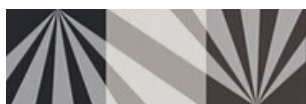


JOURNEY THROUGH THE PANDEMIC

Reflections from
March 2020- August 2021



firstunitarian
church of rochester



**What I was
most afraid of:**



My masks:



Draw or add picture(s)

A large, empty rectangular box with a thin black border, occupying the majority of the page below the text. It is intended for the user to draw or add pictures of their own masks.



Places of solace:

1

2



A typical day when staying in place:

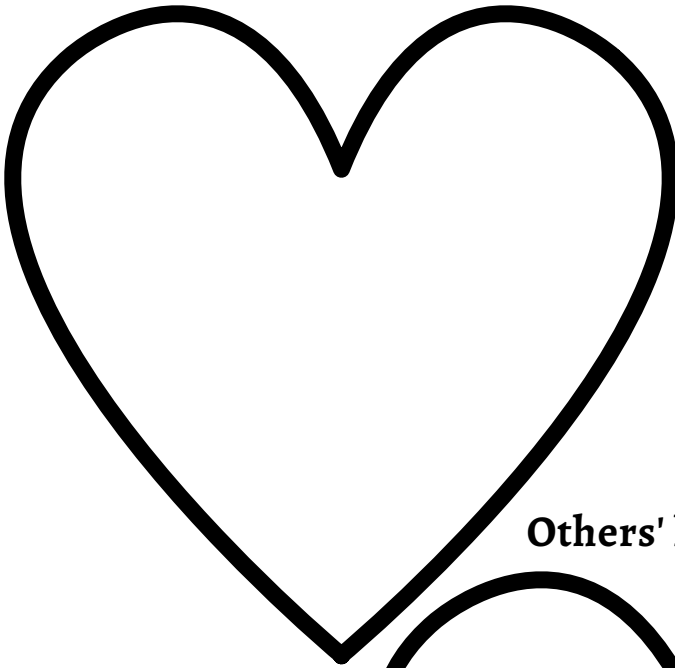
Morning: 	Afternoon: 	Night: 
--	--	--

--	--	--

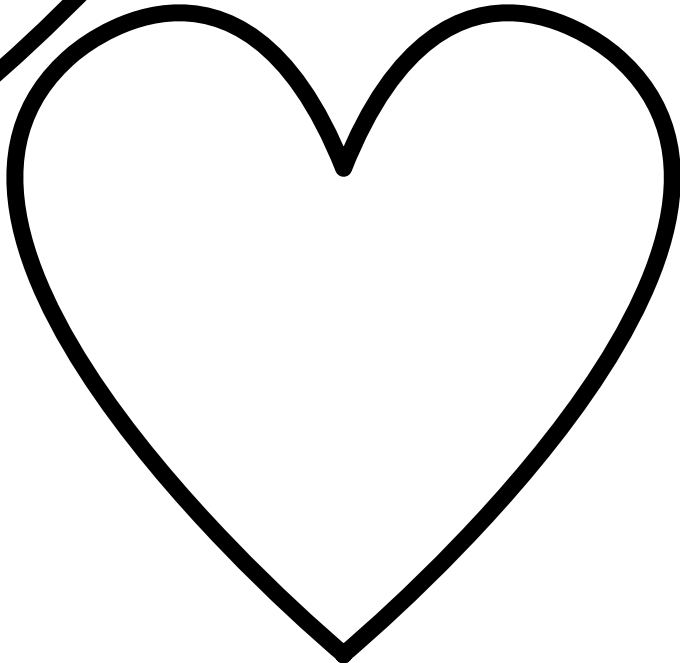


How I took care of myself and others:

My heart:

