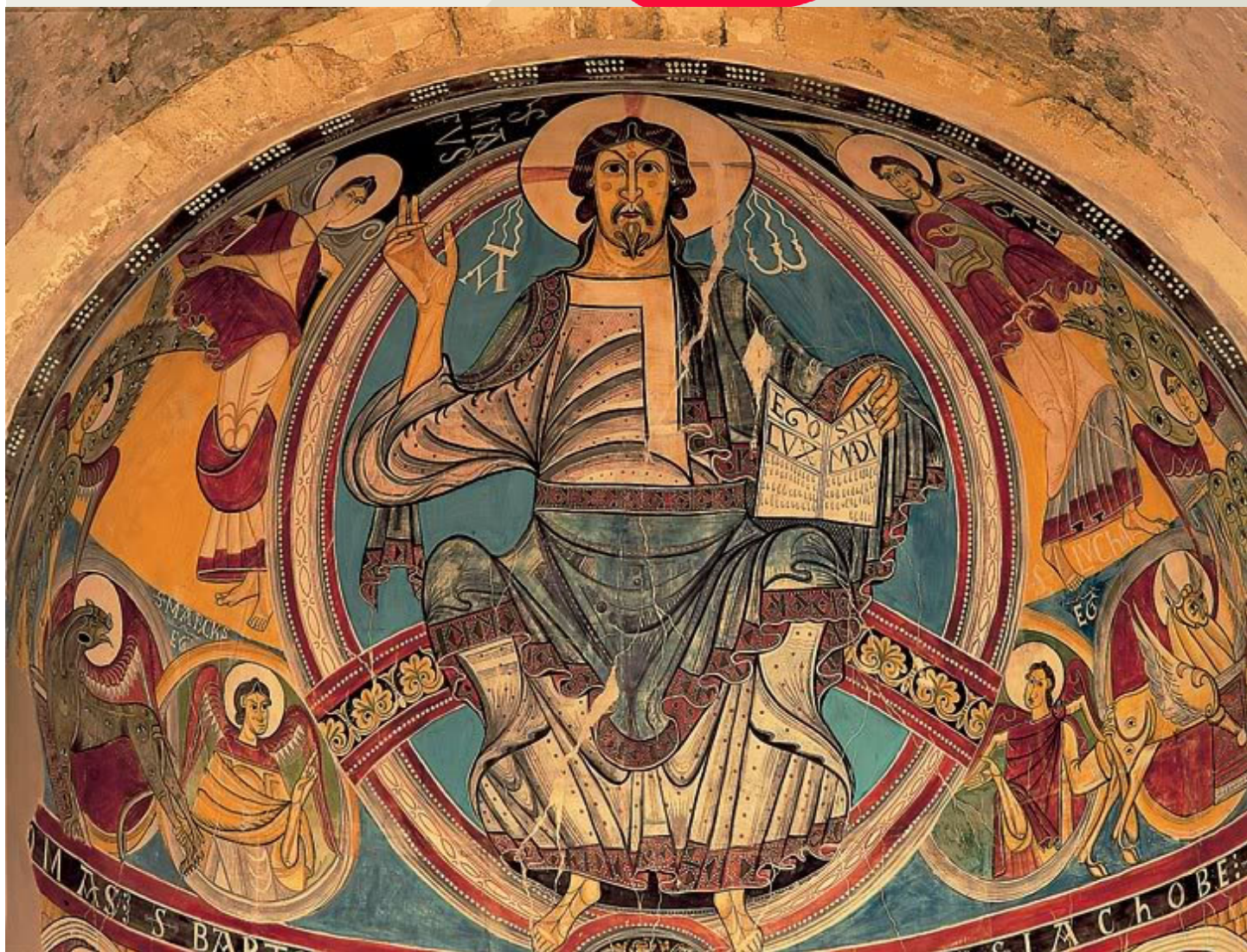


10 May 2020

Fifth Sunday of Easter

Saint Anne

SEAL BEACH



Msgr. Mike Heher, Pastor | pastor@stannesealbeach.org | 562-431-0721 Ext. 14

Fr. Robert Vidal, Pastor Emeritus | Fr.bob@stannesealbeach.org

Deacon Peter Nguyen | dcn.peter@stannesealbeach.org

Amy Papageorges, Faith Formation | dre@stannesealbeach.org | 562-431-0721 Ext. 16

Rhea Garalde | Youth Ministry/Confirmation | ym@stannesealbeach.org | 562-431-0721 Ext. 15

Vikki Lyons | Front Office | office@stannesealbeach.org

NO MASSES OR CONFESSION UNTIL FURTHER NOTICE

The Church is closed to the public until further notice per the Governor's order

IN CASE OF EMERGENCY CALL 562-431-0721, EXT 13 MESSAGES CHECKED DAILY

RESILIENCE

We are focusing on the COVID-19 virus nowadays, but life sometimes also throws other things at us: unexpected diagnoses dispensed in the doctors' offices, being told that you are laid off from your "secure" job, getting arrested, though you're innocent, breaking a hip, losing a lot of money in the stock market. You name it, it happens, as they say in a slightly more colorful fashion. The first thing is shock. "I didn't see that coming."

