

SAINT JAMES SCHOOL
MAY 3, 2020

- ✓ From the School
- ✓ Spirituality Committee
- ✓ Counselor's Corner



All virtual learning schedules remain the same as posted on the school website except 5th Grade religion.

SAINT JAMES
LIVESTREAMED LITURGIES ON YOUTUBE

SAINT FRANCIS CATHEDRAL
DAILY 7 AM MASS LIVESTREAM

As directed by
Governor Murphy,
Saint James School
is closed
until May 15

FROM THE PRINCIPAL



Dear Parents & Guardians,

Happy May! I hope you have been able to get outside this weekend to enjoy the warmth and sunshine! I spent a good deal of time working in my garden this weekend – what a welcome retreat!

I know that many of you are becoming impatient with this whole situation, as am I, but we must continue to do our best to stop the spread of this virus. Sister Joann, Monsignor Cronin, and I continue to meet regularly to discuss all things school-related and are working on plans for all the end-of-year events. We are not yet ready to make final decisions until we receive guidance from the state of New Jersey and hope that we will know more within the next week or two. Please be assured that we will do everything we can to make the end-of-the-year a special one whether we are in school or not.

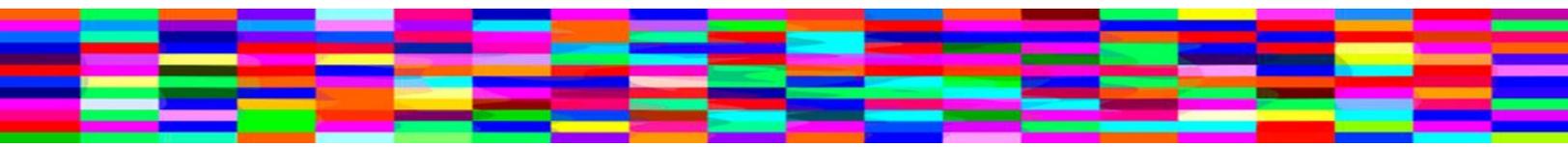
If there is anything we can do to help you or if you have prayer intentions that you would like to share with us, please do not hesitate to contact Monsignor Cronin (scronin@diometuchen.org), Sister Joann Marie (sjmaumand@sjabr.org), or me (sflorendo@sjabr.org).

Love and prayers,
Mrs. Florendo

Gratitude

LUKE 22:14–20
LUKE 1:46–55

LUKE 17:11–19
COLOSSIANS 2:6–7



It is with the heaviest of hearts that the following decisions have been made regarding upcoming scheduled events:

May 1 – May 2: School Play – Canceled

May 9: First Communion – POSTPONED

May 15: 8th grade trip – Canceled

May 18: Book Fair – ONLINE

May 18: Grandparents' Day – Canceled

May 18 – 29: MAP Testing – Canceled

May 20: ACRE Testing (grades 5 & 8) – Canceled

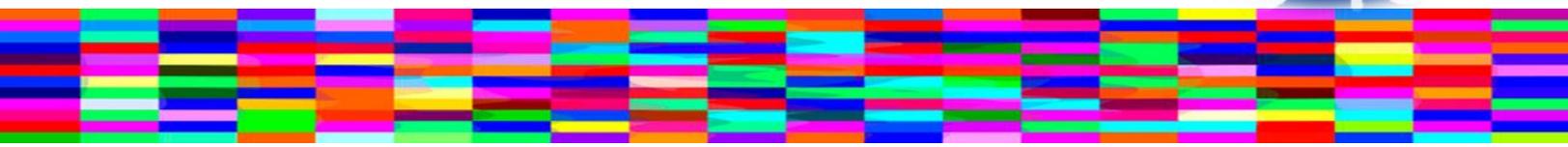
All final exams for grades 6 – 8 are canceled

Decisions regarding June events will be made after May 15. We appreciate your patience as we await Governor Murphy's decision regarding the last few weeks of school.



MAY - THE MONTH OF MARY

We would love to see how your family is honoring Mary this month! If you have a statue of Mary and would like to crown her, if you are praying the rosary with your family, or if students would like to draw a picture for Mary, please send pictures of your celebrations and prayer to Mr. John Falcone at jfalcone@sjsbr.org and we will post on social media.



Getting the Most out of Livestreaming Worship



Helpful tips during a Shutdown

As one priest described it, "our worship has a physicality to it that is non-negotiable." There can be no adequate electronic substitute for the reception of Communion or a priestly blessing, the radiant presence of holy images, the fellowship of other worshippers, and the sounds and smells of liturgical worship. But since many parishes offer the option of livestreaming services during a time when public services are closed, it is useful to consider the great benefit these online services can offer us – if we approach them wisely and in the right spirit. To truly be there **in spirit**, we must participate **with spirit**. Here are some tips you may find helpful.

- Speaking of the role of pilgrimage, an Eastern monk once said "If you have it here, you'll have it there." When you participate in online services, **you need to "have it here"** – that is, to approach the service in the context of an already-active life of prayer in your home, rather than a temporary interruption in an otherwise distracted and worldly day-to-day routine. Your prayer life at home will enhance your experience of online services, and vice versa.

- Along the same lines, it is good to view such services at or near your home altar, or in whatever space in your home which you have dedicated to God and prayer.

- As a preparation for the service, be sure you've banished all distractions from your environment and your schedule. Smartphones off!

- We've all become accustomed to spending our days "looking" – at our smartphones, our computers, our television. But livestreaming services should be approached **in the spirit of live participation**, not as a "spectator sport." God and your own heart are watching and listening.

- Dress appropriately.

- Candles and incense can contribute greatly to a spiritual atmosphere. Just as you include these in daily prayers at your home altar, use these as you participate at home in online services.

- Sit, stand, bow, sing, respond, as you would if you were physically there.

- Your effort to draw close to God and your faith through online services is not a small thing. Be prepared to be surprised. **"Draw near to God and He will draw near to you"** (James 4:8).

Self-Care in the Time of Coronavirus

For parents, prioritizing your own well-being benefits your whole family.

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help.

Make time for yourself

Right now, much of the personal time that was part of daily routines — commutes, time alone at home or at the store, social time with friends — is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

Prioritize healthy choices

The added stress and lack of structure we're all experiencing right now can make it easy to slip into habits that feel good in the moment but can be detrimental in the long term. "Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity," recommends Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binging your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

Be realistic

"Perfectionism and the coronavirus don't mix," says David Anderson, PhD, a clinical psychologist at the Child Mind Institute. "It's time to be exceedingly realistic, both at work and as a parent." Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. "Practice forgiveness and self-compassion," says Dr. Anderson. Parents should remind themselves that these are unprecedented times. "There's no playbook for this. Remember you're doing your best during a very difficult time. Cut yourself some slack."

Set boundaries

Anxiety is rampant right now. With so much worry and uncertainty floating around it can be easy to absorb other people's fears and concerns without even realizing it. If you have a friend or family member who's in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you're taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.

Reconnect with things you enjoy

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill. Maybe there's a knitting project you've always wanted to try, but you've been too busy. Or you've been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it's been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Finally, remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you're running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you're filling the tank, emotionally and physically, and that means you'll be in a position to offer comfort and care to others when they need it most.