



The
EPISCOPAL CHURCH in
CENTRAL PENNSYLVANIA

**Church in a time of Sequestration, Physical Distancing and Sheltering in Place
Style Sheet**

***Please note that at any time with new directions from our government,
these recommendations may cease to be appropriate if
stricter measures of sequestration are issued.***

In this time of physical distancing and sequestration, we are challenged to continue our work and worship as the Body of Christ. Our normal rhythms of gathering have been disrupted, and we are called on to be creative, to experiment, to collaborate, and to discover new ways of feeding our souls and sustaining our spirits for the work that God has given us to do.

Your diocesan leadership has gathered a collection of best practices and a compendium of resources from around the church to share and to encourage you in your leadership roles in this unprecedented time. We are well aware that each of our worshipping contexts is different; what will work for one parish will not work for another, and so these ideas are offered as a "menu" of sorts, for discernment. **It should be noted that all in-person gatherings that do not maintain appropriate physical distancing should not take place. Right now, the only safe worship practice that gathers people together is "Drive-In worship," that is a Liturgy of the Word. The "menu items" listed below should only be considered if they are done in a way that eliminates in-person contact.**

We especially want to highlight the ministry of our Stevenson School. Many online courses are slated to start this month, and there is room for many more participants using our free voucher system. If you would like to discuss any of these ideas more specifically, please email either of us, and we will gladly arrange a phone or Zoom consultation. Do let us know which of these ideas works in your parish so that we can add your successes and modifications to the sheet.

In the name of the One who created us and gives us the spirit of creativity,

Audrey
XI Central Pennsylvania

Dan
Canon for Congregational Life and Mission

DRIVE-IN WORSHIP: Liturgy of the Word, Morning Prayer, Noonday Prayer, Evening Prayer, Compline

This is the only safe in-person worship experience at this time. Any physical contact with parishioners, including the distribution of reserved sacrament through a car window or even distributing service bulletins, puts you and your congregants at-risk.

It is possible to gather people in a parking lot in their cars with their own prayer books and/or service bulletins that they have printed at home for a real-time celebration of prayers, intercessions, and scripture readings.



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INTERNET RESOURCES

Many of our congregations, and congregations across the church, are offering online worship using Zoom, Facebook-Live, and other streaming options. Below you will find a compendium of resources for effectively leading online worship.

Please watch the tutorial for leading worship on the internet created by The Rev. Ingrid Andersen of St. Luke's, Mount Joy. It can be found here
<https://www.youtube.com/watch?v=zOInoECOBJs&feature=youtu.be>

Live-Streaming and Zoom Worship

St James, Lancaster, offers Livestream worship every Saturday and Sunday. You can also watch recorded versions of earlier worship services. Follow this link:
<https://www.saintjameslancaster.org/worship-care/livestream/>

Guidelines and Tutorials for Livestreaming: Follow the Links Below
[How to Broadcast a Facebook Live Event in 5 Easy Steps](#)

[How to use Facebook Live: The Ultimate Guide](#)

[Livestreaming Advice for the Best Quality Video](#)

[Licensing information to stream service music:](#)

To legally broadcast music through a live stream, you must have a streaming license (OneLicense covers The Hymnal 1982 and other hymnals authorized by the Episcopal Church) or use hymns found in the public domain.

OneLicense announced on March 13 that they are offering worship communities two different *gratis* licensing options through April 15, 2020. If you are brand new to the ONE LICENSE service and would like to take advantage of the one-month gratis Reprint License, please sign up for an account at <https://onelicense.net> and use code "CRVS20" at checkout. All fees will be waived. If you already have an Annual Reprint License and would like to add a Podcast / Streaming License in this season, you can do so by logging in and visiting the "Licenses" tab

- [Public Domain Hymn List](#): Copyright licenses don't always cover both in-person and online services. If you're not sure if yours covers both, play it safe by choosing hymns from the public domain hymn list for online services.
- [Digital Communication and Worship Guide from the Diocese of West Texas](#).



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PERSONAL DEVOTIONS FOLLOWED BY INTERNET GATHERINGS (Zoom)

Book Study

Commit to reading a book together and then at a fixed time each week gather together on Facebook-Live or Zoom for a discussion. Works best on Zoom, where people can interact freely together. Set up ground rules for participating in Zoom at the beginning- i.e., everyone is muted unless speaking, people who want to talk raise their hands, etc. The discussion leader facilitates the call.

RESOURCES FOR FAMILIES, YOUTH AND CHILDREN

Godly Play Online

[Godly Play YouTube Channel](#)

This site has many videos you can post, or you could send in an email to the parents/grandparents of children in your parish.

Learning to Pray for Teens

<http://www.smp.org/resourcecenter/category/Learning-to-Pray/48/>

FAITH5™ (Faith Acts In The Home) is a simple, easy-to-implement faith practice, perfect for incorporating into your bedtime routine for five to fifteen minutes a night. When done over time, the FAITH5™ carries the power to enrich communication, deepen understanding, aid sleep, and promote mental, physical, and spiritual health. The five steps are:

- **SHARE** your highs and lows
- **READ** a Bible verse or story
- **TALK** about how the Bible reading might relate to your highs and lows
- **PRAY** for one another's highs and lows
- **BLESS** one another

Go to FAITH5 online <http://www.faith5.org/>

Lesson Plans That Work <http://episcopaldigitalnetwork.com/lessons/>

Published by the Episcopal Church and designed to follow the [Revised Common Lectionary](#), these lesson plans are written by experienced church school teachers using practical approaches to respond to the needs of volunteer teachers. Both a lesson plan for young children and a lesson plan for older children are offered each week, and intergenerational lesson plans are available for many major feast days throughout the liturgical year. These lesson plans can be used as written, or they are easy to adapt to reflect the context of your congregation's children's program.

