

WE ARE HERE FOR YOU!

- NEED Help or OFFER to Help
 office@montrosechurch.org -or- 818.249.8309
- Prayer Requests prayer@montrosechurch.org

STAY SOCIAL

- Facebook
 Montrose Campus facebook.com/montrosechurch
 Pasadena Campus facebook.com/breseechurch
- Instagram
 Montrose Campus

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|-----------------|------|----------------------------|
| | | @montrosechurch |
| | KIDS | @montrosechurchkids |
| | | @montrosechurchjrhigh |
| | MCHS | @montrosechurchhighschool |
| | 1 | @montrosechurchyoungadults |

Pasadena Campus

- @mc_pasadena
- 🍩 @mc_pasadenakids
- @mc_pasadenastudents

FEED YOUR SOUL

- Daily Lent Practices, Inspiration, & Latest News montrosechurch.org/blog
- Daily Lent Practice Text Reminders TEXT LENT2020 to 818-538-2442
- KABC Podcast (Healing Conversations) podcasts.apple.com/us/podcast/healing-conversations-with-dave-roberts/ id1479093040
- Church Online (Live) Sundays at 10 a.m., streamed live on <u>facebook.com/montrosechurch</u> (no account required)
- Church Online (Replay) The full service is available for viewing anytime on <u>montrosechurch.org/watch</u> (available 30 minutes after the livestream ends)

GIVE

- Give by Text TEXT the amount you wish to give to 818-330-1180
- Give Online (one-time, no account required)
 mclaxca.infellowship.com/OnlineGiving/GiveNow/NoAccount
- Give Online (recurring) mclaxca.infellowship.com/OnlineGiving/ScheduledGiving/Step1

Bible References Today: Ephesians 4:1-16

montrosechurch.org

Next Sunday: Matthew 4:19, 16:24-26, Luke 5:27, 1 Corinthians 11:1, Ephesians 5:1-20

INSTAGRAM - HOW TO SIGN UP

To create an Instagram account from the app:

1. Download the Instagram app (
) from the App Store (iPhone) or Google Play Store (Android).

- 2. Once the app is installed, tap to open it.
- 3. Tap Sign Up With Email or Phone Number (Android) or Create New Account (iPhone), then enter your email address or phone number (which will require a confirmation code) and tap Next. You can also tap Log in with Facebook to sign up with your Facebook account.
- 4. If you register with your email or phone number, create a username and password, fill out your profile info and then tap Next. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

To create an Instagram account from a computer:

- 1. Open up a web browser such as Explorer, Chrome, Firefox, Safari.
- 2. Type instagram.com into your web broswer's address bar.
- 3. Click Sign up, then enter your email address, create a username and password or click Log in with Facebook to sign up with your Facebook account.
- 4. If you register with an email, click Sign up. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.
- 5. If you sign up with email, make sure you enter your email address correctly and choose an email address that only you can access. If you log out and forget your password, you'll need to be able to access your email to get back into your Instagram account.

INSTAGRAM - HOW TO FOLLOW AN ACCOUNT

Learn how to follow us:

- 1. Be sure instagram is open and that you are logged in.
- 2. If you are on the app click on the search icon (Q) on the bottom menu. If you are on your computer click in the search bar (
- 3. Type in one of our instagram handles (ie. @montrosechurch). See all of our handles below.
- 4. Select our instagram account from the list (ie. (1998) montrosechurch).
- 5. Then hit the blue follow button (
- 6. Repeat for every account you'd like to follow. You can also search for your friends by typing their names into the seach bar.
- 7. Click the home icon (\bigcirc) to see all the content you follow.

