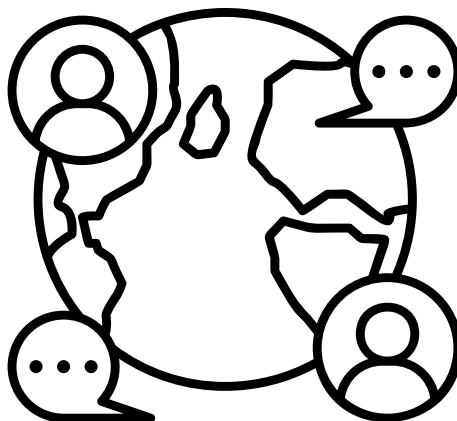
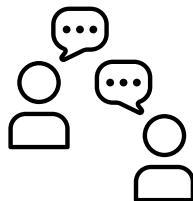


# JOURNEY THROUGH THE PANDEMIC

Reflections from  
March 2020- August 2021





# New words and phrases:



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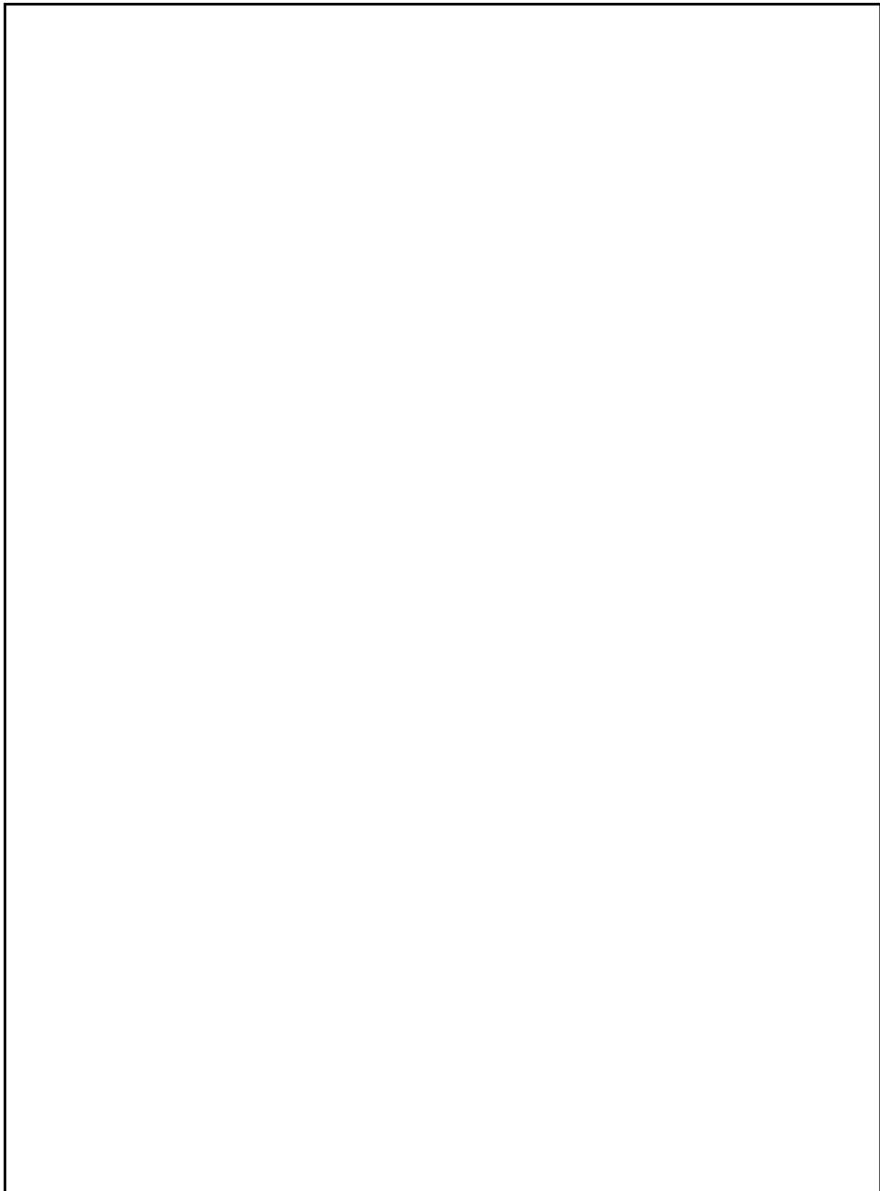


# What I was most afraid of:



# My masks:

Draw or add picture(s)





# Places of solace:

1

2



# A typical day when staying in place:

Morning:



