

## **BACAR Pandemic Forum #3: June 3, 2020**

### **Facilitator/Recorders' Report**

Facilitators/Recorders:

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#### **1. What resources have you found to be essential as we go into the 'new normal'?**

- Technology has become a new normal. Zoom, email, phone have kept us connected and shrunk the distancing imposed on us.
- Face the challenges, asking what we can do; we practice self-care in order to care for others
- Look for positive activities to uplift the spirit: join other groups; exercising in home, listening to music,
- Respecting county restrictions in order to safeguard others
- To be present to those who are not us and how we relate to them
- Use of technology, especially ZOOM to connect with others - new people, new group, while still using email and the telephone to keep our connections with each other.
- Zoom and the internet have been essential for us to stay present to one another and will probably remain a very important part for moving into the new normal. Zoom has helped us to connect with family, prayer groups, parish groups, social justice, book clubs, webinars and Associate activities.
- People of God are moving into a new normal. They have been deployed. Churches will be different. Small groups at Mass may give the opportunity for people to get to know one another better. More time for prayer, books and webinars have helped us to be new people moving into the new normal.
- Although staying in tune with the news is stressful, seeing solidarity with protesters and police brings hope. Some have learned to limit their intake of news for health and well-being.

#### **2. If we are to read the 'signs of the times', what might it be saying?**

- A discussion and sharing formed around introverts and extroverts and the different ways of responding to the pandemic and changes that have occurred. Time for reading, listening to Ted talks, valuing quiet time, long walks, extended prayer time. For some, it has recalled, "that it is not what we do but who we are" that matters.
- The pandemic has shown us the ills of our society. Listen to the insights of others to find a thread. Hear the voices of those who seem to grasp where we need to go and how to get there. Women and laity.
- We believe the signs of our times have changed, especially during this past week. People are marching for peace and justice for all people especially our black populations. The ownership for what is happening belongs to all of us. We need to stand together, physically and/or spiritually. We need to weep and heal together. One suggestion was to join the virtual march, [June 2020 – Poor People's Campaign](https://www.poorpeoplescampaign.org/june2020) <https://www.poorpeoplescampaign.org/june2020>
- Stay in the present.
- Poetry touches me particularly Lynn Ungar, *Pandemic*
- We are part of a global community
- See this as a time of realizing the Goodness of God.

#### **3. What are we doing as people of God to move to the 'new normal'?**

- God is creating something new. We don't know what it is. Analogy of being in a cocoon and waiting for a butterfly to emerge!
- Having a more global view, universe, cosmos!
- During these times many have discovered or returned to journaling, pie and bread making as ways of processing or reaching out.
- Look for positive activities to uplift the spirit: join other groups; exercising in home, listening to music,
- Respecting county restrictions in order to safeguard others
- Be hopeful and patient.
- Telephone others, keep in contact with family through telephone, zoom, facetime. Reach out to others who may be lonely and have no family or friends to care for them.
- Support our families by helping them to stay positive.
- Daniel recommended the article written by Fr. Brian Massengale, NCR, June 1, 2020, The Assumption of White Privilege and What we can do About It. He also recommended a letter on race from Fr. James O'Shea.
- Seeing this time as a gift: cleaner air, using technology to broaden knowledge and communication
- What can we do as Associates, concerned friends, religious?
- Another suggested a book on racism and white privilege. It's a very good book and difficult to read. The book is [White Fragility by Robin Diangelo](#). Taking more time to read and study and time to absorb it does not mean we are being lazy.
- Listening to people such as Bishop Marianne Budde, Anna Eshoo town halls, Zoe Lofgren, Patty Chappell, SNDdeN.
- Spending more time in prayer.

#### **4. How do we hold others up; how do we allow others to hold us up?**

- Both the pandemic and civil unrest have brought to mind the value of human relationships and individual lives.
- Sister Saskia, BVM, originally from Ecuador shared about the political and public health situation in that country. She also expressed the importance of staying in touch with family.

- How are we going to change the ill of racism. Listening to and reading Ilia Delio has had a calming effect on her.
- We are called to a deep searching of values, both individual and national. We must find new pathways. This is a turning point. All will be honored and given his/her rights.
- People of God moving forward ... what is at the bottom of this racism? Try going to places where people don't always look like me, "I don't know where you are at, but teach me". Let's not go back to where we were. Let's look forward to the new normal. Let's be the change we want to see.
- Appreciation of being with people.
- Listen to and write poetry.