



“Hope is the brightest when it dawns from fears”
 - Sir Walter Scott

Social Distancing Milestone Moment Online

The coronavirus pandemic has changed much of our “normal routines.” Schools are closed for the rest of the year with no or postponed plans for graduations. Spring sports, plays and concerts have been cancelled. We are learning how to social distance as we take walks, go to the store, or drop off something for a friend at their home. The “stay-at-home” mandate has caused fear, anxiety, and a sense of isolation for many. One way to give us hope and good courage is to be sustained by our faith. Homes are a place where we can experience our faith. We can pray, read the Bible and have faith-filled conversations with people we live with or people we connect with online or the phone.

Desired Outcomes:

- Provide a discussion guide for faith-filled conversations with family and friends
- Talk about Mountain Highs and Valley Lows as a touch base to support one another.
- Experience scripture reading, prayers and a blessing from one another.
- Find something that brings you joy and encourages others through messages.
- Give one a sense of peace in the midst of isolation and an unknown future.

Suggestions:

- Experience this milestone with others in your home or invite family and friends to join you in an online gathering.
- Consider doing this milestone during a meal or as a snack time for all invited.
- Journal your feelings and discussions about your time together as a memory for the future.
- Revisit the caring conversations in the Discussion Guide in a few weeks to reflect on changes.
- Light a candle each day “stay-at-home” time and say the Rituals and Traditions response, prayer, and blessing found in the Discussion Guide.
- Consider doing this milestone with different family and friends over the next few weeks whether via an online gathering or on the phone for those without an internet connection.





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Social Distancing Discussion Guide



Begin by sharing a recent mountain high and/or valley low in your lives and then use the outline below to talk about faith and God’s presence in this moment.



Caring Conversations

Complete these sentences:

- Talk about your joys and challenges during the Covid-19 pandemic.
- Who have you connected with on the phone, email, or through social media?
- How do you think our lives will change after the social distancing mandate is lifted?
- How has God and your life of faith been a part of this time?



Devotions

Read the following: *Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which passes all understanding, will guard you hearts and minds in Christ Jesus.* Philippians 4:6-7 (NRSV)

Read this a couple of times. What word or phrase in the reading stands out to you? Talk about how God can give you comfort and hope during this time. What is it you want to give thanks and pray for these days?



Service

Talk or think about how you have served others during this social distancing time. How can you continue to care for others in your home, community, and world?



Rituals and Traditions

Light a candle. **Say: Jesus Christ is the light of the world. The light no darkness can overcome.**

Pray: Gracious God, be with all people and nations during this pandemic. Take away our anxiety that we may care for one another and live with peace and hope through Jesus Christ. Amen.

Close with this blessing: *May the peace of Christ bless you with hope and joy.*