

STAYING CONNECTED:



TOGETHERNESS IN ISOLATION

FROM THE VERY REVEREND ANNE MILLS

I believe that how we use this time ahead of us will make a huge difference to whether we and humanity can evolve, create and collaborate as a collective body for our collective challenges. There has been a lot of good advice already from such professionals as doctors and psychologists about our need to keep as many routines as we can; when we wake up, when we eat, when we exercise. To eat well and to keep in touch with others via phone calls, email etc. However, there are a couple of other things that I would like to add as I think about our collective responsibility as Christians that will help us use our time well and build our collective body.

Grow your connection to God and to your soul – this can be a time to slow down, to pause and see if you can enrich your spiritual life, your connection to God: read your bible, explore some different ways of praying and practice them, light a candle, learn to sit and consciously listen to the still, small quiet voice of God, read a book, draw, dance, inquire. Connect with nature and God's creation: a tree, a rock, a place and let yourself feel your natural connection with the environment and let it nourish your soul. Be aware of God's presence with you in small, surprising ways and give thanks. In this way you will be more present to yourself and to God, more grounded and peace filled. A daily 12-minute online bible reading, reflection and music meditation you might like to Google is a found on a site called 'Pray As You Go.' This is one of the things I use for my daily reflection and spiritual discipline.

Grow your connection to others – physical distance does not mean emotional distance. We have been physically close but emotionally distant. See if you can practice emotional connection and vulnerability more in this time. Set up times to connect with family and friends through daily phone calls, emails and Skype to share and feel together the shock, fear, perhaps anger, frustration, uncertainty and potential silver linings. So, we all build the relatedness we need as a well-functioning community. Set up a circle of regular support for those you know who are alone during this time. More than ever, we now need to support one another. It is also important to know when you need to reach out to trusted peers, family, friends for support, to share your own vulnerabilities and give them the opportunity to do the same. This is a vulnerable time for us all. Reciprocity, care and compassion are so very important.

**BE SAFE. BE KIND.
STAY CONNECTED.**

FINALLY, a note to self:

If you find yourself thinking a lot about the impact of the virus, ask yourself am I worrying or am I planning?
WORRYING involves ruminating about things beyond our control and worst-case scenarios, whereas,
PLANNING involves goal focused problem solving.

With every blessing,
Dean Anne

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