

# Hampton Baptist Church ..... e-News for March 19, 2020

## LOOKING AHEAD

[Mar. 22, Sunday: Lent IV and March 29, Sunday: Lent V](#)

**All Church Related Activities are Cancelled**

### **Deacon Reminders:**

On-Call for the week of Mar.22:28: Ann Bane

### Encouraging Letters from Mike & Nancy:

Dear Friends,

When we bumped elbows and shook hands at the conclusion of our worship service on March 8 none of us could have predicted the dramatic events to follow. No one is unaffected by the physical, social and economic ramifications of COVID-19.

The staff and laity of Hampton Baptist Church are working to maintain as many of our ministries as possible during these weeks of uncertainty and change. The office will continue to be open with limited hours. Staff will have regular meetings. An online worship service will be available each Sunday beginning March 29. SAME continues to provide a walk-up lunch each week for its guests. We cannot promise business as usual, but we will do what we can.

We can still be church to one another, and we must. Personal visits may not be appropriate, but technologies exist that keep us from social isolation. We need to phone, text and email one another. Now may be a good time to renew the lost art of writing notes of care and concern. We can carve out a few minutes each day to pray for one another.

No one knows how long this physical and economic crisis will last, nor what it will demand of us as individuals or as a nation. This uncertainty, of course, leaves us anxious. My suggestion is to watch only enough news to be informed, get enough exercise to burn off stress, and be in contact with friends and family when you feel lonely. Practice gratitude, because there are blessings around if you look for them. Then leave the rest to God.

Vivian and I spent the past week in Arizona, where winter rains have left the desert bursting with buds that promise a colorful spring. But because of travel we are in a self-imposed quarantine. This oft-used word comes from *quaresima*, the Italian word for Lent. So, this is the appropriate season for quarantines and, just as Lent ends with Easter, this difficult season can end with a renewed faith in our risen Lord. So may it be for us all.

Blessings,  
Mike

Dear Church Family,

More than ever, now is the time and place to be and stay connected. We need to look out for each other through calls, emails, cards, Facebook Messenger, possible food delivery (left on the front stoop), and even running errands by those less compromised. It is important to check your e-mail/e-news and/or the HBC website at least once a day. If you know of a need or a concern, please contact Darlene or me. Thank you for sharing your Christian love with our fellowship and our community. Yes, we are all in this together.

Happy spring, almost.

Nancy Forbes

## **Information & Updates for HBC Families:**

### **Daily Ministries**

#### **Opening and Closings of the office and building:**

Staff (Mike, Roy, Darlene, Aaron) will work from home

Larry will make daily tours of the building inside & outside and perform light maintenance

Office opening for Staff: Tuesdays (9-12 pm) and Thursdays (2-4 pm)

Staff Meeting will be held Tuesday mornings at 9 am

#### **Cancellations:**

Faith-based Yoga and Exchange Club - both cancelled until further notice

Church Council and Deacons Meetings - Cancelled March 30<sup>th</sup>

**Church phone and how will it be managed:** Church Phone 723.0707

When HBC is closed calls will be transferred to Darlene.

If you have a question or need:

- call the church phone
- or a specific staff member listed below

#### **Cell Numbers of HBC Staff:**

Mike Clingenpeel 804.921.2222

Roy Belfield 336.831.3586

Aaron Whittington 593.8198

Darlene Scheepers 813.0387

Larry Jones 660.6929

**Mail:** Will be collected throughout the week.

**Counting Committee:** Every other week

### **Practicing Sabbath**

**Online Worship services will be March 29<sup>th</sup>**

Sunday school lessons for: Adults, Youth, & Children "to be determined"

#### **Offerings-how to give:**

- Building openings: Tuesdays (9-Noon) and Thursdays (2-4 pm)
- Online: Go to [www.hamptonbaptist.org](http://www.hamptonbaptist.org), click on "Contributions" and follow directions for "Electronic Giving."
- Mail: to 40 Kings Way, Hampton, 23669

### **Encouraging Our Community**

#### **Communications:**

e-News and communications will be sent on Thursday

Live streaming "in the works"

Church Phone Tree "in the works"

## ENCOURAGING OUR COMMUNITY



[Be joyful in hope...](#)

[Romans 12:12](#)

If you find yourself discouraged by the ever-changing news on the Coronavirus, disheartened by social distancing until this passes, or overwhelmed by online schooling, you're not alone....

At times, it can seem like our world is falling apart, and we're not sure where to turn.

Here's some good news:

**If you're looking for hope and longing for joy,  
it's closer than you think.**

Through Jesus' resurrection, we've been given a living hope that anchors our souls even in the most difficult seasons.

[I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him.  
Then you will overflow with confident hope through the power of the Holy Spirit.](#)

[Romans 15:13](#)

I wanted to share this w/ you all in hopes that you are all staying positive & healthy during this tough time. Challenge yourself to a new activity daily around the house / yard :) Help your parents tidy up the house ... make it pretty! Take pride in it while you have the time.

It will be in the 70's the next 2 days ... So enjoy the sunshine, it is truly good for your soul.

