



New Vision Pastoral Care Committee Pandemic Support Resources June 3, 2020

This global crisis we find ourselves in can bring up a whole range of different emotions, all of them valid. Here are some possible emotional, spiritual, social, and practical resources to explore as you seek to cope with the present reality. Please feel free to use whatever feels helpful and disregard whatever doesn't.

Faith/ Spirituality and Meaning-Making

- New Vision Sunday Zoom Virtual Worship Gatherings 10:30 am
<https://us02web.zoom.us/j/782292511>
- Zoom Affirming Spirituality Group sponsored by New Vision (email officeadmin@newvisionunited.org for contact details)
- Every Wednesday New Vision Zoom COVID-19 Lectio Divina study group
<https://us02web.zoom.us/j/83544118527> (email officeadmin@newvisionunited.org for time)
- Spiritual practices during the pandemic:
<https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>
- "Faith in a Time of Pandemic":
<https://www.patheos.com/blogs/livingaholyadventure/2020/04/3782/>
- Scriptures on God's presence, care, and concern: Psalms 16, 23, 46, 91, 121, 139; Exodus 3; Kings 19:1-18; John 14, John 20; Romans 8:31-39; Revelation 21:1-4; add your own
- *Learning to Walk in the Dark* by Barbara Brown Taylor
- *When the Heart Waits: Spiritual Direction for Life's Sacred Questions* by Sue Monk Kidd
- *When Bad Things Happen to Good People* by Rabbi Harold Kushner

Anxiety/ Fear

- <https://www.anxietycanada.com/covid-19/>
- <https://cmha.ca/news/covid-19-and-mental-health>
- <https://www.virusanxiety.com/>

Grief and Loss

- <https://www.psychologytoday.com/us/blog/deviced/202003/necessary-self-care-during-covid-working-through-loss>
- <https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak>

Mindfulness, Self-Compassion, and Compassion for Others

- Tara Brach, psychologist and mindfulness teacher: <https://www.tarabrach.com/pandemic/>
- Jack Kornfield, psychologist and mindfulness teacher: <https://jackkornfield.com/pandemic-resources/>

- Kristin Neff, psychologist, professor, mindful self-compassion teacher: <https://self-compassion.org/>

Self-Care

- <https://www.psychologytoday.com/ca/blog/deviced/202003/self-care-and-covid-19-getting-ready-the-marathon>

Local Resources: Support, Supplies, Connection

- New Vision Pastoral Care Committee and associates: weekly phone calls (to contact the committee, send confidentially to revian@newvisionunited.org or call him at 289 440 3397
- Rev. Ian Sloan, New Vision minister, revian@newvisionunited.org
- **HamOnt: Hamilton Community Response to COVID19 Facebook group**
- COVID-19 Isolation Relief Support Line (peer support): [facebook.com/c19supportline](https://www.facebook.com/c19supportline)
- Kyle's Place: for trans and non-binary people -groceries/ meds delivery/ drive to appointments/ peer support -transpeersupport@gmail.com, <https://www.facebook.com/Kyles.place19/>