



FAITH IN VACCINES

So, taking our cue from Jesus, you are invited this week to ask questions, listen, seek out trusted sources, and extend kindness to yourself and your neighbors. Now, these are values and actions we should always strive for in our lives, but this week I want you to particularly seek to incorporate these practices with regard to the COVID-19 vaccine. Whether you have chosen to receive the vaccine, are still weighing your options, or have decided you do not want to be vaccinated at this time, all of these invitations to act are for you.

1. Take 15 minutes this week to write down a list of the fears and griefs you have surrounding your experiences of the COVID-19 pandemic and your decision to receive or not receive a COVID-19 vaccine.
2. Make an appointment with your pastor or other church leader to talk about your fears and griefs.
3. Do a little research! Go to <https://getvaccineanswers.org/> or <https://vaccinateyourfamily.org/questions-about-vaccines/covid19faq/> and spend at least 10 minutes investigating answers to your questions about the COVID-19 vaccine.
4. Be open to opportunities to practice empathy with your neighbors. Whether you agree or disagree in your decisions to receive a COVID-19 vaccine, be prepared to ask about and listen to the concerns that motivate your neighbor's decision. Think of this as an opportunity to replace "being right" with "being love" to one another.

Let me end with just a note on trusted sources. All of the links provided here have been vetted as trusted sources based on three criteria: 1. clarity, 2. verified by experts, and 3. supported by research. You may have other trusted sources that you would prefer to explore. I just encourage you to consider these criteria any time you are discerning whether you can trust the information a source is providing.



FAITH IN VACCINES

So, taking our cue from Jesus, you are invited this week to ask questions, listen, seek out trusted sources, and extend kindness to yourself and your neighbors. Now, these are values and actions we should always strive for in our lives, but this week I want you to particularly seek to incorporate these practices with regard to the COVID-19 vaccine. Whether you have chosen to receive the vaccine, are still weighing your options, or have decided you do not want to be vaccinated at this time, all of these invitations to act are for you.

1. Take 15 minutes this week to write down a list of the fears and griefs you have surrounding your experiences of the COVID-19 pandemic and your decision to receive or not receive a COVID-19 vaccine.
2. Make an appointment with your pastor or other church leader to talk about your fears and griefs.
3. Do a little research! Go to <https://getvaccineanswers.org/> or <https://vaccinateyourfamily.org/questions-about-vaccines/covid19faq/> and spend at least 10 minutes investigating answers to your questions about the COVID-19 vaccine.
4. Be open to opportunities to practice empathy with your neighbors. Whether you agree or disagree in your decisions to receive a COVID-19 vaccine, be prepared to ask about and listen to the concerns that motivate your neighbor's decision. Think of this as an opportunity to replace "being right" with "being love" to one another.

Let me end with just a note on trusted sources. All of the links provided here have been vetted as trusted sources based on three criteria: 1. clarity, 2. verified by experts, and 3. supported by research. You may have other trusted sources that you would prefer to explore. I just encourage you to consider these criteria any time you are discerning whether you can trust the information a source is providing.