the Lord would bless our pastor's family, and keep them; make his face to shine upon them and give them peace.

Pray that Pastor Steve, Suzanne, and family would continue to experience the Lord's presence enveloping them with grace and mercy.

Pray that God would inspire vision for ministry through our church as we wait for His timing to move forward in love and obedience.