

Take Refuge in the Lord

from the desk of Pastor John

The past several weeks have been described over and over again as “weird!” That seems to be the best description of the present time that we can come up with.

“Weird” works because the times we are experiencing are truly unprecedented. There is nothing really to compare them to. The closest I can think of is the siege of

Jerusalem by Sennacherib, the king of Assyria. During that time, the inhabitants of Jerusalem could not leave the city for fear they would be captured or killed.

Hezekiah, king of Judah, encouraged the people to trust in God and not give into the fear.

Meanwhile, Sennacherib’s men would stand outside the city wall and tell the people not to listen to King Hezekiah and not to trust in God. They would list all of the other peoples the Assyrians had conquered, saying that if the gods

of those people could not stop the Assyrians, the God of Judah wouldn’t be able to stop them either.

The people in Jerusalem were afraid. Hezekiah begged God for help and Isaiah the prophet confirmed that God would defend Jerusalem against the attacks of Sennacherib. That night God sent an angel of the Lord to kill 185,000 Assyrian soldiers while they slept.

In the morning, seeing the number of dead, Sennacherib gathered his army and went back to his capital city of Nineveh.

He was later assassinated while worshipping in the temple of one of his false gods.

While the Coronavirus and the siege of Jerusalem are certainly not the same thing, there are a few similarities: a virus has laid siege to the world, people feel trapped in their homes and their towns, and many people are afraid. The answer that Hezekiah and Isaiah gave is the same answer we give today—trust God and seek His help. While we

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should not expect that God will send the angel of the Lord to kill people in order for the virus to go away, we should trust that He is in control and is working out His plan. Therefore, we have no need to live in fear.

Psalm 91 paints a beautiful word picture of the protection and security we have when we are walking with God. This psalm has often been memorized and used to bring comfort to those in difficult, even

Take Refuge in the Lord

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life-threatening, situations. Martin Luther called it “the most distinguished jewel among all the psalms of consolation.” Charles Spurgeon said, “In the whole collection there is not a more cheering psalm.”

The psalmist wants the reader to fully understand that the ultimate source of our security is God. Our security is not in horses, chariots, weapons, governments, or scientists; our security is Almighty God. Psalm 91:1 says, “He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty.” To dwell in the shelter of the Most High is to be comfortable abiding with God. It is to have peace of mind and to relax because we are completely secure.

In this phrase the psalmist uses the first of four words for protection and the first of four titles for God. The shelter of the Most High is a place the enemy cannot penetrate. In fact, the enemy cannot even find it. It is like a top-secret bunker hidden deep in a granite mountain in Colorado. Since there is no one with greater power and no one with greater authority than God, dwelling in His shelter is the most secure place we can be.

The attitude of one who dwells in God’s shelter is this (v.2): “I will say to the LORD, ‘My refuge and my fortress, My God, in whom I trust!’” I ultimately put my trust in God. I trust Him and I will boast of His goodness, His provision, and His help. While the government may send out checks to its citizens to help them, our trust is in the Lord. Psalm 20:7 says, “Some boast in chariots and some in horses, But we will boast in the name of the LORD, our God.”

Our problem with grasping this is one of perspective. Let me briefly give you three divine perspectives on difficulties in our lives:

God protects us from difficult times. We are unaware of all of the things God has done to keep us from

the hands of our enemies. Do you really think that without the ever-present hand of God that you and I would stand a chance against the wickedness that is rampant in this world? John Calvin spoke well when he said, “When we look back on our life from the perspective of eternity, we are going to see that the power of Satan was so great, that the weakness of the flesh was so feeble, and that the hostility of the world was so strong, that every day of our lives—if God had not intervened—we would never have made it through a day.”

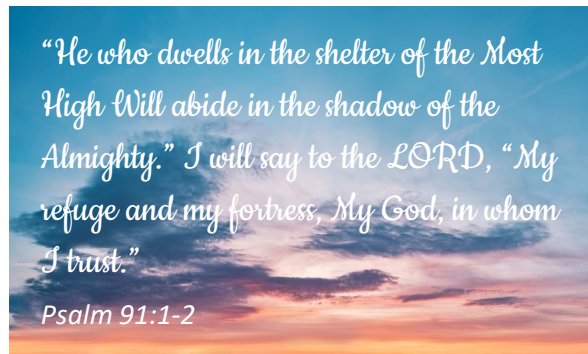
God protects us during difficult times. In Jesus’ high priestly prayer in John 17:15 He prayed, “I do not ask You to take them out of the world, but to keep them from the evil one.” There are times in our lives when we will walk through the valley of the

shadow of death but we need not fear evil, for He is with us, His rod and His staff they comfort us.

