

Caring for One Another during Social Distancing

- 1) Take care of yourself
 - a. Follow the health guidelines issued by our health workers & authorities
 - b. Talk about them with your spouse, family & friends
 - c. Increase personal prayer time whenever possible
 - d. Take time to breath, relax, exercise, enjoy a favorite book or activity
 - e. Have a trusted friend that you can talk to about your own anxieties, fears and frustrations...we all need to “vent”.
- 2) Check in with our elders and neighbors
 - a. Don't wait for a call...make the call
 - b. Offer to pray with one another over the phone
 - c. Be present as if you were sitting with them in person
 - d. Listen and be a calming presence in their life
- 3) Be Compassionate: remember everyone is in pain, afraid, anxious and struggling
 - a. Practice this first at home with your immediate family
- 4) Keep things in Perspective
 - a. God is with us
 - b. Remind yourself and those you serve that God is with us
- 5) Don't be afraid to talk about death, loss & grieving
 - a. Be an attentive listener as possible fears and anxieties are expressed
 - b. Lovingly encourage one who is suffering and facing death to “seek God's loving compassion”
 - c. Remember as Orthodox Christians we struggle to love, live and experience joyful sorrow in this life
- 6) Pray services at home from your prayer book
 - a. The Lenten services and texts are our source of life in this season
- 7) Pray for opportunities to serve
 - a. For God to grant the wisdom & discernment to us to serve safely & faithfully
- 8) Ask for the intercessions of our local Saints (and Saints to be...)
 - a. Saint Herman who served through a different pandemic
 - b. Matushka Olga's life selfless service to all
- 9) Pray for His Eminence Bishop DAVID
 - a. For his health & well-being
 - b. For his family
 - c. For God to continue to grant him wisdom & discernment as he leads us
- 10) Pray for your Priest(s) and his family
- 11) Take Care of Yourself
 - a. Breath again, we are all in this together

“O Lord and master of my life, take from me the spirit of sloth, despair, lust of power & idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are Thou unto ages of ages. Amen!”

“For even the Son of man did not come to be served, but to serve and to give His life a ransom for many.” - Mark 10:45