



**Grace Notes**  
 Grace Lutheran Church, 2006 60th Street, Kenosha, Wisconsin  
**April, 2020**



## Holy Week Services to Be Live Streamed

Because of the COVID-19 health crisis and Wisconsin's "Safer At Home" order, Grace Lutheran Church will live stream Holy Week and Easter worship services rather than opening our doors for on-site worship.

Please "like" or "follow" our Facebook page, which you can find by typing "Grace Lutheran Church Kenosha" in the search bar next to the "f" symbol.

Here is our plan for Holy Week:

- \* Palm Sunday (9:30 am digital service)
- \* Maundy Thursday (1:00 pm digital service)
- \* Good Friday (1:00 pm digital service)
- \* Easter (9:30 am digital service)

When this is over, we hope to have a "jubilee service" with many of the celebratory elements we would normally have had here on Easter. Pray that the day comes soon!

## Office Hours Reduced During "Safer at Home" Order

Pastor Barker is setting aside phone call hours from 2:00 to 4:00 each Wednesday and Thursday. He will be at church Tuesdays and Thursdays, but wants to reserve those afternoon hours for anyone who wants or needs to talk or ask questions. Please remember that Rev. Barker's cell phone is in a California area code: 626-864-6404.

As a concession to Wisconsin's "Safer at Home" order, our office secretary will only be in the office on Tuesdays and Thursdays. Paul will work from home on Wednesdays and Fridays, where he

will still be able to check Grace email and Facebook messages. Expect this to continue at least until the order expires on April 26.



In case of a pastoral emergency, please call or text Pastor Barker at 626-864-6404 at any time.



## Welcome Center Adjusts to Situation

Grace Welcome Center has modified its food pantry and breakfast programs to maximize guest and volunteer safety while still performing a service to our community that is more vital now than ever.

Volunteers spend Tuesdays packaging up grocery bags for people to pick up at our food pantry that afternoon. These bags include meat, bread, fresh produce, and even a roll of toilet paper when available.

Volunteer stations are spaced six feet apart, and people

waiting in line are urged to do the same.

Our volunteer team served 105 families last Tuesday. We are glad to be able to serve our guests but heartbroken for all the new families we met this week that had lost hours or jobs. Please lift up families that have lost their jobs in the last week.

As for breakfast on Thursdays and Fridays, we can no longer serve cafeteria style, so instead we pack to-go bags for guests to pick up at the church door. A typical breakfast includes

an egg bake, cubed potatoes, fruit, and bread. Cups of coffee are also available.

The Welcome Center recently called for donations of eggs; they use fifteen dozen eggs for a typical breakfast. Cardboard boxes and plastic or paper grocery bags are also welcome. The Welcome Center is not accepting clothing at this time, however.

Thank you!

## *Area Infants Still Need Diapers*

Infant Moses Diaper Ministry still offers diapers, wipes and pull-ups to families in Kenosha. During the coronavirus outbreak, our volunteers maintain a proper distance from each other and from



our clients. Clients are admitted to the building one at a time and are asked to stay six feet from each other in the event a line forms outside.

Please contact Jarlene if you have any questions. Thanks for your support.

# Readings for March 29, 2020

## **Ezekiel 37:1-14**

The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry.

He said to me, "Mortal, can these bones live?"

I answered, "O Lord GOD, you know."

Then he said to me, "Prophecy to these bones, and say to them: O dry bones, hear the word of the LORD. Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the LORD."

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them.

Then the LORD said to me, "Prophecy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord GOD: Come from the four winds, O breath, and breathe upon these slain, that they may live."

I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.'

"Therefore prophesy, and say to them, Thus says the Lord GOD: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the LORD, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act, says the LORD."



## **Psalm 130**

<sup>1</sup>Out of the depths

I cry to you, O LORD;

<sup>2</sup>**O LORD, hear my voice!**

**Let your ears be attentive to the voice of my supplication.**

<sup>3</sup>If you were to keep watch over sins,

O LORD, who could stand?

<sup>4</sup>**Yet with you is forgiveness, in order that you may be feared.**

<sup>5</sup>I wait for you, O LORD; my soul waits;

in your word is my hope.

