



## Fifth Sunday of Lent March 29, 2020

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[www.standrewchurch.org](http://www.standrewchurch.org)

Moving St. Andrew Catholic Community closer to  
Jesus Christ through growing in  
Faith, Service and Welcoming.  
*Parish Mission Statement*

### On The Lenten Journey

+We continue to live life in the midst of a pandemic – truly a difficult time filled with doubt, fear, uncertainty and questioning. We find it hard to find a blessing or God’s encouraging presence in all of it. Our lives, our routines have become topsy-turvy, completely disrupted and turned upside down. As I write this article, I am listening to the governor stating that the state of Michigan is going into a “lock-down” mode to help prevent the further spread of the coronavirus. We see our faith being tested and our humanity stretched.

God however will not abandon us but will continue to give us Himself in grace to support our spirits and show us the way through this global epidemic. Real life – especially those times of greatest difficulty – demands real faith. Let us work through these days, asking for deeper, stronger faith, praying for the grace to experience a “resurrection” at the end of this pandemic in our world!

+Not completely aware of the demands of a state shut-down, we will try to offer whatever virtual, electronic support that we can. Keep tuned to the website and Facebook pages. Help spread the word to those whom you know don’t have internet access.

+Today’s Gospel reading is filled with scenes of human frailties and struggles – reminding us a little bit of our current times.. First, in Bethany, we encounter the suffering surrounding a dying man. Lazarus is ill, and his sisters Martha and Mary are concerned about him and send a message to their friend, Jesus. The Scripture does not say that they asked Jesus to come, or that they asked Him to cure their brother. Scripture tells us only the message said, *Master, the one you love is ill.*

Second, we see threats to human safety. When Jesus announces plans to go back to Judea, where they had recently been, his disciples question his intentions, for the Jews in Judea had tried to stone Him. But Jesus explained that Lazarus had died, and that they must go.

Third, we see people mourning someone they loved. We see Martha and Mary lamenting the loss of their brother, and we see Jewish people from neighboring towns who have come to comfort the two sisters. We even see Jesus, true God and true Man, filled with emotion, weeping at the loss of his friend.

Finally, we see confusion and misunderstanding. The disciples do not fully understand Christ’s mission, and even Thomas’ bold comment, *Let us also go to die with him*, is well-meaning, if naïve. Jesus had also waited a few days before returning. He knows that this suffering will not end in death, but will simply be used *for the glory of God, that the Son of God may be glorified through it.* But Mary and Martha do not know this, and they bemoan his absence.

All this human frailty – apparent in this story and familiar to our own lives. But what changes all of it? Faith! Martha proclaims that she has come to believe that Jesus is *the Christ, the Son of God, the one who is coming into the world.* The Apostles and others hear Jesus say that He is *the resurrection and the life, whoever believes in me even if he dies, will live.* Jesus has faith that the Father will hear Him, so He calls Lazarus to *come out.* Christ raises his friend from the dead. Those who were present come to believe in Him, too.

All human suffering was turned around because of faith. Faith convinces us of Christ’s victory over death. Faith in the Resurrection rests on faith in God who is God of the Living. Today’s Gospel is not just about Lazarus’ resurrection, *it’s about ours.* Likewise, all our human suffering, losses and doubts are reimagined in light of our faith in Christ. This profound faith is a gift of the Holy Spirit, and Paul reminds us that

(continued on page 3)



