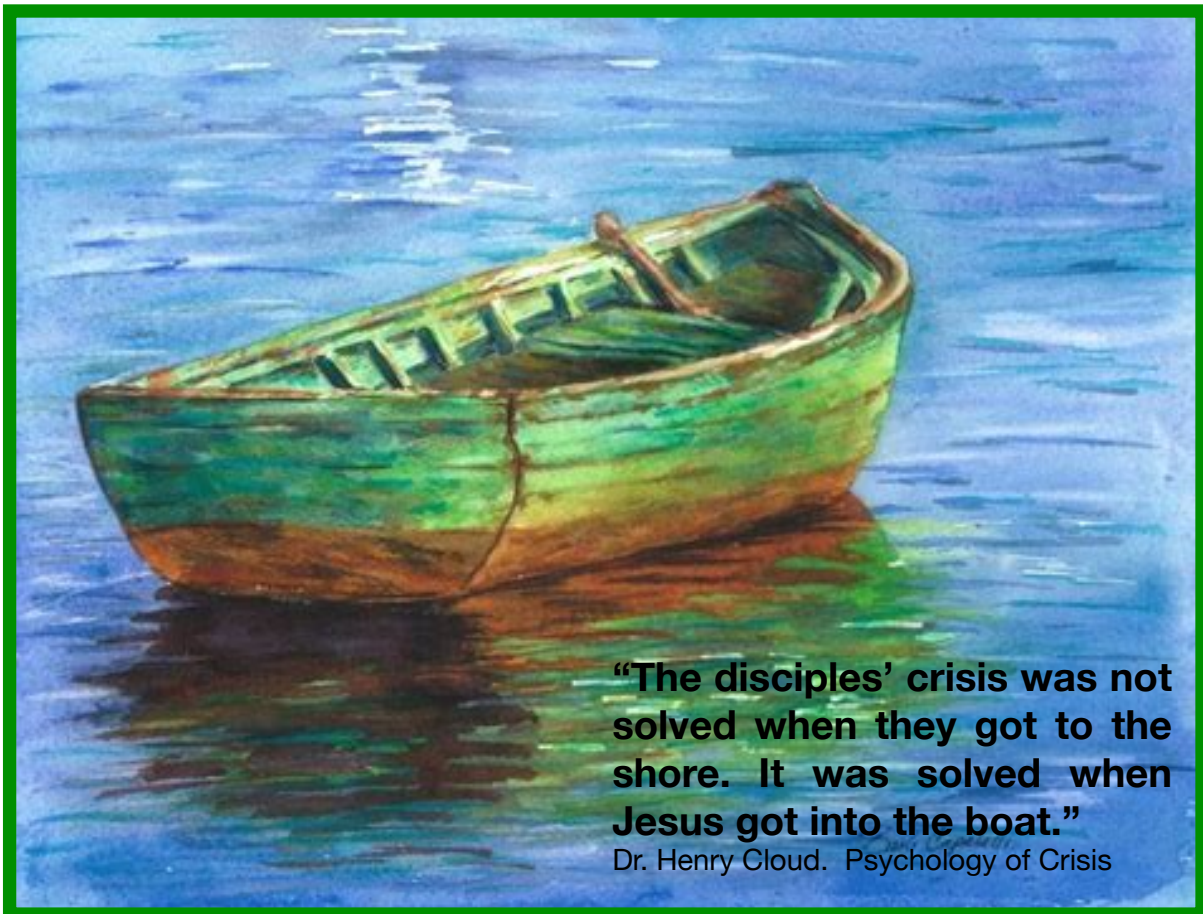




**Bellingham
Covenant
Church Church**

**Spiritual and Mental Health
Resources for COVID19**





INTRODUCTION

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28

Many of us have had a hard time during this COVID season and have cried out in lament to our Lord and Savior. We are all experiencing this together, but it has affected each one of us in different and unique ways. For those of us who have been having a hard time emotionally and spiritually, Joy Soltis and Karen Marion have compiled this wonderful resource for us. There are biblically based studies, helpful tips for parents, and tools and resources that each of us can benefit from and will help us to get through this season together. Kris Henderson, Care Ministry Director

