

Prayer of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Holy Communion

Those of you who are sheltering in place and attending Mass virtually are invited to receive Holy Communion by coming to the church immediately following our in-person Masses. You may also contact a priest to schedule a time to receive Holy Communion by calling 707-822-7696 and leaving a message on Fr Francis' or Fr Fabian's line.

Sat May 1: Easter Weekday; St Joseph the Worker

Rdgs: Acts 13:44-52 Ps 98:1-4 Jn 14:7-14

4:00 pm – Ines Furtado +

First Communicants

Sun May 2: Fifth Sunday of Easter

Rdgs: Acts 9:26-31 Ps 22:26-27, 28, 30, 31-32 1 Jn 3:18-24 Jn 15:1-8

8:30 am – Marie Rocha +

11:00 am – Deceased family members of Lucille Fraga

Judith Cardoza +

Mon May 3: Sts Philip & James, Apostles

Rdgs: 1 Cor 15:1-8 Ps 19:2-5 Jn 14:6-14

No Mass

Tue May 4: Easter Weekday

Rdgs: Acts 14:19-28 Ps 145:10-13b, 21 Jn 14:27-31a

8:30 am – Betty Dulay +

Wed May 5: Easter Weekday

Rdgs: Acts 15:1-6 Ps 122:1-5 Jn 15:1-8

8:30 am – Pedro & Ines Furtado +

Thu May 6: Easter Weekday

Rdgs: Acts 15:7-21 Ps 96:1-3, 10 Jn 15:9-11

8:30 am – Betty Dulay +

Fri May 7: Easter Weekday

Rdgs: Acts 15:22-31 Ps 57:8-10, 12 Jn 15:12-17

8:30 am – John Price Morgan +

Sat May 8: Easter Weekday

Rdgs: Acts 16:1-10 Ps 100:1b-2, 3, 5 Jn 15:18-21

4:00 pm – Natalia Oliveira +

Sun May 9: Sixth Sunday of Easter

Rdgs: Acts 10:25-26, 34-35, 44-48 Ps 98:1-4 1 Jn 4:7-10 Jn 15:9-17

8:30 am – Eva DalPorto +

11:00 am – Jose & Laurinda Mendes +

PRIEST'S VISIT: If you would like a priest to visit for Anointing of the Sick &/or to receive Holy Communion, please call the office at 707-822-7696 or 707-672-5859.

PRAY FOR THE SICK: Names are listed here by request & will remain for four weeks. If you would like to extend the listed time or if you would like to add a name, please contact the office at 707-822-7696 or stmarysarcata@gmail.com. Thank you.

George Cavinta, Joseph Dimmick, Linda Burr, Krista Melendy, Natalia Avelar, Elena David, & Cecilia Mendonca

PRAY FOR THE SOULS OF THE FAITHFUL DEPARTED:

Judith Cardoza, Ana DeMatos, Connie Jo Nunes, Ines Furtado, Austin Ledbetter, & Jan Mobley (Pat Heavilin's sister)

Pending Funeral: Judith Cardoza- Funeral Mass Sat, May 8 @ 10:00 am at St Mary's Church / Rosary Fri, May 7 @ 6:00 pm at Saunders Funeral Home

Online Worship Opportunities

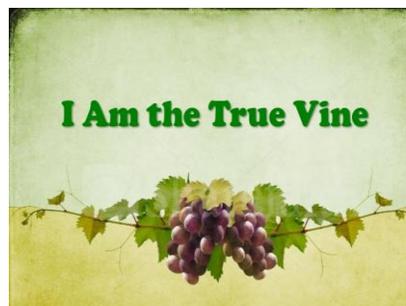
Dispensation from attending Mass in person is still in effect. In an effort to continue the practice of our faith in these trying times, you may find livestreamed masses & resources on the following websites:

www.santarosacatholic.org (diocese)

www.franciscanmedia.org (saint of day)

www.wordonfire.org (click on Resources)

www.ewtn.com (click on TV) or EWTN Channel 23 on your television



Fifth Sunday of Easter

Jesus is the source of life. Remain with him and keep his commandments.

