

# WE CAN CONNECT



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## Daily FAITH Videos

Many of you will be receiving links to the **Daily FAITH** Videos sent out by Julia and Matthew. Joanne is also putting links to the videos on our website if you missed them. If you aren't receiving them or don't wish to receive them, please email [dailyfaithvids@gmail.com](mailto:dailyfaithvids@gmail.com). And please feel free to share them with others. If you know of people who would like to be put on the daily list, please send us an email. We are inviting people to "sponsor a day" of the Daily FAITH video for \$20.00. Could you sponsor one of the daily offerings? If so, call the church office. We'll give a shout-out to whomever sponsored that day. It would be easiest to sponsor the day by sending an e-transfer to the Okotoks church office, but we'll find other ways to receive payment if interested. To get all videos try this link:

<https://www.youtube.com/channel/UC4snfkwd9o91KMf1znsr-w>

## Please Pray For:



- Food banks and their volunteers
- Postal workers
- Utility workers
- Eden Valley
- People who have lost aging parents

Please refer to our website  
[www.okunited.ca](http://www.okunited.ca) for updated  
information, links to the newsletter  
and Daily Faith videos.

Rev. Diane Strickland is a Certified Compassion Fatigue Specialist-Therapist and a Community and Workplace Traumatologist. She is an ordained minister and has worked in many traumatic situations including the 2013 Calgary flood and the 2016 Fort McMurray fire and evacuation. She is now turning her attention to churches and offering her wisdom to us as we face the trauma of the COVID-19 outbreak. Here is a summary of three of her recent videos on the subject.

## Video One - Introduction

Everyone's response to this crisis will be unique. Everyone's brains work differently in times of crisis. Some typical responses are: anger, tears, trouble sleeping, anxiety. We need to be kind to one another and with ourselves. We cannot solve everyone's problems. We can listen empathetically but we don't need to come up with answers or get people to see things our way.

## Video Two – Corona Brain

We will all probably experience a fuzziness in our thinking that Rev. Strickland is calling "Corona Brain." We may realize that our brain, which we can usually depend upon, is letting us down. Some symptoms include being unfocussed, forgetful, lacking concentration, having trouble reading and comprehending, losing words, losing things, losing passwords.

Why is this? In a common response to traumatic incidents, a different part of our brain is activated and our thinking part becomes less dependable. This may lead to us feeling fear and anxiety as we lose our usual thinking ability. One good thing is that if we talk to others about this we will find that we are all in the same boat – it can even be funny at times. How do we cope with this Corona Brain? Remember that this is temporary. Things will get better! Be as generous and kind and encouraging with yourself as you are with others going through the same thing.

Get help if you need it – use technology to remind you of things you want to remember, make SHORT lists to keep your expectations reasonable, Celebrate success when it comes. Don't escalate confrontation. Walk away from angry people if possible and if you are in danger, get out and call 911. Domestic abuse, sadly, goes up during times of crisis.

## Video Three – Hope

Learn the difference between "Hopium" and "Hope" Hopium is an irrational kind of optimism Hope is based on facts and lived. Experiences Face our fears Sometimes we use the word hope when we really mean we are afraid "I hope I don't get sick" really means "I am afraid I am going to get sick" "I hope I don't lose my job" really means "I am afraid I am going to lose my job"

We are being called to go deeper real hope is often found in people who have suffered a great loss or who deal with trouble every day. Ask "What do we really believe about hope?" Which way do we see creation going? Toward growth and healing and renewal or toward decay? (look out your window and watch the signs of Spring) Which way do we see humanity going? Toward love and courage and progress or toward the negative? (look at the people in the world who are running toward the sick and dying, who are researching vaccines, developing medications, improving tests, building ventilators, reorganizing hospitals, singing songs, delivering groceries)

It is in you to carry on. You will find the way. We have fears but we also can have hope.



### What is the Board of OUC up to these days?

- Meeting regularly first by phone and now by video conferencing. It has been challenging and fun. And we get to see each other's homes!
- Attending the weekly online financial seminar produced by the United Church of Canada. The UCC is working tirelessly to keep up with all the new programs being offered by the Federal Government. We are eligible for such things as the wage subsidy, line of credit and partially forgivable loan. We will access these programs as needed. Our giving for March was down about 27%. We have made adjustments to our expenditures where possible.
- Attending the weekly online meeting of the Chinook Winds Region. It is a wonderful way to share information and encouragement between the churches in our region.
- We want to thank **you** for continuing to support the church financially and for taking care of each other. Some of you are checking in regularly with people who may be quite isolated these days. Some are picking up groceries or delivering Easter treats. Thank you so much. We may be spread out right now but we are still functioning as a church, caring for each other and staying in touch.

### Assistance for Eden Valley

As many of you read in the Western Wheel a few weeks ago, our Indigenous communities on Reserves are particularly vulnerable at this time. Should Reserves be closed due to Covid-19 they would have to make do with resources on the Reserve which could be severely taxed. In the Wheel, the need for baby supplies such as diapers and formula were greatly needed. To this end, the Board of Okotoks United voted to send \$1000.00 of baby supplies to Eden Valley. This money comes from a designated Outreach Fund so does not affect our operating costs.

We will continue to do what we can for those who are in need. Thanks for continuing to support your Faith Community while we support those in greatest need.



### Newsletter submission:

Would you like to contribute to the weekly newsletter? Where were you when all this happened? Would you like to share with congregation members what you are doing? Or, what message would you like to pass along to the congregation? If you'd like to submit something to the weekly newsletter send an email to [okunited@telus.net](mailto:okunited@telus.net).

### Youth Group Message From Candice:

We are still meeting for Youth Group and Sunday School via Zoom. Youth group will take place every Friday at 7:00 pm for 45 minutes. Sunday School will take place every Sunday at 11:00 am for 30 minutes. Please email Candice at [cndcsutton@gmail.com](mailto:cndcsutton@gmail.com) if you would like to join and I'll send you the login info. Kids Ministry instagram handle is: @ouckidsministry. Thanks, Candice

### Studio Me Soup and Bun Run:

Studio Me, in Okotoks, is reaching out to people who may be in need of a soup and bun. They are delivered to their homes on Wednesdays and Fridays. If you are in need of this and would like to receive a soup and bun please get in touch with Mark 403-919-6858.

### Okotoks United Church Office - We're here for you!

The office continues to remain open at this time. Please contact Diane at [okunited@telus.net](mailto:okunited@telus.net) or 403-938-4357 for church related news. Please contact Julia at [okjulia@telus.net](mailto:okjulia@telus.net) or 403-702-2249 (cell) at any time. Congregational Care Team invites you to reach out for confidential spiritual and compassionate care by email at: [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net)

### Stay Informed:

Also, please look to reputable sources for information. Please check [www.alberta.ca](http://www.alberta.ca) or [www.albertahealthservices.ca](http://www.albertahealthservices.ca) for up to date information. There is a lot of misinformation going around. Let's not spread it.

### On-line Worship Services

If you would be interested in viewing live worship services, please go to this link:

<https://www.united-church.ca/community-faith/being-community/worship-online-during-covid-19>