

Jesus Christ, our light,
now is our time to
is risen!
shine

Apr 12-19 FTF Update

We are in this together

Easter Blessings to all of you. Difficult as it is to find ourselves still sheltering in place, as people of faith, **we have something very special to offer each other** and our neighbors during these frightening and unsettled days – our shared belief in the resurrection, a never-ending cascade of possibilities for new life and joy.

For This Week

- ❖ Schedule of virtual events
- ❖ Coping with Boredom
- ❖ List of FREE Fun Family Activities
- ❖ Family Feedback



New

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>

Everyone needs



Gather with other Holy Family parents, Fr. Terry, Dr. Peg and Mrs. Kate O'Brien via Zoom to share how things are going and how we can support each other during this uncertain time.

Wednesday, April 15 @ 8 pm
Meeting ID: 177 160 149

<https://us04web.zoom.us/j/177160149?pwd=YU9mSGVWbktHVW9tUm daR05KbnFI dz09>

Opportunities to stay connected

K-6 options

- ❖ **Children's Liturgy of the Word (CLW)** - Join Fr. Terry and Dr. Peg on Zoom on Sunday mornings @ 11 am
Meeting ID: 647 030 124 Password HF2515
<https://us04web.zoom.us/j/647030124?pwd=VFVDZ11RU25Wb1FDRzQ0ZXlyUIR5Zz09>

Teen Faith Options

- ❖ **Teen Meditation Night**, hosted on our Teen Faith Instagram @holyfamily.teenfaith by Grant Guthrie, on Wednesday nights at 8:00 pm.
- ❖ **"What's on your mind?"** Conversation and prayer with Greg Kaldahl and Amy Hodson for teens. Hosted by Amy Hodson and Greg Kaldahl on Thursday evenings at 8:00 pm. Contact Amy, ahodson@holyfamilyparish.org to get the invitation link
- ❖ **Virtual Youth Ministry Drop-in Nights (pure fun)**. Hosted by Amy Hodson, 2nd and 4th Tuesdays @ 7 pm.
<https://us04web.zoom.us/j/868593865> Meeting ID: 868 593 865

Young Adult (18-25) Options

- ❖ ABLAZE, Faith-sharing group via Zoom, on Wednesday evenings at 7 pm.

Many of our college students are now home and needing the support of peers. If you have a college student at home, or know someone who does, have him or her contact the coordinator of this ministry, Courtney Smola, csmola@holyfamilyparish.org.

Family/Parent Options

- ❖ **Sunday Mass**
- ❖ **Wednesday Recharge** – short reflection by Fr. Terry

Access both @ www.holyfamilyparish.org. These are pre-recorded so you can access them when it is most convenient for your family.

Thanks to all the Faith Families who joined us for our Stations of the Cross Service for Children. We especially appreciated the many positive emails sent to say how much you and your children enjoyed the service.

Fr. Terry and Dr. Peg are conducting a Children's Liturgy of the Word Service every Sunday at 11 am. If your family would like to take a more active role in this interactive service let Dr. Peg know. **We are always looking for readers for the service.** Readings will be emailed ahead of time so you have time to practice. If you are unable to join us at 11 am, listen to the recording of the service posted on our new Facebook page later Sunday afternoon.

For more information on the benefits of boredom see the article ***Boredom Is Good For You***, by Jude Stewart in the June 2017 Issue of **The Atlantic** available on line at <https://www.theatlantic.com/magazine/archive/2017/06/make-time-for-boredom/524514/>

Inspirational COVID-19 Moments



Home school Art class

Coping with Boredom



Check all that apply

- I have one of these
- I have several of these
- I am one of these
- I married one of these
- I am becoming one of these

Boredom is a universal human experience found in every culture and experienced by every age group – even infants get bored. Boredom is so common, behavioral neuroscientists now believe it serves some critical role in human behavioral patterns.

Boredom is a sign that a person (or group) is not meaningfully engaged in the current activity or moment.

Boredom is a feeling characterized by a restlessness, resulting from idleness or lack of interest.

Boredom itself is neither good nor bad. The choices we make in response to boredom, can be constructive or destructive.

THE PROS & CONS OF BEING BORED

Here are just a few of the **scientifically proven positive benefits of boredom.** **Boredom...**

- Sparks creativity and inventiveness
- Arouses the desire to take risks and try new things
- Inspires generous, altruistic behavior
- Activates productivity by stimulating better problem solving
- Encourages self-reflection

Verified research has identified these negative effects of boredom. **Boredom can ...**

- Trigger agitation and feelings of frustration, edginess and/or anxiety, even a sense of inner panic.
- Often produce feelings of irritability which can lead to increased aggression
- Induce apathy and/or fatigue and in some instances fuel depression
- Can prompt poor or unhealthy choices



Risk or opportunity?

Helpful Tips for Coping with boredom

Below find six (6) tips to help you and your family cope with the inevitable boredom generated by sheltering in place during this time.

1. **Remind yourself the reason for social distancing** during this

Random Acts of Kindness Speak Volumes during Coronavirus Crisis

Holy Family Teens who are part of the Passion Play cast and crew send video message to parishioners.

Watch their message @

<https://youtu.be/vGBVyr9Di8>

The **Nextdoor app**, which connects people with others in their neighborhoods, is full of people offering to help higher-risk individuals with whatever they need as they self-isolate. Whether it is picking up food, groceries, or medicine, there is a lot of kindness to be found on the app.

