

Chiming In

NEWS AND EVENTS OF
THE CONGREGATIONAL CHURCH OF THE CHIMES
www.churchofthechimes.org—www.Facebook.com/



MAY 2020

Happy Mother's Day!



www.churchofthechimes.org of-



Congregational Church of the Chimes
14115 Magnolia Blvd. Sherman Oaks, CA 91423



Dr. Elizabeth Bingham, Senior Minister
Rev. Curtis Peek, Associate Minister
Jennifer Lee, Church Office Manager
Jane G. Poole, Christian Education Director
Allayne Baker, Preschool Director
Joi Staves, Wedding & Events Coordinator
Lindsay Hill, Facility Manager
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FROM OUR SENIOR MINISTER

Faithfully Yours

Sometimes in the devotions I do on *10 at 10*, I end with the phrase that has been a mantra of sort for me these days: It is a time for “words of hope, gestures of kindness, and acts of love.”

Words of Hope may seem hard to find these days, when each update includes more people who have tested positive for the virus and so sadly, more who have died from the virus. We pin our hopes on the places we hear where all those numbers are declining knowing that at least someplace people will be able to walk out in the light, and cut hair, and go to the gym.

Then I remember that we are the people of hope. We are still in the light of Easter when death was conquered by life, and light shone through the darkest of days.

So what words might we offer? From the Psalms; Weeping endureth at night, but joy comes in the morning. From the Beatitudes; If God so takes care of a sparrow, will God not take care of you? And from our own hearts the words of encouragement and caring; I will be with you through this—making God’s love real to a lonely or frightened friend.

Gestures of Kindness: The plate of food left on the porch? The phone call to the friend who is living by himself, new in a city and stuck in his apartment? The moment to thank the person who bags your groceries? The offer to come and fix your sprinkler?

To be kind may be the most precious gift we offer the world; and these are days that seem to be just creating kinder souls.

Acts of Love: Our own member David Hickman answered the call for help and is now nursing in New York City, among the people who are fighting Covid 19. Another member fills grocery orders for one of our older members whenever she needs them.

There are volunteers at food pantries. There are people eating less so someone else can have more.

Acts of love are the things we do that are hard to do, they take time to do or they take energy to do...or they simply take our willingness to stumble out of our comfort zone to talk to someone we don’t know well, or to go somewhere we don’t want to go.

Continues on the next page...

CHRISTIAN EDUCATION cont.

CE HAPPENINGS

~ At Home with God ~

I have been sending out the kid’s Sunday lessons every Saturday for “At Home with God” Sunday sessions along with fun activities they can do. If you would like to be added to email list, let me know and I’ll add your family!
jane.churchchimes@sbcglobal.net

~ Woman’s Bible Study ~
New study begins May 6

We’ve been meeting on Wednesdays via Zoom beginning at 7:00 p.m. As we have completed the study of Ruth, the group selected a new 6 week study from the Simply Relevant Relational Bible Series for Women called “Singing in the Rain – Finding Joy in Life’s Ups & Downs”.

We have a wonderful and caring group of women and if you would like to join us, please contact Jane at jane.churchchimes@sbcglobal.net. You will need a computer or tablet that can download the Zoom application. We can help you download it and provide a quick tutorial as to how to use it as well.

~ Vacation Bible School ~

It breaks my heart to say that as of now, it doesn’t look like we will have our annual summer VBS. We are on hold as to when this might take place. Once we know how CA State begins its course of getting back to normal, albeit a new normal, we’ll let you know if and when VBS will take place.

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## **PRESCHOOL NEWS**

Ally Baker, Director

**The preschool classrooms remain closed until further notice due to the public health “Stay at Home” directive to stem the tide of the Covid-19 Pandemic.**

For more information about the Preschool, *Parent & Me Program* and/or future school events, contact the Church Office (818) 789-7124 or email Miss Ally at <[preschool@churchofthechimes.org](mailto:preschool@churchofthechimes.org)>.

*Life is an endless series of tiny miracles...Make note of them.*

## GET AMUSED.COM

The preacher came to call on me the other day. He said that at my age I should be thinking about the hereafter. I told him I do - all the time. No matter where I am - in the parlor, upstairs in the kitchen, or down in the basement - I ask myself, "Now, what am I here after?"

