St. Mary of Vernon Catholic Church

236 US Hwy 45
Indian Creek, Illinois 60061

Pentecost Sunday
May 31, 2020

Welcome!

We are pleased that you have come to worship with us. The doors and hearts of our parish family of faith are always open, and we invite you to contact us at any time:

Parish Office:
847-362-1005

Fax:
847-362-6375

Religious Education:
847-362-0653

Youth Ministry:
847-362-1021

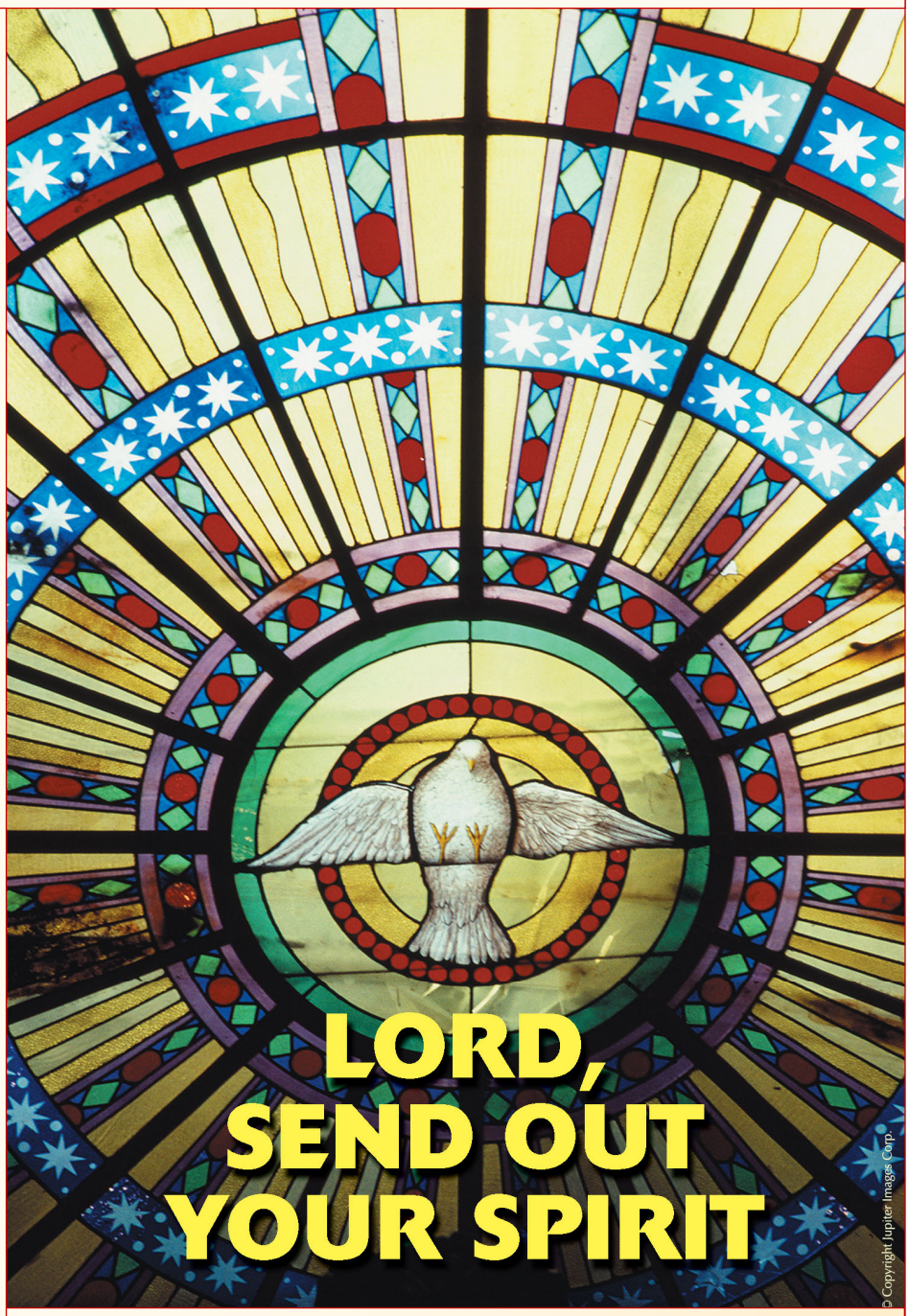
Parish Website:
www.maryofvernon.org

Find us on: facebook®

facebook.com/maryofvernon

Assistive Listening Devices are available at the Reception Desk in the Church Narthex. Please ask the receptionist for more information.

ASSISTIVE LISTENING SYSTEMS AVAILABLE



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Parish Office Hours:

CLOSED UNTIL FURTHER NOTICE

SMV Masses Live-Streamed on Facebook!

Until the quarantine ends, St. Mary of Vernon weekend Masses will be celebrated on Saturday evenings at 7 p.m. on Facebook.

