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In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit.

MARGE KENNEDY

Marge Kennedy is the director of KidSmart Media and the former editor-in-chief of Sesame Street Magazine.

For This Week

- ❖ Family Traditions
- ❖ Mother's Day Reflection
- ❖ Let's Book Club!
- ❖ Seeking More: An Update on Teen Faith
- ❖ FTF 2020-21 Registration
- ❖ Staying connected



Join the Family Faith Facebook Group

Private Holy Family Facebook Group for the parents of all our Family and Teen Faith students of all ages

<https://www.facebook.com/groups/familyandteenfaith>

Visit the parish website often for updates and new resources
www.holyfamilyparish.org

May 3 – 11 FTF Update We are in this together

For most of us, our families are at the center of our experience of COVID-19. They are for many, our daily companions during this time of sheltering in place. For those of us who are not living with family, not being able to be with them, see them, or touch them has made us keenly aware of our need and desire, to stay connected. We worry about them; we miss them; we do whatever we can to insure their safety and well-being, all from the confines of social distancing.

There is no doubt that the pandemic has brought into sharp relief how interconnected we are. More than ever, and at younger and younger ages, we are aware of our awareness of reliance on our families, friends and social support networks (i.e. schools, faith communities, workplaces). We cannot dismiss the bonds that unite us even if we want to be dismissive. Even the experience of **estrangement** from family has taken on unexpected dimensions.

For a personal reflection on the experience of being estranged from family during COVID-19 read

[What one woman has learned about being estranged from her ...](#)

As challenging as family life has become during this time, **the genius of families is their ability to make choices about their lives together.** The rituals and traditions we share and the memories we make help us make sense of our experience, giving us tools to deal with the changes that will result from this global event.

Family rituals and traditions

- Are a source of comfort and security
- Strengthen feelings of belonging and promotes bonding
- Instill beliefs and values
- Provide a sense of continuity
- Help shape and validate our personal identities

The coronavirus response has disrupted many of our family rituals, established intentionally or unintentionally, around the activities and routines of our daily life.

Family traditions around celebrations (birthdays and anniversaries), those acknowledging milestone events (graduations, engagements, births), celebrating sacraments (First Communion and Weddings) and those associated with loss and grief, have been compromised, by

All families have rituals and traditions. We may be conscious or unconscious of them and the impact they exert on the story tell about who we are as a family.



with Holy Family

Connect on Facebook with
**Teen Faith Family Faith
Kid Church**

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

Teen Meditation Night Wed @ 8
Instagram @holyfamily.teenfaith

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

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

Offerings designed for Parents

Tune in with Terry

May 26 and 28 - “Work Like God,
With God, and For God”

Looking to connect with the Pastor?
Join Fr Terry for a 40-minute adult
faith enrichment session offering
reflections and discussions
surrounding current topics. The
sessions include 20 minutes of
presentation followed by a

forces beyond our control. **This has generated feelings of loss, disappointment and anger**, especially for children and teens.

The memories we are creating now, will either validate or undermine what we say is important to us as a family. What we do and say matters. Our kids are watching, listening and learning from us how to cope with a large-scale social disaster. They will pass on these lessons, whether positive or negative, to their own children.

Doing the following will help all families cope more effectively and thrive during this time.

- Commit to consistent and intentional use of established family rituals not affected by external limitations.
- Explore and integrate new family rituals that promote bonding now and in the future
- Creatively and intentionally, amend family traditions, particularly around celebrations. Postponing doing the things that express your care for each other to an unknown time in the future, erodes their power, not only now but also going forward.

Hey Kids, let's Book Club!

What if animals could talk?

What if you wandered into a magical world? On accident.

You told your siblings you met animals who could talk.

They think you are crazy. Super crazy.

Would you help a world of mythological creatures to rise up against an evil ruler?

Let’s read C.S. Lewis’ The Lion, the Witch, and the Wardrobe.

