

Apr 19-26 FTF Update

We are in this together

It is now official. Schools will finish out this year with online learning. Summer programs begin to postpone indefinitely or cancel. This new round of disappointments is hard to take. Parents are already beginning to wonder what will happen when the school year is over and kids will no longer have those structured activities to engage them. The fact that nobody knows for sure when all this will end

**We are an Easter People
and Alleluia is our song**

newlife ENCOUNTER GOD
CHANGE LIVES

**“Sometimes the best thing you can do is just
breath, and have faith that everything will
work out for the best.”**

only intensifies feelings of frustration, sadness and anger. Now more than ever, we need to support and encourage each other. Know that the Holy Family Staff as a whole and the Family & Teen Staff are working to come up with options for families. If you have or hear of ideas you would like to explore, please let us know. Remember, *‘necessity is the mother of invention’*. If we work together we can come up with some amazing ways to not only survive but thrive during this time.

For This Week

- ❖ Is God Listening?
- ❖ Family Feedback
- ❖ Simple tools for dealing with Stress
- ❖ Schedule of virtual events



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>

Family Feedback

Dr. Peg, please thank the Passion Play teens for their uplifting video message. We really missed seeing the Passion Play this year and have watched it several times – Cast My Cares has become my 7 year olds



Worried?

Holy Family can help.

There is a lot to worry about.

Many of us suffer from, or have family members with pre-existing

conditions that put you/them at greater risk for contracting COVID-19. Here is how we might help.

**Do you need a mask? Contact phanrahan@holyfamilyparish.org
We have parishioners who are willing to run essential errands
Just call the Parish Office, 847-359-0042 and we will hook you up.**

Many are trying to keep businesses afloat and meet a payroll. Others have taken salary cuts, been furloughed or lost jobs. Some were struggling with financial hardships before COVID-19 and now the situation seems hopeless.

If you need immediate financial assistance for basic needs contact Sue Geegan, sgeegan@holyfamilyparish.org. We are discreet and will protect your privacy.

Those who were looking for jobs before are feeling even more frustrated.

Our Job Support Ministry is still up and running and new people are joining each week. Go to <https://hfjobssupport.org/>

Those who suffer with anxiety and depression are experiencing more frequent or severe symptoms. Others are reporting the onset of new symptoms, especially panic attacks. We have several resources available and can get you connected.

Contact either of the Parish Priests, tkeehan@holyfamilyparish.org; rjakubic@holyfamilyparish.org.

new favorite song. Thank you for all you're are doing to keep us connected!

Sharon

Thank you so much for the zoom children's liturgy this morning. It was so nice to see everyone and make us all feel connected even though we can't be together right now.

Lisa

Thank you so much for organizing the CLW service. My kids especially loved the music!

Karen

I am so impressed with my boys' catechists. It has really meant a lot to them that they reached out to see how they were doing. We are so grateful to Holy Family for all you are doing.

Bob

Your list of **Things to do during Lockdown** was terrific. The National Park link is phenomenal. I hope you don't mind but I have are also enjoying it. Thank you!

Susan



So many people are serving our Parish during this historic time to keep us connected. We are so grateful to each and every one of them and want to acknowledge their contributions.

To all our Family & Teen Faith Catechists who have reached out to the children and families they serve we say

THANK YOU!

Worried about helping your children/teens cope with their stress, anxiety or depression?

Reach out to Amy, Grant or Dr. Peg and see our Family Facebook Group for resources.

Is God Listening? Fr. Terry speaks from the heart.

Many children, teens and adults are questioning God's love or God's role in the pandemic. See Fr. Terry's response to a recent email he received regarding that very question.

Recently Fr. Terry received an email that said

Fr Terry,

Years ago... you gave a homily about a farmer who prayed for rain for his crops, and about a family living nearby that was having a reunion picnic, and prayed that it didn't rain.

A similar scenario is playing out during the Corona Virus Pandemic. If it rains does that mean that God is answering the prayers of the farmer and denying the prayers of the family, or if it doesn't rain does that mean God is granting the prayers of the family, and denying the prayers of the farmer? What does it mean if prayers for the well-being of some first responders are answered, but for others, prayers are not answered? Why pray for first responders at all if some live, and others die? And what is God "saying" to us about those who die? It's a question that weighs on me right now...

Fr. Terry's response

Thanks for taking the time to reach out.