Go to St. Mary of Vernon FB Page. Facebook.com/maryofvernon. It is not necessary to have a Facebook account in order to view these events. Simply go to www.facebook.com/maryofvernon from any internet browser. When prompted to sign in or create an account, click "not now." This should give you access to all our public posts, including the livestreamed Mass. Select "videos" on the left, and choose the one you wish to view.

Act of 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.
Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You.

Amen.

Chat with Friends on Zoom after Mass!

Grab your own decaf beverage (did someone say wine?) or dessert and join your parish friends for an informal chat immediately following our Livestream Mass. You may even meet someone new! Hosted by Maureen Evers, Pastoral Associate.

Saturdays from 8-8:30pm

Join Zoom Meeting: https://us04web.zoom.us/j/78922076333?pwd=MkN1TkhaSTlSZklYMURxUGFFNGVyQT09

Meeting ID: 789 2207 6333 Password: 7X9L5W

If you need help getting started on Zoom, just email Maureen at mevers@maryofvernon.org to set up a time for tech assistance.

View Mass on YouTube

Thanks to the kindness of our local cable channel, our SMV weekend liturgies originally airing on Facebook Live on Saturdays at 7pm will be **REBROADCAST on Cable TV** beginning Tuesday, April 21. Tuesdays at 6pm Saturdays at 9am*Vernon Hills Comcast* Customers will find the rebroadcast on Channel 4. (Unfortunately, Comcast customers outside of Vernon Hills will be unable to view this channel.) However, *AT&T* Customers in the entire Chicagoland area will find the rebroadcast on Channel 99. Scroll down to the Vernon Hills substation. Comcast Xfinity customers outside of Vernon Hills may be able to view the masses on their television by going to YouTube in this manner:

1. On the remote press "Xfinity"
2. Select "Apps"
3. Scroll to "Video"
4. Select "YouTube"
5. Select "Search" type in maryofvernon.org
6. Select icon - Picture of our Cross that's above the altar in church
7. Select the mass of the week or also watch past weeks

Please spread the word to those who do not have internet access, as this may be another way for us to reach these members of our parish community.

Reopening of SMV

Dear Parishioners of SMV,

I am sure you have heard so much about reopening of parishes in the Archdiocese of Chicago. Here is an update on what we are doing to reopen St. Mary of Vernon.

The Archdiocese asked each parish to assemble a Parish Reopening Leadership Team made up of six people, including the pastor. The team will have two Co-Chairs and three captains. The three captains will oversee three teams. The Co-Chairs will keep detailed records which will be sent to the Archdiocese to show that all requirements have been fulfilled before an approval is given for a parish to reopen. I have asked two of our staff members, Susan Gray and Jen Daniels to be the Co-Chairs of our parish reopening team.

As I mentioned above, we are also required to recruit three captains "who will oversee and manage specific tasks related to re-opening and ongoing operations during the pandemic." The captains will oversee three volunteer groups: The Set-up team, Greeting Team and Cleaning Team. At our last staff meeting, we decided to have a staff-liaison for each of these teams as Co-captains.

Set-up Team: Sennen Manu and Miranda Farmer
They are responsible to set-up the Church ahead of time. For example, marking the seats and floor to make sure parishioners are always six feet apart. Before the celebration of any sacrament, the Set-up Team will make sure there are enough supplies needed for that sacrament, ensure entrance and exits are marked, windows are opened, restrooms are stocked and managed, and that there is sufficient hand sanitizer for each service.

Greeting Team: Ruben Herrera and Maureen Evers
Greeters will direct the flow of the congregation as they enter the church. They will ensure that we do not exceed the required number of participants at each service. They will also ensure that parishioners are wearing masks, sanitizing their hands and keeping the social distance rule.

Cleaning Team: Doug Cline and John Cavalier
They will clean/disinfect the church before, during and after each service.

We are now in the process of recruiting additional volunteers for each team. (See accompanying article on the next page.)

We are scheduled to have our church cleaned and disinfected on June 1& 2. We hope to have our church opened by Thursday, June 4th for Eucharistic Adoration.

As you keep thinking and planning for reopening, remember that the Archdiocesan plan is in phases. In the first phase, upon fulfilling all requirements, a parish is allowed to celebrate Baptism, Reconciliation, Weddings and Funerals with a limit of 10 attendees. Phase 1A allows a parish to reopen for private prayer and adoration. According to the Archdiocese, "Through ongoing discussions with pastors, health care professionals and civil authorities, there will be a **review** of the Plan at each stage with an eye to making adjustments in accord with new data."

We have set up some dates in the next few weeks when our parish will be open for private prayers, adoration and reconciliation. Please visit our parish website for those dates and future updates

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You are in my prayers always. Please pray for me, our parish and our world.

Blessings always,
Fr. Ignatius

St Mary of Vernon Reopening Plans

Following the Guidelines of the civil authorities and the Archdiocese of Chicago St. Mary of Vernon will open on a limited basis for Sacraments, Adoration and Private Prayer.

