Dear Parishioners,

We are in the second week of shelter in place. And I hope you are all safe, you are taking good care of yourself, your families and protecting yourself from infection.

I am posting excerpts from a message given by Dr Tedros Adhanom Ghebreyesus, the Director General of WHO. These suggestions are really very good and will help you these days of shelter in place.

“We also have advice for individuals around the world, especially those who are now adjusting to a new reality. We know that for many people, life is changing dramatically. My family is no different – my daughter is now taking her classes online from home because her school is closed.

During this difficult time, it’s important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it.

First, eat a healthy and nutritious diet, which helps your immune system to function properly.

Second, limit your alcohol consumption, and avoid sugary drinks.

Third, don’t smoke. Smoking can increase your risk of developing severe disease if you become infected with COVID-19.

Fourth, exercise. WHO recommends 30 minutes of physical activity a day for adults, and one hour a day for children. If your local or national guidelines allow it, go outside for a walk, a run or a ride, and keep a safe distance from others. If you can’t leave the house, find an exercise video online, dance to music, do some yoga, or walk up and down the stairs. If you’re working at home, make sure you don’t sit in the same position for long periods. Get up and take a 3-minute break every 30 minutes. Listen to music, read a book or play a game.

Fifth, look after your mental health. It’s normal to feel stressed, confused and scared during a crisis. Talking to people you know and trust can help. Supporting other people in your community can help you as much as it does them. Check in on neighbors, family and friends. Compassion is a medicine. Listen to music, read a book or play a game.

And try not to read or watch too much news if it makes you anxious. Get your information from reliable sources once or twice a day.

COVID-19 is taking so much from us. But it’s also giving us something special – the opportunity to come together as one humanity – to work together, to learn together, to grow together.”
I would advice you all to spend a little time in prayer or reading from the Bible every day. You can do it as a family at a specific time.

You can spend a little time every day in meditation. It will calm your minds. And entertain good and happy thoughts!

I ask that you continue to pray, especially for the sick, health care providers, public health officials, and all community leaders during this unprecedented time. You are in my prayers daily.

The Archbishop has let us know that there will be no public services during the Holy Week and Easter Sunday. Services will be on live stream on our website.

If any of you need help or assistance in any way, please contact the parish office or me.

Yours sincerely,
Fr. Jose Shaji, Pastor
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