Holy Family Knights of Columbus check on most vulnerable parishioners, delivering groceries and essential medications.

If you need assistance or know anyone in the parish who needs assistance please let us know.

Staff members and volunteers called six hundred (600) parishioners just before Easter to check on them and offer assistance if needed. Another seven hundred (700) calls will be made in the coming week. If you are willing to make these calls please let Dr. Peg know. Each volunteer is asked to contact ten (10) households. A script is available. Both those who received calls and those making the calls were very positive about the interaction.

time. Reframing the experience as a **contribution**, rather than a deprivation, will change the way you feel about it.

2. **Create or find a rhythm** - The disruption of our normal school and work routines will foster feelings of boredom. Creating new routines can help buffer you from boredom.

☆ **Routines are particularly beneficial for children.** For children, **structure = safety**. One of the most common reaction children have to the loss of familiar routines is more frequent, and in some instance, more dramatic meltdowns.

3. **Go with the flow.** In uncertain times, we crave certainty. We look for concrete answers to help dispel the anxiety we feel in the face of ambiguity. When we are more anxious, we are more susceptible to being bored and vice versa. To break this vicious circle work on letting go of the need for specific guarantees or fixed expectations.
4. **Try something new** - Doing new things, or familiar activities in new ways, relieves boredom. It also helps us develop new skills and knowledge that may help us cope with boredom in the future.
5. **Cut yourself some slack.** Give yourself, and your children/teens, permission to do what you/they can handle well.
6. **Connect with others.** Social distancing is **not** the same as social isolation and emotional detachment. One can be alone without being lonely.

FREE, UNUSUAL AND FUN THINGS TO TRY

- **Take a virtual vacation** – wouldn't it be great to go somewhere fun? Maybe even somewhere exotic or expensive? Try some of these destinations. These virtual tours are best for middle school age and up
 - [tour the Uffizi](#) in Florence, arguably one of the best collections of Renaissance art in the world.
 - Take this [virtual tour of ancient Rome](#) which takes you through the Forum, Capitoline Hill, and other famous monuments.
 - **Visit Paris'** Musée d'Orsay, home to an incredible collection of Van Gogh and Cezanne's artistic masterpieces. [Take a look around online.](#)
 - [The British Museum](#) is home to incredible artefacts from around the world and is still open to virtual visitors.
 - Pop into the [Tate Britain](#) – London's premiere art gallery
- **Visit 500 museums or galleries** - using, [Google's arts and culture collection](#)
- **Go to the Aquarium** – The Monterey Bay Aquarium have added a number of [live cams](#) to let you keep an eye on the jellyfish, kelp forest, coral reef, and even the penguins, completely free.

United Kingdom Personal trainer and fitness influencer Joe Wicks, better known as the *Body Coach*, on social media, is helping parents who are home schooling their children using his YouTube Channel.

Millions tune in across the world Monday to Friday at 9am, for Wicks 30-minute long **live PE classes** that children can do from their homes, on his See Day 1 Workout.
<https://www.youtube.com/watch?v=Rz0go1pTda8>

Kid Friendly and entertaining. Great activity for kids and parents to share.

REGISTRATION FOR 2020-2021 FAMILY & TEEN FAITH CLASSES

Registration for continuing and new students opened on April 1st. Access our online process at <https://holymfamilyparish.org/family-and-teen-faith-registration/>.

We have redesigned and streamlined our registrations process to make it easier and more efficient. Please follow the directions on the registration page.

If you have any questions or run into any problems, please contact Courtney Smola, csmola@holymfamilyparish.org

IMPORTANT REMINDERS

1. **Students must re-register each year.**
2. **Class placement done on a first come first serve basis.**

- **Visit our National Parks** - You can now take [virtual tours of America's national park](#)
- **Learn Basic First Aid** free with **FutureLearn**. Go to [learn basic first aid online](#)
- **Have a family Dance Party** - put together a list of your favorite songs and dance around your Family Room.
- **Organize a Family Fitness Challenge**
- **Have a Karaoke Night** - Apps like [AirConsole](#) let you turn your smartphone into a mic, and sing your favorite hits
- **Schedule your own Family Story Nights** - try out [Audible](#) for free.
- **Find your roots** – use the free trial from www.Ancestry.com to start building, or adding to a family tree. This would be a great project for kids to work on with grandparents. Check out the free K-12 resources Ancestry offers as well.
- **Take up Bird Watching** - start with your own back yard. Resources like [eBird](#) can help you get started.
- **Start a Virtual Book Club** using platforms like Zoom

Parish work continues during the coronavirus crisis.

Parish Staff members, many working from home are developing and execute programs and activities to keep parishioners connected. Recruiting and working with a legion of parish volunteers, Holy Family is constantly looking for ways to serve the members of our parish family during this crisis.

A small maintenance crew, checks the campus daily to make sure all the mechanical systems continue to work efficiently.

We are grateful to all of our Parishioners who continue to support the community financially, through online giving and by mailing in their weekly donations. Many of our parishioners who use weekly envelopes to make their donations have asked if they could drop off their contributions at the parish instead of mailing them. A secure lockbox has been installed at the Main west side entrance of our campus (see photo above). The lockbox will be checked and emptied daily.



Parish installs new secure Lockbox