



Evangelical Lutheran Church in America

God's work. Our hands.

March 27, 2020

Thank you for loving your neighbor from at least six feet by being a phone/Internet buddy.

I've put together this simple Word and Prayer suggestion for you to use when you contact someone by phone or video chat. We can all use these reminders of God being strong and active in our lives in the best of times, and especially in this challenging time of COVID19 and the social distancing we are ordered to observe in order to slow the spread and protect our health care systems.

So thank you for being creative in finding new and old ways of connecting when in-person contact is not an option.

To use this Word and Prayer outline, here's the loose direction I would offer:

1. When you contact someone, whether it is someone locked down in a care facility, a homebound elder, someone who is already ill or fighting disease, a single person forced to be alone right now, or anyone begin by asking them how they are doing.
2. Try to be a non-anxious presence. Remember that some of the time, people just need a chance to vent. You are not hearing this in order to fix problems or solve dilemmas. Rather, you are called to be a neighbor in witness to another neighbor's situation. It means a lot to simply feel like you have been heard and seen, even just through a telephone line.
3. If you do hear anything that alarms you, or you think someone needs additional pastoral care, please feel free to contact me and let me know.
4. After chatting and before saying goodbye, ask "May I pray with you before we hang up?"
5. If the person says "no," please honor that without judgment and please keep that person in your personal prayers.
6. If they say "yes," you may use a scripture passage listed below (or another if the Spirit stirs another idea while you are chatting), and the prayer. You can add to the prayer, if you choose, (or use another) based on what you and your phone buddy have chatted about.
7. If you have any questions or worries, please contact me.

And that's it. The rest we leave to God, which frees us to live confidently and hopefully in God's eternal promises of goodness and wholeness for all of us.

God's peace be with you,

✝ Pastor Ann

(over)

Eden Lutheran Church

PO Box 360, Munising, MI 49862 ❖ Office: 906-387-2520 ❖ Cell: 906-202-9037 ❖ Email: pastor@edenonthebay.org

Over the Phone (or Internet) Word and Prayer

Scripture suggestions:

Psalm 6	<i>O Lord, deliver my life</i>
Psalm 42: 1-3	<i>My soul thirst for the living God</i>
Isaiah 49: 13b-16a	<i>God will not forget you</i>
John 15:7-11	<i>Abide in my love</i>
Romans 8:31-35, 37-39	<i>Who will separate us from the love of Christ?</i>
1 Peter 4:12-13	<i>Enduring fiery trials</i>
1 John 5:14-15	<i>God hears in whatever we ask</i>

Prayer:

Let us pray. Merciful God, in the stillness of our souls we listen for your voice to know again that you are God. Quiet our restless hearts with the knowledge that you stand within the shadows, keeping watch over your own. (*Here other intercessions may be added.*) Rekindle our faith and light the lamp of hope within our hearts. Then deal with us as seems best to you, for where you lead we can confidently go with Jesus Christ our Lord. Amen.