Experiencing the effects of the coronavirus pandemic has cascaded us down the rabbit hole with Alice into an unexperienced world. Like Alice, we ask ourselves, “Am I big or am I small?” with a sense of urgency chasing that illusive white rabbit, feeling as if we should really be somewhere but we are not entirely certain where or when because things just keep getting “curiouser and curiouser.” We realize that “it’s no use going back to yesterday, because we were a different people then.” However, unlike Alice in Wonderland, our falling has brought us straight into the arms of Jesus, our Creator, Sustainer and Rock! We like the disciples are in His boat and He is with us as we navigate the waters of COVID19. He is near and we are grateful. The resources in this guide remind us that Jesus is the anchor for our Soul, enabling us to stay the course during this crisis. It is our hope that through these resources you will come upon the Truth that will help calm the raging seas in your soul and that you will reach the shore of peace and comfort as you have a better understanding of the conditions and responses common to crisis as well as new information around the topic. Karen Marion

“We are living in a reality whose presence is unsettling to our spirits, elevates our anxiety, deepens our depression, and evokes fear and anger. It disrupts our thinking, our feeling, our faith and our relationships.”
Chris Haydon, Covenant Pastor



Every member at BCC can access Biblically-based videos on topics like marriage, parenting, youth, recovery, leadership, finances and much more. We recommend the following which specifically relate to COVID19 and are great for both individual and group study . To sign up for RNM, Text 41411 and in the Message write: RightNow Bellingham. You will be sent a link to sign up.

BIBLE STUDIES

[Fearless Over COVID19: How Faith will win over fear in the face of COVID 19](#) Dr. Lina Abujamra

If there's ever been a time when we need to be fearless and strong in the things that matter, it is now. In the face of the virus crisis there is a way we can fight the anxieties we feel in this season of uncertainty and live a victorious Christian life. In this four-part miniseries, Dr. Abujamra will help you learn how faith will win over fear as we dig deeper into God's word. To learn more about the great work of Dr. Abujamra, please visit her website at: [Living with power](#)

[Overcoming Anxiety During COVID19](#) Jonathan Pokluda

Anxiety can feel like a constricting snake slowly tightening around us until it is difficult to breathe. In recent months, the anxiety surrounding the spread of COVID19 has a hold on the whole world as people die, economies decline, and our lives change right before our eyes. In this four-part series, Jonathan Pokluda speaks words of comfort and wisdom to help Christians navigate the areas of life COVID19 is affecting. During this four-part series you'll be encouraged in how to overcome anxiety in these troubling days and explore ways you can remain faithful to God and to others.

HOMESCHOOLING HELPS

[Parenting with Peace in the Time of COVID 19](#) Erin Weidemann

Join this credentialed teacher and homeschool expert as she unpacks biblically-based concepts and practical tools for parents to lead from a place of peace, and approach this pandemic with sound mental health and relational strategies that bring peace in the midst of uncertainty.

[The Heroic Homeschooler: How To Do School At Home With Confidence During COVID19](#)

Erin Weidmann. This is an eight-part mentorship series that allows parents to own their influence and lead their children to live, learn, and grow well at home. This series is focused on training and application -- you are not in this alone. You'll absorb the lessons and then learn how to make the principles practical with your child. You can expect to be fully supported as you make your way through this series. To see and learn about other great resources, visit www.truthbecomesher.com

MENTAL HEALTH

[Reboot Crisis Edition](#) Even Owens

REBOOT Recovery Crisis Edition is a five-part video series intended to help you understand, cope with, and move forward from the current COVID-19 crisis or whatever trauma you may be facing.

