

## Let the Peace of Christ Rule in Your Hearts – Colossians 3:15

The new coronavirus has proven to be very contagious, bringing with it a confusing storm of fear, misinformation, and anxiety. What does the future hold? How worried should we be? How bad is it going to get?

However, although it is necessary to plan, we must not lose sight of the One who can deliver us from every evil and keep us safe from all distress. Thanks be to God; we have access to a confidence and peace that the world cannot give. That is what I want to emphasize at the outset for everyone in the parish – Jesus Christ is the same, yesterday, today, and forever, and in Him we have nothing to fear. Keep your eyes focused on Christ and be secure in the hope that He offers us through His resurrection. He has opened to us a world where there is no pain, suffering, fear, or anxiety, where for all eternity we will be able to enjoy the infinite bliss of knowing our Creator. He has reconciled us to the living God, He forgives us our sins, and He offers the gift of His own life, the Holy Spirit. I pray that in these confusing times God would bless us anew and pour out His healing grace on everyone.

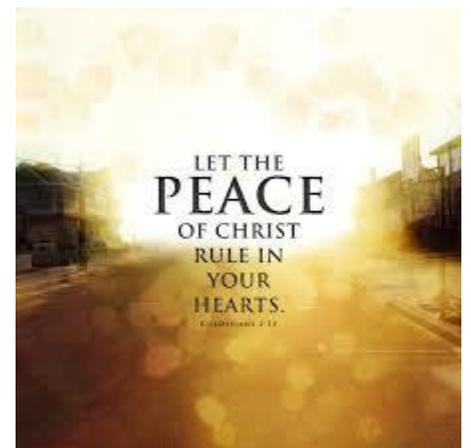
Moreover, while maintaining our connection to the Lord, we also need to be safe and do everything we can to combat the spread of COVID-19. Therefore, in following the guidelines of our government and the leading experts, the Diocese of Victoria is implementing strict policies of social

distancing through the end of March. As the bishop states in his decree, “[Not only Masses but a]ll scheduled events in our parishes are also cancelled, so as to protect the faithful from possible infection. This includes Penance Services, Stations of the Cross, RCIA, religious education classes, adult formation classes and any and all other liturgical gatherings, meetings and activities.” Even if you do not feel sick or you are young and healthy, you can still be a carrier. Help us fight against COVID-19 by washing your hands regularly, staying home, and keeping your distance.

Lastly, in order to support everyone spiritually, we will be developing a resource to help you pray along with the Mass at home and stay united to everyone in the parish and diocese. Even though regularly scheduled Masses will be canceled, and the Sunday obligation lifted for Catholics in the Victoria Diocese, our priests will be required to celebrate Mass without the congregation. This Mass I will offer every day for the parishioners of Our Lady of Sorrows and Santísima Trinidad.

May God  
Bless You and  
Keep You,

Fr. Jacob  
Koether



**SANCTUARY LAMPS**

Our Lady of Sorrows Sanctuary  
Lamp In Memory  
of Lee Montoya  
By- Parents



Although the Masses that were scheduled will be closed to the public, the Mass Intentions will still be celebrated by Frs Jacob, Patiño, and Parmenio every day

**DIVINE MERCY NOVENA**

Beginning Good Friday at 3:00 p.m., continuing everyday at the same hour, and concluding with a Eucharistic Holy Hour on Divine Mercy Sunday, we will be offering the Divine Mercy Novena in atonement for our sins and those of the whole world. Please be sure to check our Facebook page to join us in praying the Divine Mercy Chaplet and the Novena Prayer proper to each day. May the Holy, Mighty, and Immortal God wash us clean in the Merciful Blood of the Lamb and bring us safety, peace, and every level of health.



**MASSES INENTIONS**  
**FOR THE WEEK**

Sábado	6:00 p.m	All Parishioners
Sunday	10:00 a.m.	All Parishioners
Monday	12:00 p.m.	All Parishioners
Tuesday	12:00 p.m	Manuel Trevino
Wednesday	12:00 p.m.	Julian Ybarra
Thursday	12:00 p.m.	Susie Castillo
Friday	12:00 p.m.	Lucy Lara Cano
Sábado	5:00 p.m	Lupe C. Garcia Olivia Posada
Sunday	8:30 a.m.	Sister Maria F. Garcia (Birthday)
	10:30 a.m.	Manuel E. Vasquez
	1:00 p.m.	Fermin & Maria Garcia
	9:30 a.m.	Mark DeVos
	11:30 a.m.	Adela Lopez



*The Office will close Thursday April 9<sup>th</sup>  
and reopen on Tuesday April 14<sup>rd</sup> .*

*La oficina va cerrar el Jueves 9 Abril  
y abrir el Lunes 14 Abril*

**PLEASE GIVE ONLINE!**

Thank you everyone who has signed up for online giving. We understand that many people are struggling right now, and we are grateful for your contribution. If you have not signed up for online giving yet, there is always time. To give digitally, you can do so by clicking on the link at our website under Giving: <https://pushpay.com/g/olsvictoria>

or you can text the keyword “olsvictoria” to 77977 and get started right from your smartphone!

