

## **CMC Community Life Amidst Novel Coronavirus/COVID 19 Crisis**

***“College Mennonite Church is a community of Jesus Christ, empowered by the Spirit, experiencing and extending God’s love and grace.”***

*During these rather uncertain times, when we need to practice “social distancing” including most of our church gatherings, we still need to connect with and care for one another.*

*We need to be especially prayerful, creative and committed to and building and deepening community and depending upon God in coming weeks.*

***Below are some suggested ways we can do this:***

- Form Well-Being Buddy relationships. Choose 1, 2 or 3 people from CMC to partner with to contact by phone, email, or text to stay in touch about each other’s well-being and pray for one another for the next months.
- Send cards to our members that may feel especially isolated due to restrictions on visitation where they live for their own protection (Greencroft Goshen Healthcare & Assisted Living; Waterford Crossing-The Residence (Assisted Living) & The Maples (Healthcare), etc.) If you need help identifying people who might especially need this, please contact Pamela or Marie in the church office.
- Gather with 1-2 others, if you are well and not at high risk, to watch and participate in CMC broadcast services together.
- Send cards, emails and texts to those in our church family who are going through cancer treatment or have underlying health issues that put them at high risk to contract other illnesses. We will have a list of such individuals in the church office.
- Wash your hands as a spiritual discipline. Say breath prayers as you wash.
- Go on prayer walks around your neighborhoods, praying especially for those who may be vulnerable or ill.
- Join with 1-2 others, spread out and prayer walk around Goshen Hospital campus, Greencroft, Waterford Crossing, or other healthcare offices and facilities.
- Remember those who may face food insecurity due school or work closures, financial strain or other factors. Deliver groceries if that is possible for you.
- Donate food and hygiene items to The Love Shack on 6<sup>th</sup> Street.
- Use Skype or FaceTime to connect with people
- If you are well and not at high risk, offer to provide childcare and/or help students with electronic schoolwork amidst school closures when many parents will need to be going to work.
- Record special video messages to share with loved ones and friends.
- Practice your best smiles, kindness and patience when you are in public spaces. Offer encouraging words to healthcare, retail, restaurant and other workers who interact with the public regularly.

- Form a prayer circle with a group from CMC and agree to be praying at a specific time each day in your own spaces for common concerns.
- Stay tuned to CMC happenings, announcements, and prayer concerns via email, Facebook, and CMC CaringBridge.
- Send cards of love and reassurance to children and youth in our congregation.
- Join with 1-2 others and meet in the CMC Memorial Garden, spread out, walk the circle in prayer AND/OR do some spring clean-up work (raking, clearing out dead plants, any trash, etc.)
- Post Scripture passages, encouraging quotes or messages on your Facebook feed. Pay attention to responses.
- Meet with a small group in Goshen College Schrock Plaza, spread out and do some drumming together.
- Join with 2-3 others in the west lobby/alcove near the church office to knit prayer shawls.
- Use some possible extra time you might have to clean out a closet or room and donate items that others could use.
- Prepare MCC school kits, health care kits or relief kits.
- Make small hygiene kits including a bottle of antibacterial soap, antibacterial bar soap and cleansing wipes that the church office can share with those in need.
- Donate diapers (newborn-Size 6) to the CMC Care Crib.
- Spend time outside in God's creation.
- Take pictures and share on social media on ways you are connecting with others.
- Share stories with the pastoral team of other creative and cautious ways you are connecting with others.

*Choose one or two of these areas to give of your energy and gifts. Share your stories. Of course, it is paramount that you care for yourself, wash your hands often, and take other important steps to stay healthy and protect others.*

*Should any of you in the congregation contract the coronavirus, please let a member of the pastoral team know so that we can help to provide special support for you.*

***May the God bless you and keep you.  
May the very face of God shine upon you,  
and be gracious to you.  
May God's presence embrace you  
and give you peace.***