God uses difficult times to refine us. James 1:2–4 says, “Consider it all joy, my brethren, when you encounter various trials, knowing that the

testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.” In 1 Thessalonians 5:18, Paul wrote, “in everything give thanks; for this is God’s will for you in Christ Jesus.”

While we exercise wisdom and avoid foolishness, we ultimately live by faith and not by sight. We should not live in fear, even in weird unprecedented times, because we are secure in God’s sovereign care. When any enemy arrives (be it the enemy of our souls or the enemy of our cells), remember that the Lord is our refuge, and “...He Himself has said, ‘I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU,’ so that we confidently say, ‘THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?’” (Hebrews 13:5–6).



Ladies' Tea

Eastridge Baptist Church

Saturday, May 30, 2020
2:00–4:00pm

Ladies, mark your calendar then watch for more information as the event draws near.



Family News

We're excited to celebrate the safe arrival of Caleb Knox Cummings on Thursday, April 9 at 1:12pm.

This sweet baby boy was 6 lb. 9 oz. and 19 in. long. Caleb is the second child born to Pastor Paul and Megan and a brother to 3-year-old Owen.

According to Paul and Megan, Caleb loves his sleep, so he's been a fairly easy baby so far.

Congratulations, Paul and Megan on this blessing from the Lord!



Car Wash & Garage Sale



Lord willing, Eastridge will be sending a short-term missions team to Greece in July to help our missionary in Greece, Takis Korianitis, run a

summer camp for youth. In support of the team's trip, they will be hosting a fundraiser at the church on **Saturday, May 16**, between 9:00am and 2:00pm. The fundraiser will include a car wash (by donation) and a garage sale (in the Youth Center). So bring your car and we'll wash it up for you while you shop for treasures at the garage sale!

The team is seeking donations of garage sale items in good to very good condition. So clean

out those closets and your over-stuffed garage and donate your unwanted items to the Greece team. Donations will be accepted at the church the week of the sale. Watch for more information through our Realm system.

WHAT WE NEED MOST

- * Baby and toddler clothes
- * Baby equipment and toys
- * Children's toys
- * Kitchen items and small appliances
- * Sporting goods
- * Tools and yard equipment
- * Books
- * Small electronics
- * Household items
- * Wall décor
- * Quality jewelry
- * Small furniture



WHAT WE DON'T NEED

Please, no large furniture, beds, TVs, computers or monitors, or large appliances.



For more information on the garage sale and car wash or donating items, please contact Cathy Mickelson at camickelson@msn.com or Bill Mickelson at mickelsons5@msn.com

Our Great Sustainer

from the desk of Pastor Paul

Biblical truth brings us comfort in times of doubt, fear, and uncertainty. When we face public health concerns and a society that is often changing, we can find comfort in our God and His Word. The Bible teaches us glorious truths about our God and Savior. Within the Apostle Paul's letter to the Colossians, we find some of the most amazing truths about Jesus.

We read that Jesus is God. He is the Creator, as John also taught when he said, "All things were made through him [Jesus], and without him was not any thing that was made" (John 1:3). Paul also teaches us that Christ is the Head of the Church. Colossians

1:15–20 could be summarized with the statement:

Jesus is Lord over all. He is the supreme One that takes the position of preeminence in the grand universe and in our lives. There is salvation found in no one else (Acts 4:12). Reconciliation, re-

demption, and forgiveness of sins only come through Jesus Christ. Yet, there is another amazing truth that Colossians 1 teaches us. We see that the great Creator and Redeemer is also the great Sustainer.

