

The Risen

Easter Sunday of the Resurrection of the Lord

April 12, 2020 — Year A

N.E.T. Catholic

Holy Cross

Saint Anthony

All Saints



HOLY CROSS

375 George Road, Freeville, NY 13068

SAINT ANTHONY

312 Locke Road, Groton, NY 13073

ALL SAINTS

347 Ridge Road, Lansing, NY 14882

Office Hours: Call or text (607) 241-0821 / 7 days, 8am - 10 pm

Please join us for Mass **ONLINE ONLY**

Monday through Friday at 9:00 am

Saturday (Sunday Vigil) at 4:30 pm

Sunday at 8:30 am and 10:30 am

All Masses will be streamed online and you can follow them or watch the recording at www.netcatholic.org or www.facebook.com/netcatholic

www.netcatholic.org — www.facebook.com/netcatholic

Confessions: By appointment. Call or text (607) 288-2350.

North East Tompkins County (N.E.T)

Roman Catholic Parishes

Dryden/Freeville — Groton — Lansing, New York

Parish Office: (607) 241-0821 / Pastoral Care: (607) 288-2350

www.netcatholic.org — www.facebook.com/netcatholic

Happy Easter!!!

This Sunday we celebrate the most important of all the Christian feasts. The Resurrection is the center of what we believe. We are a people of joy and peace because we believe that God is victorious over death and sin, because we believe that love and life will triumph. Rejoice the Lord is Risen! Easter is not just Easter Sunday, but a whole season that extends for 50 days, until the coming of the Holy Spirit at Pentecost (May 31, 2020). This season of Easter is the most important liturgical season in the whole year.

Easter during NY on PAUSE and the Pandemic

No one can deny that this celebration of Easter will be very different. We will not be able to go to church, we will not be able to gather as a family beyond those that already live in the same house with us, in order to avoid putting at risk other members of our family, so much of our traditions, routines and celebrations lost, such emptiness left in our hearts! How can we even celebrate while we suffer so greatly? While death and emptiness seem to loom over us everywhere. First, I think we need to acknowledge this reality and allow this emptiness to be what it is and stir in us a deeper longing for the encounter with the Risen Christ and the new life, joy and healing He brings. We must for a bit be able to sit in the empty tomb, wondering where our Lord might be, and longing for Him, in that way our Easter Morning this year will be much closer to the experience of Jesus first disciples: Mary of Magdala, Peter and John, who were bewildered as they encountered the empty tomb for they did not yet understand the Scripture that he had to rise from the dead.

I think this is also a calling to enter into the extended Easter season with the disciples who will slowly come to encounter the Risen Christ, and to understand His Gospel and His Resurrection as he spends with them the 50 days until the Ascension. This means, that we are invited to be intentional even in the midst of this pandemic to be looking for the signs of new life and of the powerful presence and victory of Christ in our own hearts, in our families, in our communities in our world.

Make no mistake, Easter will happen, God will claim God's victory; we just have to look a little deeper and a little harder this year. We will not have the usual traditions, trappings and routines, but this might just be a great opportunity to see beyond those things and be able to penetrate the mystery of God unfailing love powerfully at work in our lives.

As I shared with you before I am certain that this profound experience of death and loss that the pandemic has brought upon us (in beautiful Paschal Mystery style), has within it the promise and hope of renewal, new life and new meaning and as I shared with you before I can see at least 15 ways in which this situation is bringing us you life and bringing us closer to the Kingdom of God's victory:

1. Recognizing the centrality of human life.
2. Giving priority of the vulnerable.
3. Seeing the value of those usually underappreciated.
4. Realizing that we are all connected, no matter race, nation, etc., we are one human family, all God's children.
5. Family comes first, we need to offer those we love quality time, give them priority over all other activities and pursuits.
6. Life and health come first, not money
7. Call to empathy and compassion, care for others, all others.
8. The practice of Quarantine reminds us of the 40 days of Lent, and the need to stop and do self care of body and soul.
9. Living in the present. Enjoying what is in front of us today. All could be different tomorrow.
10. Valuing what we take for granted (hugs, kisses, gatherings, Mass).
11. Detaching from fake securities: money, work, health, routine.
12. Giving up control.
13. Practicing silence and discovering value of solitude to encounter ourselves and God.
14. Value of authority, societal structures and obedience to directives that protect all, especially the weak.
15. Trust and satisfaction in God alone.

In which ways do you discover God renewing you and your family? What are the signs of new life?

This journey of encountering the risen Christ throughout the season of Easter also means that we need to take care of ourselves and preserve in us our life and our joy.

In order to do that, we might want to make the words of the Risen Christ a sort of routine in our lives, something that we repeat in our hearts and minds almost every time we breath: "Be not afraid," "My peace I give you," "I am with you always." Let these words reassure you so that you are not overwhelmed by anxiety and negativity.

Here are some practical things that I found and that might help you and your family preserve life and life's joy:

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Put on some bright colors. It is amazing how our dress can impact our mood.
3. Get out at least once a day, enjoy the signs of spring, do some gardening, play with the kids outside.
4. Find some time to move each day, walk, exercise, dance.

