THANKSGIVING IN A PANDEMIC

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United Church of Christ
Living the Love & Justice of Jesus
STEP ONE

• Make your decision.
  • What is safest for you and your household
    • IF YOU ARE HOSTING: WHAT ARE YOUR RULES
  • Consider ages
  • Consider health conditions
  • Consider positivity rate in your area
  • Travel guidelines/ restrictions
  • COMMUNICATE YOUR PLAN IN A LOVING WAY
VIRTUAL THANKSGIVING: BEFORE

• Plan- Talk with your loved ones about your decision
  • share the same rituals

• Connect through Meal Prep
  • Ask for a loved one’s favorite recipe, and video chat while you and your child test it out.

• Send Thanksgiving Care Packages
  • Drop off treats, matching centerpieces etc.

DURING

• Opening and closing ritual
• Potluck toasts, photos or jokes to share
• Create a gratitude box, bowl or chain and take turns reading what was put down in writing in the weeks approaching the holiday
AFTER

• Extend chat or facetime to continue the conversation after the meal
• Talk about what tradition to continue or start next year
PRACTICE GRATITUDE

- Gratitude paper chain
- Write or draw Thanksgiving cards
- Make “Thank calls, not Prank calls”
- Decorate the yard with Thank-you signs
- Paint Gratitude rocks
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<tr>
<th>Lower Risk</th>
<th>Moderate risk activities</th>
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<tr>
<td>• Having a small dinner with your household</td>
<td>• Having a small outdoor dinner with people from your community</td>
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<td>• Preparing traditional family recipes for family and neighbors, deliver in contact free way</td>
<td>• following CDC’s recommendations on serving food</td>
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<td>• Having a virtual dinner and sharing recipes</td>
<td>• Visiting pumpkin patches or orchards: use hand sanitizer, wearing masks, maintain social distancing</td>
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<td>• Shopping online</td>
<td>• Attending a small outdoor sports events with safety precautions in place</td>
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<td>• Watching sports events, parades, and movies from home</td>
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HIGHER RISK ACTIVITIES TO BE AVOIDED

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings

www.cdc.gov
RESOURCES

• PRC- Practical Resources for Churches
  • https://www.prcli.org/webinars-res/seasonal/advent-and-christmas

• CDC

• Reopening RI
  • https://health.ri.gov/publications/guidelines/covid-tips-for-a-safer-holiday-season.pdf