[The Psychology of Crisis](#) Dr. Henry Cloud

This ninety minute webinar for church leaders is relevant to all adults. Join New York Times bestselling author, leadership coach and psychologist Dr. Henry Cloud as he discusses the scientific, psychological, and spiritual truths we can rely upon as we face uncertain times during the COVID-19 pandemic. Dr. Cloud references the following resources during this webinar: The latest Boundaries Podcast on *Being Psychologically Healthy During Times of Crisis* (<https://www.boundaries.me/blog/the-boundaries-me-podcast-dr-henry-cloud-being-psychologically-healthy-during-times-of-crisis>) Dr. Cloud's upcoming resource, *Churches that Heal*, where you can download a video on *Mental Health: Role of the Church* (<https://churchesthatheal.com/webinar1/>)

Covenant Companion Article, "You Are Not Alone:Navigating the Emotional Toll of a Pandemic", written by ECC pastor Chris Haydon, speaks to the various ways COVID-19 is affecting our lives. <https://covenantcompanion.com/2020/07/29/you-are-not-alone/>



Five months are behind us and we're still facing uncertainty and indefinite projections as our emotional, physical and spiritual health continues to be affected. It's not the same for everyone but almost everyone can attest to resulting affects of some degree.

*Many of us are discovering that the simple permission to admit to others that, "I'm not myself", is a welcome relief. Knowing that we are not the only one struggling gives us the comforting assurance that we're not going crazy. As individual stories and people reaching out for emotional help surface, it has become increasingly apparent that the need is very real, it is growing and we still need help. We encourage you to find others to participate in these resources with you. For support contact:**BCC Small Group Ministry Team** (joysoltis@yahoo.com)*



SANCTUARY MENTAL HEALTH

“Sanctuary offers training, tools, and resources to equip the Church to be a sanctuary for all people, at all stages of their mental wellness journeys.”

Sanctuary Mental Health Ministries is a Christian non-profit based in Vancouver, B.C. that equips the Church to support mental health and well-being. Their primary tool, *The Sanctuary Course*, now includes an additional session to address the unique need for mental health awareness and education during this COVID-19 season. Full descriptions can be found on the website.*

[Faith, Grief, and COVID-19: A Conversation](#)

COVID-19 has generated grief in all of our lives. We have lost jobs, financial security, health, community connections, and the opportunity to gather and celebrate significant milestones such as graduations, weddings, births, and anniversaries. In addition, we are reminded daily of the lives lost to the virus. These losses raise larger questions for us as Christians. How do we understand and process grief as people of faith? How can we support one another while practicing physical distancing? Where can we find hope and joy in this season? This four-part series includes four short films with a discussion guide is designed for participants to gather virtually, engage in discussion questions, reflection, and prayer.*

[The New Norm Is Not The Old Norm With A different Hat On](#)

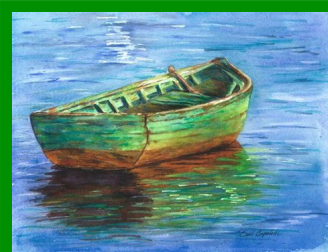
A seven minute reading for personal reflection and group discussion with reflection questions at the end. A challenging article about how the way things were that we are all longing for may not be what we want to go back to where the author offers four movements to consider. Dr. John Swinton is the Chair in Divinity and Religious Studies at the School of Divinity, History, and Philosophy, University of Aberdeen, Scotland. *

[Meditation and Self Care During COVID 19](#)

A five minute reading and an eleven minute mindfulness exercise for personal reflection and self care. We know that when we have anxious feelings around COVID 19 that the battlefield is in the mind. Dr. McBride teaches us how to “be still” and then to thank our Creator God and let thankfulness overcome our anxious thoughts. Dr. Hillary McBride is a registered clinical counsellor in private practice in Vancouver and holds a PhD in Counseling Psychology from UBC.

[Sanctuary Mental Health Podcast](#)

Join Sanctuary’s CEO, Daniel Whitehead, as he interviews pastors, front line workers, ministry leaders, and friends about their experience of the pandemic and where they are making meaning and finding hope in the ups and downs of the season. This app has a five star rating and listening to these interviews won’t disappoint.



YOUTH AND FAMILY RESOURCES

The Humanitarian Disaster Institute is the source for the resources on this page.

