

CHURCH OF THE RESURRECTION "FUSION FAMILY": IN THE NOW



Dear Resurrection Families,

We are "FUSION" - a volunteer run ministry led by families for families. Our goal is to be a sustainable powerful ministry that shows the energy, passion, and dedication to supporting the faith journey of families. We thank Sheila Pelowski for her tireless work to keep this going over the past couple of years and we are excited to now be taking it over as parishioners.

We are one church family in Christ. We are together in spirit even when we are not able to be together in body. We are all in this together - we are not alone. We are your FUSION family and we wanted to reach out to you with a message of encouragement and fellowship during this coronavirus pandemic.

PRAY WITHOUT CEASING: We are praying for you and your families through this strange time. We are praying for your health, for the stability of your finances and work situations, for strength in your marriages, for your childcare situation, for wisdom and patience with homeschooling your children, for peace in moments of anxiety, and for hope as we persevere each day. We encourage you to continue to pray with your family and to pray for those you know that are especially feeling the strain of these recent changes or isolation. We encourage you to pray for church and world leaders. We encourage you to pray for teachers and administrators in education. We also especially pray for those who are sick and for those caring for them.

BE IN THE NOW: So many of us may be feeling a variety of pressures. We may feel isolated, afraid, overwhelmed, or irritable. We may be seeing this range of emotions in our children and spouse too. We are juggling all of our roles in strange new ways. We may be frantically creating schedules, staring blankly at the millions of dishes piling up, or hoping our kids don't burst in during a conference call - just trying to survive. Remember to try to *pause, take a breath, and soak up "the now"* that can be embraced as beautiful whenever you can. Spy on your children as they play and just wonder at the beauty of their imagination. Thank your spouse for their help with the little things each day. Get outside to enjoy moments of sunshine together or alone. Tell your child how happy you are to have this extra, unusual time with them. Gaze at your empty social calendar and be grateful to not have to be running to the next activity. Be in "the now" with the humble awareness that it is a gift, even as chaos surrounds us. And keep an eternal perspective, knowing that God sees the big picture. Think about what matters? See what matters. Do what matters!

PUT ON LOVE: God is love and he calls us to that same love. Choose love in difficult moments interacting with your family while in close quarters or with coworkers from afar. Think about simple ways you can show love to your neighbors, your friends, teachers, your priest, a stranger. It may be through prayer, a text, a family "zoom" call, a letter in the mail. It may be a financial gift to our parish or another organization in need. It may be drawings, hearts in your window, etc. - creativity abounds!

A FEW IDEAS: The possibilities are endless, regarding staying connected and keeping the faith. Take a look!

Catholic Resources

<https://www.rescathroch.org/WP/>

www.formed.org (free family videos and activities)

<https://www.wordonfire.org/daily-mass/> (Bishop Barron)

<http://media.ascensionpress.com/category/ascension-presents/fr-mike-schmitz/> (Fr. Mike Schmitz)

<https://www.catholic.com/>

<https://www.dowr.org/about/weekly-mass.html> (mass schedule in our diocese)

<https://yourcatholicradiostation.com/>

<https://www.catholic.com/qa/how-do-actual-and-spiritual-communion-differ>

<https://live.churchnativity.com/> (online mass through a church in Maryland with great music and technology)

<https://www.facebook.com/watch/cocathedralofstjohn/> (live mass online with the co-cathedral of St. John the Evangelist)

Praying with kids

<https://www.focusonthefamily.com/parenting/pray-with-your-children/>

<https://teachingcatholickids.com/13-tips-for-praying-the-rosary-with-kids/>

<https://www.focusonthefamily.com/parenting/fun-family-faith-activities/>

Music Ministry for kids

<https://youtu.be/recdOYUmSRQ>

<https://youtu.be/2s5ZvCNd6wg>

<https://youtu.be/7it5W1FVtTs>

[Seedsfamilyworship.com](https://www.seedsfamilyworship.com)

Service and Giving

<https://www.tfgoodrochestermn.org/> (they are in need of diapers and wipes for families)

<http://familypromiserochester.org/>

<https://www.helpingfeedpeople.org/rochester-area-covid19-resources/>

<https://www.rescathroch.org/WP/parish-life/pick-your-ministry/social-concernsoutreach-ministry/food-for-friends-ministry/> (supports students at Ben Franklin, Willow Creek, and Mayo High School - they have a need for gift cards to Walgreens, Walmart, Hy-vee, Aldi, Cub Foods)

<https://giving.parishsoft.com/App/Giving/chur1600117> (continue to give to our parish)

- <https://www.rescathroch.org/WP/wp-content/uploads/2020/02/Second-collection-for-the-weekend-of-March-28th.pdf> (go to our parish giving link and designate "St. Vincent de Paul")

Other Activities

- Send a note or drawing to your priest, neighbor, teacher
- Game night with family members or friends on a "zoom" call
- Create a prayer calendar to designate days to pray for friends or family
- Family rosary (can zoom with others to do this too!)

This is by no means an exhaustive list, but we hope it keeps your mind flowing and keeps your heart set in the right place. We look forward to the next time we can be together in person. **Feel free to reach out to let us know if there is more we can be doing for you or your family at this time.** Have a blessed Easter!

With love in Him,

Your FUSION Family at the Church of the Resurrection

Carli Tourdot ckramer.tourdot@gmail.com or 507-288-5528 for the parish office

"NOT ONLY SO, BUT WE ALSO GLORY IN OUR SUFFERINGS, BECAUSE WE KNOW THAT SUFFERING PRODUCES PERSEVERANCE; PERSEVERANCE, CHARACTER; AND CHARACTER, HOPE. AND HOPE DOES NOT PUT US TO SHAME, BECAUSE GOD'S LOVE HAS BEEN POURED OUT INTO OUR HEARTS THROUGH THE HOLY SPIRIT, WHO HAS BEEN GIVEN TO US." - ROMANS 5:3-5