The Catholic Churches of

St Bernard
201 Main St. Blencoe, IA

St John
1009 13th St., Onawa, IA

St Joseph
510 Tipton St., Salix, IA

THIRD SUNDAY OF EASTER **APRIL 26, 2020**

A Search for Meaning in the Time of Coronavirus

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." Viktor E. Frankl During World War II, Dr. Viktor Frankl, an Austrian psychiatrist, was a prisoner in several concentration camps, including Auschwitz and Dachau. Frankl's book on his experience, "Man's Search for Meaning," is an international bestseller with more than 12 million copies sold. Frankl found meaning in the concentration camp by thinking of future lectures he might give about the psychological experience of prisoners. When he observed his own experience and those of his fellow prisoners, he realized that there were two types of people: those who lost faith, meaning and hope — and those who saw life for the challenge that it was, held on to meaning in their lives and had a strong "why" as motivation to live.

While our current situation cannot compare to the darkness of a concentration camp, the COVID-19 pandemic has led to difficult times. All our lives have been affected: We are afraid, anxious, restless and lonely. As we face the great challenge of social distancing regulations and prohibitions of public Mass, we have a choice. We can lose faith, be tempted by despair and forget our call and purpose — or we can hold on to faith, exercise great hope and focus on our call. This choice plays out on spiritual and human levels. The following are tips for entering into our current crisis in a psychologically healthy way.

1. Live in the moment.

An American POW during the Vietnam War famously observed that the optimists died first. The prisoners who said "We'll be out by Christmas" saw Christmas come and go; then they said "We'll be out by Easter" and so on, eventually losing hope. Instead of counting on this pandemic to pass by a certain date or time, we can live in the moment and embrace each day with all its emotions, challenges and graces as it comes. We can all learn something from groups like Al-Anon, which encourages members to live each day one by one. One of the readings shared by members is "Just for Today," which includes a series of verses about living in the moment. I invite you to read it often and, with Jesus' help, focus only on the day at hand.

2. Focus on what you can control.

Frankl observed that those who survived the concentration camps focused on what they could control. The survivors focused on small things within their control, like keeping themselves clean, helping others, staying fit and finding nourishment. Instead of being overwhelmed by all the things we can't do right now, think about the many things we can do! We have so many opportunities to be creative and connect that are not limited by COVID-19. If you find yourself being overwhelmed by all the restrictions and "can'ts" in life right now, say out loud or to yourself: Shhhh, quiet [say your name]. What are some things I can do right now? Brainstorm five things you can do! You may even want to draw your own chart like the one below:

3. Remember your "Why."

Frankl believed that having a clearly defined "why" — a purpose, a mission, a meaning in life — could help people overcome any challenge. Jesus Himself had a clear purpose and mission on Earth, and He left us a clear mission as well. Let's look at three Scripture passages: "I came so that they might have life and have it more abundantly." (John 10:10)

"This is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ." (John 17:3)

"By this is my Father glorified, that you bear much fruit and become my disciples." (John 15:8)

Jesus' mission was to bring us to eternal life and show us the Father. Our mission is to come to know Him, be His disciples and bear fruit for His kingdom. As we face these uncertain times, let us remember our Christian mission.

I challenge you in the next week to spend some quiet time in prayer remembering your "why." Why do you follow Christ? Why did you say "yes" to His call in your life (your vocation, occupation or personal mission)? What is the Lord's specific call to you during the coronavirus pandemic? If you have a personal mission statement, now is a great time to review it and pray about how you can live it during these challenging times. If you haven't written a personal mission statement, I challenge you to spend some time thinking and praying about the mission the Lord has entrusted specifically to you.

4. It's okay to not be okay.

We are living in scary and uncertain times. It is okay if you are not okay. It is okay if you are anxious. Feeling uncertain, lonely, angry or depressed? Yup, that's fine too! It is 100% normal and expected to feel extra emotions at times like these. Remember: There is no such thing as a "bad" emotion. Emotions are morally neutral. They are only good or bad insofar as they lead us toward or away from God and others. God gave us our emotions for intimacy! Let them lead you into relationship with Him and with others.