Afternoon:



Night:

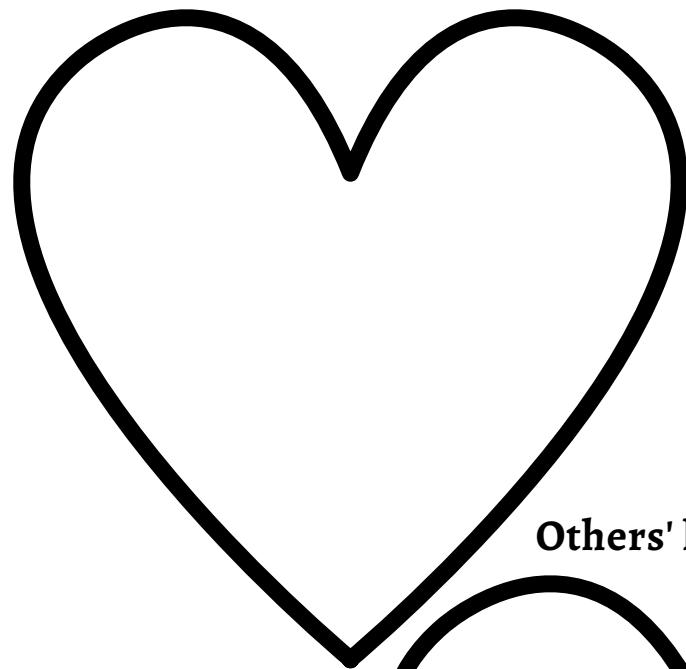


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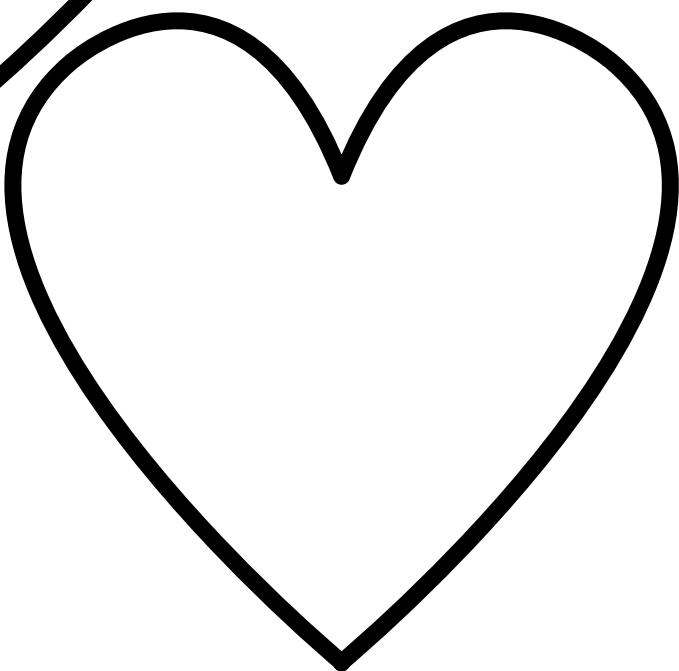


## How I took care of myself and others:

My heart:

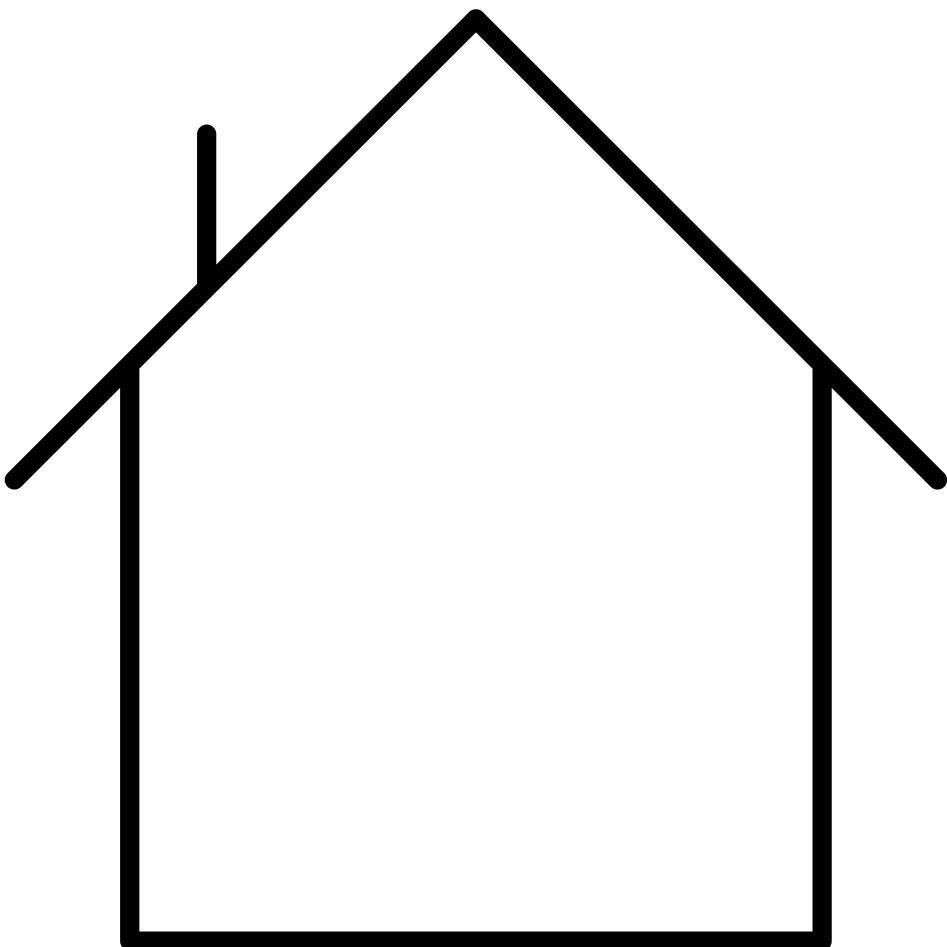


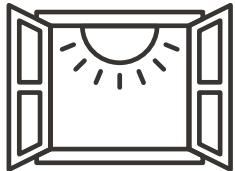
Others' hearts:





# How our home changed:





# Activities I missed being able to do:

1

2

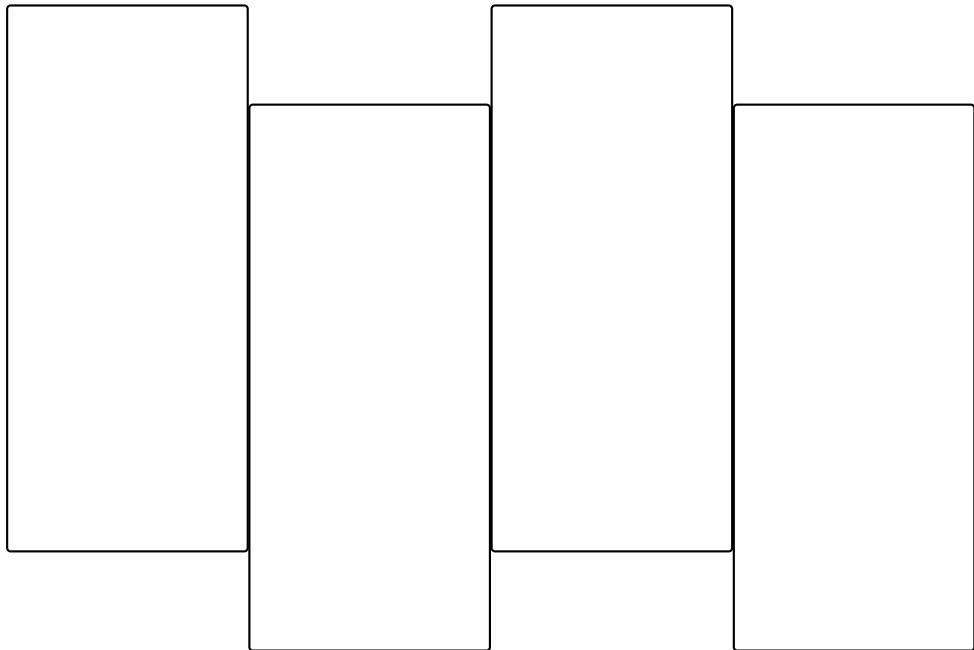
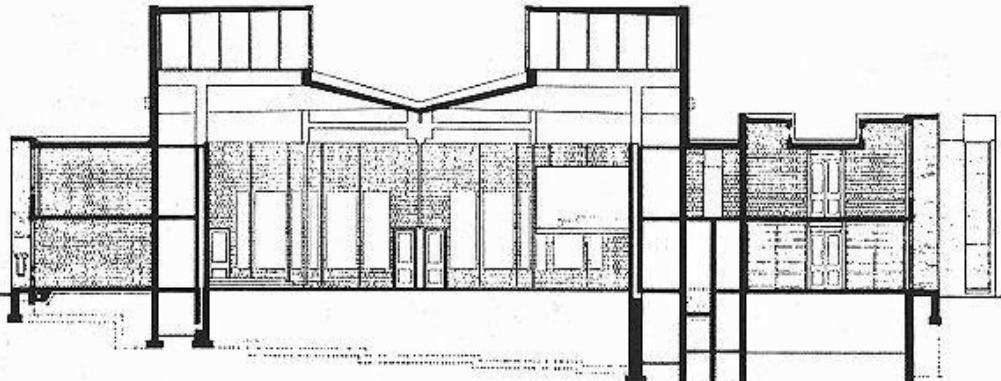
3