Colossians 1:17 tells that "in him all things hold together." The "him" refers to the "beloved Son" (v. 13), that is, the "Lord Jesus Christ" (v. 3). Jesus Christ holds all things together. From vast galaxies and blazing stars, to our bodies and the various processes that keep us functioning, Jesus is the Sustainer of all creation. Hebrews 1:3 states, "He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power." Christ has the power to maintain everything by His word. The extent of Christ's power was not only dis-

played in the act of creation, it is seen in the daily maintaining and governing of it as well.

What amazing grace the Lord shows us. Our whole life is maintained and directed by the sovereign Master of all creation. This ought to stir a sense of hope and comfort within us. We might feel like we are at the end of our strength and capacity to handle another day. However, we can't trust our feelings. We stand firm on what we know. As Peter tells us, "Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ" (1 Peter 1:13). What we know is that

though we are weak, Christ is strong. We know that Jesus sustains us every moment of the day, whether we are awake or asleep. And we know that though this world might seem to crumble, there is an eternal hope we have secured in our union with Jesus.

He sustains us today and will one day bring us to be with Him where there will be no more sickness, turmoil, or death.

In the midst of world turmoil, chaos, confusion, fear, and times of uncertainty caused by a pandemic, remember our great Sustainer. The presence of a spreading virus does not mean that Jesus ceased His sovereign provision. What can our response be to the Scripture's teaching that Christ is our Sustainer? We can begin by reminding ourselves that Jesus sustains us each moment of each day. We ought to trust the Lord. We must worship Him. And we can pray, coming to the throne of grace to find comfort and help when we face various trials (Heb. 4:16).



Where Have You Been Lately?

from the desk of Pastor Samuel

Some friends and I have been training for a 5K over the past couple of months. A couple of us (myself included) have never trained for anything of this nature, so it's been helpful for us to have friends to support us and hold us accountable. We've made an effort to share both our successes and our struggles as we continue to train. Thanks to the benefits of technology, we're even able to track our runs and share the path that we ran on a given day.

This accountability and training has been helpful for that short-term goal, but it is just a taste of what ought to be the grander picture for us as followers of Christ. Paul expresses this in his first letter to Timothy when he writes, "Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come" (1 Timothy 4:7-8).

Our greatest focus ought to be training ourselves up for righteousness and godliness, and that is primarily found in studying the Word of God. You won't continue to grow in godliness and spiritual maturity if you are not dedicating consistent time to studying Scripture.

Our worship, as a church body and in individual homes, ought to be governed by the Word of God. It is God's revelation of Himself to His people, and therefore holds a very high position in the church and in the home. Also, in both venues, you have built-in accountability with those around you. Your brothers and sisters in Christ can ask you what you've been studying lately. In your home, if you have set aside a time each day for family worship, you're able to hold each other accountable to keep

that time set aside to read God's Word, pray, and sing together. (Check out my article from last month's newsletter to learn more about the importance of family worship, especially at a time when we are all spending more time together than normal).

As you take consistent time to study the Word, make sure you don't fall into any ruts. Set for yourself a broad view of study, ranging from the historical books of the Old Testament all the way to the prophetic Revelation in the New Testament. Reading through one particular portion of Scripture over and over again can certainly be beneficial, but it is most beneficial when you see it in the context of the entire Bible. There are many Bible reading plans online that enable you to read through different portions of Scripture consistently throughout the year.



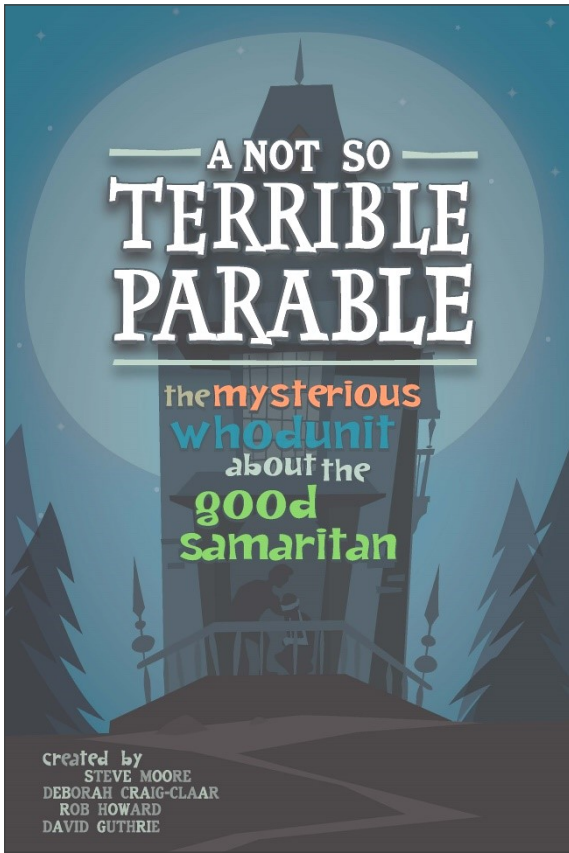
Don't be afraid to share with those around you what you've been studying! My mentor in college, Dr. Paul Plew, would often ask his students, "Where have you been lately?" We all knew that he was asking where we had been in the Word. He had a vested interest in knowing how we were engaging with Scripture and

