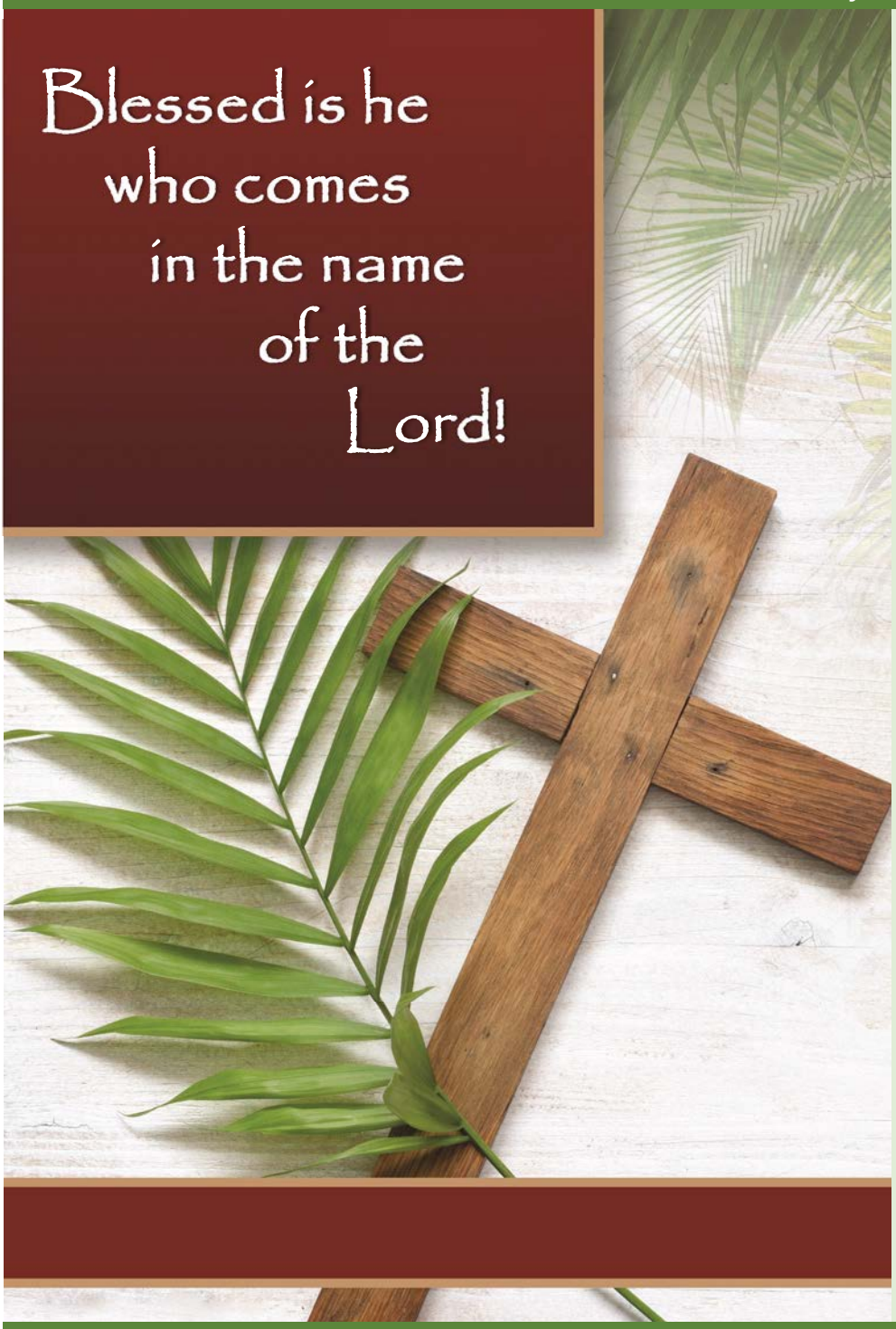
ST. NORBERT Catholic Church

March 28, 2021 • Palm Sunday of the Passion of the Lord



St. Norbert Parish is a dynamic community of disciples of Jesus Christ striving to continue His ministries of prayer, love, and service.

CELEBRATION OF THE EUCHARIST

Please visit our parish website to pre-register for Mass. ***No pre-registration is required for the Sunday 8 AM Mass.*** *Face masks and physical distancing required at all times on the parish grounds.*

Saturday: Vigil Mass **5 PM** — *Livestream*

Sunday: 8 AM on the school field. Bring your own chairs!

