

## Being a Witness during COVID-19

We are always called to witness to the inbreaking of God's kingdom that comes into our world everyday. While we cannot be together in person, Jesus still invites us to bear witness to God's love for all people by caring for the common good in all seasons and circumstances of life. It is challenging and hard to be a community when we can actually be together in person. But know this is for a season, we will be together again and in the meantime here are some ways we can serve and care for one another and our community, as we bear witness to our faith in Jesus Christ and live as light and hope to our world.

### **Caring for the Common Good**

- Stay at Home - social distancing is hard because it is a disruption of our lives, but it is important and necessary. Stay at home as much as possible so that we can limit the spread of this virus. One of the best ways to care for our community is by social distancing so that we care for our neighbors by not spreading the virus
- Contact Our Senators and Representatives  
As congress is working on an economic stimulus package, let your voice be heard to advocate for our congressional representatives to care for all workers during this time.
  - Office of Senator Tim Kaine - <https://www.kaine.senate.gov/>
  - Office of Senator Mark Warner - <https://www.warner.senate.gov/public/>
  - Office of Representative Don Beyer - <https://beyer.house.gov/>

### **Generous Giving**

Give to organizations doing important work right now. There are so many out there, but here are two:

- Rising Hope UMC  
Our mission partner feeds over 300 people every week and now they are feeding even more. They have a shortage of food and volunteers during this crisis and need food donations, volunteers, and financial donations. Give in any way that you can: <https://risinghopeumc.org/>
- No Kid Hungry  
This organization is working to make sure that kids who depend on school lunches are going to be fed as schools are closed. <https://www.nokidhungry.org/>
- RIP Medical Debt - COVID-19 Heroes Fund  
Help relieve medical debt of health care workers, first responders, and other essential

workers. <https://ripmedicaldebt.org/campaigns/#covid>

- One Fair Wage Emergency Fund  
Providing cash assistance to restaurant workers, car service drivers, delivery workers, and personal service workers who are hurting financially right now:  
<https://ofwemergencyfund.org/> or <https://onefairwage.com/>
- UMCOR - COVID-19 Response Fund  
Support our denomination's work to help the many who are impacted by the coronavirus.  
<https://advance.umcmission.org/p-2025-umcor-covid-19-response-fund.aspx>

### **When You Go Out - Be Kind, Do Not Hoard, and Express Thanks**

Most likely it will be impossible to stay at home the entire time. We still need to get food, get supplies for the house and go to doctors appointments. Some helpful practices when we do go out:

- Support Local Businesses - buy take out food from local restaurants. Many businesses are hurting right now and employees are being let go. Support local businesses when you can. Be generous and kind to the staff, tip generously if you can
- When you go to the grocery store, thank the staff who are working hard to make sure food is there for everyone

### **Connecting with Each Other**

- Send cards to each other: birthday cards, thinking of you, checking in on you, celebrating anniversaries and milestones, etc... In our monthly newsletters are upcoming birthdays and anniversaries. Let us celebrate these days with each other through cards, emails, phone calls, texts, etc...

### **Deepen Your Faith**

- Stay connected to our website and Facebook page for resources, activities, and ways to connect to God and grow in our faith. Strengthen your practice of spiritual disciplines through prayer, scripture study, giving, using your voice to advocate for those most affected right now, do meditative coloring, journal, fast, read from the collection of John Wesley's sermons
- We will work to have weekly resources available for you to deepen your discipleship  
<https://www.mountvernonumc.org/resources>

## **Self-Care**

- Take a break from the news. Our 24/7 hour news coverage means that we can be overwhelmed with constant coverage. Take a break so that it doesn't become too much.
- Take time to be outside. Work in your yard. Walk or bike on a trail, especially along the George Washington Parkway. Still practice social distancing, but enjoy being in nature and seeing the beauty of the water, green grass and away from news and screens. Mount Vernon District Park is super close to the church and has really nice walking trails. It's a great place to walk your dog and be in nature.
- Spend time playing games, reading that book you have wanted to for awhile, color, or engage in your hobby