Adoration
Thursday, June 4
9am to 11am

Reconciliation
Saturday, June 6
10am to 11am

Private Prayer
Sunday, June 7
9am to noon
Then every Sunday and
Tuesdays 9am to 11am and Thursdays 6:30 pm to 8pm

Each gathering will be limited to 10 people at a time and everyone must follow all the social distancing guidelines. To that end our Church will be professionally cleaned and disinfected on June 1 and 2. Only a certain area of the church will be accessible to guests; the rest will be blocked off. The main washrooms will be closed, leaving the single washroom next to the sacristy open.

A Parish Reopening Leadership Team has been formed and is still in need of volunteers (see separate article in the bulletin or website). The three teams are: Set up, Greeters and Cleaning. These volunteers have been / will be trained according to the Archdiocesan Guidelines.

Adoration

Our first visitors may attend Adoration on **Thursday, June 4.** In order to accommodate as many people as possible visiting time will be limited to 20 minutes. When you arrive at Church a Greeter will hold the door open for you, spray your hands with hand sanitizer and escort you to your seat. Once a guest leaves, the place they were seated will be cleaned before the next guest is seated. Face masks must be worn at all times. Please be respectful of the Greeters' instructions as they have been trained in the proper procedures and guidelines.

Reconciliation

The sacrament of Reconciliation will be offered on Saturday mornings beginning June 6. Penitents are asked to wait in their cars in the parking lot in front of the main Church entrance. Greeters will allow one person in the Church at a time. The Confessional kneeler and chair will be placed in the narthex to permit a larger area for social distancing from the priest. Once a person leaves the building the confessional area will be wiped down before the next person can enter. There will be Greeters to open the doors, spray your hands and direct you to the priest. Face masks must be worn at all times. Please be respectful of the Greeters' instructions as they have been trained in the proper procedures and guidelines.

Private Prayer

Times for Private Prayer will begin on Sunday, June 7 from 9am to noon. As with Adoration since only 10 people will be allowed to be in the building at one time, visits will be limited to 20 minutes. When you arrive at Church a Greeter will hold the door open for you, spray your hands with hand sanitizer and escort you to your seat. Once a guest leaves, the place they were seated will be cleaned before the next guest is seated. Face masks must be worn at all times. Please be respectful of the Greeters' instructions as they have been trained in the proper procedures and guidelines.

Baptisms, Weddings, Funerals

Please call the parish office to arranged for a Baptism, Wedding or Funeral. The attendee limit is still only 10 guests at a time. There are specific procedures that will apply for each sacrament as well as those that apply to private prayer time. We are taking reservations for Baptisms to take place after August 16.

Reopening Plan for St. Mary of Vernon
Volunteers Needed

As you may have heard we have received permission to reopen our parish in phases as soon as we can provide the required safety precautions. You can read Cardinal Cupich's letter and the Archdiocesan Reopening Plan at: https://www.archchicago.org/coronavirus/reopening
Before we can open our church, we will need volunteers to work in these groups.

Set-up team: Volunteers will ensure that: all supplies needed for each sacramental celebration/gathering are ready for use, entrances and exits are marked and propped physically open prior to attendees' arrival/ departure, windows are open, restrooms are stocked and managed, etc. They will ensure hand sanitizer is available.

Greeting team: Greeters will assist in managing the flow of congregants as they enter the church, participate in the liturgy/sacrament, and exit the church. Team members will combine some of the functions of an usher, such as directing participants to appropriate seating/waiting area, but will include additional responsibilities, including , but not limited to, making sure attendees use hand sanitizer upon entering, are wearing a mask, and are reminded not to enter if ill. Given the circumstances, greeters will need to be tactful and firm, paying careful attention to all people on-site.

Cleaning team: These volunteers will help maintain and clean essential and trafficked areas of the church before and after the church as been used. Masks, gloves and face shields will be provided, in addition to approved cleaning/disinfecting supplies. Guidance on proper cleaning procedures will be provided via an online webinar.

Requirements: For the health and safety of our volunteers, is important that volunteers not be a part of the "vulnerable population." (i.e., volunteers should not be older than 65 or have underlying medical conditions such as diabetes; lung disease; undergoing cancer treatment, etc.). **For this reason, young adults are especially needed.** If individuals in the vulnerable population choose to volunteer understanding the inherent risks, they may do so at their own discretion, depending on the needs of the individual teams as identified by the team captains.

For the **Greeting team**, those from 18 years or older to 65 are welcome. High School students who wish to volunteer may do so for set-up teams or cleaning teams, provided they have permission from their parent or guardian.

If you are interested in volunteering, please send an email to smv@maryofvernon.org and you will be sent a Reopening Team Registration form- once that is returned you will be contacted by the appropriate Team Leader.

RCIA –Formation Continues

The St. Mary of Vernon RCIA group continues to meet virtually each week while we comply with stay-at-home directives. Work continues on providing a positive experience for our participants – even in these not-at-all-ordinary times. We continue to pray and study together, and are constantly challenging each other to find God in our lives day in and day out.

