

We are ALL in this together. Love will win!

We are in this together and we are called to love one another. . . . which at this time and place in the story of the world means that we have to stay home and distance our physical selves as if our lives depend on it because even if ours doesn't, someone else's does. Let's love big. Let's hang at home! We can do this!

Dear Friends,

HaPpY HaPpY SuNnY SaTurDaY! I don't know about you, but I am so excited to have the sun warm our homes and our lives. It is so amazing how a bit of sunshine can multiply hope and spread calm! Yay! Cheers! I hope you could breathe a bit outside today.

Text for the day:

*Make a joyful noise to the Lord, all the earth.
Worship the Lord with gladness;
come into his presence with singing.
Know that the Lord is God.
It is he that made us, and we are his;
we are his people, and the sheep of his pasture. Psalm 100:1-3*

Last night, a friend who makes the best playlists ever, sent one entitled, "C19 Antidote". I cannot tell you how happy that made me. It is 45 songs that fills 2 hours and 57 minutes of time. The songs are upbeat and hopeful. We turned it on after we finished our worship work today and we have been dancing around the house all afternoon.

Simple things. Joyful Noise. A friends' gift. Uplifting and Awesome. A reminder that we need each other. The best parts of each other. The things we do best—whatever they are.

Poetry has been shared. Pictures have been shared. FaceTime calls are being made not only among family but also between friends. It is the small and yet, big beautiful parts of our lives that still intertwine in simple ways that give us courage to face the next day. WE can Do THIS. We really can!

Someone asked (for a friend) what suggestions we might have for helping couples get through these tense times since they are now spending so much time together. Our suggestions...(they work for friendships too)

Be gentle. Really gentle. Gentle with yourself. . . . and gentle with your partner.
If you snap under pressure, apologize and assume the posture of gentleness again.

Dance. Maybe you are not dancers. Maybe you are. It doesn't matter. Every once in a while, put some crazy music on and dance around the room. . . . any room. . . . anytime.

Look for the best in each other. I mean the best. It is so easy to see the cracks and the weariness. Look for the sparkles. Find them like diamonds in the rough. They are there. Always.

Be honest. Share your feelings. What causes you fear? What triggers your anxiety? What triggers hope? Say it. Name it.

Dream/Plan/Remember Where did you see the best sunset? Where did you taste the best seafood? Where did you fall in love? When did you know the other was “the one”? What made that so? Plan a future trip or weekend getaway for when this crisis ends. Get maps out. Research possibilities. Have 2 or 3 destinations for times to come. Not spendy stuff—afterall, the markets just crashed. But somewhere special. A lake. A park. A place that sparks your joy.

Surprise each other with little things from time to time. A tiny flower. A piece of green hope—like a leaf of a coming something. A poem. A love note on the bathroom mirror. A rock...just to carry in your pocket. It matters.

Take time together to notice the shape of the moon, the buds on the trees, what might be sprouting in your yard because when you notice these things, you are more likely to notice the message in each other’s eyes, the furrowed brows of the other’s face, the needs of your partner’s life.

Pray. Outloud. Yes, really. Hold each other...or hold hands...and speak aloud the things that need to be said in the presence of God and each other. Be vulnerable. Be hopeful. Ask for what you need. Give thanks for what you have.

End the day with a Benediction. Take some time to reflect, share something wonderful to drink (water works). Share highs & lows. It could be part of your prayer time or something different. Bless each other. Say what you saw in each other that day that made you smile or gave you joy. List gratitude.

Again, be gentle.

Cheers to you...and yours. Cheers to families and friends. Cheers to everyone on the frontlines of healing our world.

Together in Christ,
The Peace Team

Song/Video for the Day: <https://youtu.be/Azx3bDo0Lds> The Kwerks: Find Your Loud
(I love this one (Karen)...the Kwerks are neighbors of a friend....enjoy!)

Prayer: Today...dear God, dance with us...help us experience hope in the deepest parts of our beings. Bring healing where healing is desperately needed—in every single hospital and home all over the world. Help us love big. Help us hang around at home. Fuel us for the journey even when our words come out like this \$#@#%\$&. Amen.