Remain in me, as I remain in you. Some of you may ask, “What does that even mean?” Saint John answers this in today's second reading. *Children*, he says, *let us love not in word or speech but in deed and truth.* In other words, don't just spout pious niceties, *do the work* of the Gospel. Feed the hungry, clothe the naked, visit those in prison. Love one another. For *those who keep his commandments remain in him, and he in them, and the way we know that he remains in us is from the Spirit he gave us.*

Uniting ourselves to Jesus brings us into the divine life of the Holy Trinity. In order to abide with Christ, we need to take on his mind and his heart, and act accordingly. This we are empowered to do through the gift of the Holy Spirit. The Spirit works in us, giving us gifts and helping us to bear fruit for the sake of the Kingdom. This sounds easy on the surface. Yet we probably can think of ways just in the last couple of days that we did not act with the mind or heart of Jesus.

If we profess faith in Jesus Christ, he expects us to offer our whole lives to him. That includes every action of every day, no matter how we may feel. *By this is my Father glorified*, Jesus says, *that you bear much fruit and become my disciples.* We can drop the “it looks easy” part here. The most important question we can ask at this point is, “Why?” If the world can offer distractions, pleasures, and a reasonably fulfilling life, why remain with Jesus?

Because no other vine that the world can offer is as life-giving as that of Jesus. A life apart from him will wither, and *be thrown out like a branch* at the time of judgment. Without Christ, we can do nothing. Every breath we take is simply and only because God has willed it so. God desires our good, and has made us to live with him forever in heaven. Nothing the world offers can even compete. Why sacrifice the permanent on the altar of the immediate? Yes, the task can be considerable, but it is far surpassed by what our Lord offers us in return.

The world cannot offer infinite love. Only God does that. The world cannot provide consolation. Only the Holy Spirit does that. *God is greater than our hearts and knows everything*, and we receive from him what we need, and what we ask. Jesus is the source of life. Remain with him, and keep his commandments.

~Excerpts from Faith Catholic

Sacrament of Reconciliation

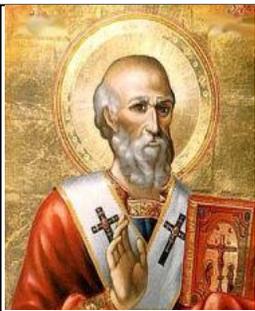
is available on Saturdays at 2:00pm in the church. Also, upon your request, the priests are available after the weekend masses on Saturday and Sunday to hear your confession.

Youth & Young Adult resources: www.catholicya.org & www.onfirenorcal.com or email Stephen Morris at dsryouth@srdioocese.org

Annual Ministry Appeal 2021

The AMA funds a variety of worthwhile & needed ministries within the Diocese. Your generosity & commitment are much appreciated. Envelopes are available in the Narthex.

AMA Target: \$22,586 Payments as of Feb 28: \$7,740



Saint of the Week Saint Athanasius

Athanasius led a tumultuous but dedicated life of service to the Church. He was the great champion of the faith against the widespread heresy of Arianism, the teaching by Arius that Jesus was not truly divine. The vigor of his writings earned him the title of doctor of the Church.

Born of a Christian family in Alexandria, Egypt, and given a classical education, Athanasius became secretary to Alexander, the bishop of Alexandria, entered the priesthood and was eventually named bishop himself. His predecessor, Alexander, had been an outspoken critic of a new movement growing in the East—Arianism.

When Athanasius assumed his role as bishop of Alexandria, he continued the fight against Arianism. At first, it seemed that the battle would be easily won and that Arianism would be condemned. Such, however, did not prove to be the case. The Council of Tyre was called and for several reasons that are still unclear, the Emperor Constantine exiled Athanasius to northern Gaul. This was to be the first in a series of travels and exiles reminiscent of the life of Saint Paul.

After Constantine died, his son restored Athanasius as bishop. This lasted only a year, however, for he was deposed once again by a coalition of Arian bishops. Athanasius took his case to Rome, and Pope Julius I called a synod to review the case and other related matters. Five times Athanasius was exiled for his defense of the doctrine of Christ's divinity. During one period of his life, he enjoyed 10 years of relative peace—reading, writing, and promoting the Christian life along the lines of the monastic ideal to which he was greatly devoted. His dogmatic and historical writings are almost all polemic, directed against every aspect of Arianism.

