

SUPPORTING OTHERS

THINGS YOU CAN DO DURING THE COVID-19 CRISIS

Reaching out and doing something for other people is a great way to serve your community during this time, but also serves as a great way to cope with your own stress or anxiety. Below are several suggestions of things you can do to help others.

1. Make Face Masks for Health Workers

It's time to put your sewing skills to work to assist our health workers!

You can find instructions on YouTube showing how to sew face masks, just go to: https://www.youtube.com/watch?v=S9RWI2-5_4&app=desktop
(The measurements in the video are given in centimeters. The measurements in inches are 7.5" x 9.5"; two lining pieces are 5" x 7"; and the elastic is cut at 10".)

The masks will be sanitized by the Seminole County Medical Director's team – you don't need to worry about sanitizing them.

As masks are completed, you are asked to drop them off at St. Stephen Catholic Community, 575 Tuskawilla Rd, Winter Springs, in the labeled baskets or carts that will be outside the parish office door. You may drop off masks Monday through Thursday, 8am – 3pm.

Questions? Contact: Becki Long, beckil@st-stephen.com or 407.699.5683 x 223

2. Donate Food for Those in Need

You can drop off food and personal care items to The Christian Sharing Center's food pantry.

Visit their website for a list of supplies needed or give online using their Virtual Food Drive: <http://thesharingcenter.org/coronavirus-update/8235068>

The Christian Sharing Center, Inc.
600 North Highway 17-92, Suite 158
Longwood, FL 32750-3638
Dropping Hours: 9-4:30pm (ring the doorbell)

3. Learn the Basics of Mental Health First-Aid

Visit USA Mental Health First Aid's website [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org) for loads of information on caring for yourself, your family and your friends. Below is a sample of their information on anxiety.

Anxiety can vary in severity from mild uneasiness to a terrifying panic attack. Anxiety can also vary in length of time that it lasts — from a few moments to many years.

Although everyday anxiety is an unpleasant state, it can be quite useful in helping a person avoid dangerous situations and motivating them to solve everyday problems. However, an anxiety disorder differs from everyday anxiety in the following ways:

- 1. It is more severe.*
- 2. It is persistent.*
- 3. It interferes with the person's activities, studies, and relationships.*
- 4. If not treated, it can lead to poor academic performance, impaired social functioning and other negative outcomes.*

Unsure if you need treatment or where to turn? Talk to a health professional. Primary care physicians, mental health professionals, certified peer specialists and psychiatrists can all help you get more information for your specific situation.

4. Make Inspirational Cards

Make inspirational cards for people like inmates, patients in hospitals, residents in nursing homes, grieving individuals, and human-trafficking survivors. After the COVID-19 crisis has passed, drop them off at the parish office and we will distribute them for you.

- Use regular stock paper 8.5" x 11", fold it in half or fourths.
- Avoid using hazardous decorations or making 3-D cards.
- Do not sign your full name, sign ONLY your first name.
- Make general inspirational cards or Christmas Cards.
- We accept envelopes and stamps that come with your cards.

St. Mary Magdalen Catholic Church - 861 Maitland Ave., Altamonte Springs.

HOW TO

CARE FOR YOUR AND WELL-BEING DURING COVID-19

Coping with stress will make you, the people you care about, and your community stronger.

Things You Can Do for Self-Care:

