

Some helpful tips during COVID-19 (for on-line church and staying in community)

1. **Start simple.** We don't have the time to do it right, we are responding to an emergency we haven't planned for.
2. **Prioritise connection over production or liturgical beauty.** The best thing you can do for your community is connect with them. Consider also writing a separate text message to each person in your church, asking how they are.
3. **Reduce screen time.** We are all being asked to spend more time in zoom meetings or reading emails on top of being glued to news feeds, tv news. Send people something they can print or a playlist they can listen to.
4. **Move away from scheduled activities.** While people need to maintain routines while in isolation, we are being asked to attend more meetings and this can cause anxiety. Find ways people can connect in flexibility.
5. **Focus on spiritual practice over liturgy and preaching.** What we need most assistance in is letting go of stress and regaining connection with God and with others.
6. **Lower expectations.** We all need a little grace. This applies also to Government departments and essential services.
7. **Invite, don't ask or tell.** Make everything you do optional. Listen to your congregations needs and let them reflect.
8. **Keep reassessing.** None of us know what's going to work.
9. **Thank you.** Remember everyone is trying to do things differently. For every person who is caring for others. For every person who is feeling exhausted. THANK YOU.
10. **Forgive the mistakes.** If your church isn't getting it right or doing it the way you would like, be patient. None of us trained for this, we're all learning.