seeking to understand it better. We ought to share in that same vested interest with our friends and family.

Be willing to ask someone what they've been studying lately. Be open about what you've been studying if someone asks you. Even if it means you tell someone that you haven't been studying anything lately, be willing to admit that. Your brothers and sisters in the church (and in your family) want to see you grow in Christ and would love to help you find a passage to study and encourage you along the way.

So where have you been in the Word lately? Who are you with as you've been walking along that path? Who can you encourage to join you on that road? Let's work together in training ourselves in righteousness through consistent study in Scripture.

Joyful Noise Choir Presents ..



It was a dark & stormy night . . .

A man lay injured by the side of the road. Two travelers passed him by. Mysteriously, he is delivered to the doorstep of the quaint Mountain Vista Inn, where the startled guests, the butler and the maid (of course!), and the famous detective must use their wits to sleuth out every clue to get to the bottom of this mystifying whodunit. Join host Alistair McAlister in this Master's Peace Theater re-creation of the parable that Jesus told about the Good Samaritan.

Three performances at Eastridge:

Saturday, June 13 @ 6:00pm

Sunday, June 14 @ 10:00am*

Sunday, June 14 @ 6:00pm

*No Sunday School on this day



**EASTRIDGE
BAPTIST CHURCH**

constitution **|||||**
OF EASTRIDGE BAPTIST CHURCH

Special Called Business Meeting

Sunday, May 31 @ 6:00p

EASTRIDGE BAPTIST CHURCH

Members will be voting on proposed changes to the church's constitution

Staying Connected with Technology

by Kim Turnbull

To my knowledge, at least nine Eastridge small group Bible studies are currently meeting online using a computer app called Zoom, which allows members to see and hear each other on their computer. We are grateful to those who have helped leaders get up and running with this tool—without their help, the studies may have been put on hold until we can gather together again in person.

I was curious to hear how the groups were faring with these “virtual” Zoom meetings, so I solicited feedback from some leaders and group members. There were some decidedly common threads among their feedback.

Generally speaking, most groups feel that Zoom is an acceptable tool for an online Bible study meeting. At least they can “see” each other, continue to study God’s Word, learn what God has for each of them, and pray for the needs of others. When asked to rate the online meeting experience, the average score was a 7 out of 10. So, what prevents these virtual meetings from being more effective?

The main detraction revolves around the technology: some have difficulty connecting to the meeting due to poor internet connection speeds or older computer equipment; others find conversations choppy as people inadvertently talk over each other or they experience poor sound quality; and yet others have people joining the meeting by phone and they are unable to see or be seen by the group, leading to a feeling of being disconnected from the meeting.

Several commented that the online meetings

obviously lack the intimacy only experienced in gathering together in person. I received feedback such as, “We do miss the hugs” and “I miss the face-to-face conversations.” Oh, and several of them miss the baked goodies and meals they share when they’re together!

When asked if there were any unexpected blessings found in meeting through Zoom, one group member said that people enjoy visiting after the meeting *as a group*. In the in-person meetings, people break off into separate chats with one to three people and don’t interact with the rest of the group.

Interestingly, several of the groups reported in-

creased attendance using Zoom. This may be due to people’s schedules clearing up as we hunker down at home, but whatever the reason, we thank the Lord for more people participating!

