

Dear Friends,

Last night at Session we made the decision to suspend services for the immediate future. There are no dates attached to this decision. We are following the guidelines of the San Diego Medical Community and the CDC. We felt this was the best and most responsible decision that could be made. But this does not mean that we are shutting down the ministry or even stopping worship. The following decisions were made to carry on our ministry and to care for each other and our community, during the time of this pandemic.

- Sermons will continue and be put on the internet. You can access them through a link of the email you will be sent every week.
- Committee work will be done by phone or zoom as much as possible, in order to limit contact with each other.
- We will use email to communicate important information, and phone as well
- We have purchased a banner to let the community know we are suspending services, with phone number and email to contact us.
- We are suspending all group activities through the month of March. Then we will reevaluate.
- I will be writing two or three devotions during the week, so keep checking your email.
- The office is on simi-shutdown. Doors will be locked, but Lisa will be there to let anyone in. We are continuing the mail service. Mail service will continue with mail given out through the mail slot in the door.
- Youth group is still meeting, to be evaluated each week.
- Develop a program to stay in touch with everyone in the congregation. Donna will be helping develop a way to stay in touch with our special care people.
- Men's retreat on May 23rd is presently postponed.
- The sanctuary will be open to the public on Sunday morning, if they want to come in for prayer or meditation.
- We will be using email and facebook for prayer requests or needs

These are just some of the changes we have made to help this virus slowdown. We care about all of you and your health. We care about our community as well, and must protect them. We will continue to keep you up to date with all the things we are doing, and what you can do to continue caring for each other.

The Session
Pacific Beach Presbyterian Church
Steve Locke, Pastor

Live Your Fear

Psalms 13:1-4

Long enough, GOD—
you've ignored me long enough.
I've looked at the back of your head
long enough. Long enough
I've carried this ton of trouble,
lived with a stomach full of pain.
Long enough my arrogant enemies
have looked down their noses at me.
³⁻⁴ Take a good look at me, GOD, my God;
I want to look life in the eye,
So no enemy can get the best of me
or laugh when I fall on my face.

Psalms are the expressions of our inner-most self; expressing our fears, joys, loves, anxiety, hate and a full range emotion. They tell the truth. They are not elegant theology which has been worked over through the centuries by great minds. They are raw expressions of the truth of being human, before God and the world. So, it should not surprise us when our Psalmists says, "Long enough, God---you've ignored me long enough. I've looked at the back of your head long enough."

This is not only the feelings of a disgruntled believer, but a fearful individual trying to live through their fears and not being able to hear God's voice. He desires God's vindication of his feelings and an explanation of why God has turned his back on him. He wants answers, but more than that he desires freedom from his pain and fears. He wants to live through his fears to reach the other side. But that may not be the best spiritual path. It may be better to "live your fears" rather than trying to escape them. Honesty brings us to God's arms, allowing the fear to be embraced instead of eliminated. Living through our fear gets us to the place of understanding, instead of by-passing the education that allows us to live in it.

The world is facing a kind of invisible fear that has the capability of removing us from a spiritual education, by the lie we tell ourselves-----we can manage it. In the face of this virus, this invisible fear, we can only be spiritually educated by living our fear, not trying to control it. The first step is being honest about our ability to conquer our fear, then allowing God to embrace it. We need to give into the fear, so that we can live it. By living it, we allow God to conquer it.

Vaclav Havel, in a letter to the world, said, "The whole of this letter is concerned, in fact, with what I really fear---the pointlessly harsh and long-lasting consequences which the present violent abuses will have for our nations."

While this letter is about his present political situation and the long-lasting effects of violence in Czechoslovakia, his fear can be transferred to ours. I too fear the long-lasting effects of this virus. That is why we must live our fears, now. Bring them under the tutelage of God for our edification and education into a greater spiritual peace.

