

Re: UPDATE: Take a Deep Breath

Email Fri 7/31/2020



Dear Friends,

With the onset of Covid 19 all of us were forced to depart the Sacred Heart University campus with a great deal of haste. At the beginning, our thinking was (perhaps naively) that we would be returning in a few weeks. Our instructions were to stock up on two weeks' worth of groceries. Two weeks then morphed into two months, and now we find ourselves moving into the fifth month of new normals.

Early on in the pandemic, Father Tony asked Campus Ministry and Volunteer Programs staff to come up with a way of reaching out to the wider SHU community during our dispersal. With that, the daily *Take A Deep Breath* reflections were born. Over the past five months, Fr. Tony Ciorra, Fr. Joe Farias, Ami Neville, Arlete Perez Paez, Annie Wendel, Kareem Mebane, Valerie Kisselback, John Michniewicz, Keith Johnston, Imam Gazmend Aga, Rabbi Marcelo Kormis, Patrick Turner and I all tried our hand at sharing thoughts, hopes, concerns and music which we hoped might resonate across the SHU diaspora. Many of you reached out to let us know that you were moved or encouraged by what we had offered.

Sadly, when furloughing was introduced, we lost several valued colleagues and fellow "bloggers". In this latest round of layoffs, Fr. Joe and I are included among those who will be taking our leave. Since he and I were the ones who formatted and posted *Take A Deep Breath*, I thought it appropriate to use my final *Take A Deep Breath* to publically say goodbye rather than just quietly disappearing. I know that Fr. Joe joins me in expressing a note of gratitude to those members of the SHU community who took the time to extend themselves to welcome us when we arrived, who co-ministered with us and who affirmed us in our ministry during our two years at Sacred Heart. It's impossible to reach out to all of you on an individual basis but we both hope and feel like you know who you are.

Wishing all of you continued health and good luck with the coming academic year.
Peace,

Fr. Ed Stewart