



"The Church where the Word
of God is Changing Lives"

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www.JoinHopewell.com

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Greetings Hopewell Family

It is imperative that we remain actively engaged during this time. Amid the many challenges, let us accentuate the spiritual and positive. There are two things we have implemented over the previous week, with the first being the Hopewell C-19 Initiative. The HC-19I is designed to shift our attention to events that foster enjoyment, relaxation, and a continual connection with our congregation. One of our greatest desires is to uplift your spirit during these times. The more people we have engaged the better. Our first event for this initiative begins with a drive-in movie at our St. Johns Campus this Friday at 7:45 p.m. The movie is free however, it is essential that you sign up through CCB. Take a moment and go to our website JoinHopewell.com to see the initiatives.

Secondly, as discussed during our mid-week service, I strongly admonish you to establish a weekly regimen. A regimen lays out your week in advance and provides a planned approach to each day. This will not only stabilize you spiritually and emotionally, it will empower you to gain control in other areas of your life. Listed below is a sample regimen. Please use it as a guide and tailor it to your life.

Regimen

Monday – Friday

- Time with God (Morning)
- Work
- Exercise
- Mental Stimulus
- Communal gathering***

Saturday (Time of Preparation)

- Prepare your devotional for the week
- Prepare your exercises for the week
- Prepare your mental stimulus (reading material)
- Prepare your meals for the week
- Prepare for how to relax for the remainder of the day



Sunday

- Prepare for worship (Designate the time, place, and setting)
- Prepare for how to relax for the remainder of the day
- Communal gathering***

***(Gather through ZOOM, conference, social distancing, etc.)

Plans will vary based upon your status (i.e., employment, retired, or a student).

May the Lord God bless you is my prayer!

Pastor