



FROM: THE DESK OF PASTOR CARUANA
TO: The People of Zion
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FINDING PERSPECTIVE IN THESE DIFFICULT TIMES

The Corona Virus brought the world to a virtual standstill. The things that people once enjoyed doing and the places they loved to travel have all come to an abrupt halt. The virus has affected the lifestyle of every individual and family. It's a mess out there now. It can sometimes be hard to discern between what's a real threat and what's just simple panic, hysteria, and loss of control.

Consider this: Did any of us think, just a few short months ago, that we would all be required to wear masks, keep a six-foot distance between each other, be told not to touch, shake hands, or even hug each other for fear of spreading this dastardly virus? Did you ever fathom the thought that businesses, gyms, theaters, salons, eateries, and other establishments would be closed and millions upon millions would be out of work? And who ever heard of the term, "social distancing?"

The current environment has also affected people psychologically and emotionally in various ways. Some people have used the time of quarantine in positive ways: spending more quality with their families, spending more time in prayer and Scripture reading, enjoying the quietness of life. Unfortunately, this time has had the opposite effect on individuals: rise in depression, anxiety, abuse, drinking, and other negative effects. A current study showed that nearly half (45%) of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the virus. Might I say I can certainly attest to this!

Let's put this whole period of time into perspective. So far, this pandemic has only been with us for about three months and, for some people, it seems like a lifetime. But let's take a moment and put this into perspective.

Imagine for a moment, that you were born in the year 1900.

On your 14th birthday, World War I begins, then ends on your 18th birthday ... four years later. 22 million people perished in that war.

Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it during those two years with 500 million people infected.

Yes, 50 million perished!

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP (Gross Domestic Product) drops 27%. That runs until you are 33.

The country nearly collapses along with the world economy.

When you turn 39, World War II starts, and you aren't even over the hill yet!

On your 41st birthday, the United States is fully pulled into WWII.

Between your 39th and 45th birthday, 75 million people perish in the war.

At 50, the Korean War starts. 5 million perish. At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict.

On your 62nd birthday the Cuban Missile Crisis hits and is the tipping point in the Cold War. Life on our planet, as we know it, should have ended. Great leaders prevented that from happening.

When you turn 75, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How did they survive all of that?

Think about all of those things that you would have experienced in your lifetime. When your grandparents or great grandparents speak about, "when times were hard," now you have an idea what life was like from their perspective!

Yet they survived through everything listed above.

What we are experiencing right now has only been for a **FEW MONTHS**.

Perspective is an amazing art. We become refined, wiser, and more enlightened as time marches on. Let's try and keep things in perspective and remember, our God, the maker of the heavens and the earth who knows exactly what's going on in the world around us. We don't need to fear the unknown because he will take care of us. He will keep us safe, free from harm, and watch over us every day!



The Lord will
watch over your
coming and going
both now
and forevermore.

Psalm 121:8 NIV