

Embracing Ministries

An initiative of the Anglican church of Canberra and Goulburn

April 2020

A message from our Director

I hope this finds you safe and well. The outbreak of the coronavirus, COVID-19, has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus. With the added stress of working from home and supporting your children with their school work maintaining stable mental wellbeing will be harder than ever.

So here are a few tips for looking after yourself and your family.

Mindful Moments

Stay connected with friends and family. If there is someone you think may struggle through social isolation, it is important to reach out to them and let them know you care:

- Call them to check on their welfare
- Send an email
- Leave a note under their door
- Don't underestimate the power you have to offer hope to another person.

Give your children extra attention and reassurance. Where possible, minimise their exposure to media and social media that may heighten their anxiety.

Acknowledge your own feelings about the situation and let children know it is okay to share their own feelings.



Term 2 Programs on Zoom
To book a place on any of our programs, please contact info@embracingministries.org

Embracing Siblings

Starts on ZOOM on the 31st May and 7th, 14th and 21st June. A sibling activity box will be distributed before the program.

Spiritual programs

The spiritual part of someone's life can be an aid towards recovery and a comfort and strength in times of stress and anxiety, especially in this time of COVID-19. Spirituality is an essential part of establishing positive wellbeing. Due the closing of churches and worship spaces, Embracing Ministries would like to offer a range of spiritual support.



Morning Prayer

Prayers with a focus on Anglicare

Monday 9am - 9:20am

Daily Morning Prayer

Tues - Friday 7:30am

Spiritual Counselling with a Chaplain

Monday 10 am - 12:30pm
and Friday 1pm - 3pm

Worship circle

Wednesday 10am - 10:45am
(fortnightly)

Music Groups



All music groups start on week 3 of term 2

Minnows families will receive an activity bag a week before the program starts. Each bag will contain: Song choice pictures and a board, tapping sticks, bubbles, a sock monkey, an egg shaker and bean bag.

Preschool to Kinder (New Program)

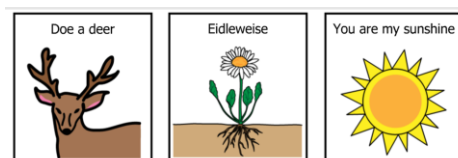
Saturday 9:30 - 10:15am

School Years 1-6

Saturday 10:30 - 11:15am

Minnow Bend and Stretch
(will be led the same as Minnow music in this time of COVID-19)

Saturday 12 - 12:45pm



Youth Engagement Program (New Program)

Saturday 1:30pm - 2:15pm

Anglicare Chaplaincy Music Engagement program

Monday 1:30pm - 2:15pm

The MEP approach presumes that all people have the innate ability to make music, and the ability to share music to enhance the wellbeing of others

Embracing Ministry supports and nurtures the spiritual life of all people, regardless of their abilities

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Some Easter moments at home

We give thanks for being able to share over a hundred Easter story packs this Easter. Here is little snapshot of some of our families enjoying their Easter in isolation.



Bank Details: Anglican Investment development fund (AIDF)

BSB: 702 389

Account Number: 05209841

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