Dear Sisters and Brothers,

It is hard to imagine a period like this in the recent history of the world. The Covid-19 pandemic has so far killed over 251,000 people and infected over 2.5 million people globally. It has triggered the largest industrial shutdown since the Second World War. Airlines are grounded, factories are shuttered, and borders are sealed. Oil prices have crashed through the floorboards, particularly in our nation where producers are paying suppliers to take the excess oil because they lack storage capacity. It’s the “Great Lockdown” recession, as the International Monetary Fund calls it, where the advanced countries are likely to post a negative growth rate of around 6%. We could be looking at the worst economic downturn since the Great Depression of the 1930s.

Worse, this month the World Food Program (WFP) estimated that around 265 million people in low-and middle-income countries could face starvation by the end of 2020. For this to happen in the 21st century, with all the connectivity and technology at our command, would be a colossal human tragedy and a shame on the whole world.

The Covid-19 pandemic has brought our nation its own share of woes, challenges, and problems. As always, those with the least are suffering the most during this lockdown, and almost all of us have faced serious disruptions in our lives. Shops and restaurants, companies and factories, schools and places of worship have remained closed for weeks. People are longing to return to their normal lives. But what sort of normal life will we be returning to? Will this pandemic leave our communities and neighborhoods forever changed?

The Covid-19 pandemic has forced us to change how we shop and do business, how we connect and commune with each other, and how we worship and pray. It has without any doubt transformed the way we support our charities, our churches, and our public causes.

The Pastoral Leadership and I have been thinking of ways to cut back on expenses, for example, by shelving plans that can wait a little longer and dropping projects that we cannot afford at this time. We have had to ask ourselves some basic questions on how to continue to offer services that we’ve always done in the past, how we can reinvent the way we as a parish church serve the people, and how to make our ministries viable and sustainable.

Continued on last page
Changes to Contact Information?

Did you change your email address or your phone number recently? If so please contact the Parish Office (925) 939-7911 x0 or staff@sjvianney.org and we will update our records. Also if you are not receiving Flock Notes each week and would like to please provide us with your email address. Thank you.

St. John Vianney Intentional Giving

The Good steward lives the advice of St. John, loving in deed and in truth, rather than just talking about it.

Collection as of May 3, 2020

<table>
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<tr>
<th>Description</th>
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<tr>
<td>Plate Collections including mailed checks</td>
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<tr>
<td>Easter (to date)</td>
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Parish Office & Staff Contact Information

Parish Office: Monday– Friday. 8:30am - 4:30pm
Closed 12:00pm-1:00pm
Phone: (925) 939-7911  Fax: (925) 939-0450

Pastor:
Rev. William Rosario (Ext. 105) frwilliam@sjvianney.org
Deacon:
Herb Casey (Ext. 0) staff@sjvianney.org
Pastoral Associate for Administration:
Debbie Mellin (Ext. 103) dmellin@sjvianney.org
Pastoral Associate for Parish Faith Formation:
Liz Rogers (Ext. 125) lrogers@sjvianney.org
Pastoral Associate for Family Based Faith Formation:
Shannon Rogers (Ext. 109) srogers@sjvianney.org
Director of Youth Ministry:
Marlene Lee (Ext. 108) mlee@sjvianney.org
Director of Sacred Music:
Charlene Abellana (Ext. 107) charlene@sjvianney.org
Faith Formation Secretary:
Jennifer DiSalvo (Ext 124) jdisalvo@sjvianney.org
Parish Secretary:
Maryanne Richards (Ext 0) mrichards@sjvianney.org
Parish Secretary/Bookkeeper:
Indira Pethebridge (Ext 120) indira@sjvianney.org
staff@sjvianney.org to reach:
Debbie, Jennifer, Maryanne & Indira as a group

Pray for the Sick

May those who are in need of our prayers, place their trust and faith in the comforting presence of the Lord.

