



Coronavirus, Anxiety and the six Rs: Readiness, Resources, Response, Realities, Responsibilities, and Reason

If you drive in and out of Greenville, you know how the [85-385 gateway](#) project can keep you from getting where you want to be. The daily updates and social media posts are meant to help us through a maze of construction, closed ramps, new traffic lights, and re-routes. It should make the traffic nightmare a little easier to bare, but not always. There have been many days when my [anxiety](#) was high.

No matter how many ways the [DOT](#) tries to provide alternative routes to travel, and update us on the latest news, I witness an accident, just about daily. Yet, I continue to find new ways to navigate the maze and reach my destination.

Now, I can't give anyone advice on how to redirect traffic or how to build new bridges for transportation infrastructure. I can, however, connect people with people, and resources for sound, expert advice.

Without a doubt, many of our congregations have made connections and found support for questions created by the spread of the [Coronavirus](#). Some of you have graciously shared those resources with each other, and the Presbytery. Last week, we rolled out the article from [Presbyterian Mission Agency](#) and a resource from [Presbyterian Disaster Assistance](#). I am including them again in the resource list below.

I appreciate what the infectious disease specialist, [Abdu Sharkawy](#), says in his article (also below), "Temper fear with reason, panic with patience and uncertainty with education. Let's meet this challenge together in the best spirit of compassion for others, patience, and above all, an unflinching effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophizing. Facts not fear...Our children will thank us for it."

In the meantime, continue to pray for common sense, wash your hands, reflect the [love of Christ](#) and take care of neighbor and self.

Grateful,

Here is a brief resource list. Feel free to send us any other resources you believe would be valuable (we will post what we can on the [presbytery website](#)).

- Common-sense tips for congregations and individuals during the Coronavirus outbreak ([Presbyterian Mission Agency](#))
- Guidance for Congregations In response to severe infectious disease outbreak ([Presbyterian Disaster Assistance](#))
- [Infectious Diseases Specialist blog](#) (Dr. Sharkawy) "What I am scared about is the loss of reason and wave of fear that has induced the masses of society into a spellbinding spiral of panic"
- Suggestions for how to Stream Worship: [Wisconsin Council of Churches, Practical Resources for Churches, Facebook live](#) and [Worship Times](#).
- [Montreat Conference Center's statement](#) as of today. We have over 120 High School students and adults scheduled to be in Montreat March 20 – 22. We will be monitoring the

situation and keep all registered churches informed. The Montreat Conference leadership team continues to monitor the latest updates and protocols for the virus.

- [Bulletin Insert](#) (created by Erin Curran, a member of the Task Force at the Inman Church).