## 2 St. Andrew Staff Directory, Councils & Commissions

Weekend			Weekday	
Masses: Saturday Suspended Sunday Suspended			Masses: Suspended Chaplet of Divine Mercy:	Rosary:
Reconciliation: Suspended			Anointing of the Sick <i>please contact the Parish Office 248.651.7486</i>	
Parish Office			248.651.7486	
Pastor	Monsignor Michael Hrydziusko		pastor@standrewchurch.org	ext 101
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Deacon	Rev. Mr. Thomas Sliney		deacontom@standrewchurch.org	
Secretary	Ms. Gayle Durkin		gdurkin@standrewchurch.org	ext 100
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RCIA & Evangelization	Mrs. Susan Kowalski		susank@standrewchurch.org	ext 105
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Minister of Music	Mr. Stephan Pawl		stephanp@standrewchurch.org	
Reflections of Grace	Mr. Jim Balistreri			248.931.1302
Faith Formation Office			248.651.6571	
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	Mrs. Lidia Larges		lidial@standrewchurch.org	ext 119
Middle School	Mrs. Brenda Heughens		brendah@standrewchurch.org	ext 120
Youth Ministry	Mrs. Margaret Kozak		margaretk@standrewchurch.org	ext 117
Children Lit of the Word	Ms. Barb Zonca		mzonca5270@aol.com	
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Parish Council	Mrs. Carla Heck	248.875.6679	Finance Council	Mr. Peter deSteiger 248.651.3322
Commissions				
Christian Service	Mrs Diane Bubnar	248.650.0259		Mrs. Mary Ann Ranger 248.321.1014
Faith Formation	Ms. Tina Howell	248.202.7608		
Parish Life	Mr. Evan Reynolds	248.656.8396		Mrs. Barbara Mihalic 248.608.1472
Stewardship	Mrs. Linda Maccarone	586-292-5840		
Worship	Mr. Gary Putz	248.652.2275		Mr. Dean Holefca 248.652.7223
Affiliated Organizations				
PAV Rep	Mrs. Mary Adesko	248.689.8160		
K of C	Mr. Carl Gildner	248.398.2737	Mr. Robert Krueger	248.650.1129
Holy Family	Mrs. Jeanette Izzi	248.299.3798 ext 106	izzi.jeanette@holymfam.org	
St Vincent dePaul	Mrs Mary Ann Coddington	248.651.7486		
CCSEM	Mr. Chris Liparato	248.770.3663		

## On The Journey (continued from page 1)

the Spirit lives in us. With Him, we can overcome anything, even death itself. The tomb is empty. Our hearts are full! Let us build our hope and strengthen our faith as we continue this truly demanding Lenten journey this year!

+As you are probably aware, all activities will be on hold. Sadly, I expect that we will be putting the church itself on “lock-down.” It calls for us to be patient and helpful to one another to the extent that we can. Mary, Mother of our Lord Jesus, please intercede for us!

-Msgr. Mike (with thoughts from  
FAITH Catholic Publishing)

### Permanent Diaconate

Gifts to the Catholic Services Appeal fund the work of the Archdiocese of Detroit's Office for Clergy and Consecrated Life and the Permanent Deacon Formation Team, which coordinate diaconal ministry and formation. In addition, the CSA supports men studying for the permanent diaconate at Sacred Heart Major Seminary.

For information about CSA-funded ministries, programs, and services, go to [aod.org](http://aod.org)



## 55+ NEWS

Hello Everyone,

A lot has transpired since our Board meeting on February 20th and I thought I would update everyone on the latest.

1. As everyone may know, the Leader Dog tour and luncheon was cancelled because of the concerns over the Coronavirus. Nothing has been planned for a new date. If you have not picked up your refund yet, please wait until the Parish Office has re-opened.
2. Meadowbrook has cancelled all plays till the end of May which affect the Marvelous Days of Music and Humor show that was planned for May 12th.
3. After further discussion and review of the Tiger Home Plate 2020 on June 13, it was decided that the event would be too long, the price did not include any food for the participants, and the going away reception for Fr. Tom will be the same day. The event was discussed with Parish Life to possibly include the whole parish, but was deferred till next year based on these issues.
4. The trip to Stratford and Niagara-on-the-Lake for the end of July is still alive. However, I have received emails from Stratford and from the Shaw that they have cancelled their performances through the end of May. With the Canada-US border closed, we need to stay focused on whether this will occur or not. Plans may change as time progresses and we will continue to keep you informed as details become available. We will discuss this as a group, as the final payments are due from the participants on May 15.
5. One function has been arranged for October 15th (Thursday) is a “Day of Reflection” at Manresa. The day will include a light breakfast, lunch and mass. Fr. Peter Fennessy will be our Director. Since Fr. Fennessy and Fr. Tim Babcock were very good friends and Fr. Tim was on their Board and was also a Spiritual Director, the mass will be a one-year remembrance of Fr Tim's death. Sign up will occur later this summer.