- 1. Limit excessive news intake:** Designate a time of the day to check updates from a credible source. Too much exposure to news outlets could increase stress and anxiety, possibly putting extra strain on your immune. Getting information from credible sources like the CDC.
- 2. Stay in a routine:** Structure builds resilience when times are difficult. Even during times of self-isolation or social distancing by waking up at a regular time, exercising at home, cooking nutritious meals, working from home, if possible. In times when feeling out of control or powerless it's important to focus on what you can control in the present.
- 3. Reach out to loved ones:** Get creative: phone calls, FaceTime, online gaming, or social media. Staying connected to love ones during times of high stress and anxiety allow you to feel emotionally supported. Share how you are really doing and allow others to share with you. This builds connection and feelings that you are not alone in what you/they are going through
- 4. Do something that brings you joy!** If that's getting lost in a book that you haven't had a chance to finish, binge watching a series, starting a garden, or spending time in nature by visiting a local trail. Spending time outdoors boosts your mood, lowers stress levels, and boosts your immune system!
- 5. Tend to your spiritual needs:** Pray, meditate or journal to unwind and ground yourself from all the chaos.
- 6. Seek help when needed:** Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 available 24/7 365 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- 7. Reach out to Catholic Charities of Central Florida Behavioral Health Services**
 - In English: Program Director-Catherine Galda Email: cgalda@cflcc.org; Contact Care Coordinator Kyle Osborn for services, cell 407-969-8534, Email: kosborn@cflcc.org
 - En Español: Directora de Programa-Catherine Galda Email: cgalda@cflcc.org; Contacte a la Consejera de Salud Mental Rosa para servicios, cell 407-406-1563, Email: rosa.malagon@cflcc.org

(adapted from Catholic Charities, Behavioral Health Services)

RESOURCES FOR CARING FOR YOUR WELL-BEING

United States Conference of Catholic Bishops (USCCB):

1. <http://www.usccb.org/about/communications/usccb-president-reflection-and-prayer-during-coronavirus.cfm>

The following publishers have generously made their resources available to support daily/weekly prayer during these difficult days.

Liturgical Press:

1. <https://giveusthisday.org/Digital>

Magnificat:

2. <https://us.magnificat.net/free>

or for spanish <https://latina.magnificat.net/gratis>

Bayard:

3. <https://giveusthisday.org/Digital>

The Word Among Us:

4. <https://giveusthisday.org/Digital>

or for spanish <https://la-palabra.com/meditations>

FOOD ASSISTANCE

WHAT TO DO IF YOU ARE IN NEED OF EMERGENCY FOOD ASSISTANCE

Free Meals for Children Under 18 (instructions and locations):

1. Orange County: <https://www.ocps.net/cms/One.aspx?portalId=54703&pageId=1404484>
2. Seminole County: <https://www.scps.k12.fl.us/news/scps-to-offer-free-meals-for-students-week-of-march-23-27.stml>

Food Pantries and Food Drop Locations:

3. Second Harvest Food Drop, visit their website for locations near you
https://www.feedhopenow.org/site/SPageServer/?pagename=need_food
4. The Christian Sharing Center
<http://thesharingcenter.org/coronavirus-update/8235068>
600 N US Hwy 17 92 #152, Longwood, FL 32750
Phone: (407) 260-9155
Open 9:30am- 5PM Mon-Saturday, Closed Sundays
5. Catholic Charities' Agape Mission Market:
1771 N. Semoran Blvd.
Orlando, FL 32807
407-658-1818
Open Monday-Friday, 8:30am-12:30pm (Closed Tuesdays)

SERVING OUR COMMUNITY DURING COVID-19

SEW FACE MASKS

for our health workers

It's time to put your sewing skills to work and assist our health workers!

See the video below for instructions on how to sew face masks for our local health workers, or go to: https://www.youtube.com/watch?v=S9RWII2-5_4&app=desktop

The masks will be sanitized by the Seminole County Medical Director's team – you don't need to worry about sanitizing the finished masks.

Please direct any questions to Becki Long at beckil@st-stephen.com, 407-699-5683 x 223.

NOTE:

The measurements in the video are given in centimeters. The measurements in inches are as follows:

7.5" x 9.5"; the two lining pieces are 5" x 7"; and the elastic is cut at 10".



DROPOFF LOCATION AND TIMES

Monday - Thursday; from 8am - 3pm
St. Stephen Catholic Community's Parish Office
575 Tuskawilla Rd, Winter Springs, FL 32708

Please leave masks in the labeled baskets or carts that will be outside the parish office door.

