

How We Spend Our Days

We're all in this together, but facing diverse realities: working in essential services, being sick or out of work, caring for our elderly and children. Here are tips for connection, staying well, and finding your new normal.

Fitness

Daily Walks – Outside is not cancelled! Get out there and enjoy the birds, trees, flowers, and warmth of a budding spring.

National and State Parks – National Park fees are waived. Visit [nps.gov](https://www.nps.gov) for locations and hours. Many state parks are open with reduced services and request that you use a card to pay for entry. Trails and parks are experiencing higher volumes of visitors, so take care to respect social distancing as you head out to hike, fish, and visit beaches.

Online Workouts - Individuals and gyms are offering workouts on Instagram or online platforms. For example, [Barre3.com](https://www.barre3.com) is offering 2 weeks of free online workouts.

Fitness in the Park – Honor social distancing while working out in small groups in parks or other open spaces. Everyone brings their own mat and water; no props. Alternatively you can take your solo workout to the park to feel the benefits of seeing others doing the same, walking dogs, or out with kids.

Neighborhoods

Connect with Neighbors – This is a good time to get to know neighbors you haven't met yet, or strengthen relationships with those who are familiar. Consider leaving a note on a neighbor's door to check in, offer help, or invite them to join you for a safely-distanced walk. Consider initiating an outdoor meet-up to check in with each other.

Next Door App - Download the app and sign up for your neighborhood to see what is offered and rejoice in the resourcefulness of your neighbors.

Church neighbors – Find out who is in your geographic area and make a goal to connect regularly by phone, email, or a scheduled walk.

Make a Daily Schedule, including:

- ★ Prayer Time
- ★ A Wellness Routine with lots of hydration
- ★ Meals seasoned with Prayer
- ★ Work/Study Time
- ★ Household Chores
- ★ Fitness and time outside
- ★ Creating/Art Time
- ★ 7-9 hours of sleep

Culture and Entertainment

Online Concerts – Cappella Romana sang Tchaikovsky's Divine Liturgy to an empty house on Saturday, March 14th. The link and program book are available at [cappellaromana.org](https://www.cappellaromana.org). Other online concerts are popping up in lieu of cancelled shows.

Museums and Zoos around the world are offering free online tours, including The Louvre, MoMA, and Guggenheim. View the live Panda Cam at the Atlanta Zoo, and walk floor-by-floor through Baltimore's National Aquarium. Check out the full list at [goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/](https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/)

Online book groups have become common in recent years. Anne Bogel of [ModernMrsDarcy.com](https://www.modernmrsdarcy.com) is doing a "Stay At Home Book Tour" to replace author's cancelled tours. Beauty First Films is organizing an online discussion about *The Ethics of Beauty* by Dr. Timothy Patitsas. Our Missions & Evangelism Ministry will read *The Rise of Christianity* by Rodney Stark for our annual We Read Together group after Pascha.

Instagram LIVE - individuals are chanting services, authors are reading children's books aloud, musicians are playing, artists are drawing. Use this tool to be encouraged.

Game nights and Scavenger hunts - create memories through playing board games or creating scavenger hunts around the home and neighborhood.

Generative Quiet Time

Cleaning - Develop order, peace, and a sense of accomplishment as you tackle one cleaning and organizing project at a time.

Read – Feed mind and soul with the enjoyment of a good book.

Make Something – Art, cooking, and crafts give us an opportunity to co-create with God. Find ways to celebrate and share your creations with others.

Learn a New Skill – Through Skillshare, YouTube, and MasterClass, you can learn new skills, or practice an art form you have long abandoned.

Start Seedlings – Depending on where you live, you can start seedlings inside now or begin planting starts in your garden or on a balcony or patio.

Write Letters – Send written hugs! Decorate envelopes with stickers and doodles, and invite recipients to become your ongoing penpals.

Small Businesses

Order take-out – If this is permitted in your area, it supports restaurants while they are closed. You can order for yourself or for a family that could use a boost.

10 for 10 - Small businesses are struggling. One campaign suggests that those who are able consider purchasing 10 gift cards from 10 small businesses in order to keep businesses afloat for now. As a double-blessing, you may consider giving these cards to families in need.

Order Pascha greetings and gifts from cartoulespress.com and drawneardesigns.com.

Many retailers offer **Free Shipping**, such as Oblation Papers & Press oblationpapers.com, and discounts to encourage Stay-at-home shoppers, such as Avlea Embroidery www.avlea.life.

Finally consider ordering from your **Parish Bookstore**, which has already invested in special inventory for Lent and Pascha.

Online Orthodox Content

St. Athanasius Academy is offering resources at saaot.edu. Audit college courses at a discount for only \$40 each. Video recordings of homeschool studies are available at a discounted rate of \$20 per student per subject.

Patristic Nectar Publications is offering discounts on all audio lectures. patristicnectar.org.

Ancient Faith Ministries is continuing their normal programming at ancientfaith.com, including both a blog and podcast compilation for encouragement in the face of the pandemic.

Greek Orthodox Archdiocese Calendar - use this link to add the calendar of online events offered by Archdiocese ministries to your Google calendar: y2am.org/calendar. Youth & Young Adult Ministries and the Center for Family Care are offering several online opportunities.

Metropolis Youth & Young Adult Ministries are offering online YAL Forums, a Stay-At-Home Lenten Bingo (see pg 13), and a live Paraklesis by Zoom. Follow this ministry on Instagram or Facebook for dates and links.

Hand-washing Song

20 seconds is a long time!

Try this descriptive song written by artist Lucy Knisley for her 3-year-old son and sung to the tune of “Frère Jacques” or “Brother John.” Download a printable poster with illustrations at lucyknisley.com/washsong.

Soap and Water • Soap and Water
get your hands wet and sudsy!

Start the Fire • Start the Fire
rub hands together

I could use a backrub • I could use a backrub
rub the back of each hand

I'm so tired • I'm so tired
grip the fingers of the opposite hand

Flap your wings now • Flap your wings now
interlace your fingers

Butterfly • Butterfly
flap your interlaced fingers

Time to milk the cow now • Time to milk the cow now
grip each finger and wash with the opposite hand

One through five • One through five
continue same motion

Scratch the puppy • Scratch the puppy
scratch each palm with the opposite hand's fingers

It's so fun • It's so fun
continue same motion

Now you really oughta • Dive into the water
rinse

Now we're done • Now we're done
dry your clean hands

If You Get Sick

- ✓ Stay home.
- ✓ Check your symptoms: c19check.com
- ✓ Call your doctor.
- ✓ Let your family, friends, and priest know.
- ✓ Maintain ongoing intake of warm fluids.
- ✓ Keep your phone charged up near you.
- ✓ Pray and rest.