

COMMUNITY RESOURCES

during Covid-19 / Coronavirus

Since we don't know when life will fully return to "normal," we want to share some ideas for keeping connected and engaged.

Church & Faith

Weekly Services - maintain some normalcy with weekly worship with Rev. Jim and our music ministry.

Join a group - join a Christian Nurture group or other community group- [LINK](#) to Avondale groups

Call a friend - use the [Member Directory](#) (1944A) to call a fellow Avondaler and make time for other friends and family

Prayer & Nature – Walk our labyrinth or other natural places and take time to pray for yourself and others.

Lesson with children - Check out our weekly Worship Bulletin email for our Children's Moment. [LINK](#)

Webinar: Serving as a deacon or ruling elder - This webinar will explore what serving in the church's ordered ministries is all about, from The Presbyterian Outlook. [LINK](#)

Mission & More

Service opportunities - through Avondale or in your community, is there something you can do for others? Check out our weekly Worship Bulletin email for our Mission Corner. [LINK](#)

Exercise videos - Find on YouTube for all ages and levels, from yoga to "walk at home" to pilates for beginners.

Gratitude – Write a "Thank you" letter detailing your gratitude.

Home organization - Check out videos with the popular expert, Marie Kondo. [LINK](#)

Supporting Families During COVID-19 - We know parents are struggling to balance work, child care and self-care – find helpful info. [LINK](#)

Learning

Adult Learning - find opportunities for free courses by searching online. [LINK](#) Check out: Coursera, Alison, even Harvard have much available!

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A PRAYER

"Prayer for our country as the pandemic persists"

by Jill Duffield, "The Presbyterian Outlook"

Almighty God, we are weary and anxious. We are exhausted and overwhelmed. Our quarantine fatigue grows even though we want to do what is right for the sake of the most vulnerable among us. We wonder how long this season of social distancing will last. While we are eager to be together, to get back to [continue reading.](#)

THANK YOU

for your prayers
and your
financial support
of Avondale
Presbyterian Church
and our ministries.

To give now to
Avondale go to:

<https://www.avondalepresbchurch.org/pledge>

Children Learning - [WideOpenSchool](#) is for learners of all ages! Find live events, fun and educational stuff, and more.

Computer Skills - beef-up your tech skills, check out #3 and 4! [LINK](#)

Cybercams -Please exercise extra caution to beat the hackers.

- [Avondale Alert of fake email](#) (scroll down)
- Top 5 Cybercam Warning Signs [LINK](#)
- Phishing Emails - What's the Risk, How to identify them & Deal with them [LINK](#)

Entertainment

Online Entertainment - Sample free arts, culture events online by local/international groups - [The Charlotte Observer](#)

Listen to a Podcast - Time list of 50 best [LINK](#) Like humor? Listen to this podcast "[Squirrel Cop](#)" from *This American Life*. [LINK](#)

Virtual Experiences - find virtual arts, science and history online, hosted by local artists, scientists, historians and organizations! [LINK](#)

Have fun, be social - is it time to enjoy new activities? Call an old friend, join online book club, pause to talk to neighbors, start Bible lessons with grandchildren, join our Prayer Ministry...

"1000 Things to Do During COVID-19: Online activities for all ages" - [LINK](#)

Avondale Media Archive – browse old videos, read past newsletters, listen to a sermon... [LINK](#)

Kids Game "Drop the Mic" – Print this homemade game good for the whole family and great for a "Zoom Play Date"! [LINK](#)

Need some Sports?! - Watch "The Last Dance" online. [LINK](#)

Covid-19 News

Covid-19 Timeline - [LINK](#)

What You Need to Know; Who to Follow; Resources - article [LINK](#)

"Here's what you need to know as North Carolina enters Phase 1" from WXII news [LINK](#)

Avondale on Social Media

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