

COVID-19: DISCIPLES RESPONDING WITH FAITH, HOPE, AND LOVE

RESOURCES (updated 3/27/2020)

Each day we will check for updates that may be of help to staff, leaders, and individuals. These PDF documents can be downloaded to share and/or repost by clicking here.

*Underlined text is linked to a specific resource. **PLEASE SCROLL THROUGH EACH DAY AS INFORMATION REGARDING RESOURCES AND OPPORTUNITIES TO SERVE CHANGE DAILY!***

To keep these documents from becoming too cumbersome, we will include only those resources that may be of best use in the following areas:

- [Metro COVID-19-related Updates from KCUR](#) – *vetted general information about restricted movements, closings, openings, etc. from our National Public Radio local affiliate.*
- [Centers for Disease Control and Prevention COVID-19 Updates](#)
- [National Alliance on Mental Illness COVID-19 Updates](#)
- [Snopes.com on false tips for prevention and cure of COVID-19](#)
- COVID-19 related updates from the Office of the General Minister and President and General Unites of the Christian Church (Disciples of Christ)
 - [Office of the General Minister and President](#)
- [SMALL BUSINESS ADMINISTRATION DISASTER LOAN ASSISTANCE](#)
- **IF YOU SEW, YOU CAN MAKE CLOTH MASKS FOR HEALTH CARE WORKERS WITH INSTRUCTIONS AND A PATTERN FROM THIS VIDEO:**
<https://www.youtube.com/watch?v=xdVO9emZhyQ>

“I have changed the size from their recommended 6" X 9" to 7" X 9" to make it a more universal size for all. Additionally, I take 3 tucks on each side of mask rather than 2. Just makes the **one size fits all** work. The dimensions and size as given in the U-tube will also work fine... I just made this adjustment to accommodate full size adults. Use 100% cotton so they can be laundered and re-used. For the liner between outside fabrics, I used light weight flannel. (it's tight woven and hopefully offers another layer of protection), I understand elastic for making the masks is now hard to find so as we use up our personal supply we are all getting creative by using ribbon ties or making ties from strips of fabric. Seamstresses know how to adapt to what they have. Drop off sites can be found by googling for the area of town to meet convenience of the sewer. Close by my area (Foxwood Springs) is Fellowship Church, Greenwood Campus, 1601 W. Main St., Greenwood, MO 64034” - Contributed by Sue Miller, Foxwood Springs – *Thank you!*

If your congregation campus could be a drop off point for unopened containers of surgical masks, sewn masks, unopened containers of hand sanitizer, please contact our Regional Minister at 816.432.1414 to discuss

how to do this safely. Please also call if you are aware of a drop off point already established near you.

A list of drop off points will be published as soon as information becomes available.

- **DISCIPLES CHURCH EXTENSION FUND UPDATE:**
 - To respond with immediate financial relief to congregations, DCEF is providing to Disciples congregations a two-month deferral of loan payments beginning with payments due April 1, 2020 through May 31, 2020. **This plan is automatic and congregations that choose to continue making payments are asked to notify DCEF at 1-800-274-1883 or send an email to loans@disciplescef.org.**
- **RESOURCE INFORMATION RECENTLY CONTRIBUTED**
 - “The stay at home order is particularly dangerous for people in abusive homes.” The abuse shelter hotline numbers are:
 - 1-816-461-4673 (HOPE HOUSE) www.hopehouse.net
 - 1-816-861-6100 (ROSE BROOKS) www.rosebrooks.org
 - 1-913-262-2868 (SAFE HOME) safehome-ks.org
 - [FIND ANY DOMESTIC VIOLENCE SHELTER IN THE U.S.](#)
 - CALL NON-EMERGENCY NUMBERS TO LEARN HOW TO HELP SUPPLY WHAT SHELTERS NEED TO SUPPORT THOSE ESCAPING VIOLENCE
 - *Thanks to Chaplain Brian Morse, Truman Medical Center Lakewood*
 - [E-Preaching Theotechnics Webinar](#) Join Dr. Casey Sigmon, SPST Asst Professor Preaching & Worship, and Samantha Potter with Church Sound University, was very informative! A recording can be found [here](#).
 - Rev. Dr. Delesslyn Kennebrew started [The Living Room](#), and shared what she does to make live streaming worship engaging:
 - Be Consistent – pick a day and time and stick with it
 - Be Creative – make your worship service unique
 - Be Interactive – If people can make comments or give visual cues, respond
 - Be Relevant – Be careful about length. Pray with eyes open. Be mindful of current events. Be unapologetic. Remind people that they can give online. (People do want to support what strengthens them spiritually.)
 - Rev. Dr. Marcia McFee offered an ecumenical [webinar](#) about worship on Holy Week in this time.
 - **ONLINE WORSHIP**
 - Here is a [link](#) to a map of with online worship services. Click on the state and find your congregation.
 - Find links on that page to
 - a 20 minute family Worship and Wonder every Sunday at 12:45 pm
 - Disciples Net Worship – an online worship service
 - Virtual meetings for Disciples across generations
 - **SUPPORTING YOUR CHURCH’S MINISTRY WHEN YOU CANNOT PASS THE PLATE**
 - A recorded [seminar](#) from the Center for Faith and Giving. (Scroll past the first 2 minutes because the audio is missing at the very beginning.)

