

*I lift up my eyes to the hills—
from where will my help come?
2 My help comes from the LORD,
who made heaven and earth.*

- Psalm 121:1-2

**Looking at the pandemic through the
lens of a metaphor...**

Express yourself



HOW MIGHT YOU USE POETRY TO
DESCRIBE THE WAYS YOU HAVE
VIEWED THE PANDEMIC?



HOW MIGHT YOU DESCRIBE IT
THROUGH THE CHAPTER TITLES OF
A BOOK?



HOW MIGHT YOU PUT IT ON A
PAINT CANVAS OR COMPOSE A
MUSICAL SCORE

Perspective within a pandemic

- What is your setting like? How do you see yourself positioned in it?
- What in it has been hard and what has given you blessing?
- Who has been with you or shared it with you? How was this received?
- Has anything changed your position? Are you able to see the larger picture or has the view shrunk to just what is close?
- Is your attitude positive or negative?
- Do you find yourself hope-filled or touched by despair?



Perspective

So many biblical stories can be looked at from a variety of perspectives

Take the story of Ruth and look at it from the vantage point of Ruth, then of Naomi, then Boaz and even from the view of the threshing floor as if it was an animate entity.

Take a look at Lauri Fortino's ["Frog on a \(B\)Log"](#) where she takes unusual perspectives with several biblical stories...

If nothing seems to be working right just hang on to
God...something eventually will shake out

And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. -Rom. 5:3-5

Reach out to someone for help if needed, what does it gain to suffer pain in silence?

*Is it nothing to you, all you who pass by?
Look and see
if there is any sorrow like my sorrow,
which was brought upon me,
which the Lord inflicted
on the day of the Lord's fierce anger.*

- Lamentations 1:12

3

Take opportunity to do something new, or
different in your daily activities...

⁵And the one who was seated on the throne said, "See, I am making all things new."

-Revelation 21:5

4

Be ready to forgive, even yourself, and to be forgiven – it's been hard for everyone.

*"As far as the east is from the west, so far has God removed our transgressions from us."
- Psalm 103:12*

Approach a major life-changing decision with discernment and prayer – things look very different after a crisis than during it...

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. -Rom. 12:2

*And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ.
-Philippians 1:9-10*

Some resources to check out

PRAYERS and RESOURCES during COVID

- https://www.episcopalchurch.org/wp-content/uploads/sites/2/2020/12/covid_prayers_and_liturgies_for_the_covid-19_pandemic.pdf
- <https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic> (has many resources that include inspirational films, exercises in spiritual disciplines, prayers and writings)

APPS

[Balance – Meditation](#) (this app offers a daily program of mindful practices, but has a cost of @\$50.00 per year)

OTHER WEB-RELATED RESOURCES

TED Talks have many inspiring options

[Barna.com](#) publishes a “Church Pulse weekly” updating current statistical research on the state of congregational systems

C O R O N A V I R U S

**A new word to
use in your next
scrabble game**



Remember
when?



Splat!

SWEET CAROLINE...

IS BANNED!

THERE WILL BE NO:

TOUCHING HANDS

REACHING OUT

TOUCHING ME

TOUCHING YOU

Some
day
again!

February 23rd Tiny Prayer (for those who are learning to say, “No”):

May you realize that thoughtful denial is not only a form of self-care, but also a form of community care, may you remember that not all requests are urgent, not all demands are valid, not all panic and punishment is yours to take on, and as you live into your own life-giving dissent, may it remind others that a current “No” is also a loud “Yes” to the future. Amen

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