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"Now, how many of you would like to go to heaven?" asked the Sunday School teacher. All the eager three-year-olds raised their hands except Cassie. "I'm sorry, I can't. My Mommy told me to come right home after Sunday School."

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A passenger jet was suffering through a severe thunderstorm. As the passengers were being bounced around by the turbulence a young woman turned to a minister sitting next to her and with a nervous laugh asks, "Reverend, you're a man of God, can't you do something about this storm?" To which he replies, "Lady, I'm in sales, not management."

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A Sunday School teacher began her lesson with a question. "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" proclaimed the kindergarten boy. "Really?! How do you know?" the teacher asked. "You know - 'Our Father, who does art in Heaven. . ."

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My church welcomes all denominations, but mainly they prefer tens and twenties.

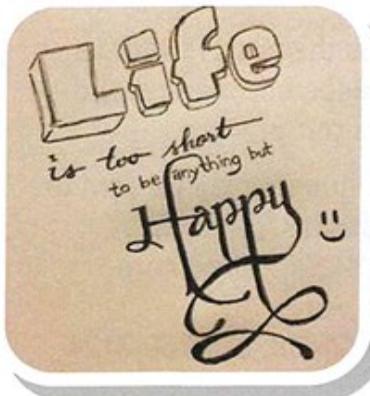
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What kind of man was Boaz before he got married? Ruth-less.

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What kind of motor vehicles are in the Bible? 1) Jehovah drove Adam and Eve out of the Garden in a Fury. 2) David's Triumph was heard throughout the land...and 3) Honda—because all the apostles were all in one Accord.

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Who was the greatest comedian in the Bible? Samson—he brought the house down.

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Where is the first baseball game in the Bible? In the big inning, Eve stole first; Adam stole second; Cain struck out Abel; and the Prodigal Son came home. The Giants and the Angels were rained out.

**We were doing home renovations and, incredibly, when we knocked down a wall, we found a secret, fully furnished room!! And then I remembered "We live in a duplex..."**



## Faithfully Yours Cont.

Rev. Dr. Elizabeth Bingham

So make this month, the time for 'words of hope, gestures of kindness and acts of love!'

### THE BIG QUESTION: WHEN WILL WE SEE EACH OTHER AGAIN?

The decision to open our sanctuary for "in person" worship rests with the health and government people; their directives and their recommendations. We are likely to be very cautious in any reopening we do, because honestly nothing matters more than keeping you healthy.

I am sure that when we do reopen we will be observing the "6 feet" apart safe distance protocol. I will be marking the pews with appropriate spacing to make that easier. We will also be carefully making decisions about meetings, groups and events on the calendar for the near future.

We will stay in touch, no matter what. Our plan is to continue the live streaming even after the sanctuary opens, so that those who are not comfortable attending in person may watch remotely. We have been thrilled to see that people in the Church of the Chimes orbit have been able to stay connected.

We will keep you updated, as further information becomes available. Beth

**Let us gather together in fellowship, worship and prayer—LIVE ON-LINE—knowing God is with us, connecting us together in His wisdom with His love.**

### CHRISTIAN EDUCATION, MEDITATION, MOTIVATION AND DEVOTIONALS

Sunday Worship Service — 10:30 Streaming Live on FaceBook

May Sermon Topics:

May 3: 23 and Me (John 10:1-10)

May 10: Legacy.Mom (2<sup>nd</sup> Timothy 2:3-10)

May 17: Tough Love (John 14:15-21)

May 24: Curtis preaches

May 31: "I've seen Fire, I've seen Flame." (Acts 2: 1-21)

Daily Devotionals — Beth's 10 at 10 — Streaming Live on FaceBook

10 minute devotional often with music at 10am every weekday,

Videos of Devotionals on Facebook and YouTube

Woman's Bible Study with Jane — Wednesday at 7:00pm via [zoom](#)

*Simple Relevance Series: Singing in the Rain — Finding Joy in*

*Life's Ups and Downs starts May 6th.*

*Join in whenever you can.*

## HISTORY FOR THE CURIOUS

Stanley Dong, Historian

### The Micronesia Trip of 1975

Just inside the Hazeltine Avenue door of the Sanctuary, a handcrafted model of a South Sea outrigger is displayed. It was presented to our Church by the Congregational Churches of the Marshall Islands. Encased in an elegant glass and wooden showcase it was built in January 1977, by one of our members, Maurice R. Leech. This gift serves as a wonderful remembrance of a very successful missionary trip by our youth group to Micronesia in 1975.

