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

FIFTH SUNDAY OF EASTER **MAY 10, 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 MAY 10, 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 4/26/2020	St. Bernard
Envelopes/Loose	$ 2590.00	$ 270.00
building	$ 0.00	
Candles	$	
E-offering	$ 424.40	
Needy Fund	$ 0.00	
Grain	$	
Holy land	$ 10.00	
Catholic Relief	$ 0.00	
Retired/Infirm	$ 200.00	
Total:	$ 3494.40	

ST. JOSEPH

Pastor Father Michael Erpelding 712-946-5635
stjoseph@longlines.com *WWW.STJOESALIX.COM*
Secretary Mary Lynn Nelson..... 712-946-5635
stjoseph@longlines.com *Cell 712-281-0107*
DRE Kathy Jo Mitchell..... 712-212-3867

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STEWARDSHIP St. Joseph 4/26/2020

Envelopes:	$ 1140.00	Mow & Snow	$ .00
Loose:	$ .00	Holy Land	$ 50.00
Candles:	$ .00		
E-offering:	$ 527.70		
Maintenance	$ 0.00		
Debt Reduction	$ 50.00		
Food Pantry	$ 200.00		
TOTAL:	$ 1967.70		

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

A big Thank You to our parishioners who have continued to support our Church by sending their contributions in the mail ,online or just dropping them by the Church. Your support is greatly appreciated and very much needed. Thank you!!

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

May 10– Sunday Christieann Zobel
May 12– Tuesday Gene Zortman
May 13– Wednesday Jim & Bette Marley
May 15 – Friday Our Graduating Seniors
May 17 – Sunday Dayle Ellis

What Makes Us Laugh:

A man was driving to work when a truck ran a stop sign, hit his car broadside, and knocked him out cold. A passerby pulled him from the wreckage and revived him.
He was very upset and began a terrific struggle and had to be tranquilized by the medics. Later, when he had calmed down, they asked him why he had struggled so. He said, a bit sheepishly, "I remember the impact, then nothing. I woke up on a concrete slab in front of this huge, flashing sign. Turns out somebody was standing in front of the 'S' on the 'Shell' sign."

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., 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.

HAPPY MOTHER'S DAY TO ALL MOTHERS AND GRANDMOTHERS AND TO ANYONE WHO HAS BEEN A MOM TO SOMEONE!!! HAVE A GREAT DAY AND GRAB SOME TAKE OUT AND HELP OUR LOCAL BUSINESSES, THAT WAY DAD CAN SAY HE DID THE COOKING!

Tabernacle Society: update on Tabernacle Dues for 2020, only 65 ladies have responded and paid their dues. Ladies get your $15.00 in today if you have not done so. Thank you.

Thanks to all who have picked up their flowers from the Cemetery. If you have not done so, please do , as it helps the mowers and keeps the cemetery looking nice. Thank you

Please read the Bulletin and the next Funeral Committee, some changes have been made.

The next Funeral Committee is Chairladies Rachel Wright, 212-1978, Margaret Wood, 251- 3834 assisted by Kari Sample, 204-2805, Erin Schuetz, 301-3192, 253-7633, Rachelle Scott, 251- 8484, Therese Shook, 946-5577, 253-6116, Janet Siebenaller, 223-0368, Becky Skinner, 428-4891, Janet Steinhoff, 874-3368, 420-1058, Janie Steinhoff, 898-3679,Tammy Stuhrenberg, 943- 3305, 490-9583, Beth Tisher, 943-8083, 281-1378, Marilyn Topf, 259 -2237, Sandra Tracy, 946- 6982, Roxie Ullrich, 429-3875, 251-3519, Carmen Wagner, 946-5940, 281-2721, Melynda Stokes, 253-4305, Lori Wendt, 428-4308, Susan Whitney, 574-3458, Lisa Willis, 251-4427, Ashley Worrell, 251-5688, McKinzi Worrell, 870-1336, Kylie Wilmes, 402-640-7569, Janet Yanak, 946- 5439, Lindsey Hansen,253-6868, Deb Johnson, 899-0221, Jill Hanner, 402-650-3865, Jessica Johnson, 540-6646, Nila Hesse 870-4122

