



## Apr 26-May 3 FTF Update

### We are in this together

Prior to the pandemic, many spoke of their desire as parents, to spend more time with their kids. Parents regularly complained about the relentless ‘busyness’ of their lives, that often left them feeling overwhelmed and out of control. It was common to hear pediatricians and educators, parents and grandparents, lament the challenges of

### For This Week

- ❖ More Familytime resources
- ❖ Art as Reflection
- ❖ Spirit Camp 2020 is a go!
- ❖ Chalk the Walk Project
- ❖ Staying connected



### Join the Family Faith Facebook Group

Join the new Holy Family private Facebook Group for the parents of all our Family and Teen Faith students of all ages @ <https://www.facebook.com/groups/familyandteenfaith>



Check the parish website often [www.holyfamilyparish.org](http://www.holyfamilyparish.org)

Connect on Facebook with  
Teen Faith Family Faith  
Kid Church

Teen Meditation Night Wed @ 8  
Instagram @[hollyfamily.teenfaith](https://www.instagram.com/holyfamily.teenfaith)

*“overscheduled kids and under connected families.”*

**Then came COVID-19.** To stop the unchecked spread of this deadly virus, social distancing became our new normal. Schools closed and e-learning at home began. Mayors and Governors issued shelter in place orders, closing all but essential businesses, and banned public gatherings. **Suddenly the problem of overscheduling vanished.**

*Home has not only become the only “safe” place to be, it is the focal point of everything — education, social life, skill development, nourishment, exercise, hobbies — literally, everything* (Jenet Jacob Erickson).

Yet even in the midst of the pain, anxiety and suffering the Coronavirus has brought to our world. In spite of the stress caused by having everyone home, all day every day, and acknowledging the economic consequences the virus will impose across the globe, **it is hard to ignore the blessings that have also come our way.**

**This is a time to be grateful** for those we love and to appreciate anew gift of family and friends. It is time to reflect on what we may have taken for granted and reclaim what we value, reintegrating it as we go forward. This unprecedented time and historic event has much to teach us, if we take the time to learn. Together let us create a new or renewed sense of what it means to be a family.

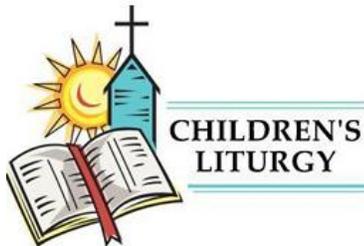
## Art as reflection

Art has long been a means for expressing meaningful dimensions of human experience that are beyond words. Creating or contributing to a communal work of art is a constructive and satisfying way to express feelings and share ideas and discoveries (particularly in a time of social isolation).

Join Family & Teen Faith in creating a piece of art to give

Teen **‘What’s on Your Mind?’**  
**Thurs nights @ 8 pm**  
Meeting ID: 346 224 216

ABLAZE Young Adult Group  
**Wed. @ 7 pm**  
Meeting ID: 783 5849 0100  
Password: 1825



Join Fr. Terry and Dr. Peg for  
Children’s Liturgy of the Word  
on Sundays at 11 am.  
Meeting ID: 647 030 124  
Password HF2515

**Youth Ministry Drop In**  
2nd and 4th Tuesdays 7-8 pm  
Meeting ID: 868 593 865  
<https://us04web.zoom.us/j/868593865>

