

# My Cambodian Trail....



Helen Camarce's Newsletter May 2020



## Dear Friends in Christ,

*"An angel touched him and said, 'Get up and eat'"-1Kings 19:5*

At this time, anywhere in the world, either yours is at the height or at the tail end of the Coronavirus pandemic, wherever we are, even we escape the virus itself, somehow we are all affected by the "Fear" virus and the worse... "depression" virus. Being here far from my family, and with very limited interaction with friends and limitation on my movements, there were times I would feel frustrated. Missing people, friends and family can be frustrating. Hearing bad news about a close relative or friends contracting the disease, having a nurse as a sister and losing some friends to the virus can break you sometimes.

Depression is real ....it becomes my new normal...and I have to help myself and be mindful about what I am feeling. So in my limitations, there are things that I still can do during this season which will help me overcome this mental virus called depression.

1. Devotion every morning and listening to praise songs at home. Listen and attend online Sunday Worship. Pray and ask for prayers for those who need one.
2. Learn new hobbies: planting and growing vegetables even in pots, baking, playing new instruments, do indoor exercises.
3. Use social media to communicate with loved ones and friends.
4. Focus on work at home accept it as the new normal.
5. Advocate for social issues and good cause in the internet. Donate.
6. Extend help to those who are affected by the Coronavirus, the most affected of which are women and children.

In the midst of this uncertainties, let us not be afraid and feel defeated," the angel will touch us and say "Get up and eat."

Thank you for your continued prayers and support.

And this song came to me one day as I look at my Missionary Anchor cross, "When darkness seems to hide His face, I rest on His unchanging Grace, Thru every high and stormy gale, my Anchor holds within His veil....."



*-Helen Camarce*



# COVID 19 update



My sister, Techie, an ICU nurse in JFK extends her thanks to your prayers...

We prayed for her, as a daughter, who takes care of my 90-year old mother, as a wife whose husband tested positive of Covid, and was quarantined in the basement of their home, a mother of two teenage children. As a frontliner in the New York /New Jersey hospital, it is not only the exhaustion because of the overwhelming cases but the emotional crises that she has to undergo every time she goes home from the hospital.



Person with disabilities



Elderly Women laborers



Filipino teachers (OFW) lose jobs when school close. Migrants



Families of Street children and HIV-Aids



Women Factory workers



Security guards



Jars of Clay restaurant-women trafficking victims workers (Closed for 2 months)

“Each of you should use whatever gift you had received to serve others as faithful stewards of God’s grace in its various forms.” - 1Peter 4:10

Please support:

**Cambodia Mission Initiative 00230A** - Where we support various programs, like Pastor’s Salary support, Church and facilities development Mondulkiri retreat centers and Mondulkiri children Ministry and Susannah Wesley Dorms, Women Scholarship

**Advance Proj# 3010791- Youth and Children Scholarship**

**And to have covenant relationship with a missionary**

**Helen de Leon Camarce - Missionary Advance # 13953Z.**

If you have any inquiry about #GivingTuesday, please contact [advance@umcmision.org](mailto:advance@umcmision.org)

