

With your free time...

- Enjoy this unexpected time you have at home with your families! Build puzzles, play a game, watch a movie, take a walk or run, have a dance party, bake some cookies, and enjoy conversation with one another.
- Keep in touch with your neighbors, friends and family with calls and texts, especially with those in isolation. Think about students, mentors, old friends, neighbors, and relatives you don't often get to see. Take some of your time at home to write, call, and reconnect.
- Hold a book club, bible study, and/or craft time online over Zoom meetings, Skype, or Facetime.
- Try something new, like a new recipe, workout routine, or art project.
- Set aside some time for "self-care" - take a bubble bath, meditate, light a candle, read, craft, enjoy a hobby.
- Pray. Bring your concerns, anxieties, cares, and needs to God, our good, steady and faithful Father. Lift up your loved ones, communities, nation and world.

Remember in your prayers our public officials who are responsible for managing this crisis, our healthcare workers, those who are sick and their families.

Remember those without health insurance, those who will be missing income from work, and those who must decide between going to work and caring for their children.

Remember those who are homeless and hungry, especially when the shelters and soup kitchens they depend upon are closed.

- Volunteer! [The Community Foundation](#) is collecting a list of those interested in volunteering, as well as [our PCJH Deacons](#). You could...
 - Help those in our community who may not be able to go out at this time. Bring them groceries, dinner, a game, a book, a magazine.
 - Offer childcare for those with children at home, but who still need to work.
 - Help students out of school study or learn a new lesson.
- Join us for [live stream worship on Sundays](#) at 10:15am. :)