

Care for the Caregiver

By Fr. Byron Miller, CSsR

A counselor told his gloomy new patient, “Lighten up! You need a good laugh. Go to the circus and enjoy a performance by Giggles the Clown.” Replied the patient, “I am Giggles the Clown.”

According to an article in *Time* last August, suicides in this country are at their highest number in thirty years. Sixteen million people in the US are affected by clinical depression, making it “the leading cause of disability in the world, costing the US economy alone \$210 billion a year in lost productivity [and] missed days of work.”

More surprising than melancholic clowns are members of the cloth with clinical depression. A study by the Clergy Health Initiative at Duke Divinity School says Methodist ministers were twice as likely to be depressed than the general public. Mental health specialists cite guilt about not doing enough, doubts about one’s call to ministry, and “vicarious trauma” as possible factors. “Bearing witness to another person’s trauma can itself be traumatic and can activate feelings and behaviors associated with earlier traumatic experiences clergy may have had in their own lives,” according to a study published in *MentalHealth.org*. It asserts that vicarious trauma affects clergy as it does professional caregivers and first responders.

However, a growing number of people today assume the role of caregiver, not as a profession but as a responsibility to a family member or friend who is sick,



elderly, disabled, or dying. In a 2015 report, “Caregiving in the US,” 39 percent of adults are caregivers, and of these, sixty percent are women. Nearly half of caregivers assist a parent or parent-in-law; one in ten care for a spouse. Round-the-clock caregivers are more likely to experience stress in their duties, which can also lead to secondary traumatic stress (STS) or “compassion fatigue.” Symptoms include mental and physical exhaustion, numbness in interacting with others, and difficulty in finding fulfillment in work.

Compassion literally means “to suffer together.” Jesus was moved with compassion, but he also withdrew to pray and rest with his disciples. He told them: “Come away by yourselves to a deserted

place and rest a while. People were coming and going...and they had no opportunity even to eat” (Mark 6:31). So a message to caregivers—professional or otherwise—on the verge of compassion fatigue and vicarious trauma: Take care of yourself as you care for others. This isn’t selfishness, but prudence. It’s hard to give what you don’t have. For this reason, Mother Teresa required her sisters to take a mandatory year off from their caregiving duties every four to five years. In E. Scott Fitzgerald’s *Absolution*, the priest, teetering on a nervous breakdown, tells the kid who is trying to make a confession: Go to an amusement park but don’t get up close, “because if you do, you’ll only feel the heat and the sweat and the life.”

Lighten your load, caregivers! Go to the circus, amusement park, movies—or chapel—wherever numbness can be prevented in you. For it’s in feeling the heat, the sweat, and the life that the Way, the Truth, and the Life is found! +

This reflection is from an issue of *Liguorian*, a bimonthly magazine published by the Redemptorists. To subscribe or purchase a gift subscription, go to Liguorian.org or call 866-848-2492.



Creator God, help us to find holy balance as we seek to attend to others and take care of ourselves. We pray in Jesus’ name. Amen.
The Redemptorists

WEEKDAY READINGS

January 16–21

Monday, Weekday:
Heb 5:1–10 / Mk 2:18–22


Tuesday, St. Anthony:
Heb 6:10–20 / Mk 2:23–28

Wednesday, Weekday:
Heb 7:1–3, 15–17 / Mk 3:1–6

Thursday, Weekday:
Heb 7:25—8:6 / Mk 3:7–12

Friday, Weekday:
Heb 8:6–13 / Mk 3:13–19

Saturday, St. Agnes:
Heb 9:2–3, 11–14 / Mk 3:20–21

Bringing Home
the Word 

January 15, 2023

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Bringing Home the Word

Second Sunday in Ordinary Time (A)
January 15, 2023

Proud Servants of God

By Sr. Dianne Bergant, CSA

“My servant” is an identification a lot of people will shy away from. A servant seeks to accomplish someone else’s goals, and the adjective “my” suggests belonging to another. Yet all of today’s readings describe individuals who are proud to be servants—servants of God. What makes this kind of servant something to which all of us can aspire?

