

LBAC's Family Calendar & Events

Sunday, March 29

9:30AM At Home Worship & Celebration

**No activities
or events
allowed at
church at
this time,
as per city
and state
restrictions.**

Sunday, April 5

9:30AM At Home Worship & Celebration

MISSIONS

<http://www.lbac.org/missions>

GROWTH GROUPS

<http://www.lbac.org/gg>

Mid-week Adult Bible Studies

CHILDREN'S MINISTRIES

<http://www.lbac.org/children>

Sunday Mornings: Gospel Project @ 9:30AM
Fun N Funky @ 11:15AM

AWANA

<http://www.lbac.org/awana>

Wednesday Nights September through May

YOUTH MINISTRIES

<http://www.lbac.org/youth>

The Process High School~ Tuesdays @ 7:00PM
Junior High Live ~ Thursdays @ 7:00PM

WOMEN'S MINISTRIES

<http://www.lbac.org/women>

Women's Ministry Event Information

Contact: deya@charter.net

Lydia House Meals Ministry

Contact: mcoliver789@msn.com

Women Connecting with Missions

3rd Tuesday of each month @ 7:00PM

Crafty Women

2nd Saturday of each month @ 10:00AM

MEN'S MINISTRIES

<http://www.lbac.org/men>

Contact: mensministry@lbac.org

Regular Ministry Schedule & Contacts

long beach alliance church offices

3331 palo verde avenue · long beach, ca · 90808-4113

phone: 562.420.1478 · office@lbac.org · www.lbac.org

church office hours: tuesday-thursday, 10:00AM-5:00PM

www.facebook.com/longbeachalliancechurch

church staff team

meghan brearley, children's director
562.708.9261 • megan@lbac.org

jesse duckett, youth pastor
562.454.7122 • jesse@lbac.org

tina rand, receptionist & treasurer
562.420.1478 • tina@lbac.org

scott trickett, associate pastor
562.972.5306 • scott@lbac.org

michelle crammer, office manager
917.288.3424 • michelle@lbac.org

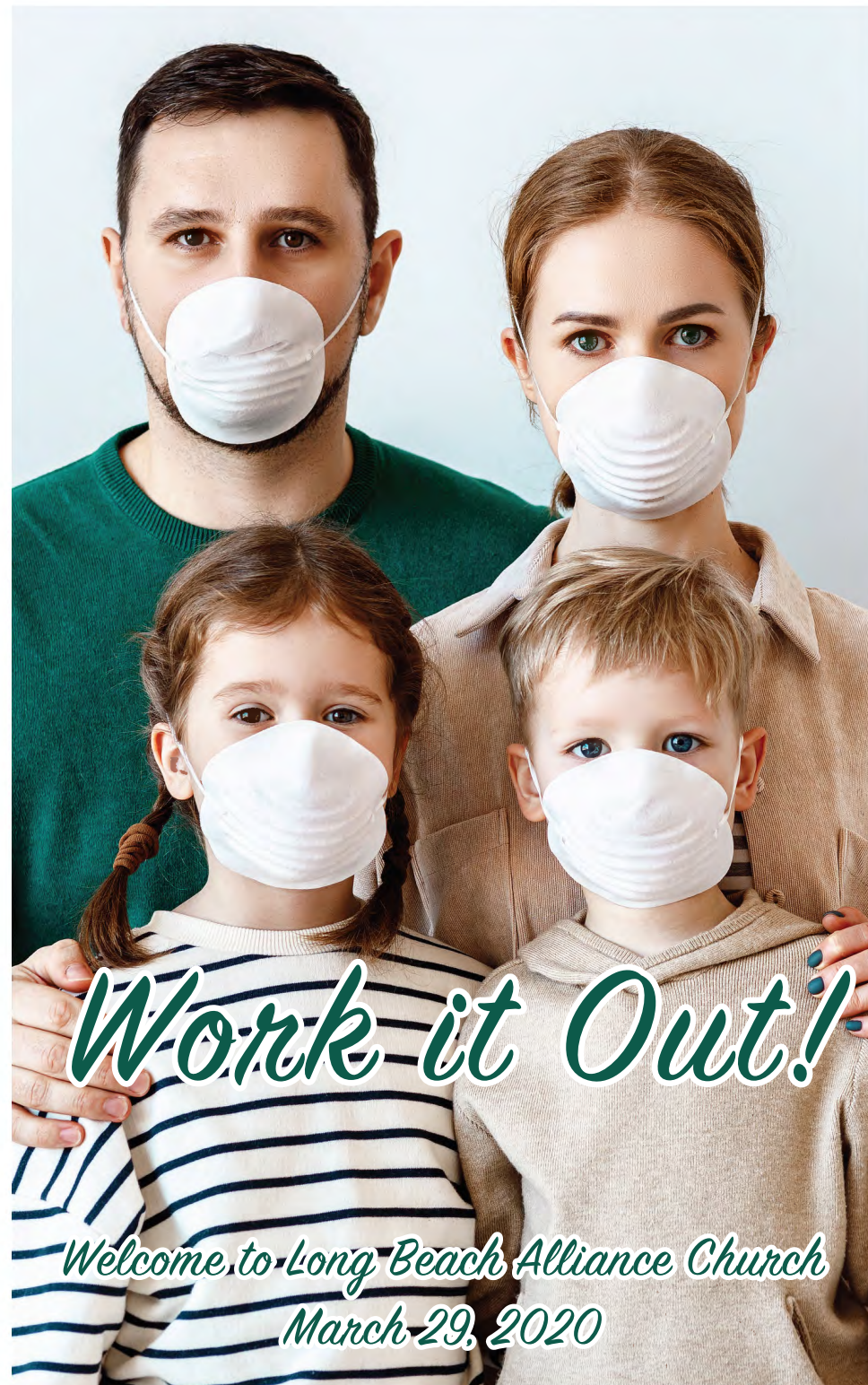
chris lankford, lead pastor
562.685.4132 • chris@lbac.org