Among his ascetical writings, his *Life of St. Anthony* achieved astonishing popularity and contributed greatly to the establishment of monastic life throughout the Western Christian world.

Reflection: Athanasius suffered many trials while he was bishop of Alexandria. He was given the grace to remain strong against what probably seemed at times to be insurmountable opposition. Athanasius lived his office as bishop completely. He defended the true faith for his flock, regardless of the cost to himself. In today's world we are experiencing this same call to remain true to our faith, no matter what.

~Excerpts from Franciscan Media

Catholic School Job Openings: The Diocese of Santa Rosa has a number of openings in their Catholic schools. They are currently looking for a principal, teachers, & substitutes. The Diocese loves their Catholic school educators & needs more of them! If you are interested, please get in touch with Lori Norcia at lnorcia@srdiocese.org or PH (707) 566-3322.

Additional Mass & Worship Opportunities Christ the King Church, McKinleville

Weekdays

Monday Mass: 9:00am
Friday Adoration: 3:00pm
Friday Mass: 4:00pm

Weekends

Saturday Mass: 5:00pm
Sunday Mass: 9:00am

WELCOME TO ST MARY'S! Whether you are a long time parishioner, a returning Catholic, or a new member, we hope your time with us is a meaningful and spiritual experience. If you haven't registered, please complete this form and return it to the rectory office or place it in the offertory basket. Name: _____ New Parishioner yes / no Phone: _____
Address: _____ Email: _____



First Holy Communion

Please keep Lela Caruso, Myla Edson, & Owen Kinziger in your prayers as they receive their First Holy Communion on Saturday, May 1st at the 4:00 pm Mass. The Crowning of Mary will take place immediately following this mass.

Thank you, Pat!

With heartfelt thanks for her many years of service, we announce **Pat Heavilin's retirement**. Pat has been a wonderful asset to our parish as Director of Religious Ed, Liturgical Planner, Safe Environment Coordinator, & coordinator & liaison to the different ministries of our parish. She has faithfully performed her duties with commitment & diligence, & importantly, with kindness & goodwill. She is a creative problem solver with an artistic flair! We are thankful Pat will continue to offer her vast expertise as a volunteer. Fr Francis will offer a blessing in thanksgiving for Pat's service to our parish on Sunday at the 11:00 am Mass.

We **welcome Shawn Shafer** to the St. Mary's staff as Pastoral Coordinator. Shawn will take on many of the responsibilities that Pat Heavilin performed. He welcomes your input & looks forward to serving at St. Mary's.

Sunday and Holy Day Obligation

A message from Bishop Vasa

Since things seem to be moving in a positive direction, the plan remains to end the dispensation from the obligation to attend Mass beginning with Pentecost Sunday, May 23, 2021. Even without this dispensation, persons who continue to have fears or who are somehow compromised in terms of health, incur no sin if they truly desire to attend Mass but decide that to do so would be dangerous for them. We will continue to be serious about observing the safety protocols and that, if conditions return to the Red or Purple tier, then an extension of the dispensations would be considered. It is desired that the lifting of the dispensation would apply to the whole Diocese but individual county consideration is also possible.

Thank you! Your purchases of Scrip have generated another \$1000 in profit which benefits the St Mary's Maintenance Fund. The St Mary's Scrip Program is an ongoing fundraising tool for the many maintenance needs in our parish. Please call Alice @ 707-822-6850, Cathy @ 707-616-4772 or Bev @ 707-826-2729 to place your order.

Our Parish needs your support!

Thank you to all those who have donated to the parish.

Your generosity is much appreciated. This is a challenging time for all of us: spiritually, physically, & financially. If your budget allows during these trying times, please consider donating to St Mary's Church, 1690 Janes Rd, Arcata, CA 95521, or donating online at www.stmarysarcata.com. **Thank you!**

Offertory Donation April 25: \$1846.00

Masses for the People & of Reparation

Mass for the People: May 29
Mass for the healing/support of all victims of clergy sexual abuse: May 26
Mass for the conversion & just punishment of the perpetrators & concealers of sexual abuse: May 28
Mass for the strength of the bishops to be holy shepherds in protecting & leading their sheep from all harm: June 2