But what will we do next? Go home, double-lock the door, and call someone to whine about one's horrible fate. (I am personally in favor of a short period of whining, just to get it out of your system. In a crisis, all of us are petty narcissists.) At the other extreme, we might embark on a regime to completely and fanatically overcome the problem at hand. We go to specialists, we sign up for expert classes, we get ourselves admitted to expensive clinics, of go to an expensive "farm" where the staff will get us back in the pink, or hire the meanest lawyer available to sue everybody we suppose might be at fault for at least a million dollars. "Somebody is going to pay for this!"

Those are external responses; some will work and others are simply a distraction from the pain we don't want to feel. Edwidge Danticat has said, "One thing trauma and the resulting restlessness keeps reminding me is that we are all born vulnerable. Unlike an actual house we are not made of wood, stone, concrete, mortar, or cement. We are easily broken, and we might end up spending the rest of our lives trying to find some way to fix that brokenness."

That's why I am recommending a novena seeking the virtue of *resilience*. On Google I read: "Scientists define resilience as one's capacity to absorb disturbance and then reorganize so as to regain one's identity. Resilience is not about *not* changing.

It may require evolving as a result of all that is learned and experienced through a disturbance. We are not all born resilient, but we are all born with the capacity to acquire resilience."

If you find yourself up to your neck in water, you learn to swim, and quick. Under a lot of pressure at home, you make it your practice to take a walk or run every afternoon. If the Doc says you need to change your diet, you find the recipes that meet the criterion for your health but are still edible. (How much broccoli can a person be expected to eat?) An alive human is always evolving, taking up new tasks, reading about different perspectives, finding a way around the roadblocks. That's how you build resilience.

Some of you who know your Baltimore Catechism will argue, "I've read the thing from back to front and resilience is never mentioned as one of the virtues. Sure, faith, hope, love, fortitude are listed. Then there are the cardinal virtues of temperance, courage and justice. But no listing for resilience." Go back to that one after love: fortitude. Fortitude requires another virtue: patience. We have been practicing fortitude patiently, enduring all during



these long days of quarantine; but soon (hopefully) we will need fortitude to endure a patient recovery, where masks will still be needed as well safe distancing. Fortitude plus patience builds resilience.

Msgr. Mike

Around our Parish

NEW HOPE CRISIS HOTLINE

714-NEW HOPE (639-4673)

The New Hope Crisis Hotline provides telephone crisis intervention and suicide prevention services in Orange County. Trained crisis workers at the Tower of Hope on the Christ Cathedral Campus provide counseling to those who are struggling to cope with day-to-day life. Services are free and available 24 hours a day, 7 days a week.

JOIN US FOR MASS

VIA LIVESTREAM ON FACEBOOK AND OUR WEBSITE

Mass can be livestreamed from stannesealbeach.org at 10:00 a.m. every Sunday. It can also be viewed on St. Anne's public Facebook page. If you missed the livestream you can view it any time on the website under archived Masses.

ARE YOU MISSING INFORMATION

In an effort to communicate with all of you during this time we have added periodic phone/text communications. Emails are done through Constant Contact. Check our website at stannesealbeach.org, it is constantly being updated with information. If you have not received calls, texts or emails call the church office at 562-431-0721 ext. 13.

KNIGHTS OF COLUMBUS

MONTHLY MEETING/MEMBERSHIP

All interested Catholic men are invited to attend our Council meetings. We typically meet the 1st Monday of each month at 7:00 p.m. in the Parish Hall. The next meeting is TBD. For additional information, please contact Russell Stark at 949-527-0172.

"Help Us Help Those In Need"

WOMEN'S GUILD

MEMBERSHIP

Interested in joining our Saint Anne's Women's Guild? You can download a membership application on our website at stannesealbeach.org. Need more information please call Jolinda Mailangi at 714-655-6348.



OUR MISSION:

Saint Anne Church exists to help us become disciples of Jesus Christ who connect with God, grow in faith, and serve in love.

ST. ANNE PARISH SCHOOL



Our sister parish, St. Anne's in Santa Ana, is struggling as many parents have lost their jobs due to the COVID-19 virus. The school is closed and classes are online for those able to participate. Sister Teresa, Principal of St. Anne's, said groceries are a huge need for these families. We will be taking up a collection to help St. Anne's Parish School families. If you would like to donate, send a check made payable to St. Anne Catholic Church and memo St. Anne Parish School. We will send one check to the school from our parish with a list of all families who made a contribution. If you wish to remain anonymous please let us know.

