



# ASK Dr. Angelia Have HOPE

Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in being. Allow nature to teach you stillness. – Eckhart Tolle

We can't deny, even in this crisis hour, Spring has arrived. Spring brings new life and new HOPE. Even though this Spring isn't like any other in our memory, the trees, flowers and plants are awakening exactly as they always have. As a lover of nature, this brings me great HOPE. HOPE for the season; HOPE for our future. Where there is HOPE, there is life. Life is precious and we have lost many wonderful people. My HOPE isn't bound to this life. My HOPE is in being with people

who left this world for a much greater destination.

Spring is time sow seeds and plant. This week, I've been in the dirt. Digging and planting herbs and flowers are my refuge - a HOPE for all the beauty that will result. Planting anything is HOPE for the future. If you are so inclined, plant something for the HOPE it will bring you as you see it grow and thrive. One wise person shared the decision to plant a garden for the first time. She shared if she grew vegetables, she might even eat them. Plant HOPE.

As I viewed 3trees Church Service on YouTube, Senior Pastor Eric Gilbert quoted Jeremiah

29:11 (NRSV) which reminds us to have Hope - 11 For surely, I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.

I HOPE you will take a moment from my musings and get outside to enjoy this season - and maybe plant something to get yourself and others through this time. Choose HOPE! 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

# On-going burning in our hearts

Dawn Reed

I've had heartburn since 1981. After years of trying home remedies and modified diets, I finally consulted a doctor. Now it's under control.

There is a delicious case of heartburn in Luke 24 I yearn for and don't ever want to get over. Two of Jesus' followers were disappointed as they travelled home from Jerusalem that first Easter morning. Their minds were jumbled and spirits low over the events of the Passover weekend. It was a seven mile walk-plenty of time to review the details.

That's when Jesus showed up! The guys were obviously downcast. Jesus asked what they had been talking about. Cleopas wanted to know if He was a stranger to the area. They began to tell Jesus their version of everything that had transpired over the previous days.

As they walked, Jesus scolded them for their unbelief, then went on to explain ALL the Scriptures had said about Him. What a walk!

He pretended He was going farther. Walking slowly...waiting for their invitation..."Stay with us," they encouraged.

Inside at the table, Jesus took bread,

gave thanks, broke it and began to give it to them. Suddenly their eyes were opened and they knew it was Him. I LOVE what they asked! "Weren't our hearts burning within us while He talked with us...and opened the Scriptures to us?" That's a great case of heartburn right there!

Are you downcast because of Corona? It's understandable.

Cleopas reported "...but we had hoped that He was the One..." Have you felt like that through quarantine? Did you have hope in Jesus? Did you think His plan was better than this? Are you confused about how things are playing out? As Coronavirus numbers grow, does it seem like the size of Jesus and His presence have diminished?

Like Cleopas and his friend, do we need to be retold some things? Jesus opened up the Scriptures to remind them-and us. Go to the Word and hear it again: Our hope is STILL in the Lord! He is STILL the God of the Bible! He is STILL good! He is STILL able! This is our Red Sea, our Goliath, our lion's den. He WILL deliver us!

While we're "safe" at home, it's important to use the time for good. Let's have an on-going burning in our hearts for talking and listening to Him and His Word now AND when quarantine is over!