A Note from Father Daniel

5. Reach out to others. Help others. Find ways, big and small, to give back to others.
6. Stay hydrated and eat well.
7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.
8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.
9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.
10. Everyone find their own retreat space. Space is at a premium. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.
11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.
12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.
13. Notice the good in the world, the helpers. Find lightness and humor in each day. Remind yourself daily that this is temporary.

Please remember that we are praying for you constantly, that we love you and miss you. That if you need anything we are here to serve you and you can call the two phone numbers listed on the cover anytime. This is very hard, yet God is with us, be patient, be gentle, hold on to hope and plan for that beautiful day when we will be able to gather again and celebrate.

May God shower you and yours with all of God's blessings this Easter season and give you peace, strength and hope!
Wishing all a very Happy Easter and Easter Season,

A.M.D.G.,
Father Daniel




This week in our Parishes

Because we care about your wellbeing and ours, at this time your attendance at all services will be **ONLY ONLINE**, through our website www.netcatholic.org, our Facebook: www.facebook.com/netcatholic and our YouTube Channel (search on YouTube for: N.E.T. Catholic)

| | |
|--------------|---|
| Sat. Apr. 11 | EASTER VIGIL 8:00 pm Join us Online |
| Sun. Apr. 12 | MASS 10:30 am Join us Online |
| Mon. Apr. 13 | MASS 9:00 am Join us Online Angelus Prayer 12:00 noon Join us Online Adoration and Benediction 8:30 pm Join us Online |
| Tue. Apr. 14 | MASS 9:00 am Join us Online Angelus Prayer 12:00 noon Join us Online Adoration and Benediction 8:30 pm Join us Online |
| Wed. Apr. 15 | MASS 9:00 am Join us Online Angelus Prayer 12:00 noon Join us Online Adoration and Benediction 8:30 pm Join us Online |
| Thu. Apr. 16 | MASS 9:00 am Join us Online Angelus Prayer 12:00 noon Join us Online Adoration and Benediction 8:30 pm Join us Online |
| Fri. Apr. 17 | MASS 9:00 am Join us Online Angelus Prayer 12:00 noon Join us Online Adoration and Benediction 8:30 pm Join us Online |
| Sat. Apr. 18 | MASS (Sunday Vigil) 4:30 pm Join us Online |
| Sun. Apr. 19 | MASS 8:30 am Join us Online MASS 10:30 am Join us Online |

STAY CONNECTED

 www.facebook.com/netcatholic

 www.netcatholic.com

Our Sacrificial Offering for the fulfilment of the Mission of Jesus Christ

As you all know, our parishes are on very tight budgets. The reality of not having public Masses with a collection is gravely impacting our finances — even through this lockdown our campuses still need to be maintained, our utilities paid, and salaries must continue.

We encourage you to use our online giving options from our website: www.netcatholic.org/donate, in order to donate to the Church. If you need assistance setting this up, please call the office at 607-241-0821. The most helpful thing would be for everyone to make their donations online: Since we have no counting teams right now and employees are working from home, Father has to gather, count and deposit all collections you mail in, on top of doing everything else. If you absolutely insist on not transitioning to WeShare you can mail your contributions to us:

HOLY CROSS: 375 George Road, Freeville, NY 13068

SAINT ANTHONY: 312 Locke Road, Groton, NY 13073

ALL SAINTS: 347 Ridge Road, Lansing, NY 14882.

We understand that some families will face unprecedented financial challenges at this time and will not be able to contribute to the church financially, please be at peace and contribute by keeping us in your prayers.

If you and your family have been blessed with sufficient financial resources please consider not only keeping up your regular donations to the church but also making some additional donations to help us make up for the possible loss of income caused by this crisis.

Thank you very much!



Saint Anthony

PLEASE DONATE we are **\$1,003 short** of our goal of \$9,813, we have to pay the full amount no matter what. You can donate by using the CMA envelopes in the back of the church, online at: www.dor.org/giving/contribute-to-the-cma/

or via

TEXT MESSAGE:

- 1) Text **CMA255** to (585) 257-2929
- 2) Follow the prompts
- 3) Register your credit or debit card.

Your CMA gift will be credited to St. Anthony Church, Groton. You will receive an acknowledgment of your gift immediately via text or email. A secure, easy way to make your gift today.

All Saints

PLEASE DONATE we are **\$4,833 short** of our goal of \$15,165, we have to pay the full amount no matter what. You can donate by using the CMA envelopes in the back of the church, online at: www.dor.org/giving/contribute-to-the-cma/

or via

TEXT MESSAGE:

- 1) Text **CMA273** to (585) 257-2929
- 2) Follow the prompts
- 3) Register your credit or debit card.

Your CMA gift will be credited to All Saints Church, Lansing. You will receive an acknowledgment of your gift immediately via text or email. A secure, easy way to make your gift today.

