

BACAR Pandemic Forum #2: May 6, 2020

Facilitator/Recorders' Report

Facilitators/Recorders:

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1. How have our basic principles of Christianity influenced our lives and behavior during this pandemic?

1. ¿Cómo han influido nuestros principios básicos del cristianismo en nuestras vidas y comportamiento durante esta pandemia?

- The words of FDR, the framework of the Baltimore Catechism, adages from the past, and the four principles that Joan Chittister outlined from the 1,500 year old Benedictine Rule are providing us with grounding in our faith traditions.
- But there is a need to provide/follow a living vision of moral leadership. "Principles are the foundation of character of our souls and the quality of our lives. From where I stand, it's not about the rules. It's about the heart."
- En estos tiempos de pandemia la gente se ha reencontrado como familia. Ha crecido la fe en Dios en algunas personas. La mayoría de la gente confiamos totalmente en Dios. Mucha gente pobre ayuda con lo que tiene a las más necesitados. Se le admira a todos los doctores y enfermeros que arriesgan su vida por atender a los enfermos. Pero también sabemos que la ayuda llega por donde menos se espera. Es cuando sabemos que Dios nos ayuda. Lo que más duele es que hay mucha gente desamparada que no tiene techo ni comida. También en otros países como Africa y China están sufriendo mucho por todo lo que carecen.
- Para el futuro solo Dios sabe lo que sucederá. En el momento indicado Dios nos señalará el camino a seguir. Lo único que tenemos que tener es fe y paciencia.
- During this time of pandemic, families have rediscovered themselves as family. Peoples' faith has increased, and so has their complete trust in God. Many poor people are helping the most needy in society. We admire doctors and nurses who risk their lives to care for the sick.
- We know that help arrives in the most unexpected times and ways. In those times we know that God is helping us. What hurts most is that so many people are without homes, without a roof over their heads, and without food. We are also aware of the depth of suffering in Africa and China, because of poverty.
- *My Catholicism kicks in a spirit of obedience so I am being obedient by staying in place and wearing my mask." I walked the first 9 days but then realized I needed to limit such exertion by more rest between walk days. I have a lovely view of nature from my home.
- *This Pandemic has changed my life. My full calendar is gone. My lifestyle is changed physically, emotionally, and spiritually. I am doing more reading, especially psychology topics. I am enjoying nature, have more time for prayer, and am living life more mindfully.
- *I am enjoying regular walking and find those I see are more friendly with waves and smiles. My mobile home is on a lake, which I cannot see from home. My husband is being cared for in his facility. These days have been an invitation to go inward . . . to my inner self, to others', to our world, and to nature.
- *For me, the principle guiding these days of sheltering and mask wearing is to do so for the common good. We are all in this together. My current project is organizing and simplifying my many boxes of our family photos and treasures. Spending time with our great aunts and uncles and experiencing

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the faith and service which kept them going through the 1918-19 Pandemic and 1929 Depression is both comforting and inspiring.

- Only God knows the future. At the proper time God will show us the way to. The only thing required of us is to have faith and patience.
- It is about the heart - Love and Trust
- Let God handle it
- Prayer and action, do what service we can
- Come from love as Christians, supporting the shutdown to protect those vulnerable
- These principles keep us on track.
- Today we are not as isolated as we were in the beginning of this time. Needed to adjust and move forward.
- Coming back to normal in a new way.
- Lost the power of control in the beginning and had to let it go to the Spirit.
- Able to handle things more simply and share with friends in new ways.

2. What happens when I can't handle what is going on? Where do I look for strength and in what do I place my trust?

2. ¿Qué sucede cuando no puedo manejar lo que está pasando? Dónde busco fuerza y en qué deposite mi confianza?

- Walking in an arboretum, a living museum, is a gift at this time of crisis. The acres of beauty touch the soul.
- Now with our extra time, we can "explore" the sky with clouds, sun, and night falling. Being out and about, observing nature is rejuvenating!
- In addition to personal care, it continues to be the time to call shut-ins and join prayer groups to use the time to gain strength from and trust in each other. These BACAR zoom meetings allow sharing and friendship.
- Just for today, One Day at a Time
- Walking daily, journaling, prayer, reading
- Noticing nature, beautiful trees, birds, squirrels
- being on vacation, time to bake, garden, walk, no rushing
- Slowing down and appreciating what we have in life.
- Cooking and discovering recipes I never had time or interest in before.
- Gardening and watching things grow.
- Watching nature and caring for the planet.
- participating in the pleasure of being able to pause, slow down; take each day as it comes.
- *I am not fearful about the viral infection but its context of the economic impact is a source of greater fear for many people.
- *As a religious community, we are welcoming back one of our members who was hospitalized with the virus who is now able to return home. We are grateful we can now care for her.
- *As an introvert I relish this time. Zoom has its challenges for me. The poem "Pandemic," circulated in the early days of sheltering, invites us to treat this time like a Sabbath Day ~ to just be and not try to change life. Experience with the United Nations gives me a world view and invites me to "look for

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the helpers [Mr. Roger's Mother]." The photos of Venice with its clear water canals and of Beijing with clear skies show me the resiliency of our Earth and gives me hope for our people and our Planet.

- *Yes, and the closure of the hole in the Ozone Layer lets us know what a difference it makes when we are no longer flying around our world and are no longer driving our roads. The Serenity Prayer is my source of guidance as I ask for the wisdom to know the difference between what I can and cannot change.
- taking time to pause and reflect; juggling job, kids, husband has been a challenge.

3. In the future, what will we say we have done or learned from this time of crisis?

3. En el futuro, ¿qué diremos que hemos hecho o aprendido de este momento de crisis?

- The graduating senior shared wisdom beyond his years. His understanding of the "interconnected humanity" illustrates the new creativity to communicate with each other and new kindnesses extended to each other.
- "Increased intentionality" on how to spend time is a common experience that offers new ways to look at time and "slow down and be present to daily life."
- In the future draw together, no nationalism, to solve major problems, not just health but environmental.
- See the environment responding, seeing mountains from New Delhi for the first time
- This young man came back to what is normal, what will be normal.
- Gavin is being active even though he is so young.
- There is hope for our future.
- *God created our world and God uses us and invites us to worship our Creator and to treat each other with justice, as well as animals and our environment.
- *I do not have specific learnings but I do have a vision that as we experience the transformation of religious life in our time, so we will experience a transformation of our world community. As in the past, I am confident that just as the religious responded to the 2018-19 Pandemic, so in our time the religious and Associates/Affiliates will respond to the emerging needs and play a key role in our current social transformation. I do not have the practical skills to make visions real but I can do my part as a team member.
- *We are forgetting God and that He will care for all of us.
- *God has both male and female dimensions/qualities within God's being.
- *We need to remember self-care, to care for ourselves ~ just as on the airplanes, adults need to put on their oxygen masks before helping their children with their masks.