Hello all,

As we enter week 8, I thought I would send some inspiration to remind myself that we need to continue to set a low bar for ourselves, to stay home and safe, or as this author calls it, 'change your metrics'.  I love his message - we need to survive this pandemic, not develop a new skill, feed a sourdough starter, or clean out all your closets and drawers (though if you want to do any of these things that is okay too).  <https://forge.medium.com/to-survive-the-quarantine-change-your-metrics-e345d79be14b>

I'm also attaching some quotes I've found in my travels that are helpful for navigating this time of isolation.  I hope you find comfort, inspiration, wisdom in their messages.

Today is also baking Monday!  Many years ago, Wilma MacDonald shared her tea biscuit recipe with me, after serving them to me on a pastoral visit.  I'm grateful to share this recipe with you today, especially as she is remembering her sister, Margie today. I hope the photo attached is readable - it is from my cookbook (authentically splattered with tea biscuit ingredients).

