

# Staying Connected during Social Distancing

## How to come together while remaining apart

Our daily lives have been interrupted as COVID-19 has reached our community. The past week has been filled with lots of problem solving for everyone as schools, churches, and sports programs have all been canceled. Students have been sent home with school packets. Our older children have had to learn some self reliance quickly, while our younger children's teachers have been replaced by parents and grandparents. All of us are living with uncertainty at the moment. And nobody enjoys being so vulnerable. And while we as a Christian community are really good at coping with crisis- it is more difficult this time - because we do this by gathering as the Body of Christ. While we cannot connect by sharing physical space- there are other opportunities for us to connect.

Just as Jesus was not alone in the desert- we are not alone either. God is with us! Christ Church wants to provide you and your child with some tools to help access that truth, in these times when we feel truly alone. What do you need to know that God is with you? For some it is daily prayer- for some it is a project, for others it is an opportunity to listen and be heard by our peers, and still there are those who know it through diving into the Bible, and countless other ways to know this truth- that God is with us.

As we learn how to connect while we are apart, please give yourselves grace as we all reorder our world and make several attempts to come up with our new normal.

And your clergy are here for you, if you need anything. Just email, text or phone call away.

Mother Katie

## Kidurgy

Mother Katie intends to still provide your child with weekly access to the liturgy of the Word. We strive to make this available to you every Sunday morning. It will look very similar to our Kidurgy Service and can be watched together as a family or you can put it on for your children. For now this will be posted on the Christ Church Facebook page. We are checking into other ways to post.

The Words will be included, so all you need is a computer, tablet or phone with access to the internet.

[Christ Church Frederica Facebook Page](#)





**Youth Group Zoom  
Sunday, March 22nd 6:30-8PM**

Our youth groups are always great at conversation- we can easily keep this up through Zoom! So please grab some dinner and your phone and join us Sunday night! Mother Katie will have a topic to discuss as well as some games we can play. And we will end in Prayer. See you then!

Only 6th-12th graders please.  
[Youth Group Zoom Meeting](#)

**ROSE**



Success

**THORN**



Challenge

**BUD**



Potential

**Rose, Bud, Thorn**

It is an ancient Christian practice to have a daily examine- looking back through the day and reflecting on what was Good (Rose), what was not so great (Thorn), and what might be the start of something new that you are excited about (Bud.) In this time of togetherness with our families, it might be nice to do this together at dinner or bed time to review the day- what went well, what did not go so well, and what do we look forward to.

It gives you and your family a chance to not focus on all the thorns in this difficult time of transition- but to see where there are positives. Also it gives you space to name for yourself and each other the things that are particularly challenging in this new normal.

God be with you!