CHILDREN & FAMILY

RESOURCES DURING THE COVID-19 CRISIS

A FAMILY GUIDE TO VIRTUAL MASS

BEFORE MASS

- Get dressed as if you were going to church
- Consider fasting for 1 hour before mass
- Prepare the area where you will be gathering
 - Set up technology
 - Clear the area of distractions and food
 - Set up a table/ home altar in front of the tv
 - [Some items you could include are a purple table cloth, candles, the Bible opened to today's gospel, a cross or crucifix, a statue or picture of Mary and/or your family's patron saint, a list of your family's prayer intentions]
 - You could also set up chairs around the tv or computer
- Say a prayer together in preparation for mass

DURING MASS

- Participate actively by responding and singing if possible
- Stand, sit, and kneel as you would normally while attending mass irl
- Join in saying the prayer of spiritual communion
- Avoid holding hands even at home
- Pray for an end to COVID-19 as well as for the safety of all medical practitioners and first responders.

FORMED[®]... for Families



Formed is an online media library of hundreds of Catholic movies, cartoons, speakers, series, e-books, audio dramas, Bible study, discussion guides and more. It's like a Catholic Netflix. You can access Formed from your computer, smart TV, streaming service, or your smart phone, so you and your kids can listen and watch on the go! Subscription is free for all St. Mary Magdalen parishioners. To register for your free account, visit StMaryMagdalen.org and click on the Formed link in the *Coming Up* section of the homepage.



INDEX FINGER
FOR THE ONES THAT TEACH US
For those who instruct you and heal you. They need the support and wisdom to show direction to others.

MIDDLE FINGER
FOR OUR GOVERNORS
As it is the tallest finger, it reminds us of our leaders, the governors and those who have authority.

RING FINGER
FOR THE SICK AND WEAKEST
It is our weakest finger. It reminds us to pray for the weakest, the sick or those plagued by problems.

THE THUMB
FOR THE ONES WE LOVE
Start praying for those who are closest to you. They are the easiest to remember.

THE PINKY
PRAY FOR YOURSELF
The smallest finger—should remind you to pray for your own needs when you are done praying for the other four groups,

THE 5 FINGER PRAYER

BY POPE FRANCIS

SOURCE:
CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER
<http://www.catholic.org/prayers/prayer.php?p=3396>

YouTube Channels

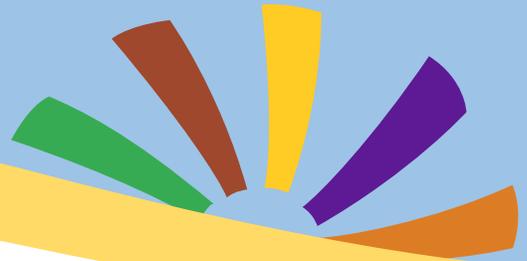
- Breaking in the Habit
- Busted Halo
- Sophia Institute for Teachers
- Dynamic Catholic
- St. Mary's Winfield
- Ascension Presents
- The BQ Breakthrough

The Rosary

Teaching Catholic KIDS .com

- 1 Make the **Sign of the Cross** and pray the **Apostles' Creed**
- 2 Pray an **Our Father**
- 3 Pray three **Hail Marys** and one **Glory Be**
- 4 Announce the mystery and pray the **Our Father**
- 5 Pray 10 **Hail Marys** and one **Glory Be**

Repeat until you have completed the circle.
Pray the **Hail, Holy Queen.**



Things to Keep in Mind

- * Choose the scripture of the day that works best for your children.
 - * It's ok to shorten a passage – God can still speak to you!
- * Connect with experiences, images, and imagination, not just words and phrases.
- * Let God bring peace to your home: resolve to live differently when you finish!

Getting Started

1. Get comfortable and quiet down!
2. Ask: What do you want God to do or say to you in prayer?
3. Opening prayer: Ask God to speak to you through His word.
4. *Read the passage once.*
5. If it makes sense, ask your children to imagine the scene.
6. Read the passage again.

Discussion

1. Ask what image, picture, or word are they thinking about the most?
2. Say, "Why do you think God is inviting you to think about that?"
3. Invite them to respond to God, out loud or in their heart.

Finishing Up

1. Remind them that Our Father in heaven is looking upon us, lovingly.
2. Help them imagine God looking upon them, and how happy He is with them.
3. Invite them to tell God something good about the day, then thank Him.

Resolve

- * Based on prayer and scripture, choose to live more like how God wants you to as a family.

You can find the readings of the day ([English](#) and [Spanish](#)) at the USCCB website. Audio readings ([English](#) only) are also available.