Mollie Albrezzi, Jim Altomare, Bob Ambrose, Gloria Armstrong, Larry Babierz, Brad Bates, Helen Barnes, Marilyn Benson, Lilliam Bojorge, Jay & Diane Caldis, Bill Calicura, Jack & Kay Calloway, Bill Carley, Priscilo Castro, Pam Chamblin, Jack Cherian, Mel Chew, Robert Clark, Rosemary Click, Stephen Coghlan, Roger Colton, Carla Coniglia, CeCe Coulter, Barbara Quevedo Davis, Frank DeLia, Alexa Despins, Margaret Earnest, Joyce Fellows, Judy Finch, Theresa Flora, Angela Harfouche, Melissa Heitkamp, George Heuga, Tom Hickey, Carolyn Hiland, Sara Hovorka, Kevin Huang, Norm & Mark Jokerst, Cynthia King, Ramon Llenado, Lauren Loftin, Jack & Barbara Malan, Pasquale Martirani, Bob Mason, Kevin Matthews, Emma Mendelsohn, Nancy Mitchell, John Mulane, Sarah Murtagh, Ray Nann, Ann Narloch, Nancy O’Keefe, Jennifer Dugan Ottow, Pete & Daisy Pedersen, Sofia Pella, Fran Perry, Pete Plastow, Mike Pollard, John Quintanilla, Bill & Peggy Ragsdale, Shannon Reilly, Marsha Rocha, Randy Rudd, Joanne Rupert, Albert Sarkis, Ihab Samaha, Pat Schneider, Agnes Rowan Scholl, Pat Scott, Donna Smith, Janette Starke, Guy Stokes, Kelsie Surface, Terry Tanner, Virginia Taylor, Mariae Tumelty, Kellee Turner, Sharla Vohs, Bob Volpi, Richard Walsh, Phyllis Williams, Stephanie Ziesel

Pray for the Deceased

May those from our parish family who have died recently and returned to the Lord. We give thanks for their lives and offer comfort to their families.

Andrew Belasco, Eleanor Cook, Stacey Cortez, Suzanne Davidovac, Geraldine Krenzelok

Pray, Always Pray.

May is a Marian Month and Pope Francis notes that it is a tradition to pray the Rosary at home with the family during this month. This year, he continues, “the restrictions of the pandemic have made us come to appreciate all the more this ‘family’ aspect”.

Please join Fr. William (via YouTube or link from our website) each morning in praying the Rosary before the daily Mass (also via YouTube or our website link).
Weekly Meeting Schedule

Given the Shelter in Place mandate from the Bay Area County Officials, all meetings, Masses and gatherings are suspended for the time being.
Once we have more information and are able to gather we will post the Weekly Meeting Schedule.

Special Notice from Bishop Barber

In collaboration with local Bay Area officials and in service to the common good of our communities and our country, the Diocese of Oakland is immediately putting into effect the following actions:
All public Masses are suspended
Information on online daily Masses can be found at https://www.oakdiocese.org/response-to-coronavirus-pandemic
All other events at parishes and schools are postponed, rescheduled or canceled until further notice.
In issuing these new guidelines Bishop Michael Barber stated, "Our Lady, Health of the Sick, has always come to the aid of the Church in times of plague, pestilence and danger. Let us pray to her to intercede for us with her Son.'

St. John Vianney Church

Contra Costa County issued a New Shelter Order that requires specific Social Distancing Protocols for facilities to remain open. As a result, we regret to inform you that we are unable to keep the Church open for visitation and prayer. We want to insure that we comply with the County's efforts to keep everyone healthy during this Shelter at Home period to limit the spread of the Coronavirus
St. John Vianney Parish Community remains committed to connecting with our parishioners as we all stay at home to protect and safeguard ourselves, our families and those in our community. We are grateful to our doctors, nurses and emergency first-responders in our neighborhood as we do our part to reduce their burden.

Printed Copies of the Bulletin

Do you know someone who would like to read a printed copy of the bulletin? Perhaps they don’t have online access or find it difficult to read on a computer screen. Please send an email, including name and address to staff@sjvianney.org and we will be happy to drop off or mail a copy to them. Thank you.

Mass Schedule

Sun. May 10, 2020 Fifth Sunday of Easter;
Public Masses Suspended, Mass will be taped or live streamed
Sunday Masses: Suspended
Sunday Mass Intentions: Geraldine Pugh, Burt Hite and John Blake

Mon. May 11, 2020
†Daily Mass: Public Mass Suspended
Readings: Acts 14:5-18 / Jn 14:21-26
8:30am In Memory of Suzanne Davidovac

Tues. May 12, 2020 †Sts. Nereus and Auchenileus, Martyrs and St. Pancras, Martyr
†Daily Mass: Public Mass Suspended
8:30am In Memory of Virginia Elizaga

Wed. May 13, 2020 †Our Lady of Fatima
†Daily Mass: Public Mass Suspended
8:30am In Memory of Eufrocina Saldana

Thurs. May 14, 2020 †St. Matthias, Apostle
†Daily Mass: Public Mass Suspended
Readings: Acts 1:15-17, 20-26 / Jn 15:9-17
8:30am In Memory of Gil Wright

Fri. May 15, 2020 †St. Isidore
†Daily Mass: Public Mass Suspended
Readings: Acts 15:22-31 / Jn 15:12-17
8:30am In Memory of Taihee Dewes

Sat. May 16, 2020
†Daily Mass: Public Mass Suspended
Readings: Acts 16:1-10 / Jn 15:18-21
8:30am In Memory of Dick Vizanko
†Sunday Vigil Liturgy: 5:00pm Saturday, Mass Suspended
5:00 In Memory Katherine Soule
Vigil Mass Intention will be included with Sunday intentions

