

## Top Ten Ways to Cope in a Crisis (Continued)

8. **Buy only what you need for two weeks** when at a grocery store or pharmacy. We need the elderly, the truly ill, and the professionals to have supplies they need. The time to buy is after the crisis to help businesses re-coup.
9. **If you must panic or be angry to release emotion, allow yourself a ten minute "pity party" and then move on.** Deep breathing for a few minutes routs anxiety. Just focus on the breathing. Breathe in through the nose for 3 counts, hold for 3, and expel through the mouth for 3.
10. **Reread God's promises to care for and protect us.** Google the topic to find verses spread from Old to New Testament. Isaiah 41:10, Psalms 5:11 and 20:1, I Cor. 10:13, Phil. 4:6, 7, 19. Pray to God, for whom this event is no surprise, that He will heal and comfort us, as He is in control and the ultimate Healer.

Stephen Ministry - Pat Bartee, Leader



Statement from Sarah Chalpan,  
MVPC PW Moderator

*Because of the Coronavirus, our PW schedule is fluid. We do not know if we will have the opportunity to be together for any of our Circles for April or May. We, at this time, still plan to have our Salad Supper in June on the 9th. This could change, but I pray that we will be over this before then.*

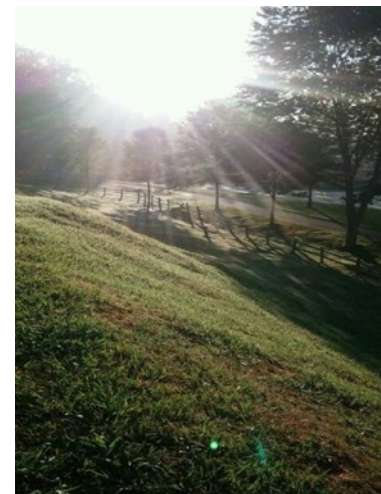
## Top Ten Ways to Cope in a Crisis MVPC Stephen Ministry offers these ideas:

1. **Stay calm.** No one functions with clarity when frantic. A cool head prevails.
2. **Listen to experts.** There is much information shared on social media but it is not all accurate or even true. The NHS and CDC reports are broadcast regularly on local radio and television stations.
3. **Use reasonable caution in conducting everyday life.** Stay home when state guidelines recommend it. If you must go out, stay a safe distance from others and touch as few items and surfaces as possible. Social Distancing is truly empathetic, as well as self-preserving. We are in this together, and must think of others as well as ourselves. If you are sick, call your doctor for guidance.
4. **Check on sick and elderly friends and neighbors by phone.** Drop off supplies at the front door. Call friends who ignore email about cancellations. An encouraging, loving word goes a long way.
5. **Call your own relatives in other cities** and keep an active chain of communication going throughout the course of events. Check in every few days via text or phone.
6. **Stay hydrated.** Eat lots of fruits and vegetables. Keeping healthy is a good defense.
7. **Use your extra time productively.** Read a good book, watch some interesting movies, go online for virtual museum tours, clean out that troublesome cupboard or closet or garage. Order online from that stack of catalogs. Try Audible or online reading. Families can get out crossword puzzles, board games, and enjoy a family sing or cookie baking. A busy mind does not have time for panic.

## PRESBYTERIAN WOMEN

POWERFUL KNOWLEDGE  
TO  
EMPOWER WOMEN

SPRING QUARTER 2020



*(Slow deep breaths between each line.)  
Five breaths of the Holy Spirit:*



*Be still and know that I am God.*

*Be still and know that I am.*

*Be still and know.*

*Be still.*

*Be.*

**Once established, a Stephen Ministry works quietly and efficiently behind the scenes. People often have questions about how the ministry works on a day-in-day-out basis:**

**\*How does a person refer themselves?**

To guard confidentiality, all referrals are made through the pastor or the Stephen Leader. Once referred, the Stephen Leader visits to determine our ministry is a good fit for the problem and assigns a minister. We do not serve people currently in counseling without their therapist's agreement nor do we serve those with severe depression. The latter will be offered professional resources for immediate help. If congregants are concerned about a member or a friend in our community, please contact Barrett or Pat Bartee.

**\*How often do ministers and care receivers meet and for how long?**

Ministers and care receivers meet weekly in hour-long sessions for as long as the problem persists and until support is solidified and the care receiver is ready to move on unassisted. When travel and business interfere, they stay in touch by phone and email. Some visits are in homes, some in coffee shops, some at the church, some in hospitals, and some in the park, whatever best meets the needs of the care receiver.

**\*What skills do Stephen Ministers utilize that others may not have?**

Stephen Ministers mainly know how to listen. Really listening directs their questions and responses. Their knowledge, through training and peer supervision, of the stages of grief and death, characteristics of deepening depression, signs of suicidal inclination, and their use of resources to support on-going growth bring comfort and hope. Confidentiality is a hallmark of the ministry, even practiced during peer supervision when cases are discussed and resources shared. Stephen Ministers do not ever know the identity of their fellow minister's care receivers, only the type of issue struggled with. Stephen Ministers

are in prayer partnerships within the group which support and goad them to grow spiritually and they pray for one another daily. Each training and peer supervision session and most communications begin with spiritual insights and the sharing of secular and spiritual tools.

**\*How does a person apply to become a Stephen Minister?**

Contact the Stephen Leader to get an application and to arrange for an interview. We are considering training more ministers in the Fall. Training lasts several months and once completed, ministers attend peer supervision twice a month.



<http://www.atlpcusa.org/pw.html>

**Spring 2020 MVPC Quarterly Moderator Report – Sarah Chalpan**

- \* Prepared and Delivered gift bags for our Homebound members
- \* PW had its annual Mission Lunch on Feb. 9 after church. Everyone was invited. Our speaker for this occasion was the Dr. Fahed Abu-Akel who spoke about his personal journey as a Palestinian Christian growing up in Galilee and brought up some of the current issues.
- \* In March we again hosted Family Promise of Greater Atlanta with our Partner B'nai Tora Synagogue. Some of our women provided meals for our guests, served as dinner hosts and overnight hosts.
- \* In March, April and May the Day and Sunday Circles will finish our "Love Carved in Stone" lessons authored by Eugenia Ann Gamble. We will study and discuss "Words of Love" (Commandments) 8,9, and 10.

Our Book Circle just finished reading *Little Fires Everywhere* by Celeste Ng. For the Spring, they will read *Where the Crawdads Sing* by Delia Owens, *The Last Romantics* by Tara Conklin and *Plainsong* by Kent Haruf. At the meetings, there is a devotion which has a connection to the book being read. Then there is a review of the book by one of the members followed with discussion. Circle of Grace continues their monthly evening meetings at members' homes. A devotion/message and discussion are a part of their fellowship time together.



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