Mass Intentions

Saturday (April 11), 8:00 pm – Easter Vigil

**For those remembered in the
Easter Flower Donations**

Sunday (April 12), 10:30 am

**For those remembered in the
Easter Flower Donations**

Monday (April 13), 9:00 am

For Leo Fitzpatrick, by Kitty Dillon

Tuesday (April 14), 9:00 am

**For Anita Kenworthy, by
Linda and Howard Bonavia**

Wednesday (April 15), 9:00 am

For Dick Fagan, by Nan Lisk

Thursday (April 16), 9:00 am

For Carolyn Carey, by Chuck and Eileen Rankin

Friday (April 17), 9:00 am

For a Special Intention

Saturday (April 18), 4:30 pm

For Donald Kane, by Saint Anthony's Choir

Sunday (April 19), 8:30 am

For William Yantz, by the Yantz Family

Sunday (April 19), 10:30 am

**For Violet S.
Buckenmeyer, by
Nancy Brown and Family**



Liturgical Calendar for this week

Saturday:

**HOLY SATURDAY IN THE EVENING, THE
BEGINNING OF SUNDAY, THE EASTER
VIGIL CELEBRATION OF THE
RESURRECTION OF OUR LORD** White

Genesis 1:1—2:2 / Psalm 104 / Exodus 14:15—15:1 /
Isaiah 55:1-11/Romans 6:3-11 / Psalm 118/
Matthew 28:1-10

Sunday:

**EASTER SUNDAY OF THE RESURRECTION
OF OUR LORD** White

Acts 10:34a, 37-43 / 1 Cor 5:6b-8 / John 20:1-9

Monday: Monday within the Octave of Easter White
Acts 2:14, 22-33 / Matthew 28:8-15

Tuesday: Tuesday within the Octave of Easter White
Acts 2:36-41 / John 20:11-18

Wednesday: Wednesday within the Octave of Easter White
Acts 3:1-10 / Luke 24:13-35

Thursday: Thursday within the Octave of Easter White
Acts 3:11-26 / Luke 24:35-48

Friday: Friday within the Octave of Easter White
Acts 4:13-21 / Mark 16:9-15

Next Sunday:

SECOND SUNDAY OF EASTER White

Acts 2:42-47 / 1 Peter 1:3-9 / John 20:19-31



The Altar Bread and Wine at **Saint Anthony** are offered between **January 1** and **May 31** for the intentions of **Kathleen Martin**.

**The Sanctuary Candle burns this week
for the following intention:**

At Holy Cross

**For the Special Intentions of
Richard and Sharon Buechel**



For Health Care Professionals and First Responders

We thank you Lord for their generosity in service at this difficult time and we pray that you keep them safe and give them strength and peace.

Kiersten Chambers - police officer in NYC, Nurses Brandi Senter and Kelie Oliver; Public Health Planner Stephanie Notar, Niki Cornelius and all the health care workers at Guthrie Medical in Cortland, and Mikayla Perkins, RN at Cayuga Medical Center. Also Anne Cornelius RN, Dr. Tim LaFrance, Dr. Russ LaFrance, Richard LaFrance PT, Jussie Street PT, Dr. Michelle Carley, Dr. Brian Nicholas, nurse Melissa Carley, Matt Youngs hospital worker. Ben Cramer, Phil Thomas,

Markus Hardt, Connor Moore, Johnelle Keck, Chris Keck, Susan McCarthy, John Nolan, Ellen Nolan, James Lafler, Maggie McDonald, Carrie McCollester, Kevin McCormick, James Mona Dali and all the staff at Cayuga Medical Center, Megan Drake and Rebecca Drake, Carrie Stock, Katie Stevens, Don and Maria Gentry, Dr. Brendan Barrett, Jonathan Burdick, Patricia Brown, Mark Romond.

"Let us pray for them and their families. I thank God for the heroic example that they have given us in their care for the sick," —Pope Francis

For Our Sick & Shut-Ins

Angelo Alaimo, Jane Baldwin, Grant Bonavia, Ginny Bradshaw, Chrissy Bravo-Cullen, Karen Brown, Phyllis Campbell, Ian Charles, Donna Cocca, Paul Conklin, Robert Deely, Jerica Duso, Lois Fahey, Pat Fairbank, Mary Falise, Gordon Gladden, Amy Grosser, Francis Hertel, Kirsten Hess, Angela Hughes, Nimr Ibrahim, Jeremiah, Autum Kenyon, Steve Kletjian, Valerie Kuramoto, Mr. Liggett, Marcus Martinez, Leah Mayor, Emma Mazingo, Joe McCarey, Betty McCarey, Lee McGill, Fred Mellberg, Sara Morse, Dennis Osika, Jim Oswald, Kathy Pumphrey, Karen Randolph, Geraldine Rankin, Emilie Searle, Eleanor Sorbello, Lucy Steger, Phyllis Stewart, Robert Stewart, Ethel Thomas, Melanie Toolan, Vicky Toro, Maria Unterreiner, Ellen VanSlyke Batzer, Sharon Vincent, Tom Walpole, Richard Weiss, Ryan White, Jocelyn Woods, Bob and Agnes Zavaski, and several Special Intentions. **Please keep our area servicemen & women in your prayers.**