I love some of the creative ways Zoom is being used to bring people together. One group is going to have a meal together online, and another group had

a virtual games night using Zoom and Jackbox Games. We also know that God is far more creative than we are and can use all circumstances—even an online Bible study—to carry out His perfect plan.

So, while we are grateful that technology provides a way for us to learn, and encourage and pray for one another, we look forward to a time when we can uninstall the Zoom app, turn off the computer, hop in the car, and head to our small group meetings. But until then, Zoom on!

ALTHOUGH WE CANNOT BE TOGETHER PHYSICALLY, THERE IS STILL THE CONNECTION OF BEING TOGETHER STUDYING GOD’S WORD AND LEARNING FROM EACH OTHER. IT IS A GREAT BLESSING TO KNOW GOD IS THE ONE WHO IS WORKING IN EACH OF OUR LIVES TO MAKE ZOOM WORK DURING THIS TIME OF SOCIAL DISTANCING.



Spring Yardwork Day

Saturday, May 16
9:00am to 2:00pm

Volunteer to help tidy the garden beds and the church property

Sign-up sheets will be available in the foyer as the dates draw near

For more information, contact Cherryl Boston at crboston12@gmail.com

MEN'S BARBECUE

Friday, June 5
6:00–8:00pm
Eastridge Baptist Church

May Birthdays & Anniversaries

Andrew Watson 5/1
 Keren Goheen 5/3
 Alexander Lége 5/3
 Mark Yarnold 5/4
 Brock Burlando 5/5
 Andy Zaveruha 5/5
 David Carter 5/5
 Sarah Watson 5/7
 Gabe Nieman 5/7
 Debbie Thompson 5/9
 Jean Foster 5/9
 Ken Botka 5/11
 Mary Bennett 5/13
 Kimberly Bonar 5/13
 Jennifer Teeler 5/15

Nicolae Panfil 5/16
 Alyssa Guthrie 5/16
 Levi Hammett 5/16
 Laura Botka 5/17
 Eli Yarnold 5/18
 Mike Miranda 5/18
 Abigail Kerr 5/18
 Jenna Freeman 5/19
 Zephaniah Skeith 5/20
 Emma McArdel 5/20
 Abigail Burlando 5/21
 Mason Winn 5/21
 Rebecca Pogue 5/23
 Diane Carlton 5/24
 Ai Lin Eng 5/25

Nathan Bonar 5/25
 Mike Freeland 5/25
 Isabella Burlando 5/26
 Peaches Sandelius 5/26
 Shanna Carlton 5/26
 Daniel Teeler 5/26
 Johnathan Rutherford 5/27
 Timothy Kusack 5/27
 Amanda Winn 5/30

Anniversaries

Chris and Tammy Jensen 5/5
 Eric and Kim Olson 5/10



Brad and Amy Meeuwse 5/12
 Mark and Cathy McMinn 5/20
 Jim and Peggy Sherman 5/22
 Nicolae and Ana Panfil 5/23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class	5 9:30am Ladies' Study @ Rehberg's 5:00pm-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds' Study	6 6:30pm 128 Student Ministries	7 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	8	9 7:00am Men of the Book
10 Mother's Day	11 6:30pm Ladies' Bible Study	12 10:30am Missions Prayer Meeting 9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study	13 6:30pm 128 Student Ministries	14 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	15	16 9:00am-2:00pm Church Work Day 9:00am-2:00pm Garage Sale & Car Wash 5:00-8:00pm Marriage Matters (Youth Center)
17 1:00pm College/ Career Ladies' Lunch & Study (@ Mickelson's) 5:00-7:00pm Annual Business Meeting & Potluck	18 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class	19 9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study	20 6:30pm 128 Student Ministries	21 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	22	23
24	25 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class	26 9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study	27 6:30pm 128 Student Ministries	28 9:30-11:30am Ladies' Bible Studies 5:00-6:45pm Youth Bible Quizzing 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	29	30 2:00-4:00pm Ladies' Tea @ EBC
31 Communion 6:00pm Special Business Meeting						

All activities are subject to change/cancelation based on the latest directives from the government. Updates to our scheduled activities will be posted on Realm as information becomes available.

