

PARISH VIDEO 3 3/20/2020

Hello everyone. I am still here and healthy and I hope all of you are as well. At this time we all need to be very purposeful about staying healthy. First of all, stay home if at all possible. That is the most important thing that we can do to stop the spread of the virus. We also need to eat healthy, get enough sleep, take our vitamins and take our medications as prescribed. We are all a little anxious and out of our normal routine, so things that we normally do out of habit we are going to have to think about now. I know myself, when I experience some anxiety I stop eating. One day recently I realized that it was 5:00 in the evening and I had not eaten yet that day. I know I have to remind myself to eat regularly.

I also think that we need to do some things to decrease our anxiety. If you are watching the news all day, you have to stop doing that. Get an update from the CDC, the President of the United States, the Governor of Michigan or the Archdiocese of Detroit. If you watch the news all day it will just make you more anxious. This is the time for all of us to join together to prevent the spread of the virus. This is not the time to criticize each other, to blame people for what is happening or to speculate about the future. When you hear these things on the news, turn

them off. That will just make you more anxious.

Everyone is trying to do the best they can and we need to love and support one another. Concentrate upon what you need to do today. No one knows exactly what is going to happen, so let's take it one day at a time.

Many of you are working from home and our young people are doing school work from home. A couple of parents told me that they have one home computer and mom and dad and several children all need to use the computer. Parents need to do their own work and help their children with their school work at the same time. This is another source of anxiety. I want to stress that you should do the best you can and then let it go.

Everyone is anxious right now. Employers and teachers are going to understand if you cannot get everything done. We are all in this together. I know myself that I am not working as efficiently as I normally do, and sometimes I have a little difficulty staying focused. This is normal right now. We are all experiencing this, so do not let this increase your anxiety level.

About now you may be asking yourself some questions. Why is this happening to us? Why is this happening now? Why is God letting this happen? These are normal questions and you may need to ask them and

sit with them a while, but you cannot get stuck there. We do not have any good answers to these questions. We need to focus upon what we do know. God does not make bad things happen to us or punish us. He just loves us unconditionally all of the time. We also have to accept that God is God and we are not. God has a bigger picture that we cannot begin to understand. But God is right in here with us and caring for us. And God will make good things happen out of this. We need to look for the goodness. One of the big things that I have seen already is that Republicans and Democrats are working together for the good of the country. If God can make this happen, that is incredible! Hopefully we learn from this and that cooperation will extend beyond the pandemic. I have seen many people performing acts of love and kindness. We all want to be part of that. Spend some time thinking about how you can help your friends, family, neighbors and members of our Parish Family. We also must remember that this is very temporary. Ultimately everything is going to be ok.

A member of our Parish Family sent me something written by Laura Kelly Fanucci, and I would like to share it with you today.

When this is over,
may we never again take for granted
a handshake with a stranger
full shelves at the store
conversations with neighbors
a crowded theatre
Friday night out
the taste of communion
a routine checkup
the school rush each morning
coffee with a friend
the stadium roaring
each deep breath
a boring Tuesday
life itself.

When this ends,
may we find that we have become
more like the people we wanted to be
we are called to be
we hoped to be
and may we stay that way
better for each other
because of the worst.

God Bless!