10 AM—*Livestream* (Church)

12 noon (Church)

2 PM (Español)—*Livestream* (Iglesia)

Weekdays: 8:30 AM—*Livestream* (Church)

Watch Mass via Livestream on Facebook. Masses will be available for later viewing on our St. Norbert YouTube channel. You may access both platforms via our parish website **stnorbertchurch.org**.

RECONCILIATION

Monday-Friday after the 8:30 AM Mass

MINISTRY CENTER HOURS

The Ministry Center is open limited hours based on volunteer availability.

300 E. Taft Ave., Orange, CA 92865

(714) 637-4360 • Fax: (714) 646-4311 • www.stnorbertchurch.org

Holy Week Schedule

Please be mindful of COVID-19 safety protocols.
Face masks and physical distancing required at all times on the parish grounds.

Por favor tengan en cuenta los protocolos de seguridad por el COVID-19.
Se requiere en todo momento el uso de cubrebocas y distanciamiento físico dentro de los terrenos de la iglesia.

Thursday, April 1

Holy Thursday / Jueves Santo

8:30 AM Morning Prayer / Oración de la Mañana
7 PM Mass of the Lord's Supper / Misa de la Cena del Señor (bilingual)
11 PM Night Prayer / Oración de la Noche

Friday, April 2

Good Friday / Viernes Santo

8:30 AM Morning Prayer / Oración de la Mañana
12 noon Celebration of the Lord's Passion
7 PM Celebración de la Pasión del Señor

Saturday, April 3

Holy Saturday / Sábado Santo

8:30 PM Morning Prayer / Oración de la Mañana
7:30 PM Easter Vigil / Vigilia Pascual (bilingual)—*Livestream*

Sunday, April 4

Easter Sunday / Domingo de Pascua

All Easter Sunday Masses will be celebrated outside the Family & Youth Center.
Todas las misas del Domingo de Pascua se llevarán a cabo afuera del Centro Familiar y Juvenil.

6 AM English (Sunrise)
8 AM English
10 AM English—*Livestream*
12 noon English
2 PM Español—*Livestream*

Clergy
Rev. John Moneypenny, Pastor
Rev. Nam Doan, Parochial Vicar
Deacon Joseph Esparza
Deacon Juan Espinoza
Deacon Carlos Muñoz
Deacon Rick Purpura

Ministry Center Staff
Joseph Ciccoianni, Principal, St. Norbert Catholic School
John Erhard, Music Ministry
Jackie Gray, Family Life and Formation
Ruben Meraz, Facilities Manager
Mark Miller, Business Manager
Teresa Olivier, Family Life and Formation
Araceli Rodriguez, Family Life and Formation

Baptisms
Please complete the online Baptism registration form: **stnorbertchurch.org/baptism.** One of the priests or deacons will contact you to schedule a Baptism preparation class and the sacrament.

Marriages
Please call the Parish Office for information. Six months advance notice is required. Marriage preparation is available in English or Spanish.

Anointing of the Sick, Communion for the Sick & Homebound
Kindly call the Parish Office to make arrangements.

Funerals
At the time of death, kindly call the Parish Office for assistance in making arrangements.

Dear fellow parishioners,

As we enter the most holy and sacred week in our faith, we are asked to reflect on our relationship with Christ. In the reading of the Lord's Passion we hear Jesus say to his disciples, "All of you will have your faith shaken, for it is written: "I will strike the shepherd, and the sheep will be dispersed." The greatly confident Peter says, "Even though all should have their faith shaken, mine will not be."

In the best of times, we may feel as confident as Peter, but how about in the not so good of times?

In the most challenging of times, our response might be, "My God, my God, why have you abandoned me?"

I am grateful we celebrate Holy Week together this year in our church building. We can walk together with the Lord and recognize that He has not abandoned us but has fulfilled His earthly mission by dying and rising so we all might have eternal life.

Our Holy Week celebrations will be simplified this year, but still wonderful opportunities for each of us to encounter Christ and deepen our relationship with him.

I pray this week will truly be a holy one for you.

Peace and blessings,

Fr. John

Adopt-a-Family for Easter

Christian Service is implementing an Easter Adopt-a-Family program this year. Many families have been impacted by the pandemic. We are requesting gift cards **ONLY** from Target or Walmart. The suggested gift card amount is $25 or more.

If you are at Mass, you are welcome to give your gift card to one of the priests, deacons or deacons' wives. You may also drop your gift card(s) into the mail slot at the Ministry Center. Please put the gift card(s) in an envelope with your name on the envelope, as well as "Adopt-a-Family."