4



# Church activities that kept me connected:

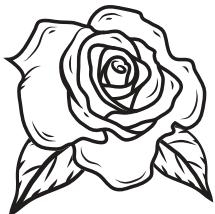
"WE ARE THE CHURCH"



## Special Occasions:

## **HOLIDAYS, BIRTHDAYS, ANNIVERSARIES, ETC.**

Event	Date	How you celebrated



## Significant moments of joy or sorrow:

1

.....

2

3



## Practices that lifted my spirit or mind:



# Events in the world that affected me or news I received:

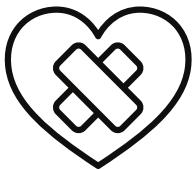
# NEWS

.....

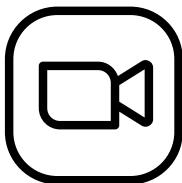
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A large, empty rectangular frame with a black border, occupying most of the page. It appears to be a placeholder for content that has not been rendered.

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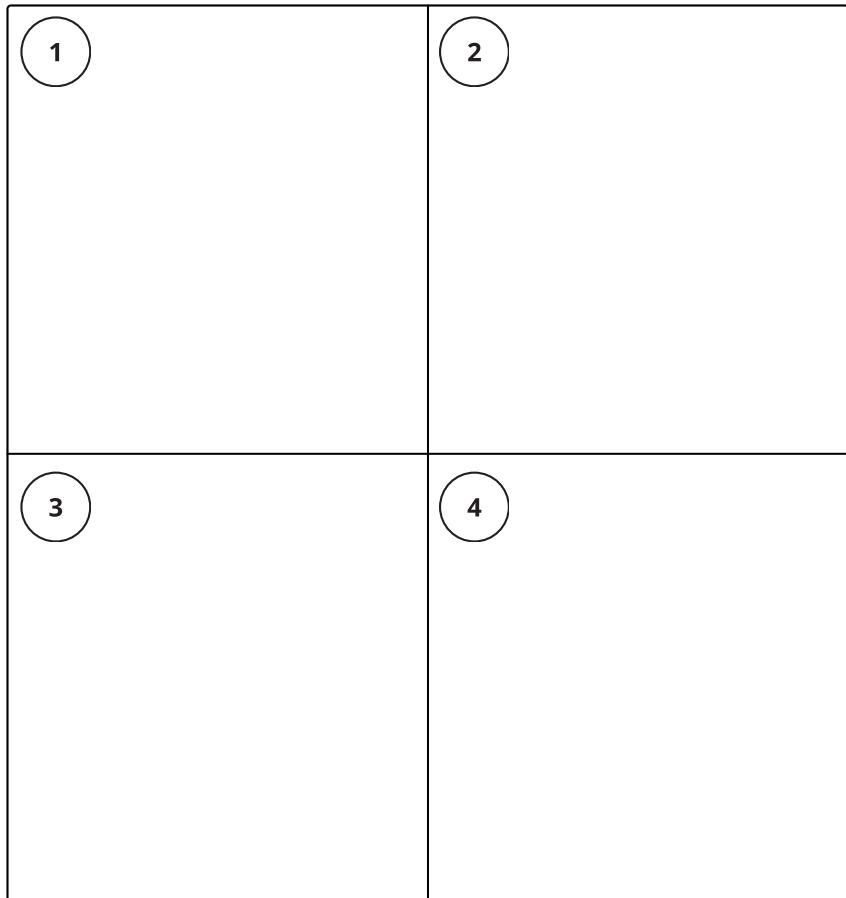


## My losses were...



**Zoom connections that  
made a difference:**

**zoom**



1

2

3

4

# How I changed:

**Body:**



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**Heart:**



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**Mind:**



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# Letter to my future self:

Dear \_\_\_\_\_,

Love,



# Letter from someone else:

Dear \_\_\_\_\_,

**Love,**



# What still concerns me:



## What I learned:

# **What I am able to do now that I wasn't before:**