<sup>6</sup>**My soul waits for the LORD more than those who keep watch for the morning, more than those who keep watch for the morning.**

<sup>7</sup>O Israel, wait for the LORD, for with the Lord there is steadfast

love;

with the LORD there is plenteous redemption.

<sup>8</sup>**For the LORD shall redeem Israel from all their sins.**

## **Romans 8:6-11**

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you.

Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

## **Gospel: John 11:1-45**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill."

But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again."

The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?"

Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them."

After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him."

The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep.

Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him."

Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother.

When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him."

Jesus said to her, "Your brother will rise again."

Martha said to him, "I know that he will rise again in the resurrection on the last day."

Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?"



She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him.

Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they

thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died."

When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?"

They said to him, "Lord, come and see."

Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone."

Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days."

Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?"

So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me."

When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

# Home Church with My Grandparents

FROM THE



My brother and I loved getting to visit my maternal grandparents at their lake cabin in Idaho. Everything about their lake cabin was an adventure for two city kids. Just to get there was quite the process--we'd take paved roads into the smallest city we had ever seen and then for an hour we'd drive on a dirt logging road to get to their

cabin. They had a giant lake to swim in, boats, fishing, an outhouse, axes, and even a gun.

And I will always remember Sundays at the lake. After breakfast my grandfather would say before we do anything else we must "have" church. My brother and I had no idea what he was talking about. "How do you have church without a church?" we wondered.

He'd go and get his Bible and several hymnals. He then would gather us around and light a candle.

Then, he'd offer a prayer, we'd sing several hymns, there would be several readings, and then there'd be some more hymns, and another prayer to close with.

My hope of sending sermons, readings, and prayer lists out in the mail each week is that we will all keep having church together during this time. For the time being, it just looks a bit different.

Also, you might want to follow my grandfather's example and light a candle to help bring you into a holy space.

Grace and Peace,  
*Rev. Jonathan Barker*

## *In Our Prayers*

- ♦ Mary Andrews (Welcome Center volunteer from St. Anthony's)
- ♦ Jackie Brichacek (Nancy's sister-in-law)
- ♦ Jean Boothe (Grace soup kitchen supervisor)
- ♦ Hank Buehrens
- ♦ Andrew Calvert
- ♦ Pat Calvert
- ♦ Barb Caputo
- ♦ Holly Cummings
- ♦ Eric Dangerfield (Carolyn Reynold's boyfriend)
- ♦ Gregory Foster
- ♦ Steve Gapko
- ♦ Shirleen Gulick
- ♦ Lorraine Hollingsworth
- ♦ David Kristopeit (Nancy's brother-in-law)
- ♦ Dorothy Keuffer
- ♦ David Kramer
- ♦ Carolyn Reynold's children Eddie, Santino, and Lytoshia
- ♦ Cynthia Schwartz (Norma's daughter)
- ♦ Marcia Swanson
- ♦ Joyce Swift
- ♦ Florence and Jacqueline Walker (Carolyn's sisters)
- ♦ Dottie Watts and Rollie Weiss
- ♦ Kristi Weiss (Rollie's daughter)

## Birthdays & Anniversaries

|                 |          |
|-----------------|----------|
| Marjorie Larson | April 2  |
| George Brown    | April 3  |
| Garriet Dreger  | April 4  |
| Brent Caputo    | April 6  |
| Dean O'Hanlon   | April 8  |
| Jaylin Colister | April 10 |
| Gary Larson     | April 12 |



|                       |          |
|-----------------------|----------|
| Norma Larson          | April 14 |
| Patsy Callahan        | April 15 |
| Dennis Houston        | April 15 |
| Bonnie Hackett Vargas | April 15 |
| Jeff & Debbie Cain    | April 23 |
| Barbara Caputo        | April 27 |

## *Dry Bones and Re-Creation*

About five years ago Rachel and I were camping in the Santa Monica mountains just outside of Los Angeles. These mountains are famous for their "super blooms". Years where wildflowers just go crazy.

Rachel and I were on a strenuous hike one day loving the valleys filled with wildflowers when the trail took a turn leading us into the next valley. But this valley was different. Everything was blackened from a wildfire. Even cactus plants were charred.

It looked like nature's equivalent to the bombed out cities of Europe after WWII. Everything was burned and hollowed out. I felt like I was walking through a graveyard for the natural world. It felt like death was all around.

