Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live." -Jn 11:25
Most of us are social creatures and thrive in community. And we like to know what to expect. This makes the current call for social distancing quite challenging. Below are some tips to keep your mental wellness intact.

1. Acknowledge why you’re feeling threatened by these changes and be compassionate and patient with yourself. We need to grieve the losses: loss of religious community, postponed weddings, First Communions, and last senior semester on campus, canceled trips and plans. So many planned events canceled or postponed. It is important to express emotions over these losses.

2. It’s okay to be anxious. As a society, we often avoid stillness, using constant activity as a culturally-approved numbing technique. Slowing down, stepping back from constant hustle, and taking a break is uncomfortable. It doesn’t feel good to many of us. That’s okay.

3. Use tools to calm your body. When we sense a threat, our peripheral nervous system goes into overdrive. When our bodily reactions to stress are sustained in a hyper-threat mode for long periods of time, it does not do us any good, and can start to make us feel a lot worse. Where are you feeling your stress: Tight jaw? Clenched fists? Shallow breathing? Racing heart? Then look online for visualizations, breathing exercises, prayerful meditations, and progressive muscle relaxations that can help target those areas.

4. Get outside daily. Go for a walk while complying with social distancing requirements. Move your body. One of the first things to fall by the wayside in times of acute stress, especially when our usual routines are thrown out the window, is the daily rhythms of self-care. This has an unfortunate ripple effect because many of those routines are exactly what keeps us feeling grounded and calm in the first place and helps keep our immune system in check. Letting go of these behaviors can backfire in the long-run. Prioritize adequate rest, healthy eating, and moving your body wherever you can.

5. Find social support. The new normal is causing us to isolate ourselves for the good of public health but we have to be careful not to cut off from emotional support. Find meaningful ways to still connect with those you love, even while we’re not together in person. It helps us recover more quickly from trauma, reduces our blood pressure, and helps us cope. Call people. Actually call (Facetime, WhatsApp even better) instead of just Snap, Insta, or text. A little human connection goes a long way. A sense of community is also important so when online, look for more meaningful interactions than just clicking “like.” Set up scheduled group video calls and group texts with friends or family. We are all in this together, and the more that we act accordingly, the better we will feel and the more we can help each other.

6. Set limits on media and choose only reliable sources. It’s challenging to find the right balance between being informed versus ruminating on the same bad news over and over again. Protect yourself from falling into the information-overload abyss. Perhaps only absorb the news for 20 minutes, two times a day; morning and evening. Maybe hide the people on your social media feed who tend to post questionable sourced material.

7. Don’t let catastrophic thoughts seep in as truth. In uncertain times, the brain looks to fill in gaps and connect dots. This can make us drastically distort the lenses through which we see the world, to the point where we start accepting needlessly catastrophic thinking as fully accurate. Work on becoming a curious, gentle observer of your thoughts. Don’t automatically assume they are true.

8. Set a schedule for yourself. As tempting as it is to stay in bed, get up and get dressed. A sense of predictability and controllability helps reduce the stress response. Often we throw our routines out the window when life gets unusual. And life is different; we’ve stopped going to the places we usually do, most of us are not going in to work, some have kids home from school, we’re not gathering at church or our usual meeting places. So, try to find some predictability where you can. Maybe it’s taking comfort in eating the same breakfast you usually do, or dressing for work even though you’re logging in from home, or participating in Mass through Livestream on Sundays. Small facets of keeping our routines can help us feel calmer.


10. Look for beauty and embrace gratitude when possible. Moments of beauty and grounding yourself in the here and now, will give you a mood boost. Maybe it’s the daffodil sprouting up from the courtyard. Maybe it’s the appreciation of our health care workforce. Maybe it’s the message from the homily on Old St. Pat’s Livestream. Maybe it’s listening to a piece of music that brings us joy. Even small moments matter. And the more that we find them, the more our minds and hearts will be nourished by Christ.

11. Seek professional help if needed. Most mental health therapists have shifted to providing sessions using secure teleconferencing including our parish counselor and licensed therapist, Sarah Thompson. And most insurance companies are reimbursing for these sessions. Contact Sarah at saraht@oldstpats.org if she can be of help.

12. Take one day at a time.
The Gospels for the Sundays of Lent might be considered a lesson in “spiritual geography.” They invite us to move from the desert of temptation to the mountain of transfiguration; from a mountain top of illumination to a profound and life-giving encounter at a well; from the well to the place of darkness that comes not from physical blindness but from the refusal to see the presence of God in our daily lives; and from a place of darkness to the limits of the tomb and the promise of life beyond those limits.

For the Fifth Sunday of Lent we have asked our Director of Pastoral Care to share a reflection on the tomb as a place we encounter in the terrain of the spirit.

