



Society of
ST. VINCENT DE PAUL
SACRAMENTO
DIOCESAN COUNCIL

St. Vincent de Paul Sacramento Diocesan Council

Serving in Hope and Mercy



Monday Morning Memo



It has been a real struggle trying to make some sense out of the occurrences of the last few days in our nation. At a time when we are dealing with a serious pandemic and have been overwhelmed by the illness and death of so many people around the world, we now face civil unrest in our nation. It is so difficult to see the images online and on TV. My thoughts turn to God, who will guide us through this dreadful time, and to praying for peace in our nation. Prayer is one of the most powerful defenses God has given us.

So on this Monday morning, let us all take a moment to pray for all who are burdened and affected by the coronavirus and for our country which is experiencing such extreme hurt, pain, suffering, and uncertainty. May God help us.

"Set aside your formal prayers today and bring before God the deepest desires and fears that you hold close in your heart.

Talk to God the way you would talk to your closest friend.
And then take time to sit in silence with God.

Let yourself be held in God's love, listening to the divine heartbeat in the world around you and in the depths of your own heart."

~ Pope Francis



Have a blessed week and thanks for all you do,

LOWEST RISK	MODERATE RISK	HIGHER RISK	HIGHEST RISK
			
HOME ALONE OR WITH HOUSEMATES	OUTDOOR ACTIVITIES	OUTDOOR GATHERINGS	INDOOR GATHERINGS
<ul style="list-style-type: none">•Stay home as much as possible.•Try to allow only people you live with into your home.•Wash your hands.•If you're sick, stay home and isolate from housemates.	<ul style="list-style-type: none">•Wash your hands and don't touch your face.•Stay at least 6 feet from people you don't live with.•Wear a mask.•Avoid shared surfaces, like swings or benches.	<ul style="list-style-type: none">•Wash your hands and don't touch your face.•Stay at least 6 feet from people you don't live with.•Wear a mask.•Don't share food, toys, and other items, and avoid shared surfaces.•Participate in events like these infrequently.	<ul style="list-style-type: none">•Wash your hands and don't touch your face.•Stay at least 6 feet from people you don't live with.•Wear a mask.•Don't share food, toys, and other items, and avoid shared surfaces.•Open windows for better ventilation.•Try to avoid gathering indoors as much as possible.

COVID-19 Safety Guidelines

As we begin the process of reopening our states, cities, and counties, these are some simple guidelines to keep us safe as we re-enter our communities.

[Click here](#) to print or share with others.

Adapted from Julia Marcus, Harvard, and Eleanor Murray, Boston University



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"Do not be afraid to take a chance on peace, to teach peace, to live peace. Peace will be the last word of history." ~ Pope John Paul

"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



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