

Family Bonding and Spirituality during the Coronavirus in Wood Dale, Illinois

Jesus and Sahara Cardenas
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I'm a caregiver and my husband works in quality control at a bottling production plant, so we've seen an increase in volume at work. I'm helping more home-based clients who are in need of that companionship and disinfecting their homes. I drive an elderly lady to see her husband at a nursing home, which is now on lockdown so she sees him through the window. I'm lucky that the coronavirus pandemic hasn't affected my family. We have six girls, ages four to 17-year-old twins.

We don't have cable at home because we prefer to do family games, and my kids have a routine and chore list to follow. When all of my girls are home, they'll partner with each other and cook, bake, and make crafts together. They rotate responsibilities. Now with school closed, we read more e-books and kids' read-along books on YouTube, and watch tutorials that show how to draw.

We also make time to take walks to the park. Because of the variation in their ages, it's challenging to do traditional Hoon Dok Hae in my family, but we have set aside two hours on Saturdays to participate in a church book club. We have discussions about Godible, or other audibles by Moody Bible or Joel Osteen. My kids are spiritually sensitive, and I'm raising them to be independent, safe, secure, and to have a heart for others.