



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

Fr. Matt's Musings April 2, 2020

What is most personal is also what is most universal

Last week, I asked us to reflect on how we are choosing to be positive and affirming and how we are trying to avoid what is negative and non-life-giving. Your responses were abundant almost 40. I have included some below and we will continue to send several over the coming days. So if you haven't had a chance to respond please do so. Thank you for your thoughtful and creative ways of living through these unsettling times. I think you will find that many of the messages speak to you. Let us continue to pray for one another, support each other and look for those creative ways to be with one another even when we are in a shelter-in-place situation. Thank you Lord for Facetime and Zoom!

Live Jesus!

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All through love, nothing through force or fear.

My neighbor has offered to buy groceries since my husband is compromised, as a result, I learned how to use PayPal! I would have not had that opportunity if it wasn't for being home! I feel so savvy now and so thankful for my neighbor, who, by the way, was a stranger before all this happened. Thank you for being there for us all.

I am sending this link because I know the practice is worthwhile albeit a pain in the neck. I have been doing this for many years. I started when my husband was alive but had a reduced immune system. My brother-in-law did this for two years for my sister who was undergoing breast cancer treatment. I saw this done at Hope Lodge in NYC that was run by the American Cancer Society. I hope you find it helpful in these difficult times. I truly appreciate your Newsletters and find them up-lifting. They

are an island of sanity in this crazy world. <https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtu>

We are very fortunate that our house backs up to a wooded park with a paved trail. The other morning when I went out for a walk I found someone had written positive quotes all along the trail.

You asked for ways people are affirming the positive and eliminating the negative...for the most part I feel grateful for this time with my children and that they are home and safe, but at times I get so fearful. I was telling my friend how I was worried and anxious and losing sleep about all the unknowns and possibilities of this virus. She sent me this article(below). # 1 (Let God be God) and #10 (Turn eyes to the present moment) have helped me cope with my anxiety. I practice these suggestions when my mind starts to race. I'm trying to practice - giving my worries up to God and taking care of today (Matthew: 6:34). <https://www.ibelieve.com/slideshows/be-anxious-for-nothing-10-practices-to-give-anxiety-over-to-god.html>

Our family has been reading and doing many of the suggestions sent from the parish. Especially powerful for me was the noon synchronized praying of the Our Father last week. It brought me comfort to know we are all still united in prayer together. Also, I have 2 high school girls who are enjoying many of the activities Derek is offering/hosting. They really enjoy the opportunity to connect with their friends they are used to seeing so often. Thank you to all the staff for their outstanding effort to support all of us through this challenge.

I have reached out to my First Responder friends and let them know that I am praying for their safety and strength. The people on the "front lines" need to know that they are appreciated and loved. More importantly, they need to know that others are praying for them and, that what they are doing, is God's work. It isn't much, but I hope that by hearing from someone that they haven't heard from in months and even years, they know they are blessed and that God will watch over them.

I have been thinking since I read the Musings yesterday about positivity during this very trying time. I went out this a.m. to feed the birds off our back patio. It was quiet. Everything looked so green and beautiful. I thought how ironic that this spring everything is alive, green, and in bloom, more so than ever. I said to myself, Be Still, Listen. I came in the house and the phone rang. It was my niece who has been in such turmoil. She had taken a new job just before the virus break-out and was due to start work this week. Everything was put on hold which has been terrifying for her, not only because of the lack of a salary but more importantly, her health insurance was in jeopardy and she has a pre-existing health condition. The phone call was from her new boss with good news. He was going to pay her health insurance costs and a partial salary through the end of May even though she had not even started work. What a good man!

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