



# Our Lady of Peace

## A PRAYER FOR PROTECTION IN TIME OF PANDEMIC



The ancient fresco of Madonna del Soccorso (Our Lady of Help) in St. Peter's Basilica was restored with the support of the Knights of Columbus to mark the Year of Faith (2012-2013). Photo courtesy of Fabbrica di San Pietro/M. Falcioni.

O Mary,  
you always brighten our path  
as a sign of salvation and of hope.  
We entrust ourselves to you, Health of the Sick,  
who, at the Cross, took part in Jesus' pain  
while remaining steadfast in faith.

O loving Mother,  
you know what we need,  
and we are confident you will provide for us  
as at Cana in Galilee.

Intercede for us with your Son Jesus,  
the Divine Physician,  
for those who have fallen ill,  
for those who are vulnerable,  
and for those who have died.

Intercede also for those charged with  
protecting the health and safety of others  
and for those who are tending to the sick  
and seeking a cure.

Help us, O Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who took upon himself our  
sufferings and carried our sorrows,  
so as to lead us, through the Cross,  
to the glory of the Resurrection. Amen.

*Under thy protection we seek refuge,  
O Holy Mother of God.*

*In our needs, despise not our petitions,  
but deliver us always from all dangers,  
O glorious and blessed Virgin. Amen.*

*Adapted from the prayer of Pope Francis*

KNIGHTS OF  COLUMBUS

**Parish Office Phone**

814-833-7701

**Fax**

814-833-7702

**Website**

www.olp.org

**E-mail**

olp@olp.org

**School**

814-838-3548

**Faith Formation Office**

814-838-9983

**Office Hours:** 8:00AM - 8:00PM**Business Hours:** 8:00AM - 4:00PM**Parish Pastoral Team*****Pastor***

Rev. Rich Toohey

***Parochial Vicar***

Rev. Mark Hoffman

***Priest in Residence***

Rev. Shane Mathew

***Permanent Deacons***

Rev. Dr. Glenn Bailey

Rev. Mr. John Mang

Rev. Mr. Joseph Yochim, Jr.

***School Principal***

Mrs. Lisa Panighetti

***Music/Liturgy Director***

Mr. Brian Kuzmin

***Faith Formation Director***

Mrs. Tammie Mang

***Youth Minister******Office Manager***

Mrs. Mary Beth Whitman

***Office Secretary***

Mrs. Cynthia Berarducci

***Maintenance Supervisor***

Mr. Michael Przepierski

***Pastoral Council President***

Ms. Nancy Milkowski

***Finance Council Chairman***

Mr. Paul Wojtek

**The Sacrament of Baptism** is celebrated the 1st & 3rd Sunday of each month, 11:00AM Mass & 12:30PM respectively. A mandatory preparation class for parents is available (6-7PM):

**2020: Call the office for info.** Call the Parish office to register.

**Sacrament of Matrimony** An appointment with a parish priest six months prior to the wedding date.

**Sacrament of Reconciliation**

Wednesdays 11:30-12:00 or by appt. Saturdays 8:30-9AM; 3:45-4:45PM

**New Parishioners** Welcome!

Registration forms are available in the Parish Office or online.

**RCIA (Rite of Christian Initiation)**

Anyone seeking information on becoming Catholic or completing one's initiation into the Catholic faith should call the Parish Office.

**Prayer Request Line:****Day:** Kandace, 453-6515**Night:** Donna, 866-0792**Our Mission Statement:**

**Our Lady of Peace is a Catholic Community of Faith called to proclaim the greatness of the Lord through Worship, Service, Education and Ministry.**

## Child Protection & Creating Safe Environments

**April 26, 2020 Child Abuse Prevention Month - Mandated Reporters** in the Diocese of Erie are people who hold positions of trust in our schools, parishes, agencies and institutions and are mandated by Pennsylvania law and the diocesan Policy for the Protection of Children to report suspected abuse of a minor. All employees and volunteers working/serving for the Diocese of Erie, in our parishes, schools or agencies are considered mandated reporters both legally and morally obligated to report any reasonable suspected child abuse to ChildLine, the local police, or other appropriate agency. Visit <https://www.eriecd.org/childprotection/> to read the specific reporting procedures required by the diocese.

### West Millcreek Food Pantry

The following are suggested items to purchase for each week; you may buy what is on sale; all non-perishables are acceptable. CEREAL is needed.