If you are aware of any family that is in need, please let us know so that we may add those names to our distribution list.

Holy Week & Easter Schedule
Please see the back page of the bulletin. Note that all Masses on Easter Sunday will be held outside the Family & Youth Center.

Help Us Decorate for Easter!

We welcome your donations of white Easter lily plants to enhance our worship space this year. Please deliver plant donations to the Ministry Center this week Monday through Friday. If the Ministry Center is closed just leave them by the door.

Christian Service

Thank you to all our community members who are volunteering and donating items! If you are interested in donating food items or volunteering on Saturdays from 9 AM to 1 PM, please visit **stnorbertchurch.org/food-distribution.**

Do you have a van or pick-up truck? We are looking for drivers to help on Fridays with food pick up at 9:30 AM and Saturdays at 8:30 AM. If you are available to help, please email **christianservice@stnorbertchurch.org.**

April requested donations:

applesauce (plastic jars) ● 4 oz. fruit cups ● fruit snacks ● granola bars
goldfish crackers (6 oz. or individual bags)

We are also collecting empty egg cartons! Food and empty egg cartons can be dropped off at the Ministry Center office during the week. For the safety of the students, please do not drop items off near the school buildings. At this time, we are **NOT** accepting any donations of clothing, housewares or other items.

Asphalt Parking Lot Repairs and Entrance Closures

We have been repairing and seal coating the asphalt parking lot since **Monday March 22** and certain entrances to the church and school will be closed to perform the work. Specifically, the schedule for the parking lot repairs and the entrances that will be closed is as follows:

Monday April 5: The west entrance to the church and school from Taft Avenue (the entrance between the church and rectory) will be closed. The east entrance from Taft Avenue (the entrance closest to Shaffer Street) will be open on this day.

Tuesday April 6: The east entrance to the church and school from Taft Avenue (the entrance closest to Shaffer Street) will be closed.

Thank you for your understanding as we complete this important maintenance project!

Bulletin Prayer Requests

If you would like to place the name of a loved one on the prayer list for the sick or recently deceased, please use the following guidelines:

1) Go to the parish website **stnorbertchurch.org** and scroll to the section on the Home page titled ***Bulletin Prayer for the Sick and Deceased.*** Click on the **CLICK HERE** button and complete the online form.
2) You may also email the information to John Erhard at **jerhard@stnorbertchurch.org.**
3) The deadline to add names to the bulletin is Monday at 5 PM.
4) Names will remain on the bulletin Sick List for four weeks unless renewed or specifically requested to be included indefinitely for a long-term or terminal condition.

Stations of the Cross

The Stations of the Cross are a beautiful expression of our faith. In praying the Stations, we accompany the Lord on His journey to Calvary. In the midst of this unprecedented COVID-19 pandemic, St. Norbert's has prepared a Stations of the Cross video for your use—in the safety of your home or individually in the church. You may pray the Stations of the Cross **ANY** day of the week.

You can find the Stations of the Cross video prayer guide on our parish website **stnorbertchurch.org** (click on the Stations of the Cross sliding banner) and on our Facebook page.

Share Christ's Love with Others

The Pastoral Services Appeal (PSA) is a way to live out Jesus' love in our community and inspire others to do the same. Through the PSA, Catholics throughout the Diocese of Orange answer the call to build up God's Kingdom by supporting the ministries and services of our local church. Now more than ever, please prayerfully consider supporting the 2021 PSA!

April Family Activity Calendars Available Online

Log on to our parish website to download Family Life & Formation's April family activity guide. The Office of Family Life & Formation is committed to serving families. As part of our commitment to accompany our families while we cannot gather **IN PERSON,** we are providing this tool to support our community.

Immigration & Citizenship Services

Catholic Charities of Orange County Department of Immigration & Citizenship is offering free U.S. immigration services and consultations for a variety of needs, including citizenship applications, green cards, petitions for alien relatives and Deferred Action for Childhood Arrivals (DACA) renewals.

Please contact our offices at (714) 347-9610 or email **ccocimmigration @ccoc.org** for additional information. For a complete listing of services, please visit **stnorbertchurch.org/social-services** and click on the link at the bottom of the page.