kyle rand, facility needs
562.900.0921 • kyle@lbac.org

ben shaw, worship & celebration intern
562.420.1478 • ben@lbac.org



**THE
ALLIANCE**



*Welcome to Long Beach Alliance Church
March 29, 2020*

2020

FAMILY CAMP

11 RV/Camping Spaces, 120 people, \$15/person

Sign ups are limited!

Contact Meghan Brearley to sign up today!

Questions? Contact Meghan Brearley 562.708.9261

Please contact the office and let us know if there is anything we can do to help you. We are a family here at Long Beach Alliance and we want to make sure everyone gets the help they need during this uncertain & often-changing time.

office@lbac.org ♥ 562.420.1478

SAVE THE DATE

Blood Drive

Sunday, June 7 in the GYM

NEW DATE!

SEPTEMBER 11, 2020

Still need to sign up?

Go to allianceyouthgolf.com

and sign up now!

Contact the office for any questions: office@lbac.org

TOO!

LBAC Year-to-Date Financial Report

	Budget	Received	Budget %
Weekly:	\$12,715.40	\$5,200.08	40.9%
Month-to-Date:	\$50,861.60	\$28,713.84	56.5%
Year-to-Date:	\$381,462.00	\$357,380.71	93.7%
Disbursed YTD:	\$359,761.44	GF Balance: -\$2,380.73	

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

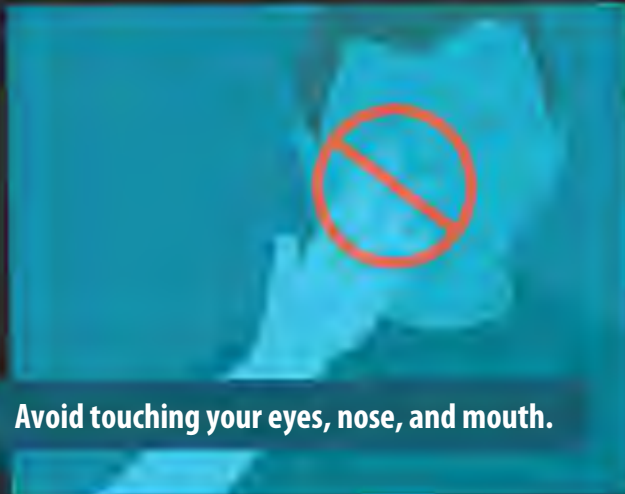
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



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.