That is all for now. A Board meeting is scheduled for April 23rd – stay tuned as to whether this will happen.

Stay safe everyone!!!

Thanks, Nancy and Gary Greve

## 4 Worship

### What is Spiritual Communion?

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace. Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

**Spiritual Communion Prayer** composed by St. Alphonsus Liguori in the 18th century

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and unite myself wholly to You.

Never permit me to be separated from You. Amen.

## Under state direction, the Church will be closed

\*as of March 23, 2020

## Upcoming Reconciliation has been suspended



## TEMPORARY OFFICE HOURS MARCH 24 - APRIL 5

CLOSED

Emails and voicemails will be monitored



WE APOLOGIZE FOR ANY INCONVENIENCE  
AND LOOK FORWARD TO RESUMING  
REGULAR HOURS

## Covid-19: A Prayer of Solidarity

For all who have contracted coronavirus,

We pray for care and healing.

For those who are particularly vulnerable,

We pray for safety and protection.

For all who experience fear or anxiety,

We pray for peace of mind and spirit.

For affected families who are facing difficult decisions  
between food on the table or public safety,

We pray for policies that recognize their plight.

For those who do not have adequate health insurance,

We pray that no family will face financial burdens  
alone.

For those who are afraid to access care due to  
immigration status,

We pray for recognition of the God-given dignity of all.

For our brothers and sisters around the world,

We pray for shared solidarity.

For public officials and decision makers,

We pray for wisdom and guidance.

Father, during this time may your Church be a sign of  
hope, comfort and love to all.

Grant peace.

Grant comfort.

Grant healing.

Be with us, Lord.

Amen.

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## EXAMEN FOR LIFE | COVID-19

By Susan Haarman

The Examen is a traditional method of prayerful awareness that is a bedrock in Ignatian spirituality and Jesuit education. It's a short, easy way to reflect on your day and become more mindful about where you are experiencing grace or goodness and where there is room in your actions and life for growth. Especially in times of uncertainty and rapid change, taking time to reflect becomes essential.

What people don't often realize is that the Examen is exceptionally flexible and adaptive. It can be used to review your day or it can be adapted to hone in on a specific issue or focus. So in light of the new set of circumstances many of us find ourselves in with COVID-19, we thought it would be helpful to adapt the Examen to this unique situation.

**Take a moment to settle. Take a deep breath. Get comfortable in your seat. Close your eyes. Like a rock settling on the bottom of a lake after it's thrown in, let yourself settle.**

**1. Acknowledge how you are feeling in this moment.**

If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it. God wants to be present in all part of our life – not just the easy or serene moments.

**2. Ask for light and insight as you prepare to review your day.**

For some that light may come in the form of a sense of the Divine. For others it's from a deep sense of your true self.

**3. Take a moment to think about how COVID-19 has impacted your life.**

Even as we being are asked to distance ourselves from one another socially, ask yourself what connections you find yourself grateful for?

Who makes you feel grounded and connected to God?

**4. Public health issues have a way of making us recognize how interwoven our lives are with others in society. It can help us realize who we may chose not to see or connect with.**

Is there a person or group of people especially affected by COVID-19 that you don't often choose to see or connect with normally? What connections to others are you becoming more aware of? Who do you normally choose to reach out and connect to? Who do you avoid or refuse to see? If you can, picture the faces of

these people. What connections do you take for granted in your life? What connections impact you the most?

**5. Note the emotions you feel when you think of these individuals without judging or overanalyzing.**

Simply acknowledge them, pay attention, and listen to where God may be speaking.

