



# ASK Dr. Angelia Panic or Peace

During these days, we could all use a reminder of the Serenity Prayer: God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Today, we have many things we wish we could change. We can't change the pandemic crisis, social distancing, wearing masks, economic loss and staying at home with no gatherings in site; we can change what we have the courage to change at home right now – ourselves.

First, if you are living in Panic mode, you need Peace. Panic and Peace do not exist together; You must choose either Panic or Peace. With all the news blasting Panic, choose to limit your exposure to the news. I am honored to su-

pervise a wise young lady who chooses no news after 6PM. She is protecting herself by setting boundaries for her Peace. We can all learn from her. What-ever sends you into Panic mode, needs to be limited for now. We can't change our circumstances; we can change the effect it has on us. We are in control of our mind; we choose Panic – or we choose Peace.

With most of our time spent at home. Home is our refuge from this world and where we build our own "Place of Peace". If you can be at Peace anywhere it is at home; think about what gives you peace and do that – plant something, read a book, take a walk, play some music, watch some movies, bake something (I just made some chocolate chip cookies). Seek

that which brings you Peace.

Philippians 4:6-7 gives instruction for Panic and Peace: Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. 7 And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

I hope you will take a moment from my musings and do something to help yourself and others through this time. Choose Peace! Because, We Will Get Through This!

Finally, be Grateful. Live in Peace. Love God and Love every Person. Amen.

Dr. Angelia S. Bryant, Licensed Professional Clinical Counselor and Supervisor

# He is with us in the dark

Dawn Reed

The week had been horrible. What started out wonderfully, uplifting-even, had quickly turned harsh and nightmarish. Now everyone was practically hiding in their homes unsure of what the day would bring.

She had put her trust in Jesus, fully believing He was the Son of God. He had worked miracles in her life and in the lives of many of her friends. His Words sometimes seemed hard to understand but she held on to them and followed Him. Now, she was just a mess. The tears came freely, leaking from her eyes, pouring down to her clothes. This was too much to wrap her mind around! She couldn't think, she couldn't understand! Where was Jesus? Where was He? All she could do was cry.

Mary Magdalene sat in the garden confused, a wreck. She had followed Jesus-literally-to His death. So much...Did. Not. Make. Sense. She had seen His body taken from the cross. Seen it wrapped in cloths. Watched as He was laid in the tomb.

John 20 tells the story.

"While it was still dark", Mary went to the tomb. I believe it had never been darker-for the Son had been extinguished on the cross.

After a sleepless Passover weekend, she raced to the tomb. The place where she had last seen Him. Verse 11 tells that Mary stood outside crying. She had questions, fears. She was confused and didn't understand.

She knew someone was close by. Through her tears, she wailed, "They have taken my Lord away and I don't know where He is!" Life can be hard. At times, we may not be able to comprehend what He is doing, how He is working, where He is. But He WAS there! Mary just didn't realize it. My Life Application Study Bible's commentary states, "...she couldn't see Him because she didn't expect to see Him."

In her anguish, her uncertainty, Jesus was there.

Then, He called her name, "Mary," and she KNEW! It was HIM! Her Jesus! Her Savior! ALIVE!

Easter/Resurrection Day is the best day of all-even during Corona. Without Easter services, family and friends or a new Easter outfit. Jesus died on the cross for our sins and then miraculously arose on the third day making a way for us to go to heaven if we put our trust in Him. Jesus is enough! He is with us!

Even when it is still dark!

# Russell County Church Directory

"I can do all things through Christ who strengthens me." -Philippians 4:13 (NKJV)

