

Hi Tim!

While it seems the world is falling around us I wanted to share some things that has been helping me in the past few days/weeks.



1. Prayer with family – we have devoted time each day to sit together and listen to some of the Word and then pray together. I have also used this as an opportunity to teach the kids the Lord’s prayer and maybe next the Apostles Creed. We have even occasionally connected via facetime with the grandparents and shared in prayer with them – it is a special time.
2. Pity Party – on the advice of a friend, I have allowed myself to have a 10 minute pity party for 1 every day. I let myself be frustrated and angry at all the things that are affecting my life and use it as a time to let it all out. I give myself permission to concentrate on the crappy things happening to me and my family.
3. Practice Empathy – the world needs empathy, and has for a long time, but I don’t think people really practice it. I have used this time to sit (not literally), with people in the things they are going through and ask God to help me be vulnerable to what they are going through. I have wept tears that I never would have before, and am feeling things more deeply than I ever have. I see this crisis as a time to practice empathy.
4. Fun – we try our best to do one thing at least per day that make us all smile and have fun. Our hope is that when we look back on this – especially the kids – they will remember the fun things we did, rather than all the stress and anxiety. Some days are harder than others, but we can smile and have some fun regardless.