**April 2020**

26th Cereal / Baked Beans

**Pantry is OPEN April 28**

(every 2nd & 4th Tuesday) 9-11AM for those living in Millcreek, held at the Westminster Presbyterian Church, 3642 West 26th Street.

**Sunday's Readings:**

**First Reading** - God has raised the crucified Jesus, who now pours forth the Holy Spirit upon us (Acts 2:14, 22-33).

**Psalm** - Lord, you will show us the path of life (Psalm 16).

**Second Reading** - Our faith and hope are in God, who raised Jesus from the dead (1 Peter 1:17-21).

**Gospel** - Through his words and in the breaking of the bread, the risen Christ made himself known to two disciples on their way to Emmaus (Luke 24:13-35).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

**Family Discussion of the Week: *Recognizing the Lord***

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." (John 21:15)

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

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

**GOD'S PLAN**

Saint Peter speaks to us twice today. In the first reading, we hear an excerpt from his sermon on Pentecost; in the second, part of his first letter. Once a frightened, uneducated fisherman who often said just the wrong thing, now Peter is speaking what he knows to be true. Everything Jesus had said now makes sense. His death and rising were all part of God's plan, and our faith and hope can be centered on God.

Today's Gospel tells the story of Jesus' walk to Emmaus with two of the disciples. Frightened, sad, and confused, the two of them don't recognize Jesus, who tells them what we heard Peter say above: All this had to happen as part of God's plan. In the end, these disciples recognize Jesus as we are to recognize him—in the breaking of the bread.

# MASS INTENTIONS

## MONDAY, APRIL 27, 2020

- Paul Gentile - Ed & Loretta
- Pasquale DiPaolo - Family

## TUESDAY, APRIL 28, 2020

- Gene Zarnick - Wife
- Dennis Drake - Wife, Linda

## WEDNESDAY, APRIL 29, 2020

- Mary Ann Arnold - McLaughlin Family
- Allison Bosner - Mom & Dad

## THURSDAY, APRIL 30, 2020

- Mary Christenson - Family
- Mary Ann Szustak - Sally Barrett

## FRIDAY, MAY 1, 2020

- Thomas Pfeufer - Jean Verdecchia
- Edythe Griffin - Helen

## SATURDAY, MAY 2, 2020

- Mark Borowy - Family
- Linda Bizzarro - Darrell & Nancy Meyers

## SUNDAY, MAY 3, 2020

### Fourth Sunday of Easter

- Parishioners
- Martha Szymanowski - Family
- Amelia Gellety - Shirley Saeger
- Madeline & Edward Martin - Nancy Blenner

These Mass intentions are being honored  
daily by our priests in private.

The church will remain open for private  
prayer daily from 7:00AM - 8:00PM.

The church office staff is only available  
by phone or email: 833-7701 / [olp@olp.org](mailto:olp@olp.org)

Confessions are by appointment only - call  
the Church Office 833-7701

*Readings for the Week of April 26th*

- Monday: Acts 6:8-15; Ps 119:23-24, 26-27, 29-30;  
Jn 6:22-29
- Tuesday: Acts 7:51 — 8:1a; Ps 31:3cd-4, 6, 7b, 8a,  
17, 21ab; Jn 6:30-35
- Wednesday: Acts 8:1b-8; Ps 66:1-3a, 4-7a; Jn 6:35-40
- Thursday: Acts 8:26-40; Ps 66:8-9, 16-17, 20;  
Jn 6:44-51
- Friday: Acts 9:1-20; Ps 117:1bc, 2; Jn 6:52-59,  
or, for the memorial, Gn 1:26 — 2:3 or  
Col 3:14-15, 17, 23-24;  
Ps 90:2-4, 12-14, 16; Mt 13:54-58
- Saturday: Acts 9:31-42; Ps 116:12-17; Jn 6:60-69
- Sunday: Acts 2:14a, 36-41; Ps 23:1-6;  
1 Pt 2:20b-25; Jn 10:1-10

**SANCTUARY LAMP** - The lamp is burning this week in  
memory of Deceased Members of the Hardner Family.

**CHAPEL LAMP** - The lamp is burning this week in memory  
of Dan Parry - Family.

## OLP 31 Club

### Praying for vocations every day of the year!

Members of the 31 Club agree to go to daily Mass on a  
particular day every month and offer that Mass for an increase  
of vocations to the Church. There is a great need for vocations  
in the Church today. One of the best ways to increase vocations  
is through prayer, and the greatest prayer we have is the holy  
sacrifice of the Mass.