The mission to Micronesia began with much enthusiasm and preparation, both in terms of fund raising to defray travel expenses, as well as the collection of household items and clothing to be brought as gifts.

Altar cloths were made, and crosses constructed. There was a call to the congregation for: (1) sewing machines, cotton yardage and notions; (2) typewriters, papers, pencils, scissors, etc.; (3) bibles, dictionaries, text books and children books; (4) sport equipment; (5) clothing, including men's suits and shirts, as well as boys, girls and children clothing; (6) miscellaneous items such as soap bars, tooth brushes, towels, toys, dolls and stuffed animals.

Dick and Maggie Bean donated their 1966 Mercury to be auctioned in support of this trip. Our youth worked at various other fund raisers, such as Fellowship Hall kitchen duty, car washes, bake sales, a flea market bazaar, and newspaper collection, to raise money for the trip.

The itinerary of more than three weeks duration started with a flight from LAX to Majuro, Marshall Islands, with a one-day stopover in Honolulu. On the stopover, Mrs. Richard Ling and the Reverend Masao Yamada joined the Chimes entourage.

As the Marshall Islands are on the other side of the International Date Line, the youth group lost a day in traveling west. After arriving at Majuro, they immediately transferred to the island of Rong Rong, and spent their initial three days at the Marshall Christian High School, before returning to Majuro.

At Majuro, they celebrated worship with the Reverend Jude Samson at the Uliga Protestant Church. Following that, the youth visited a number of other islands. They flew to Kwajalein and went by boat to Ebeye. Next was Poniape, then Guam, as their final destination.

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## THE CHURCH OF THE CHIMES IS LIVE ON-LINE



If you need help connecting to and/or otherwise utilizing any of these on-line tools, please call the church office and we'll find someone to get you started.



Visit our website:

<https://www.facebook.com/ChurchofChimes>

Find an abundance of information regarding all the various activities on campus; listen to audios of past sermons, plus you can view older copies of Chiming In and/or request future editions be emailed to you.....

Visit, Like, Share, follow our Facebook page:

<https://www.facebook.com/ChurchofChimes/>

View up-to-date information on programs and live stream events such as Sunday Services and Daily Devotionals (10 at 10 with Beth)

Visit various productions on YouTube:

<https://www.youtube.com/channel/UCrLl2TLj2XfbBtgAOY0rjjA>

Weekly Worship Services and Daily Devotions are now available on YouTube. We'll keep you posted as we add other things.

Get this app on your smart devices and then arrange conference call events to meet with Church Boards, Committees, Bible Studies\* and/or other groups up to 100 participants.

\*e.g., Wednesday night Women's Bible Study with Jane

<https://zoom.us/meetings>

When we can't embrace we can send our love through the mail.

If you know someone who would love to receive a card or note from the Women's Association;

Please call or send an email with their name, address & phone number.

We believe in no one being left out; it's always nice to receive a note "Just Because"

You can contact:  
Joi Staves  
joistaves@gmail.com  
818-648-1638

### **Band of Prayer**

**A church that prays together, stays together  
Especially during these challenging and uncertain times when we are separated by the need for social distancing and don't know what happens next...**

**What is certain is that God is with us,  
filling in the spaces between us and  
He hears our prayers.**

**Band of Prayer requests may be sent to  
Sylvia McCormick via email at  
miss\_daisy1226@yahoo.com**

**-or-  
call the Church Office: 818-789-7124**

## WHO'S WHO AT COTC

### Michele Marot

It has been a pleasure getting to know Michelle who joined Church Of The Chimes about a year and a half ago. I recently spoke with Michele on the phone, and asked her how she is spending her time during the coronavirus quarantine. She told me she's been trying to cultivate a small victory garden, cooking more, and Taking walks with her beloved special-needs dog.

