Daily Devotions for Week of May 17 – May 23 “Chosen By God”
(Each day read a passage, the prayer and reflect on the meaning of God’s Word to you!)

Scripture
- Sunday: 1 Peter 3:13-22
- Monday: Isaiah 63:7-9
- Tuesday: Isaiah 45:1-8
- Wednesday: Genesis 9:8-17
- Thursday: Romans 5:1-11
- Friday: Joel 2:18-27
- Saturday: 1 Peter 2:1-10

Prayer:
“Loving God, You have created us, called us, chosen us to be Your people. We wait now to receive Your word of guidance and blessing. Grant unto us ears to hear, eyes to see, and faith to respond to Your love and leadership. In the name of Christ. Amen”


Reflection:
“Enlightenment is the ability to see beyond all the things we make God, to find God. We make religion God and so fail to see godliness where religion is not, though goodness is clear and constant in the simplest of people, the remotest of places. We make national honor God and fail to see the presence of God in other nations, particularly non-Christian nations. We make personal security God and fail to see God in the bleak and barren dimensions of life. We make our own human color the color of God and fail to see God in the one who comes in different guise. We give God gender and miss the spirit of God everywhere in everyone. We are always on our way to somewhere else when this place, the place in which I stand, wherever it is, is the place of my procession into God, the site of my union with the Life that gives life.”

(From “The Illuminated Life” by Joan Chittister; Orbis Books: Maryknoll, N.Y., 2000, pg. 41-43).
Listening to Our Bodies

“Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart.”
Psalm 51:6

In a comfortable position, claim the love and nearness of God surrounding you in whatever symbolic way is best for you. Give thanks in the beautiful words of an old prayer that God is “closer than breathing, nearer than hands and feet.”

Turn your attention to your body and start listening. Is there a sense of peace and well-being? If so, give thanks. Try to think about the reasons for how you feel.

Direct your attention, moving gently through your whole body, and observe if there is any discomfort or tension, no matter how small.

Touch the part of your body that feels uncomfortable. If you cannot touch it with your hand, touch it with attentive, loving thought. Ask that part of your body if it is trying to tell you something important about your way of life or some unfaced need or hurt.

Spend some time to listen to your body and what it is trying to tell you. You may be quickly in touch with some imbalance or some pressuring, draining aspect of your life. There may rise in your thoughts an old or recent memory that needs healing. You may feel a desire to weep, to express anger or hurt. Do not feel guilty about your feelings. This is part of our prayer time. Visualize Jesus lifting and embracing this feeling like a hurt child. You may not be able to locate or identify any special source of stress or hurt. Do not try to push or force the awareness. Just thank your body for its awareness and ask God for guidance into the awareness of the stress.

Breathe gently, lean on God’s strength, and give thanks that your body speaks to you. When ready end your time of listening prayer.

(From: “Prayer and Our Bodies” by Flora Slosson Wuellner; Upper Room Books, Nashville, TN, 1987, pg. 36-37.)

20 Breaths to Relax and Slow Down

Sitting comfortably in a chair, with feet on the floor and back straight, shoulders squared and hands in your lap, take a slow deep breath enabling the breath to enter your lower abdomen. Then exhale the breath completely. Do this at your own pace. Using both hands, keep track of the number of breaths, starting with the little finger of your dominant hand and tapping each finger down as you complete ten full, complete, slow breaths. Begin again counting with both hands until you have completed 20 very slow and deep cleansing breaths. This exercise will enable you to feel less stress, anxiety or panic.
**Grocery Store Hours for Seniors**

**Aldi** opens Tuesdays and Thursdays at 8:30 a.m. and reserves the first hour of business for vulnerable shoppers. This includes senior citizens, expectant mothers and those with underlying health concerns.

**BJ’s Wholesale Clubs** have a designated shopping hour every day from 8:00am – 9:00am for its Members 60 and over. Clubs will open at 9:00am for the rest of Members.”

**Costco** is changing to new hours on May 4, opening at 10 a.m. They will be setting new times for members 60 years and older to shop so check the website to see what the new hours will be. **Admission now limited to two people per membership card. Masks must now be worn and social distancing is practiced for every shopper and customer service representative.** Costco has made special shopping available to front-line healthcare and first responders. See their website for more details.

**Giant** is open from 6:00 a.m. – 7:00 a.m. daily for customers 60 and over. For home delivery: [https://www.peapod.com/?c3ch=OpCo%20Websites&c3nid=giantfoodstores.com&_ga=2.89081691.1902339450.1585165364-1423334317.1531932134](https://www.peapod.com/?c3ch=OpCo%20Websites&c3nid=giantfoodstores.com&_ga=2.89081691.1902339450.1585165364-1423334317.1531932134)

**Sheetz** is now open every Sunday between 2:00 p.m. and 3:00 p.m. for Seniors and customers designated as high risk for Covid 19 virus.

**Stauffers of Kissel Hill**

**Target** reserves the first shopping hour each Wednesday “at stores nationwide for vulnerable guests — including elderly and those with underlying health concerns.”

**Sam’s Club** offers early shopping hours every Tuesday and Thursday from 7 a.m. to 9 a.m. for seniors and those with disabilities or compromised immune systems. This includes our pharmacy and optical centers and will last until further notice.

**Sav-Mart** is currently working on a plan to be able to bring parts or items to your car if you are over 60 or have health issues that put you at risk. We will give you details as soon as management puts this into action.

