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Appendix A

**Licensed Lay Worship Leaders Enrichment Day on Saturday April 18, 2020**

Opening Meditation led by Stéphane Godbout was a perfect beginning to our day

Summary of Comments from participants

- \*most important to be grateful for all that we have; don't dwell on what we do not have, or what can go wrong; what will we take with us when we go forward??
- \*those who live in isolated communities already do not find the Covid-19 isolation a big change from the normal for them; many folks in these communities do not have computers, or cell phones, and they may be quite poor financially; isolation is always a reality
- \*Easter was very lonely because the family was not able to gather together as usual
- \*very scared; when he does go out, he comes home with 'symptoms' of Covid-19 (imaginary of course, but real none the less); we hear too much negativity
- \*afraid; the media tells us how many die, but we don't hear how many have survived; we hear how many have tested positive, but not how many have tested negative
- \*the community of Chevery was lucky to have Rev. Deb Kigar with them for a month, from mid-February until mid-March, so that was very helpful when this all began; getting a routine going is an important part of survival; finding something to do to be useful/helpful is necessary to cope
- \*not listening to the news too much helps
- \*doing things for other people (calling them, shopping for them, etc...) helps
- \*we are in this together and we will get through it together
- \*try not to get too paranoid
- \*attend Zoom church services which have been made available to us
- \*life goes on – two attendees were celebrating wedding anniversaries!!
- \*Zoom: allows worship to happen, allows chats to happen, allows families to 'meet' virtually, allows meetings to happen (allows some degree of normalcy)
- \*not enough hours in the day!!
- \*coping well, but finds it hard not to be able to get out and about; we shall overcome!
- \*working out at home helps to keep you in shape and increases your endorphins!

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Rev. Rosemary Lambie (Executive Minister for the Nakonah:ka Regional Council) was with us until early afternoon as staff support during these difficult days

\*she has been working from home since January, because of a surgery and then the Covid-19 lockdown  
\*we are all dealing with challenges that none of us are prepared for, and this is difficult for everyone  
\*positive side of all of this – learning how to video; saving money; and being grateful for our many blessings

**Contact information for Rosemary and Joel at Regional Council Office:**

Rev. Rosemary Lambie (Executive Minister): [rlambie@united-church.ca](mailto:rlambie@united-church.ca)  
1-800-268-3781, ext. 6147

Joel Miller: [jmiller@united-church.ca](mailto:jmiller@united-church.ca)  
1-800-268-3781, ext. 6152

**Contact information for Judy Coffin at Regional Council Office:**

[jcoffin@united-church.ca](mailto:jcoffin@united-church.ca) 1-800-268-3781, ext. 6161

**Note:**

Police Records Checks: need to be updated every 6 years, so you might want to check out when you are due to have your check re-issued

Boundaries Training: need to take a refresher course every 5 years. This can be done through United-in-Learning on-line.

Our day ended with a very appropriate poem shared with us by Shirley Knutson.

Ça va bien aller!!

**\*\*Enrichment Day in the fall: Saturday October 24, 2020**