

# **Helpful Resources**

*from Pastor Suhee Kim*

*Below, you will find some resources that may be helpful during this difficult time. Please click any of the following links to find out if there's something you can utilize.*

*Wishing you blessings and peace. Pastor Suhee*

## **(1) HOW TO WATCH THEATER AROUND THE WORLD FROM HOME**

[https://www.todaytix.com/insider/nyc/posts/how-to-watch-theater-around-the-world-from-your-home?fbclid=IwAR1qXLofUH3sBSACjmUGxmNcYsoJQzChfD778NPeQ-vEz8IBxwQ\\_bQPY8nc](https://www.todaytix.com/insider/nyc/posts/how-to-watch-theater-around-the-world-from-your-home?fbclid=IwAR1qXLofUH3sBSACjmUGxmNcYsoJQzChfD778NPeQ-vEz8IBxwQ_bQPY8nc)

## **(2) COVID-19: 100 Ideas for Ministers and Ministry Leaders**

<http://www.traci-smith.com/covid-19-100-ideas-for-ministers-and-ministry-leaders/?fbclid=IwAR27hTmDnlbsFsrJIKDEJRv8qNJzc29nK87JPpOZShy71tqOLdPy0RPbdvE>

## **Loving Your Neighbor**

- 41. [Wash hands and practice social distancing](#)
- 42. Drop off food and supplies to older adults and those in isolation
- 43. Give a phone call to those who are staying at home, use a phone tree if you have one
- 44. Connect with community programs who are helping children who are out of school
- 45. Create an emergency fund to help people who are living paycheck to paycheck and are temporarily out of work
- 46. Support Asian restaurants and businesses who are facing discrimination
- 47. Share your abundance if you've got extra from your stockpile
- 48. Send cards, mail, and prayers to people at home
- 49. Find ways to support and nurture health care workers through prayer and providing a place of respite
- 50. Donate to local organizations who continue to serve the most vulnerable
- 51. Share ideas as a community. Who needs help? How can we help? Have an offering of service ideas on your social media
- 52. Offer extra support to those in your community with mental health challenges such as depression or anxiety
- 53. Don't label people as overreacting or underreacting. Practice [compassion](#).
- 54. Remember that COVID-19 preparedness helps the [most vulnerable](#).
- 55. Ask a mom-to-be, how you can help support her in this challenging time
- 56. Share reputable information, not misinformation or rumor (it can be hard to tell the difference. I recommend this [resource center](#).)
- 57. Check in with immigrant and refugee communities

- 58. Stock your church's little library or little food pantry
- 59. Check in with artists and speakers whose income has been severely affected by cancellations
- 60. Be reminded of the importance of being kind through one of these kindness [quotes](#)

## Faith at Home Practices to Encourage

- 61. Create a [sacred space](#) at home to pray and meditate
- 62. Start a regular prayer practice (here's [my](#) prayer book)
- 63. Do one of the practices in [Faithful Families](#), such as family Lectio Divina, Washing Worries Away, or starting a Nighttime Blessing Practice
- 64. Send home [books](#) for parents and children to read at home
- 65. Create a version of take out church or [church to go](#)
- 66. Do acts of service together at home, reaching out to those who need company
- 67. Spend time outside, breathing in fresh air and listing reasons to be grateful
- 68. Do practices from a [Faith Jar](#)
- 69. Bake and break bread together — talk about the parable of the [yeast](#)
- 70. [Watch a caterpillar turn into a butterfly](#)
- 71. Read from the [Family Time Bible](#)
- 72. Make a prayer chain with gratitude or prayer requests. Watch it grow every day.
- 73. Help children to feel secure and safe by using one of [these practices](#).
- 74. Draw or color your prayer requests. Post pictures and share with others, or mail to those who are isolated.
- 75. Sing a simple song or hymn together from your faith tradition.
- 76. Blow bubbles or fly a kite. Let them remind you of the Holy Spirit that moves in mysterious ways
- 77. Make origami [birds](#) or [butterflies](#) as a symbol of hope and resurrection
- 78. Feed the birds to remember how God cares for creation
- 79. Use the [butterfly hug](#) to create calm and peace
- 80. Remember [play](#) can be a spiritual practice

## Spiritual Practices to Reduce Anxiety and Foster Peace

- 81. Practice a news fast. Turn off social media and news. Try looking at news only one time per day.
- 82. Practice the [loving kindness](#) meditation
- 83. [Focus on what you can control and not what you can't](#)
- 84. Practice [mindfulness meditation](#)
- 85. Practice [centering prayer](#)
- 86. Go outside and listen to nature sounds. Think about God's creation.
- 87. Print and color [mandalas](#)
- 88. Encourage [Mini-Sabbaths](#) in addition to a regular practice of Sabbath
- 89. Practice the [Daily Examen](#)
- 90. Practice [Lectio](#) or [Visio](#) Divina
- 91. Nurture a Spiritual practice of [imagination](#)
- 92. Make and use a [finger labyrinth](#)
- 93. Practice acts of [generosity](#)

- 94. Do **body prayer** or restorative yoga
- 95. Start a gratitude journal or practice
- 96. Make a prayer journal
- 97. Pray the “**Lord it is Night**” prayer before bed
- 98. When you don’t have the words to say, light a candle instead (or turn on a battery operated one.)
- 99. Make and use **prayer beads**
- 100. Pick a centering word like “peace” or “hope.” Write it down and let it be your intention for the day.