Sun. May 17, 2020 Sixth Sunday of Easter;
Public Masses Suspended, Mass will be taped or live streamed
Sunday Masses: Suspended
Readings: Acts 8:5-8, 14-17 / 1pt 3:15-18 / Jn 14:15-21
Sunday Mass Intentions: Mariani & Anneke Go; Lloyd Tanner and Ronaldo Vipersas

Per the Shelter in Place Mandate Public Masses are suspended. Fr. William will be saying Mass daily and remembering your loved ones in his intentions, You can watch the Mass through our website or on YouTube

The Blessed Virgin loves above all to see in her children purity, humility, and charity.

St. John Vianney
Prayer for Spiritual Communion

My Jesus,
I believe that you are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
My Jesus, come spiritually into my heart.
I embrace You as if You were already there
and I unite myself wholly to You.
Never permit me to be separated from You.
Amen

We hope you will use this prayer for Spiritual Communion when you are watching a Mass on TV or a taped Mass.

Are You Struggling?

These are most unusual times that call upon us to reach out in ways we may not have needed or thought of before. Despite strong faith, many of us struggle with loneliness, isolation, loss of social contact, difficulty deciding how to fill our time, among other struggles that may have arisen during this pandemic.

Our SJV Community has parishioners who are also clinicians who can assist on an informal, strictly confidential basis during our time of crisis. Anyone desiring to check in with one of us, please give the office a call at (925) 939-7911 and select option 0. There is no cost to parishioners.

Grief Workshops

The Grief Workshops will be moving online during the COVID-19 Shelter in Place Order.

If you would like to attend, and you are not currently on the email distribution list, please email or phone Jerry Mellin at jerryfmellin@gmail.com or 925-787-8865. Jerry will then provide the latest information about how to connect (we are not posting the information in the bulletin as it may change). Please also be aware that the time may vary slightly to accommodate heavy network traffic.) Ideally, you would get yourself on the distribution list so you can receive up-to-date information.

Grief Workshops are on the second and fourth Mondays at 7:15pm (May 11 & 25). The Loss of a Child Workshop is on the second Saturday of each month at 10:15am (May 9).

For more information please call Jerry (925) 787-8865
All are welcome.

Alpha Youth Zoom Meetings

Do you have questions about life that keep surfacing? Questions like; what is my purpose? Why am I here? Have you ever taken time to talk with your peers about these questions?

The Alpha film series provides that opportunity. Although we can’t meet in person, we can get together online via Zoom and talk about these questions and other topics as well.

Join with several other like minded seekers and believers. Invite your friends to come on a journey of faith, fun and adventure. Meet new friends and connect with current ones.

These are peer led Alpha’s - peers just like you are waiting for you to participate.

Middle School meets Thursdays at 4:00pm starting April 23rd
College age meets Wednesdays at 7pm Starting April 29th
High school meets Mondays from 8pm-9pm. Starting May 4 - email to register, see below.

We can’t wait to meet you!
Email mlee@sjvianney.org for the link to join

Food for the Hungry

May 20th, Noon-2pm

The Youth groups will be hosting a drive by food drop for Loaves and Fishes May 20th from noon-2pm in the lower parking lot. (where the Faith Formation Building is located) The next time you make a trip to the grocery store please pick up some non-perishable items to donate to the food drive. If you prefer not to shop and would like to make a financial contribution please copy this link to your browser:


Items needed the most (Please no expired items).

- Peanut Butter
- Pasta and Pasta sauce
- Rice and beans
- Mac and Cheese for the kids
- Any boxed foods
- Snack bars and snacks
- Canned fruits
- Canned vegetable
- Snack cups, fruit or pudding
- Any other non-perishable canned foods such as canned tuna, chicken, hearty soups
Suggestions for Combatting Boredom

While we are under the shelter in place notice we want to provide you with a list of activities and resources to enrich your mind as well as your soul. Please feel free to send us an email if you have other suggestions to share staff@sjvianney.org

Art at Home https://artfulparent.com/top-10-art-activities-for-kids/. Art projects for the kids using things you probably already have at home. The DIY Marbled Paper tutorial and directions looks so cool. How fun would this be to make and then write notes to family and friends. A quick search on YouTube may also yield some fun projects.

Hello Wonderful has lots of categories to explore: A few that I found were Create - squeegee painting and how to make a towel dog. Eat - no bake granola mini pies and delicious sheet pan recipes. Play - animal exercises for kids and 50 plus easy indoor activities for kids. Find Hello Wonderful at https://www.hellowonderful.co/

Learn a new skill. Don’t put too much pressure on yourself to be productive but if there is something you have been putting off due to lack of time now might be a good chance. Could it be learning a new language? Duolingo is a free site https://www.duolingo.com/

Plant Heroes is a spot for young gardeners & naturalists or teachers looking for online content about plants and nature. https://plantheroes.org/ Choose student or teacher and get started.