We are looking forward to the day when we can meet as a community to celebrate the Eucharist together and welcome Jessica, our Elect, and Hannah, our Candidate, into full participation of the Sacraments and unity with our community of faith.

The RCIA team continues to invite all our parishioners and guests to continue praying for Jessica, Hannah, and for Peyton, and Bryan – our Inquirers; we also encourage prayers for our neighbors who are being called back to the Church, and all those who are seeking to better understand their relationship with God. And we ask you to join us in prayer for all who have perished in wars and all who have fought bravely for our freedom as well celebrate Memorial Day.

Individuals who would like to know more about the Catholic Faith can connect with someone on our RCIA team for basic information or to set up an appointment to discuss specific questions or goals; contact Maureen Evers (847-362-1005 or mevers@maryofvernon.org) or Mark Zwolski (847-644-7073 or mrzwolski@gmail.com).

Bible Study Suspended

Bible Study with Fr. Ignatius is suspended for the time being as we work on reopening our parish. Please check back here periodically for updates, or email Maureen Evers at mevers@maryofvernon.org to be added to a contact list when bible study resumes.

We Are Now Accepting Registrations for Baptism Prep!

Are you a first-time parent interested in having your child baptized at St. Mary of Vernon? We are now offering our June 14 Baptism Prep class on Zoom! Please visit our parish website to register, or email Maureen Evers at mevers@maryofvernon.org if you have questions. We look forward to celebrating your child's baptism in the near future!

PREP News . . .

For those families who had registered for the Summer Program:

We can accommodate the summer PREP students into the school year program. The days and times are posted on the PREP page of the SMV parish website at: **www.maryofvernon.org**. Please notify Mary Winegard as to your preference for either Sundays or Mondays as soon as possible at **mwinegard@maryofvernon.org.**

For those families who have not yet registered:

We would GREATLY appreciate it if you have not already registered your children for PREP, that you would do so now. With the influx of this additional group of students, we need to plan accordingly. We will be reevaluating how we use the building, the size of the classes and how many more catechists and assistants we will need.

You can find the registration form on the PREP page of the St. Mary of Vernon website at **www.maryofvernon.org.** You can download the e-form, complete it and then print or you may also hand print the form as well. Please be sure to complete both the front and back of the form.

Once the form is completed, please mail the form to the parish as we are not open due to the stay at home order. As such, we are not available to take credit or debit card payments at this time.

Please submit both the registration form and either a personal check or a note that you have a payment plan on Give Central for the tuition.

Please feel free to contact us with any questions or concerns. Again, we thank you for your consideration and cooperation. We look forward to seeing you all once again. Let us continue to raise each other up in prayers.

The 2020 St. Mary of Vernon Rummage Sale

Has Been Cancelled

KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Need a little spiritual pick-me-up during these trying times? Then join the Knights from St. Mary of Vernon in daily prayer, gospel readings, intercessions, and the rosary. These will be "virtual" sessions offered via ZOOM; all you need is a computer with a built-in camera and microphone to participate in the comfort of your own home.

Sessions began Wednesday, April 1st at 7 PM and will continue during the mandated "stay-at-home" order. Attend daily or when your schedule permits. The Knights can also help you get setup with a free subscription to ZOOM if you require some assistance. If you are interested or have questions please contact Eric Fernandes.

AERICFERNANDES@YAHOO.COM 847-791-3911

Sharing Hands is Here to Help

We hope our parish family knows about the great work of our **Sharing Hands Ministry**. Through the generosity of our parishioners, we have a fully stocked food pantry that is available to anyone in our parish community who is in need.

We know many local companies and businesses are closing for an undetermined period of time and many workers will be out of work without pay. We are here to help. If your family or a neighbor needs food due to this pandemic our pantry is available to you. Sharing Hands is open Tuesday evenings from 6:30 to 8:00pm and Saturday mornings from 9am to 11am. Distribution of food has been modified to put space between each guest and maintain best practices for social distancing. **If you would like to donate food to Sharing Hands, please come during their regular hours and volunteers will accept it from you.**

For more information you can call the parish office at 847-362-1005 (leave a message if we are not there) or by email to: smv@maryofvernon.org.

This is a difficult time for everyone and your parish is available to help. Let's keep each other in prayer.

TREASURES FROM OUR TRADITION

Before there was water, there was fire. Once in a while, a volcano hints at the sizzling magma upon which the whole human enterprise floats. Over eons, the surface cooled off a bit, and rain sizzled down for thousands of centuries, filling the oceans and sculpting the earth. We Christians can catch God's glory in a shimmering pool of water, but we can also capture God's burning desire to fan the tiny flames of our baptismal candles into something that will make a difference.

In Sicily to this day, there is a custom of scattering rose petals down from the ceiling of church on the heads of the faithful, an effective reminder of the "tongues of flame" descending on the apostles, and a sign that the Holy Spirit still is poured out on the baptized. It is not merely a quaint custom, but a fairly potent sign of what baptism does. An interesting sidebar: if you have traced the Epiphany blessing on your doorway in chalk, Pentecost is the day to erase it. From now on, no need to rely on the "wise men"—you are alive in the Spirit!

