

“Self-Care for Leaders During COVID-19”

For the Accord Network

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Four Major Categories

1. **Gratitude:** Be Conscientiously Grateful
2. **Gifts:** Receive the Gifts
3. **God:** Engage (the very present) God
4. **Hope:** “Hope is what we do”

10 points to put some flesh on these bones

1. **Gratitude:** A posture we keep
2. **Gratitude:** Putting our anxiety to good use
3. **Gratitude:** An opportunity to serve and lead at our highest level empowered by God
4. **Gratitude:** For how God will use this to form you and your organization
5. **Gifts:** Receive the gifts of this time, which are many
 - Time to be with God
 - Time to be with family
 - Time to rest
 - Time to exercise
 - Time to do something we've wanted to do but haven't had the time
 - Time to reconnect with friends
6. **God:** The simple (and life-changing) Sacrament of the Present Moment
 - The Sacrament of the Present Moment:
"Seeing God in everything and using everything to be with him and to serve him"
7. **God:** Three Truths-God is Good, God is Present, and God is in Control
 - Three Truths that when we hold them together, will get us through anything...
 - A sermon to flesh this out a lot more...
<https://soundcloud.com/in-the-coracle/three-stones-in-your-pocket>
8. **God:** God's invitations to each of us uniquely in this time
9. **God:** Find a verse to anchor you, and when that runs out, find another one
 - Philippians 4.6-7: ***The Lord is near; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.***
10. **Hope:**
 - John Paul II: "We are an Easter people, and hallelujah is our song!"
 - Mitri Raheb: "Hope is a verb. Hope is what we do."