

PASTORS' CORNER

How are you doing? No, really, how are you?



Life as we know it has changed drastically. This country has been on Covid-Quarantine for over 40 days. For many people, this new unknown has the potential to trigger a plethora of emotions and feelings. Just as we prepare each day physically to confront our day, we must also make it a priority to take care of ourselves mentally and emotionally. When we are feeling stressed or anxious it affects both the body and mind. Therefore, taking care of ourselves means we need to give priority to our emotional health. I would like to give you some suggestions on things that you can do to keep yourself mentally and emotionally healthy. (1) **Start Everyday With God's Truth:** Rather than spending most of your day listening to the news, start your day in the Word and replace the natural with the supernatural. Allow your faith to reign over fear. (2) **Stay connected:** Use technology to connect with loved ones and friends. (3) **Stay active:** Make time in your day to go for a walk or do a video workout. Exercise causes feel good chemicals (dopamine and Serotonin) to increase. (4) **Be emotionally Aware:** Take time to recognize what emotions you are feeling. Journaling your thoughts and feelings provides an outlet in addition to finding someone you can talk to. (5) **Get a Good Night's Sleep:** The Lord wants you to rest. If you find it difficult to A goodnight's sleep because your thoughts are racing, read a portion of scripture and meditate on it. A goodnight's sleep will allow your body and mind to be renewed, restored and replenished.

MINISTRY BUZZ

Children are a gift from Heaven.



The 3rd Day Worship Center Children's Ministry (Tribe Kids) team leaders have always been rock stars! Their commitment to teaching our children about Jesus and their genuine love for each child has been the cornerstone of this ministry. That our church doors are temporarily closed makes no difference to this awesome team. Janet F, Amanda L, Sandy P, Nicole P, Madysson R. make it happen! Each week, one of the teachers goes on the Children's Ministry Facebook page to give kids a Bible verse to memorize. The kids then post videos of themselves reciting the memory verse. Hearing the parents coaxing the little ones through their video is pretty great! The teachers also post videos of themselves walking kids through different arts & craft projects and tie it with a Bible lesson. The kids posting videos of their masterpieces afterwards is so much fun to watch. For Easter, the teachers personally delivered a basket to each child, with a scavenger hunt game included in each one to replace any Easter Egg Hunts the kids may have missed out on. The kids and parents LOVED that! To make sure the kids stay connected to each other, the team hosts regular Zoom meetings so the kids can spend time with each other. The joy on their faces as they wave to their friends is priceless. So, thank you Tribe Kids Ministry Team! You are truly one-of-a-kind!

STAY CONNECTED

Scheduled Events

- Tue 4/28 7p Man Talk Series
- 3rd Day Worship Center Men's Ministry (Facebook)
- Wed 4/29 7:30pm Mid-Week Service
- 3rddayworshipcenter.org/Livestream or
- 3rd Day Worship Center (Facebook)
- Thu 4/30 7pm Youth House - Zoom Meeting Invitation
- Fri 5/1 7pm A Night of Prayer
- 3rddayworshipcenter.org/Livestream or
- 3rd Day Worship Center (Facebook)
- Sun 5/3: 10am Worship Service
- 3rddayworshipcenter.org/Livestream or
- 3rd Day Worship Center (Facebook)



Mark Your Calendar

BE THE CHURCH

Church is open

We are so grateful to those members and friends who remain faithful in their tithings & offerings during this time. With your faithfulness, we're able to fulfill our commitment to bringing forth the Word of God, by any means necessary. As you continue to remain faithful, we ask that you prayerfully consider sowing a special seed to help the Church continue to help families in need, not just within our 3rd Day Worship Center family, but within our surrounding communities as well.



WAYS TO GIVE

- CASH APP: www.3rddayworshipcenter.org/Cashapp
- PAYPAL: www.3rddayworshipcenter.org/PayPal
- PUSHPAY: www.3rddayworshipcenter.org/PushPay
- WEBPAGE: 3rdDayWorshipCenter.org/Donations
- TEXT: 3rdDay to 77977



A DAY IN THE LIFE

Meet Char Elliott

At church, the incomparable Char Elliott, brings a smile to everyone she meets. Her personality is magnetic and pretty hard to resist. So how has this fun-loving fashionista coped during this quarantine? One day at a time. Char has fully embraced the quality time she's able to enjoy with her husband and adult daughter, Hannah, who has moved back home during the lockdown. Instead of being sad over how much she misses the rest of her family, Char taught herself how to zoom and speaks to her family daily. They all pray together, get dressed up in hats for tea time, and have even taken this time to interview their Mother for a future book about their life in Va Beach! Char & Eddie celebrated their 29th wedding anniversary during the quarantine so they did what they could to make it special. The Elliots got dressed to the nines, cooked a fancy meal at home and danced the night away in their living room -- it was a perfect way to celebrate 29 years of love. Char is determined not to let things get her down for very long. She's become a master chef, whipping up new dishes for her family to enjoy. She's been able to catch up on some TV shows and even started watching a Spanish novela! Subtitles are her friend! Although Char has been feeling a little ill over the past several weeks, her spirits are high. She is eagerly awaiting the day when the doors at 3rd Day Worship Center are open again so she can worship freely from her seat on the first row.

We're Always Just a Click, Swipe or Send away!

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FACEBOOK: 3rd Day Worship Center

MOBILE APP: Third Day Worship Center LV