

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

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I'm grateful because my two kids are home now and my family is safe. Schools and stores are closed, but I'm not going to worry. Of course there's a lot of work with everyone being at home, but we're spending more time together. When we think about this time in a positive way, my husband and I look at it as God giving us an opportunity to spend more time with family than we normally would have during a regular day. It's a chance to create stronger bonds by doing things together, like cleaning and chores, kids' homework online, reading together, going outside, and enjoying each other's company.

We have a tradition of doing Hoon Dok Hae together, and my oldest child has memorized the Family Pledge (core pledge of Unificationists), but my husband has encouraged us all to also do Sunday service online. We don't have to put the coronavirus crisis in a totally negative light for our kids. Looking at everything positively has helped them to overcome any fear. Instead, we view this time as God giving people a rest to do things together with their family.