June 2020

Friday, June 5	Men's Barbecue	6:00–8:00pm @ EBC
Sunday, June 7	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, June 9	Missions Prayer Ministry	10:30am @ Alaire Irish's
Saturday, June 13	Joyful Noise Production	6:00–7:00pm
Sunday, June 14	Joyful Noise Production	10:00am & 6:00pm
Sunday, June 21	Father's Day	
Sunday, June 28	Graduation & Promotion Sunday	Both services, Sunday School

July 2020

Sunday, July 5	Monthly Prayer Meeting	6:00pm (Auditorium)
Monday, July 6– Friday, July 10	Youth Summer Camp	Cascade Camps

August 2020

Sunday, August 2	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, August 11	Missions Prayer Ministry	10:30am @ Alaire Irish's
Saturday, August 29	Men's & Women's Event	5:30–8:30pm @ EBC



Idols of the Heart

from the desk of Pastor Ryan

Have you ever wondered why we struggle with sin? Why is it that we do the things we do, repeatedly engaging in those things that displease God? The answer lies in the fact that deep down, we practice idolatry. Oh, we may not have a wooden statue in our homes or go to some temple to bow down to a stone image, but in our heart of hearts, we worship idols.

Over the past few months we have been investigating some of the fundamental principles of biblical counseling: what it is, and what it seeks to accomplish.

Last month we gained a biblical understanding of the heart, which is the core of our being and the motivating factor in our life (Prov 4:23; Matt 12:34). God created us to be worshipers of Him, orienting our entire lives in accordance with His majesty, with everything we do and everything we are to be submitted to His will. That is what it means to be a worshiper of God, and that worship centers in our hearts.

However, because of sin, our hearts are prone to wander from God to worship anything and everything else. The Bible calls that idolatry. In Ezekiel 14, the Lord tells the prophet that the men of Israel have “taken their idols into their hearts and...are estranged from me [God] through their idols” (Ezek 14:3–5). The problem is the same for us today; we, too, have taken idols into our hearts. Our objects of worship take the form of comfort, pleasure, control, flattery, pride, and many other things that we desire more than God. Each of these are an expression of the idol of self, a desire to please ourselves. Paul Tripp teaches that we either live for the kingdom of God or our own claustrophobic kingdom of one; we seek to please the Lord or please ourselves.

James, the half-brother of Jesus, tells us that it is our



own desires that tempt us to sin (James 1:13–15), and sin is to hate God and to rebel against Him (4:4). Sin is a message we send to God that tells Him we will not live according to His standard or submit to His authority, that we are going to do things our way rather than God’s, and there are numerous ways that desire manifests itself. But the bottom line is that we sin because we want to, because we desire other things more than we desire God and to live for His glory.

James goes on to tell us that when we do not get what we want, our unfulfilled desires manifest themselves in sinful anger, fear, discontentment, depression, and a whole host of other sinful re-

