



Society of
ST. VINCENT DE PAUL
SACRAMENTO
DIOCESAN COUNCIL

St. Vincent de Paul Sacramento Diocesan Council

Serving in Hope and Mercy

Celebrating
65 YEARS OF
VINCENTIAN
service

Monday Morning Memo



I've been trying all week to think of what I could say this Monday that hasn't been said a hundred times before about the coronavirus. It has been on all the new outlets, both online and on TV, and in the many emails we keep getting from retail stores, restaurants, and all the others who regularly clutter up our inbox each morning. Then I finally remembered it is Lent. It sure doesn't feel like Lent, but along with fasting and almsgiving the most important thing we should all be doing is praying. And then Pope Francis called for Catholics around the world to join him in praying the rosary last Thursday to ask God to end the coronavirus pandemic. We could pray it by ourselves or with others online, on social media, the radio or even TV.

We are being told to stay home and practice social distancing and while we are secluded, we can take time to read, watch Netflix and do crafts. Michael's even has curbside pick-up for those much-needed supplies! About 20 years ago I began beading. I started making simple bracelets and for some reason I cannot now remember, began making rosaries. At that time I worked at a school fundraising company in Benicia and when I brought in one of my first rosaries to show a co-worker she asked if I would make one for her mother. From there it mushroomed and over a period of a couple of years I must have made a rosary for almost every one of the employees.

My boss was a very good Catholic and he told me he said the rosary every day in the car on the way to work. I mentioned I wished I did that also but was not as faithful as he was in saying the rosary. He then said something that stayed with me to this day. He said perhaps the very act of making a rosary was my way of praying.



This weekend I took out my beading supplies and decided if we are to start doing crafts, I should again take up my rosary making. It took half a day Saturday just to dust off all the boxes and gather up all the needed supplies in one place, but once that was done, I started beading and praying.

However you choose to pray, it is probably the most important thing you can do right now.

Have a blessed week and thanks for all you do,

Judy

Food Resources for Californians

FEED YOUR COMMUNITY
CALLING ALL NEIGHBORS
California's vulnerable communities need assistance obtaining food and supplies due to the COVID-19 outbreak.

- Offer to pick up items at the grocery store or pharmacy**
Check in with your neighbors (text, call, or video chat) to see what they need and offer to drop supplies safely at their door. You can also offer a tutorial on how to online shop.
- Know your community**
Contact your county social services department to learn about available resources to share with your neighborhood.
- Give a gift card**
Consider purchasing a gift card to give to a neighbor in need.
- Donate to a food bank**
Check with your local food bank to learn about available volunteer opportunities and to see what items are needed most. Visit cafoodbanks.org to find a food bank near you.
- Connect using social networks**
Social media can bring people together in support of a community. Utilize apps such as Nextdoor to connect with those around you and see if anyone needs help.
- Shop smart**
Buy what you need and leave enough for others. This provides everyone the opportunity to get the items they need. Support local business if you can.
- Be Safe**
Most importantly, remember to follow the California Department of Public Health's guidelines. Visit covid19.ca.gov for more information.

Visit serve.ca.gov

NEED FOOD?
Californians are experiencing hardships as a result of the COVID-19 outbreak. There are many resources in your community that can help.

Resources:

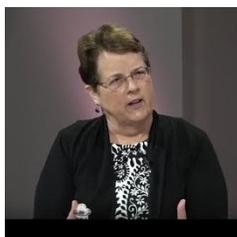
- Ask a neighbor, family member, or friend for help**
Reach out and request assistance with grocery shopping, food delivery, or for a tutorial on using your smart phone to order food to be dropped off safely.
- Apply for assistance**
Contact your county social services department for resources in your area, including CalFresh food assistance and In-Home Support Services, which includes meal assistance. Visit www.GetCalFresh.org and www.cdss.ca.gov/in-home-supportive-services to learn more.
- Find local organizations offering support**
Older adults can contact local senior centers or Area Agency on Aging (www.aging.ca.gov) to learn about options. You can also visit www.mealsonwheelsamerica.org for information on meal delivery in your area.
Students can check with their school district to learn about meal programs during closures.
Families can visit www.calvic.org for information on available resources.
- Contact a food bank**
Ask your local food bank if they have resources available for pick up or delivery to your home. Visit www.serve.ca.gov or www.cafoodbanks.org to find one near you.
- Order food for delivery via phone**
Many grocery stores and restaurants provide delivery services and there are many apps available to order from your phone.

