



Here's a resource with ideas sourced from all over, to help get us through lockdown. Feel free to share it with others. Stay home and stay safe!

Acknowledgement:

The Rev Sarah Park, Vicar of Clevedon assembled this document.

I have made minor adjustments for items particularly related to Clevedon – Ian Hardcastle.

Things to lift your spirits

- Begin each day with breathing exercises.
- Start a gratitude list on your fridge. Every day, name one thing that you are grateful for.
- Limit your news intake, so that you remain informed but not overwhelmed.
- Set yourself a photography project: take a photo that represents joy each day. Get friends involved and share your photos online.
- Live slow: try a new recipe that takes time. Be ambitious!
- Try your hand at poetry.
- Follow www.goodnewsnetwork.org to insert some good news into your day.
- If there are other people in your house, eat meals together.
- Declutter your wardrobe. Declutter your house.
- Go through your printed photos and put them in albums. Go through your digital photos and organise them into albums.
- Watch a TED Talk on how to build joy in your life.
- Find a YouTube clip that makes you laugh out loud. Watch and repeat.
- Get out in nature. Breathe deeply.
- Plant vegetables or spring bulbs.
- When you sit down to a meal, try and tally up the number of people who made it possible for you to eat this food.
- Take the time to really clean the car.
- Learn something new that you've always wanted to learn but never had the time for.
- Watch the birds in your garden. What kind of birds frequent your neighbourhood?
- Pick up a musical instrument you've neglected and practice. Learn a new song.
- Watch the clouds and see what shapes you can find.
- Make a list of all the things you keep meaning to do at home but haven't got round to doing. Cross off each thing on the list and enjoy the satisfaction.
- Pick the flowers in your garden and arrange in vases.
- Look up a favourite comedian on YouTube.
- Watch inspiring movies.

- Make an autumn bouquet out of the leaves changing colour.
- Return to a book series you have loved (Harry Potter, Narnia).
- Make a play list of songs that fill you with joy. Dance like nobody is watching!
- Journal about this experience. How will you describe it for someone who hasn't lived through it?
- Make things for charities such as crocheted/knitted items for babies to sell in an op shop.
- Look in the garage for odds and ends. Go onto Pinterest to find something you could make out of them.
- Take an inventory of all the things in your life that are working well and be thankful for what you ARE able to do.
- Find someone to thank each day.
- Make a 'mixed tape' of lockdown songs to share with friends.

Things to deepen faith

- Follow St Stephen's website page for online worship.
- Read a Psalm each day.
- Go on to YouTube and find your favourite hymns. Have a big sing.
- Make a calendar for the duration of lockdown with the name of a different person in each square. Pray for that person each day.
- Go to bibleproject.com and watch some of their fascinating videos.
- Read Psalm 91 aloud.
- Read the Gospel of Mark in one sitting.
- Look up the Swedish Method of Bible Study and give it a go.
- Begin a journal in which you write your prayers.
- Try the Daily Examen. "Pray as you Go" has an audio version. Alternatively, just follow these steps:
 1. Become aware of God's presence, or pray that you will remember that God is with you.
 2. Review the day with gratitude (as best you can!)
 3. Pay attention to how you're feeling about it.
 4. Choose one feature of the day and pray about it.
 5. Look toward tomorrow. What do you expect the day to hold? Pray that you will remember God is with you.
- Go to the Daily Offices page on Facebook and join the livestream of prayer at 7.30am, 12.30pm and 8.30pm.
- Divide a page into four squares: Church, World, Community and Those in Need. In each square draw a picture which represents your prayers for that group.
- Go to anglicanprayerbook.nz and explore the less familiar bits, especially Daily Devotions, Midday Prayer and Night Prayer.
- Read Psalm 139 aloud.

- Each morning or evening at 7:14 pray this week's Unite714 prayer. The latest version is on the parish website (Online services) or you can get it from www.unite714.com
- Each Sunday at 7.00pm join Bishop Ross on Facebook for Night Prayer.
- Try Lectio Divina:
 1. Pick a short passage of Scripture (the parables of Jesus or the shorter Psalms are a good choice).
 2. Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, what do
 3. I want to say to God? - then say it. Lastly, sit quietly and know that God is with you.
- Pray the "Lord it is night" prayer from Night Prayer (page 184) each night.
- Go to <https://www.anglican.org.nz/Resources/Worship-Resources-Karakia> and download the 2020 Lectionary. This has bible readings for every day of the year. Look ahead to the Gospel reading assigned for the coming Sunday and read it in 3 different translations. You can do that at www.biblegateway.com
- Pray each day for our government, and those working in essential care sectors.

Things to build community

- View this time as sabbath. Slow down. Rest. Invest in relationships.
- Start a Facebook or WhatsApp Group with your neighbours.
- Go through your phone and email contacts. Who haven't you been in touch with recently? Give them a call and see how they're doing. Hearing a familiar voice after a long time is a great thing.
- Get yourself set up on skype and check in with friends.
- Start an online scrabble game with family members you are distant from.
- Write a letter to a family member.
- If there are others at home, begin a board game or puzzle.
- Make a card each day. Hand write in them and post them.
- If you're musical, connect with other musicians online and have a jam session.
- When you're out walking, greet others. Ask how they are managing.
- Swap ideas for passing the time.
- Conversations have not been cancelled. Make your conversations count by discussing the big questions.
- Read a book aloud to a family member.
- Have a virtual dinner date with friends.
- If you're well and able, distribute a message to your neighbours offering to help out with groceries/post/pharmacy collection.