#### Upcoming Mass commitments:

Apr. 26: Cynthia B., Dave W., Joe S., Deb T., Corky Y.

Apr. 27: Ann R.

Apr. 28: Ann F., Michael M., Betty S.

Apr. 29: Linda M., Janet A.

Apr. 30: Bethann D., Linda D., Julie M., James S.

May 1: Maxine R., Mark S., Evelyn V., Pat B.

May 2: Kathy W., Deacon Dennis K.

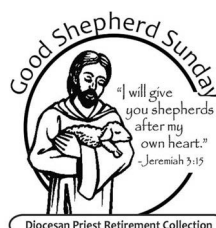
*If you would like to join the OLP 31 Club, please call Dave or  
Kathy Wayman at 397-6443. There are no dues and no  
meetings, only opportunities for grace and the satisfaction that  
comes from helping to fulfill a great need in the Church.*

### Special Collection Next Sunday

#### Good Shepherd Sunday

is our opportunity to say thanks  
to our retired Erie diocesan priests  
for their many years of faithful  
service.

Provide for them the same  
love, care and generosity they have  
provided for us for generations.



### When at Mass offer the Mass for Vocations by praying the prayer below...

O God, who wills not the death of a sinner \* but rather that  
he be converted and live \* grant we beseech you \* through  
the intercession of the Blessed Mary, ever Virgin \* Saint  
Joseph, her spouse \* St. Junipero Serra \* and all the saints \*  
an increase of laborers for your Church \* fellow laborers  
with Christ to spend and consume themselves for souls \*  
through the same Jesus Christ \* Your Son \* Who lives and  
reigns with You \* In the unity of the Holy Spirit \* God  
forever \* and ever. Amen. Serra Prayer for Vocations



From the Pastor's Desk...

To my Spiritual Family of Our Lady of Peace-

Several times over the Sacred Triduum I mentioned that I am particularly mindful of all of our candidates for sacraments who are being delayed by our stay at home order this month. First our First Reconciliation children were delayed back in March, then our catechumens and candidates for baptism and confirmation through RCIA were delayed on Easter weekend. This past week our Confirmation Candidates were delayed (April 20<sup>th</sup>) and now this weekend our First Communion children are postponed and next weekend will be as well. Our staff and I are praying for all of you and your families in a special way that the Holy Spirit of peace, patience and perseverance be with you. And we look forward to when we can gather again to celebrate these special tangible encounters with God's life and grace. As soon as we know the plans for those celebrations we will communicate that information to you.

I thank all of you who have been so supportive and appreciative of our efforts with social media to bring our liturgies, devotions and stain glass windows to you over the internet. This is definitely an area that our staff will continue to explore moving forward. We are looking at a permanent way (post pandemic) to livestream our Sunday Mass and to have our Sunday homilies online in case you are out of town or not able to attend at OLP.

Also Our "Walk Thru the Windows of OLP Church" will conclude this week (April 30<sup>th</sup>) and as a way to celebrate their success, I would like to start up a new catechetical walk... through our Catholic Sacraments/Sacramentals. Have you ever wondered why we use incense at Mass and other services? Are you still not sure whether Catholics believe in indulgences? Do you wonder who is eligible for the Sacrament of the Anointing of the Sick? And are you frustrated with still having a middle school level understanding of what we believe about Confession, the Rosary, posture at Mass/prayer or many other aspects of our Catholic faith? Then our "Walk thru 40 Catholic Customs and their Biblical Roots" is just the thing for you. It will be based on the book, "Signs of Life" by Scott Hahn. **We will begin this walk on Wednesday, May 6<sup>th</sup> with an introduction and conclude on Tuesday, June 16<sup>th</sup> and each day a video will be posted at 8am (before the 9am Live Mass).** Look for more a more detailed schedule of topics next weekend.

May God bless our world with divine mercy, safety, protection and peace... and our 3<sup>rd</sup> week of Easter ahead!

Yours in Christ,  
Fr. Rich

Our Lady of Peace, patroness of our parish & school.... pray for us!  
St. Nicholas, patron of the Erie Catholic School System. pray for us!  
Our Lady of the Immaculate Conception, patroness of the Catholic Church of the USA... pray for us!  
St. Joseph, universal patron of the church.... pray for us!  
St. Patrick, patron of the Diocese of Erie.... pray for us!

Other notes from the pastor...