**Walgreens** offers free shipping for seniors, expanded drive-thru services for seniors, and a seniors-only hour in-store from 8-9 a.m. every Tuesday. Pharmacy hours may vary by location.

**Walmart** has one hour set aside each Tuesday for Seniors and vulnerable groups before the stores open for regular business hours. You can also place your order on line and pick it up at curbside.
**Weis Markets** has not yet set any special hours for at risk groups, but contact your local store by phone to find out for sure. **Weis Markets** will deliver groceries at: [https://www.weismarkets.com/weis-2-go-online-faq](https://www.weismarkets.com/weis-2-go-online-faq)

**Whole Foods Market** will serve customers who are 60 and older one hour before opening to the general public. Call to confirm.

### Emergency Meals for Students

- **Manheim Township School District**
  - Bucher Elementary School, 450 Candlewyck Road, Lancaster, PA 17601
  - Schaeffer Elementary School, 875 Pleasure Road, Lancaster, Pa 17601
  - Weekdays only: 11:30 am - 12:30 pm

- **Columbia School District**
  - A grab & go breakfast and lunch will be available for every Columbia Borough School District student, Monday-Friday this week.
  - Locations: Park Cafeteria Entrance and Taylor Main
  - Time: 9:45 am to 11 am

- **Conestoga Valley School District**
  - Grab & go meals will be available for drive-through pickup to CV students Monday and Tuesday this week.
  - Location: CV High School main entrance loop
  - Time: 11:30am-1:30pm
  - Families must show a student ID for each meal.

- **Elanco School District**
  - ALL kids age 1-18, regardless of which school they attend or if they're on the meal program, from March 18-27.
  - Locations: New Holland Mennonite Church and Eastern Lancaster County Library
  - Time: 11am-1pm
  - Children must be present.

- **Octorara School District**
  - Plans to implement a grab & go meal program will be released on this page at some point today.

- **School District of Lancaster**:
  - SDOL provided grab & go meals for students today, and plans to continue doing so. Logistics will be released here at some point today.

### Other meal offerings:

- Anchorage Breakfast (29 E. Walnut St.) is offering a daily carry-out breakfast between 8:30 – 9:45 a.m.
- Arch Street Center (629 N. Market St.) will provide carry-out meals starting Wednesday, March 18 at noon.
- The Moravian Center of Lancaster (227 N. Queen St.) will be accepting donations of brown bag meals to stand in the gap (include a protein source, some kind of fruit, a pack of crackers or other snack item, a drink, and a napkin along with any other non-perishable.
Food Resources

Bucher Elementary School: 450 Candlewyck Rd, Lancaster, PA
Monday-Friday 11:30-12:30pm
You will get one lunch per child under 18 years of age and one breakfast (for the next day) per child under 18 years of age. Everyone is welcome, no eligibility requirements.

Schaeffer Elementary School: 875 Pleasure Rd, Lancaster, PA
Monday-Friday 11:30-12:30pm
You will get one lunch per child under 18 years of age and one breakfast (for the next day) per child under 18 years of age. Everyone is welcome, no eligibility requirements.

Bucher Elementary School: 450 Candlewyck Rd, Lancaster, PA
POWER PACKS- Thursdays 11:30-12:30
*If you are interested in power packs please contact your school counselor and they will add you to the list. Power Packs include: Various foods to help with dinners (canned veggie, meat, canned fruit, etc)

Peter’s Porch: Landis Valley Christian Fellowship- 2420 Kissel Hill Rd, Lancaster, PA
4th Saturday of the month (April 25th, May 23rd, etc) 8-10am
Pick up a bag of food

*There are Peter’s Porch locations all over Lancaster County. If you have transportation you can visit their other locations if you are in need of food help every week.

See below for other locations open on Saturdays:

Faith United Lutheran Church- 357 Walnut Street, Denver, PA
1st Saturday of the month (May 2nd, June 6th, etc) 8-10am

Lititz Mennonite Church- 165 East Front Street, Lititz, PA
2nd Saturday of the month (May 9th, June 13th, etc) 8-10am

Zion Lutheran Church- 435 Main Street, Akron, PA
3rd Saturday of the month (April 18th, May 16th, etc) 8-10am

Calvary Cares: Calvary Church- 1051 Landis Valley Rd, Lancaster, PA
Wednesdays 2-7pm
Thursdays 9-11am
*If you would like to use this food resource please connect with Roseanne Myers, Manheim Township School District Social Worker (myersro@mtwp.net) or Jaime Falgie, Manheim Township School District Social Worker (falgieja@mtwp.net) as they need to make a referral for you to utilize Calvary Cares

Grandview United Methodist: 888 Pleasure Rd, Lancaster, PA
Monday-Friday 8-2pm Pick up a bag of food (often they have supplies beyond food such as toilet paper, books for kids, cleaning supplies)

Long United Methodist: 2660 Lititz Pike, Lancaster, PA
Tuesdays and Friday’s 6pm-7pm- Free Groceries

Lancaster Brethren in Christ: 1865 Fruitville Pike, Lancaster PA
3pm-6pm- Food bank open 1st and 3rd Friday of the month (May 1, May 15, etc)

If you are experiencing struggles utilizing the above resources please contact:

Roseanne Myers, Manheim Township School District Social Worker
Grades 7th-12th
(myersro@mtwp.net)
or
Jaime Falgie, Manheim Township School District Social Worker
Grades K-6th
(falgieja@mtwp.net)