Links to previously recorded Masses are posted and updated at our website [https://www.uonewman.org/]

As I prepare this bulletin, the Mass of March 21 has been viewed 679 times, and the Mass of March 28 has been viewed 352 times!

Holy Week Schedule

Live Streaming on YouTube Channel: UONewmanLive

Links will be on our website: [https://www.uonewman.org/]

PALM SUNDAY  Live-stream on YouTube at 5 pm on Saturday, April 4, 2020
On Palm Sunday there is to be NO PUBLIC GATHERING.
The Mass for Palm Sunday will be celebrated by Fr. Garry, with palms blessed, Blessed palms can be made available for distribution at a later date – they are NOT TO BE DISTRIBUTED UNDER ANY CIRCUMSTANCE at this time.

HOLY THURSDAY  Live-stream on YouTube 7:30 pm on Thursday, April 9, 2020.
No public gatherings (inside or outside Churches, in cars, etc.).
The Evening Mass of the Lord’s Supper will be celebrated by Fr. Peter (with concelebrants Frs. Garry and Vincent),

GOOD FRIDAY  Live-stream on YouTube at 7:30 pm on Friday, April 10, 2020.
No public gatherings (inside or outside Churches, in cars, etc.).

HOLY SATURDAY  Live-stream on YouTube at 8:30 pm on Saturday, April 11, 2020
No public gatherings (inside or outside Churches, in cars, etc.).
The Easter Vigil will be celebrated by Fr. Peter (with concelebrants Frs. Garry and Vincent).
The Rite of Christian Initiation and/or Reception into Full Communion will be postponed and re-scheduled once restrictions are lifted – more details will be provided at that time.

EASTER SUNDAY  Live-stream on YouTube at 11 am on Sunday, April 12, 2020.
No public gatherings (inside or outside Churches, in cars, etc.).
Mass for Easter Sunday will be celebrated by Fr. Garry (with concelebrants Frs. Peter and Vincent)
VATICAN CITY (CNS) -- Here is a CNS translation of the prayer Pope Francis recited by video March 11 for a special Mass and act of prayer asking Mary to protect Italy and the world during of the coronavirus pandemic.

O Mary, you always shine on 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, keeping your faith firm.

You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

Daily Quarantine Questions
by Leonard Sweet, sent to us by Fran & Mike Curtis

- What am I grateful for today?
- Who am I checking in on or connecting with today?
- What expectations of “normal” am I letting go of today?
- How am I getting outside today?
- How am I moving my body today?
**Parish News**

- A big round of applause and grateful thanks to parishioner **DYLAN HICKS**, who offered (and is doing a wonderful job!) of streaming our Masses.
- Please pray for **Patty Roland** who has been ill and is now recovering.
- How are you faring in this time of Social Distancing? If you’re having a rough time, please email or phone either the priests or other members of staff. We’re here for you!
- Any Parish News you’d like to share? Should we have a prayer list in the next bulletin? Let Kathy know!

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**Gala Postponed**

Sadly we are postponing the Webfoot Gala out of caution due to the Coronavirus COVID 19 health crisis.

The Gala is a crucial component to the financial well being of the church. It provides for approximately 20% of our annual budget. This set back could not come at a worse time as we enter our final fiscal quarter of the year. I am going to leave the ticket and donation links open on our website at uonewman.org/gala. If you would like to purchase tickets or make a donation, it will directly help St. Thomas More during these unprecedented times.

We will reschedule the Gala for this summer; pending review of the current health situation in the upcoming months. Any tickets that have been purchased will be honored for the new date or a refund will be issued if requested.

I would like to thank everyone that has given of their time, involvement, in-kind donation, and general support to make this event possible. We will celebrate together as a community when the time is safe to do so.

Blessings,

Andy Roybal

Development Director

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**All Mass intentions are prayed for as scheduled, as our Priests continue to say a private daily Mass in their Chapel. There are many openings; if you would like to request a Mass Intention, please go to our website:** [https://www.uonewman.org/mass-intentions-calendar.html](https://www.uonewman.org/mass-intentions-calendar.html)

**MASS INTENTIONS THROUGH APRIL**

<table>
<thead>
<tr>
<th>Date</th>
<th>Mass Intentions</th>
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<tbody>
<tr>
<td>April 4</td>
<td>Paul Hawkins (d)</td>
</tr>
<tr>
<td>April 5</td>
<td>Walter and Irene (d)</td>
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<td></td>
<td>Dick Stokes (d)</td>
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<td></td>
<td>Pro Populo</td>
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<tr>
<td>April 7</td>
<td>Dick and Vicki Craig (d)</td>
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<td>April 8</td>
<td>AC Vi Van</td>
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<td>April 12</td>
<td>Dick Stokes (d)</td>
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<td>April 14</td>
<td>Mark Burford (d)</td>
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<td>April 15</td>
<td>Barbara A. Braak (d)</td>
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<tr>
<td>April 16</td>
<td>Walter and Irene (d)</td>
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<tr>
<td>April 18</td>
<td>Kathleen Beskit (d)</td>
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<tr>
<td>April 19</td>
<td>Dick Stokes</td>
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<tr>
<td>April 21</td>
<td>Kevin Lynn Callahan</td>
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<tr>
<td>April 25</td>
<td>Kathleen Beskit (d)</td>
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<td>April 26</td>
<td>Tony Moran (d)</td>
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<tr>
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<td>Dick Stokes (d)</td>
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<td>Pro Populo</td>
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**Ways to regain your calm**

Slow down. If possible, don’t react immediately.

Stay positive. When stressful situations occur, your mind may go in a thousand directions and some of your thoughts may be negative.

Never ask “what if?”

Take care of your body.

Limit caffeine.

Call a trusted friend or mentor.

Disconnect.
Pandemic
What if you thought of it
As the Jews consider the Sabbath -
The most sacred of times?

Cease from travel
Cease from buying and selling.
Give up, just for now,
On trying to make the world
Different than it is.

Sing. Pray. Touch only those
To whom you commit your life.

Center down.

And when your body has become still,
Reach out with your heart.
Know that we are connected
In ways that are terrifying and beautiful
(You could hardly deny it now.)

Know that our lives
Are in one another’s hands.
(Surely that has come clear.)

Do not reach out your hands..
Reach out your heart.
Reach out your words.
Reach out all the tendrils
Of compassion that move, in visibly,
Where we cannot touch.

Promise this world your love -
For better or for worse,
In sickness and in health,
So long as we all shall live.

— Lynn Ungar, 3/11/20

Exercises you can do at home

• Take a walk outside if it’s a nice day or walk inside around the house if it isn’t. Walk fast enough to speed up your heart rate and break a sweat.

• Walk up and down your stairs. Take every other step to give your legs a good workout.

• Turn on the radio and dance in the house, alone or with your partner.

• If you don’t have stairs or much open space, you can do jumping jacks, or walk or jog in place. Try to keep moving for at least 10 minutes.

• Use hand weights or grab an object like a soup can if you’re just starting to exercise, or a jug of water if you’re stronger. Bend at your elbows to curl your hand to shoulder level. Repeat 10 to 12 times, or until you can’t do it anymore.

• Do squats when cleaning out closets or playing with your children. Be sure to bend with your knees and keep your back straight.