

By Theresa Auletti

Parishioner and Religious Education Teacher at Holy Spirit Church

Navigating the new normal these past few weeks, we are all saddened by the sickness which surrounds us. It is on the evening news, social media sites – pretty much everywhere we look.

Our society and parish family are being asked to change our lifestyle, alter the way we interact with one another, and stop spending time together in public. We have been asked to change the way we gather to worship and pray. In troubling times, most of us rely on our faith to get us through it, and turn to prayer more than ever.

The only positive we can find in a time of crisis is the gift of time to spend with family. We all live busy and rushed lives. We are spending less and less time with those we love. Our work obligations may keep us away from home most of the day, not allowing us much or any, quality time together.

Now, we are sharing meals together, having in-person conversations (not text messages), taking long walks together, and spending most of our time as a family. We are forging bonds and strengthening the ones we already have. In these uncertain times, we tend to hold our families tighter and find ourselves worshipping together from our homes.

There is no doubt we are all ready to move on with our lives, however, being given this time to reconnect with those we love is a gift. When times are uncertain, the one certainty is the love and protection of our family, and of our God.

Until we see one another again at Mass, stay healthy and safe!