

## Presbyterian Disaster Assistance Emotional and Spiritual Care Resources in response to COVID-19

PDA has been offering one-hour *Building Resilience* webinar programs for faith and community leaders and we continue to be available to offer them to interested groups. They are also available on the PDA website in recorded format for individual use. [www.bit.ly/PDAESCwebinar](http://www.bit.ly/PDAESCwebinar) We also have offered a number of Faith Leader Support panel discussion webinars to presbyteries and synods on resilience, self-care and ministering in this time of COVID-19, and continue to provide these as requested.

### **A New Webinar Offering**

We are recognizing a shift in focus of panel discussions as faith leaders respond to timelines and guidelines to return to face-to-face worship, as well as other changes brought about by the pandemic.

As the COVID-19 situation continues to evolve, we are offering an additional, new format of 60 to 90 minute regionally-based Zoom meetings, limited to about 15 participants, in which we can share questions, ideas and wisdom, learn from one another, and consider next steps. All participants will have video and audio enabled. It seems wise to invite participants from the smallest geographical area possible to reduce variance in local guidance on re-opening, but other formats may be used.

We are well aware that this pandemic is unlike any disaster any of us in PDA have encountered, leaving us with some uncertainty and questions of our own. However, trusting in the guidance of the Holy Spirit, we offer panel discussions that bring the framework of disaster recovery and the lens of ministry in times of trauma gained in our work in natural and human-caused disasters over the years.

We will also share resources and tools for building and maintaining resilience in the midst of ministry in this season of COVID-19. We all know how important self-care is, and we will continue our emphasis and offerings in this area as faith leaders respond to the shifting needs of those they serve, including anxiety, illness, grief as well as the ordinary and celebratory aspects of life inherent in communities of faith.

Please contact Kathy Riley, PDA Associate for Emotional and Spiritual Care at [Kathryn.riley@pcusa.org](mailto:Kathryn.riley@pcusa.org). if you are interested in scheduling one of our online offerings:

- A one-hour Building Resilience program webinar
- A Faith Leader Support webinar for a synod or presbytery
- A regionally-based Zoom meeting for small group conversations (described below)

### **PDA Small Group Zoom Conversations**

PDA will provide a panel of three members of the National Response Team and staff to participate in a 60 to 90 minute Zoom meetings, ideally limited to about 15 participants. All participants will have video and audio enabled. It seems wise to invite participants from a single presbytery and the smallest geographical area possible to reduce variance in local guidance on re-opening, but other formats may be used.

We anticipate that these conversations will center around issues and concerns raised as pastors, congregations and mid council leaders consider returning to face-to-face worship, as well as the ongoing changes brought about by the impact of the coronavirus pandemic.

Since there are so many resources available to synod, presbytery and congregational leaders as they engage in decision-making and discernment about gathering for worship and other activities, [https://www.pcusa.org/site\\_media/media/uploads/covid-19/beginning-conversations-for-re-entry.pdf](https://www.pcusa.org/site_media/media/uploads/covid-19/beginning-conversations-for-re-entry.pdf) ; [https://www.pcusa.org/site\\_media/media/uploads/covid-19/returning\\_to\\_public\\_worship\\_may\\_2020.pdf](https://www.pcusa.org/site_media/media/uploads/covid-19/returning_to_public_worship_may_2020.pdf), we do not plan to offer information about the logistic of returning to in-person worship during our webinars.

The PDA panel will provide the lens of disaster recovery and ministry in times of trauma in these conversations as we share questions, ideas and wisdom, learn from one another, and consider next steps. While the nature and course of this pandemic is unlike any previous disaster, we offer panel discussions that will include a focus on disaster recovery processes and long term recovery timelines based on PDA work in natural and human-caused disasters.

We will also share resources and tools for building and maintaining resilience in the midst of ministry in this season of COVID-19. We all know how important self-care is, and we will continue our emphasis and offerings in this area as faith leaders respond to the shifting needs of those they serve, including anxiety, illness, grief as well as the ordinary and celebratory aspects of life inherent in communities of faith.