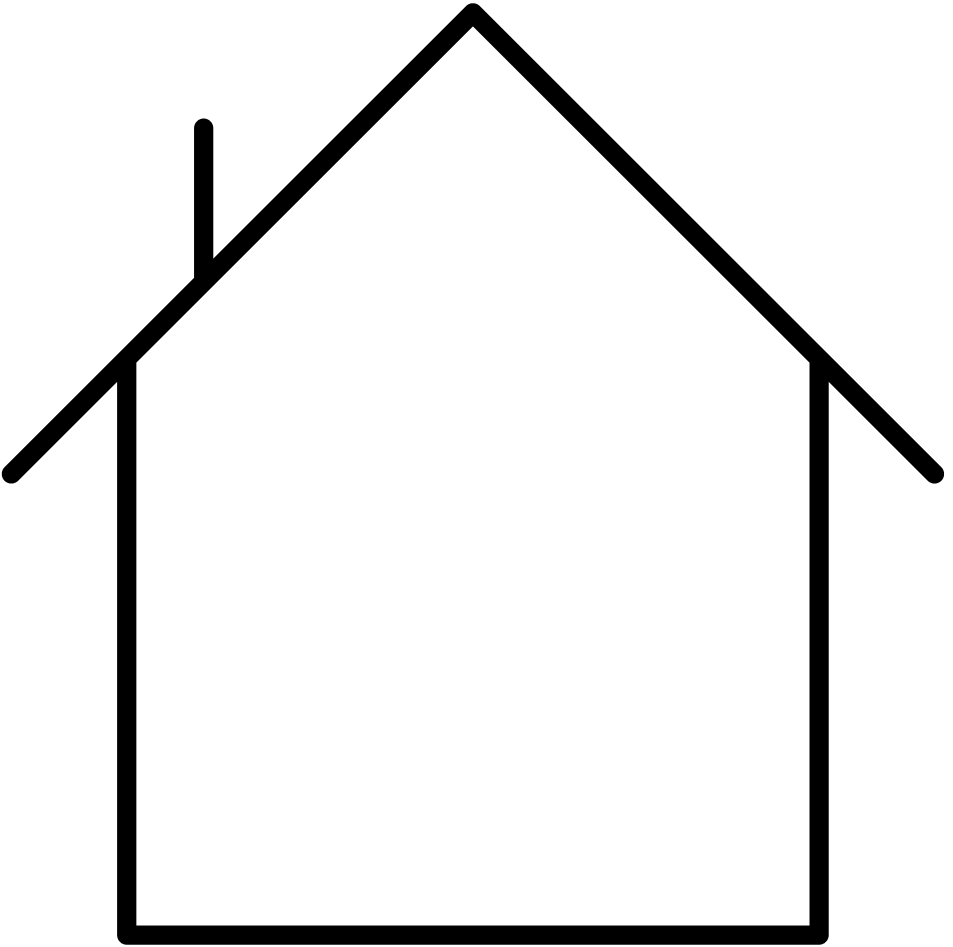


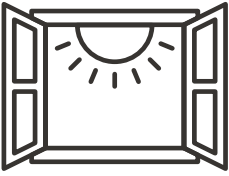
Others' hearts:





How our home changed:





Activities I missed being able to do:

1

2

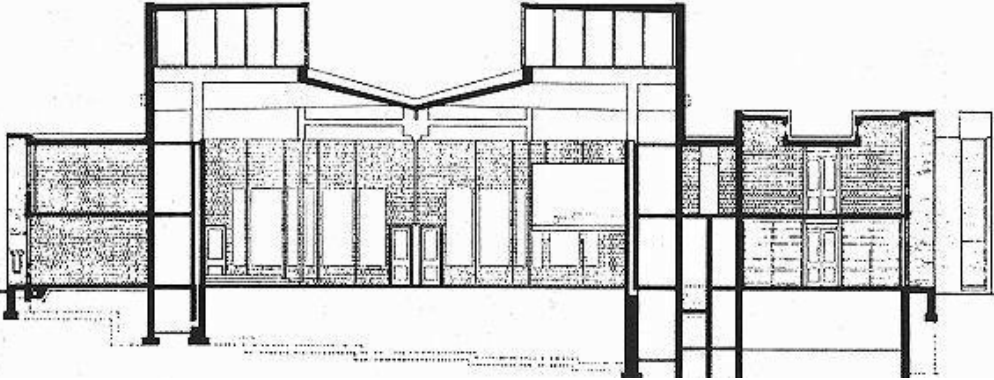
3

4



Church activities that kept me connected:

"WE ARE THE CHURCH"



Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.

Special Occasions:

HOLIDAYS, BIRTHDAYS, ANNIVERSARIES, ETC.

