

## From the Pastor's Desk

“The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold” (Psalm 18:2).

Psalm 18, written after the Lord delivered David from his enemies, abounds in colorful metaphors. But only one appears 3 times – the LORD is my Rock (vs 2, 31, 46). What did David mean when he described God as his rock? As a shepherd, he knew that often the only place to find relief from the sun in a hot, arid desert was by the shade of a rock. As a man of war, rock represented a stronghold, a place of safety. And as an Israelite, he had been taught since childhood that during the Exodus, the rock represented a place of refreshment and sustenance. The Apostle Paul tells us in I Cor 10:4 that the Rock that took care of Israel was Jesus.

Where do YOU turn when life gets to be too much? For some people, their rock is a person, like a mother or father or best friend. For others, it's a special place where they go when they feel lost and alone, or when life gets to be too much. Others find relief in entertainment or strong drink. David had come to trust that in the darkest hour, God was the best and only reliable place for comfort, refuge, strength & refreshment. Jesus, with outstretched arms, welcomes us to take shade in his presence. “Come to me, all you who are weary and burdened, and I will give you rest” (Matt 11:28). Lord Jesus, may you be the Rock we look to today!

We have some wonderful services planned for Sunday, April 26:

Spanish Service (9:00 AM): "Paul on Mars Hill" Acts 17:17-34 Fidel Villacorta  
Watch Live at [www.facebook.com/Primera-Iglesia-Bautista-de-Flushing-NYC-Ministerio-Hispano-103654884345775/](https://www.facebook.com/Primera-Iglesia-Bautista-de-Flushing-NYC-Ministerio-Hispano-103654884345775/)

Chinese Service (11:00 AM): "God and Me" Psalm 139 Deacon Hing-Tack Chen  
Watch Live at [www.facebook.com/fbcflushingchinese/](https://www.facebook.com/fbcflushingchinese/)

English Service (11:00 AM): "Strong God" Mark 5:1-20 Pastor Aaron Chan  
Watch Live at [www.facebook.com/fbcflushing/](https://www.facebook.com/fbcflushing/)

## News of the Church Alive

(1) In an effort to stay connected with one another during this time of self-isolation, we've launched a YouTube channel for FBC. Here is the URL: <http://bit.ly/FBCFYouTube>. After we stream our services and devotionals in real time on Facebook, we will post them to our YouTube channel. Please be sure to subscribe to the channel.

(2) If you are aware of any in the FBCF community that are in need of groceries and unable to get them, our Ministry of Mercy (M.O.M.) is here to help. Just contact our Minister of Congregational Life, Maria Cheung, at [maria@fbcflushing.org](mailto:maria@fbcflushing.org); 646-915-6075.

(3) On May 2 and May 9 from 10:00 – 11:30 AM, Lauren Moy, a certified Career Coach and Associate Director of the Graduate Business Career Relations at Hofstra University, is offering 2 job search webinars for FBCF family and friends (18 years and older). To register, click here: <https://forms.gle/ankryCMRwGN9Fod2A>

(4) You are invited to the FBCF United Quarterly Prayer Event on Saturday, April 25 from 9:30 – 11:00 AM. If you are planning to attend, please send your contact info to Robert White at [rwhiteusa@gmail.com](mailto:rwhiteusa@gmail.com)

Choosing Faith Over Fear,  
Pastor Gary Domiano  
Mark 4:40