As a servant of God, Isaiah became “a light to the nations that [God’s] salvation may reach to the ends of the earth” (Isaiah 49:6). As a servant of God, Paul became “an apostle of Christ Jesus,” proclaiming the good news of God’s love “to the church of God that is in Corinth.”

As a servant of God, John the Baptist prepared the way so that Jesus “might be made known to Israel” (John 1:31). These servants sought to accomplish God’s goals for the fulfillment of others. It is in such commitment to others that we ourselves are fulfilled. Ask any parent, spouse, or good friend if this is not the case.

We might not want to be the servant of another, but what a privilege it is to be called to be a servant of God, a light to others, to proclaim God’s love and make Jesus known. By our baptism, we have all been so called. We enlighten others by the way we live with integrity. The unselfishness of our lives proclaims the good news of Christ Jesus. Authentic Christian living makes him known to the world. That’s what it means to be a servant of God. +

*What a privilege it is
to be called
to be a servant of God,
a light to others,
to proclaim God’s love
and make Jesus known.*

Sunday Readings

Isaiah 49:3, 5–6

I will make you a light to the nations, that my salvation may reach to the ends of the earth.

1 Corinthians 1:1–3

Paul, called to be an apostle of Christ Jesus by the will of God....

John 1:29–34

The next day he saw Jesus coming toward him and said, “Behold, the Lamb of God, who takes away the sin of the world.”

A Word from Pope Francis

John saw something shocking: the beloved Son of God in solidarity with sinners; and the Holy Spirit made him understand the unprecedented novelty.... While in all religions it is man who offers and sacrifices something to God...[it] is God who offers his own Son for the salvation of humanity.

Angelus, Rome, January 19, 2020



REFLECTION QUESTIONS

- How do you personally benefit by serving others?
- Are you careful to take care of your own needs even as you serve others?



Parish of St. Vincent De Paul

"We as a community rooted in the Catholic faith seek to imitate Christ's Examples of love and service to others and spread the light of our faith to others."

Parish phone: 509-234-2262 Jan. 15, 2023 website: stvincentconnell.org

Fr. Miguel A. Gustavo Ruiz Juárez 509-318-0295 gruiz@dioceseofspokane.org
Deacon Arturo Biebrich parish phone: 509-222-9223 after 5 pm only

2nd Sunday Ordinary Time

Mass Jan. 15, 2023

Lector: Marv Grassl

EUCCHARISTIC MINISTERS:

James Freitag

Greeters & Presentation of Gift

Wally & Marla Goade

Altar Servers:

Giselle & Aubriel

3rd Sunday Ordinary Time

Mass Jan. 22, 2023

Lector: Molly Kunkel

EUCCHARISTIC MINISTERS:

Wally Goade

Greeters & Presentation of Gift

James & Tiffany Freitag Family

Alter Servers:

Nadia H. & Mackenzie P.

Pope's Prayer intentions:

For educators

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

Mass Schedule

Sunday: 8:00 a.m. @ St. Paul's in Eltopia

10:30 a.m. @ St. Vincent's (English)

12:00 p.m. @ St. Vincent's (Spanish)

Saturday: 7:00 p.m. @ San Juan Diego (Spanish)

Wednesday: 8:00 a.m. Adoration @ St. Vincent's

8:30 a.m. Mass @ St. Vincent's

Confessions: Wednesdays 6:30 pm @ St. Vincent's

Saturday 4:30 pm @ San Juan Diego

Church Secretary: Elida Fernández - secSt.vincent2015@gmail.com

Tues, Weds, Thurs 12:00 pm – 3:30 pm

Elida can be reached at 509-318-0917 - 12 – 3:30 pm on Tues. Weds. Thurs.

Prayer Chain: Call Carolyn Nordhus @ 509-234-5972

Breezeway Calendar: If you have any parish events or meetings that you would like on the all parish calendar that is posted in the breezeway please contact Marla Goade @ 539-5354 wmgoade73@gmail.com

Weekly Bulletin: Please email Elida Fernández secSt.vincent2015@gmail.com by WEDNESDAY EVENINGS for information to be included in the upcoming Sunday bulletin.

