



ST. BARNABAS CHURCH HUNKER-DOWN-HOME PARTY LINE PRESS

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"The concerns, distractions, achievements, ambitions, and other human activities are often monumental, awesome, and frightening. And yet, compared to God's plan, they are nothing at all. The contemplative vision perceives God even in the midst of disaster, turmoil, or personal failure. It never loses hope because its hope is not based on human events but on the divine goodness, which is infinitely powerful and infinitely merciful. ...

"Time spent in waiting for God, or waiting upon God, or in doing nothing, is not lost time. It is cultivating the attitude of acceptance of our whole being. Our inmost being does not have to prove itself because it is already infinitely loved. At the deepest level it is free, joyful, full of love, compassion and an awareness of the unity of all that exists.

Thomas Keating, *Consenting to God As God Is*



Helpful

Symptoms

Information:

Lyle found this simple chart from the World Health Organization, and I hope that you find it helpful, but rely on your doctor for their advice on any symptoms you may have.

With the wide spread of coronavirus, the current directive from the California Governor for those over 65 is to self-isolate whether or not you have symptoms because you or anyone else may be carrying the virus and not be aware of it.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Soap Works! - excerpt from New York Times article “Why Soap Works” 3/13/2020

... As the Canadian health officer Bonnie Henry [said recently](#), **“Wash your hands like you’ve been chopping jalapeños and you need to change your contacts.”** Even people who are relatively young and healthy should regularly wash their hands, especially during a pandemic, because they can spread the disease to those who are more vulnerable.

Soap is more than a personal protectant; when used properly, it becomes part of a communal safety net. At the molecular level, soap works by breaking things apart, but at the level of society, it helps hold everything together. Remember this the next time you have the impulse to bypass the sink: Other people’s lives are in your hands.



From Diane Johnson - Coronavirus Task Force in Borrego!

The Borrego Valley Endowment Fund has just created a Coronavirus Task Force, under the leadership of Bruce Kelley, to try to provide a central information point both for disseminating authoritative info, and for coordinating information among the various groups in town who might be trying to help deal with the situation from health, economic, educational, etc. standpoints. They plan to put up a website quite soon, and also have a telephone hotline.

St. Barnabas Worship Services cancelled through Easter

Resources available during this time

- [Litany for use during the coronavirus](#)

- Forward movement daily prayer
- Diocesan web page with listing of Churches having on-line Worship Services
<https://edsd.org/covid-19-resources/>
- Habits of Grace: An invitation for you, from Presiding Bishop Curry - *A new video meditation will be posted on Mondays through May.*
- For those still looking for “Book of Common Prayer” in hardcopy – they are on the bench outside the church. It is also available online at: <https://www.bcponline.org>