Catholic Family Minutes

Katie Dawson's ***Catholic Family Minutes,*** a new series featuring the director of Parish Evangelization and Faith Formation, provides lessons that can help us live well and love well during these challenging times. Tune in to a new lesson on Vimeo every Wednesday on the Diocese of Orange social channel: **vimeo.com/445630528.** If there is a topic you would like Katie to discuss in a future episode, please send a message to **ejrivera@rcbo.org.**

St. Norbert School News

Accreditation Visit Complete

St. Norbert Catholic School staff is thrilled to report a successful accreditation visit earlier this month. Findings included the following share from the visiting committee of educators:

The Committee also observed that SNCS is a vibrant, faith-filled community supported by loving parents and a staff committed to educating the hearts and minds of students. The students and parents are enthusiastic, joyful, committed, caring, welcoming, and very appreciative of the dedication of the principal and staff . . . We congratulate the school on their success in Catholic education.

Registration NOW Open

Did you know that by giving your children the gift of a Catholic education you're investing in their future? Those in SNCS's class of 2016 who graduated from a Catholic high school, for example, have earned a combined $1,083,100 for college scholarships. That's an average of $154,728 per awardee!

We invite you to make this same investment. Tour St. Norbert Catholic School and discover what makes our students excel in and out of the classroom. SNCS plans to continue in-person learning this fall and is currently accepting pre-K through 8th grade applications for the 2021-22 academic year.

Socially distant tours of all grades are available by appointment. To schedule a tour or submit an application, visit **saintnorbertschool.org** or email **info@saintnorbertschool.org.**

We encourage parents to submit their applications early to ensure priority. Enrollment paperwork may be sent electronically to **info@saintnorbertschool.org** or delivered to the school office.

School Closes for Easter Break

SNCS will be closed **April 2-9** for Easter break. The school will reopen Monday April 12. We pray that our parish community feels the bright, joyful blessings God has to offer during this Easter holiday.

Faculty Spotlight

Kristina Apollo
Preschool Director

Kristina Apollo has been devoted to educating St. Norbert Catholic School's youngest students in a nurturing environment since 2016.

Since she joined the amazing team of preschool teachers, Kristina has grown SNCS's early education program to include three separate classes that cater to pre-K, 4-year-old and 3-year-old students. She's also the 4-year-old classroom teacher.

Kristina earned her master's degree in public administration at California State University, Fullerton and bachelor's degree in child development at California State University, Dominguez Hills.

Outside of school, Kristina enjoys scrapbooking, home renovations, boating and skiing.

Says Kristina: "Teaching at a Catholic school, like SNCS, allows me to teach the whole child—academically, socially, emotionally and spiritually. I am able to teach the children to seek God in all things and provide them with opportunities to build an attachment with Jesus at a very young age; just as they would with their family, friends and teachers."

From the Parish Nurse…

During this year of COVID-19, many people have experienced the loss of a loved one. Due to the pandemic restrictions, social distancing and limits on the size of in-person gatherings, parishioners may have found it more difficult to fully grieve the loss of their loved one. According to one hospital chaplain, some people feel that they have been deprived of the ability to really grieve, and therefore feel like they are in a state of limbo, as if the loss did not really happen. Many older adults are especially vulnerable after losing a family member or friend because their feelings of grief and loss are compounded by frequent loneliness and isolation due to the pandemic. For healthy grieving to occur, it is important not to avoid grieving or to suppress one's feelings. Each person deals with the grief process in his or her own way. Common reactions to grief include shock, denial, anger, guilt, sadness and finally acceptance. The stress from grief can lead to physical complaints such as loss of sleep or appetite, tension headaches, stomach pain and reduced attention span. Although people may not be able to grieve in ways they are used to, it is important and necessary to find ways to connect with others during this time.

Here are a few ways to cope with feelings of grief after the loss of a loved one:

1. For older adults, staying connected to others is very important if they are grieving and socially isolated. Schedule phone calls or video chats with family members and friends. Share stories, memories or photos through email, Facebook posts, group texts, Zoom conference calls, or through the postal mail. Pray the Rosary or a special prayer, such as the Chaplet of Divine Mercy, or do spiritual reading when alone or when connecting with other family members and friends. There are many Catholic and Christian websites that offer beautiful prayers to help one with grief and loss. Much strength can be obtained through spiritual support and prayer.
2. Take part in an activity such as planting a tree or preparing a favorite meal that has significance to you and the loved one who died.
3. Practice good self-care when grieving. Eat a healthy diet, stay hydrated, exercise regularly and get enough rest.
4. Give yourself time to work through the grief process. Reaching a place of acceptance takes time. Remember that everyone experiences grief differently. There is no right or wrong way to feel after losing someone.
5. Seek grief counseling, mental health services or support groups when struggling to deal with feelings of grief. There are several resources in Orange County that offer grief support groups:
    a. **Vitas Bereavement Services: vitas.com/grief,** (714) 734-2753. Grief support groups, including Spanish-speaking groups, phone-in and Zoom video supports.
    b. **GriefShare: griefshare.org,** (800) 395-5755. A recovery support group where one can find help and healing for the hurt of losing a loved one. Groups are currently meeting online.
    c. **St. Joseph Hospice Bereavement Coordinator**: Terry Preston (714) 712-7209, bereavement support group for adults.
    d. **St. Jude Healing Hearts After Loss:** (877) 459-3627, bereavement group.
    e. **Mariposa Women & Family Center, Orange**: (714) 547-6494, grief groups or individual counseling.

