



Dear LBUMC Family & Friends

As we navigate the uncharted waters of the Guidelines of the Coronavirus outbreak, we want to make sure you have some resources for Spirit, Mind and Body.

Please continue to connect as a church family though our [Facebook](#) page and our [Instagram](#) and we will continue to livestream our worship through Facebook and hold Bible studies and meetings through Zoom and other online formats.

Our Care Ministries Team, Pastor Debbie and myself are working to contact ever member of our church family to check in and care for whatever needs folks may have. Almost a dozen people have stepped up and are meeting needs as they are able. Please reach out to us if you are in need, body, mind or spirit. Our love and the love of God is our strength.

For your Spirit, I will be posting food for the soul on our social media and in the EBreeze, additionally, here are some other these resources:

[Biblegateway.com](#) -- Online Bible study, commentaries and the Bible in almost every translation.

[Bessey's Field Notes](#) - Breath Prayers, devotions, etc.

[The Lenten Prayer Project](#), Biola University

[Upper Room](#) Sight Psalms

[Another Name for Everything](#) podcast with Brie Stoner

[Articles by interesting theologians](#)

[Visual Liturgy](#)

Following are resources the The Center for Disease Control and Prevention (CDC) has amassed. They are broken down into the essential materials and some direct links and information graphics. These graphics can also be added to bulletins or newsletters highlighting the following areas:

Mental Health and Coping with Stress:

- Identifying worry and stress:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Additional Suggestions:
 - Start a phone tree of volunteers to call those who are unable to leave their homes.
 - Pray with those experiencing stress and anxiety.

High Risk Population:

- Elderly
- Those with Chronic conditions (Heart Disease, Diabetes, Lung Disease)
- Immunocompromised Patients

Education on how it is spread and emphasize prevention:

- How SARS-CoV-2 is spread, how to protect yourself, how to protect others:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- Handwashing posters can post in restrooms or other common areas:
 - <https://www.cdc.gov/handwashing/pdf/handwashing-poster.pdf> - Handwashing (English)
 - <https://www.cdc.gov/handwashing/pdf/handwashing-poster-es.pdf> -Handwashing (Spanish)

How to identify symptoms:

- Symptoms and when to get immediate medical attention:
 - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What to do if you are sick:

- How to care for your family or yourself if you are sick with COVID-19:
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Frequently Asked Questions:

- Information from the OC Health Care Agency:
 - http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus_faq

Our prayer team, Pastor Debbie and myself are keeping you, your loved ones and the entirety of our church ministry in deep and abiding prayer. God is with us, we are not alone. Peace.

--

Pastor Lynn Francis
Laguna Beach United Methodist Church

May God's grace and peace be yours,

Pastor Lynn & Pastor Debbie

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." ~ Eph. 6:18

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