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Rector,
Cathedral Community
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WELCOME TO THE CATHEDRAL COMMUNITY !

OUR PARISH ONLINE NEWSLETTER

Issue 2

March 28, 2020

Dear Members of the Cathedral Community Family,

As I mentioned in my first message, I will continue to keep in touch with you through these e-mail blasts, our website (www.cathedralcommunity.org) and our Facebook page (find link at website). Many of you have responded to our request to assist our Parish Ministers and Deacon Mike maintain contact with our parish shut-ins. If you would like to write a letter, send cards or make phone calls, please contact Kelly Gotham at kgotham@rochester.rr.com. She will be happy to provide you with the names, addresses and telephone numbers of those with whom we are trying to keep in touch. She can also provide you with some ideas for your telephone calls and some conversational starters. As you know the public celebration of masses has been suspended throughout the Diocese of Rochester. Fr. Bob Kennedy and I continue to celebrate private masses for the intentions previously scheduled. We are praying for the Cathedral Community Family at this most difficult time and ask for your prayers as well. Bishop Matano will be celebrating Mass from the Cathedral this Sunday, March 29 and it will again be live-streamed by the Catholic Courier (catholiccourier.com) at 11:00 a.m. Please keep Bishop Matano in your prayers and the many challenges he faces in ministering to the Diocese. Thank you to the many members of our Faith Community who continue to assist the mission of the Cathedral by mailing in your weekly offering. It is so much appreciated and is a tremendous help since we have no weekend collection. I will be sharing in a future e-mail some creative ideas about how you can continue to support our mission. I know there are many among us who are also suffering greatly because of lay-offs and furloughs, including members of our own staff. This is a difficult time for so many but let us remain hopeful and confident in God's grace. I love to walk every day. If you are able and your health allows you to do so, I encourage you to get outdoors and take in the beauty of God's creation and breathe in some fresh air (while observing proper physical distance)! I enjoyed a wonderful walk yesterday in the Greece Canal Park off Elmgrove Road. Let us keep each other in prayer and remain a People of Hope. As it says on our parish logo: Hope lives here!

God bless and Christ's Peace!

Fr. Kevin



Managing Emotions Effectively in Uncertain Times

When we are overly stressed and worried, like many of us have felt lately, it becomes even more difficult to regulate our emotions with effective strategies. Emotion regulation is how we deal with the feelings we experience from moment to moment to have wellbeing, build positive relationships, and achieve desired goals. It's helpful to think about emotion regulation in two parts : goals and strategies.

Goals : In sports, we have a goal that includes where the ball or puck is now and where we want it to be. With our emotions, we do the same—we set a goal by asking ourselves “what am I feeling now, and how do I want to feel?”

Strategies : Strategies are how we will achieve our goals. If we're feeling anxious or worried about what's happening around us, and we really want to feel less nervous... or calmer, what would our strategy be? Mindful breathing is perhaps the ultimate prevention strategy. An additional very effective strategy is to simply adjust our thinking. It's convenient because our thoughts happen in our head, so we can change them pretty much anytime and anyplace.

Because emotion regulation requires brainpower, it depends on seemingly unrelated factors such as diet, exercise, and sleep. Paying attention to these things can help.

What else can help? First, control the amount of information that you take in. Take breaks from reading the news and social media. Second, don't be afraid to say no. It's ok not to hug, kiss, or shake hands right now. Third, be your “best self” when dealing with stigma and fears—have compassion. And finally, try your best to support friends, family members and co-workers. We can get through this together!!

Pandemic

(A Poem about our lives at this moment today)

What if you thought of it as the Jews consider the Sabbath—the most sacred of times? Cease from travel. Cease from buying and selling. Give up, just for now, on trying to make the world different than it is. Sing. Pray. Touch only those to whom you commit your life. Center down.

And when your body has become still, reach out with your heart. Know that we are connected in ways that are terrifying and beautiful. (You could hardly deny it now.) Know that our lives are in one another's hands. (Surely that has become clear.) Do not reach out your hands. Reach out your heart. Reach out your words. Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your love—for better or for worse, in sickness and in health, so long as we all shall live.

Pope Francis Special *Urbi et Orbi* Blessing

Pope Francis held the special *Urbi et Orbi* (To the City and to the World) on Friday from the steps of St. Peter's Basilica.

Usually a colorful event reserved only for Christmas Day and Easter Sunday, this extraordinary blessing was held in keeping with the gravity of the current global situation, as more than half of the world's population is confined to their homes to prevent the spread of Covid-19.

In his meditation, Pope Francis entrusted us all to the Lord, through the intercession of the Blessed Virgin Mary, so that our faith might not waiver in this time of crisis.



“Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: ‘Do not be afraid’ (Mt 28:5). And we, together with Peter, ‘cast all our anxieties onto you, for you care about us’ (cf. 1Pet 5:7).”