

Coronavirus Connections

Isaiah 41:10 - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

We are truly living in an unprecedented time. We have all become more familiar with terms like “self-isolation,” “physical distancing” and “flattening the curve.” The spread of COVID-19 has led to anxiety and uncertainty; and has required most of us to significantly change our habits and routines. Many of us are now trying to find effective tools and strategies to adapt to our current circumstances. How can we stay socially engaged? How can we best support our parents, children and grandchildren during this time? How can we keep our children safe? What should we tell our children about COVID-19? What strategies can we use to overcome any mental health distress that we may be experiencing?

We have recently conducted some thorough research online to find some tools and resources that could help us during these difficult circumstances. We have grouped these websites into two categories. The first is a list of websites with informative articles regarding how to successfully overcome the challenges that we currently face with COVID-19 and how to support one another. The second list of websites provides a number of free resources for parents to help us keep our children engaged in healthy and educational activities while at home. Over the next few weeks, we will be sharing these resources with you in bite sized morsels. This first resource may be helpful for parents of young children:

Website – Refinery 29

Resources – Here Are Some Incredible Virtual Tours To Help You Pass The Time

Example – New England Aquarium – Virtual Visits – Shark Feeding

Example – National Parks Service (USA) – Virtual Guided Tours

URL - <https://www.refinery29.com/en-ca/2020/03/9579803/free-virtual-tours-online>

We also know that many of you have already put into place some measures to help your “kiddos” (had to insert a Caroline reference) and would love to hear from you. Is there something you’ve done that could be helpful for other parents? Plus, please let us know if you have any questions about the websites that we’ve shared. OUC has a long successful history of being a community of faith and there may be no greater time than now for us to continue to support one another.

1 Thessalonians 5: 11 - Therefore encourage one another and build one another up, just as you are doing.

By now, it is likely that we have all embraced the need to keep a “physical distance” from one another and to practice “self-isolation” in an effort to protect ourselves and those around us from this novel coronavirus and to “flatten the curve.” Unfortunately, this prevents us from having face to face, in person, social visits with one another. Despite this constraint, there are a number of ways for us to stay connected with each other during this unprecedented time.

At this time, we would like to introduce regular virtual social hangouts for those of you who may be interested. Depending on whether you have a computer with internet access, telephone conference calls or virtual video chatting could be set up for this purpose.

We have scheduled our first virtual coffee/tea/wine break for parents with young children. It will be held on Thursday, May 5th at 8h30 pm via Zoom. I, Luc Lamadeleine, will be hosting this social time together. My wife, Arlene, and I have a 9 year-old daughter, Zoe. She is currently in 3rd grade at l'école Des Pionniers and is currently receiving her class instructions virtually. She is an only child although we also have Pearl, a Bichon Frisé puppy, at home to keep Zoe, and all of us, company. There is no agenda for this meeting. It's just an opportunity to connect/reconnect with others. We hope that many of you will be able to join us.

Join Zoom Meeting

<https://us02web.zoom.us/j/9311350872?pwd=NTBPC2QwVW9oNVRFShpzVIVLR3ZLQT09>

Meeting ID: 931 135 0872

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Password: 873643

Find your local number: <https://us02web.zoom.us/j/9311350872?pwd=NTBPC2QwVW9oNVRFShpzVIVLR3ZLQT09>

If these virtual social visits interest you, please let us know and keep in mind that although some of you may already be quite connected virtually, this may be an opportunity to reach out to others who may be desperately seeking to connect with others during this most difficult time.

Should you have any questions, please call or email Luc Lamadeleine at 613-296-3155 or luc@duuo.ca.