

Himno iti Panagdayaw: DAGITI IM-IMA TI DIOS (The Hands of God)

Im-ima't Dios, pinarsua intay Makita, isu ti nangidalan kadatay'
Itag-ay tulonganna't napanglaw, nabileg a Dios dayawentayo.

KORO: *Im-ima't Dios, idalannatayo. Manipud panagduadua ken buteng, Pammati, namnama, ayat ti agturay, Im-ima't Dios idalannatayo.*

Pilay magna, ken ti bulsek makakita, tattao mawayawayaanda;
Managbasol, maladingit, tignayenna, Im-ima't Dios idalannatayo.

Im-ima't Dios, mangted ti biag ti Iglesia, panagbuteng,
sangoen situtured.

Kappia koma't agari kadatay' Im-ima't Dios idalannatayo.

* **Imbokasion** **Mangidalan**

The Psychological Effects of Being Quarantined

Stressors of Quarantine and their Psychological Effects Stressors during quarantine include:

1. **Frustration and boredom** related to the isolation of quarantine, which involves loss of one's usual routine (e.g., regular home and work activities, shopping for necessities) and limited social and physical contact with others.
2. **Inadequate supplies** and access to regular medical care, including food, water, or change of clothes as well as masks, prescriptions, and thermometers.
3. **Insufficient information**, such as lack of, or delayed, information from public health authorities, often due to poor coordination among health and government officials; unclear guidance; confusion about reasons for quarantine; and perceived lack of transparency.
4. **Longer durations of quarantine** (i.e., 10 days or longer), as well as extension of quarantine length.
5. **Fears about becoming infected and/or infecting others**, which can manifest as increased attention to and worry about one's health and physical symptoms, and may be particularly concerning for pregnant women and parents of young children.

Stressors following quarantine include:

1. **Financial loss.** Absence from work, healthcare costs, and other unanticipated financial burdens can result in socioeconomic distress, particularly among those with lower incomes.
2. **Stigma from others.** Stigmatization and rejection by neighbors, co-workers, friends, and even family members can manifest as being treated differently or with fear and suspicion, being avoided or excluded from

leisure, workplace, or school activities, and experiencing stigmatizing comments. Stigma can be exacerbated if quarantined individuals are members of a particular ethnic or religious group.

3. **Getting back to one's "normal" routine.** Returning to usual work and social routines may take anywhere from several days to several weeks or even months. Knowing that it might take time to get back into regular routines can help with concern, anxiety, and frustration.

Hymn of God's Power

"There's Power In The Blood"

1. Would you be free from the burden of sin?
There's pow'r in the blood, pow'r in the blood;
Would you o'er evil a victory win? There's wonderful pow'r in the blood.

Refrain:

There is pow'r, pow'r, wonder-working pow'r, In the blood of the Lamb;
There is pow'r, pow'r, wonder-working pow'r
In the precious blood of the Lamb.

2. Would you be free from your passion and pride?
There's pow'r in the blood, pow'r in the blood;
Come for a cleansing to Calvary's tide; There's wonderful pow'r in the blood
3. Would you be whiter, much whiter than snow? There's pow'r in the blood, pow'r in the blood; Sin-stains are lost in its life-giving flow;
There's wonderful pow'r in the blood. (Refrain)
4. Would you do service for Jesus your King? There's pow'r in the blood, pow'r in the blood; Would you live daily His praises to sing?
There's wonderful pow'r in the blood.

Kararag para itiAsi

- Para kadagita nakaptan iti coronavirus, ikararagtayo iti pannakaasikaso ken pannakaagas.
- Para kadagiti bolnerable, ikararagtayo iti talged ken pannalaknib.
- Para kadagiti mabutbuteng wenno madandanagan, ikararagtayo para iti talna iti panunot ken espirito.
- Para kadagiti apektado a pamilia a sumangango iti narigat a disision no taraon iti lamisaan kadi wenno seguridad ti kagimongan, ikararagtayo dagiti paglintegan a bigbigenna dagiti
- Para kadagiti nakurang iti health insurance, ikararagtayo nga awan koma ti pamilia nga isu-isuda laeng iti agbaklay iti parikot maipapan iti kuarta.

- Para kadagiti maam-amak nga manggun-od iti pannakataripato gapu iti immigration statusda, ikararagtayo iti pannakabigbig ti dayaw isu nga impaay ti Dios para iti amin.
- Para kadagiti kakabsattayo iti sangalubongan, ikararagtayo ti panagakaddua
- Para kadagiti opisiales ken mangar-aramid kadagiti panggeddeng, ikararagtayo iti kinasirib ken pannakaidalan.

Sungbat ti Kongregasion (amin)

Amami, iti daytoy a panawen sapay koma ta ti Iglesias agbalin a sinial ti namnama, pannakaliwliwa ken ayat iti tumunggal maysa. Ipaaymo kadi ti talna. Ipaaymo kadi ti pannakaagas. Makikaaddaka kadi, O Apo. Amen.

