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ORANGE COAST



Newsletter

April, 2021



Good News... He Is Risen...

By Pastor Ken Studer

Are you a doom-scroller? I hope not. Doom and gloom should never occupy the minds of believers, because the tomb is empty. What is a doom-scroller?

Doom-scrolling is the act of endlessly scrolling down news apps, Twitter, and social media, reading all the bad news. “The pandemic has exacerbated these habits in many ways,” says a New York psychologist. There is no shortage of doomsday news.”

Some Republicans experienced the fear of doomsday when Joe Biden won the election. To them it seemed like it was the end of the world. But the sun came up the next day and every day since. God is still in control.

If doom-scrolling is part of your daily routine, you are not alone. Twitter use has jumped 24 percent since the start of the pandemic and Facebook is up 27 percent.

The problem with this habit is that it can lead to more stress. We think that keeping up with the latest news will lessen our anxiety, but it increases it.

Doom-scrolling is an “unsatisfying addiction,” says another clinical psychologist. Instead of making us feel safer, it raises our level of fear, anxiety and stress.

Do you get into bed, turn off the lights, and glance at your phone just one more time? Wanting to stay informed, you end up being sucked into doom and gloom, maybe even spiraling into despair.

Doom-scrolling is eroding our mental health. But we are not the first to experience this. The three women who visited the tomb on Easter morning were some of the very first doom-scrollers.

Their Messiah had been crucified His body laid in a cave-like tomb, and a large stone had been rolled against the door. They were feeling doom and gloom and grief over the death of Jesus, stress about the future, and anxiety about how they would remove the stone. Then they experienced the Good News—He had risen!



Is temporarily suspended. Watch for announcements to discover when it will resume.

COVID—Worship Services

Orange Coast Church continues to follow the Southeastern California Conference’s guidelines for conducting worship services during the COVID pandemic. Currently Orange Coast Church has three options for Saturday worship services:

Online Church Service

Outdoor Church Service In The Parking Lot

Indoor Worship Service In The Sanctuary

*All options begin on Saturdays at 11 AM and do NOT include live music. Social distancing and masks are mandatory at the indoor and outdoor services.

April Worship Schedule

This month Pastor Ken concludes his 5-part sermon series on the lesser known characters at the cross. We will have guest speakers for the last two Sabbaths of the month.

04-03 Longinus (Easter Sabbath)

04-10 Ask The Pastor

04-17 Guest Speaker: Jeff Horne

04-24 Guest speaker: Tony Moore

April Birthdays

Helen Moore	April 01	Alan Riffel	April 19
Michael Hiersche	April 02	Madaleine Bumbesti	April 21
Jay Shank	April 03	Quentin Koromete	April 21
Rob Freytag	April 04	Rachel Breuklander	April 22
Paul Dompas	April 05	Laura Castillo	April 22
Karen Jo Custodio	April 06	James Page	April 22
Keenan Park	April 06	Desiree Blanco	April 23
Mia Pai	April 07	Donald Komorous	April 23
Rosa Pantigoso	April 07	Tenealle Porsana	April 23
Brett Roberts	April 08	Mathew York	April 23
Susan Cornforth	April 09	Juan Pantigoso	April 24
Eugene Mensah	April 09	Karla Wheeler	April 24
Amber Richardson	April 09	Nori Borges	April 25
Brendan Hong	April 11	Cristina Chin	April 25
Madison Ruth Page	April 11	Kai Espiritu	April 25
Dian Thunig	April 11	Leah Smith	April 25
Rebecca Buhrke	April 12	Jiewen Zhu	April 25
Abel Marica	April 12	DeAnna Cordis	April 26
John Chrispens	April 14	Adrianna Holness	April 26
Isabel Withmory	April 14	Lillie Breen	April 27
Rachael Conrad	April 15	Fernando Giles	April 27
Karla Rivas	April 15	Sascha Johnston	April 27
Bitu Borrowdale	April 16	Skyler Smith	April 27
Seth Carlson	April 16	Rick Grubbs	April 28
Lucy Lee	April 16	Terry Weathers	April 28
Russ Bermejo	April 17	Jane Hutapea	April 29
Amber Respo	April 17	Tjeb Jabonillo	April 29
Tina Costello	April 18	Maria Lima	April 29
Curtis Ghelfi	April 18	Michael Tamura	April 29
Mirtha Jones	April 18	Tyler Collins	April 30
Huan Nguyen	April 19	Lahoma Schulze	April 30