—Rev. James Field, Copyright © J. S. Paluch Co.

Updates From Lake County United

Good Afternoon, Fellow Parishioners!

I hope as we move from winter into summer (Do we really get an entire season of Spring anymore?) this message finds you healthy in all ways! In today's conference call with the Lake County Health Dept., I gained some important information I think should be shared with all our parishioners:

Lake County has been selected as one of two counties in the state that will start a county-wide "Contact Tracing" program. The funding for this program comes from the federal CARES Act. For more information, including applying to be a "Contact Tracer" check out these websites:

- Contact tracing collaborative: https://www2.illinois.gov/Pages/news-item.aspx?ReleaseID=21553
- Interest form for contact tracers: https://redcap.dph.illinois.gov/surveys/?s=KWKJL93TM7
- Johns Hopkins contact tracing course: https://hub.jhu.edu/2020/05/11/free-contact-tracing-course-johns-hopkins/
- https://learn.astho.org/p/contacttracer - Contact Tracer Training

Though Phase 3 of re-opening our state begins on May 29th, it is vital to remember that social distancing and facial covering will be required for all people outside of their homes. There are also travel protocols being instituted in consideration of more travelers; details can be found on both the state and county websites, as well as the CDC.

CoVid-19 Testing Site in Waukegan is testing anyone and everyone now; there are no requirements for this free testing other than being a Lake County resident with identification. The facility now has the ability to test 750 people a day but is still only testing at approximately 500 tests/day, as originally set. Antibody testing is not happening at this point as there are no reliable antibody tests; to date, the only way to test for antibodies is a blood draw, and it's not worth the risk and expense for unreliable results. The county will begin testing all residents in long-term facilities next week, regardless of their symptoms or lack thereof.

Finally, many people are questioning why we in Illinois are beginning to open our communities and businesses when our total diagnosed cases continues to climb. Though our numbers are still growing daily, we are now testing more people, so an increase is expected. However, we have managed to "flatten our curve" with respect to the percentage of people being diagnosed compared to the number of people being tested and the total population of the state. In addition, we have strong protocols in place for opening and our treatment facilities are not at capacity and we have better options for treatment. The county & state are watching carefully what is happening in other countries around the world, particularly S. Korea. Please do not be surprised if after a few weeks of "open for business", we move towards sheltering in place and the closure of non-essential businesses again.

This is all the "new" news.
Thank you! Peace & Prayers,
Christa Haberkorn

Lake Behavioral Hospital was scheduled to open on Monday, May 25th. Lake County United was instrumental in supporting the development of this 146 bed facility in Waukegan. Visit www.lakebehavioralhospital.com for more information.

We are invited to the Transitional Care of Lake County, formerly known as Winchester House, ribbon cutting ceremony on Tuesday, June 23 (time to be announced). St. Mary of Vernon was there for the groundbreaking on Tuesday, December 4, 2018. SMV is a founding member of Lake County United. Beginning over ten years ago, LCU's first mission was to find a way to guarantee that the proposed closing of Winchester House, the Lake County run nursing home, would not leave those needing its services left out. Over the past 9 years, LCU has continued advocacy for Winchester House, working with Lake County Board Members and Staff, who have a commitment to quality care for residents, as well as construction of a new Winchester House. All residents currently at Winchester House will be guaranteed a place in the new building. Please contact Gary Schiappacasse at 847-691-3293 if you are interested in attending this event. It is located right next to Dover Straits Restaurant on Route 45.

ATTENTION TEENS (& PARENTS):

Thousands of teenagers from across the country are gathering on Sunday nights for the BIGGEST YOUTH NIGHT EVER. It's called ProjectYM Live and each week it'll feature some of the biggest speakers and worship leaders in the Catholic youth ministry world – last week they had OVER TEN THOUSAND students participate.

Our parish is signed up to participate – all you need to do is head to WWW.PROJECTYM.COM/WATCH this Sunday at 7pm Central.

Two quick notes:

The broadcast starts at 7pm CDT, but plan to have your student log in a few minutes early to make sure they're on when it starts.

They can access the event on any device with a web browser – but the faster the connection, the better.

Hope you will join us!!

Bulletin Information Updates

Since the beginning of the COVID-19 pandemic information has been changing almost hourly. While we are making every attempt to keep information current it is sometimes impossible. We will be sending out the weekly **epost**, (more often if necessary) and will keep our website updated as often as we can. Please check it often. **To add your name to the ePost distribution list, contact swogan@maryofvernon.org.**

Since the parish offices are closed the best way to leave a message is through email to: smv@maryofvernon.org. It is monitored daily.