**\*\*Crusader Derby Cancelled (was scheduled for Saturday, May 2, 2020)** Hopefully you received and read my letter from Holy Week that also included an update on Crusader Derby. Unfortunately we had to cancel it even though it is our biggest

fundraiser every year, and even more importantly, our biggest community gathering. The Derby Raffle is also cancelled as part of that and we are offering to reimburse anyone who has bought tickets. Those who want to be reimbursed should contact Mary Beth Whitman at the parish office, 833-7701 x202. For those who are in the financial position to consider it, we are asking you to donate your bought tickets OR to send in a donation as a way to raise part of the money that we usually raised through the Derby. The Parish will be using that money to invest in a computer/wiring/ Wifi overhaul for our church, parish offices and rectory. If you have any questions please do not hesitate to contact me ([fr.rich@olp.org](mailto:fr.rich@olp.org)).

**\*\*We are now live-streaming daily Mass at 9am and Sunday Mass at 10am during the Stay at Home Order.** All livestreaming is done through our Facebook page ([www.facebook.com](http://www.facebook.com)). Our Lady of Peace Parish (look for our dove logo). Once on the page, if you "like" the page it is often easier to find it later. The Videos link can be found on the left hand side; this is where our previous livestreamed services are saved as well as our live events.

The website ([www.olp.org](http://www.olp.org)) is updated regularly with spiritual resources as well as the recorded services. **ALL** these resources are under the Faith Formation tab, Spiritual Resources page. Click on the Daily and Sunday Mass Videos on the right hand side to link directly to our Facebook page.

**\*\*Bishop Persico has suspended all Scheduled Confession Times. Confessions are available by appointment only. Call Fr. Rich or Fr. Hoffman to make an appointment.**

**\*\*OLP Needy Fund and Parish Outreach** Recently, I mentioned that our parish staff and Pastoral Council were looking at ways we can reach out to members of our parish, particularly the vulnerable during the Stay at Home Order from our government. Below are some ways we are reaching out:

ONE- If you are in need of assistance as far as finances, groceries, medicines or other needs please call the parish. We will connect you with local agencies that offer assistance.

TWO- can you donate financially to our OLP Needy Fund? I know it is a difficult time for many of us financially, but if you are in the space to donate please consider helping us build up this fund. Remember that all money in this fund goes toward our fellow parishioners in need and is not used for requests we may receive from people not affiliated with our parish.

THREE- can you volunteer your time to help with grocery, medicine or other essential need deliveries? There are ways that this can be done while still observing the guidelines for social distancing.

Please email the parish at [olp@olp.org](mailto:olp@olp.org) in response to all three of those questions and we will organize this effort to best of our ability. We hope this can be a way to help us grow as a community in this difficult time and so allow the Paschal Mystery to be alive in us.

CALENDAR UPDATES DUE TO COVID-19...

**\*\*ALL PUBLIC MASSES SUSPENDED until further notice**

**\*\*FIRST COMMUNION: April 26<sup>th</sup> /May 3<sup>rd</sup> POSTPONED**

**\*\*OLP School Classes: SUSPENDED until April 30<sup>th</sup>**

**\*\*OLP Faith Formation: SUSPENDED until April 30<sup>th</sup>**

**\*\*OLP Crusader Derby (Saturday, May 2<sup>nd</sup>) CANCELLED**

**\*\*REBOOT with Chris Stefanik (May 15<sup>th</sup>) POSTPONED**

**\*\*Catholic Services Appeal (CSA) 2020** So far we have received 456 pledges for \$184,765. Thank you to all who have responded! Our parish goal is 700 pledges for \$200,000. Every dollar raised over our assessment from the Diocese (\$151,719) stays in our parish to fund the project identified by our parish leadership, liturgical renewal. Easter was the unveiling of some of the refurbished pieces we have received back.

**\*\*Parish Needs** We know these are difficult times for everyone, including you and your family. Our Lady of Peace is committed to the spiritual care of our parishioners and the faithful in our community. We operate solely on your generosity which enables us to meet our financial obligations. During this crisis please consider signing up for our EFT (Electronic Funds Transfer), the link is on the website under the About tab. The church remains open daily for personal prayer, and offertory envelopes can be placed in the labeled boxes near the Sacred Heart of Jesus and Blessed Mother statues. We have a donate button on our website under the about tab. We are grateful for your support of the ministry of Our Lady of Peace Church.