It is essential to find healthy ways to cope with loss. It is also important to remember there is help available, and that even during a pandemic, one does not have to grieve alone.

Praying with Scripture via *ZOOM*

We invite anyone interested to join us for an hour of prayer on the **third Tuesday** of the month from 7 to 8 PM. Our next meeting will take place **Tuesday April 20.** To receive the ***ZOOM*** link, kindly email Colleen Monahan at **SMCMonahan@aol.com** with your contact information.

Daily Online Lenten Reflections

Visit our parish website **stnorbertchurch.org** for a quick link to Bishop Robert Barron's ***Word on Fire Daily Lenten Reflections.*** You will be re-directed to Bishop Barron's page where you can sign up for a free daily e-mail featuring a new reflection each day of Lent.

Clero

Padre John Moneypenny, Párroco
Padre Nam Doan, Vicario Parroquial
Diácono Joseph Esparza
Diácono Juan Espinoza
Diácono Carlos Muñoz
Diácono Rick Purpura

Personal del Centro de Ministerios

Joseph Ciccoianni, Director, Escuela Católica de San Norberto
John Erhard, Ministerio de Música
Jackie Gray, Vida Familiar y Formación
Ruben Meraz, Gerente de Instalaciones
Mark Miller, Gerente de la Oficina
Teresa Olivier, Vida Familiar y Formación
Araceli Rodríguez, Vida Familiar y Formación

Bautizos

Por favor complete el formulario de registro para el bautismo en línea en: **stnorbertchurch.org/bautismo.** Uno de los sacerdotes o diáconos se comunicará con usted para programar una clase de preparación para el bautismo y el sacramento.

Matrimonios

Por favor llame a la oficina parroquial para más información. Se requiere un aviso previo de seis meses. La preparación matrimonial está disponible en inglés o español.

Unción de los enfermos, Comunión para enfermos y para aquellos que no pueden salir de sus casas

Por favor llame a la oficina parroquial para hacer arreglos.

Funerales

Al momento del fallecimiento, por favor llame a la oficina parroquial para que le brinden ayuda para hacer los arreglos.

Mis queridos feligreses,

Al entrar en la semana más santa y sagrada de nuestra fe, se nos pide que reflexionemos sobre nuestra relación con Cristo. En la lectura de la Pasión del Señor, escuchamos a Jesús decir a sus discípulos: “La fe de todos ustedes será sacudida, porque está escrito: Heriré al pastor, y las ovejas se dispersarán. Pedro, muy confiado, dice: Aunque la fe de todos sea quebrantada, la mía no lo será”.

En el mejor de los casos, podemos sentirnos tan seguros como Pedro, pero ¿qué tal en los tiempos no tan buenos?

En los momentos más difíciles, nuestra respuesta podría ser: “Dios mío, Dios mío, ¿por qué me has abandonado?”

Estoy agradecido de que este año celebremos juntos la Semana Santa en el edificio de nuestra iglesia. Podemos caminar juntos con el Señor y reconocer que Él no nos ha abandonado, sino que ha cumplido Su misión terrenal al morir y resucitar para que todos podamos tener vida eterna.

Nuestras celebraciones de Semana Santa se simplificarán este año, pero seguirán siendo oportunidades maravillosas para que cada uno de nosotros encuentre a Cristo y profundicemos nuestra relación con él.

Oro para que esta semana sea verdaderamente santa para ustedes.

Paz y bendiciones,

P. John

Adopta-una-Familia esta Pascua

Servicios Cristianos está implementando este año el programa de Adopta-una-Familia para la Pascua. Muchas familias han sido impactadas por la pandemia. Estamos solicitando tarjetas de regalo de Target o Walmart **ÚNICAMENTE**. La cantidad sugerida de la tarjeta de regalo es $25 o más.

