

Care and Nurture Ministries

One day at a time. It's not just for those engaged in 12 Step programs. It's wise advice for all of us. Getting through some of the toughest days might require one to focus on ONE HOUR AT A TIME. Dwelling on what we fear, or just don't know, can heighten anxiety, so it's important to find ways to feel useful and hopeful.

If you've already sent in your income tax forms and cleaned out your closets, and if you're tired of watching re-runs, you might take a look at some of these ideas:

DAILY - Stay in regular contact with the people you are concerned about. Use the phone, email, or send a card or a hand written note. Remember those who are not likely to have or use a computer or a cell phone. They love to receive paper mail and talk on the phone!

DAILY – Go outside and breathe in the fresh air! Take a walk or a bike ride. Be sure to smile and wave when you pass by the windows of your neighbors' homes. They can see you even if you can't see them – and they will smile too.

PRAY DAILY at Noon and at 7:00pm. Stop to pray from wherever you are. Others from Hope are praying too. Invite a friend to be your prayer partner during those times. Look at the church calendar for updates on what ULCH folks are doing during the week.

SUNDAY - Worship at 10:30 if you can connect to Zoom or watch a Livestream or a recording of ULCH worship on YouTube or Facebook.

MONDAY – Read the Psalms or write your own lament psalm. Check out “Bible and Brews” bible study via Zoom with Nick Tangen on the 4th Monday.

TUESDAY - Go through your personal address book, call someone on your Christmas card list, and SING one of your favorite carols together.

WEDNESDAY - Write a poem, a song, a prayer, a limerick or Haiku to express your thoughts. Share it with someone you've missed talking to. Join the church choir online at 7pm. Contact Zach for info.

THURSDAY - Join the ULCH Community Check-In at 7:30pm on Zoom. Watch your email for the Thursday Epistle for updates on what's happening in our faith community.

FRIDAY - Participate in the Centering Prayer on ULCH's Facebook live at Noon. Join the ULCH Crafters on Zoom at 7pm and do your own favorite craft.

SATURDAY - Find your art supplies, colored pens, pencils and markers and put some color in your life!

FOR THE GOOD OF ALL:

If you sew, **MAKE A FACE MASK** for yourself or others. People everywhere need them, including: people who are homeless, those working at grocery stores, restaurants, those who live and work at care centers, assisted living, medical clinics, hospitals. Contact Ann Agrimson re: distribution of the masks.

When you **BUY GROCERIES**, pick up a few extras for the local food shelf. Some grocery stores will have a cart you can leave them in. Or drive them over to the food shelf yourself. Pastor Jen, Pastor Barbara, Zach, Nick, Nathan and Kari continue to work our regular hours, mostly from home. Please contact one of us if you or someone you know from our ULCH community may benefit from a pastoral contact. -Pastor Barbara Johnson