Michelle grew up in the valley. She attended Burbank elementary schools, but as a teen she moved to Van Nuys to live with her father, who opened her eyes to the world of TV and movies. Her dad was a film editor and an Emmy-Award winning TV producer. She recalls many interesting stories and Hollywood gossip he shared with her. Michelle's great-grandfather was also in the business. He was an animator who worked with Walt Disney on such classics as Snow White.

Michelle still lives in the Valley with her husband, John, where they raised their three children. As her children grew a little older, Michele return to school, she enrolled in CSUN where she received a degree in education. After graduating, she became a math and science teacher, and taught for 18 years. Since retirement Michelle has kept busy. She became a volunteer at the LA Public Library with a program called FOCAL. FOCAL is a program that supports the children's department at the library. Focal awards one children's book every year that has a strong emphasis on California content.

Michelle has also been involved with volunteering at Church Of The Chimes. She has helped us with our annual festival, our rummage sale, and the Hanging of the Greens. We are so grateful to her for all her efforts. I asked her what has been her overall impression of Church Of The Chimes. Her quick response was "It feels comfortable and friendly".

Religion came later in life for Michele. She credits her kids' babysitter, and reading the New Testament that brought religion into her life. As for her philosophy in life, she suggests we all enjoy the "simple things" in life. Given our current situation, I think we can all appreciate Michelle's wise words.

Thank you for everything you do, Michelle!

### Jeri Christensen



### The Micronesia Trip of 1975 cont.

On each leg of this tour, they spent their time enjoying Christian fellowship with their Polynesian counterparts.

The trip was led by Dr. Walter Staves. While Dr. Staves was away, the Reverend Robert Edwards filled the pulpit as Guest Minister. Reverend Edwards was a member of our Church in its early days, and was an active participant in our youth program. His chosen career in the Ministry was strongly influenced by the training that he received here, at the Church of the Chimes.

The youth on this memorable trip included Cathy Ball, Susan Benson, Thomas Cruse, Charles Davis, Douglas Fyfe, Kim Graves, Wendy Greuel, Ken Kuykendall, Don and Scott McCalla, Penny Russell, John and Robert Staves, Monika Steiner, Charles and Pamela Stewart and Tom Thoreburn. They reported having had a marvelous experience.

A number of adults accompanied the youth; they included Lee Fournier and Bettye Fournier, M/M Norman Gullans, Mrs. Lynne Hersum, M/M Bill McCalla, M/M Willard Roberts, and Mr. Gordon Vickery

### **GREAT RECIPE of the MONTH**

#### **Broccoli Salad**

Betty Abbott

1 very large head of broccoli

¼ Cup chopped onion

8 slices bacon fried and crumbled

½ Cup sunflower seed hearts

½ Cup raisins

Chop or cut small broccoli and parts of stem.

Add onions and raisins.

Dressing: 1 Cup mayonnaise (depending on amount of broccoli)

¼ Cup sugar

1 Tablespoon vinegar

Mix in dressing, seeds and bacon. May be made night before or on same day, adding seeds and bacon before serving.

**THE ENTIRE CHURCH OF THE CHIMES CAMPUS IS CLOSED!**

**INCLUDING THE OFFICE.**

**IF YOU ARE IN NEED OF IMMEDIATE PASTORAL CARE**

**PLEASE FEEL FREE TO CALL DR. BINGHAM'S LAND LINE (747) 264-0285.**

**IF YOUR NEED IS OF A LESS URGENT NATURE, PLEASE CALL (818) 789-7124**

**AND/OR SEND AN EMAIL <office@churchofthechimes.org>.**

**Messages will be responded to in a timely manner.**

**TRUSTEES**

**Greg Abbott, Chair**

**KEEPING UP WITH THE DIMES:**

*Blessed to Give*

We give out of thanks and appreciation for this church, and for the blessings God has bestowed upon each of us.

Please don't forget to keep up your giving! For now our budget remains in good shape, but we need the consistency of your generosity to keep the cash flow going.

