

04-29-2020 - POSITIVE THOUGHTS

Dear Parishioners,

Last week I had sent out an email highlighting suggestions from Dr. Michael Hansen from an article he had sent to us entitled "Coping With the Current Pandemic." In that article he said that "although there are variables that are clearly outside of our immediate control, what we can control are our thoughts, decisions, actions, and how we take care of ourselves and others."

In light of Dr. Hansen's comments I would like to share with you a list of positive thoughts that a parishioner had given me, which I hand on to you.

POSITIVE THOUGHTS...(read and repeat early and often!)

Every day brings us closer to getting through this.

Everyone everywhere is in this together and experiencing the same challenges and frustrations.

We can choose how we respond by staying relaxed and keeping control.

The weather will keep getting nicer, it will stay light out later and we are in a beautiful place.

There is plenty to keep us busy and entertained.

This is a chance to slow down and get to things we have been meaning to do.

Our strong Faith in God will help lift our spirits and give us hope.

We have the ability to help others and each other.

We will all rise above this new challenge and emerge stronger, better, and wiser with a new sense of appreciation and perspective.

Great futures await us all! The best is yet to come!

A PRAYER TO COMBAT THE CORONAVIRUS PANDEMIC

Most Merciful and Triune God,
We come to You in our weakness.
We come to You in our fear.
We come to You with trust.
For You alone are our hope.

We place before You the disease present in our world.
We turn to You in our time of need.

Bring wisdom to doctors.
Give understanding to scientists.
Endow caregivers with compassion and generosity.
Bring healing to those who are ill.
Protect those who are most at risk.
Give comfort to those who have lost a loved one.
Welcome those who have died into Your Eternal Home.

Stabilize our communities.
Unite us in our compassion.
Remove all fear from our hearts.
Fill us with confidence in Your care.

(mention your particular concerns and prayers now)

Jesus, I trust in You.
Jesus, I trust in You.
Jesus, I trust in You.

Amen.

Enjoy!
Father Joe