**WEDNESDAY RECHARGE**  
with Fr. Terry  
[www.holyfamilyparish.org](http://www.holyfamilyparish.org)

**High School Seniors**  
**It’s time to celebrate**



**your amazing  
accomplishments!**

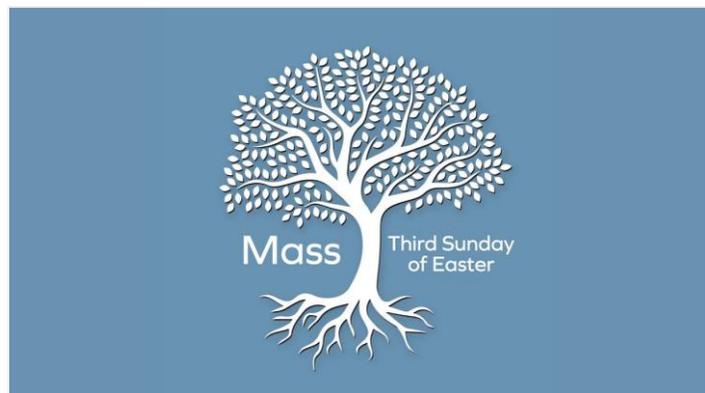
**Please complete this form**  
<https://forms.gle/UwJvc3wqxuXH87Pp8>  
**by April 30th AND email  
Amy your senior photo!**

expression to our communal experience of the pandemic as a people of faith. Let’s create a collective memory of this **unprecedented, historic, global event.** As you and/or your family reflect on your experience of the Coronavirus, think about what you are seeing that is an example of our new normal. Take a photo with your phone, tablet or camera and email your image (in JPEG format) to [ahodson@holyfamilyparish.org](mailto:ahodson@holyfamilyparish.org).



Amy will use her talent in graphic design to assemble a **photographic collage.** We will post images of the collage as it evolves, on the Family and Teen Faith Facebook page. The finished product will be printed, framed, and hung at Holy Family for all to appreciate.

**The Eucharist is the source  
of our unity and strength**



**Celebrate Sunday Mass with your  
Holy Family Community**  
*strengthen the bonds that make us one in faith and love*



Everyone loves a good story. So many folks are now listening to audible books *listening has become the new reading.* If you are sometimes just in the mood to listen (or want to change things up) check out some of these Story time Podcasts for children.

## Easter Holiday Sharing baskets



The coronavirus quarantine prevented many parishioners from bringing their Easter Holiday Sharing basket to Holy Family. We are now prepared to collect the baskets/gifts and distribute them to the intended individuals as soon as possible. Drop off information is as follows:

**Sunday, May 3 from 10am-Noon at the West Entrance**

**If you have any questions call Sue Geegan 847-907-3443.**

We thank you for your generosity and your patience.

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## A Chance to Help

Hopeful Beginnings, one of our partner organizations working with young families in need is looking for people to make cloth masks.



You can drop off the masks at **510 N. Plum Grove Rd Palatine, IL 60067**. Thank you!

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**High School Seniors**

**look** →

**Story Time** - 20 minute original bedtime stories are narrated by the soothing British tenor of host Rob Griffiths.

**Saturday Morning Theatre** - Fashioned in the vein of old-time radio broadcasts, the series gives listeners short imaginative adventures featuring superhero tales, westerns, and mysteries. With new episodes appearing about one to three times a month. Their catalog runs back to 2013.

**Circle Round Podcast** - folktales from around the world. Parent-created podcast for kids ages 4 to 10. It's released weekly. Stories read by well-known actors.

**Eleanor Amplified Podcast** - Eleanor is like Nancy Drew, if Nancy had been a famous radio reporter. Not only does Eleanor empower young girls, but her adventures are thrilling for the entire family. This podcast is geared to kids ages 8 to 12. There are three seasons of this WHY Y podcast available.

**Audible** - Kids can instantly stream an incredible collection of stories, across eight different languages **FREE** Go to <https://stories.audible.com/start-listen>

## Parent-Child



**Join our first Parent-Child Zoom workshop on Wednesday, May 6 from 4:00-5:15 pm on Meditation. Limited to 15 Parent-Child teams.** Learn the basic techniques of centering and try out some meditation exercises, including breathing, The Three Senses Activity, a short Body Scan and a Guided Meditation.

**Still on the lookout for**



**COLLEGE Scholarships**

Every year the Holy Family Knights of Columbus graciously



In the new COVID reality everything seems to take on a new meaning. Even the normal, “Hurray for summer, no more school!” draws mixed reactions as parents wonder how they are going to keep their kids engaged all day when the e-learning tasks have finished. As summer camps are being postponed (or cancelled all together), and it is likely that travel will remain restricted, parents will be looking for alternatives. Know that Holy Family is working to provide families with additional resources.



