

Two Things You Might Like to Know

Help Others Not Be Victimized by Thieves

Law enforcement experts say that crime is running rampant during the pandemic. I know of several churches here in John Calvin Presbytery, and also other places, where thieves have attempted, and in some cases been successful at, cybertheft. It goes like this: Somehow, the thieves get access to a person's email contacts. The thieves make a spoofed email address. At first glance, it may look like it came from the person they know, but it differs slightly from the person's actual address. The cyberthieves, pretending to be that person's friend/pastor/familiar person, request that the intended victim purchase gift cards for some worthy-sounding cause and email all the codes to the pretender. The pretender is able to cash the gift cards, and at this time, there is no way to trace the criminals.

On our best days, we look askance at sudden requests for money. But to prepare for days when someone might be caught off guard, let the church teach not to "let those people in." A quick phone call can often clear things up, sorting out what is legitimate and what is not. In the church, a board will duly act in advance on any financial transactions. The session/deacons/Presbyterian Women/... will authorize these expenditures in their meeting.

Till a technological solution is invented, education is our best defense.

Heading Off Zoom Fatigue

If your job involves a lot of time spent on Zoom calls, the wisdom of the crowd is developing practices that will help reduce fatigue.

Consider writing paper notes while you are on the call. Needlework of some kind can be soothing and help with focus.

If you are not leading the call, turn your video off, except when you're speaking and when you're in a breakout room.

Do the dishes or some other menial task so you can move around.

Schedule a stretch break in between Zooms. If you have only a few minutes, don't spend it doing email.

Limit the number of hours per day that you are on Zoom.

If you are in a one-on-one conversation, use a phone.

Making small adjustments helps us be more productive over the long haul.

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