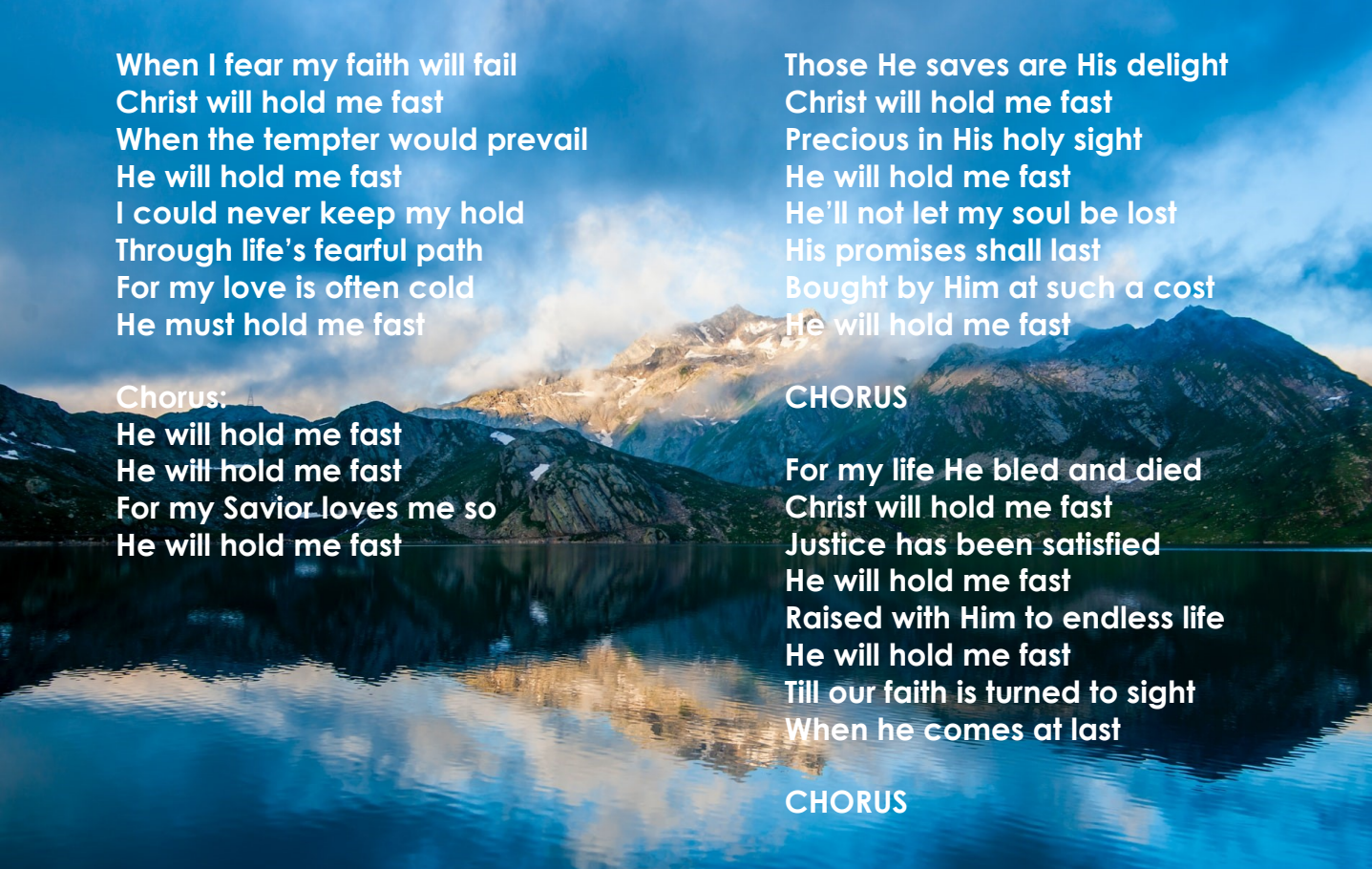
sponses (3:16; 4:1–3). Take traffic for example. Why do we get angry when there’s traffic? One main reason is that we are upset that all these people are in **my** way hindering **me** from getting where **I** want to go! We think that we deserve a

smooth passage from point A to point B, and we should not have to deal with people getting in our way. And when they do, we get sinfully angry because we are not getting what we want. In that moment, we have replaced worship of God with worship of self that came from an inordinate desire for a trouble-free driving experience.

So how do we identify our idols? Well, we can know we have an idol when in our desire we either sin to get what we want or sin when we do not get what we want. In the months to come we will address how to rid ourselves of idols, but for now we must be aware that in our hearts, we tend to desire other things more than we desire God, and that is why we sin. But the good news of the gospel is that Jesus Christ died so that we can be changed to love God more and our idols less. Praise the Lord for His grace for us to grow and change!

HE WILL HOLD ME FAST

Keith & Kristyn Getty



When I fear my faith will fail
Christ will hold me fast
When the tempter would prevail
He will hold me fast
I could never keep my hold
Through life's fearful path
For my love is often cold
He must hold me fast

Chorus:
He will hold me fast
He will hold me fast
For my Savior loves me so
He will hold me fast

Those He saves are His delight
Christ will hold me fast
Precious in His holy sight
He will hold me fast
He'll not let my soul be lost
His promises shall last
Bought by Him at such a cost
He will hold me fast

CHORUS
For my life He bled and died
Christ will hold me fast
Justice has been satisfied
He will hold me fast
Raised with Him to endless life
He will hold me fast
Till our faith is turned to sight
When he comes at last

CHORUS