

March 21, 2020

Dear Parish Members of Christ on the Mountain,

Our world and our freedoms seem to be changing so fast. My feelings have been all over the place. I believe in my heart we will get through this time. Here are a couple things you can think of to help you get through this time. Start with turning your mind to the happy memories of your life. We tend to think more often of negative memories than happy ones. Here's how to do it. Bring the happy memory to mind. Who is there? What were you doing? What colors can you remember? What sounds were there? Spend some time with this memory and smile.

Another thing I have heard of is to look for the silver lining in this experience. What good is coming out of what we are experiencing? Then email them to me. I can read through them and, with your permission, I can share some of your experiences with the parish. (send emails to frdavid@christonthemountain.org)

Another thing you can do is random acts of kindness for others, like what someone did for my mother and me. We were in the drive through to get a breakfast sandwich and when we got to the window to pay the attendant we were told it was paid for by the person before us. Here's a little saying for you inspired by a Peanuts cartoon. "Let grief do its good-then let Go!" We can help each other carry our burdens instead of making them heavier. When we are kind to others burdens get easier.

Hang in there,

Fr. David