*Thank you!*

**DEACONS**

**Nancy Nelsen, Chair**

**DEACONS UPDATE FOR MAY**

The Deacons miss connecting with you when we serve and share communion! Know that we are praying for our whole church family! We hope that you are able to tune in for the live streaming devotional each week morning, and the worship service on Sundays.

If you are in need of prayers or assistance please call Pastor Beth. We can all help by praying for each other, and emailing or calling each other to stay in contact. May God bless you, and keep you safe and healthy!

**COMMUNITY AND WORLD SERVICES**

**Diane Delaney, Chair**

A missionary was walking in Africa when he heard the ominous padding of a lion behind him. "Oh Lord," prayed the missionary, "Grant in Thy goodness that the lion walking behind me is a good Christian lion."

In the silence that followed, the missionary heard the lion praying too: "Oh Lord," he prayed, "We thank Thee for the food which we are about to receive."

**CHRISTIAN EDUCATION**

**Jane Poole, Director and Jan Long, Chair**

**Children's New Mission Outreach** - The new children's mission outreach project is called "Shoes that Fit". We will be collecting monetary offerings and athletic shoes to donate to this charity, based in Claremont, CA. Rev. Beth knows the people who run the charity, and we are very excited to see what events the children can create to support this organization! Every year, "Shoes that Fit" supplies over 131,000 athletic shoes, to more than 2,500 schools across the country. Since the charity began, they have supplied over 2 million pairs of athletic shoes, and other necessities. A child who has a new pair of athletic shoes attends school with dignity and joy, preparing them to learn, play and thrive. If you have ideas for this outreach project please contact Jane or Jan.

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CT @ COTC = CREATIVE TIME AT CHURCH OF THE CHIMES

Hey kids, I thought I'd share some things you can do while we ride out the stay at home quarantine. XO, Jane

Inspired Nature Painting ~ Painting is a wonderful way to express ourselves. You don't have to be Picasso or Rembrandt to paint. Anyone can create their thoughts with paint and a brush! Find something in your yard or neighborhood that makes your heart happy. Our neighborhoods are a bursting with so many things as spring has arrived. Take a look around, grab a brush and some paper rock or a tile, and paint away! Take pictures and send to me and we'll put them into the next issue of Chiming In!

Nighttime Exploring ~ I hear birds sing every night while I look at the stars. **Ask a parent before you do this** - before you get into your bedtime routine, go outside or look out a window and smell the nighttime air, listen for nighttime sounds, look at the stars, the moon and any visible planets. Hopefully you will have sweet dreams and if you can, write up a short story about how it felt doing this. Send it to me and we'll publish it in an upcoming Chiming In!

Listen to Unfamiliar Music ~ Put some music on that you would not normally listen to. Listen to the notes and lyrics, (if there are any). Close your eyes and feel how your senses react to the music. I recently listened to a friend's grandson play a piece by Tchaikovsky, something I would not normally listen to. The notes were sweet yet complex. While listening my heart stilled. It was a several minute respite. Try this and let me know how you felt while listening.

Enjoy the Simpler Things ~ Think about "the simpler sides of joy and wonder" and tell us what they are!

Jane's Corner

Jane Poole, CE Director

"I Can't, God Can, I Think I'll Let God."

Is it always possible to find joy in life's ups and downs? I believe so, but it's unquestionably harder to do so right now. When so much is unknown, I find the best way for me to tackle the anxiety which creeps into my heart, as I silently utter, "I can't", is to refocus and work through it. It's doable and here is one resource to help.

Our church has a set of booklets called "CareNotes" found in the Narthex. These great little books are wonderful, as they address a variety of issues for people dealing with emotional situations. They offer strength, help and healing with subjects ranging from parenting, recovery, health, grief and eldercare to worrying. This last one is the focus of this story. I just finished reading, "Giving Your Worries to God" written by Linus Mundy.

The first sentence in the booklet is the quote above, "I can't. God can. I think I'll let God". At first glance I questioned the quote. I wondered 'let God do what'?

At first I thought it was an incomplete sentence. When I brewed on it a bit, I realized it's a brilliant open-ended statement, asking us to fill in the blank.