OUR INSTAGRAM ACCOUNTS 0

Montrose Campus

- (
 Maintaine) @montrosechurch
- @montrosechurchkids
- @montrosechurchjrhigh
- (MC) @montrosechurchhighschool
- @montrosechurchyoungadults

Pasadena Campus

- 🎒 @mc_pasadena
- @mc_pasadenakids
- @mc_pasadenastudents

MONTROSE CHURCH MARCH SCHEDULE

Effective Immediately

As you know, we are facing a challenging time in the world and our state officials are now limiting public gatherings throughout March, including churches. Our hearts go out to all impacted by this global pandemic. At Montrose Church, we respect the decision of our officials and we are moving our weekend services to be online. Effective immediately, all gatherings are canceled or postponed through the end of March in order to protect the vulnerable and honor the statewide efforts to "flatten the curve" of impact on our healthcare system. We will continue to evaluate matters as more information is known and notify you as the situation changes. In the meantime, you can get all the details of our response at...

montrosechurch.org/blog/montrose-church-coronavirus-update

TUNE IN



CONTACT US montrosechurch.org | office@montrosechurch.org | 818.249.8309



f y c "a ministry of the Church of the Nazarene"

TUNE IN

SUNDAY, MARCH 22, 2020

The world is full of noise. We are bombarded with messages from many different sources, and the ones we naturally tune in to aren't always positive. God's word sends us messages straight from His heart - messages of purpose, encouragement, love, and grace - but do we really listen? Do we hear? This Lenten season, we'll look into the book of Ephesians and explore how to engage in the practices that help us tune out the messages that defeat and tune in to the messages of truth that transform us into people who live out God's great love.

Sundays March 1 Part 1: Chosen

March 8 Part 2: Made Alive

March 15 Part 3: Included

March 22 Part 4: Called

March 29 Part 5: Challenged

April 5 Part 6: Empowered

Miss a sermon? Catch up at **montrosechurch.org/sermon-series**.



SUNDAY SERVICES

Wash your hands, don't touch your face, and join us for:

Church Online (live)

Sundays at 10 a.m. streamed live on <u>facebook.com/montrosechurch</u> (no account required)

Church Online (replay)

The full service is available for viewing all week on <u>montrosechurch.org/watch</u> (available 30 minutes after the livestream ends)

Effective immediately, all gatherings are canceled or postponed through the end of March. We will continue to evaluate matters as more information is known and notify you as the situation changes. If you have questions, contact office@montrosechurch.org. YOU'RE HOME.

At Montrose Church, you're home...among real people who are making a difference, and we're here to help. No matter where you are in your spiritual journey, Montrose Church is a safe place to take the next step.

Learn more about us at montrosechurch.org/about.

REAL PEOPLE. MAKING A DIFFERENCE. HERE TO HELP.

New Here? We'd love to get to know you and find out how we can serve you. Please contact us at office@montrosechurch.org or 818-249-8309 and we'd be happy to assist you.

Get Involved / Get in Touch God created us to be in community - to grow, to give back, and to support each other.

| Kids Jr. High High School Kids & Students Pasadena Newcomers Classes Young Adults Groups Volunteer Serve | shawna.diehl@montrosechurch.org john.harvey@montrosechurch.org coltin.brink@montrosechurch.org candice.mcvey@montrosechurch.org martha.paz@montrosechurch.org rick.savage@montrosechurch.org austin.nielsen@montrosechurch.org austin.nielsen@montrosechurch.org martha.paz@montrosechurch.org scott.chamberlain@montrosechurch.org |
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| Talk with a Care Pastor | 818-249-8309, appointments -or- ⊠ support@montrosechurch.org |
| Prayer Requests | ➡ prayer@montrosechurch.org -or- fill out a Connect Card and place in offering -or- have an Usher direct you to the prayer team |
| eNews | ☐ office@montrosechurch.org -or- fill out a Connect Card and place in offering |
| Give Online Text to Give Donate to our 501(c)3 | montrosechurch.org/onlinegiving 818-330-1180, text the amount you wish to give becauseyoumatter.net |

Please see reverse side of today's bulletin and the notes page for the most up to date information or visit **montrosechurch.org**.