Si estás en misa, puedes dar tu tarjeta de regalo a uno de los sacerdotes, diáconos o esposas de los diáconos. También puedes dejar tus tarjetas de regalo en la ranura para el correo de las oficinas del Centro de Ministerios. Por favor pon la(s) tarjeta(s) en un sobre y escribe tu nombre en el sobre, así como “Adopta-una-Familia”.

Si conoces a alguna familia en necesidad, por favor háznoslo saber para que podamos agregar nombres a nuestra lista de distribución.

Horarios para Semana Santa y Pascua

Por favor vean la parte de atrás del boletín para ver el horario. Por favor tomen nota que todas las Misas del Domingo de Pascua serán celebradas afuera del Centro Familiar y Juvenil.

La parroquia de San Norberto es una comunidad dinámica de discípulos de Jesucristo que se esfuerza por continuar sus ministerios de oración, amor y servicio.

Vía Crucis

El Vía Crucis es una hermosa expresión de nuestra fe. Al rezar las estaciones, acompañamos al Señor en su camino hacia el Calvario. En medio de esta pandemia de COVID-19 sin precedentes, San Norberto ha preparado un video del Vía Crucis para su uso, en la seguridad de su hogar o individualmente en la iglesia. Pueden rezar el Vía Crucis **CUALQUIER** día de la semana. Pueden encontrar el video y la guía del Vía Crucis en el sitio en Internet de nuestra parroquia: **stnorbertchurch.org** (hagan clic en el banner deslizable del Vía Crucis), y en nuestra página de Facebook.

Servicios Cristianos

¡Gracias a todos los miembros de nuestra comunidad que están ayudando como voluntarios y donando comida! Si estás interesada, interesado en donar alimentos o ser voluntario de 9 AM a 1 PM, por favor ve a **stnorbertchurch.org/food-distribution.**

¿Tienen una camioneta o pick-up? Necesitamos conductores para ayudar los viernes a recoger comida a las 9:30AM y los sábados a las 8:30 AM. Si alguna persona está disponible para ayudar por favor envíe correo electrónico a **christianservice@stnorbertchurch.org.**

Donaciones solicitadas para el mes de abril:

Puré de manzana (frascos de plástico) ● tazoncitos de frutas de 4 oz.)
barras de granola
galletas saladas goldfish (cajas de 6 oz. o en bolsitas individuales

También estamos recolectando cartones de huevo vacios, pueden dejar los cartones de huevo vacíos y la comida en las oficinas del Centro de Ministerios durante la semana. Por la seguridad de los estudiantes, por favor no dejen artículos cerca de los salones de la escuela. En este momento, **NO** estamos aceptando donaciones de ropa, artículos para el hogar u otros artículos.

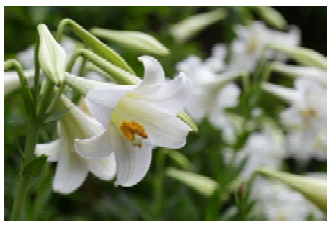
Reparaciones de Asfalto en el Estacionamiento y Cierres de Entradas

Hemos estado reparando y aplicando una capa de asfalto al estacionamiento desde el **lunes 22 de marzo** y ciertas entradas a la iglesia y la escuela estarán cerradas para realizar el trabajo. Específicamente, las fechas para las reparaciones del estacionamiento y las entradas que se cerrarán son las siguientes:

Lunes 5 de abril: La entrada oeste a la iglesia y la escuela desde Taft Avenue (la entrada entre la iglesia y la rectoría) estará cerrada. La entrada este de Taft Avenue (la entrada más cercana a Shaffer Street) estará abierta este día.

Martes 6 de abril: La entrada este de la iglesia y la escuela de Taft Avenue (la entrada más cercana a Shaffer Street) estará cerrada.

¡Gracias por su comprensión conforme completamos este importante proyecto de mantenimiento!



¡Ayúdenos a Decorar para la Pascua!

Agradecemos y damos la bienvenida a sus donaciones de lirios de Pascua blancos para embellecer nuestro espacio de culto este año. Por favor entreguen las donaciones de lirios en el Centro de Ministerios esta semana de lunes a viernes. Si las oficinas del Centro de Ministerios están cerradas, los pueden dejar junto a la puerta.

Vida Familiar y Formación

Calendarios de actividades familiares de abril disponibles en línea

Por favor entren al sitio en Internet de nuestra parroquia para descargar nuestra guía de actividades familiares de abril. La oficina de Vida Familiar y Formación está comprometida a servir a las familias. Como parte de nuestro compromiso de acompañar a nuestras familias mientras no podamos reunirnos EN PERSONA, estamos proporcionando esta herramienta para apoyar a nuestra comunidad.

