

Dear Parish Family,

Here is today's update along with with a few words of encouragement.

1. Due to its confined space, we have had to close the Adoration Chapel until this crisis has passed. However, the church is open from 8am to 8pm for you to come and spend time with Jesus in the Blessed Sacrament on the altar. We have several blessed disinfectant stations at the entrance. So please be sure to gel-in and gel-out.
2. If you feel vulnerable or unwell, **please** stay home. Jesus knows you want to visit Him. But it's much easier and safer for Him to visit you at your home rather than His. Read Sacred Scripture, watch daily and Sunday Mass on TV and the internet, pray the Rosary and other devotions. God's grace is limited only to the time and not the place we make to receive it.
3. As of this morning, over 250 people watched our Sunday Mass online with another 90+ who listened to my homily. Honestly, I didn't think their would be more than half a dozen. And the feedback has been all positive. So we will do it again and again as necessary. Plus, we are looking into how to live-stream it as well as Eucharistic Adoration in the the church. Stay tuned!
4. Several of our young people have offered to bring food and run errands for any of our parishioners stuck at home. Now I know nobody likes to ask for assistance but here is where I need your help. These young people have nothing to do and all day to do it. And as you know, idle hands are the devil's playground! So let's put them to good use. Please call the parish at 206.232.2900 to volunteer you needs for their time.
5. I want to encourage you to use our social media tools to stay in touch. Here is a short list of our digital presence: stmonicami.org; MyParish app; Facebook; and my twitter feed @FatherFreitag. Of course, my tweets will be a mix of spiritual encouragement and silliness about ordinary things. Good clean humor at times like this is like adding air to a life raft while drifting on the sea of God's never ending mercy.
6. Don't look to us for novel Coronavirus updates. We are not public health professionals. Furthermore, DON'T LISTEN TO FEAR MONGERING GOSSIP! Aside from being sinful, this situation is changing frequently. For the most up-to-date information, subscribe to Public Health's website (www.kingcounty.gov/COVID) or blog (www.publichealthinsider.com). You also can visit www.mercergov.org/coronavirus for more information. For information on assistance for businesses or vulnerable populations, go to www.mercergov.org/coronavirusresources.

That's enough for today. Sophia (my 8-year old Golden Retriever) is bugging me for a walk. She doesn't have a care in world other than the ever elusive neighborhood squirrels. Neither should we. And right now there is no bigger metaphorical squirrel for many of us than that of irrational fear. So stop chasing it! Instead, take daily walks with our Master and heed His voice. If only all of us trusted our Heavenly Father even half as much as our pets trust us, the world would enjoy unimaginable peace, joy, and love even during times like this.

Pray, hope, and don't worry!

Fr. Freitag