Pannakaibasa ti Teksto

Mensahe ti Kanta

Mensahe iti Sao Rev. Michael Dayag Sr., MHC Minister

Sungbat: Promoting Psychological Well-being During Quarantine

1. Use communication as an intervention. Clear, understandable, and practical communication can reduce adverse psychological responses and increase behavioral adherence
2. Facilitate communication with loved ones. Knowledge of loved ones' conditions can have a powerful impact on the emotional health of quarantined individuals and improve adherence to recommended quarantine..
3. Prepare for quarantine. Households and facilities under quarantine will need adequate food, household supplies, and medications to last for the duration of the quarantine.
4. Reduce boredom and isolation. Planning for activities during quarantine can help reduce boredom and lessen the focus on symptoms and feelings of being isolated from family and friends
5. Take care of yourself. Healthcare providers are also vulnerable to experiencing the psychological effects of quarantine, and this can be compounded by the stress of caring for sick and distressed patients.
6. Keep quarantine as short as possible. When advising patients on length of time in quarantine, restrict the length to what is scientifically reasonable and take care not to adopt an overly cautious approach.

Panangipaay iti Bagi ken Sagut iti Dios

Ayab iti Pannangted Juan 3:16

** Doksolohia/Kararag Pagyaman

Himno iti Pammabileg Bumilegkay ken Jesus HE#160

Balikas iti Pammabileg kadagiti Membro ti Pamilya/Pastors

Dismisal ken Pamendision



United Church of Christ in the Philippines
NORTH LUZON JURISDICTION

Third Sunday of Easter Tide



April 19, 2020

Pagpanpanunotan

Ti quarantine ket maysa a panangipagel iti pannaggaraw dagiti tao ken gamit tapno malappedan ti panagwaras ti maysa a sakit wenno angol. Masansan a mausar daytoy a mainaig kadagiti sakit wenno sagubanit, daytoy ket manglapped kadagiti panaggaraw dagiti mabalin nga naibilag kadagiti makaakar a sakit, ngem awan pay seguridad a panangkita ti medisina. [Wikipedia](#)

Preludio /Pannakasindi ti kandela

Kablaaw Pastor/Mangidalan

Pannakaibasa manipud iti Salmo

Salmo 23

Translation by Eugene Peterson (intranslate iti ilokano ni MAS)

¹⁻³ Ti Dios, ti pastorko! Awanen masapulko. Paginanaennak iti nalangto a karuotan, inturongnak iti natalna nga ubbog. Pudno ti saom, impalubosmo a makaangesak ket indalannak iti umno a dalan.

⁴ Uray no ti dalan agturong iti ginget ni patay saannak nga agbuteng ta makipagnaka iti sidongko. Babaen ti matalek a bastonmo mariknak iti talged.

⁵ Mangsiganaka iti nagarbo a padaya nga agpaay kaniak iti sangoanan dagiti kabusorko. Riniingmo ti malmalpay nga ulok; Ti tasak agliplipias iti bendision.

⁶ Ti kinalapsat ken ayatmo tiliwennak iti inaldaw-aldaw ti panagbiagko. Agsubliak iti balay ti Dios iti unos ti biagko.

“Bumilegkay Ken Jesus” #160

Bumilegkay ken Jesus, Soldados iti krus
Wagyaway ingatoyo dikay ilusulos
Manipud ken balligi, ti buyotna magna
Ket kabusor mapasia, Ni Cristo' Apoda

Bumilegkay ken Jesus, umayab trumpeta
Napigsa ti dangadang, rumuarkayo ita
Dakay a tattaona, inkayo sumango
Natured ken napigsa makibakalkayo.

Bumilgekay ken Jesus Isu't pagtalkanyo
Agsadagkay KEnkuana, Isu ti pigsayo
Evangelio't bilegyo, inkay agkararag
No umay iti peggad dikayto agamak.

Bumilegkay ken Jesus, bakal din agbayag
Ita ungor ti gubat, balliginton bigat
Itinto agballigi, maikkan balangat
Agtaengto 'diay langit agnanayon a biag.

“Bumilegkay Ken Jesus” #160

Bumilegkay ken Jesus, Soldados iti krus
Wagyaway ingatoyo dikay ilusulos
Manipud ken balligi, ti buyotna magna
Ket kabusor mapasia, Ni Cristo' Apoda

Bumilegkay ken Jesus, umayab trumpeta
Napigsa ti dangadang, rumuarkayo ita
Dakay a tattaona, inkayo sumango
Natured ken napigsa makibakalkayo.

Bumilgekay ken Jesus Isu't pagtalkanyo
Agsadagkay KEnkuana, Isu ti pigsayo
Evangelio't bilegyo, inkay agkararag
No umay iti peggad dikayto agamak.

Bumilegkay ken Jesus, bakal din agbayag
Ita ungor ti gubat, balliginton bigat
Itinto agballigi, maikkan balangat
Agtaengto 'diay langit agnanayon a biag.