**Some Ways You Can Help During the Coronavirus Outbreak:**

1. **Pray!** – you may think this should be at the bottom of the list, but nothing could be farther from the truth. People, both within and outside of the church, need prayer. Prayer is how we communicate our need for God and his help. Prayer shifts our focus away from our immediate circumstances and UP to God in Christ, the Creator and sustainer of all things. The most powerful thing you can do for others, and yourself, is pray!
2. **Look to meet the needs of widows, the elderly, and your neighbors –**

Can you pick up groceries, pick up a meal, or medicines so they don’t have to

get out? Call and check on them – or walk over and see if they’re OK or have a need you can meet. Remember Jesus’ 2nd greatest commandment? – ***Love your neighbor as yourself.***

1. **Don’t forget the hungry and homeless** – Help out the local food pantry.

[ *Call (712) 623-2195 for information on how to help or volunteer at Christ’s Cupboard Community Food Pantry; or contact Pastor Alan at (712) 621-3883*]

Donated can goods, cereals, peanut butter, canned chicken or tuna. You can also make a cash contribution to Christ’s Cupboard, mail contributions to **First Covenant Church** 207 E Hammond St. Red Oak, IA 51566

– make your check out to Christ’s Cupboard Food Pantry.

1. **Donate Blood -**  go to [redcrossblood.org](https://www.redcrossblood.org/)

There is a critical shortage right now (03/2020) and hospitals need a large supply to meet the needs of those they serve.

1. Can you **watch someone’s kids** (in their home) so a parent can work or run errands. (Note: this is not recommended for the elderly [ 60 + ], but if you only volunteered to help one family over the course of the coming weeks, you would minimize potential virus spread – and maybe save a parent’s sanity.
2. Find ways to **help our medical/ healthcare providers** – meals, cards of thanks, running errands, etc. Call someone you know who works in the healthcare field and ask them what they need.
3. **Call, Text, Facetime, Skype, “snail mail” a letter to people!** In other words, stay connected. Offer encouragement and support to friends, family neighbors and co-workers. God has made us for relationships, so let work on our relationship with him . . . and with others.