



FAMILIES TACKLING TOUGH TIMES TOGETHER



We Can Get Stronger! Transcendence and Spirituality

Resilient community members desire to give back to others in their community, which often sparks local community action. This “empathic action” has been found to in-turn increase healing and resilience. Resilient communities find inspiration in role models, heroes, and compassionate outreach. Members of these communities recognize the importance of giving love through concern, compassion, and empathy by supporting community agencies and individuals who provide much needed assistance. Communities that find ways to reinvent and reimagine new possibilities can support positive growth.

This week’s activities focus on promoting transcendence and spirituality throughout a community. By focusing on transcendence and spirituality, community members can provide meaning, purpose, and connection beyond themselves and their families.

Activities

- **Reach out to a local ministry that provides food and essentials.** Consider volunteering your time, food, toiletries, or money to help less advantaged families living and working in your community.
- **Think of small acts of kindness that can brighten someone else’s day.** Decorate your mailbox or trash/recycling containers to celebrate the work of the mail carrier and/or trash collector. Consider leaving a note or small gift of thanks to your community’s essential workers. [Learn more about how acts of kindness are good for you and others.](#)
- **Clean out closets or the basement to help others.** Donate items you no longer need. These items can help those who need assistance. Some items can be donated to specific organizations. For example, old eyeglasses can be redistributed to people in need through Lion’s Club International. [Learn more about how to donate old eyeglasses.](#)
- **Care for the environment.** Think of ways to care for the environment as a community. Encourage other community members to work together to establish a pollinator habitat in open areas within the community. [Click here to find out more about plants that attract pollinators.](#) You may also wish to promote the importance of community reusing and recycling. [Learn how to promote recycling in your community.](#)
- **Consider joining a virtual church service.** As many churches are beginning to open and have “in person” services, many still offer the ability to join services virtually. This can be a great opportunity to “visit” a new church. Listening to a church service virtually can help you to feel connected with others in your community and can help to feed your spiritual self.

Prayer

Prayers can be a powerful way to help us cope with difficult times and give us the strength to heal. When we pray out loud, it can give our family the opportunity to release their deepest hurts, giving them a voice while generating a sense of belonging. Praying together as a family also gives each person in the family an opportunity to forgive themselves and forgive others. Forgiveness can free us from our pain. Also, when we pray together for others, our prayers become more powerful.

Prayers can also strengthen family ties and relationships as we gain a sense of connectedness with each other and find out what is happening in each other's lives. We can discover each other's needs and dreams as we open up communication and give each family member the opportunity to show that they care about each other. Below are some suggestions for prayer:

- **Join together in prayer.** When people cannot pray together in person, they may choose to pray together virtually. This serves multiple purposes; to receive more blessings, to gain a sense of soul satisfaction and a feeling of togetherness/united souls, and to promote socialization. People can also pray for spiritual, emotional and physical healing for themselves, their families and others.
- **Make a rosary/tasbih.** Consider making a rosary or tasbih with others. Click to find out how to make [a simple rosary without beads](#) or [a homemade tasbih](#).
- **Sharing religious music.** Invite older community members to teach younger community members a religious hymn or song. This can promote a feeling of relatedness. This sharing of wisdom with a new generation can help older community members feel needed and a sense of togetherness.