

## **SUPPORTING WOMEN IN TIME OF SELF-ISOLATION**



It is hard to believe how in such a short time life has changed. Perhaps forever! We have all had to adapt. Social distancing, words we did not hear much before, have now become a part of everyday language. Only a few weeks ago we were still going to church, still socialising with our friends, still, well just going about our business. But now my weeks are filled with zoom meetings, writing articles, sending out information and generally being behind my computer a lot. My trips have been cancelled and I have had to see my work differently for now. I miss physical and social contact. I know many do. I have heard that depression is on the rise and abuse is on the rise. This week on the news I saw a young man who said, I have a drinking problem and am a member of AA. I cannot go to meetings and I am really struggling. Things we perhaps did not think of before the COVID-19 pandemic broke out.



### **LIFE HAS CHANGED**

So, we can either throw our hands up in the air in frustration or we can see this as an opportunity to think differently. Share differently. Connect

differently. God is giving us an opportunity to support our women in a different way. So, I wanted to give you a few ideas of what that might look like.

## **CONNECTING**

Last week I wrote an article about connecting so I will not go into that here. Please go to TED resource page for that.

<https://ted.adventist.org/women-s-ministries/resources>

## **CONNECT THROUGH THE GOOD OLD-FASHIONED MAIL**

A lot of our members are older. This is a particularly lonely time. They can feel cut off. Why not send handwritten notes or cards to those who are homebound. (We have attached a few cards to colour and fill in a Bible Text or promise from the Bible in your own language). Write a card to those who are in nursing homes. Now with lock down a lot of older people are not even receiving visits from family members. It is the same for your elderly neighbours or all your neighbours for that matter who might appreciate a little card with words of encouragement.

## **WHAT DO YOUR WOMEN NEED?**

We sometimes think we have all the answers but just like the young man and his AA appointment, there may be things we have not thought about. It is a good idea to ask. We can help each other and give suggestions. Maybe someone is struggling to get out of the house for the weekly shopping. Perhaps sharing recipes. Maybe in an app group you could send a daily encouragement. It all starts with asking "what is it you need"?

## **WHEN A FEW WEEKS TURN INTO A LOT OF WEEKS**

Especially for those of you who have children at home because they are not allowed to go to school. It can be fun in the beginning, but I am hearing more and more that kids really want to go back to school. They miss their friends and the social interaction. Kids love to try something new and sharing books, puzzles, movies, or games can be a fun way of having something different every week. Do not forget to sanitize all items. Leave them at the door in a box. This will also give kids

something to look forward to each week. And they can make a box for their friends too.

On Pinterest I found this website (see below). It takes kids on a virtual trip to nature in many different settings. Make a day of it. Make it fun. Have a picnic and say we are going on a virtual trip. Without leaving the house.

<https://freedomhomeschooling.com/virtual-field-trips/>

## **ANOTHER WAY OF HELPING OUT**

Last week I received a What's App from one of the WM directors about how they are making Face Masks for people in their neighbourhood. If you are a sewer perhaps this is something you could do. I found this link on You Tube on how to sew two different ones (see link below). I found ways to knit face masks if you are a knitter (see link below).

<https://www.youtube.com/watch?v=uaQX0nM9CP8>

[https://www.yarnspirations.com/gb/red-heart-floral-beauty-throw/RHC0502-016146M.html?crlt.pid=camp.ZO2SOp2sWeHk&utm\\_campaign=BLOG\\_FaceMask\\_RH&utm\\_medium=social&utm\\_source=pinterest](https://www.yarnspirations.com/gb/red-heart-floral-beauty-throw/RHC0502-016146M.html?crlt.pid=camp.ZO2SOp2sWeHk&utm_campaign=BLOG_FaceMask_RH&utm_medium=social&utm_source=pinterest)

At this time all many of us can do is show the love of God.

As it says in Mark 12:30,31

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbour as yourself’. There is no commandment greater than these.”

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