

This has been a tough season for all of us in one way or another. As you reflect on the changes that have come with the pandemic over the past year or so, complete the sentences below. You may write more than one answer if you choose. There are no wrong answers; the Creator knows our deepest thoughts and there is room for all of our emotions in the faith community.

**Have your values shifted in the last year and a half due to COVID changes? If so, in what way(s)?**

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**What emotions have been closer to the surface for you?**

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**What emotions have felt harder to access?**

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