

Caring for one another is at the heart of what it means to be human, and its practice the bedrock of our faith expression. Jesus said, "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another." (John 13:34-35)

At Westminster we strive to be a caring community, showing the love and compassion of Christ to one another and to our neighbors beyond our church doors. The Covid-19 virus does not change this truth but has altered the way we go about it.

Currently a system is in place where older members and others with health vulnerability are being paired with another member who will check in weekly offering spiritual care and friendship by phone, email, text, or the sending of cards. As other needs become known we will seek to address them with safety and compassion.

Change in society has occurred so rapidly that feelings of loss are being experienced on many levels, simultaneously. Social distancing is forcing us to be a part from friends and family for weeks and possibly months. Staying connected is essential to emotional health and well-being. The best remedy for feelings of loneliness is reaching out proactively. Do what you can to convey love to those immediately around you and other family and friends at a distance. Be gentle with yourself and with others. This said; feelings of grief are normal and natural. It is better to talk about them verses keeping them inside. The pastors are available to set up a time to talk by phone if this would be helpful.

All of us miss the opportunity to gather for worship together. Please visit the church website regularly for updated Taize services, weekly staff devotion, and on-line learning opportunities. Highlighted and updated each week on our website is our new "Quarantine Corner." This title isn't meant to make light of the situation in which we find ourselves, but instead acknowledges the reality that we may need some fresh ideas for both activity and respite in the weeks ahead. Each week you will find a spiritual practice, a recommendation for something to fill your soul, and an activity for families with preschool to elementary-aged children to do together.

Finally, take care of yourself by following recommended CDC guidelines. Engage the best you can in daily physical exercise, healthy eating and getting adequate rest. The coronavirus is highly contagious, but remember, love is contagious, too. As we care for self and others, may the journey ahead shape and transform us more fully into who God created us to be.