

Staying safe & overcoming social isolation during the COVID-19 Pandemic

In light of the spread of the corona virus through Ontario, St. Ansgar Lutheran Church will take preventative measures for the safety of our congregants and community. For the time being, our office will be working remotely and all worship services, groups, and meetings will be cancelled until further notice starting on March 16, 2020. In this trying time where social isolation is encouraged to curb the spread, it is vital not to lose sight of caring for one another, tending to one's own spiritual nourishment and staying in community with others.

As you continue to take hygienic precautions and self-monitoring your physical wellness, here are some guidelines for staying connected, emotionally healthy and spiritually fed.



REACH OUT

- Digitally or via telephone
- To friends far and near
- To those most vulnerable
- If you need assistance



LISTEN

- To Radio devotions and online sermons
- Broadcasted worship services on TV and Streamed on-line
- To the advice of the relevant health authorities



READ

- Your bible or devotional
- A good book
- Our emails
- Updated information and resources on our website
- The news to stay updated



GIVE

- Via our website, e-transfer or Pre-Authorized Remittance
- To continue to support our mission in this time



PRAY

- Together in communion
- Alone in reflection
- The Lord's Prayer while washing your hands



SING

- To lift your spirits
- Together with others in worship and to build community



MEET

- Through virtual meeting spaces
- On-line Sunday School
- Up-coming On-line confirmation
- Up-coming Interactive group Bible study



CARE

- For others as best you can
- For yourself physically, mentally and emotionally
- For our global commitment

Please contact: Rev. Pamela Korman pastor@stansgar.ca
Church Administrator admin@stansgar.ca

Safe hand-washing procedure



DID YOU KNOW?

Saying the Lord's Prayer while washing your hands makes sure you are washing them for at least 30 seconds!