

Beloved parishioners of Assumption, Sacred Heart and St. John Neumann,

Today we continue our series of email communications to you in these extraordinary times with a focus outward.

In the darkness of the coronavirus epidemic, many organizations are powerfully shining the light of Christ, but many of the organizations we serve need new volunteers who are not at high risk from the virus. Here are some specific ways you can help:

- **Light of Life** – Will still be honoring their meal ministry. Some of our older volunteers have opted not to go to serve meals at this time. If you are interested in helping, contact Gary Fritsch at [gfritsch@bellworthparkcc.org](mailto:gfritsch@bellworthparkcc.org). You can see information on what Light of Life is doing at: <https://www.lightoflife.org/covid19/>
- **North Hills Community Outreach** is restricting some of its activities, you can see their plan at: <https://nhco.org/coronavirus-updates/>
- In support of the **Bellevue Farmer's Market**, we will be providing the use of the kitchen space/equipment at Assumption and Sacred Heart to produce meals for delivery to those who, according to the CDC, should not be venturing out of their homes at this point. We will need some 'low risk' volunteers to help with this effort. If you are interested in packing or delivering meals, email Gary at [gfritsch@bellworthparkcc.org](mailto:gfritsch@bellworthparkcc.org) and he will provide you with all of the additional details.
- We continue to provide our regular meals to **Myriam's shelter** and **Pleasant Valley Men's shelter**. These organizations both report that they are having some of their meal suppliers drop out. If we have enough volunteers, we will help to pick up the slack. If you are interested, contact Gary at [gfritsch@bellworthparkcc.org](mailto:gfritsch@bellworthparkcc.org).

If you are able, please consider helping these organizations continue their important works of mercy and service in our communities.

Finally, whether or not you are able to physically lend a hand, remember the power of prayer. **Ignatian Solidarity Network** has published a [page of resources](#) which include some wonderful prayers, reflections, and meditations specific to the coronavirus which are fully grounded in Catholic tradition and social teaching.

P.S. Yesterday's message mentioned an attached 'Bible Emergency Numbers' which wasn't really attached.... You can find a copy of it [here](#).