I challenge you to name your emotions and to share them. Avoid labeling them as good or bad. They just are. They are part of your experience and part of your day-to-day reality right now — and that is okay. If you find yourself being overwhelmed by your emotions, you are not alone. There are many helpful mental health resources available to you.

WEEK OF APRIL 26, 2020

ST. JOHN / ST. BERNARD

Pastor Father Michael Erpelding..... 712-423-2656
stjohnparishhall@msn.com *www.stjohnonawa.com*
Secretary / DRE Colleen Maule..... 712-423-1004
stjohnparishhall@msn.com
Office hours: *7 am—2pm Monday, Tuesday & Thursday*
7am -Noon 4pm-8:30 pm Wednesday 7am-11am Friday

MASS SCHEDULE : NO MASSES

RESOURCES FOR MASS

EWTN online and on TV: https://www.ewtn.com/ -- televised, radio, and online each day at 7AM, 11AM, 6PM
Sioux City area: 88.1 https://www.fhcradio.com/--Mass at 9AM on Sunday
Carroll: 103.1 Trinity Radio Station --EWTN programming (I could not find a web link)
Western Iowa:https://spiritcatholicradio.com/ 7AM Sunday Mass from EWTN
Iowa Catholic Radio: https://www.iowacatholicradio.com/ 7AM Sunday Mass from EWTN
You Tube –you can do a search for Catholic Mass and find many.
Watchthemass.com

Stewardship	St. John 3/29/2020	St. Bernard
Envelopes/Loose	$ 5240.00	$ 170.00
building	$ 125.00	
Candles	$	
E-offering	$ 546.44	
Needy Fund	$ 10.00	
Grain	$ 1773.51	
Holy land	$ 50.00	
Catholic Relief	$ 50.00	
Retired/Infirm	$ 50.00	
Total:	$ 8014.95	

ST. JOSEPH

Pastor Father Michael Erpelding 712-946-5635
stjoseph@longlines.com *WWW.STJOESALIX.COM*
Secretary Mary Lynn Nelson..... 712-946-5635
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DRE Kathy Jo Mitchell..... 712-212-3867

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STEWARDSHIP St. Joseph 3/21 –3/22

Envelopes:	$ 2355.00	Mow & Snow	$ 5.00
Loose:	$ .00	Holy Land	$ 45.00
Candles:	$ 5.00	Ret. & Infirm	$ 140.00
E-offering:	$ 0.00		
Maintenance	$ 0.00		
Debt Reduction	$ 300.00		
Food Pantry	$ 250.00		
TOTAL:	$ 3100.00		

St. Joseph Registered Families 209
St. Joseph Debt February 2020..... .....$ 0.00
St. Joseph Debt April 2017.....$324, 880.66

DURING THIS TIME, THERE WILL BE NO PUBLIC MASSES. THIE CHURCH WILL NOT BE OPEN DURING MASS TIMES
FATHER WILL BE CHECKING HIS VOICEMAIL FREQUENTLY AND THE SECRETARIES WILL BE AVAILABLE TO HELP YOU GET IN TOUCH WITH HIM IF NEEDED.+
ACCORDING TO UPDATED GUIDELINES FROM THE DIOCESE, WE ARE TO KEEP THE CHURCH AND THE BUILDINGS LOCKED. PLEASE CONTINUE TO PRAY IN THE SAFETY AND CONVENIENCE OF YOUR OWN HOME

ST. JOHN MARCH 29				
LECTORS	SERVERS	EMS	GIFT BEARERS	USHERS
ROSARY			Greeters	
ST. JOSEPH —MARCH 28-29				
LECTORS	SERVERS	EMS	GIFT BEARERS	USHERS
28—Rosary			28- Greeters	