REMEMBER IN YOUR PRAYERS

THOSE AFFECTED BY THE CORONAVIRUS

Compassionate and Loving Father,

In the face of confusion and concern, impart to us the calm of Your presence.

In You allow us to find hope and healing.

Be with those who serve the sick and give them Your caring hands.

Be with those who lead and give them Your spirit and wisdom.

Be with those who have fallen ill and give them Your comforting heart.

Wrap your arms around our world and hold us in Your love.

Allow us at this time of trial to then serve as instruments of that love to all we meet.

We ask this in Your Name. Amen

-Liturgical Publications, Inc.

PRAYER AND DEVOTION

U.S. Conference of Catholic Bishops

www.usccb.org/about/communications/resources-for-catholics-at-home-during-covid-19.cfm

Bishop Robert Barron

www.wordonfire.com

Matthew Kelly

dynamiccatholic.com

Dynamic Faith

MASS RESOURCES

Daily Readings in English and Spanish from the United States Conference of Catholic Bishops: http://www.usccb.org/bible/index.cfm?utm_source=googleadwords&utm_medium=cpc&utm_content=catholicbible&utm_campaign=NABRE
 Prayers, readings for Mass, and additional spiritual readings are available at: Magnificat publication, a spiritual guide that includes daily Mass:
<https://us.magnificat.net/free>

CAREER RENEWAL

Attention job seekers. Find and give encouragement to fellow job seekers. Get job search and networking tips. Career Renewal meetings are continuing using Free Conference Call. You can dial in, or join by internet, on Thursdays. For log in information and more, please contact Kathy Keller at 714-206-0885/keller.math@gmail.com or Ted Rozolis at 714-330-5067.

SACRED HEART RETREAT HOUSE

COMPLIMENTARY VIRTUAL RETREATS

Sacred Heart Retreat House is offering complimentary future weekend virtual retreats. Please check the website at sacredheartretreathouse.com for more information and registration. Help us spread the word! May 8-10, 2020 Father Quan Tran - New Recordings Mary, our Mother; May 15-17, 2020 Father John Henry Hanson, O. Praem - Pre-Recorded "The Heart as our Home".

MENTAL HEALTH RESOURCES

WWW.MHANATIONAL.ORG/MHA-WEBINARS

MHA is offering free online webinars twice a week on different topics specific to COVID-19 that help individuals support themselves and others. Sample topics include Wellness Routines for Uncertain Times, Suicide Prevention for Remote Workers and Gaming for Mental Health.

"Nothing great is ever achieved without much enduring."

— St. Catherine of Siena

9:00 AM MASS INTENTIONS

5/11	†Burke & Keating Families
5/12	†Betty Suttty
5/13	†Nelida Maria Grotti
5/14	†Maria Garcia
5/15	†Marie Roudine
5/16	Janice Donovan & Family (†Rest in God's love and peace)



Your Mass intentions are being said during the priests private celebration of Mass each day.



PLEASE PRAY FOR

Fr. Bob Vidal, Hal Noring, Sharon Casserly, Katia Bergstrom, Juanita Kho, Kathy Purcell, Jerome Gendron, Jim Ferguson, Mary Maskell, Mary Kiely, Linda Bolt, Jackie Chambers, Marlene Blackford, Bob Wagner, Bob Rattray, Julie Rivera, Pat Giacomi, Ernie Ramirez, Pat Clustka, Mike Harvey, John Barnes, Mary Kunz, Katherine Irwin, Dixie Redfearn, Beverly Maybrier, Cathy Oliver, John Holland, Dorothy Ceballos, L. Tanguay, Ed Michaud, Bob Dutro, Laurel Creasy Tenelshof, Dixie Redfearn and Nick Williams.

SACRAMENTS

Baptism: Contact the Parish Office to arrange for baptism. Baptisms are usually celebrated the first Saturday of the month at 11:00 a.m. Baptism preparation classes for parents and Godparents are held once a month on a Tuesday night at 7:00 p.m.

PreK-8 Faith Formation: For information about Faith Formation programs, please call 562-431-0721 ext. 16 or email faith_formation@stannesealbeach.org.

Confirmation: For information about our Youth Ministry programs, please call 562-431-0721 ext. 15 or email ym@stannesealbeach.org.

Marriage: An appointment with one of our priests to begin marriage preparation must be made at least six months before the wedding celebration.

Funeral: Contact the Parish Office to arrange funerals.

Sacrament of the Sick: In case of serious illness, contact the Parish Office.

Pastoral Care: If you, or someone you know, wishes to have their name placed on our prayer net, or a visit and/or Holy Communion, please contact the Parish Office.

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