I think I'll let God know how I'm feeling, so God can help. I think I'll let God know I'm sad, confused and strong. What? Strong. Yes! As I read the booklet I remembered I am strong and can overcome the junk that tries to invade my psyche.

I can let God know I am blessed. We are blessed for so many things in our lives – family, friends and even gatherings via *Zoom*, so we can see each other face to face, in lieu of side by side. I started to say, "I can", and truly believe that statement when I let God. Letting God has a lot to do with letting go, and that's a hard one to do. However, by letting go of our worries to God, we find a sense of peace enter our hearts.

If we truly believe God can, than we can take heart. Linus states "we have to give up our worries repeatedly, consistently, and unabashedly. This is daily life-long challenge." The point is to never give up, God has our backs!

Let the God within you blossom like the beautiful spring flowers surrounding us in our neighborhoods now.

Peace and love, Jane

FYI: If you would like a CareNote booklet, please call the office and we will share what topics we have and arrange for you to receive one.

NOMINATING COMMITTEE

Robert Jones, Chair

THE ANNUAL MEETING HAS BEEN POSTPONED DUE TO THE PANDEMIC.

At *Church Of The Chimes*, there are various boards and committees, in which members can actively play a role in the responsibility of leading, as well as reaching out to those in need, wherever they may be.

We encourage everyone to join in the effort to spread the Good News of the Lord. For those who do not currently serve on a board or committee, we invite you to consider the various positions where vacancies currently exist. Through offering your time and talents you will be helping Church of the Chimes on our continuing path, as a vibrant and deeply caring church.

THEN I HEARD THE VOICE OF THE LORD SAYING

"Whom shall I send? And who will go for us?"

AND I SAID "Here I am; send me!" ISAIAH 6:8

WOMEN'S ASSOCIATION

Natalie Karp, Chair

BOUQUET CIRCLE AND VESPERS CIRCLE

Ladies, we miss gathering together! Under the current circumstances we are not scheduling any meetings. We can, however, continue to pray for each other, email or call one another to share our thoughts and concerns. If you need contact information for someone in our groups, email, call or text Nancy Nelsen at nancynelsen@sbcglobal.net or 630-842-6977.

Pictured from left to right are Diane Delaney, Michelle Marot, Marilyn Fabre, Louisa Larez and Mary Fussell enjoying a Vespers gathering as they celebrated Mary's 95th Birthday. What a lovely picture of them all!

Sadly Marilyn Fabre passed away on April 14, 2020, due to complications while recovering in the hospital after falling and breaking her hip. We will miss her.



BURNING OUT ON THE PANDEMIC? YOU'RE NOT ALONE

Are you feeling tired, irritable and sad? Do you feel like you are excessively worried, having nightmares or headaches, feeling your muscles tense up during the day? What about a sense of constantly being on guard, like you are waiting for something bad to happen at any minute?

Although you might feel some or all of these things from time to time, they are definitely signs that you are starting to burn out on the pandemic and the unwanted and unexpected changes it has brought to our lives.

It's important to know that the effects of the COVID outbreak on our well-being are very real, very normal and that there are things you can do to take care of yourself and those around you who are feeling stressed.

During a crisis like this, burnout emerges for many reasons. For some, it's the worry and stress of caring for family members. For some it's the financial difficulties brought on by the loss of income or jobs. For many of us, it's the change in routines, the loss of physically being together, and the inability to engage in favorite activities that give our lives structure and meaning. For all of us, it's the inability to know for sure when our lives might start to regain some sense of normalcy.

So what are some things to keep in mind when the feeling of burnout takes over?

KEEP YOUR ROUTINES. Know what you plan to do each day, whether it's work or childcare, or just taking a walk and calling a friend. Stick to it even though your energy may be low. Just taking a shower in the morning, and making the bed can create a sense of normalcy that can help throughout the day.

PRACTICE SELF-CARE. Get enough sleep. Eat healthy foods. Get some exercise each day. Stretch. Try to think of things you are grateful for, even during these difficult times. Try deep breathing or meditation. Anything that slows us down and takes us away from negative thoughts for a few minutes is a good thing.

