

## Life Group and Connection resources and supports:

- [Zoom Video Meetings](#) – If you don't already have one, you can sign up for a free *Zoom* account that facilitates online video meetings for up to 40 minutes. This resource could be used to have a weekly connection as a group to catch up on how things are going and share faith in the midst of this challenging season. Or, if everyone is on Facebook, Facebook video messenger is another option.
- [WhatsApp](#) or [GroupMe](#) – We live in an age where most of us are already familiar with and using group text or chat platforms, but in case you haven't experimented with this as a Life Group, use this season of social distance to get a group chat going. *WhatsApp* or *GroupMe* are good tools that work across multiple cell phone platforms. This is a great way to regularly stay in touch with how our days are going and share prayer requests and encouragements real-time.
- [Conversation Starters](#) – We will continue to produce *Conversation Starters* to help kick-start spiritual discussion and they will continue to be available in their regular place on our website. However, they will likely be a little simpler in this season in hopes that they can be used with roommates, spouses, family members, and/or with your group if you connect via video. Regardless of specific questions though, let's use this extra time and space in our lives to ask each other regularly, *"How are you doing in your understanding of and relationship with Jesus in the midst of all this?"*
- [Prayer Wall](#) – Challenging circumstances can inspire us to pray like never before and right now our *Prayer Wall* is one place where we can digitally connect as an entire church to build spiritual community like never before. Maybe you've never posted a request or taken the moment to pray for someone else, but in this season, let's take our communal prayer life to the next level as we look to God together.
- [RightNow Media](#) – While we'll have extra time and temptation to chronically binge watch, why not redeem some of that screen time with spiritually vibrant content on *RightNow Media*. This could be a great opportunity to invest in the development of your own faith, your kids, or your marriage. To create a free Southridge account, [click here](#), and click on the Southridge Community Church library on the left-hand side to access a few resources in a new playlist we've entitled, "In Times of Crisis."
- [Spring Groups](#) – Before the public health crisis emerged, we had begun promoting our *Short-Term Spring Life Groups* as an upcoming connection opportunity. Depending on when social life returns to normal, our hope is that we can move forward with these groups, even if they're delayed. In the meantime, if you or anyone you know is interested in what these groups could offer – maybe especially after an extended period of isolation – please sign up and share the link with others in hopes that we can run these groups when the time comes.
- [Location Pastor Support](#) – We always want to be here to support you, and a time like this may especially create challenges relationally, emotionally, mentally, physically, financially, and even spiritually. Even now, your Location Pastor Team is available for a phone call or video chat if and when we can lend an ear, a prayer, an encouragement, or direction to other supports. Please don't hesitate to be in touch if you need support in any way, shape, or form.
  - St. Catharines – Chris Fowler: 905-650-5480
  - Vineland – Rick Zwiers: 289-668-1874
  - Welland – Mike Meinema: 289-696-1214

- ***If you physically meet with others...*** – At the time of this update (Tuesday, March 17), the province of Ontario has prohibited all gatherings of 50 or more people. Restrictions on gatherings under 50 people have been less clear, with some guidelines suggesting that groups of 10 or under remain very low risk, but all under the Prime Minister’s strong urge to “stay home” as much as possible. All that to say, if anyone in your group is considering being together physically, please refer and adhere to all public health guidelines and recommendations as per the [Government of Canada](#), the [province of Ontario](#), and the [Niagara Region](#). Here are a few very important guidelines and pre-cautions to adhere to if you do meet with others:
  - If you are sick, showing any potential symptoms, or have any reason to believe you have been exposed to the Coronavirus, please stay home, and do not host anyone.
  - If you have travelled out of the country within the last 14 days, please stay home, and do not host anyone.
  - If you are inviting anyone over, please disinfect all shared surfaces before and after the meeting.
  - Everyone should wash their hands thoroughly (more than 20 seconds) upon arrival and upon returning home.
  - Any and all food and drink needs to be served individually.
  - Maintain as much distance as possible between members of different households and their belongings.

**Let’s make sure we’re “better together” by looking out for each other to ensure health and safety for all.**