**Ways to use this Pandemic Crisis for growth:**

1. Refocus on what's important: family and relationship with God
2. Develop new personal habits and rule of life:
  - with more time on our hands we can recommit to the basic things in life that help us fully live- prayer, exercise, reading, relationship with others
3. Forcing us to slow down and strip us of our chaotic schedules and maybe consider adjusting them when normalcy returns:
  - do we really have to be enslaved to the overextended schedules that we try to keep?
4. Re-appreciate the Mass, the Eucharist and the community of the Church: As we are prevented from doing the most central and important action in our faith life, can we allow it to renew us in our appreciation of this incredible gift that is the Mass?
5. Explore other parts of our tradition: Since we cannot partake in the Mass/Eucharist, what the church calls the "source and summit of our Catholic faith," let's explore the many other dimensions of our Catholic Tradition that can help us grow.
  - a. Our Catholic devotions- Rosary, Divine Mercy Chaplet, Novenas, Stations of the Cross, etc
  - b. Devotion to Mary and the Communion of the Saints
  - c. Many different methods of prayer beyond devotional (see below)
  - d. Spiritual Reading- books that are not about learning our faith but that inspire us to live our faith more fully- Lives of the Saints, Writings of the Saints <https://www.luc.edu/ccih/CatholicClassicsReadingList.shtml>

\*As this pandemic was taking hold of us in the United States, I was struck by the timing of St. Patrick's Day. Recall that Patrick was kidnapped and forced into a life of slavery for 6 years. He was stripped of all the aspects of his life that sustained him- his family, the Church and the Sacraments. Yet it was during those 6 years that he took advantage of his job as a slave as a shepherd to develop his relationship with God through prayer. I believe St. Patrick is a great model for us in how to allow this "imprisonment" of ours through this Stay At Home Order to draw us closer to God.

## FAITH FORMATION NEWS

**All Faith Formation Classes/Retreats are cancelled through April 12th. The Confirmation Mass scheduled for April 20th, has been postponed. Once more information is available families will be notified.**

For more info please contact Tammie Mang, Faith Formation Director, at 838-9983 or [tammie.mang@olp.org](mailto:tammie.mang@olp.org)

6. Expand our ways of prayer:
  - a. Liturgy of the Hours- the other public prayer of the church beside the Mass. Get the breviary or other Apps for your smart phones or iPads.
  - b. Lectio Divina- prayerful reading of the Bible
  - c. Devotional (see above)
  - d. Journaling
  - e. Silence
7. Learn more about our Catholic Faith- utilize our parish subscription to FORMED (Catholic ON DEMAND- see elsewhere for information on how to register) and explore the wonderful material for adults, youth and children.
8. Listen to Christian Music- some of my favorite artists are Matt Maher, Newsboys, Hillside United, Rich Mullins
9. Consider making visits to the church (a lost art)- I know we are being encouraged to stay at home but the government has kept churches on the "life-sustaining" business list so for those who are able, consider making a visit to church a regular part of your routine.
10. At our parish- this situation has forced us to expand more into social media and to work on other things that we have wanted to strengthen like our monitoring of our homebound members of the parish or those in distress. We will continue to explore new ways to minister and communicate which will help us not only now but for the long run.
11. Opportunity for our parish to look out for each other- consider ways we can help each other even with our separation. Several of you have contacted me to see if there are ways we can help those in need in our parish and community during this time of crisis. Our staff and pastoral council are exploring ideas so let me know if you have any suggestions or want to be a part of that.
12. Walk thru the Windows of Our Lady of Peace Church... I have been talking about learning about our beautiful windows at OLP since my arrival at the parish. So I thought this time of limited freedom would be a great opportunity to finally do that. We are having a 5 minute explanation of each window given by members of our OLP clergy. There are 28 windows throughout the main church, chapel and vestibule and there will be an introduction and conclusion to the series that adds up to the 30 days of April. We not only will explain the window but we will include a spiritual lesson from the window so as to let our windows feed our mind and our soul.

Resources for all these suggestions can be found on the OLP website at [www.olp.org/Faith](http://www.olp.org/Faith) Formation/ Special Resources.

## Our Lady of Peace Parish Membership Form

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_

*Please drop Membership Form into the offertory basket or mail to rectory.*

### CHECK ONE:

- ☐ New Registration
- ☐ Change of Address
- ☐ Moving out of Parish
- ☐ Want envelopes

## Year End Giving Statements

To request your giving statement  
 please contact Cynthia in the church office by:

**Calling:** 833.7701 x 201 or **E-mailing:**

cynthia.berarducci@olp.org

### A Stewardship of Sharing Month of March 2020

**Fiscal Year July 2019 - June 2020**

Weekly Envelope .....	\$ 61,740
Loose .....	\$ 2,944
Monthly School Support.....	\$ 971
<b>Total Monthly Offertory.....</b>	<b>\$ 65,655</b>
Budgeted Monthly Offertory.....	\$ 88,170
<b>Monthly Deficit.....</b>	<b>\$ 22,515</b>
Diocesan Designated Fund Support .....	\$ 0

### 2019 CSA

**February 2020 to January 2021**

Goal .....	\$ 200,000
Pledge Payments Received to Date.....	\$ 89,888
<b>Total Pledges .....</b>	<b>\$ 176,016</b>
<b>453 Families - Goal is 700 Families</b>	

Every dollar raised supports important Diocesan services and every dollar raised over our assessment will be kept in the parish for parish improvements. Our 2019-20 Diocesan assessment is \$151,719.

## Box Tops for Education

Box Tops for Education has changed!

Participating brands have changed their packaging from the traditional Box Tops to the new Box Tops label.

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Education team has worked hard to build a NEW-and-improved, user friendly Box Tops mobile app.

The new app features state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

Be sure to download the new app or update your existing app



If you still have traditional Box Tops clips at home, make sure to send them to the school. We will still earn cash for all clipped Box Tops until they expire.

**Thank you for helping our school  
 get what it needs!**

**Learn more about these changes at  
 BTFE.COM**



# Advertiser of the Week...

Our bulletin is supported through the generosity of the advertisers - many of whom are our parishioners. Most are members of our local community. Please support our advertisers with your patronage. Tell the business owner that you appreciate their support of our parish through their ad in the bulletin.





## Ways to stay connected during this time:

As most of our communications will be by EMail please make sure the office has your current email.

We are sending weekly emails with updates as they become available and resources you can use to strengthen your Spiritual life while you are away from Mass. Our website ([www.olg.org](http://www.olg.org)) is updated regularly.

If you have not downloaded **MyParishApp** please see below, we will use the App as well to communicate during this time.

To the right are directions on how to log into **FORMED**, which is one of our greatest resources.



## Download Our Parish App!



### myParish App

Our OLP app is available to download for iPhone and Android smartphones. Stay connected with our parish throughout the week with instant notifications, an easy-to-access event calendar, and the ability to quickly reply to or share messages via FaceBook or Twitter. **Download the myParish app by texting APP to phone number 88202.** You will receive a reply with the app link to download. Once downloaded, select Our Lady of Peace, Erie, PA.

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  - Click "Register" and enter your name, email address, and desired password
- You're all ready to access the inspiring and engaging content on FORMED!

## A Family Perspective

In today's gospel the disciples were returning home so "downcast" they did not recognize Jesus walking with them. In our homes we can be so overwhelmed with responsibilities we don't see God with us, either. Today's gospel tells us to pause and open our eyes to "see Christ" in each other.

## + STOP IN ITS TRACKS +

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal?



EAT SMART ADD COLOR MOVE MORE BE WELL



Healthy For Good™

### TRY THESE TIPS TO GET OUT OF STRESS FAST.

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspirational podcast to help you rage less on the road.
9. Take a break to pet the dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

GET MORE WELLNESS TIPS AT  
[HEART.ORG/HEALTHYFORGOOD](http://HEART.ORG/HEALTHYFORGOOD)

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 William M. Lyden, Supervisor