**6. As you think of the ways we are connected or disconnected to one another, pick a connection (or lack thereof) that seems important, significant, or is manifesting itself the strongest.**

Pause and reflect on where you're being invited to grow from that moment. If you are a person of faith, take a moment to pray with it.

**7. God gifted us with limitless creativity and imagination.**

Even in this time of separation and possible isolation, what is one way you can maintain meaningful connection to others—whether directly, through technology, or intentional focus and attention?

**Take a deep breath and moment of quiet. When you are ready, return to your day.**

For additional resources please visit <https://bit.ly/3ai6bZl>.

Susan Haarman is the Associate Director at Loyola University Chicago's Center for Experiential Learning, facilitating faculty development and the service-learning program. She has degrees from Marquette University, Loyola University of Chicago, and the Jesuit School of Theology at Berkeley, and previously served as the faith and justice campus minister, also at Loyola University Chicago. In addition to having a Masters in Divinity, she also holds a Masters in Community Counseling, a certificate in directing the 19th Annotation of the Spiritual Exercises, and is currently in a doctoral program. Her research focuses on the intersection between social justice education, civic identity, and imagination. She is also an improviser storyteller in Chicago.

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## Do You Need Help?

St. Andrew Parishioners who are at higher risk from Coronavirus, including older adults and those with chronic medical conditions, or who are currently self-quarantining are encouraged to call the parish office ext 115 or visit <http://bit.ly/COVID19assistance> to sign up to receive assistance including grocery and prescription delivery.

## Want to Help?

If you are a parishioner in good health and 59 years of age or younger, please consider volunteering to help deliver groceries and prescription medications to parishioners at higher risk for serious illness from COVID19. Those interested can sign up by calling or emailing Sam Jennings at [samj@standrewchurch.org](mailto:samj@standrewchurch.org) or visiting <http://bit.ly/COVID19Volunteer>.

## Coronavirus Response: Pray, Study, Act

As Catholics, we are called to respond to this crisis with prayer and study, but also through action on behalf of others, especially those at the margins who are vulnerable to COVID-19 due to social, economic and political factors.

These actions include acts of personal charity (picking up groceries for an elderly neighbor, donating items, volunteering at a food pantry etc) as well as advocating for the protection of the most vulnerable, including the elderly, those with pre-existing health conditions, those in jail or detention, the poor and those without insurance, those who have lost their jobs, and workers without access to childcare or paid sick leave.

Below is a list of resources to help Catholics learn more and respond to those in need with love and justice.

- **Care for the Vulnerable and COVID-19**

<https://bit.ly/2y6x1p4> This reflection is an excellent resource and includes prayer, action items, and opportunities to learn more.

- **Pax Christi**

<https://paxchristiusa.org/coronavirus-response-pray-study-act/> This site is updated frequently and includes ways for you to learn more, pray for those on the margins, and take action on behalf of the poor. Includes reflections on the Lenten readings in light of the pandemic.

- **Homebound Movie of the Week for March 23-29: "Romero"**

<https://bit.ly/2UCq3j2> Updated weekly. This week, in recognition of the 40th anniversary of the martyrdom of Archbishop Oscar Romero, we're recommending "Romero".

- **Virtual Way of the Cross for Economic and Ecological Justice April 10**

<https://bit.ly/2QHzNHw>

- **CORONAVIRUS RESOURCES: Responding in Prayer, Reflection, and Solidarity**

<https://ignatiansolidarity.net/coronavirus-covid-19-solidarity-resources/>

- **Neighborhood House: Urgent!**

Our friends over at Neighborhood House, a non-profit which seeks to help our neighbors experiencing hardship, is in urgent need of food! Please consider donating food, or grocery store gift cards.



## FOOD PANTRY NEEDS

- |                  |                            |
|------------------|----------------------------|
| • Peanut Butter  | • Cereal                   |
| • Jelly          | • Oatmeal                  |
| • Canned chicken | • Pasta                    |
| • Canned tuna    | • Pasta sauce              |
| • Beef Stew      | • Juice                    |
| • Kidney Beans   | • Juice boxes              |
| • Garbanzo beans | • Lunch box                |
| • White beans,   | snacks                     |
| • Black beans    | • Personal hand sanitizers |
|                  | • Toilet paper             |

THANK YOU!!

Please bring your donations to the Food Pantry at the First Congregational Church at 1315 N. Pine Street Monday through Thursday or Saturday from 10am to noon.

# ST ANDREW YOUTH

Lent is going fairly well this year for me. I've given up going to the movies, shopping, neglecting the housework, and going out to eat. How about all of you? All joking aside, know that my prayers are with you! Stay safe! Stay Healthy! Love you all!



Last Sunday night was the BIGGEST CATHOLIC YOUTH NIGHT EVER! It was an amazing experience being able to gather and worship with over 10,000 teens, parents, and youth workers from all over the country!

In case you (or your teen) missed it last Sunday night, I wanted to share the link to the replay. If you have a few minutes (sixty actually), go to the link below to learn, worship, and pray along with us.

The link below also has a PDF you can print out with some discussion questions and prayer to encourage family conversation and prayer based on the content from last Sunday night. I hope you take advantage of this opportunity to faith share and grow closer together as a family spiritually.

ACCESS THE REPLAY HERE: [PROJECTYM.COM/REPLAY](https://projectym.com/replay)

We are meeting again this Sunday to worship with Jeremy Rodriguez and learn from Katie Prejean McGrady. Don't forget to join us at 8PM!

**[PROJECTYM.COM/WATCH](https://projectym.com/watch)**

We are also doing ZOOM meetings because it's great seeing all the smiling faces--Miss you all! If you are interested in joining us on ZOOM please text (Remind) or email me for details.

Don't forget to keep checking the St. Andrew Youth Ministry webpage for ideas to help you grow in your faith and see what other events are coming up.

Remember that even tho we are apart physically, I am still here for your teen and your family. Please reach out with prayer requests, concerns, just to say HI!, or to share funny stories.

Praying for your whole family!

Blessings, Margaret Kozak

## "YOUTH NIGHT"

6 pm to 8 pm

In the Activities Building unless otherwise noted some join in for Food Fellowship and Fun. Friends are always Welcome! For more information please contact me.

[MARGARETK@STANDREWCHURCH.ORG](mailto:MARGARETK@STANDREWCHURCH.ORG)

OR

Text this message @stay2020 to number 81010

### March & April

- 29<sup>nd</sup> ~ virtual "Youth Night"
- 5<sup>th</sup> ~ virtual "Youth Night"
- 12<sup>th</sup> ~ Happy Easter
- 19<sup>th</sup> ~ We will see what happens...
- 26<sup>th</sup> ~ We will see what happens...

Sunday Night 8 to 9

**[PROJECTYM.COM/WATCH](https://projectym.com/watch)**

*\*\*Events may change or others may be added. Sign up for REMIND to get the most up to date information\*\**

### 2020 Rise Detroit



Still happening but could change

April 25<sup>th</sup>, 2020  
8:30am-8:30pm



### Ideas for Viewing Mass at Home

Sometimes we don't realize or appreciate what we have until we no longer have it. While we currently can't attend Mass in church, we can watch from home. The Archdiocese of Detroit has given us some ideas on how to make it a reverent event.

Find a live Mass at [aod.org/livemass](http://aod.org/livemass) or go to our St. Andrew website to view our own priests celebrating the Mass with us.

Set up your room to create a worship space by rearranging furniture or placing chairs in a row. Add to the mood by using candles, a cross, and a purple cloth for Lent. Participate in the prayers, responses and songs. Write some intercessory prayers of your own.

Make your offering to the church if you are able. On-line giving or mailing in a check are options.

Pray the prayer of Spiritual Communion. Talk about what it means to spiritually welcome Jesus into our hearts.

We eagerly await the opportunity to once again gather in church for Mass. Until then, be safe, smart and healthy. And offer up all the hardships that social distancing present to make this one Lent you will never forget!

Blessings, Maureen Schreffler  
Director of Faith Formation

### Religious Education Schedule

**Religious Ed classes have been temporarily suspended. We hope to resume on April 13.**  
**Please watch for updates.**



### Final Family Gathering for 1st Eucharist

on March 29

has been cancelled

and will not be rescheduled.

Please go to our parish website,  
[standrewchurch.org](http://standrewchurch.org)

for information on helping your child  
practice for First Eucharist.

Our prayers are with all our families  
at this time.

### Get Ready for Palm Sunday!

To commemorate that first Palm Sunday next weekend, consider creating your own procession.

Start by making your own palms. Just cut an oval out of paper, about 12" long. Use green paper if you have it, or color your palm. Fringe the edges with scissors, then tape to a craft stick or paper towel roll. Other ideas and patterns are plentiful on Pinterest and other sites.

Then, gather up some musical instruments. They can come from your own collection, your child's toy box, or can be fashioned from items you have around the house. One of my favorites is a tambourine made from two small paper plates stapled together with a few dried beans or popcorn kernels inside. Decorate the sides with markers, colored tissue, etc. Again, check Pinterest for other ideas.

Choose a family member to play the role of Jesus, and process around the house waving palms and playing instruments. You may need to process more than once if others want to be Jesus. Sing a Hosanna song and give praise. It will be a great start to Holy Week!



# Puzzle

Find and circle these words from today's Gospel:

GOD'S SON	LAZARUS	BELIEVES
SICKNESS	MARY	WEEPING
RISE	MARTHA	WRAPPED

S A O E T R H I E T Y  
T W R A P P E D H O N  
O E K R W Y A O Y U T  
B E L I E V E S T S H  
H P T S A O M Y N I E  
T I H E U N A J H C S  
U N S V M A R Y L K O  
O G K H E I T D W N U  
T P A Y N O H S Y E A  
I S D L A Z A R U S H  
G O D S S O N F E S R

©LPI



## Mission for the Week

Write the words, "God can do anything" on a piece of paper. Read it every morning.

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Growing with the  
GOSPEL

My Church,  
My Family and Me

John 11:1-45 ■ 5th Sunday of Lent

CYCLE A



## Read the Gospel and Color



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TEXT: A0341ent5\_gg2nd3rd.txt

COLORING GRAPHIC: A0341ent5\_gg5.tif

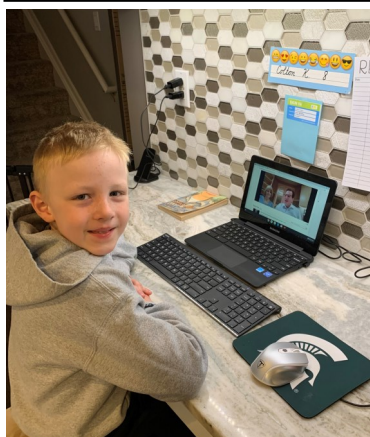
Name \_\_\_\_\_



**JESUS CHRIST IS THE REASON FOR HOLY FAMILY REGIONAL SCHOOL**

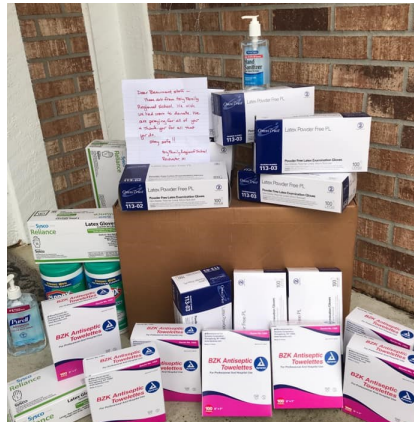
ACCREDITED BY THE MICHIGAN ASSOCIATION OF NON-PUBLIC SCHOOLS

[www.holyfam.org](http://www.holyfam.org)



### LEARNING FROM HOME

This week our students had their first day of Distance Learning. We asked parents to share pics with us so we could share on social media for the kids to feel connected. Some children even chose to wear their Holy Family uniform. We start our day with morning announcements, prayer and the pledge. We love hearing how well learning from home is going. Our school community has shown much gratitude and appreciation for everything our teachers are doing. We are very proud of our parents and students for working with our faculty and staff to accomplish this new initiative. Keep up the good job everyone, we're all in this together!



### HFRS DONATION

Our school donated over 3,400 latex gloves, 900 antiseptic wipes, some food handlers' gloves, and a few bottles of hand sanitizer to William Beaumont Hospital. Thanks to Mrs. Karen Sucher, North Campus Secretary, who came up with the idea. Mrs. Sucher and her husband, Ken, raided the cupboards at both campuses in search of items to be donated. The items were delivered by their daughter-in-law Lisa, a Physician's Assistant, at Troy Beaumont. Lisa is married to HFRS Alum, Kevin, Class of '97. Mrs. Sucher hopes Holy Family's generosity will inspire other schools to donate their medical supplies to area hospitals.

### ROCK YOUR SOCKS

"Rock Your Socks for World Down Syndrome Day" was celebrated around the world on March 21st. The date, 3-21 represents Trisomy 21, the medical term for Down syndrome, which is the third replication of the 21st chromosome. Students shared pics of them wearing their most colorful, spunky socks in celebration of people with Down syndrome.



## Readings for the Week of March 30

March 30

Daniel 13:1-9, 15-17, 19-30, 33-62  
John 8:1-11

March 31

Numbers 21:4-9  
John 8:21-30

April 1

Daniel 3:14-20, 91-92, 95  
John 8:31-42

April 2

*St Francis of Paola*  
Genesis 17:3-9  
John 8:51-59

April 3

Jeremiah 20:10-13  
John 11:45-56

April 4

*St Isidore*  
Ezekiel 37:21-28  
John 11:45-56

April 5

*Palm Sunday*  
Matthew 21:1-11  
Isaiah 50:4-7  
Psalm 22  
Philippians 2:6-11  
Matthew 26:14-27:66



### **Prayer Corner—Prayer 101**

#### **Daily Prayers—Especially for the Sick**

by Fr. John D. Bohrer & Joseph Stoutzenberger (TauPublishing.com)

**Introduction:** “Help” and Thank-you” are two prayer sentiments most frequently hospitals, nursing homes, and hospice care settings. Even people who seldom prayed before often feel drawn to prayer when they find themselves needing help or faced with illness. Jesus tells us that those who are well have no need of a physician, but those who are sick do. Healing always entails more than care for the body.

An ancient Christian prayer practice is the Liturgy of the Hours. Priests and religious, especially monks and nuns, take time out regularly during the day to call to mind God’s presence. The “Little Hours” are prayers and psalms adapted for use by everyone who wants to be reminded that God journeys with us throughout the day. Mealtime is a natural time to step aside from whatever consumes our attention and to recall that we live in God’s time. God is with us always—morning, noon and night. Pausing to pray with each meal offers an opportunity to bring God’s presence into our awareness.

Being alone, sick, or needy can lead us to focus on ourselves and our immediate necessities. We can overlook all that we have to be grateful for. We can even forget the great gift of life that God blesses us with and that God is with us through whatever difficulties we face. Regular prayer reminds us that we are not alone. Prayer time can also remind us to think of others in need and to call to mind the many people who care for us, whether as part of their job or out of friendship. Here are some examples of prayers that can be used as daily prayers:

**Morning Prayer:** I will arise! I will arise and wake with the dawn! Let my heart praise You, O Lord! With all by being, I do praise You. As the day begins I thank You, Lord, for rest that refreshes and restores my spirit. Fill me with hope— to see your providential hand guiding our world and my humble, humorous holy life. I arise and greet the dawn! Amen.

**Noon Prayer:** This day continues as a blessing, and again I lift up my heart and hands to You, my God. I am ever grateful for all that comes my way; I am never without Your care. Even when things seem bleak and dark I trust in Your goodness, my God. You are my refuge and my strength. Hold all those I love close to Your heart. Free me from anxiety. Keep me aware to Your visitations throughout the day. Amen.