Elida can be reached at 509-318-0917

Website: To add or send information, pictures or news to the website please email Jaeniffer Kaiser @ jaeniffer2002@hotmail.com

LIKE our Facebook page to get updated posts and information about our parish. You can also see photos of all the activities that have been happening. If you want to post church happenings on Facebook please email Onna Pollock at olpollock@yahoo.com

UPCOMING EVENTS MARK YOUR CALENDAR

Altar Flowers

Jan. – Guadalupanas

Feb. – Altar Society

NO CONFESSIONS

This Wednesday the 18th, Jan.
@ St. Vincent Parish

HIGH SCHOOL RELIGIOUS ED

Meets this Wed. the 18th

Dinner @ 5:25 pm

Class starts @ 6:00 pm

Connell Food Bank

Banco de Comida

Seniors: Tuesdays

3rd Edad- Tues. / Martes

24 of Jan.

10:00 am – 11:30 am

General Public:

El público en general:

Wednesdays / Miércoles

25 of Jan.

9:00 am – 1:00 pm

5:00 pm – 6:30 pm

For your convenience while

Fr. Gus is gone.

Confession Schedule

@ St. Pat's –Pasco

Tuesday – Friday

5 pm – 6 pm

No confessions at Othello,

Fr. Alex is also gone.

THOUGHT OF THE WEEK FROM THE PASTORAL PATTERNS BY JS

PAULISH CO:

When have you been surprised to see goodness that you had overlooked in someone? Who has surprised you by doing something kind for you when you did not expect it?

STEWARDSHIP

"Now the Lord has spoken who formed me as his servant from the womb..."Isaiah 49:5

God have given each of us different gifts. In order for God's plan to work, you have to do what God is calling you to do and I have to do what God is calling me to do. And guess what? God has given each of us a different plan! So, stop comparing yourself to others. Don't let envy and jealousy enter your life. Be thankful for the gifts God has given you and become the saint that God is calling you to be.

THANK YOU!

To all who diligently worked on the Kitchen Update project. Our kitchen is finally done and ready for use. Committee members: Josh Gardner of 509 Builders, Marv Grassl, Greg Hart, David Hart, Art Barrera, Stacy Ferguson, Marla Goade, Guadalupanas and Altar Society. Please join us at the coffee hour between the masses next Sunday to thank our committee members.

Thank you for your generous Weekly contributions

Dec. 18, 2022	Dec. 25, 2022
10:30 am - \$1076.00	10:30 am - \$1034.00
12:00 pm – \$429.11	12:00 pm - \$329.3
Basin City – \$748.00	Basin City – \$619.50

Seeking Volunteer for:

Safe Environment Coordinator

St. Vincent Parish and San Juan Diego Mission are seeking a bilingual volunteer for each church, to manage the Safe Environment program. It requires someone that is responsible and can maintain a high level of confidentiality of records. If you are interested please contact: Elida Fernandez 509-318-0917

FR. GUS'S SCHEDULE FOR 2 WEEKS: Jan. 15, 2023 – Jan. 29, 2023

Monday Jan. 16:

Fr. Gus on Vacation

Tues. Jan. 17:

Fr. Gus on Vacation

5:30 pm Mass / K of C Meets @ Connell

Wed. Jan. 18:

Fr. Gus on Vacation

Thurs. Jan. 19:

Fr. Gus on Vacation

Fri. Jan. 20:

Fr. Gus on Vacation

Sat Jan. 21:

Fr. Gus on Vacation

7:00 pm Mass @ Basin City

Sun Jan. 22: Mass

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell

Please Keep Fr. Gus In Our Prayers.

Monday Jan. 23:

Fr. Gus on Vacation

Tues. Jan. 24:

Fr. Gus on Vacation

Wed. Jan. 25:

Fr. Gus on Vacation

Thurs. Jan. 26:

Fr. Gus on Vacation

Fri. Jan. 27:

Fr. Gus on Vacation

Sat Jan. 28:

Fr. Gus on Vacation

7:00 pm Mass @ Basin City

Sun Jan. 29: Mass

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell