

## Bridge Over Troubled Waters

These are extraordinary times that we have never seen before. The musician Jon Bon Jovi wrote a new song about the corona virus. The chorus goes “Remember, when you can’t do what you do, you do what you can.”<sup>1</sup> It is about our experience with the virus and our reaction to it. He wants people to send in their experiences to add to the verses of the song. Interesting creative approach. It is truly wonderful to see people rise above the crisis to share their skills and talents, music and uplifting thoughts with one another. Together we can get through this unprecedented experience and stay strong.

We have been deposited into a strange new world of confusion and fear. Most of us think we have some elements of control over our lives. Confronting this pandemic shows us how little control we have and that is scary. “Fear of the unknown and uncertainty over how long we’ll have to resort to limiting our daily lives, fear of contracting the corona virus or even worry about how this will affect one’s financial situation are legitimate concerns”<sup>2</sup> It is okay to feel this way. These are real things. Even though we are physically isolated, we are not alone. We are in this together.

In addressing our fears and anxieties, mental health professionals suggest:

- Begin your day with gratitude. Focus on what you are thankful for each day.
- Make a regular schedule and routine and stick to it. Kids thrive on routines set in school. It makes them feel in control. It keeps you focused on the tasks at hand instead of the what ifs.
- Make your bed first thing in the morning. It organizes your day and gives a feeling of accomplishment first thing. I do it and it works.
- Get a good nights sleep.
- Stay 6 feet apart. Go outside. Nature and sunlight have a healing affect.
- Eat healthy.
- Catch up on the news, but don’t overdo it.
- Focus on what you can control. Stay home as much as possible. Wash hands frequently. Avoid touching your face.
- Do mindful breathing meditation to calm yourself.
- Exercise.
- Use social media, texts, emails, phone calls to stay connected. Reach out to the elderly and those who live alone. Donate to food banks, shop for someone in need.

If your anxiety and depression level increase in spite of measures I have mentioned, get help from a professional.

In this incredible time of trouble remember we are God’s people. We are the bridge over troubled water and we can make a difference to the congregation and the surrounding community. Although we are physically isolated which is abnormal since we are pack animals like a litter of puppies, we can reach out to one another by phone. Voices are a good thing!

My aim is to reach out to those in the congregation who live alone and might be lonely. Let’s put love into action and surround these folks with God’s love. Don’t be afraid to get out of your comfort zone and call someone to see how they are doing. I feel your love and concern. I am in the middle of intense physical therapy for my hip-spine surgery 3 times per week for 12 weeks. So stay well and strong. Use your faith to help you! If you need help: 845-724-5631, [bjwbiskup@comcast.net](mailto:bjwbiskup@comcast.net).

Blessings & Hugs,  
Bonnie Biskup, Parish Nurse, FPUPC, April 2020

Simon & Garfunkel  
Jon Bon Jovi<sup>1</sup>  
Ray Cheele Cassoda Lohmar<sup>2</sup>  
HelpGuide.org  
NYGov-Coronavirus