CONNECT. Call people who may need a lift themselves and check in. Set up virtual gatherings with friends and families. Find fun things to do and see online, like games, movies, museums, fun videos and many others. Look into virtual classes and activities your local schools, libraries and faith-based organizations are providing online.

KEEP AN EYE OUT FOR NEGATIVE PATTERNS OR ACTIVITIES. It's tempting to let our guard down around food and alcohol, but junk food and excessive drinking are obvious behaviors that negatively affect our health and well-being. Others that are not as obvious include excessive shopping, too much time on social media and even overdoing it on news consumption. If you notice that your time on Facebook, for example, or news sites starts to make you feel bad, then it's time to set strict limits on how much time you spend there.

And if none of these things help? Mental health providers are available for tele-health sessions to ensure that you have the support that you need, while maintaining safety. For more info, check out <www.samhsa.gov/disaster-preparedness> for links to SAMHSA* tip sheets on mental health during quarantine, disasters and working during these times. We are in this together and we will get through this together too. (SAMHSA's mission stated at bottom of next page...)

LOS ANGELES MAGAZINE EXERTS

April 29, 2020 EDITION

SIMPLE WAYS TO TAKE CARE OF YOUR MIND AND BODY WHILE YOU RIDE OUT THE SAFER-AT-HOME ORDER:

From Instagram dance classes to free guided meditation, some ways to stay physically and mentally fit...One of these days, gyms will reopen and in-person therapy will resume, but in the meantime, here are some pleasant ways to keep your mind and body fit during quarantine.

SWEAT IT OUT: Ryan Heffington, a noted choreographer who's the genius behind Sia's "Chandelier" video—and owner of Silver Lake's the Sweat Spot, is holding regular dance classes on Instagram live ([@ryan.heffington](https://www.instagram.com/ryan.heffington)) that are cathartic and joyous, with an occasional booty break to twerk things out. Classes are free, but donations are encouraged. Even if you can't spring for a Peloton, you can still get a good Peloton workout. The company is offering a free 90-day trial of its app, which includes a number of options, from strength training to stretching, that don't involve spinning. Many are just ten or twenty minutes, perfect for a stealth WFH break.

STRETCH IT OUT: Stay relaxed and limber—makeshift home office be damned—with online yoga classes. Mini-empire One Down Dog is streaming classes via Zoom, and virtual yogis can attend their first one for just \$5. Several options are offered each day, from disco flow to prenatal to kids. Ellen Huang Saltarelli, a popular Eagle Rock teacher known for using props, is livestreaming donation-based sessions on her website several times a week. Roam, with locations in Frogtown and Silver Lake, has also gone online with several level-specific offerings each day.

PRO TIP! "Running is a great source of cardio. Keep it interesting and challenge yourself by doing intervals: set a timer, run for one minute then walk for one minute. Repeat for ten to 20 minutes. Be cautious when running outside and make sure to keep social distance. I've been going early in the mornings when no one is around." Bec Wilcock (*Nike Running Coach*)

FIND INNER PEACE: Now is probably an ideal time to take up that meditation you've been meaning to get to for years. Yoga Nest Venice is posting free meditations on SoundCloud. The DEN, in Studio City, has a range of daily streamed classes, from self-compassion to breath work. Single sessions start at \$10 each or less. Unplug is also conducting its myriad classes online, from sound healing to breath work. Currently offering intro deal: \$35 for 2 weeks of unlimited sessions.

KEEP YOUR KIDS MOVING: You're not the only one who needs to stay active. British fitness guru, Joe Wicks ([@thebodycoach](https://www.instagram.com/thebodycoach)), who has more than 3 million Instagram followers, is running free daily PE classes for elementary schoolers. The classes are about a half hour and feature plenty of running in place, shadow-boxing, and other potentially exhausting moves. For younger children (three and up) check out Cosmic Kids [on YouTube](https://www.youtube.com/channel/UC8CXSEKjU71oBnZUW11L1Q) for yoga and mindfulness videos with elaborate animated backdrops and storytelling elements.

*SAMHSA's mission is to reduce the impact of substance abuse & mental illness on America's communities.