

Coronavirus Connections

We 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 to share!

Philippians 4:6 - Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

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, we are forwarding the remainder of the diverse resources we've found:

Website – CAMH

Resources – “Mental Health and the COVID-19 Pandemic” – FAQ's, Coping with Stress and Anxiety, Quarantine and Isolation

URL - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Website – Good Housekeeping

Resources – Bored at Home? Here's a Massive List of Museums, Zoos and Them Parks Offering Virtual Tours

Example – Vatican Museum's Virtual Tour

Example – San Diego Zoo for Kids – Live Cams and Videos, Activities, Games, Stories

Example – Sea World Orlando – Virtual Tour – includes virtual ride on a roller coaster

URL - <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Website – Atlantic Health

Article – “The Kids Aren't Alright”

URL - <https://www.theatlantic.com/health/archive/2020/03/what-coronavirus-will-do-kids/608608/>

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

1 Peter 4: 10-11 - God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.

Our regular virtual social hangouts, Zoom Cafés, have been temporarily put on hold for the moment. Nonetheless, 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](mailto:luc@duuo.ca) at **613-296-3155** or luc@duuo.ca.

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 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/>