

Family Bonding and Spirituality during the Coronavirus in Carlstadt, New Jersey

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Normally I volunteer to help my school district, but New Jersey has closed its public schools due to the coronavirus. I know it's a scary time for everyone, but especially for those who are older than me. I decided to start going to the grocery store at 6:00 a.m. to take advantage of the senior shopping time, and called several other seniors to ask if they needed anything.

This one elderly woman who lives down the block from me asked to come with me and my husband because she doesn't have a car. At the grocery store we waited in a long line together to buy various items for people, and when my husband went to pay he was told that a stranger had already paid for it. It was about \$90 worth of food! Then when my neighbor went to pay for her items, the stranger returned to pay for hers too, spending another \$80. We were all shocked.

I think that this is what this time is all about -- helping each other out and making a positive difference. We are all one family. These acts of kindness put our faith into practice. It's a chance to spend more time with my kids and grandkids, but it's also a chance to do more for other people and pay it forward.