We will celebrate the end of the book with a Family Movie Night in our own homes! Parents, FYI, Netflix bought the rights to the series and we all love Netflix for amazing original content.



Parents, please consider joining with your child. The facilitator of **Let’s Book Club**, **Carrie Mastrocca**, a beloved catechist at Holy Family, will provide a Cliff Notes version to keep everyone up to speed. The club will meet every other week via Zoom. The Link will be posted on the **Family Faith Facebook page** and on the **Resources for Families and Teens tab** under the Quick links on the Parish Website.

Carrie says, *“Our club is more about the discussions and being together. Didn’t read it? Come anyhow!”*

20-minute discussion period available bi-weekly on Zoom.

These sessions are limited to 25. Reservations a must

Contact Mary Whiteside
mwhiteside@holyfamilyparish.org

Rich Conversations

Looking to connect with the Associate Pastor? Join Fr. Rich for a 40-minute enrichment session offering **reflections and discussions surrounding mental health issues** during this time of coronavirus. The sessions will include 20-minutes of presentation followed by a 20-minute discussion period available bi-weekly on Zoom.

The inaugural session is entitled "**Coronavirus: Mental Health Coping Strategies**" and will delve into some very realistic ways to manage the stressors associated with the coronavirus. Join us either

Tuesday, May 19 at 11 am or
Thursday, May 21 at 7:30pm.

Participation limited to 25 and Reservations a must --contact Mary Whiteside at
mwhiteside@holyfamilyparish.org

“Keep Calm and Pray On: It’s Good for the Soul”

In this time of anxiety and stress, Fr. Terry is offering a particularly prayerful way to calm down. These **3-5 minute guided meditations** will surely bring some peace to your soul during the chaos.

Access all meditations at
<https://holyfamilyparish.org/keepcalmandprayon/>

Never heard of the Narnia Series? Click on the link below to watch this clip for a taste of the adventure

<https://mail.google.com/mail/u/0/#inbox/FMfcgxwHNDBIPkczkJFwPRDvDDrksrQd?projector=1>

Mother’s Day Reflections

Being a Mom

Motherhood is truly a remarkable gift and a privilege that I hold close to my heart. Being a mom is to be a guide, coach, cheerleader, sometimes policewoman, the strictest mother on this planet, superhero, and a friend to my two absolutely amazing children. To me, being a mother means to be fearless, to be a positive role model, to show the abundance of unconditional love that has no end, and to cherish the countless memories that are truly priceless.

Being a mom means, knowing when to talk and knowing when to listen understanding that there is no learning curve. Every day is an adventure, especially now when we live in uncertain and unpredictable times.

This Mother’s Day will be different than those in the previous years but still very special. The most important for me is to be together and cherish every moment despite all the challenges that we are facing currently.

Being a mom, is a wonderful and endless journey that makes my life worth living.

Dear MOM'S have a beautiful Mother’s Day filled with love, joy, hugs, and laughter!

Reflection by Family Faith Staff member,
Marta Robak



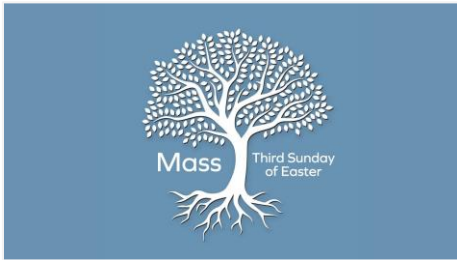
My Mom

“Mom you are my superhero and best friend. You have been with me since day one whilst I haven’t. You have given me things that I couldn’t even have imagined getting by myself. You have me smile more than anyone else has. Everyone deserves a mom like you. I will always love you”

Love,
Alex Robak

My mom is courageous, brave, and beautiful. She works hard to keep us safe and healthy. We do so much together like cooking, painting, planting flowers and shopping. I like how she spends time with us and how we sometimes go on walks. During this special time of Coronavirus, we will not be able to have family over or have dinner

