

- There are some thoughts of things that have helped me during these days in the middle of this crisis.

- Very often I hear the question “**WHY?**”

Why does a wonderful wife, mother of three teenage boys, loved by so many, a great cop (who was off duty) get shot and die and the shooter lives?

Why do bad things happen to good people?

One officer asked me, “Padre, did God really want her to go now and like this?”

Here is what I have found, the “why” questions rarely get answered. Because, most of the time we just don’t know why!”

A better question, one that we can put action to, is the question “**what?**”

What happened and what can we do?

What will be our response? Will I repay evil for evil? Hate for hate?

This is a time for us as a community to come together, love each other, support each other and be BETTER people

- So here are some things that have help me to know WHAT to do in a time of crisis. What can I do and how can I respond:

(You might want to write them down)

- **Be prayerful**
- **Be present**
- **Be compassionate**
- **Be honest**
- **Be listening**
- **Be obedient**

Be Prayerful

The first thing I do is ask God for help. I pray and ask for prayer

“God is our refuge and strength, a very present help in a time of trouble”.

Psalm 46:1

Start with prayer (first!). Don’t get this wrong!

Whisper a prayer... he is your source... ask Him for help! **FIRST**

Be Present

This is what is called: “The sacrament of presence”

We often try to figure out what to say (first)... just BE present.

Sometimes it’s best to “not say too much”

Most people in a crisis will not pay much attention to what you say, they will feel that you are present.

Be compassionate

Call it compassion or empathy, whatever... **Compassion means to suffer together**

“Rejoice with those who rejoice,
and weep with those who weep.” Romans 12:15

Hug a neck and cry with someone. Sit with them and suffer with them

Be honest

When we as chaplains are trained to do an NOK (Notice of death) the first thing you are taught is “honesty” ... tell the truth!

Sometimes we give lame petty answers:

“God needed another flower in His heavenly garden”

(And he had to use a mentally disturbed shooter! That’s unhelpful baloney!)

“They are in a better place”

(Maybe they are but we are really hurting here)

Sometimes the very best answer is “I don’t know!”

Be listening

This is something that I hope you get! **It helps me sooooo very much!**

Listen for the whisper of the Holy Spirit!

Be obedient

Have the courage to do it!

It could be the simplest of things!

Jesus said: “I do what I see the Father doing” (John 5:19)

That is often a key that helps the situation!