I wonder if you have ever had experience in your life where you sensed death all around? I wonder if you have ever been to a place that had an eerie feel of death lingering in the air?

In Ezekiel 37 we are transported to just such a place. God takes Ezekiel to a valley of dry bones. Now, in many ways this harkens back to the realities of ancient warfare. After a large battle, where thousands of people were killed in a day, there was no way to bury them. Plus, a valley full of decaying corpses was a great propaganda reminder not to mess with the army that was victorious.

It's really a haunting image of you think about it. Death is everywhere. But so is defeat and safety. It might be helpful to think about what it would mean for the United States army to be so thoroughly slaughtered. Imagine if God took us to a valley with burned out tank ruins, and  
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stealth bomber craters, and flipped over humvees—hopefully you get the point.

This is a grisly image Ezekiel is being forced to look at.

And he's being forced to look at it in a grisly time. The context for this passage is the destruction of Jerusalem in 586 BCE. The Babylonians had laid siege to Jerusalem for almost two years which led to great famine and civilian death. Then, the remnant of the army fled with the king, only to be massacred and captured. The city walls were breached, the Temple destroyed, the palace destroyed, and most of the population was taken away as slaves to Babylon hundreds of miles away.

We might have more empathy for this exile generation today than we had two weeks ago.

This generation of people had their whole life upended. Their country ceased to exist, their home was destroyed, most of the people they knew were killed, and those that survived were taken hundreds of miles away to a foreign land, with foreign customs as slaves. To make things worse, a return to any sort of "normal" life was off the table. The king's sons were dead and God's Temple was destroyed. Things were going to be different.

And we are in an exile-like moment now. A moment of national calamity.

We find ourselves looking at a valley of dry bones.

And it's interesting, this image of dry bones functions at two levels. The first level is the more literal image of death and destruction of God's people. But at a second level the dry bones are about how the people who are

still alive, but are now in exile are feeling.

We might think about the expression, "I'm bone tired". Bones for God's people signified something deep in one's soul. Think to when Jeremiah speaks of having a fire in his bones if he remains silent and does not speak God's Word.

So, the second level of this passage is about people that are living in exile feeling like their bones are all dried up.

In verse 11, we read, "Then he said to me, "Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely."

Deep in their souls the experience of exile has led them into despair.

And, again, this is a moment where we can have more empathy than ever for God's people. I've talked with many people who have shared with me an experience of deep despair around the Coronavirus and the economic downturn. Maybe you feel like you could say this morning, "Our bones are dried up, and our hope is lost; we are cut off completely."

The text does not end though with a valley of dead bones and despair for those who are remaining.

In an image that harkens back to God blowing air into Adam and Eve to bring them to life, we see God blow a recreating air into the dry bones.

This is a moment of re-creation, or we could say "new creation" or we could even say resurrection.

Our faith is all about this. God not only creates us, but God re-creates us. God takes what is

dead and sinful and turns it into what has life and righteousness.

I want you to think back to that place you experienced a death like presence or think back to a moment where you felt like your bones were dried up.

God wants to breathe new life into that place.

As Rachel and I kept walking through this valley of cactus ruins we started seeing new green growth starting to grow on the charred cacti. This valley that had been burned to

death was already starting to have the hope of new life.

May we each have this hope this morning that God will re-create what is dead.

Amen.

**Family Order Form**

Created: 5/15/2018 6:01:17 PM

**GRACE LUTHERAN CHURCH**

|         |            |
|---------|------------|
| Name    | Customer # |
| Check # | Order Date |

