Kevin M. Watson is Assistant Professor of Wesleyan & Methodist Studies at Candler School of Theology, Emory University in his blog entitled Vital Piety (https://vitalpiety.com/) shares some thoughts about how we can maintain and even enhance our faith in the face of current conditions. To summarize:

**Pray before meals.**
In a time when families are home alone together far more than normal, don’t miss the opportunity to eat meals together. And when you do, set aside one minute before you start eating to say a prayer. As you enter into this routine, you can encourage everyone in the family to say a short prayer of thanks for the provision for this meal.

**Read Scripture together as a family.**
Each member of the family shares what they are thankful for from the day and then we read a passage of Scripture. After the Bible reading, someone closes with a prayer giving thanks for the day and anything else they want to pray for.

**Honor the Sabbath.**
Be intentional about observing the sabbath. We made an intentional effort to worship together as a family. We connected with a broader church community and sang songs together in our living room, said the Apostles’ Creed, and Lord’s Prayer together. Sunday was also a day that we intentionally slowed down. We played together. We went for a family walk. We intentionally paid less attention to the news and social media accounts. We rested.

**What step can you take today?**
Do not spend the next several weeks treading water aimlessly. Press in to Christ! We may not be able to meet together as we have been in the habit of doing. But that does not mean that there is not ministry to be done.

Focus on growing in your faith in daily rhythms right now. And you will find your faith strengthened for the rest of your life. Focus on connecting with people in your church when the church gathers online for worship. And create a small group to connect with as we ride this thing out.

We are still the church,
Rick Pinkston
A BIG THANK YOU to Gem Mitchell and Andy Shelton for their hard work in tearing down the houses and giving us the new space to dream of something new.

1-ElCarlos Simpson, Jr.
2-Livi Howell
3– Joe Martin
4– Jerry Wilhite
1-Rodney & Julie Wilson
4-Rick & Dawn Cody

Things you can do during this time at home:

- Watch all the really long movies you’ve been putting off.
- Write letters, poems, start a blog.
- Work puzzles, word games
- Dust off that instrument and practice again.
- Treat yourself to a day of pampering, polish your nails, give yourself a facial and post it to social media (you don’t want to go to all that trouble and nobody see it right?)
- Reorganize your kitchen, home office or kids room.
- Purge your closets and junk drawer (you know you haven’t touched that in years)
- Bake and make some goodies for your neighbors and those you can’t get out as often.
- Create a home workout space and do that each day.
- Actually try something you’ve pinned on Pinterest.

Use this time for self care and family. Focus on what we can do instead of what we can’t do.