**MAY THEY REST IN PEACE**

Please pray for the repose of  
the souls of

Robert Gaona and Maria Vazquez. May  
they rest in peace and their families be  
comforted.

*Favor de rezar por al almas de  
Robert Gaona y Maria Vasquez. Que  
sus almas descañe en paz y que su  
familias recibe Consuelo.*

**SHUT-IN MINISTRY****OUR WEEKLY PARISH SUPPORT  
For Week Ending April 5, 2020**

	<b>OLS</b>	<b>ST</b>
1 <sup>st</sup> Collection	\$2,464.11	
Debt Reduction	\$460.50	
Online Giving	\$2,970.00	
Sub-Total	\$5,894.61	
STJ/NA Collection	\$64.00	
Rice Boowls	\$126.00	
Educ. of Semi	\$245.00	
Palm Sunday	\$260.00	
Good Friday	\$10.00	
Easter Flowers & Offering	\$50.00	
Grand Total	\$6,619.61	

In this time of social distancing, the ministers of the diocese are being discouraged from doing regular visits to the home.

But if you have a loved one who is in need of prayer, confession, communion, or anointing of the sick, we still want them to feel connected to the parish and to know that there are people who will try to help them.

Contact: Minnie Castillo at 361-550-7217

## EXCERPTS FROM BISHOP CAHILL'S MESSAGE ON COVID-19

Dear Brothers and Sisters,

In accordance with the guidelines of President Trump and our local authorities, I am requiring that priests begin celebrating Masses without a congregation. All people can join in spiritual communion from their homes, with the assurance that the sacrifice of praise is being offered for the health and salvation of the world. Indeed, the salvation of souls remains the mission of the Church, and we follow these guidelines specifically for that mission.

National, state and local government officials have stressed the need to limit the number of people who can gather in one place at the same time. The call is to act responsibly for the protection of all in our communities. Therefore, effective today, and until March 31, our priests in the Diocese of Victoria will continue to daily celebrate the Eucharist in their parishes, but will do so without a congregation.

This decision was made after much prayer and discernment, recognizing that large gatherings are a factor in the spread of this disease. Therefore, in order to discourage public gatherings, I decree that ALL Catholics of the Diocese of Victoria in Texas are dispensed from the obligation to attend Mass on Sundays and other holy days of obligations, until March 31.

The Mass is televised live from the Cathedral of Our Lady of Victory in Victoria on Sundays at 9 a.m. on KAVU television and live-streamed at [www.olvcathedral.org](http://www.olvcathedral.org). In addition, the 8 a.m. Sunday Mass from Sacred Heart Catholic Church in Hallettsville is broadcast on Texas Thunder Radio (99.9 FM) or by downloading the free TUNEIN app to hear the Mass. In addition, there are national broadcasts of the Sunday Mass on various cable networks. Though not able to attend Mass, the faithful are encouraged to pray in their homes. Spiritual Communion can also be made at any time. In doing so, we unite ourselves to God and the Church in

prayer, when unable to physically receive the Holy Eucharist.

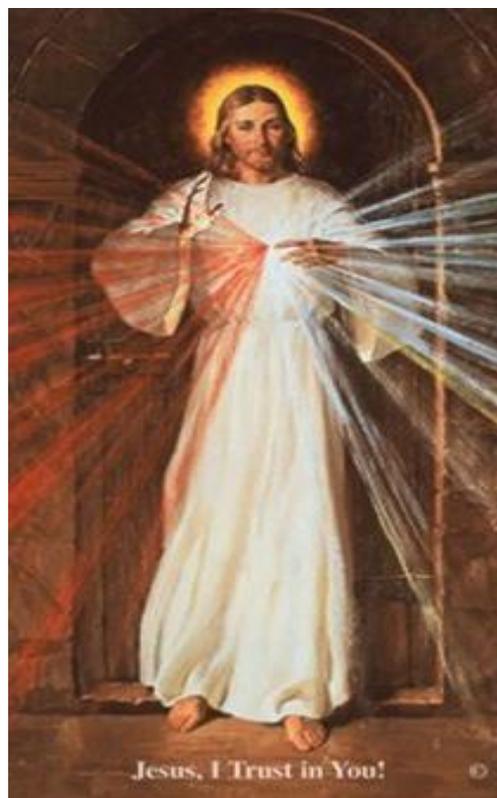
I encourage us to catechize and evangelize using modern communication methods. Especially as we deal with issues of fear, suffering and death, our teaching from Scripture and the Catechism of the Catholic Church offers hope in Jesus Christ.