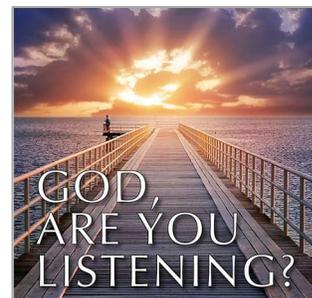
I have used the example of the farmer and the picnic several times when presenting or referring to prayer. The basic point is that the more specific our prayer is, the more likely we will be disappointed in the outcome and therefore feel that it was not answered. This could spiral into questions such as,

"Is God really listening to me?" or

"Why pray at all if my prayers aren't answered."

As you can also imagine, these feelings may grow in severity as the importance of the request intensifies in meaning.

So is God listening to our prayers? We must trust in God's attention to our prayers, and trust is integral to faith. All prayer is an act of faith. Scripture tells us, *"....ask and you will receive."* (Matthew 7:7) as an act of faith in God. Petitionary prayer, or simply asking God for things, is the most classic form. However, there are many others such as reflective prayer with scripture, devotional prayer such as the



serve we say

THANK YOU!

To the adult members of our **Kairos community**, who reach out regularly to the teens and young adults who have participated in the Kairos Retreat Program at Holy Family we say

THANK YOU!

To **Greg Kaldahl** who is co-hosting the “**What’s On Your Mind?**” experience held on Thursday evenings for our teens we say

THANK YOU!

To the adults who facilitate our **Faith on Fire** program for our Post-Confirmation teens we say

THANK YOU!

To all the volunteers who have reached out to 800 of our parishioners by phone to see how they are doing and ask how we might better serve them we say

THANK YOU!

To all of our parishioners who continue to support the Holy Family community financially we say

THANK YOU

To all our parents who have reached out to the FTF staff and Catechists, with words of support and gratitude we say

THANK YOU!

It is great to see so many teens tuning in to the **Wednesday Meditation** hosted by Grant Guthrie. If you have not yet had a chance to join us please do so. Instagram [@holyfamily.teenfaith](https://www.instagram.com/holyfamily.teenfaith)

Rosary, silent prayer including contemplation, meditation and consideration.

There is also a great story about prayer in **Luke 18:9-14**. The Pharisee, or religious leader, tells God things in his prayer that God already knows and his prayer is condescending to others, particularly the poor publican. The publican on the other hand opens himself up to God's mercy and he begins his prayer by acknowledging God.

I believe that praying for all First line responders and medical professionals is of the utmost importance these days. I believe God is listening to those prayers and the very act of our prayer renews God's faith in us because we want to keep them safe. Unfortunately, in such tragic and challenging times people will die. This has presented humanity a challenge on a global level that we have perhaps never seen before. We will grow and learn from this because of the strength of the human spirit in collaboration with the wisdom and providence of God. We will get through this by using the wisdom, talent and compassion that God has already placed in our hearts.

I have come to believe most deeply in two prayers. First that we accept God's will, as mysterious as it is sometimes. Secondly, I pray for healing more than a cure. Healing is a spiritual thing. Cure is a physical thing. They work powerfully in tandem but I have drawn the most inspiration from people who never get cured, but they heal. They accept or give themselves to God's will, despite the outcome of a situation that is NOT what they might have asked for in their previous prayer.

Your request has given me the opportunity to reflect on prayer during this challenging time and, I will share this reflection with others asking similar questions.

Keep praying, stay safe and keep being grateful for heroes that will lead us through this.

Fr. Terry Keehan

Wednesday, April 29 @ 8 pm

Discover how

MINDFULNESS

**Can help you and your family cope with
COVID-19 Stress**

Zoom workshop hosted by Fr. Rich & Dr. Peg

CONNECT

Ways to stay connected
as a parish family

Check the parish website often

Use Facebook to connect with
Teen Faith Family Faith
Kid Church

Teen Meditation Night Wed @ 8
Instagram @holyfamily.teenfaith

Join a Zoom gathering

Teen ‘What’s on Your Mind?’

Thurs nights @ 8 pm
Meeting ID: 346 224 216

Youth Ministry Drop-In
2nd & 4th Tuesdays

Hosted by Amy Hodson
Meeting ID: 868 593 865
<https://us04web.zoom.us/j/868593865>

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

Check to see if your Faith
Class is meeting on Zoom

Parent Presentation
Using Mindfulness to
Cope with COVID Stress
Meeting ID: 769 5158 5508
Password: HF2515

Coping with COVID-19 Stress



Stress is a perfectly **normal reaction** when facing the challenges of a global pandemic.