| Product                        | %     | QTY | Total | Product                               | %   | QTY | Total | Product                             | %    | QTY | Total |
|--------------------------------|-------|-----|-------|---------------------------------------|-----|-----|-------|-------------------------------------|------|-----|-------|
| Ace Hardware \$25.00           | 4%    |     | \$    | Family Video \$10.00                  | 12% |     | \$    | Piggly Wiggly (WI, IL only) \$25.00 | 3%   |     | \$    |
| Aeropostale \$25.00            | 10%   |     | \$    | Fandango \$25.00                      | 4%  |     | \$    | Pizza Hut (Not AK or HI) \$10.00    | 8%   |     | \$    |
| Amazon.com \$25.00             | 2.25% |     | \$    | Festival Foods (WI) - Skogens \$25.00 | 3%  |     | \$    | Pizza Ranch \$25.00                 | 8%   |     | \$    |
| American Eagle® \$25.00        | 10%   |     | \$    | Festival Foods (WI) - Skogens \$50.00 | 3%  |     | \$    | Pottery Barn \$25.00                | 8%   |     | \$    |
| Applebee's \$25.00             | 8%    |     | \$    | GameStop \$25.00                      | 3%  |     | \$    | Qdoba Mexican Grill \$25.00         | 7%   |     | \$    |
| Arby's \$10.00                 | 8%    |     | \$    | Golf Galaxy \$25.00                   | 8%  |     | \$    | Red Robin \$25.00                   | 8%   |     | \$    |
| AutoZone \$25.00               | 8%    |     | \$    | Gordon Food Service Store \$25.00     | 4%  |     | \$    | Roundys (IL and WI only) \$25.00    | 4%   |     | \$    |
| Barnes & Noble \$10.00         | 8%    |     | \$    | Hallmark \$25.00                      | 4%  |     | \$    | Sam's Club \$100.00                 | 2.5% |     | \$    |
| Barnes & Noble \$25.00         | 8%    |     | \$    | Honey Baked Ham \$25.00               | 12% |     | \$    | Sam's Club \$25.00                  | 2.5% |     | \$    |
| Bass Pro Shops \$25.00         | 8%    |     | \$    | IHOP \$25.00                          | 8%  |     | \$    | Sears \$25.00                       | 4%   |     | \$    |
| Bath & Body Works \$10.00      | 13%   |     | \$    | JCPenney \$25.00                      | 5%  |     | \$    | Sendik's Food Market \$25.00        | 4%   |     | \$    |
| Bed Bath & Beyond \$25.00      | 7%    |     | \$    | Kmart \$25.00                         | 4%  |     | \$    | Shell \$25.00                       | 1.5% |     | \$    |
| Best Buy \$25.00               | 4%    |     | \$    | Kohl's \$25.00                        | 4%  |     | \$    | Shopko \$25.00                      | 3%   |     | \$    |
| BP \$50.00                     | 1.5%  |     | \$    | Kwik Trip \$25.00                     | 4%  |     | \$    | Speedway \$25.00                    | 4%   |     | \$    |
| Buffalo Wild Wings \$25.00     | 8%    |     | \$    | Lane Bryant \$25.00                   | 8%  |     | \$    | Starbucks \$10.00                   | 7%   |     | \$    |
| Burger King \$10.00            | 4%    |     | \$    | Little Caesar's Pizza \$20.00         | 8%  |     | \$    | SUBWAY Restaurants \$10.00          | 6%   |     | \$    |
| Cabela's \$25.00               | 8%    |     | \$    | Lowe's \$20.00                        | 4%  |     | \$    | Taco Bell \$10.00                   | 5%   |     | \$    |
| Cheddars \$25.00               | 8%    |     | \$    | Macy's \$25.00                        | 10% |     | \$    | Target \$25.00                      | 2.5% |     | \$    |
| Cheesecake Factory \$25.00     | 5%    |     | \$    | Marcus Theatres \$25.00               | 9%  |     | \$    | Texas Roadhouse \$25.00             | 8%   |     | \$    |
| Chili's Grill & Bar \$25.00    | 11%   |     | \$    | Meijer (not AK and HI) \$25.00        | 3%  |     | \$    | TGI Fridays \$25.00                 | 9%   |     | \$    |
| Chipotle Mexican Grill \$10.00 | 10%   |     | \$    | Menards \$25.00                       | 3%  |     | \$    | The Home Depot \$25.00              | 4%   |     | \$    |
| Cinemark Theatres \$25.00      | 4%    |     | \$    | Mobil \$50.00                         | 1%  |     | \$    | Walgreens \$25.00                   | 5%   |     | \$    |
| Columbia Sportswear \$50.00    | 12%   |     | \$    | Nike \$25.00                          | 12% |     | \$    | Walmart \$25.00                     | 2.5% |     | \$    |
| Container Store \$25.00        | 9%    |     | \$    | Nordstrom \$25.00                     | 6%  |     | \$    | Williams Sonoma \$25.00             | 8%   |     | \$    |
| Cousins Subs \$10.00           | 9%    |     | \$    | Office Depot / Office Max \$25.00     | 5%  |     | \$    |                                     |      |     |       |
| Cracker Barrel \$10.00         | 8%    |     | \$    | Old Navy \$25.00                      | 14% |     | \$    |                                     |      |     |       |
| Cracker Barrel \$25.00         | 8%    |     | \$    | Panera Bread \$10.00                  | 8%  |     | \$    |                                     |      |     |       |
| Crate and Barrel \$25.00       | 8%    |     | \$    | Papa John's Pizza \$10.00             | 8%  |     | \$    |                                     |      |     |       |
| CVS Pharmacy \$25.00           | 6%    |     | \$    | Papa Murphy's Pizza \$10.00           | 8%  |     | \$    |                                     |      |     |       |
| Dick's Sporting Goods \$25.00  | 8%    |     | \$    | Payless Shoes \$20.00                 | 13% |     | \$    |                                     |      |     |       |
| Dressbarn \$25.00              | 8%    |     | \$    | PetSmart \$25.00                      | 5%  |     | \$    |                                     |      |     |       |
| EB Games \$25.00               | 3%    |     | \$    | Pick 'n Save (WI only) \$25.00        | 4%  |     | \$    |                                     |      |     |       |
| Exxon \$50.00                  | 1%    |     | \$    |                                       |     |     |       |                                     |      |     |       |

