



# *Pastor's Message*

March 23, 2020

Don't let COVID-19 "take you down."

Indeed, the COVID-19 virus can have a serious impact on us physically. And, we must continue to do everything we can to avoid it. Absolutely!

However, as devastating as it could be on us physically, at this time, let the following recommendations be practiced daily, so it doesn't mentally "take us down."

1. Think positively
2. Walk confidently
3. Speak carefully
4. Exercise frequently
5. Love generously
6. Hope continually
7. Pray fervently.

Keep the faith. Remember, there is nothing you and God cannot do together.

Peace,  
Fr. Marc