

Living Faith @



Dear Faith Shapers,

We are in the month of May and the weather seems like spring. Birds are nesting & flowers are blooming ... signs everywhere point to the beginning of outdoor activities: graduation parties, family reunions, and plans for summer vacations. EXCEPT — This year is quite different, as all the events and activities are postponed, canceled, or are being done differently than usual – including church services not in the church buildings. As we experience this social distancing within our family units, the journey is different for each one of us. Some enjoy being away from the crowds and relish the opportunity to stay at home, while others are longing for the time to be back among people. The year 2020 will definitely be a year to remember! But even with all these differences, there are still some “normal” happenings. Congregations are still able to worship — whether online, by watching TV, or by reading the messages sent to them in the mail. Just as Christ still rose on Easter, there will be messages on Thursday, May 21st for Ascension Day, the celebration of Pentecost will happen on May 31st, and cemeteries will show the signs of remembrance, even without public observances.

Yes, this is a strange time. When we get on the other side of this pandemic, we will need to find many “new normals” in our lives.

Blessings to you all on your journey!

Student Pastor Sue Cira,
TEEM Candidate

Pentecost

The day of Pentecost falls on Sunday, May 31st this year. On the day of Pentecost we celebrate the coming of the Holy Spirit. Here are some ways to explore the themes of Pentecost.

Make your favorite paper airplanes and fly them. Reflect on how the different styles and flight paths of the airplanes can be like the diversity of the spiritual gifts we possess and ways the Holy Spirit works through them.



Look for red items in your house or yard. Red is the color to remind us of the fire of the Holy Spirit.

RED



*This information is prepared for you by the **Northeastern Iowa Synod-Home Life Network** for use by families and local congregations. Like our page on Facebook and our posted resources will appear in your newsfeed. Our page is **Northeastern Iowa Synod Home Life Network ELCA***

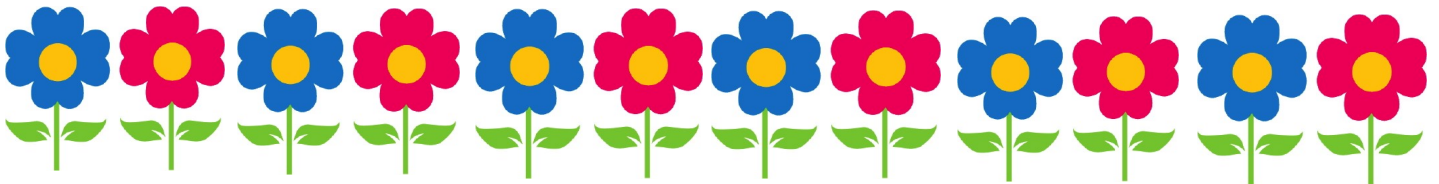


Find us on
Facebook

How to talk to Kids during this time & helping them find a new normal

If you're like many parents, you're trying to handle meals, figure out school, and manage your kids' boredom - all while worrying about your job and your future, your children's future, and the world around you. No matter their age, your children likely have a lot of questions about what's happening. All the daily routines changed. The life they knew disappeared. Here are a few ways you can help them establish a new "normal".

1. Pray together-out loud. Allow enough time for hard conversations. Include children in talking about the fears of social distancing and being away from others in the family.
2. Ask what they're thinking about. Listen to their answers. They need to have a safe space to talk and the opportunity to express their thoughts and feelings.
3. Be the example you want to see in your house. Take care of yourself spiritually during this time, so that you'll be able to give your kids the emotional support they need.
4. Define a schedule to follow for the days of the week. Your kids have been used to a schedule - certain activities on certain days - the days may start blurring together with everyone home everyday. Giving each day of the week its own theme can help your family build a sense of structure. Examples: Taco Tuesday - even sandwiches folded over, taco style; Wacky Wednesday - wear socks that don't match, pull random ingredients from the cupboard & refrigerator and put them together in a dish; Special Sunday - watch a church service online and have a special treat (like ice cream).



Use sidewalk chalk for outdoor - painters tape for indoor activity course