# HOPE

## Russell County Church Directory

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

<p><b>3trees Church</b> 270-866-8811 270-250-7904 Russell Springs Location 3515 KY- West 80</p>	<p><b>Coffey's Chapel United Methodist Church</b> Eli, KY</p>	<p><b>First United Methodist Church of Jamestown</b> 157 N. Main Street, Jamestown, Phone: (270)-343-4187</p>	<p><b>Jamestown Church of the Nazarene</b> 132 S. Main St., Jamestown</p>	<p>Russell Springs</p>	<p><b>Russell Springs United Baptist Church</b> Junction 80&amp;127</p>
<p><b>Campbellsville Location</b> 1 Living Grace Drive (First Wednesday of each month)</p>	<p><b>Coffey's Friendship Separate Baptist</b> Off S. Hwy 55 (1/2 mile on Coffey's Schoolhouse Rd)</p>	<p><b>Freedom Christian Church</b> Sun. School 10 a.m. Worship Service 10:45 Wed. Service 6:30 pm Wendell Roberts, Preacher; Garrett Crawford, Youth Minister</p>	<p><b>Jamestown Community Church</b> 312 Monument Square, Jamestown</p>	<p><b>Oak Grove Separate Baptist Church</b> Blair School House Road</p>	<p><b>Russell Springs United Methodist</b> 226 Jamestown St., Russell Springs Phone: (270) 866-5180</p>
<p><b>Battlefield Baptist Church</b> 954 W. Steve Wariner Dr. Russell Springs, KY 42642</p>	<p><b>Coffey Grove Separate Baptist Church</b></p>	<p><b>Friendship Baptist</b> E. Hwy 80</p>	<p><b>Jamestown First Baptist Church</b> 165 W. Cumberland Ave. Jamestown, Ky 42629</p>	<p><b>Old Liberty Community Church</b> W. Hwy 92, Russell Springs</p>	<p><b>Sano Baptist Church</b> 3005 Hwy 1729, Russell Springs, KY 42642 Phone: (270)-585-7053</p>
<p><b>Beckham Ridge Separate Baptist</b> Hwy 1729</p>	<p><b>Concord Wesleyan Church</b> 6033 S Highway 1680, Jamestown, KY</p>	<p><b>French Valley United Methodist Church</b> 2272 Hwy 379 Russell Springs</p>	<p><b>Jamestown Seventh-Day Adventist Church</b> 100 Freedom Church Road - Junc. 55 &amp; 127 Jamestown Phone: (270)507-9434</p>	<p><b>Ono Community Church</b> Hwy. 1611</p>	<p><b>Sewellton Church of God of Prophecy</b> 253 Ballinger Road Jamestown, KY 42629</p>
<p><b>Bernard Ridge Church of God</b> 241 Stephens Ridge Rd, Russell Springs</p>	<p><b>Creelsboro Church of the Nazarene</b> <b>Creelsboro Christian Church</b> 4286 S.HWY 379 Jamestown</p>	<p><b>Good Tidings Baptist</b> W. Hwy 76 - Russell/ Adair line.</p>	<p><b>Liberty Baptist Church</b> Wilson Street, Russell Springs, KY 42642</p>	<p><b>Pine Grove Separate Baptist Church</b> Below Eli</p>	<p><b>Solid Rock Church</b> 189 West Drive, Russell Springs, KY 42642 Phone: (270)-866-4097</p>
<p><b>Bethel United Baptist Church</b> Decatur Road, Dunnsville</p>	<p><b>Cross Creek Church</b> 1673 N. Main St., Jamestown</p>	<p><b>Grace Family Fellowship</b> 170 Stephens Ridge Rd. Russell Springs</p>	<p><b>Main Street Church of God</b> <b>Manntown United Methodist</b></p>	<p><b>Pine Grove United Baptist Church</b> Gosser Ridge Community</p>	<p><b>Springs of Free Life Church</b> 635 Main St. Russell Springs, KY 42642 Phone: (270)-866-8748</p>
<p><b>Bethel United Methodist Church</b> Bethel Church Road, Jamestown</p>	<p><b>Cumberland Baptist Church</b> 627 E. Cumberland Ave Jamestown, Ky Bus Ministry Available: 270-343-3738</p>	<p><b>Grace Independent Baptist</b> Dowell Road, Russell Springs Phone: (270)-866-2554</p>	<p><b>Mt. Calvary Baptist Church</b> Damron Creek Road Russell Springs</p>	<p><b>Poplar Grove Baptist Church</b> North 127</p>	<p><b>The Church of God</b> P.O. Box 2121 - Hwy 1729 Russell Springs, KY 42642</p>
<p><b>Bethesda Community Fellowship</b> 3109 S. Hwy 127, Russell Springs, KY 42642</p>	<p><b>Fairview Baptist Church</b> E. Hwy. 80</p>	<p><b>Greater Hope Christian Fellowship</b> N. Hwy 127 Russell Springs</p>	<p><b>Mt. Eden United Baptist Church</b> Mt Eden Road</p>	<p><b>Prince of Peace Lutheran Church</b> 250 French Valley Court, Russell Springs Phone: (270)-866-4656</p>	<p><b>Union Baptist Church</b> 3525 Gosser Ridge Road</p>
<p><b>Bethlehem Separate Baptist Church</b> West Hwy 80, Russell Springs, KY 42642</p>	<p><b>Fairview Separate Baptist Church</b> 4313 N Hwy. 55 Jamestown, KY Bro. Doug Baldwin, Pastor</p>	<p><b>Grider's Chapel United Methodist Church</b> 3913 Highway 1058, Jamestown, KY</p>	<p><b>Mt Hope Separate Baptist Church</b> Jamestown</p>	<p><b>Royville Friendship Church</b> West Hwy 80, Russell Springs, KY42642</p>	<p><b>Union Chapel United Methodist</b></p>
<p><b>Cedar Springs United Baptist</b></p>	<p><b>First Baptist Church of Russell Springs</b> 392 E. Hwy 80, Russell Springs Sunday</p>	<p><b>Hayes Chapel United Methodist Church</b> 1353 W. Hwy 619 Russell Springs, KY</p>	<p><b>Mt. Olive Baptist Church</b> Phone: (270)-585-9299</p>	<p><b>Russell Springs Christian Church</b> Main &amp; College St, Russell Springs</p>	<p><b>West 80 Church of God</b> 3733 W. Hwy 80, Russell Springs</p>
<p><b>Clearfork Baptist Church</b> 760 Clearfork Rd. Eli, KY Greg Wade (270) 866-7683</p>	<p><b>Faith Temple Full Gospel Church</b> West Hwy 80 (Royville)</p>	<p><b>Holy Spirit Catholic Church</b> 406 N. Main Street, Jamestown, KY</p>	<p><b>Mt. Pleasant UMC</b> 3944 W Hwy 92, Russell Springs Phone: (270)-343-2100</p>	<p><b>Russell Springs Church of the Nazarene</b> 1442 W Steve Wariner Dr.</p>	<p><b>Whites Chapel Separate Baptist Church</b></p>
<p><b>Clear Springs Missionary Baptist Church</b> Est Hwy 619, Bernard Ridge, Russell Springs</p>	<p><b>First Apostolic Church</b> 3563 E. Hwy 80, Russell Springs.</p>	<p><b>Jamestown Christian Church</b> 65 S. Main St., Jamestown</p>	<p><b>Mt. Vernon Baptist Church</b> S. Hwy 619, Jamestown</p>	<p><b>Russell Springs Lighthouse Church</b> 86 Owenstown Schoolhouse Rd. Russell Springs, KY 42642</p>	<p><b>Willow Oak Church of Christ</b> Half-Acre Road,</p>

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