



Father Kevin McKenna
Rector, Cathedral Community

How is your pandemic stress level?

Hopefully you have managed to keep it under control. I've mentioned in past articles in this newsletter some possibly effective ways. One is keeping a journal to write out your thoughts on paper (or electronically!) — which can help sort out some of the emotions you might be experiencing. It will be insightful in months and years ahead to read your reflections during this time of the Corona Virus, from a later perspective. It can also be helpful to take a daily walk. Walking is one of the best forms of exercise and the physical and mental benefits are great. You can also use the opportunity to enjoy the gifts of God resplendent in the gifts of nature. And the best part of walking is it's free! All you need is a good pair of walking shoes. Check with your doctor if you have some physical health challenges before you take to the pavement (or grass!)

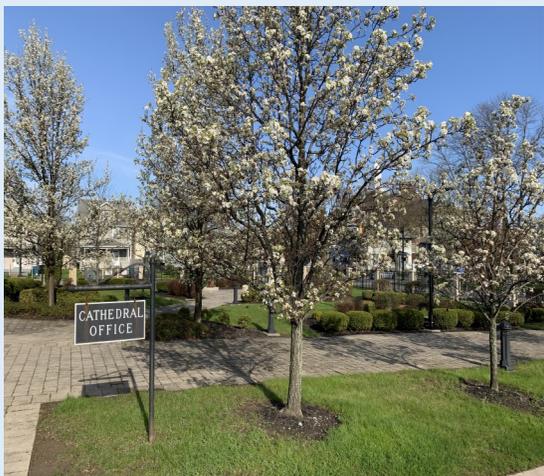
My stress level was hugely lowered when I heard that the Toronto Blue Jays were to become the "Buffalo Blue Jays." When the Canadian government decided to prohibit the team playing in its home field, the Roger's Center in Toronto, the management decided to make Sahlen Field in Buffalo its home for the 2020 season. The team has announced that it will play the greater part of its home schedule in the City of the Bills and has not yet announced where the other sites might be.

As you are aware, baseball is playing their season in home stadiums, but without fans, so as to avoid the risks of spreading the virus. Buffalo is the home of the Blue Jays Class AAA affiliate, the Buffalo Bisons, who like the other minor league teams, are not playing this season due to the pandemic. Sahlen Field accommodates about 16,000 fans. I have attended a few games there. It is a great venue — almost as nice as Frontier Field!

The only greater gift than having the Blue Jays 75 miles away would be to actually see them play in person! Ah, well, wait 'til next year!

God bless!

Fr. Kevin



WELCOME TO THE CATHEDRAL COMMUNITY !

OUR PARISH ONLINE NEWSLETTER

Issue 29

July 31, 2020

JOSEPH'S PLACE RE-OPENS!

Joe Muller

"Thus says the LORD: All you who are thirsty, come to the water! You who have no money, come, receive grain and eat." (Isaiah 55:1) "There is no need for them to go away; give them some food yourselves." (Matthew 14:16) "Feed my sheep." (John 21:17)

As is the case with all of Jesus' words, these verses are powerful. God has commanded us to feed his flock both with sustenance and spiritual food. And so to abide by His command, the Food Pantry at Joseph's Place was founded five years ago by Bob DiFulio and Marcus Ebenhoe here at the Cathedral Community. They were joined by many dedicated volunteers who served just shy of 200 families in our community every month until early March, when the challenge of the Coronavirus necessitated its temporary closing and curtailed our food distribution. Ever since the doors were closed though, the mission was immediately focused on reopening. After months of diligent planning, restructuring, and ZOOM meetings, that goal came to fruition this past week.

Because COVID-19 has entered the picture, the Co-Directors and Resource Ministers were required to change the way things flow. Instead of inviting guests into the Hospitality Room at Joseph's Place and allowing them to select their own goods (following FDA guidelines), the Resource Ministers reworked operations in order to enhance safety for our guests and volunteers.



This included the very difficult task of now distributing food by appointment only. Appointments are made by phone. Guests now check in at the front door at their scheduled time, remain outside, and then go to the side door to pick up a pre-packaged box of food, based on their family size. Unfortunately, this does not allow guests to make their own selections, which has been an important tenet in the overall mission of the Food Pantry, and which our guests very much appreciate. But changes were necessary just to begin to get food into the hands of our neighbors who desperately need it.

The first distribution occurred this past Wednesday, July 29 (coincidentally, the feast day of Saint Martha!). The plan that was developed and implemented worked very well, but, as with any new process, it will take time for everyone to get used to it.

We look forward to beginning the Food Frenzy Weekends at some point in the future; but currently we are unable to accept donations of food at the Cathedral. If you do have food to donate, contact the office (585-254-3221) and leave a message. We will return your call and arrange for you to drop off your donations at Joseph's Place. Thank you for your support of this and all our ministries at the Cathedral Community.

A SUNDAY REFLECTION

Father Bob Kennedy

"Why spend your money for what is not bread, your wages for what fails to satisfy?" (Isaiah 55:2)

Isaiah's challenging question brings us up short: how am I spending my time, energy, talents or resources? Do they really nourish my body, mind and spirit, or those of others? For example, does the time I spend watching TV or surfing the internet really satisfy me, or would taking a walk, playing a game, cooking a meal, or volunteering with my family and friends be better? Isaiah prefaces his question by speaking of God's generous invitation to us to share in the abundance of His gifts and grace.

So, a question for reflection: how am I spending my time, energy and resources as God invites me to — for his glory and the benefit of others?