

PLEASE PRAY FOR ALL THE SICK IN OUR PARISH

Especially: Maggie Dull, Mike Costanzo, John “Jack” Schmitt,

and all those in nursing homes.

EIGHTEENTH SUNDAY IN ORDINARY TIME

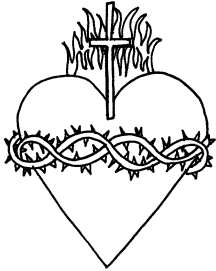
August 1<sup>st</sup> – 8<sup>th</sup>

Sat., Aug. 1 <sup>st</sup>	5:30pm Mass	Ints. Diane & Bill Brumley
Sun., Aug. 2 <sup>nd</sup>	8:00am Mass	I Rev. Alan D. JupinI
Mon. Aug. 3 <sup>rd</sup>	9:30am Mass	I Dec’d. Sisters of Charity of Our Lady of Mercy For the People
	11:30am Mass	I Angela StackI
	5:30pm <b>Latin Mass</b>	Ints. Bob & Nori Curtis
Mon., Aug. 3 <sup>rd</sup>	6:30pm Mass	I Joe & Bette GriffithI
Tues. Aug. 4 <sup>th</sup>	8:00am Mass	I Brian KavanahI
Wed., Aug. 5 <sup>th</sup>	8:00am Mass	Ints. Dennis & Rosalea Donhue – 60 <sup>th</sup>
Thu., Aug. 6 <sup>th</sup>	6:30pm Mass	Wedding Anniversary
		I Betty & Joe GriffithI
Fri., Aug. 7 <sup>th</sup>	8:00am Mass	I Stephen Austin HayesI
<b>FIRST FRIDAY</b>	<b>4:00pm Latin Mass</b>	
Sat., Aug. 8 <sup>th</sup>	<b>4:00 – 5:00pm CONFESSIONS</b>	

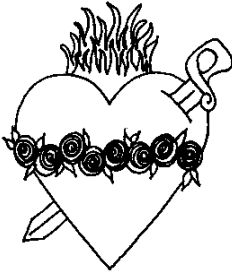
Stella Maris  
Roman Catholic Church



We welcome all visitors who have come to worship God with us today.  
And we hope that your visit is safe and enjoyable.



18<sup>TH</sup> SUNDAY IN  
ORDINARY TIME  
August 2, 2020



1204 Middle Street, P.O. Box 280  
Sullivan’s Island, South Carolina 29482

Rev. Msgr. Lawrence B. McNerny, J.C.L.	Pastor
Rev. David Michael	Parochial Vicar
Mr. Jason Vaughan, MA, MS	Deacon, Pastoral Associate & D.R.E.
Mr. John Byrnes	School President
Mrs. Susan Splendido	School Principal
Mrs. Ann Thompson, LMSW	Registration, Counseling & Activities
Mrs. Elizabeth Bolchoz Sanford	Communications Coordinator
Mr. Huey Waldon	Director of Liturgical Music
Mr. Stephen M. Collins	Associate Musician
Mrs. Winnie Van Meir	Secretary to the Pastor

Parish Office Hours:

Monday – Thursday, 9:00 – 4:00; Friday, 9:00 – Noon

Parish Office	843-883-3108	Fax	843-883-3160
Jason Vaughan	843-883-3044	Ann Thompson	843-607-0135

Diocesan Office of Child Protection Services 843-261-0430  
Diocesan Victim Assistance Minister 843-856-0748

St. Vincent De Paul Society Help Line: 843-814-1229

Parish Website: [stellamarischurch.org](http://stellamarischurch.org)

FORMED WEBSITE: [formed.org/register](http://formed.org/register) (Access Code: R8ZH23)

TODAY’S SCHDULE

August 1<sup>st</sup> – 2<sup>nd</sup>

EX. MIN. HOLY COMMUNION	LECTORS	HOST FAMILIES
5:30pm c	Nelson Little	Winnie Van Meir
8:00am c	Warren Tawes	Enrique Hurtado
9:30am c	Anthony Stith	Garen McDowell
11:30am c		Mary Ellen Way

SCHEDULE FOR NEXT WEEK

August 8<sup>th</sup> – 9<sup>th</sup>

EX. MIN. HOLY COMMUNION	LECTORS	HOST FAMILIES
5:30pm c	Michael Molony	Amy Rankin
8:00am c	Kati Eller	Debby Hurtado
9:30am c		Miller Shealy
11:30am c	Christine Story	Charley Way, Jr.