I am Joyful in Hope to see you all soon 😊

Alyson

*Thank you, Alyson, for the encouraging words!  
If you would like to write something encouraging for our HBC Family and Friends,  
please send it in and I will add it to our next e-News!*

*Darlene*

**To my HBC Family and Friends,**

**You have walked this long rode with me,  
becoming a first-time grandmother.**

**Thank you for all the love, support, gifts,  
and most importantly for your prayers!**

**Let me introduce you to,  
my lil' baby girl, Olivia Scott!**

**Love you all! Darlene or now best known as "DeDe"**



### **Family Care Matters**

**Emeritus Member of the Week: Jean Haynes (out-of-town)**  
(Add: 33 Bywater Creek, Herndon, 20171)

#### **Ongoing Members**

**Jim North** (Add.: 23 Rumson Avenue, N.N., 23601)

**Frankie Lane** (Grandson's Home Recuperating) (Add.: 305 LaSalle Avenue, Hampton, 23661)  
(To reach her by phone, please call her daughter-in-law, Emily at 310-8467)

**Linda Riddle** (Daughter's Home Recuperating)

(Address is for her daughter, Becky: 3100 Magnolia Woods Court, Quinton, Va. 23141)

**Dot Little** (Home & in Treatment) (Add.: 10 Westover Dr., Poquoson, 23662)

**Grover (Bryan) Lilley** (Home) (Add.: 22 Holiday Dr., Hampton, 23669)

**Joe Griffin** (Home) (Add.: 115 Wilderness Rd., Hampton, 23669)

**Dee Dee Horne** (Home & in Treatment) (Add.: 329 Center St., Hampton, 23669)

### **MARCH EVENTS**

#### **CHURCH EVENTS:**

SAME: Monday, Mar. 23, 30, 8:30-1:30 p.m. - **Bag Lunches Outside**

Church Council: Tuesday, Mar. 31, 6 p.m. - Conference Room **(Cancelled)**

Deacons Meeting: Tuesday, Mar. 31, 7 p.m. - Activity Room **(Cancelled)**

#### **COMMUNITY EVENTS:**

I. C. Norcum Choir Concert: Sunday, Mar. 29, 4:00 p.m. - Sanctuary **(Cancelled)**

Exchange Club Meeting: Thursday, Mar. 26, 5-9:00 p.m. - Fellowship Hall **(Cancelled)**

Faith-based Yoga Class: Fridays, Mar. 20,27, 9:30-10:30 a.m. - Fellowship Hall Stage **(Cancelled)**

Email Kacie Steinmetz at [kscoachingtoday@gmail.com](mailto:kscoachingtoday@gmail.com) or call 757-876-3321 to pre-register.

PATHWAYS  
TO  
SHARING



Due to current  
COVID 19  
recommendations  
we are not taking  
**ANY** clothing at  
this time.



Information from the Missions Council on how to help our church and community:



- The WMU project for March is HELP Dental Clinic
- The March Missions Emphasis for the WMU is the **HELP Dental Clinic**, located at 1320 LaSalle Avenue, HPT (inside the Hampton Department of Social Services Building). The Clinic provides primary dental care for low-income, uninsured adults who are residents of Hampton. Households with incomes at or below 300% of the Federal Poverty Level who lack a dental policy can receive low-to-no-cost dental care at our clinic. Seniors who are on basic Medicare (without any kind of dental coverage) are eligible for care at the clinic. The Clinic can cover procedures like fillings, extractions, routine cleanings, and simple oral surgeries, as well as night guards for patients who grind their teeth.
- In 2019 the Dental Clinic served 150 patients. The Clinic now has availability for more patients and wants individuals without access to dental care to receive assistance.
- The Clinic depends upon donations! The dental practice costs around \$80K a year; only about 5% of that is from the patients. Donated funds help to buy needed supplies for dentists' tools and other more expensive items.

### Volunteers Still Needed:

With all the hustle and bustle that goes on at SAME it may seem like we have more than enough volunteers. Right now, we are low on staff due to some folks leaving and some on vacation.

We currently need help in our Clothing Closet, organizing our pantry food and we are looking for a clean-up crew that would like to come in at 1pm on Mondays and help us finish cleaning. Please contact Amy 757.508.1772 if you would like to participate.

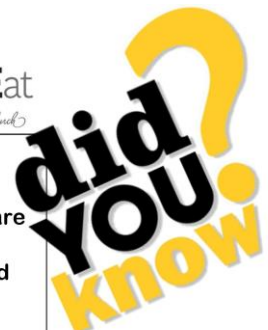
A Great Big Thanks to...

**First Presbyterian Church**

For sponsoring our March  
Mobile Food Pantry this week!!!



**47%\***  
of Hampton households are  
**Asset-Limited,  
Income Constrained and  
Employed or  
ALICE**  
households... what we used  
to call "the working poor"



\*According to a UNITED WAY study that found a 20% increase in Virginia ALICE households from 2015 to 2017. The US ALICE population is 43% of all households.

*Missions Council, Hampton Baptist Church*



We are seeking volunteers for  
the following:  
Delivery Drivers for  
Food Pantry  
Meal Providers for Day Center  
(to-go meals only)

The HELP Day Center will remain open through  
the COVID-19 response. Our current hours are:  
Monday & Wednesday 9-4, Friday 9-1

Showers, Laundry, Computer Access, a quick meal (ramen, etc) are all  
available. The number of people inside the building will be limited to those  
who are actively receiving services and no one showing any symptoms of  
coughing, sneezing, a runny nose, or fever will be allowed in.

A few things we are currently working on:

We are making plans to make our Food Pantry into a mobile pantry to  
accommodate delivering food to households who are dependent on pantries to  
feed their families. We will be collecting names and addresses for families  
needing food and will distribute food to them as available.

We are seeking volunteers to pick up bags of food at the Hampton Social  
Services building and deliver them to up to 10 households in Hampton, dropping  
the bag on the porch. This will minimize anyone's interactions with others.

We are attempting to plan regular hot meals to-go out of our Day Center. If  
your church or volunteers may be interested in providing a meal, we have the  
facility and still have access to the Food Bank to provide affordable supplies.

A great resource is the Food Bank's website:

<http://hrfoodbank.org/get-help/>

This website includes meal sites, pantry sites, and other places to receive  
food and is updated regularly.

We will continue to send updates as they are made available to us.



# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)