This issue is how to **manage the stress.**

The first step is to recognize and acknowledge that we, and our children and teens are experiencing stress. Ignoring or minimizing the stress we are under puts us/them at great risk. Remember

1. **Stress is not the problem it points to the problem** and indicates we need to take some action.
2. **Stress is contagious** - Your child’s/teen’s stress will increase your stress and your stress will exacerbate your children’s stress.
3. **Stress does not diminish or fade on its own.** Unmanaged stress will lead to more serious or harmful effects.

Here are some resources that come out of the **mindfulness movement** that you might try to reduce your stress at this time.

Mindful Breathing – taking slow deep breaths for 3 minutes is a very simple but effective technique. Try the following guides as a starting point.

Adults and Teens <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Children – the following is a short animated video without words. It is a little over a minute. You can have your child use this several times a day till they can do it on their own. This is a good tool to use when you see the first signs of frustration with your children, but it can also be useful to help you child recover from a meltdown.

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

This **Wonder Grove** video introduces the concept of using breathing as a way to relax. This uses animation with words. Again, use this video as a way to teach your children how to use breathing as a tool. Build watching this this 3-minute video into your daily routine till your child feels comfortable with the technique <https://www.youtube.com/watch?v=72tuXlAuYso>.

Mindful Movement – movement helps release stress, especially for children. This is why adults and teens take a walk, go or a run, or work out *to clear their minds*, and kids fidget and wiggle. On days when you can’t get your kids outside to play try these activities.

Celebrate Sunday Mass with You Parish Family



The Eucharist is the source of unity and strength. Join us on Sundays to strengthen the bonds that make us one in faith and love.

Read Deacon Dennis Brown's wonderful article on *Celebration the Eucharist at Home* for some ways to make your celebration special.

Listen to Fr. Terry's **Wednesday Recharge** message each week.

Both the **Sunday Mass** and the **Wednesday Recharge** are available on the Parish Website. They are pre-recorded so you can access them when it is most convenient for you and your family.

Try these Mindfulness Apps

Most are available at Google Play or the App Store. Many have free trial periods.

CALM - <https://www.calm.com/>
The #1 App for sleep and meditation. Great for all ages.

Happify – focus is on emotional health and attention on coping
<https://my.happify.com>

The Mindfulness App
<http://themindfulnessapp.com>
Guided Meditation App for all ages.

The Hallow App – Catholic meditation app <https://hallow.app/>

Exercise, Rhyme and Freeze with Jack Hartmann. After doing this with the video a few times kids will be able to do it and adapt it to do on their own. This is a great activity to do when your kids need a break from school work. If they like this video, Hartmann has several others available on YouTube.

<https://www.youtube.com/watch?v=cSPmGPlyyU&t=7s>

Yoga is a great mindful movement practice. Many teens and Adults do yoga, yet very few kids do. Try these YouTube videos.

★ Children will be more willing to do it if you do it with them.

Yoga For Beginners – 20-minute class with kids on the video taking the class.

<https://www.youtube.com/watch?v=CBko9JPMtHs>

★ If 20 minutes seems too long or your kids really like Yoga Google **Cosmic Kids Yoga** for multiple short yoga sessions often designed around a story.

Parents: If you are interested in knowing more about how to guide your children through mindful movement exercises watch **Children's Mindful Movement for Stressful Times**,
https://www.youtube.com/watch?v=tG_M1UfvIv0

Guided Meditation – People have been using meditation for thousands of years. The goal of meditation is to train the *mind to stay put*, focused and attentive. **Meditating is simple, but not easy.** Typically, our thoughts (and emotions) are all over the map. We talk about how are *minds race* or we cannot '*settle down*'. Kids get fidgety, restless and fretful. We are easily distracted. Therapists use the term *monkey-mind* to describe the experience.

Stress increases our inability to focus. We feel uneasy, tense or overwhelmed. It can disrupt sleep and/or increase fatigue. Our

Problem-solving abilities decrease. Motivation declines. High or chronic levels of stress disrupt our ability to *self-soothe*, which is why kids can become more insecure, clingy, more emotionally needy

Meditation is a way to address all of the above and improve our sense of well-being. Try some of the suggestions below.

Meditation Instructions for Kids – short 2.5 min. video
<https://www.youtube.com/watch?v=9CdPQ7X1MzU&t=14s>

Your Secret Treehouse Meditation for kids
<https://www.youtube.com/watch?v=DWOHcGF1Tmc&t=114s>

The Gratitude Tree Meditation for kids
<https://www.youtube.com/watch?v=64QzBuhsyuk&t=4s>