**3trees Church**  
270-866-8811  
270-250-7904  
Russell Springs Location  
3515 KY- West 80

**Campbellville Location**  
1 Living Grace Drive  
(First Wednesday of each month)

**Battlefield Baptist Church**  
954 W. Steve Wariner Dr.  
Russell Springs, KY 42642

**Beckham Ridge Separate Baptist**  
Hwy 1729

**Bernard Ridge Church of God**  
241 Stephens Ridge Rd,  
Russell Springs

**Bethel United Baptist Church**  
Decatur Road, Dunnville

**Bethel United Methodist Church**  
Bethel Church Road,  
Jamestown

**Bethesda Community Fellowship**  
3109 S. Hwy 127,  
Russell Springs, KY 42642

**Bethlehem Separate Baptist Church**  
West Hwy 80, Russell Springs, KY 42642

**Cedar Springs United Baptist**

**Clearfork Baptist Church**  
760 Clearfork Rd. Eli, KY  
Greg Wade  
(270) 866-7683

**Clear Springs Missionary Baptist Church**  
Est Hwy 619, Bernard Ridge, Russell Springs

**Coffey's Chapel United Methodist Church**  
Eli, KY

**Coffey's Friendship Separate Baptist**  
Off S. Hwy 55 (1/2 mile on Coffey's Schoolhouse Rd)

**Coffey Grove Separate Baptist Church**

**Concord Wesleyan Church**  
6033 S Highway 1680,  
Jamestown, KY

**Creelsboro Church of the Nazarene**  
**Creelsboro Christian Church**  
4286 S.HWY 379  
Jamestown

**Cross Creek Church**  
1673 N. Main St.,  
Jamestown

**Cumberland Baptist Church**  
627 E. Cumberland Ave  
Jamestown, Ky  
Bus Ministry Available:  
270-343-3738

**Fairview Baptist Church**  
E. Hwy. 80

**Fairview Separate Baptist Church**  
4313 N Hwy. 55  
Jamestown, KY  
Bro. Doug Baldwin,  
Pastor

**First Baptist Church of Russell Springs**  
392 E. Hwy 80, Russell Springs  
Sunday

**Faith Temple Full Gospel Church**  
West Hwy 80 (Royville)

**First Apostolic Church**  
3563 E. Hwy 80, Russell Springs.

**First United Methodist Church of Jamestown**  
157 N. Main Street,  
Jamestown,  
Phone: (270)-343-4187

**Freedom Christian Church**  
Sun. School 10 a.m.  
Worship Service 10:45  
Wed. Service 6:30 pm  
Wendell Roberts,  
Preacher;  
Garrett Crawford, Youth Minister

**Friendship Baptist**  
E. Hwy 80

**French Valley United Methodist Church**  
2272 Hwy 379 Russell Springs

**Good Tidings Baptist**  
W. Hwy 76 – Russell/  
Adair line.

**Grace Family Fellowship**  
170 Stephens Ridge Rd.  
Russell Springs

**Grace Independent Baptist**  
Dowell Road, Russell Springs  
Phone: (270)-866-2554

**Greater Hope Christian Fellowship**  
N. Hwy 127 Russell Springs

**Grider's Chapel United Methodist Church**  
3913 Highway 1058,  
Jamestown, KY

**Hayes Chapel United Methodist Church**  
1353 W. Hwy 619  
Russell Springs, KY

**Holy Spirit Catholic Church**  
406 N. Main Street,  
Jamestown, KY

**Jamestown Christian Church**  
65 S. Main St.,  
Jamestown

**Jamestown Church of the Nazarene**  
132 S. Main St.,  
Jamestown

**Jamestown Community Church**  
312 Monument Square,  
Jamestown

**Jamestown First Baptist Church**  
165 W. Cumberland Ave.  
Jamestown, Ky 42629

**Jamestown Seventh-Day Adventist Church**  
100 Freedom Church Road –  
Junc. 55 & 127  
Jamestown  
Phone: (270)507-9434

**Liberty Baptist Church**  
Wilson Street, Russell Springs, KY 42642

**Main Street Church of God**  
**Manntown United Methodist**

**Mt. Calvary Baptist Church**  
Damron Creek Road  
Russell Springs

**Mt Eden United Baptist Church**  
Mt Eden Road

**Mt Hope Separate Baptist Church**  
Jamestown

**Mt. Olive Baptist Church**  
Phone: (270)-585-9299

**Mt. Pleasant UMC**  
3944 W Hwy 92, Russell Springs  
Phone: (270)-343-2100

**Mt. Vernon Baptist Church**  
S. Hwy 619, Jamestown

**New Victory Baptist Church**  
460 Arles Hale Rd.

Russell Springs

**Oak Grove Separate Baptist Church**  
Blair School House Road

**Old Liberty Community Church**  
W. Hwy 92, Russell Springs

**Ono Community Church**  
Hwy. 1611

**Pine Grove Separate Baptist Church**  
Below Eli

**Pine Grove United Baptist Church**  
Gosser Ridge Community

**Pine Top Church of Christ**  
Pine Top Rd. Russell Springs

**Poplar Grove Baptist Church**  
North 127

**Prince of Peace Lutheran Church**  
250 French Valley Court, Russell Springs  
Phone: (270)-866-4656

**Rockhouse Christian Church**

**Royville Friendship Church**  
West Hwy 80, Russell Springs, KY42642

**Russell Springs Christian Church**  
Main & College St,  
Russell Springs

**Russell Springs Church of the Nazarene**  
1442 W Steve Wariner Dr.

**Russell Springs Lighthouse Church**  
86 Owenstown Schoolhouse Rd.  
Russell Springs, KY 42642

**Russell Springs United Baptist Church**  
Junction 80&127

**Russell Springs United Methodist**  
226 Jamestown St.,  
Russell Springs  
Phone: (270) 866-5180

**Sano Baptist Church**  
3005 Hwy 1729, Russell Springs, KY 42642  
Phone: (270)-585-7053

**Sewellton Church of God of Prophecy**  
253 Ballinger Road  
Jamestown, KY 42629

**Solid Rock Church**  
189 West Drive, Russell Springs, KY 42642  
Phone: (270)-866-4097

**Springs of Free Life Church**  
635 Main St. Russell Springs, KY 42642  
Phone: (270)-866-8748

**The Church of God**  
P.O. Box 2121 – Hwy 1729  
Russell Springs, KY 42642

**Union Baptist Church**  
3525 Gosser Ridge Road

**Union Chapel United Methodist**

**Welfare Baptist Church**  
Middletown, Hwy 127

**West 80 Church of God**  
3733 W. Hwy 80,  
Russell Springs

**Whites Chapel Separate Baptist Church**

**Willow Oak Church of Christ**  
Half-Acre Road,

**Word of God Church**  
240 Hopper Street  
Phone: (270)-866-2696

**Jones Exteriors**  
270-866-3958  
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