A Fast Way to Support SMV

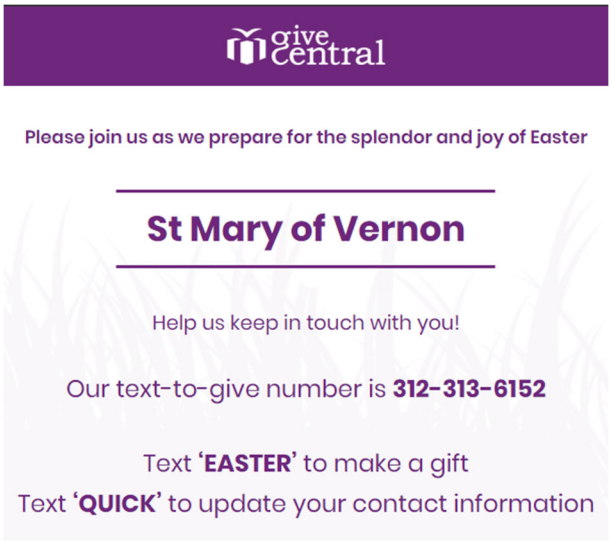
Announcing a new fast way to make contributions to St. Mary of Vernon—Text-to-Give through Give Central. Right now it is available to use for Easter, Sunday and the Building Maintenance Fund. Using the phone number in the article to the right you can use the following words:

Donate— to make a donation to the Sunday Offering

Maintain—to make a donation to the Maintenance Fund

If you already have a Give Central account it will take you right there. If you are new to Give Central there will be a place to enroll.

Any issues, email sgray@maryofvernon.org



Gambling Problem?

As we know, during this trying time in our world, many stressors are on the rise and our community needs us now more than ever. Many individuals turn to their church for guidance, love and support when things become difficult. Gambling may be one of the challenges facing our members. An activity enjoyed by many, gambling for some can be a slippery slope leading to relationship, financial, emotional and other problems. And now, with online gambling at an all-time high during the stay-at-home order and the closure of gambling establishments, many do not know where to turn for help. The Nicasa Behavioral Health Organization offers free gambling prevention and counseling services. You can connect with their counseling (currently provided by video or phone) at gamblingservices@nicasa.org or 847-546-6450.

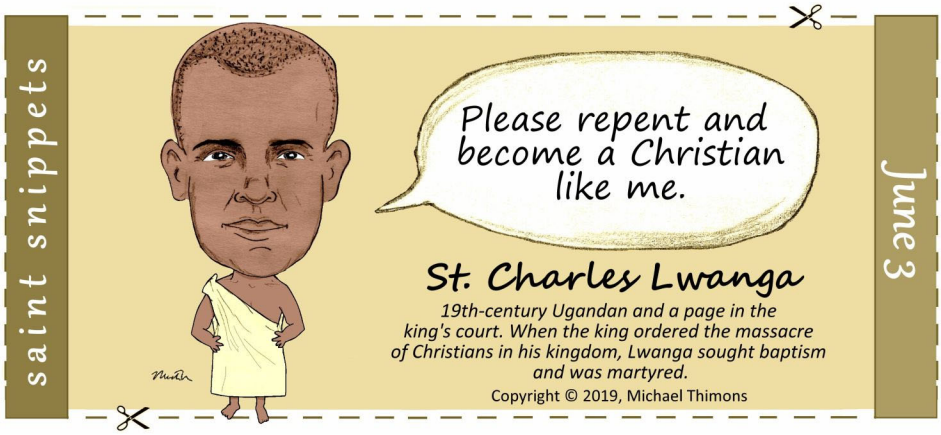
SAINT CHARLES LWANGA AND HIS COMPANIONS

(martyred 1886-87)

June 3

"Master of Pages," reputedly the handsomest man in all Uganda, Charles Lwanga, lay catechist, courageously led about forty teenaged boys, Catholics and Anglicans, on a forty-mile forced march to martyrdom for their common Christian faith. Teaching each other the hymns of their different churches, they strengthened one another for the ordeal ahead. King Mwanga, himself barely twenty, had ordered them executed for being "those who pray." But these royal pages were the king's male harem, who, now Christians, refused what pious accounts demurely describe as his "unreasonable demands." Some were clubbed to death, most burned alive; the youngest, thirteen-year old Saint Kizito, whom Charles had often shielded from the King's lust; the most tragic, Saint Mbaga, whose father was his executioner! In 1964, Paul VI canonized the young Catholics and praised their Anglican companions, recalling the heroism of early Christianity's African martyrs, which we modern Christians of far less faith never expected to see repeated. Forty years after the pope's words, what does our faith cost us? Heroism aside, how generous is our response?

—Peter Scagnelli, Copyright © J. S. Paluch Co.



Need Help?