Comparte el Amor de Cristo con los Demás

La Campaña para los Servicios Pastorales (PSA) es una forma de vivir el amor de Jesús en nuestra comunidad e inspirar a otros a hacer lo mismo. A través de la PSA, los católicos de la Diócesis de Orange responden al llamado de edificar el Reino de Dios apoyando los ministerios y servicios de nuestra Iglesia local. ¡Ahora más que nunca, en espíritu de oración, consideren en dar su apoyo a la Campaña para los Servicios Pastorales 2021!

Peticiones de Oración

Si desea que se ponga el nombre de un ser querido en la lista de oración por los enfermos o personas fallecidas recientemente, por favor utilice las siguientes pautas:

1) Vaya al sitio en Internet de la parroquia **stnorbertchurch.org** y desplácese hasta la sección de la página de inicio titulada Oración por los enfermos y fallecidos para el boletín. Haga clic en el botón que dice HAGA CLIC AQUÍ y complete el formulario en línea.
2) También puede enviar la información por correo electrónico a John Erhard a: **jerhard@stnorbertchurch.org.**
3) La fecha límite para agregar nombres al boletín es el lunes a las 5 PM.

De la enfermera parroquial...

Durante este año de COVID-19, muchas personas han experimentado la pérdida de un ser querido. Debido a las restricciones de la pandemia, el distanciamiento social y los límites en el tamaño de las reuniones en persona, es posible que a algunos feligreses les haya resultado más difícil vivir totalmente el duelo por la pérdida de su ser querido. Según un capellán de un hospital, algunas personas sienten que se les ha privado de la capacidad de hacer un duelo real y, por lo tanto, se sienten en un estado de limbo, como si la pérdida no hubiera sucedido realmente. Muchos adultos mayores son especialmente vulnerables después de perder a un familiar o amigo porque sus sentimientos de dolor y pérdida se ven agravados por la soledad y el aislamiento frecuentes debido a la pandemia. Para que ocurra un duelo saludable, es importante no evitarlo ni reprimir los sentimientos. Cada persona afronta el proceso del duelo a su manera. Las reacciones comunes al duelo incluyen estado de shock, negación, ira, culpa, tristeza y finalmente aceptación. El estrés por el duelo puede provocar molestias físicas como pérdida del sueño o del apetito, dolores de cabeza por tensión, dolor de estómago y reducción de la capacidad de atención. Aunque es posible que las personas no puedan hacer el duelo de la forma en que están acostumbradas, es importante y necesario encontrar formas de conectarse con los demás durante este tiempo.

Aquí hay algunas formas de lidiar con los sentimientos de dolor después de la pérdida de un ser querido:

1. Para los adultos mayores, mantenerse conectados con los demás es muy importante si están afligidos y socialmente aislados. Programe llamadas telefónicas o videollamadas con familiares y amigos. Comparta historias, recuerdos o fotos por correo electrónico, publicaciones en Facebook, mensajes de texto grupales, conferencias telefónicas por Zoom, o a través del correo regular. Rece el Rosario o una oración especial, como la Coronilla a la Divina Misericordia, o haga una lectura espiritual cuando esté solo o cuando se conecte con otros familiares y amigos. Hay muchos sitios web católicos y cristianos que ofrecen hermosas oraciones para ayudarle a uno con el dolor y la pérdida. Se puede obtener mucha fuerza mediante el apoyo espiritual y la oración.
2. Participe en una actividad como plantar un árbol o preparar una comida favorita que sea importante para usted y el ser querido que falleció.
3. Practique un buen cuidado personal cuando esté en duelo. Siga una dieta saludable, manténgase hidratado, haga ejercicio con regularidad y descanse lo suficiente.
4. Dese tiempo para trabajar en el proceso de duelo. Llegar a un lugar de aceptación lleva tiempo. Recuerde que todos experimentan el dolor de manera diferente. No hay una forma correcta o incorrecta de sentirse después de perder a alguien.
5. Busque consejería para el duelo, servicios de salud mental o grupos de apoyo cuando tenga dificultades para lidiar con los sentimientos de duelo. Hay varios recursos en el condado de Orange que ofrecen grupos de apoyo para el duelo:
   a. **Vitas Bereavement Services: vitas.com/grief,** (714) 734-2753. Grupos de apoyo para el duelo, incluidos grupos en español, asistencia telefónica y video por Zoom.
   b. **GriefShare: griefshare.org,** (800) 395-5755. Un grupo de apoyo para la recuperación donde se puede encontrar ayuda y sanación por el dolor de haber perdido a un ser querido. Por el momento los grupos se están reuniendo en línea.
   c. **Coordinadora de St. Joseph Hospice Bereavement:** Terry Preston (714) 712-7209. Grupo de apoyo de duelo para adultos.
   d. **St. Jude Healing Hearts After Loss:** (877) 459-3627, grupo de duelo.
   e. **Mariposa Women & Family Center, Orange:** (714) 547-6494, grupos de duelo o asesoramiento individual.

Es fundamental encontrar formas saludables de afrontar la pérdida. También es importante recordar que hay ayuda disponible y que, incluso durante una pandemia, uno no tiene que llorar solo.

Walking with Christ

Catholic Charities invites you to participate in ***Walking with Christ***, an eight-episode video series highlighting the Stations of the Cross, every day through **April 3.**

Our lives have been changed by the global pandemic in ways none of us could have imagined a year ago. There has been so much pain and loss in our community, and Catholic Charities of Orange County has been on the front lines bearing witness to the suffering of our brothers and sisters. Its doors have remained open to feed the hungry, counsel those in despair and give financial assistance to those in danger of losing their housing.

In lieu of Catholic Charities' annual Mardi Gras event, please join us by watching ***Walking with Christ*** to reflect on the suffering Christ endured.

Sponsorship opportunities are available. To support, please text **wwchrist** to **41444** or visit **ccoc.org.events/walking-with-christ.**

Weekly Parish Offering

The collection total for March 21 will be reported next weekend.

Thank you for your continued support during this challenging time.

Our weekly collection budget is $19,000.

Mass Intentions

Saturday March 27, 2021
5 PM + Dr. Joseph Muñoz

Sunday March 28, 2021
8 AM Roberto Gonzáles
10 AM + Jonas Aragones
12 PM + Angel Arines
2 PM + Dr. Joseph Muñoz

Monday March 29, 2021
8:30 AM + Terry Frederick & Summer Estudillo

Tuesday March 30, 2021
8:30 AM + Terry Frederick & + Dr. Joseph Muñoz

Wednesday March 31, 2021
8:30 AM + Terry Frederick & + Dr. Joseph Muñoz

Thursday April 1, 2021
8:30 AM *Morning Prayer*
7:00 PM The Priests of Orange

Friday April 2, 2021
8:30 AM *Morning Prayer*

Saturday April 3, 2021
8:30 AM *Morning Prayer*
7:30 PM The Newly Baptized

IRS Donation Statements

IRS donation statements for 2020 are available for those parishioners who are registered and have used offertory envelopes or electronic giving. We do not keep a record of donations for those who are not registered parishioners of St. Norbert Catholic Church.

If you wish to receive a 2020 IRS donation statement, please contact Sally Linnert in the Ministry Center at (714) 637-4360, x305 or via email at **slinnert@stnorbertchurch.org.**

Pray for the sick . . .

Vivian Abeita
Carmen Bartlett
Robert Bartlett
Michelle Bates
Quincy Finamore-Bergdahl
Danielle Butler
Aaron Chancelor
Joe Colombo
Raul Cruz
Marcus Dovali
Pris Dovali
Hank Evers
Connie Frederick
Cristina Garcia
Tillie Garza
Debbie Gray
Griselda Leal
Emigdio Manzo
Natasha Montes
Mario Muñoz
Michael Nuñez, Jr.
Gilma Palacios
Martha Sasano
José Silva
Doris State
Cora Torres
Cindy Vasquez
Yvonne Verkuylen
Greg Walgenbach
Frederico Zamora

. . . and for those who have died.

Elwyn (Andy) Leroy Anderson
Andrea Baros
Binky Marie Santiago Buse
Kathy Carruth
Terry Frederick
Mario Gurrola
Ramon B. Manaog
Alejandra Moreno
Nancy Ocampo
Virginia Ortiz
Vincente Saucedo, Jr.
Janeth Zamora
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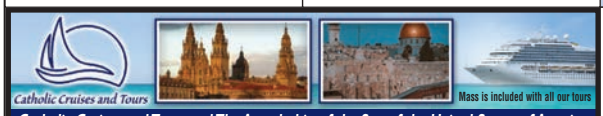

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shaves with an ADVERTISED razor
brushes his teeth
with ADVERTISED toothpaste
washes with ADVERTISED soap
puts on ADVERTISED clothes
drinks a cup
of ADVERTISED coffee
drives to work
in an ADVERTISED car
and then . . . .
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