MONEY MATTERS

Last week’s collection amounted to \$15,743.00

MARRIAGE

We are unable to accommodate all of the requests for weddings at Stella Maris. To marry here, at least one party to the marriage should be an active parishioner, regularly attending Mass for one year before asking to schedule a wedding. As Catholics, we believe that God has a plan for marriage. Cohabitation before marriage is not part of God’s plan and decreases the chances of success in maintaining a permanent union. Cohabiting couples should separate and live apart before requesting the Sacrament of Matrimony. More information is available from the parish office regarding guidelines for weddings and parishioner status. Diocesan policy requires at least six months’ notice before setting a wedding date.

SACRAMENTAL POLICY

In order to receive First Holy Communion or Confirmation, students in Grades 2 and 8 must attend TWO FULL YEARS of religious instructions if they are NOT in our Catholic School system. No more than THREE (3) classes can be missed during the year of sacramental preparation.



If anyone wishes to receive Communion and is unable to come to Mass, call Deacon Jason Vaughan at 843-883-3044



BAPTISM

To schedule a Baptism please contact Deacon Jason Vaughan at 843-883-3044.

NURSERY

The Nursery in the parish hall remains closed until further notice.

REQUIESCANT IN PACE

In the charity of your prayers please pray for the repose of the souls of Janet Rogers, wife of Jack Rogers, and Norma Palms, wife of Dr. John Palms. May they rest in peace.

The facilities and services of Stella Maris Parish are available to its active members. This includes use of the Church for Baptisms, Weddings, and other sacramental events and includes parishioner status in our parochial schools. Active membership is determined by three things: being registered in the parish for a sufficient period of time, faithful attendance at Mass on Sundays and Holy Days, and the use of the envelope system in support of the parish. N.B. If you are attending Stella Maris but not receiving envelopes, then you are not registered. Please call the Parish Office for registration information.

## FROM THE PASTOR’S DESK

My dear people,

Hopefully, by next Sunday, I will be able to share a plan for First Holy Communion and Confirmation. Originally scheduled for May, I had hoped we might be able to celebrate them as a group by now. The ongoing pandemic changes things.

During the past week, the most frequently asked question of me has been, “What was it like having COVID?” One parishioner reminded me that back when I tested positive and sent out a Flock Note to alert people of possible exposure, I mentioned that perhaps later I would provide details of the encounter with that nasty witch: ‘Rona Virus. After feeling better, I thought, ‘Who wants to hear an old man talk about his aches and pains?’ Today, a relative emailed asking me about the experience with apologies for asking but with an honest desire to know what to expect were she to contract it. Of course, everyone’s reaction is different depending on age, general health, underlying conditions, access to health care, and probably many factors we may never know. All I can do is relate some of my experience.

Having had my dance with that witch ‘Rona, were I to encounter her again, I’d check my supply of Tylenol, Pepcid, soups, liquids, bread, orange marmalade, and even Vick’s Vapo Rub. I would make sure I have my oximeter. Initially, I’d take note of the first signs: fever (slight), headache, a nasty taste in my mouth (some have experienced a taste “like maple syrup”), and fatigue. Soon a dry cough would be expected, perhaps even muscle aches and possibly gastric distress. Just a few of these would be enough to prompt a call to the doctor. The doc won’t invite you in for a visit lest you infect his office and staff. A test would be ordered and you would be lucky to find one with results within days. Initially, I was told I might have to go out to Roper-St. Francis on James Island, then wait up to eight days for the results. Another option was found and I was able to be tested the same day as my initial call to my doctor. The results were back in four days.

Before the positive result, the symptoms were curious: fever one night but no fever the next day or night. Then another night with clearer symptoms: fever in the evening then chills during the night. We all know how body temperatures increase in late afternoon and so a ritual developed. After having dug out a quilt from storage to deal with chills, I’d prepare for bed as the fever got going pretty well. I mean around 6:30 P.M. The quilt would be at the bottom of the bed for later when the chills came along. This is where the Tylenol comes in. It’s good to take and record your temperature at least every morning and evening, more some days. The doctor is going to ask you in virtual visits. And when you get to the end of it, knowing how many days you have been without fever will be important in determining when you can end quarantine. For the record, my highest temp was 101.8.

Chest pains are confusing and common with COVID. It’s good to know this because chest pains are also indicative of so many health problems. Oddly, the initial chest pains were, as one patient described them: like having an anvil on one’s chest. It was good I’d read that

otherwise I might have thought “heart attack”. Something was obviously going on in my chest, but without a productive cough it was hard to know what. Now, laugh all you want, but after the first night of chest pain, I invoked a childhood remedy for chest colds: Vick’s Vapo Rub on the chest covered with a small towel. In my mind, I figured it might help against some congestion and whether it actually worked or not, I felt better about it.

