

17 May 2020

Sixth Sunday of Easter

# Saint Anne

SEAL BEACH



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**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**

## STRESS

These are not normal times and so we may need to do something more to address our current situation.

First, talk to someone. Tell that person how you have been affected by the quarantine, which can include depression and anxiety about the fact that the virus is microscopic and thus cannot be seen with the naked eye and avoided. When you go to the market to shop for groceries, you do not know who many of your fellow shoppers are or what their medical condition might be. You worry that maybe you are not following the guidelines closely enough, opening yourself to contagion.

Despite what you have said or done or not said or not done, the virus is not your fault. And if you talk about it to someone else, you might find that the journey may well be easier. Nothing is more dangerous than being anxious alone and obsessing over the dangers in your mind over and over. Also, choose *one* of our news sources to keep you abreast of the latest: CNN, BBC, CBS, ABC, NBC, FOXNEWS or one of the daily newspapers. Watching them all will likely increase your anxiety.

Second, consider deep, slow breathing, in and out. This can slow down your anxiety and give you a better sense of being grounded. This is especially helpful when you think about what had happened and then what might still happen. Think of it as clearing your mind.

Third, although these are difficult times, there is also many positive things happening in the world, not the least of all that families are helping families, neighbors are helping neighbors, our peace officers, doctors and health professionals remain at the ready, despite the increased danger to them. And don't forget the farmers, some of whom have

no way to get their harvest to market and may well lose their farms.



Pray more than the usual. Give thanks for all who are out there protecting you to the best of their ability. Give thanks for your faith that allows you to call upon the Almighty at this time of vulnerability. Sometimes at times like this when our minds may be hard to focus, prayers like the rosary and other prayers that we have

memorized may help us to pray. And if these dangers cause you to doubt God's presence and love, ask God for the faith you need to battle through your fears and doubts. Our Lady is known under many titles but I suspect Our Lady of Refuge could be an excellent choice in our prayers that call for her intercession. Think of yourself in her embrace.

Msgr. Mike

### Prayer to Our Lady of Refuge

Most holy and pure virgin! O my mother! You who are the mother of my Lord, the queen of the world, the advocate and refuge of sinners! I, a wretched sinner, now come to you. I honor you, great queen, and give you humble thanks for the many favors which have come to me in the past through your intercession. I love you, Lady most worthy of all love, and by the love which I bear you, I promise ever to honor you, and to do what lies in me to win others to your love. Receive me as your servant, and cover me with the mantle of your protection, you who are the mother of mercy! And since you have so much power with God, implore him to deliver me from all temptations, and to give me the grace ever to overcome them. Pray for me that I may love Christ in this world as you love him, and intercede for me that I may have the grace of a good death. O my mother! by your love for God I beseech you to be at all times my helper, but above all at this current moment of my life. Cease not your supplications until you see me safe in heaven, there for countless ages to bless you and, your holy company, to worship and adore your son, for ever and ever. Amen.

## 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.

### 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](http://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 (Zoom meeting) is scheduled for Monday, June 1st. 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](http://stannesealbeach.org). Need more information please call Jolinda Mailangi at 714-655-6348.

### WESHARE ONLINE GIVING

#### IT'S SAFE. IT'S SIMPLE. IT'S CONVENIENT.

Visit our website at [stannesealbeach.org](http://stannesealbeach.org) and click on "Give Online" to sign up or call our WeShare customer support team at 800-950-9952 and select option 3. If you decide to use WeShare instead of your monthly envelopes, please let the church office know.



#### 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.

### JOIN US FOR MASS

#### VIA LIVESTREAM ON FACEBOOK AND OUR WEBSITE

Mass can be livestreamed from [stannesealbeach.org](http://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.

### PRAYER AND DEVOTION

#### U.S. Conference of Catholic Bishops

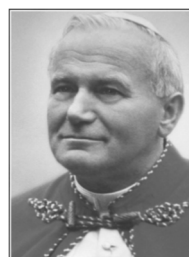
[www.usccb.org/about/communications/resources-for-catholics-at-home-during-covid-19.cfm](http://www.usccb.org/about/communications/resources-for-catholics-at-home-during-covid-19.cfm)

#### Bishop Robert Barron

[www.wordonfire.org](http://www.wordonfire.org)

#### Matthew Kelly

[dynamiccatholic.com](http://dynamiccatholic.com)



From Mary we learn to surrender to God's Will in all things. From Mary we learn to trust even when all hope seems gone. From Mary we learn to love Christ her Son and the Son of God!

— Pope John Paul II —

AZ QUOTES

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# Dynamic Faith

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## 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](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>

## MENTAL HEALTH RESOURCES

[WWW.MHANATIONAL.ORG/COVID-19](http://WWW.MHANATIONAL.ORG/COVID-19)

This page is a comprehensive overview of mental health and wellbeing resources focused on COVID-19, including mental health information for disease outbreaks, financial resources, tools and information on anxiety, resources for immediate responses, and information and supports for specific populations including parents, caregivers, and older adults.

## 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.

## POPE FRANCIS

### STRONG IN THE FACE OF TRIBULATION

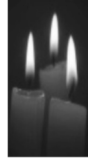
Read all the statements, prayers and homilies from Pope Francis and the Vatican since March 9th, 2020. You'll find the homilies on page 70 and the Table of Contents on page 187.

Go to: <https://www.vaticannews.va/content/dam/lev/forti-nella-tribolazione/pdf/eng/strong-in-tribulation.-20042020.pdf>

*"Today amid so much darkness, we need to see the light of hope, to look with tenderness and care and to be open to a horizon of hope."* - Pope Francis

## 9:00 AM MASS INTENTIONS

5/18	✠ Wendy Beam
5/19	✠ Jullien Smith
5/20	✠ Connie Orante Bersamira
5/21	For the Parish
5/22	✠ MIDN Duke Carrillo, USNA
5/23	Jo Anna & Anthony Nepomuceno (✠ 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](mailto:faith_formation@stannesealbeach.org).

**Confirmation:** For information about our Youth Ministry programs, please call 562-431-0721 ext. 15 or email [ym@stannesealbeach.org](mailto: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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For further information, please call the Parish Office.

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