



Christian Family Movement

Responding with Faith during the Covid-19 Health Emergency

GATHER AND PRAY the Lord's Prayer.

Lift up in prayer especially people you know who have been most effected by the virus crisis, health workers, patients, those who must work.

SCRIPTURE REFLECTION

My soul, be at rest in God alone, from whom comes my hope. God alone is my rock and my salvation, my fortress; I shall not fall. My deliverance and honor are with God, my strong rock; my refuge is with God. Trust God at all times, my people! Pour out your hearts to God our refuge!

Psalm 62:6-9

- How is God a rock and refuge for you?
- What do you want to say to God, to pour out your heart?

SOCIAL INQUIRY

"Contrary to popular belief, crises often tend to bring out the best in people. A report that looked at how people responded during the September 11th Twin Tower attacks showed that people bent over backwards to help others escape, sometimes at great personal risk to themselves. Other reports on the aftermath of natural disasters show that strangers will stick out their necks for each other to help."

"While it's true that sometimes disasters can lead to a minority taking advantage of the situation—for example, stealing people's possessions when they have to leave their house—this is not a common response, much as it grabs headlines. Instead, when we face a common enemy, like an epidemic, we are more likely to pull together for the benefit of everyone."

"...Research shows that protecting others is a huge motivator for doing the right thing. For example, one study looked at what prompts handwashing behavior in hospital doctors and nurses. Researchers found that signs saying, "Hand hygiene prevents patients from catching diseases," were more effective at prompting handwashing than signs simply saying, "Hand hygiene prevents you from catching diseases." In other words, appealing to the health care workers' altruistic care for their patients was more effective than appealing to their self-interest."

"...Of course, not everyone acts altruistically in these situations. So, what makes it more likely they will, and how can we use that to our advantage? Here are four ways we can encourage more altruism for fighting the virus: Look to the heroes, stay calm and

focused, show gratitude, remember our common humanity and show compassion." (details of how to do this in the article.)

"How to Keep the Greater Good in Mind During the Coronavirus Outbreak"

https://greatergood.berkeley.edu/article/item/how_to_keep_the_greater_good_in_mind_during_the_coronavirus_outbreak?fbclid=IwAR26at0W4-OeE8iSXimBMc4r9ZjaRi9fwl29_384jpLfXAHYKHjEcdkRaQ

Read the most recent statement from your local bishop or pastor about the outbreak.

<https://www.dioceseoflansing.org/news/advisory-bishop-earl-boyea-re-coronavirus-march-13-2020>

OBSERVE:

1. Read Mitch Albom's column, March 13, 2020 in the Detroit Free Press, "Coronavirus pandemic will show exactly what we're made of,"
<https://www.mitchalbom.com/coronavirus-pandemic-will-show-exactly-what-were-made-of/>
2. What was your initial reaction to the Coronavirus emergency? What concerns do you have now? How have you been personally impacted?
3. Speak with a family member or friend who has lived through a previous epidemic or other natural disaster. What effects did the experience have on them?
4. List how you or your family members are coping with the fears that you may be experiencing as a result of the Covid-19 events? Are there differences in your reactions?
5. Tell about people or organizations who are helping others during this emergency. What can ordinary people and their families do to help during this crisis?

JUDGE:

1. How does your faith play a part in how you deal with the health emergency and other uncertainties of this world?
2. How can Christians continue to support one another in times when we are prevented from gathering for liturgy and the sacraments?

3. What are we as Christians called to do when traumatic events occur in our world?
What is our responsibility for the health and welfare of other people (the common good)?
4. What limits your acts of kindness?

Act

1. During this crisis, meet weekly virtually with your group (phone, video call, Facetime) to reconnect and pray together (i.e., the rosary, Divine Mercy chaplet, Liturgy of the Hours).
2. Do an act of kindness for someone who is at risk right now.
3. Do a service for health professionals or first responders.
4. Discuss with your family the topic of trust in God. List the many blessings that God has given.

CLOSING PRAYER

A Coronavirus Prayer, Kerry Weber, in America Magazine, March 2, 2020.

<https://www.americamagazine.org/faith/2020/03/02/coronavirus-prayer>