Celebrate Sunday Mass with your Holy Family Community



strengthen the bonds that make us one in faith and love

Special Mother's Day Messages



Dear Moms

<https://www.youtube.com/watch?v=tOR65DfnrNY>



Moms: There for Life

https://www.youtube.com/watch?v=Rb5EW_KQnSw

Happy Mother's Day!

at a restaurant. Thank you for comforting me during hard times. Thank you for always believing in me. You always make me feel special and loved. You are the biggest role model in my life. Thank you for always being there in my life and always looking out for me.

Love you sooo much,
Emilia Robak

Seeking More – An Update on Teen Faith

Our teens have been using this time of Quarantine to dive deeper into their faith than ever before, really asking the hard questions and having the courage to discuss them with their peers. Every week, **Amy Hodson**, our Youth Minister, and **Greg Kaldahl**, one of our adult leaders, have been hosting a virtual Zoom meeting called, **“What’s on your Mind?”** the teens submit topics for consideration, things that they are curious about, and each week, those topics are discussed in great detail accompanied by supporting Scripture and Catechesis.

The topics so far have been:

- **“Why would God make us go through a Pandemic?”** (i.e. Why do bad things happen to good people?)
- **“If God knows everything that humans can and will do, how do we still have free will?”**
- **“What makes us Catholic? Is it sacramental or personal?”**
- **“How can we stay connected to God when everything is falling apart?”**
- **“What is the meaning of Death?”**
- **“What awaits us in the afterlife?”**
- **“How can we recognize Satan in our Daily Life?”**

Two weeks ago, we had a special session where we asked Teen Faith alums, current and graduated college students, to sign on and share their **post Holy Family faith journey** with us. With less than 24hrs notice, 26 young people joined on for a 2 hour call to discuss their faith, their ups and down, their needs, their hopes for the future, and the role Holy Family did and still can play in their lives. It was life-giving and inspirational.

In a time where so many don't know where to turn, these young people, our teens, our college students, and our young adults, are turning towards God. They are seeking answers, a relationship, and deeper meaning. While many are missing out of the greatest milestones of their lives to date, Graduation, senior athletic and artistic seasons, the ability to complete college tours, finish internships, and study abroad, they are still choosing to infuse each



The Passion Play Teens have begun work on a new video

GOT QUESTIONS? The Doctor is in

Dr. Peg Hanrahan is in her Zoom office on
Thursdays 4-5pm
Meeting ID 787-7816-1036
Password: DrPeg

Thanks to all who participated in Family Faith's

Chalk the Walk

event this past weekend. Frs. Terry and Rich made several trips outside to view the growing collection of well wishes.

week with a little bit of their Catholic Christian Faith. May we all look to each other and to God, as modeled for us by these young people, to teach us something new in this time of unknown.

Want to join the conversation?

Thursdays from 8-9:30pm
Zoom ID: 346 224 216

All teens – junior high, high school, and college-aged, are welcome to sign in and share in our discussion. Topics can be submitted via [@Instagram @holyfamily.teenfaith](https://www.instagram.com/holyfamily.teenfaith) or directly to Amy via email at ahodson@holyfamilyparish.org

2020-21 Faith Class



Faith Classes for the 2020-21 school are tentatively set to begin on **September 13, 2020.**

Parents are asking if we will be using e-learning going forward, and if so will tuition be the same? We cannot answer those questions at this time. We are waiting to see what life brings our way and what guidelines the Governor and the Archdiocese of Chicago will put in place for the Fall.

We are asking families to register now, in order to facilitate future planning. You mail or drop off your **Fast Track Form** to Holy Family or **Register on-line**. We have waived the \$100 registration fee at this time. If you need assistance with registration, please contact **Courtney Smola**, csmola@holyfamilyparish.org

We will keep you updated about the programs, as we receive further clarification.