Alcohol or drug abuse: Call Alcoholics Anonymous 847-362-1811 Al-Anon 847-680-4640; Adult Children of Alcoholics 847-680-4640
Gambling: Call Sarah at 847-546-6450 or visit www.gamblingservices@nicasa.org.
Narcotics: www.na.org
Emotions Anonymous: 847-370-6937 Ask for Don.
Drinking or Emotional Problems: Holbrook Counseling Ctr of Mundelein, 312-655-7725
Physical/sexual abuse: The Zacharias Sexual Abuse Center offers counseling for children & adult survivors of abuse. Call 847-244-1187. Hot line is 847-872 -7799.
Reporting Allegations of Child Abuse to Civil Authorities: Contact Matt Chancey, Chief of Criminal Division at 847-377-3000. D.C.F.S. = 1-800-252-2873.**To report sexual abuse of minors by priests or deacons, lay employees, and/or volunteers:** Call Leah McCluskey, MSW, LSW, 312-751-5205. **Confidential Hotline:** 1-800-994-6200.
Domestic Violence Group Counseling offered in English & Spanish. Monday evenings in Waukegan, Tuesday evenings in Mundelein. Call 847-249-4450 https://
Information on Elder Abuse: www.nursinghomeabusecenter.com/resources/faith/
Pregnant and Need Help? Call 847-249-2700 (Aid for Women of Northern Lake County)

The Unemployment Line

WERC is wishing everyone a safe and healthy stay-at-home experience! And for those who continue to work – we are grateful for your service!

Per the recent Archdiocesan guidelines our monthly employment support group meetings are cancelled. *We will re-evaluate our schedule for future months as we learn more.*

Looking for work/Expecting to return to the office as restrictions are eased?
Experts are saying there are plenty of jobs to be had – even in this down economy. And many of us will be heading back to the shop/office in the near future. Here is something to know about as we "return to normal" work environments.

> Nicola Smith, CEO, and Founder of REBEL & REASONS says that due to a lack of clarity on health and safety, the liability aspect for employers is "a big consideration" should they choose to bring people back into the office when it may or may not yet be safe. Because every industry will look different, this will be a unique challenge employers must grapple with individually. "I would just challenge any company considering it to really ask themselves what the value is."
>
> "There will certainly be employees with health and safety concerns and the anxiety people are feeling now won't go away overnight," Wilson says. "Employees should be comfortable with the return to work process," Wilson advises employers to let their employees know that they can address questions and concerns right away prior to a return to the office. "Be flexible and consider individual needs as seriously as they need to keep everyone safe and well," he says. "Make adjustments where necessary."
>
> If employees are uncomfortable with the new office set up or have a reason why a mask cannot be worn, Wilson recommends considering "granting a small, private workspace" to help them feel more comfortable. "Some employees simply may need time to adjust and ease into the new workplace normal," he says. " If they are able, advise them to continue to work from home and if necessary allow them to come into the office on the weekends when there is minimal exposure to co-workers."

We're Still Here!
The St. Mary of Vernon WERC team is still available to help! Contact the WERC team at SMVWERC@gmail.com to pose questions, ask for advice, connect (virtually) for a shoulder to lean on…

The purpose of our Wellspring Employment Resource Community (WERC) ministry is to provide a safe and effective forum for sharing work search tools and techniques which can enable unemployed parishioners in their search for meaningful and rewarding work.

Around the Corner – From St. Joseph's Unemployment Ministry
Please note: As of June 4, St. Joseph's Unemployment Ministry is switching regular meetings from Wednesday evenings to ***Thursday evenings.***

Zoom meeting: **LinkedIn Strategic Guidelines**
When: **Jun 4**, 2020 7:00 -9:00 PM Central Time

We are very pleased to welcome back **Bruce Bennett**, Career Coach and Public Speaker, to host this informative Zoom meeting focused on leveraging LinkedIn for your job search. This session teaches the strategic practices for building your LinkedIn internet presence. The use of hashtags and ampersands will be covered, as well as going mobile with the LinkedIn application. Our sessions are free, and all are welcome - please **preregister** at the Zoom link below and join us for this online session!

Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tJIkc-yvqjkuG9wBUxm2zI_FoM3tnMy2ycZD
After registering, you will receive a confirmation email containing information about joining the meeting.

The St. Joseph Employment Ministry assists unemployed and under-employed in the pursuit - anyone with an interest in assisting job-seekers is also invited to attend. Meetings are held on the 1st and 3rd Thursday of each month and feature topical presentations. If you have questions, contact John Jennings at jfjennings@ comcast.net. Employers are invited to post open positions by sending an email to John.

Tips for Reducing Anxiety During the COVID-19 Outbreak

From Arlington Heights parishes, and recommended by Deacon Tom Lambert, head of our Archdiocese's mental health commission, and by our own Deacon Jerry Nora.

Ground yourself in science. Science-based facts will ground you in a reality where truth, hope, and interventions exist. Resist sensational news or social media, where facts are often blurred or exaggerated. The Centers for Disease Control and Prevention (CDC) provides information and frequent updates.

Limit your consumption of the news. A near-constant stream of news reports can cause anyone to feel anxious or distressed. Instead, seek CDC updates and practical guidelines at specific times during the day.

Isolate but stay connected to others. Protect yourself and others with social distance and homebound activities. But make sure to keep your attachments to friends, family, and loved ones by calling, texting, using FaceTime or Skype.

Get your emotional support system in place. Maintain familiar routines in daily life as much as possible; Routines and schedules reduce stress and anxiety in our lives. Keep your list of support people or tools at your fingertips so you can draw on them easily if needed.