The mission of the Humanitarian Disaster Institute is to help the church prepare and care for a disaster-filled world. During this time, they've set their focus on helping churches and families respond to and weather this pandemic. <https://www.wheaton.edu/academics/academic-centers/humanitarian-disaster-institute/covid-19/>

Family COVID-19 Toolkit

[Alisa and the Coronavirus](#) is a children's book written by Gena L. Thomas and her four-year-old daughter, Juniper. Each page includes a reflection question and a drawing challenge to complete.

[Download the ebook>>](#)

[Young People's Faith in an Anxious World](#)

In this video, which was part of the COVID19 Church Online Summit, Executive Director of the Fuller Youth Institute, Dr. Kara Powell, shares helpful information about supporting teens emotionally and spiritually. She talks about four possible causes of the increase in anxiety and five steps to follow to help a young person who is anxious.

[Children and Family Ministry at a Distance](#)

In this video, which was part of the COVID19 Church Online Summit, Jamie Aten, Ph.D., the Founder and Executive Director of the Humanitarian Disaster Institute and Blanchard Chair of Humanitarian & Disaster Leadership at Wheaton College (Wheaton, IL) interviews minister and writer Colbey Sparkman. She shares how churches can pivot family and children's ministries in this moment as well as practical tips and creative ideas for building new family rhythms and serving together.

Tip Sheets

[Helping Families Find New Rhythms](#)

[How to Talk to your Kids about COVID-19](#)

[5 Habits for Working and Schooling Under One Roof](#)

[Youth and Internet Safety During COVID-19](#)

Renewal Ministry Northwest Evening Prayer Wednesdays at 8 PM

As the day ends, Evening Prayer creates space for you to meet God. Evening Prayer is based on Benedictine spirituality and incorporates music, scripture, and reflection. You will receive God's renewing grace for your bodies, minds, and souls. To receive your Zoom invite visit the website: <https://renewalminnw.org/praying-the-hours/>



Healthy Rhythms Workbook: A Tool to Help You During COVID-19 and Beyond

Pastors Randy Pries and Bill Gilfillan from Cornwall Church have put together this excellent resource tool and have generously given permission for it to be shared with others. <https://www.cornwallchurch.com/wp-content/uploads/2020/05/HealthyRhythmsWorkbook.pdf>

*"Very early in our Covid19 experience I began to be aware that something was going on with me that was not normal. As I struggled in trying to figure this out a friend gave me this **Healthy Rhythms Workbook** and it was a lifeline. First, by describing and affirming that my emotional, spirit and physical body were all being affected in very real ways; second, by giving me practical tools for dealing with my stress and anxiety; and third, by guiding me in developing healthy spiritual rhythms and an action plan." Anonymous*

Three Prayer Apps: Pray As You Go - Lectio365 - Abide

*"Forget the former things; do not dwell on the past.
See, I am doing a new thing! Now it springs up; do you not perceive it?
I am making a way in the desert and streams in the wasteland....
I provide water in the desert and streams in the wasteland, to give drink to my people,
my chosen, the people I formed for myself that they may proclaim my praise."
(Isaiah 43:18-21)*

For many, this season has seemed like a wasteland, a dry barren desert. But the Lord, promises to meet us even in the parched difficult places in our lives. As we are forced to change our rhythms and routines, may the Lord meet you in unexpected ways, like an unexpected oasis, providing you with refreshment and renewal. He is doing a new thing! May we have eyes to see it and be encouraged to go deeper in Christ than ever before.

We hope these resources will be an unexpected cool drink for you. We encourage you to find a friend with whom you can share the journey, call one of the church staff, or connect with our Care Ministry (kris@bellinghamcov.org). Janet Russell, Pastor of Christian Formation and Community Life

He leads me beside quiet waters, he restores my soul. (Psalm 23:2-3)

Please note that as these are linked resources their availability and location may change over time. They were researched and sourced the week of August 3-7, 2020. *The painting, "Man Overboard, used with permission by the artist, Barb Capeletti <https://www.barbcapeletti.com/>