PLEASE PRAY FOR THE SICK OF OUR PARISHES: Father Patrick O'Kane, Midge Stanley, Madonna Dodd, Shirley Turner, Esther Mac Clure, Loretta Simoff, Doe Walker, Pete Mortensen, John Heisterkamp, Charlotte Zortman, Rosemary Kirby, Florence Ibsgaard, Gina Mortensen, Chris Metzger, Judson Bramow, & Sherry Wince. If you know of someone who is ill and needs our prayers, and would like to be listed, or if you no longer need to be listed, please contact Colleen @ office 423-1004

You tube recordings of the weekend Mass, celebrated by Father Erpelding will be available on the websites of our parishes. www.stjohnonawa.com or www.stjoesalix.com. Please check the websites daily for some weekday masses and updates.

A reminder that your weekly contributions are still needed. You can contribute online, in the mail or drop it off at church. You can do a drive-up, call the office @ 423-1004 and we will come out and pick it up from you... Thank you

Doing our best to keep "social distancing", please call if you need to get into the church. We are trying to comply and still serve the needs of our parishioners.

Father continues to say Mass, privately. The Mass intentions for this week are:

April 26– Sunday	Breyn Maule
April 28– Tuesday	Thomas Zobel
April 29– Wednesday	Verla Benjamin
May 1 – Friday	Joanne Heisterkamp
May 3 – Sunday	John & Marjorie Zink

What Makes Us Laugh:

There were two cows in a paddock, enjoying the sun and eating some grass. The first cow said "Moo." And the second cow said " that's funny, I was just about to say that!".

Remember to pray for the sick of our Parishes.

Father O'Kane, Fran Mitchell, Nainna Gnat, Jeri Greiner, Mike Franken, , David Bogenrief, Linda Donnelly, Sue LaCroix, Bryson Harder, Justin Lamoureux, Sophie Helvey, Doreen Becker,0 Roger Huot,,Tristan Parks, Colleen Ebner ,Bailey Cleveland, Christian Case, Brady Worrell, Cal Worrell ,Connie Wagner, Kathy Clayton,Helen Martin, Glenda Ullrich, Stella Serviss, Gerrie Lamoureux. Darrell Lux., Virginia "Pat" Huot. For all who travel, grieve, those in the military, veterans their families and our nations leaders. The candles burning on the Blessed Mother's altar are for the military serving in foreign lands.

DEBT REDUCTION!!!!!!!!!!!!!!!!!!!!CONGRATULATIONS TO THE PARISHIONERS OF ST. JOSEPH'S YOU ARE THE BEST, THE DEBT IS PAID OFF!!!!!!!!!!!!! Thanks to all of you who gave a large donation toward the debt, to the anonymous donor who seen that we reached our DAA goal and got almost $9,000 back which went toward the debt. To the Tabernacle Society which donated $24,000 the last two years and to each and every parishioner who weekly supports their parish and to those who give from their financial institutions, it takes all 209 parishioners to make this happen. A million thanks to our Spiritual Leader who always works among us and with us. Once again thanks to each and everyone of you, You Are The Best!!

During this Corona Virus, we have been hard at work with the cleaning ladies, all of the CCD classrooms have been cleaned, sanitized, vacuumed, the church has been thoroughly cleaned, Main and Side Altars, Stations of the Cross, body of the church, scrubbed, new sealer on, all the Altar Boy Cassocks taken to the cleaners and cleaned, Processional Candles, cleaned, replaced new Globes, Altar Boys and Father's Sacristy cleaned and scrubbed, parish center cleaned and scrubbed, we welcome you back to a clean environment when we get to come back.

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CEMETERY CLEANING AND PICK UP Get out to the cemetery and pick up your old flowers and clean up your graves. Joan will be out picking up old flowers it would be nice if everyone would help out by cleaning up their families graves and discarding any trash you see out there. Take a garbage bag and fill it up, many hands make light work, great time to get your children out of the house and get some fresh air and still practice safe distancing, it's a big cemetery.