Father continues to say Mass, privately. The Mass intentions for this week are:
May 10– Sunday Parishioners of Sts. Joseph, John, Bernard
May 14– Thursday Logan Eliason
May 16– Saturday Dayle Ellis
May 17– Sunday Parishioners of Sts. Joseph, John, Bernard

From Father Michael

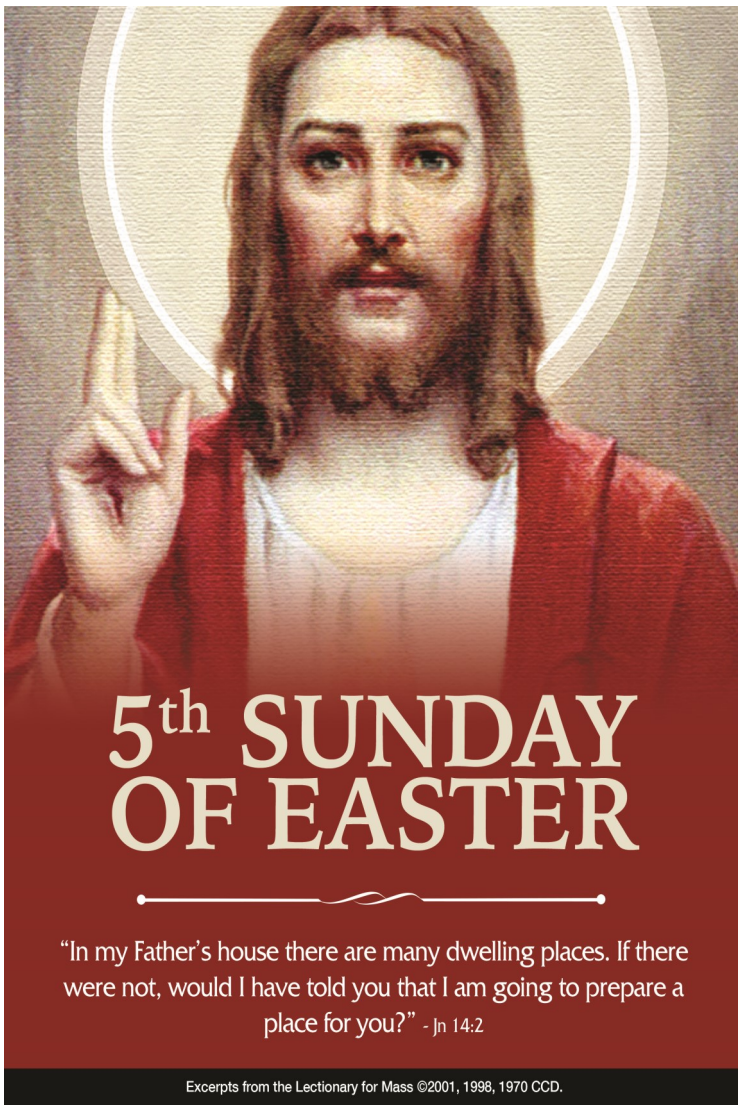
SEVEN REPUTABLE MEN

Today we see the beginning of the organizational structure of the Church. The apostles had established a sort of free soup kitchen in Jerusalem. A problem quickly arose because of a division among the Jews. Those who were born inside of Israel tended to look down on those born outside. The non-Israeli Jews–aka "Hellenists" or Greeks–tried to make themselves more "orthodox" to demonstrate their faith. This split continued among converts to Christianity. The apostles resolved to settle the squabble by appointing seven waiters to see to an equitable food distribution. In time they would be called "Deacons".

WHOEVER HAS SEEN ME HAS SEEN THE FATHER

Philip plays only a small role in the Gospels, but here is role is pivotal. Jesus has warned his apostles that he is leaving–probably a reference to his death and ascension. Philip responds to Jesus' claim that they "have seen the Father". Like the other apostles, he has not comprehended the depth of Christ's identity. He can see only the man and not the God. Our Lord expresses the nature of his person and his unity with the Father. It is a clear statement that he is God. In the beauty of Jesus we see the qualities of God because Jesus is divine. What do we see in Jesus? Surely among his attributes are love, mercy, compassion, strength, humility, self-sacrifice...in short all that is good and nothing that is wrong.

Questions of the Week:

Adults: In a challenge you face right now, what will it mean to live the way of Jesus Christ?

Children: What are some ways you can imitate Jesus when you are on the playground or on a sports team?