For more information: www.cdc.gov/COVID19

Work It Out

Long Beach Alliance Church • March 29, 2020 • Pastor Chris Lankford

1) **Density Increases Exposure**

- A. **COVID-19** (COrona Virus Disease-2019) also known as **2019-nCoV** (~~2019-n~~ovel COrona Virus) has dominated most American news cycles for the past several weeks, and has temporarily suspended our normal work & social lives. One thing we know about COVID-19 is that it is spread much more rapidly in dense populations of people. This is why the disease often spreads most unchecked in high density cities or in locations where people live in close proximity to one another (e.g. Cruise Ships or Retirement Homes).
- B. Most governments around the world have implemented strict restrictions and quarantine protocols for workplaces and social gatherings in an effort to reduce the chances of an explosive spread of COVID-19 and lower the impact on health care infrastructures, especially in cities with larger populations (like our own beloved Long Beach). The basic message from governments is we are 'safer-at-home' because 'density increases exposure.'
- C. With little warning, many of us are living more isolated lives in our homes with family members for much greater amounts of time than normal. Suddenly, we are experiencing a kind of socio-family-density caused by a lack of personal space we normally enjoy. We find ourselves home schooling our children; feeling anxiety when we think of milk, bread, or toilet paper; dieting out-of-control screen time (for us and them); and often failing at remaining patient with one another in our strangely bubble-wrapped world of Purell Hand Sanitizer and Clorox Disinfecting Wipes. Oddly, even though we love our family and closest friends, our greatest weaknesses can be revealed by these same closest relationships.

2) **Exposure Can Result In Disease**

- A. Before the great Apostle Paul authored over 25% of the New Testament of our Bibles, he terrorized and persecuted Christ followers, advocated their imprisonment, and encouraged their illegal lynchings. Paul's words in Romans 5:8 should give us authentic hope that even when we have voiced hatred toward God, mocked the hypocrisy of Christians, or we highlight the sinful failures of churches -- the love of God is powerful and effective to bring people into a right relationship with God our Father.
- B. After Paul was miraculously saved (Acts 9:1-19), he tried to join the local underground Christian church in Jerusalem. But most people figured his newfound 'faith' was just a lie meant to deceive Christians so they could be exposed to persecution and further lynchings by radicalized Jews (Acts 9:26). No one was very motivated to accept Paul because of his treacherous and violent past. It wasn't until one of the most influential and respected early church leaders named Barnabas (Acts 4:36-37, 11:23-24) took Paul under his wing and introduced him to the Jerusalem church as an authentic Christ-follower that Paul was finally accepted (Acts 9:27-31).
- C. Barnabas helped rescue Paul from death in Jerusalem (Acts 9:30), and then mentored Paul as his own disciple in ministry for more than a year in Antioch (Acts 11:25-30). When it became safe for Barnabas and Paul to travel back to Jerusalem (due to King Herod's rather gruesome death, Acts 12:21-23), they also brought a fellow Christian disciple, John Mark (Barnabas' cousin, Colossians 4:10) with them (Acts 12:25).
- D. Barnabas was a primary leader of the Antioch church and actually led (Acts 13:1-3) the very first missions team in history sent from a church to reach all people with the Gospel (to the Jews first and then to the Gentiles, note Acts 13:5). Barnabas' cousin John Mark assisted on that first missionary outreach (Acts 13:5), but for unknown reasons, abandoned the trip early to return to Jerusalem (Acts 13:13).
- E. John Mark's unplanned desertion left a deeply negative impression on Paul, eventually leading to a major blowout with his mentor Barnabas over whether or not to include John Mark in the next big missions trip being sent from the church in Antioch (Acts 15:35-41). While we do not know the details of the conflict, we know the disagreement separated Paul from Barnabas for the first time in Paul's ministry life (Acts 15:39).
- F. Barnabas took John Mark and headed out for a missions trip of their own over the sea, beginning in Barnabas' home on the island of Cyprus (cf. Acts 4:36). Paul took Silas as his missionary partner (a prophetically gifted leader in the Jerusalem church and (like Paul) also a Roman citizen, cf. Acts 15:22, 32, 16:37-38), and they headed out over land through Syria and then to the West toward Cilicia and eventually would get to Athens and Corinth in Greece before returning home to Jerusalem and Antioch 3 years later (Acts 15:39-41).

3) **Reconciliation Allows For Healing**

- A. While Barnabas fades from the scene of the New Testament after this point, John Mark does not. In fact, Paul highlights Mark on numerous occasions, and always in a positive light! Paul notes he is working together with Mark later in his ministry and that Mark was a comfort to him during Paul's imprisonment in Ephesus (Colossians 4:10-11, Philemon 24). Later, Paul pleads with Timothy to bring Mark with him to visit Paul before the Winter comes because Mark is "very useful for ministry" (2 Timothy 4:9-11, 21). Even though many years had passed, Paul's negative view of John Mark was gone, and he now counted Mark as one of his loyal and trusted ministry partners!
- B. This is important for a lot of reasons, but let me just highlight two from the text before I bring it back into our 2020 COVID-19 context. First, God used the separation of Paul & Barnabas to spread the Gospel in two diverse directions, instead of just one unified direction. Part of that journey would take John Mark back to Jerusalem where he spent significant time with Peter, who was the leader in the Jerusalem church. That time allowed Peter to share stories of the Gospel with John Mark, who Peter tenderly called his own son (1 Peter 5:13). This eventually would lead to the writing of 'Peter's Gospel' by (you guessed it!) Mark, the account of Jesus Christ's life from Peter's viewpoint.
- C. Secondly, we are witnessing the restoration of a damaged relationship between Paul and John Mark, both disciples of their mutual mentor Barnabas, who desired that Paul and John Mark be able to do Gospel ministry together. While Barnabas might have died before Paul and John Mark reconciled (we do not really know), their reconciliation is certain based on Paul's many glowing & warm references to Mark in his letters to various churches. While the story is spread across many different events, it is a Gospel story about the power of reconciliation!

4) **God's Call In Isolation To Work Out Reconciliation & Healing**

- A. The story of Paul, Barnabas, and John Mark is subtly woven through the pages of the Bible revealing friendships, family, conflict, divisions, reconciliation, restoration, and renewal for Gospel purposes (2 Corinthians 5:17-21). Aren't you grateful that Jesus did not stubbornly remain in Heaven in the comfort & perfect unity of the Trinity, avoiding the work of reconciling us to our Father God? God the Son took the initiative to come and live sacrificially in order to reach people like you and me with the Gospel and secure us by God the Spirit for our future with God the Father.
- B. When we have conflict with one another, it is as if God is saying to us, 'yup, I allowed that to happen so you can both deal with important issues, and live out what it means to forgive, restore, and be reconciled in your home.' Perhaps even more so, God allows times of startling difficulty and change (like 'safer-at-home' or 'self-quarantined' isolation) to give us the time to reconcile even bigger things in our lives.
- C. What has God provided to you during this (sometimes annoying) period of COVID-19? What are you doing with your extra time? Is it being sucked up by Netflix? Are you fighting COVID-19 by eating your way through the crisis? Are you climbing the leaderboard of your favorite video game? Are you compulsively binging on (international, national, or local) news via. the Internet or TV? Or maybe you have found the time for some new hobbies like obsessively monitoring meme's on social media, researching locations for purchasing toilet paper, or backyard bird watching?
- D. I only joke because for a Christ-follower, every change and unexpected twist of our life should be considered an opportunity to live out our faith in Christ for the purposes of the Gospel. And since "safer-at-home" might morph into "conflict-at-home" for some of us (and before it becomes "homicide-at-home"), maybe God is providing this time for something more than finding ways to isolate from others during isolation. Perhaps God has given us time and space to live out our reconciliation in new and profound ways.
- E. Do you think God knew COVID-19 would happen? Did God know that COVID-19 would interfere with Easter, the most significant time of the entire year for most churches around the world; the time of the year when reconciliation between God and mankind is actually the primary focus? If we know anything about the God of Heaven, it should include that nothing happens outside of his Sovereign control and intention. It makes you wonder, what is God's intention for His Church and for you during this pronounced time of isolation?
- F. You know, something like this happened in Heaven as well. When Jesus was on earth, the Trinity was still intact, but the normal fellowship of God the Father, God the Son, and God the Holy Spirit was disrupted for just over 30 years. God the Son was isolated and often painfully alone, dealing with the pandemic of sin, in order to bring reconciliation between God and mankind. God knows our loneliness, our boredom, and even our temptations. He used that time of His life to reconcile people, taking the initiative, and finding ways to make peace. Is there someone with whom you need reconciliation? Will you use this inconvenient time to do what God has also done for you? He loves you, even when you don't deserve it. He initiated reconciliation, even before you cared. Will you do the same?