Father continues to say Mass, privately. The Mass intentions for this week are:

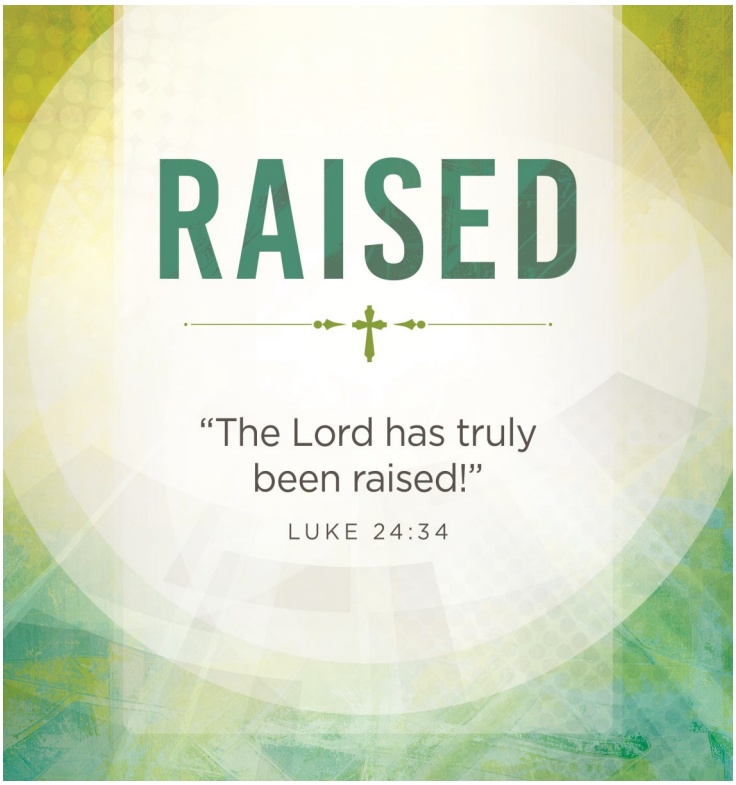
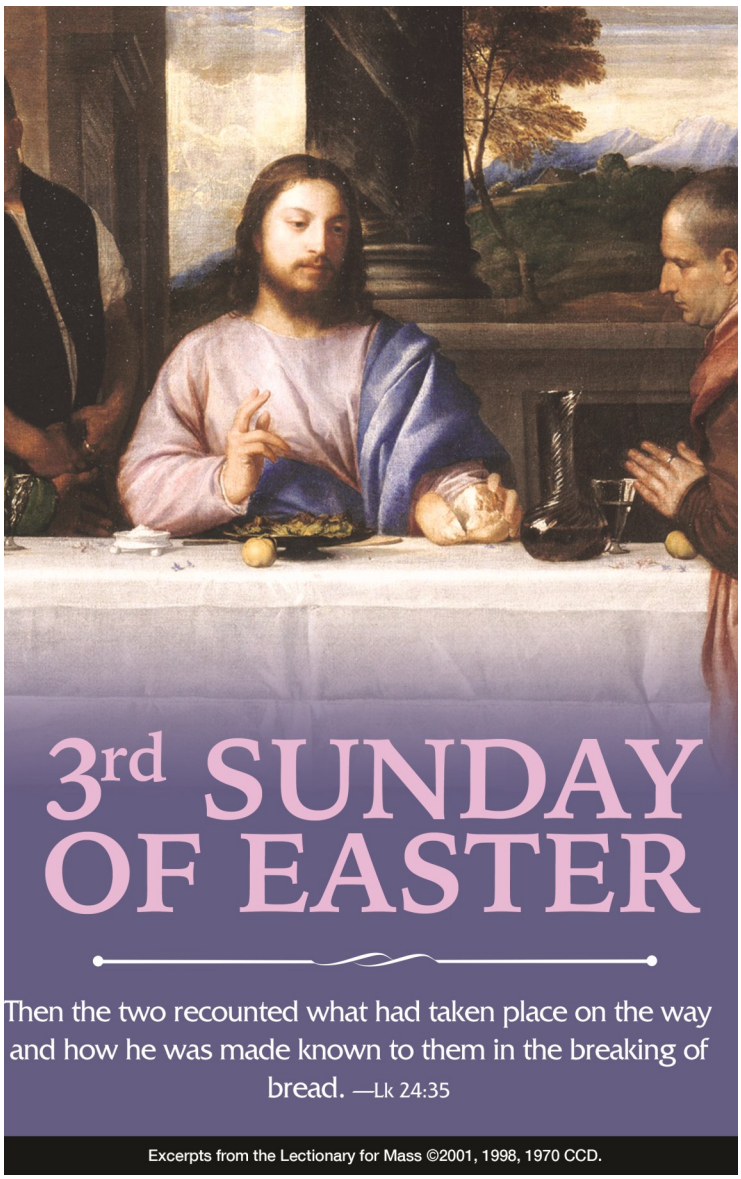
April 26– Sunday	Stanley Johnson
April 30– Thursday	Errol & Lavonne Brouillette
May 2– Saturday	Errol & Lavonne Brouillette
May 3– Sunday	Parishioners of Sts. Joseph, John, Bernard