Think locally, not globally. Focus on what is happening in your local community and what you can do to keep yourself and neighbors healthy and safe. A sense of community is vital for moving through traumatic situations and builds resiliency in children and adults.

Practice self-care and make sure others do too. Be mindful about eating well, keeping a healthy sleep cycle, exercising, and other soothing self-care behaviors. Make sure to avoid using alcohol or drugs to cope with stress. And limit caffeine as it heightens anxiety and irritability.

Fight helplessness by finding purpose. The uncertainty that COVID-19 brings can leave many of us feeling unspeakably helpless. Finding purpose can alleviate restlessness and anxiety. Choose things you can control, be it shifting negative thoughts into positive ones, deciding what to cook for lunch, reading a good book, picking what movie you and the kids will watch, or other activities you have power over.

Let your faith be a beacon of hope. In addition to prayer and watching online daily Mass, scripture "mantras" can be helpful to ease moments of anxiety.

Cast all your anxieties on him, because he cares for you. 1 Peter 5:7
I can do all things through Him who strengthens me. Philippians 4:13

Readings & Feasts This Week

Monday, June 1—Gn 3:9-15, 20; Jn 19:25-34 *The Blessed Virgin Mary, Mother of the Church*

Tuesday, June 2—2 Pt 3:12-15a, 17-18; Mk 12:13-17 *Saints Marcellinus & Peter*

Wednesday, June 3—2 Tm 1:1-3, 6-12; Mk 12:18-27 *St. Charles Lwanga & Companions*

Thursday, June 4—2 Tm 2:8-15; Mk 12:28-34

Friday, June 5—2 Tm 3:10-17; Mk 12:35-37 *St. Boniface*

Saturday, June 6—2 Tm 4:1-8; Mk 12:38-44 *St. Norbert*

Sunday, June 7—Ex 34:4b-6, 8-9; 2 Cor 13:11-13; Jn 3:16-18 *The Most Holy Trinity*

Our Sick Who Have Requested Prayer

Pat Slovak, Sarah Weigert, Helen Dorn, Chris Cwik, Ruth Nowak, Bill O'Shaughnessy, Sam Denton, Sr. Barbara West, AnneGene Fortman, Charlotte Afonso, Nathaniel Lee, Michelle Lucas Freer, Donald Dobrowski, Ed Tracz, Pat Cahill, Jim Wogan, Kay McNamara, Mary Rollo, Zoe Weller

Please Pray For Our SMV Loved Ones Who Serve in the Military

MAJ Jay Althoff, USA
FC2 Trevor A. Amos, USN
LTC Robert Bowen, USA
COL Steven Carozza, USA
Sgt Michael J. Cinnick, USMC
SGT Alyssa Cleary, USA
SGT Thomas Cleary, USA
LT Sara Dillon, USN
PO2 Swen Erickson, USN
LTC Grace Gallagher, USA
ETV2 Michael Gielczyk, USN
COL Matthew Hepburn, USA
LT Alex Hoersten, USN
SPC Kevin Holum, USA
LTJG Kendall G. Knorr, USN
LCpl Michael Kukula, USMC
LT Melanie C. Lecaroz, USN
LTC Michael Milas, USA
MAJ Paul J. Milas, USA
SN Abraham L. Moore, USN
CPT Christian A. Moree, USA
Capt Sean P. Morrow, USMC
Maj Thomas W. Morrow, USMC
PFC Nicholas J. Pagano, USA
SGT Anthony R. Powers, USA
SSG David Ptak, USA
CAPT Katie Schullian, USN
Maj Matthew Tegeler, USAF
CDR Matthew Wauson, USN
HN Anthony J. Wick, USN
2ndLT Michael D.Wick, Jr, USMC
CPT Stephen M. Woldridge, USA

Please call Sue Wogan at 847-362-1005 if you would like to add your loved one to this list or have any changes to their information.

SMV Week at a Glance

Until further notice, all group events are cancelled, including daily and Sunday Masses. Sharing Hands will continue operations to serve our neighbors in need. Sharing Hands on drive-up basis only.

THE RICHNESS OF THE SPIRIT

Students, and most adults recalling their school days, are familiar with the phrase "compare and contrast" that shows up from time to time on tests. Today we hear two different accounts of the giving of the Holy Spirit to the church. Let's contrast, then compare. Luke's account from Acts is filled with arresting details: the mighty wind from heaven, the tongues of flame, the miracle of different languages. John's account seems timid: fearful disciples, the wounded Christ, the expelling of breath from his risen body, not from the sky. Our literal, modern minds wonder which way it happened; our noisy culture probably makes us prefer the former. But if we compare the two, we find that the dazzling richness of the Spirit fills both accounts, for it is the very breath of the risen Christ, ascended to the sky in Luke, that appears to his disciples in John and sends his followers forth to carry on his mission of forgiving sin and proclaiming the mighty acts of God.

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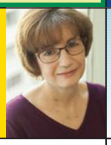

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