- Recorded [webinar](#) on Annual Campaigns in a Time of Crisis (featuring how to use Faithful Hopeful Loving resource materials available from our Regional Minister at no cost to your congregation)
 - **MANAGING YOUR MENTAL HEALTH AND SPIRITUAL WELLNESS DURING THE PANDEMIC**
- “[Printable resource for stress management](#) from the Harvard TH Chan School of Public Health. This offers practical suggestions that can yield positive outcomes. Please share it with others. Side note about unhealthy stress management: Venting on social media can be toxic. If we need to vent, that is time to reach out to a trusted friend in private. We are in this together!”
 - *Thank you, Chaplain Brian Morse!*
- Quick [tip](#) for preventing an Anxiety Attack. *Thank you, Chaplain Morse!*
- [This will lift your spirits! \(Could we do this?\)](#) Thanks to Bill Spangler Duning! Regional Minister, Christian Church (Disciples of Christ) in Virginia!
- **RECORDING OF THE MOST RECENT KC DISCIPLES LEADERS CONFERENCE**
 - 3.24.2020– Making Online Worship Worshipful-- ideas for connecting with members via [Zoom](#), Facebook, YouTube, etc. and a reminder about how to take better care of our emotional and mental health in this challenging time. Rough cut [video](#) of the online conversation among colleagues for those unable to participate. (Unlisted but accessible to you).
 - Next KC Leaders Conference: 8 pm, March 31. Focus: HOLY WEEK [Details ABOUT GETTING ON THE CONFERENCE ONLINE OR BY PHONE](#)
- **TODAY’S FEATURED CONGREGATION: [Blue Valley Christian Church](#)**
 - They had been worshipping in a senior living center which has become their parish. They are exploring online options to stay connected. They are partnering with a local bakery to provide sacks of treats for seniors who now must shelter in place. They are modeling new ways of being the Church and taking a major disruption to be an opportunity to adapt once again with grace, hope, and faith.
- **Regional Staff and Leadership Teams**
 - *Staff members are making contacts with senior and solo ministers, continuing work in their profile areas, collecting information for this page, and praying for you!*
 - *Our Regional Board met 3.23.2020 and will meet again online, 4.6.2020, 7 pm. Documents already uploaded to our Regional Board web page are [here](#).*
- There is a private Facebook group for all KC Disciples clergy and congregation leaders where additional information, questions, and references for resources are being posted. Email billrh@kcdisciples.org for an invitation.
- CNN offers a weekly email called [the Good Stuff](#) featuring stories of people and groups doing well by doing good.
- Inspirational Moment

- In their book, THE POWER OF COLLECTIVE WISDOM, authors Alan Briskin, Sheryl Erickson, John Ott and Tom Callahan offer a collection of stories about communities like CIDA – Community and Individual Development Association that formed in Johannesburg, South Africa in 1999. It was a violent and economically disruptive time with one of the world’s highest murder rates. CIDA’s founders chose to work where the need was greatest.
- During their first year of operation, CIDA had no computers, a problem since they were teaching people in poverty a four year college degree course in business. Most of the students could not type, so, the instructors innovated. They made paper copies of a keyboard layout and monitor for each student. “Students learned skills on imaginary computers, . . .by typing rhythmically to songs like Bob Marley’s ‘Redemption Song’ . . .” Months later, when businesses donated older computers the students were able to master a typing speed of 30 words per minute. Faith, hope, and love are powerful forces that help us all tap into the creativity that is part of the divine image within.
- *“But this is precisely what is written: God has prepared things for those who love him that no eye has seen, or ear has heard, or that haven’t crossed the mind of any human being.”*^[a] 1 Corinthians 2:9

Keeping us all up to date, coordinating efforts and communicating with you requires that we continue to support the ministries of our congregations and the wider Church as we are able. Even small [click here](#) and follow the prompts.

Thank you and God bless you for all that you are doing to offer a faithful, hopeful, loving response with God during this time of extraordinary challenges!