Questions of the Week:

Adults: In what way have you come to know Jesus better through the breaking of the bread at Eucharist?

Children: When you join Jesus at the table of the Eucharist next Sunday, what would you like to thank him for?

From Father Michael

SAINT JOHN BAPTIST DE LA SALLE 1651-1719

He is the founder of the Institute of the Brothers of the Christian School and the patron of Christian Teachers. He died on April 7, 1719. He is celebrated in the Church calendar on April 7. John Baptist de La Salle was born into a world very different from our own. He was the first son of wealthy parents living in France over 300 years ago. He was born at Reims. Though he had to assume the administration of family affairs after his parents died, he completed his theological studies and was ordained a priest on April 9, 1678. Two years later he received a doctorate in theology. Meanwhile he became tentatively involved with a group of rough and barely literate young men in order to establish schools for poor boys. At the time a few people lived in luxury, but most of the people were extremely poor: peasants in the county and slum dwellers in the towns. Only a few could send their children to school: most children had little hope for the future. Moved by the plight of the poor who seemed so "far from salvation" either in this world or the next, he determined to put his own talents and advanced education at the service of the children "often left to themselves and badly brought up." To be more effective, he abandoned his family home, moved in with the teachers, renounced his position in the Church and his wealth, and so formed the community that became known as the Brothers of the Christian Schools. His enterprise met opposition from the ecclesiastical authorities who resisted the creation of a new form of religious life, a community of consecrated laymen to conduct gratuitous schools "together and by association." The educational establishment resented his innovative methods and his insistence on gratuity for all, regardless of whether they could afford to pay. Nevertheless De Le Salle and his Brothers succeeded in creating a network of quality schools throughout France that featured instruction in the vernacular, students grouped according to ability and achievement, integration of religious instruction with secular subjects, well prepared teachers with a sense of vocation and mission, and the involvement of parents. In addition, De La Salle pioneered in programs for training lay teachers, Sunday courses for working young men, and one of the first institutions in France for the care of delinquents. Worn out by the austerities and exhausting labors, he died at Saint Yon near Rouen early in 1719 on Good Friday, only weeks before his 68th birthday. Joh Baptist de La Salle was a pioneer in founding training colleges for teachers, reform schools for delinquents, technical schools, and secondary schools for modern languages, arts, and sciences. His work quickly spread through France and after his death, continued to spread across the globe. In 1900, John Baptist de La Salle was declared a Saint. In 1950. because of his life and inspirational writings, he was made Patron Saint of all those who work in the field of education. John Baptist de La Salle inspired others how to teach and care for young people, how to meet failure and frailty with compassion, how to affirm strengthen and heal. At the present time there are De La Salle schools in 80 different countries around the globe.