Make Checks Payable To: **GRACE LUTEHRAN CHURCH**

Total Due All Columns: \$

Grace Lutheran Church  
2006 60<sup>th</sup> Street  
Kenosha, Wisconsin 53140-3893

www.GraceKenosha.com  
Follow us at [www.facebook.com/GraceELCAKenosha/](https://www.facebook.com/GraceELCAKenosha/)

Pastor Jonathan Barker: [jonathan.w.barker17@gmail.com](mailto:jonathan.w.barker17@gmail.com) 626-864-6404  
Church office: [graceoffice@wi.rr.com](mailto:graceoffice@wi.rr.com) 262-654-9143  
Office hours: 9:00 a.m. to 2:00 p.m. Tuesday through Friday

## Last Week's Offerings

|                  |                    |
|------------------|--------------------|
| General offering | \$ 1,467.00        |
| Benevolence      | \$ 23.00           |
| Lent             | \$ 10.00           |
| Welcome Center   | \$ 875.00          |
| <b>Total</b>     | <b>\$ 2,375.00</b> |

**Weekly budget: \$ 2,943.20**

Please remember to mail in your offering checks to Grace during this time, or contribute electronically through the "Donations" link at [GraceKenosha.com](http://GraceKenosha.com).

## CoronaVirus: Stress & Coping

*From Trinity Lutheran Church  
Wellness newsletter*

The outbreak of coronavirus disease 2019 (COVID-19) can be stressful. When you hear, read, or watch news about the COVID-19 outbreak, you may feel anxious. Feeling anxious, worried, stressed or a bit fearful are normal signs of stress.

Fear and anxiety about the pandemic can also be overwhelming and cause strong emotions in adults and children.

With this outbreak, our community and nation have been asked to practice Sheltering in Place and Social Distancing. Both of these increase the stress by isolating people from loved ones, restricting movement and interfering with daily routines,

and adding the uncertainty of income and job security.

During this time remember



to monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress and know when to get help. Get accurate health information and facts of the ongoing outbreak to keep you safe and healthy, and

also to help you manage stress and cope with isolation.

### Ways to Cope

You can do many things to keep yourself calm while sheltering in place or social distancing at home.

- Relax your body often by doing things that work for

you: take deep breaths, stretch, meditate or pray, wash your face and hands, or engage in pleasurable hobbies.

- Pace yourself between stressful activities, and do something fun after a hard task.
- Maintain a sense of hope and positive thinking. Consider keeping a journal in which you write down things you are grateful for or that are going well.
- Use time off to relax. Eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.

For more information on coping during the outbreak, visit <https://emergency.cdc.gov/coping/selfcare.asp>