Visit serve.ca.gov

Dot O'Connor shared this important information regarding finding resources for food other than our conferences whose food programs and pantries may not be in operation at this time. They can be downloaded and shared.

Many people are experiencing the need for food due to the coronavirus. Whether it is empty shelves at the grocery store or a lack of funds due to loss of wages here are some ideas you can pass on to those who call your conferences.

Keeping the Faith



Rita Spillane is not only an attorney, but a member of our Exodus Advisory Committee and an RCIA & Adult Faith Formation Director at Sacred Heart Parish. She sent an e-mail to the Committee with many ideas and resources to help us get through this most unusual time for Catholics while the churches are closed. I wanted to share a bit of what she passed on to us.

"How to keep the faith and keep praying during these trying times."

MISSING MASS? Me too.

1. Watch and pray. Luke 21:34-36. There are a number of websites that celebrate Mass daily:

- **Daily Mass with Word on Fire, Bishop Barron's website**
- **EWTN Eternal Word Television Network**
- **Catholic TV**
- **Salt and Light** Media Canadian Daily TV on You Tube

DAILY MEDITATIONS ON THE READINGS OF MASS.

1. The University of Notre Dame has a free service with daily reflections. Subscribe at faith.nd.edu.
2. The University of St Louis has a brilliant website exploring the depths of Sunday readings. Explore historical cultural context, thoughts from the early church, scripture in depth, and other areas of significant import. Find it at liturgy.slu.edu.
3. Word on Fire is **Bishop Barron's website** which is extremely popular. Bishop Barron explains the Sunday readings each week. The site has numerous videos, homilies, and other Catholic resources.

VALUABLE WEBSITES

1. The United Conference of Catholic Bishops has a first-rate website with a host of valuable resources. The website is uscgb.org. You are encouraged to visit this website and take some time to look at the videos and articles posted.
2. **Salt and Light** is a Canadian website "dedicated to being, and helping others become, the salt of the earth and the light of the world."

Thank you Rita!

Sharing the Good News

We are constantly hearing grim news about the coronavirus; how many are infected and worse how many have died. It seems to be a very dark time for our country, but we do see kindness and goodness happening as well. We just don't hear about it as often as we would like.

A true act of charity occurred when St. Dominic Conference President Kristine Passalacqua went to the Grocery Outlet to buy some food to stock their pantry. For obvious reasons the conference was having difficulty get large quantities of certain food items, so Kristine asked to speak to the store manager. Instead she got to speak with the owner. Kristine asked if she could buy 12 gallons of milk and 1 case of eggs. She not only said yes but when she was ready to check-out the owner said, "I am not charging you for any of this." All the milk, eggs, and jelly were donated. A great big thank you to Amy Yacullo at the Grocery Outlet in Vallejo from St. Dominic Conference in Benicia! (*picured at the Grocery Outlet Tamara Clarke, conference secretary*)



I am sure you will agree we need to hear more of this good news and I ask if you are encountering similar random acts of kindness, please let **me** know so I can share it with everyone else.

"Come to me, all who are weary and burdened, and I will give you rest."
~ Matthew 11:28

"A network of friends, inspired by Gospel values, growing in holiness and building a more just world through personal relationships with and service to people in need."
~ Mission Statement

Visit our website



St. Vincent de Paul

Sacramento Diocesan Council

DONATE

Call Us: (707) 315-3368

www.svdp-sacramento.org