Another symptom, I read about is the feeling one had been thoroughly beaten up by Mike Tyson. That goes on day and night for days. After a couple nights, the chest pains seemed different. They seemed to be pressure from within the chest pushing out. This is where the Pepcid came in. A lifelong friend was going through this at the same time and we’d text a most days. His doc recommended Pepcid. Fortunately, I had gotten someone to bring me some. The morning of the 4:00 A.M. wakeup with pressure that seemed to press out on the chest was the Pepcid morning. I realized it was gas, took Pepcid and began to walk back and forth throughout my cottage. That’s when the belching began. I thought I might burst some windows it was so intense and felt wonderful! That must have been rather late in the struggle because that’s also when my fever broke the first time. Weirdly, every pore seemed to let loose a torrent. My clothing was quickly soaked. Later, I read that when a fever breaks, the body does a quick cool down. Does that sound right?

Throughout, I was blessed with frequent advice from a doctor friend from out of state. Early on, he warned me that some people have trouble 5-8 days into it when the percentage of oxygen in the blood declines and respiratory troubles begin but people are not so alert to it. He ordered an oximeter and had it shipped to me. These are the little devices they put on your finger at the doctor’s office. You can get one for around \$25.00 online or perhaps at a pharmacy. I was told by my friend and my personal physician if the number got below 90% I was to seek help. Well, at my worst point, I think it would get down to 87 but with deep breathing I could get it back up in the 90’s. It’s just that I could not let myself fall asleep if the number was running low.

And throughout it all, there’s this nasty taste in the mouth and that feeling we’ve all had when we feel like we are going to throw up, but in this case just knowing that we are not going to throw up. (A woman in the parish explained to me that’s what being pregnant feels like!) The best remedy I found for that nasty taste was to break my keto diet and get someone to buy me a loaf of bread and some good English Orange marmalade (very sweet stuff).

The soups, of course, are for nutrition when you know you are not going to be able to handle solid food, and for the hydration they help provide. All told, there were probably 10 days spent either in the bed or recliner. As mentioned before, a good burst of energy might mean getting up to wash the saucepan the soup was heated in and a few other dishes.

Contact with a doctor is essential. With questions, the doctor will look for symptoms that might require hospitalization and monitor the progression.

Prayers must be important as I am told I was included in many. That’s good because I’ll confess it was not easy to pray personally. I certainly did think of the Lord’s bitter passion but wondered how He could even talk, much less to say things like “Father, forgive them...”

As space runs low here, let me just mention recovery. All my mother figures in the parish are on me to take it slowly to avoid relapse. You don’t have to tell me. My body has already made it clear. For many people, fatigue is the main lingering result. For me, mornings are good. Celebrating Mass is a great anchor, but by afternoon, a certain weariness sets in, maybe even some of that nasty taste and some of the dry cough: time for the recliner or a nap again. Hopefully, you may have read something here that might help if someone you know were to dance with ‘Rona. I was blessed without complications. My best advice: wash your hands and say your prayers because Jesus and germs are everywhere. Be safe, be careful and don’t catch it!

***Saint Roch, pray for us that we may be preserved  
from all diseases of body and soul.***

Father McNerny

## NEWS

### AUGUST FIRST FRIDAY ADORATION

**PLEASE NOTE: There will be no Nocturnal Adoration again this month as a result of the ongoing pandemic.**

### HOMESCHOOL CO-OP OPENINGS

**Are you interested** in a Catholic homeschool co-op? Our Lady Star of the Sea homeschool co-op will meet every Thursday on Sullivan’s Island. For the 2020/21 academic year, there are a few available spaces in 3<sup>rd</sup>-5<sup>th</sup>, and 6<sup>th</sup>-8<sup>th</sup> grades. For further information, please call Audrey Vaughan at 843-327-7304 or email: [audrey.vaughan@ymail.com](mailto:audrey.vaughan@ymail.com).

### PRAYERS FOR THE SICK IN OUR PARISH

**Please Note:** Some time ago we advertised in the bulletin that we would like to update our Prayers for the Sick list but unfortunately we had very limited responses to that request. As a result, we are refreshing our list beginning with newly requested names. If you would like to have a name added to our revised list it will be necessary for you to call the office during regular office hours (9:00am – Noon during COVID 19) and ask to have that person’s name included. Thank you for your understanding.

### JOIN FLOCKNOTE FOR PARISH NEWS

**Do you want to stay in the loop** with events, messages, and reminders from Stella Maris Catholic Church? Text [StellaMaris](https://www.stellamaris.org) to the number 84576 to opt-in to receiving parish news from Flocknote, or email [stellamaris.ebs@gmail.com](mailto:stellamaris.ebs@gmail.com) to be added. (Text code is case sensitive)