

COVID-19 has impacted our congregations and neighbors in ways that no one could have foreseen. In these strange and uncertain times many of our friends and neighbors are turning to us, their partners in faith, to provide spiritual, loving guidance as well as material and financial support – no small feat in a time when our communities need us to model responsible physical distancing and other measures to keep us all healthy and safe.

In addition to our abiding faith and the understanding that this too shall pass, we are indeed fortunate to live in a time that, if we cannot be in each other's physical presence, we have the technology to connect spiritually and virtually.

We all know people who are making tremendous adjustments in their due to the pandemic. Some are fortunate to work from home. They may be home-schooling and/or taking care of elderly family members. Others are “essential” workers who have concerns about the risks to their health as well as their families. Still others, some far along in their careers, are finding themselves furloughed, or worse, their businesses and jobs will not survive COVID-19.

Wading through and navigating Coronavirus information is stressful and scary! Lutheran Family Services is here when it gets to be too much. You and your congregations do not have to handle it alone. [Lutheran Family Services of Nebraska](#) has licensed mental and behavioral health specialists waiting to help you. Our TeleHealth services come to you, virtually in a secure face-to-face therapy room.

There are many ways to reach us:

- Call LFS at 1-833-903-2376.
- Our staff will help identify which services are needed, assist with paperwork, and schedule appointments with our therapists/counselors.
- You will then receive a link to a virtual meeting that can be accessed by any smart device or computer with a webcam.
- More information is also available at Visit www.lfsneb.org
- Message LFS on Facebook: <https://www.facebook.com/LFSneb/>
- Email LFS at info@lfsneb.org

Many leaders are repeating the cliché that during this time of COVID-19 “we are all in the same boat,” but as this pandemic continues, we are beginning to understand that everyone is not necessarily equipped with the same sails to cope with and come out of this storm. LFS is here for you and your congregants. As always, you may discreetly refer struggling members of your congregation to LFS at any time and together, we will emerge from this with new lessons and blessings.