

# What positive Family Habits came out of Covid-19?

**Objective:** Nobody could have guessed that we would have a global crisis in 2020 tied to a pandemic by the name of covid-19. It literally changed our lives overnight, and by the time this topic is used in the Fathers Team syllabus topic rotation, it may still be changing our lives on a daily, weekly, or monthly basis.

The purpose of this session will be to consider the positive aspects that might have happened for you as the head of household or for your family? Did some things that are taken for granted, all of a sudden become much more important once they were taken away, or changed? How can we take these things forward in a positive way?

**Song Suggestion:** Be not afraid (Blue 54, Red 596, Gather 263)

## Bible and Catechism Readings:

### Acts 27: 22-25

I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship. For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, 'Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.' So keep up your courage, men, for I have faith in God that it will be exactly as I have been told.

### Heb 10:19-25

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

### Catechism 1831

The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. Let your good spirit lead me on a level path. For all who are led by the Spirit of God are sons of God . . . If children, then heirs, heirs of God and fellow heirs with Christ.

**Saint:** St. Roch (aka. Rocco in Italy and Roque in Spain) He went on pilgrimage to [Rome](#) and devoted himself to caring for the victims of a plague that was ravaging Italy. He became a victim himself at [Piacenza](#) but recovered and was reputed to have performed many miracles of healing. When miracles were reported at his intercession after his death, a popular cult developed and he is invoked against pestilence and plague. He is also the patron of invalids.

**Vignette:** – David and his family were dismayed by the onset of “stay in place” as we attempted to contain the covid-19 outbreak. Everything had changed. David felt like he had lost his balance and the entire family could feel it too. They couldn’t even go to church, and things like the ability to take communion on Sunday or even attend mass in person had changed, but they persevered and prayed for hope. David remembered how it

felt the first time he could go back to church and receive the Eucharist, how it felt on his tongue, how his whole being felt it. On the way home from church he made a vow to never forget how much it meant to him to be able to return to church and to receive the Eucharist, and he shared it with his family in the hopes they would all cherish their faith all the more.

### **Questions for Large and Small Group Discussion:**

How did it feel when you first returned and were able to celebrate this sacrament? Do you still hold it more special in your heart since you know, quite recently, how it felt to have it taken away?

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What other events changed and then became more special for you or your family? Perhaps you had a birthday drive by?

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Did you have a loved one that you could not visit during the pandemic? Perhaps a parent in a nursing home, or a child who was not able to travel? Are you keeping those relationships stronger now that you know how it feels to have them taken away?

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Do you recall the controversy around wearing a mask? At first it was said they are of no help. Later it was said that you should wear a mask, not so that you would not contract covid-19, but that you would not pass it on to someone else. Did you wear an uncomfortable mask in the hopes you might save someone else (if you unknowingly had the virus)? Were you upset if another person wouldn't do the same for you?

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These were contentious and confusing times. The purpose of this topic is not to start arguments or have hard feelings, it is to look for the good in how you survived and how others rose to the occasion.

### **Action Plan:**

How can you disrupt your life – far less drastic than a pandemic – to appreciate what you have?

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