Event	Date	How you celebrated



Significant moments of joy or sorrow:

1

.....

2

.....

3



**Events in the world
that affected me
or news I received:**

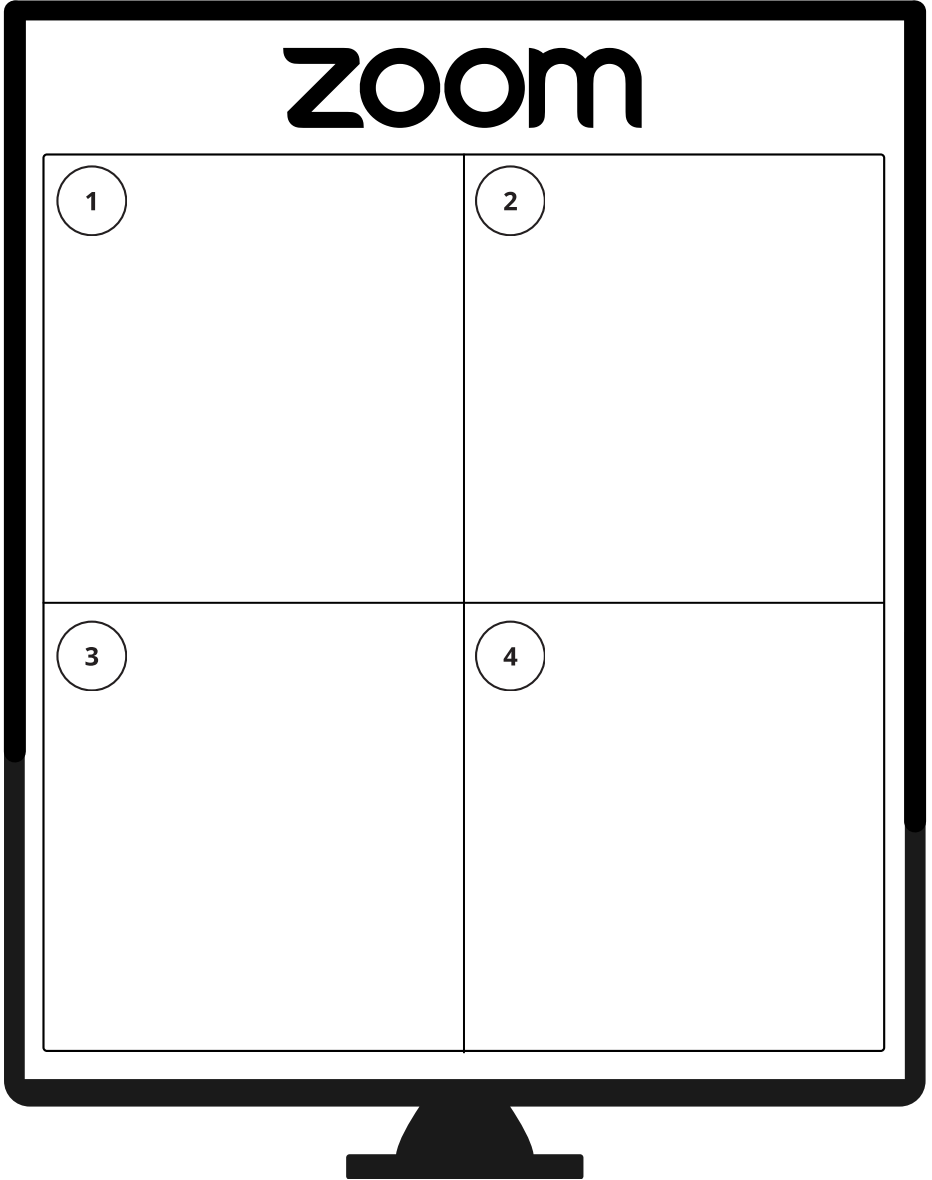
NEWS

.....

.....



**Zoom connections that
made a difference:**

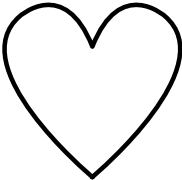


How I changed:

Body:



Heart:



Mind:



**What I am able to do
now that I wasn't before:**