Fr. Terry’s birthday is May 20. Make his day and send him a card. He loves homemade cards. You can also drop off your card at the Rectory.

award two \$1,000 scholarships to two deserving high school seniors.

Even though we cannot meet - they are still dedicated to serving our youth and have made the application available electronically! If you are interested in applying for the **2020 Neil McManus Memorial Scholarship** contact [ahodson@holyfamilyparish.org](mailto:ahodson@holyfamilyparish.org). Applications are due May 22 (late applications will **not** be accepted).

**Hey Kids!** Let’s Chalk Fr. Terry and Fr. Rich’s walk to let them know how special they are to us and make them smile!



To get to the **Rectory Driveway**, pull into the Holy Family Parking lot from Palatine Road and go left. Pass the Church Entrance and keep going. Follow the path toward the Rectory Driveway.

Come anytime with sidewalk chalk and leave a message or picture to brighten up the Rectory driveway. Please make sure to follow *Social Distancing guidelines* by remaining a safe distance from other families who are there at the same

**Spirit Camp will happen this summer!**

In order to keep our kids safe, we will not meet on the campus of Holy Family. Instead, we will introduce a virtual camp. We are currently exploring options and collaborating with area churches and the Archdiocese of Chicago to determine the best and most engaging way to move camp online. Look for more details in upcoming Updates and on our Facebook Group Currently registered families will receive an email with more details as they become available.





# MINDFULNESS for kids

Noticing what is going on helps you deal with your feelings so you feel calmer.



Mindfulness helps you feel good about yourself.



**Mindfulness** is noticing what is happening right now

- **what you're thinking**
- **what emotions you are experiencing**
- **how your body feels**
- **what is going on in your surroundings**

**Want to try some fun mindfulness activities?**



**Clearing your mind helps you think better**

**You can clear your mind and get focused just by breathing.**

We are always breathing. Mindful breathing helps us **control** our breathing to feel calm and peaceful. Try these videos to learn how to do this.

**Breath Meditation for Kids** - <https://www.youtube.com/watch?v=CvF9AEe-ozc>

**Cooling out breath** - [https://www.youtube.com/watch?v=5bcZJlaO\\_8g](https://www.youtube.com/watch?v=5bcZJlaO_8g)

**Square Breathing** - <https://www.youtube.com/watch?v=YFdZXwE6fRE&t=15s>

Use this video to **practice** your breathing twice a day. <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>



**Stressed out?**

**You need to get in the flow dude!**

One way to calm down and go with the flow is by meditating. You don't know how to meditate? No problem, it's easy to learn. Use this 2.5 minute video 3 times and you will be meditating like a pro.

**Meditation Instructions for Kids** (2.27 min)

<https://www.youtube.com/watch?v=9CdPQ7X1MzU&t=19s>

When we combine stories with meditation, we call it **Guided Meditation**. Here are a few guided meditations you can check out. (These meditations last between 12.5 and 18 minutes)

- **Your Secret treehouse** - <https://www.youtube.com/watch?v=DWOHcGF1Tmc&t=202s>
- **The Gratitude Tree** - <https://www.youtube.com/watch?v=64QzBuhsyuk&list=RD-kZiHhBm-4U&index=2>
- **Your Guardian Wolf** - <https://www.youtube.com/watch?v=-kZiHhBm-4U&list=RD-kZiHhBm-4U&index=1>
- **The Friendly Whale** - [https://www.youtube.com/watch?v=L\\_-V2mnl6dM&t=751s](https://www.youtube.com/watch?v=L_-V2mnl6dM&t=751s)

Having trouble falling asleep? Try out these **sleep story meditations**. Just listen to the video, do not listen and watch (watching might keep you awake). Sleep meditations are usually a little bit longer.

- **Magic Sleep Tent** - <https://www.youtube.com/watch?v=W2bQ850ryll>
- **The Sleep Sloth** - <https://www.youtube.com/watch?v=nsPo4T3v6dA>