

During these times away from worship, God has given us a great opportunity to focus and rejuvenate in new ways.

1. Pray. Converse with Christ. Breathe in the Holy Spirit.
2. Watch the online worship and message. Go back and watch some of the past messages.
3. Take on a Biblical challenge to read a book of the Bible you are less familiar with. Whatever time you might have given in driving to work or activities that are no longer possible, fill that time with ways to learn.
4. Write letters. Journal. Draw, paint, craft, sing, play music, dance, puzzle. Exercise your creative brain.
5. Every day, call someone, especially those who live alone. Have regular conversations with people. Send emails. **The greatest risk for us all is isolation and being cut off from others.**
6. **If you need help, please call someone. If you can offer help, please let us know.**
7. Practice excellent hygiene with your personal care and your home. More ideas <http://www.cdc.gov/COVID19>
8. Choose healthy foods and eat according to your activity level. If you are not out and about and not moving around as much, your body requires less calories and more water. Rest.
9. If you have investments, don't check them every day. The market is fluctuating wildly now but will recover.
10. The church does have ongoing bills. As you can, send your weekly tithe and gift to the treasurer of your church. Please do not mail cash. Checks are best. Or put the amount you would normally give into an envelope and hold it until we worship again together.

Spiritual Nurturing

Intellectual Stimulation

Creativity

Emotional Support

Physical Well-being

Financial Peace

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11. **When you do go out – for supplies, to the doctor, any public place, be aware of every place you touch. Door handles, the keypad on the card machine, the shopping cart, the gas pump handle, the pen you pick up to sign a receipt, money.** The purpose of social distancing is to reduce cross contaminations. We can't eliminate interactions completely and we do need to touch all of these things, but after touching, use sanitizer and wash hands. Modify the ways you touch surfaces.

Awareness

God is in control. Our small changes will make a big impact, will save lives, and will allow us to return to a normal schedule soon. Thanks be to God for this great blessing. May this time be our greatest expression of Christ's love.