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# WELCOME TO THE CATHEDRAL COMMUNITY !

## OUR PARISH ONLINE NEWSLETTER

Issue 1

March 25, 2020

### *Virtual Does Not Mean Disconnected*

Many of us have had the wonderful experience to work both in-person in office settings and remotely from home or (while traveling). Certainly they are different, and communicating from home requires some attention. Here's how to foster connecting with others online more than just digitally...

1. Foster relationships by real-time chat instead of email, and even better, video instead of chat. (Maybe even try to telephone!)
2. When meeting online, whenever possible use audio AND video. Much of human communication is non-verbal, and being able to see your colleague's faces and them being able to see yours is an indispensable aspect of better contact.
3. When you do interact with others, ask about them genuinely. And listen to what they have to say. Think about the last time you were really listened to, not just heard, but listened to. Or perhaps the last time you were not; you were not even heard, you were ignored, interrupted, or the other person insisted on trying to "fix" what was going on in your life— with their solutions, not really caring about what was best for you. Which do you find most helpful, most nurturing of trust and stronger connection?
4. Don't forget to disconnect from the digital environment every so often and connect with your immediate and internal environment. Set aside the computer; the phone and the TV, and connect with yourself!

Remember, it can be beneficial to just check-in with yourself and see how you're doing. When you notice stress is higher when on social media, give yourself permission to set that aside for a while. Nourishing your heart and mind is part of living a life of well being too!

### **Cathedral Community Connectors**

It is important at this time that we keep connected with seniors and shut-ins of our community. Please call your neighbors frequently, especially the elderly, to check that all is well. Our Parish Ministers for Outreach to Seniors and Deacon Mike are coordinating an outreach mission involving telephone calls, letters and notes to our parishioners who are shut-ins. If you would like to help us keep in contact with our fellow parishioners who would appreciate a call or card, please send your contact information to Kelly Gotham, [kgotham@rochester.rr.com](mailto:kgotham@rochester.rr.com).

Dear Members of the Cathedral Community Family:

This is the first issue of our "Welcome to the Cathedral Community" news note. I hope to keep you informed about the Cathedral Community as events here unfold. As you know, Bishop Matano (and many bishops in the United States) have suspended the public celebration of Mass during this outbreak of the Coronavirus. Fr. Bob Kennedy and I continue to celebrate private Mass for the intentions that have been previously scheduled. As I celebrate Mass I hold your good health and the Lord's peace for you and your families in my thoughts. I encourage you to check the Catholic Courier website for an update of weekday and weekend Masses that are being live-streamed throughout the Diocese of Rochester. The Cathedral, through the auspices of the Catholic Courier will be live-streaming Sunday Mass with Bishop Matano at 11:00 am. Holy Week services, which will be celebrated by Bishop Matano, will also be live-streamed from the Cathedral. (Please consult the Diocese of Rochester and Cathedral websites for times). The Cathedral will regularly be distributing a "Constant-Contact" update via e-mail blast. If you know of anyone who is not receiving parish e-mails and would like to receive these updates, please have them forward their e-mail address to Michele Kelly at [Michele.Kelly@dor.org](mailto:Michele.Kelly@dor.org).

In each news note we will be sharing some timely information about the Cathedral Community as well as pastoral reflections on Scripture and other topics by our staff. We will also be providing some Scripture sessions. This could be a unique opportunity for some study of God's word. There will also be some poetry and personal reflection from our parishioners who are struggling, as we all are, to make sense of what seems so incredible and difficult. There will be a series on "mental health" - how to deal with the strains of quarantine and physical distancing—which should be helpful to us all as we rise to the challenges of this phenomenon. So, let's continue to keep in touch. May the Lord continue to watch over and keep us healthy and at peace. Let us pray for that Hope.

Christ's peace be with you!

Father Kevin McKenna

### *A Message from our Holy Father, Pope Francis*

Pope Francis live-Prayer from the Palace in the Vatican. He said " As turn to the Father. several times a wish to beg mercy tested by the corowe do this together church and comlanguage and nasick and their families, for health workers and those who help them, for the authorities, law enforcement and volunteers; for the ministers of our communities." During this time, the pope urged Christians to, like Mary, "entrust ourselves, with full confidence, to the hands of God."



streamed the Lord's library of the Apostolic can on Wednesday at trustful children, we We do it every day, day; but right now we for mankind, so sorely navirus pandemic. And er, Christians of every munity, of every age, tion. We pray for the