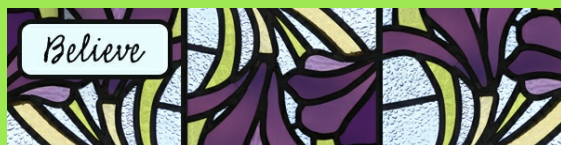


# CPC Weekly News & Updates



April 15, 2020

The Napa County Shelter in Place order has been extended through April 30, 2020, and will possibly continue through May. CPC News and Updates will be weekly through April and then bi-weekly, beginning in May. Keep in touch, stay safe, and submit your quotes and thoughts for the "Inspiration" column!

## Taking Care of Ourselves

**Brene Brown** is an amazing woman with a lot of sound advice about understanding and taking care of ourselves. Click [here](#) to go to Brene Brown's website and listen to words of wisdom on her latest podcast.

Brene Brown's  
website

Feel like a little exercise? Wish you could get up and move? Click [here](#) for a wonderful **Beginning Tabata** workout to boost your energy!

Have **YOU** been counted? Click [here](#) to read why it's

## INSPIRATION

Share any thoughts or words of wisdom you come across during this time of confinement. You may email or call the office to have them included here in the CPC Weekly News.

"We are separated, but we are not alone."  
~ Donna Kadel

"We are soul connected." ~RevLSP

"Sorrow looks back. Worry looks around. Faith looks up." ~ From God's Little Instruction Book

important to fill out your census information. [CA Census Information](#)

### "What is the Zoom app?"

Sign up for a free account so you can participate and learn how CPC is now conducting meetings and worship services: [Zoom App](#)



### Did You Know...

- Prayer requests and joys will continue to be gathered and spoken at our Zoom worship services.
- CPC gardens are blooming and the birds are singing!
- Bible Study continues to meet each Tuesday via the Zoom platform with Norma Spurgin leading. Norma has the number if you'd like to call in to hear the conversation, and you may call her if you need to reach out for help. See this week's Worship Notes for instructions on how to participate virtually on Zoom.
- Janice Berousek has joyfully agreed to become an "Assistant Deacon" and will be helping during this time. As soon as we can have a congregational meeting, we will vote Janice in as "Official Deacon." CPC says "thanks, Janice!"

FINANCE &  
STEWARDSHIP



## From the Desk of Pastor Linda

### A Mid-Week Conversation

Next Wednesday, April 22, 2020 at 1:00 p.m. will be the first

"Mid-Week Conversation." It will be a time to connect with each other and see each other, even if virtually on Zoom. Watch for an email with the meeting link and be sure to sign up for the Zoom free account, instructions above in the left-hand column. **If you do not have a computer you will be able to telephone in and listen.**

### Make your own mask!

Wondering how to make a mask? Click the link below to see CDC instructions for sewn and no-sew masks. Diana Greenwood is helping a Napa women's group who are making masks for hospital staff and first responders. **The group is desperately in need of elastic and bias tape.** If you have any in your old sewing baskets or sewing machine drawers, please call the office. Diana will pick up or you can drop through the office mail slot. Thank you! **Many thanks to Paula Jones and Donna Kadel for donating!**

How to make a  
mask



Thanks to all who continue to mail in pledges. CPC is an amazing community and together we will

get through this time. Per Capita is \$31.43 per person and is still accepted. See Cal if you have questions.

## Hey Kids!



Here is a link to **Ministry-to-Children** where you will find free coloring pages, games, and activities to print! May God's blessings be yours.

Ministry to  
Children

Do you have a favorite Sunday school joke? Email it to the office and we'll put it here.

## Facts and Information

As you all know, Covenant Presbyterian Church is completely closed, and will remain closed, until further notice. No worship services, church meetings, or outside gatherings are allowed at this time through the end of April, possibly through May. If you have a special need, please call Rev. Linda S. Powers at (707) 815-4774 or send her an email at [cpcpastornapa@gmail.com](mailto:cpcpastornapa@gmail.com). **We are continuing to use the ZOOM format to share the Word and Grace of our Triune God with you in worship. Instructions are in each week's Worship Notes.** Deacons are available and also ready to help. Feel free to contact your Deacon anytime (list is at the bottom of this newsletter). **Finance Committee will now be meeting virtually on the 3rd Sunday of each month after worship. Session will meet virtually on the 4th Sunday after church.** May the Peace of Christ be with you all.

## OVERHEARD PRAYER:

"Please Lord give me patience, and hurry."

## COMMUNITY NEEDS

Watch this space for future information on ways to serve our community as well as our congregation. **One thing you can do right now** is help with paper products in this time of scarcity. **The Napa Food Bank at 1766 Industrial Way** (off California Blvd.) is addressing the need for toilet paper by accepting donations. If you have an extra roll you can spare, drop off to the warehouse address above and the Food Bank will disperse to families in need. **Stay tuned for a TP project coming up soon at CPC! We'd also like to know what YOU need. Do you have pet food? Are you short on supplies or food? Please let Rev Linda know or call the office.**

## Tell Us Your Thoughts

Welcome to the new CPC weekly newsletter. What would you like to see on these pages? Send an email or call the office, (707) 255-9426, to let us know what you need, what information you'd be interested in receiving, and how CPC can help during this difficult time.

## DEACON CARE GROUPS

Your Deacon is happy to help with your needs



especially during this time of crisis. Click [here](#) for the CPC Deacon List. If you do not see your name and would like to be added, please call the moderator.

**Covenant Presbyterian Church**  
[www.cpcnapa.org](http://www.cpcnapa.org) (707) 255-9426