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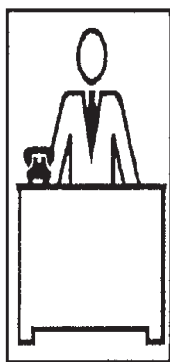
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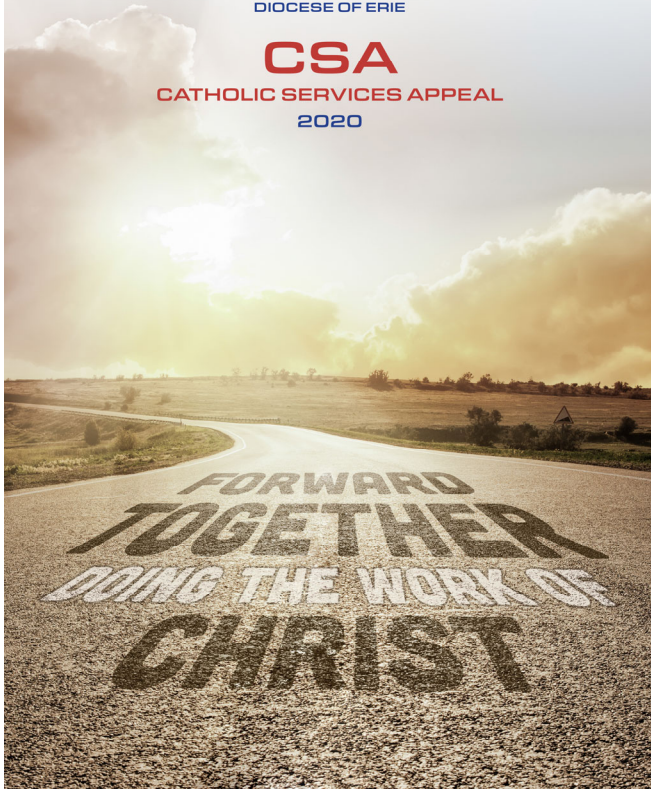


DIOCESE OF ERIE

**CSA**

CATHOLIC SERVICES APPEAL

2020



## 2020 Catholic Services Appeal

### Forward Together: Doing the Work of Christ

The Catholic Services Appeal (SCA) is the annual fundraising campaign for the 13-county Diocese of Erie. Parishioners are asked by Bishop Lawrence Persico for financial support that extends beyond individual parishes to fund the projects, ministries and departments of the diocese. *The CSA reminds us that we are all part of the same Catholic family and that the work of the diocese is the work of the church.*

The 2020 Catholic Services Appeal Commitment Sunday was held last weekend in our parish. The church serves each of us and our support is essential in continuing God's work in our area. Every CSA donation also brings us closer to being able to complete our own parish project of which we are focusing on liturgical renewal. More specifically we will purchase a new gold processional cross; restore the original church tabernacle, crown, candle stands and holy water fonts. We will also replace the altar server albs and purchase seasonal liturgical altar cloths to enhance our worship space.

**Donations to the CSA make the following work of Christ possible:**

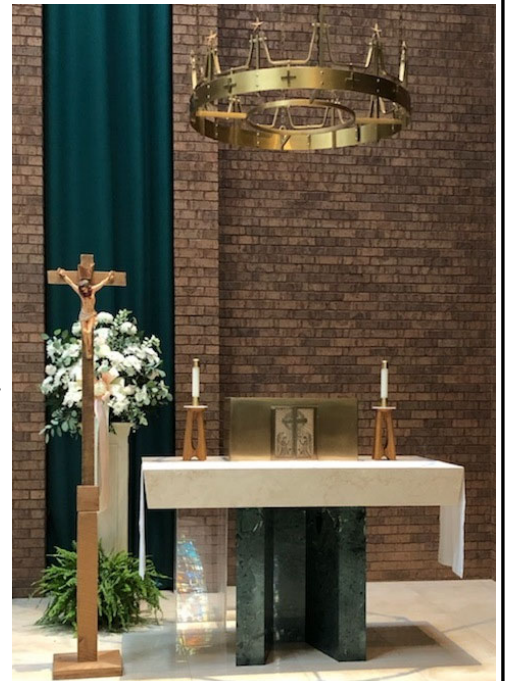
#### **Cultivating Catholic Leadership**

- The Catholic Schools Office supports Catholic education in 32

Catholic schools in the diocese.

- Lifelong faith formation initiatives throughout the diocese include youth and young adult ministry opportunities, family life outreach and support for parish-based faith formation efforts.
- Clergy services provide ongoing education to priests and deacons, as well as guidance and assistance to parishes, institutions, pastors and people throughout the diocese.
- Tuition assistance programs help make Catholic education a possibility for families throughout the diocese.

Scan the QR Code  
to watch the CSA video, which  
is approximately 4 minutes.



## Happy Easter

We prayed, fasted and gave alms - and now we celebrate the Risen Lord! Our Lenten journey with CRS Rice Bowl challenges us as we begin the Easter season to share what we have with our global family.

**Please return your Rice Bowl to the large "Rice Bowl" which is in the church vestibule. Thank you for all the you have done during this Lenten season.**

Visit: [crsricebowl.org](http://crsricebowl.org) for more info.

