March marks one year of life in the midst of a pandemic. We have dealt with so many stops and starts or calls to hurry up and wait, it is no wonder everyone has experienced moments of isolation, exhaustion, stress, and anxiety. March also marks the start of Spring, filled with new beginnings and hope. This month's newsletter shares resources that focus on maintaining emotional well-being as we continue to experience these mixed feelings.

Recommended Resources

Books for Children
The Children's Book Association offers [10 Kids Books Psychologists Recommend in 2021](#) to help them work through their emotions.

An Adolescent Perspective on the Pandemic
In a powerful collection of words, images, and videos, teens across the United States shared their stories on how they have met life's challenges in the midst of a pandemic with the New York Times. Don't miss this article, [Teens on a Year That Changed Everything](#).

An article in the Washington Post suggests five creative ways to help tweens and teens refresh their friendships during a pandemic.

On February 16, 2021 the Center for Disease Control (CDC) updated their resource kit, [Social, Emotional, and Mental Well-being of Adolescents during COVID-19](#). It provides a wealth of information for during the pandemic and beyond.

Reading for Adults
In a recent edition of their newsletter, the UCC Mental Health Network published articles focusing on strategies for [Resilience in Trying Times](#).

"Each of our circumstances are unique but almost all of us have been forced to make drastic shifts in our way of living and working [over the past year]. And
it's been hard." The Lifelong Learning Christian Formation & Discipleship staff of Virginia Theological Seminary share some insights and suggestions on how to recognize and cope with the impact of these shifts in their article, Pandemic Ministry Burnout.

In one of our previous Christian Education Newsletters tackling the topic of Refresh, Renew, and Rejuvenate, the book Christ Walk: A 40-Day Spiritual Fitness Program was recommended. It is a program designed to feed your soul while developing healthy practices for your body and mind. It outlines a 40-day program for individuals and groups to focus on improving physical health while engaging in spiritual and mental reflection and growth.

Retreats/Webinars
Presbyterian Disaster Assistance has developed several Emotional and Spiritual Care Offerings for both Faith Leaders and General Audiences to recognize their own signs of stress and engage in creating a self-care plan. Learn more >>

Events

NEAUCE Virtual Event: April 30 and May 1

New England Association of United Church Educators registration February 2021  auce-ucc.org

SAVE THE DATE
Friday April 30 6:30–9:00 pm
& Saturday May 1 8:30am–1:30pm

keynote
Rev. Dr. Gay L. Byron

worship & plenary
Rev. Dr. Jason Brian Santos

music
Dan Brownell

workshop
Rev. Suzi Townsley

AUCE members $50 non-AUCE members $55 Scholarship fee $25

Virtual 50th Celebration!
Jeremiah 18:1–4. The Potter and the Clay

Learn more >> or Register Now >>

Looking for Volunteer Opportunities?
2021-2022 Back Bay Mission Trip Calendar(s) Are Open
Mission trips at Back Bay Mission are some of the best service-learning experiences in the United States. During your week on the Mississippi Gulf Coast, you'll have the chance to serve in three of the Mission's ministries (housing rehabilitation, the food pantry, and the Micah Day Center), learn about the work we do on the Coast, explore how you can do similar work in your community, and grow in both faith and fellowship.

Although limited to a maximum of 20 participants for safety reasons, there are still a few opportunities to participate in a 2021 Mission Trip. View 2021 schedule or start planning ahead and View available 2022 weeks.

For more information email volunteercoordinator@thebackbaymission.org or visit their webpage: https://thebackbaymission.org/volunteer/

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**Employment**

For local opportunities visit the Classifieds/Help Wanted section of the NH Conference UCC website.

Willing to relocate? The UCC Ministry Opportunities webpage is a great source for Christian Education and Faith Formation openings nationwide.

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**The Word of God**

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30 NRSV