

## 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 currently researching and collecting website addresses (URL's) that could provide interesting tools and resources to help us during this time of physical distancing and other necessary restrictions to flatten the COVID-19 curve. These have been added to the new "OUC Website Potluck" section of our website:

<http://orleansunitedchurch.com/ouc-website-potluck-2/>

Over the next few weeks, we will be sharing these resources with you in bite sized morsels. This week's following resource could be a helpful article for anyone trying to manage self-care at this time.

**Website - Zero to Three: Early Connections Last a Lifetime**

**Article – "Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care"**

**URL - <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>**

Additionally, visit the [OPL website and our new Isolation Recreation section](#) for regularly updated eContent, news and resources for children, teens and adults

We also know that many of you have already put into place some measures to help your "kiddos" and yourselves and would love to hear from you. Is there something you've done that could be helpful for others? Have you found some interesting online resources? Please contact [Sandra Sales](mailto:sandra.sales093@gmail.com) at [sandra.sales093@gmail.com](mailto:sandra.sales093@gmail.com) to share! 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. These online resources may be added to the "OUC Website Potluck" section of our website for the benefit of others.

**Galatians 6:2 ESV - Bear one another's burdens, and so fulfill the law of Christ.**

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, Zoom Cafés, 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 third virtual coffee/tea/wine break for parents with young children. It will be held on Thursday, May 19<sup>th</sup>, at 8h45 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 3<sup>rd</sup> 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. We hope that many of you will be able to join us.

**Join Zoom Meeting**

<https://us02web.zoom.us/j/84774425024?pwd=MmNFNXBZeGJIUIZ3NmpuU25HK3JxZz09>

**Meeting ID: 847 7442 5024**

**Password: 903684**

Wondering what's coming next? While you have time to consider what's important in life, what societal gains do you think, or hope, might arise as a result of covid19? Watch for upcoming zoom discussions on topics like this. Contact **Annemarie Humenuk** at [kayakforever@gmail.com](mailto:kayakforever@gmail.com) if this type of forum interests you and/or you have suggestions for possible topics.

Additionally, we encourage you to check out the new "Coronavirus Connections" section of our website for a calendar of all of our virtual events:

<http://orleansunitedchurch.com/covid-19-updates/>

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](mailto:luc@duuo.ca).