Visits to the homebound, nursing care facilities and hospitals are also discouraged, except in cases of pastoral necessity and emergencies. When visiting such facilities, clergy and others are to follow protocols set by the Center for Disease Control, in regard to good hygiene practices, before, during and after such visits.

All scheduled events in our parishes are also cancelled, so as to protect the faithful from possible infection. This includes Penance Services, Stations of the Cross, RCIA, religious education classes, adult formation classes and any and all other liturgical gatherings, meetings and activities...

Weddings, funerals and baptisms will continue, but attendance will be limited to ten (10) immediate family members. Confirmations will be postponed and rescheduled...

Our parish



churches and missions will remain open for private prayer and Adoration, as long as this does not pose a risk to the public. Protocols for social distancing are to be practiced...

I ask the faithful to continue to support their parish community through on-line giving or by mail. This will ensure parishes are able to meet payrolls and pay monthly bills...

Stringent measures must be taken in situations of national emergencies. May these efforts, difficult as they are, be our way, in the Diocese of Victoria, of helping to prevent the spread of the coronavirus (COVID-19).

Let us pray for those who have died from this disease, for the healing of those who have been affected by it throughout the world and for an abrupt end to it. We turn to our loving God and implore his protection. Our Lady of Guadalupe, pray for us.

Let's keep each other in prayer.

Sincerely yours in Christ,

+Bishop Brendan J. Cahill

### **How to survive a pandemic without losing your mind** by Calah Alexander, aleteia.org

*The threat of this pandemic is real — and so is your stress level. Here's how to get control of fear and anxiety and keep moving forward.*

These are some stressful days we're living through. Not only has this global pandemic put our nation in the most extensive quarantine we've seen since smallpox, but the shelter-in-place orders have also put millions of Americans out of work... There are no parties, no play dates, no sports, no activities — not even church is an option to help soothe our anxieties and bring us comfort and social interaction.

Instead, we're locked in our houses while a steady stream of media coverage stokes our fears and anxieties. Our lives have been transformed so quickly and thoroughly that even necessary trips to the grocery store are strange and unsettling experiences...

It's no wonder that most of us are spending our days in a state of heightened stress and anxiety, often sleeping poorly at night only to wake up with stiff necks, clenched jaws, and short tempers... All that cortisol running through our systems not only impacts our mental and emotional health, it weakens our immune systems...

But how in the world do we de-stress during one of the most stressful times in living memory...

**1 MAKE IT REAL** - First things first: one of the reasons anxiety is so hard to control is that it's a physiological response. You literally can't just "snap out of it" — your heart is pounding, your mouth is dry, your muscles are clenched, you might even have tremors in your hands or tunnel vision. These are all physical manifestations of a hard-wired physiological reflex to a perceived threat, the "fight, flight, or freeze" response... In order to keep your brain from getting in the way of survival, your sympathetic nervous system also shuts down your prefrontal cortex...

Don't worry — there's a way to get your prefrontal cortex back in the game. But first, you have to break out of the panic-spiral-thinking kicked up by your sympathetic nervous system. The best way to do this is to make it real — say it out loud, or even better, write it down. All of it. Grab a sheet of paper and write down every single fear, anxiety, and stressor racing around in your head — big or small, real or imagined — to get them out of your head and into the tangible world.

**2 FREAK OUT FOR A MINUTE** – Now that your fears are right there, staring you in the face, give yourself permission to freak out. Seriously, this is important — give yourself the gift of grace. Acknowledge that your fear and anxiety is real, and give yourself permission to sit with it... Do whatever it is you need to do to let those emotions out — but do it in a controlled environment with a time limit. Don't keep shoving your feelings down until you explode over dinner, inadvertently taking your emotions out on your family...

**3 FIND THE GOOD** – Now that your head is clear from the sympathetic tailspin, it's time to pull your prefrontal cortex back online. Rip up that first paper, take a few deep breaths, then pull out a new sheet of

paper. Write down three things you're grateful for. Make them genuine, too — not things you think you should be grateful for, but things you actually are grateful for, right here, right now... Fake gratitude won't get you anywhere — and worse, it might come with residual guilt that could kick-start a whole new sympathetic nervous system shame-spiral. So be honest about what you're grateful for, whether it's the sunshine through the window or the bag of Oreos you hid under your bed. Both sunshine and Oreos are good things to be grateful for!

4 TAKE CONTROL – By now, you should be feeling better... That means your prefrontal cortex is back in action, so take advantage of it. Turn your paper over and make a new list of things you can control. You can't control the economy, the stock market, or invisible droplets of COVID-19. But you can control what you do, when you do it, and how you do it.

Order your list in whatever way works for you—if doing the easiest, most attractive thing first gets your productivity going, go for it. If like me, doing the most dreaded, least rewarding task first builds momentum, make yourself do it. Don't approach this like a to-do list, though — this isn't a list of chores. This is proclamation of power. These are the things you can do, and do well... This time will end eventually, and you'll come through stronger, braver, and more resilient.