

Here are some thoughts about how we can respond that were shared in Shenandoah District's most recent newsletter.

Ways to care for each of our most vulnerable folk

1. Create a list of folks with limited mobility and access. Make sure these lists contain primary ways of contacting the individuals.
2. Create a phone tree and card tree for folks who with limited access.
3. Check with local government and law enforcement officials regarding neighborhood needs.
4. Review deacon funds and outreach funds to ensure resources are available to those who may need assistance.
5. Schedule pastors or deacon time when individuals can talk about specific areas of concern. This via phone or available means of communication.
6. Activate and utilize prayer chains (if you are not currently using the One Call Now system, contact the district office to set it up and begin utilizing it.)

Sabbath rest and self-care

1. Tune in to churches who are going on-line with their worship services.
2. Read one of the gospels in one sitting.
3. Have an extended time of prayer and praise.
4. Have a family hymn sing around the piano.
5. Find a quiet spot in nature and enjoy a time of praise and meditation.
6. Cultivate spiritual practices that we may have been neglecting.
7. Spend extra time praying for people to come to know Jesus.
8. Spend extra time praying about whatever's on your mind or just praising God.
9. Spend extra time praying for your church, your family, and your government leaders