Just for Kids: Bible Trek new faith-forming activities and articles

<http://www.vibrantfaithathome.org/library/library-listed-by-audience/library-audience-just-for-kids>

Hand Prayers

Encourage one another to pray regularly. Learn to look at your hand to help you recall at least five prayer petitions or intentions. (YoungFamilies)

<http://www.vibrantfaithathome.org/item/hand-prayers-2#.WdEB0oeWxwE>



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How to Pray, *watch this video by Vibrant Faith* <https://vimeo.com/38927687>

Building Faith: An online community for Christian Educators and faith formation leaders sharing information, tools, resources, ideas, and best practices. <https://www.buildfaith.org/>

FORMA An organization for Christian Educators from the Episcopal Church and other Christian traditions that provides professional support, networking, resources, and leadership development. Annual membership includes participation in a nationwide listserv for Christian Educators <https://www.forma.church/>

RESOURCES FOR PERSONAL PRAYER AND DEVOTION AND CHRISTIAN EDUCATION
(click the links below)

STEVENSON SCHOOL FOR MINISTRY

The Stevenson School for Ministry is continuing to offer a number of online courses.
<https://diocesecpa.org/vocationalcourses/>

There are also several courses offered through the Stevenson School for our Shaped by Faith initiative. These courses are offered at no cost through a voucher system.
<https://diocesecpa.org/shaped-by-faith-courses/>

Online Morning Prayer and Evening Prayer

<https://diocesecpa.org/resources-for-your-spiritual-journey/> (several resources on our website)
<https://www.missionstclare.com/english/> (a guided morning prayer website)
<https://www.bcponline.org/DailyOffice/mp2.html> (online Book of Common Prayer)
[Online Tutorial for Morning Prayer](#) (a How-to guide for Episcopal Morning Prayer)
[Video Tutorial for Morning Prayer](#)

Prayer

Pray for us <https://www.episcopalchurch.org/prayers>

The Divine Hours <http://explorefaith.org/prayer/fixed/>

Virtual Labyrinth <https://labyrinthociety.org/virtual-labyrinth-walk>

A labyrinth is a meandering path, often unicursal, with a singular path leading to a center. Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation, choreographed dance, or site of rituals and ceremony, among other things. Labyrinths are tools for personal, psychological, and spiritual transformation, also thought to enhance right-brain activity. Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, religious practice, mindfulness, environmental art, and community building.



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Seasonal Devotions

Ash Wednesday and Lent

<http://www.seasonsofadultfaith.com/seasons.html>

Prayer & Spirituality Resources

Pilgrim a new teaching and discipleship resource from the Church of England. It aims to help every local church create a place where people can explore the Christian faith together and see how it can be lived out each day. <http://www.pilgrimcourse.org/the-course>

Daily Prayer for All Seasons works for individuals, small groups, and/or congregations. This prayer book presents a variety of images of God by including inclusive and expansive language for and about God, and it offers a variety of words by including poetry, meditation, and prayers from the broader community of faith.

https://www.episcopalchurch.org/files/documents/daily_prayer_all_seasons_eng_final_pages.pdf

Finding Spiritual Meaning in Today's Films — from Hollywood blockbusters to special interest documentaries. <http://www.spiritualityandpractice.com/films/>

Virginia Theological Seminary e-Formation resource ecosystem that includes conference materials, video tutorials, articles, reviews, and other training and inspiration for ministry in a digital world. <http://www.eformationvts.org/resources/>

Prayer & Spirituality Online Courses

[Practicing Spirituality: The Religions](#) 10+ e-courses40-part programs using representative excerpts from books by teachers from each tradition, each with suggestions for how to practice the wisdom in your daily life

[Practicing Spirituality: Master Teachers](#) 25+ e-courses40-part programs using excerpts from the writings of spiritual masters as the starting points for a variety of everyday s

Encourage Spiritual Reading

Having unplanned time at home might be just the opportunity to dig into some books that will deepen your prayer life and provide needed encouragement and help you to connect with the communion of saints during a time of profound isolation. Here is a short bibliography of suggested titles.

https://episcopalcolorado.org/wp-content/uploads/2016/05/Study_Bibliography.pdf

1. Scripture commentaries online to accompany the reading of Holy Scripture

www.textweek.com



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2. Holy Hikes and the benefit of getting out-of-doors

Again, this should only be done in solitude or as families who are sheltering together

3. Setting up a Home Altar

<https://www.episcopalcafe.com/diy-tabernacling-holy-objects-holy-space-at-home/>

4. Meditation apps and YouTube Resources for soothing the spirit

<https://www.epicenter.org/article/forward-day-by-day-launches-iphone-app/>

<https://www.anglicanjournal.com/prayer-theres-an-app-for-that/>

STAYING CONNECTED WITH YOUR CONGREGATION

1. Cell Groups over the phone or Zoom

Divide the congregation into small groups (cell groups) of 4-6 families or individuals.

Ask a Vestry Member or other leaders to take leadership of each cell group.

Set up one night of the week - or Sunday morning- for the cell groups to gather to check in with each other and pray one of the evening offices. Cell group leaders report to Rector.

Rector rotates through each group as a guest member.

2. Coffee Hour online

Choose a time for people to gather over coffee with Zoom, Facebook live, etc. Have some check-in questions but also allow for relaxed conversation. Begin and end with a prayer, share prayer requests, offer resources for dealing with boredom, etc.

3. Card Ministry/Pen Pals

Divvy up church mailing lists and ask people to write to each other during this time. Email is safest, but cards should be safe as well.