Have children create a journal of life right now. Record day to day activities, fears, and feelings about life during the shelter in place. Include drawings, pictures and even video if that is their preferred media. Let them interview you and anyone else in the household. The children can also interview grandparents, aunts, uncles and neighbors (by telephone or video chat). Help them create a tangible primary source of their own history. When this is all over keep the journal for them so that one day they can share with their children and grandchildren about their own place in history.

Assistance Resources

If you know someone in need of food assistance due to loss of income or illness there are several resources in our area.

Food Bank of Contra Costa (925) 676-7543
Monument Crisis Center (925) 825-7751
CalFresh online applications https://www.foodbankccs.org/get-help/calfresh.html

There is also a Contra Costa food mapping tool to locate food banks/distribution sites and it is accessible from any mobile device https://cocogis.maps.arcgis.com/apps/webappviewer/index.html?id=fea1f3021a50455495b7e7e11325ecd4

Prayer Resources

As we turn to individual prayer, here are some resources with videos and readings so that you can experience prayers in your home.

Marlene Lee, our Director of Youth Ministry has Alpha for Youth beginning now. There are groups for Middle School, High School and College age students. Simply email Marlene at milee@sjvianney.org to get started.

Catholic Mega App this is an app that can be loaded onto your smart phone that has the Stations in prayer and video. You can download the app from the Apple App store.

Catholic.org: this site has materials and videos. The website is https://www.catholic.org/covid19/

Mycatholic.life: this website has many resources for prayer https://mycatholic.life/daily-reflections/ This will take you directly to their daily reflections page.

United States Conference of Catholic Bishops (usccb.org). The website http://usccb.org/prayer-and-worship/index.cfm will take you directly to their prayer and worship page.

Loyola Press: https://www.loyolapress.com/ Loyola Press has 3-Minute Retreats and Sunday Connection. The Sunday Connection offers children’s activities by grade.

Catechesis of the Good Shepherd https://www.cgsusa.org/ has parent resources and articles about children’s spirituality.

Catholic Icing https://www.catholicicing.com/ this website offers resources for parents and children


Just for Teens: https://lifeteen.com/ Resources and inspiration includes a link to a series of global Life Nights.

Family Resources

Catholic Mom: http://catholicmom.com/ This website offers Spiritual resources as well as family and fun activities. Such as Book Clubs, Tech Talks, Fitness. They also have a daily Gospel reflections, Sunday Gospel activities and a Sunday Facebook Live recitation of the Rosary.

Formed https://formed.org/ Access to more than 600 videos, movies and resources from more than 50 Catholic contributors.

Youcat.org https://www.youcat.org/daily#appLink Keep growing in the faith with a daily 5 minute dose of the Holy Gospel

The Vatican has put out a beautiful online prayer book. You can access the English version by copying this link to your browser. https://www.vaticannews.va/content/dam/lev/f1ntelli-bolazione/pdf/eng/strong-in-tribulazione.-20042020.pdf
Pope Francis wrote a letter to the faithful on April 25 asking that we pray the Rosary every day during the month of May. A month dedicated to the Virgin Mary. In his letter he also provided two prayers to Our Lady that we can recite at the end of the Rosary. The Pope will be joining us spiritually in praying the Rosary each day.

His letter states: Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

First Prayer after the Rosary

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus’ suffering, and persevered in your faith.

"Protectress of the Roman people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection.

Amen.

We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

Teach Us to Pray; Praying through Transitions

The day before my nephew left home for his senior year in college, I told him not to worry about the strong emotions he might feel in the coming months. It’s normal, I told him, for college students to experience a roller coaster of feelings during times of transition. Perhaps I should have said it’s normal for everyone to feel strong emotions in times of transition!

How do you pray during those transitions- the start or end of college, a new job, a move to another city, the death of a loved one, the birth of a child? One way is to say good-bye to whatever "state of life" you were in before the transition. If you don’t let go of the past, it’s hard to embrace the future.

One of the most powerful prayer experiences for me came when my mother sold our family home a few years after my father’s death. During my annual retreat, a Trappist monk suggested the following: Imagine yourself going through all the rooms of your house, one by one, with Jesus. Speak with Jesus about what went on there and share your feelings.

It was a remarkably easy prayer. I started with my bedroom and recalled so much that had happened in just that one room: studying at my desk, playing with friends, gazing out the window. At the end of the meditation, I left the house with Jesus and realized I could always return in my imagination.

In whatever way you say "Good-bye" to the past, include Jesus. Then with him, say "Hello" to the future God has in store for you.