**Evening Prayer:** Your friendship is a treasure beyond compare, O God. Give my spirit a restful sleep, and comfort to all those I love. Remove the shadows that awaken fear within us, Grant us the confidence to trust in your divine love. I place myself in Your hands, O Lord; I am secure in your tender embrace. Amen.



# 12 Prayer Requests & Mass Intentions

## Prayer Requests

All men & women in the military  
& family members  
Kenneth Beattie  
Donna Christie  
Patrick Beattie  
Louise Carlson  
Mark Kujawski  
Tony Wojcik  
Ken Kwiatkowski  
Sally Dupack  
Mary Grace  
Elias Agirokastritis  
Joanne Landry  
Karen Holland  
Mary Ellen O'Connor  
Cameron Kostiz  
Tina Denison  
David Dehn  
Diane Fayle  
Caterina Basile  
Norman Rosinski  
Rebecca Nowakowski  
Mary Abraham  
The unborn child of Antonio  
Walter Gieselmann  
Paul Yezback  
Sharon Nowakowski  
Jordan Baker  
Jack Waters  
Gary J. Rogers  
Aaron Edward Kurmas  
Pat Fiorini  
Alexander Fabian  
Lucas Fabian  
William J.H. Smith  
Paul Maxwell  
Russ LaBruzy  
Mary Pearsall  
Mary Ann Ranger  
Mike Helms  
Ryan Mele  
Mary Ziaja  
Janet McGarry  
Thomas Whitlow  
Mary Louise Kaufeld  
Therese Tyll  
Norine Brum  
Patty Miller  
Paul & Tracy Jacque  
Elizabeth Jary  
Barbara Gunn

## Mass Intentions for the Week of March 29 (Intentions are still being prayed for by our priests)

<b>SUNDAY</b>			<b>March 29, 2020</b>	
8:00 am	✦	Laura Conat	Parents	
	✦	Stanley J. Kurmas	Family	
	✦	John Rucha	Fayle Family	
10:00 am	✦	Joy Spezia	Virginia Ferrara	
	✦	John "Bob" Somjak	Hawley Family	
		Eric & Shelley Kerr	Connie Shankin	
12:00 pm		David Dehn	Family	
		Catarina Basile	Family	
		Mark Kujawski	Family	
5:00 pm		For the People of St Andrew & the Pontiac Area Vicariate		
<b>MONDAY</b>			<b>March 30, 2020</b>	
8:15 am		For the People of St Andrew		
<b>TUESDAY</b>			<b>March 31, 2020</b>	
8:15 am		Emma Ruskin	Michael Miller	
		Catie Ruskin	Michael Miller	
		Abbie Ruskin	Michael Miller	
<b>WEDNESDAY</b>			<b>April 1, 2020</b>	
8:15 am		For the People of St Andrew		
<b>THURSDAY</b>			<b>April 2, 2020</b>	
8:15 am	✦	Barbara Liversidge	Family	
	✦	All Holy Souls & Andcestors	Amy Nguyen	
<b>FRIDAY</b>			<b>April 3, 2020</b>	
8:15 am	✦	Mark Wagner	Wagner Family	
<b>SATURDAY</b>			<b>April 4, 2020</b>	
5:00 pm	✦	Vito Saracino	Family	
	✦	Judy Relf	Corteville Family	
<b>SUNDAY</b>			<b>April 5, 2020</b>	
8:00 am		For the People of St Andrew		
10:00 am	✦	Manny Yasso	Yasso Family	
	✦	Edward Herman	Elaine Herman	
	✦	John & Ethel Baisley	Hughse Family	
12:00 pm	✦	Diana Davila	Carlos Villarreal	
	✦	Stanley Sikorski	Shankin Family	
	✦	Edward & Helen Shankin	Shankin Family	
5:00 pm		For All Those Buried at Guardian Angel Cemetery During the Last Month		



*Pray for*