**Fifth Sunday of Lent: Tomb**

Uncertainty has come into our homes and found its way into each of our lives. Today we stand at a difficult, seemingly impossible, place of fear. But love truly is good medicine. It has been said that the three most powerful words in the English language are “I love you.” Calling to mind a verse from St. Paul’s Letter to the Corinthians, if we love each other, then everything is possible.

In this Sunday’s Gospel, we encounter the story of the raising of Lazarus, a story that sits on that point between faith and fear. Miracles are not always what we imagine, and neither is healing. In fact, healing might be experienced as the restoration of meaning to people’s lives no matter what their physical condition might be. At the threshold of fear, perhaps we actually entomb ourselves in our need to control our circumstances. If we turn our hearts and minds to that love which is greater than our own selves, perhaps we can also open ourselves to compassion and find a way to call each other out of our entombments.

We are loved and called to be that love wherever we can. I have a piece of God that I can bring to the table to share with others and I receive a piece of God from others who share their generosity with me. Perhaps all our sufferings can be transformed into the work of companionship.

Faith is often said to be the substance of things hoped for, and the evidence of things not seen. Opening our hearts to vulnerability and suffering is to risk that - after transformation - something else, something new, will be born.

*Bernadette Gibson is The Director of Pastoral Care at Old Saint Pat’s for the last 14 years. Bernadette advances the vision and values of our mission by offering compassionate & devoted spiritual presence to our members in need. Withdrawn to quiet seclusion, the pulse of spiritual life often beats strongly.*
ONLINE RESOURCES DURING THIS TIME OF SOCIAL DISTANCING

Please visit oldstpats.org/onlineresources for ways to stay connected to the OSP community during this time of social distancing, as well as other resources for faith sharing during this time.

This page also includes information on getting set up in Zoom, a free, easy video conferencing tool which we highly recommend for staying connected to family and friends.

OLD ST. PAT'S LIVESTREAM

Through the gift of technology, experience our Masses live as they happen, or watch them any time at oldstpats.org/livestream

LET'S STAY CONNECTED VIA SOCIAL MEDIA

During our last few livestreamed Masses, it has been incredible to see how many people are with us and watching Mass not only in the Chicagoland area but all across the country (even in other countries too!)

If you are joining us on Livestream, whether it's during the live broadcast or any time after via the archives, please share a photo or video on social media using the hashtags #WeAreOSP and #StillTogether

OSP COVID-19 CRISIS ASSISTANCE/RESPONSE FORM

Please visit bit.ly/ospcovid19form if you are in need of assistance, would like to offer assistance during this time, or to make a donation that will go directly to the OSP COVID-19 relief fund.

LIVESTREAM FAQ

New to Livestream or wondering how to set it up? Looking for troubleshooting tips? Visit oldstpats.org/livestreamfaq for a list of common questions and solutions!

LENTEN DAILY REFLECTIONS EMAIL LIST

Sign up to receive daily Lenten reflections at bit.ly/lentreflections2020

GENERAL OSP EMAIL LIST

To stay in the loop on all things OSP, please sign up to receive our daily newsletter at bit.ly/ospenewsletter
LENT 2020

Our Lent 180 series presents three short, contemporary reflections on the ancient spiritual practices of prayer, fasting, and almsgiving by Courtney Malawy, Al Gustafson, and Karen Skalitzky. Our Sunday homilies are also always available on the OSP Podcast.

Please stay tuned for more OSP Podcast content coming very soon!

LENTEN PIANO MEDITATIONS

In light of the coronavirus precautions and our reduced mass schedule, Director of Music Ministries, Mark Scozzafave, recorded 14 tracks of piano music based on the sounds of Lent at Old St. Pat’s. They are meditative, extemporaneous, contemporary solo piano arrangements that he hopes we can all use and share both in and around our community. In the absence of music live at our liturgies, please consider these tracks, along with other playlists from GIA on Spotify to add music to these days of decreased interactions.

We hope these pieces – presented in fragmented, constituent themes – the arc of the music, and the subtle calling-to-mind of lyrics will add a sense of prayer and contemplation to your season.

PRAY ONLINE

Looking for ways to enhance your prayer life this Lent? During this time of social distancing, participating in a small faith community online is a helpful resource. You can learn all about it at www.contemplativecommunity.org.

Chapels are hosted by trained leaders Monday – Thursday and Saturday of each week. There is no fee and you can participate when you are able. We connect together in our online chapel through the video conferencing platform, Zoom. In order to participate in any of the online chapels, you will need to register by going to contemplativecommunity.org and completing a simple registration form. Once you have registered, an email will be sent to you with the URL and all the info you will need for participating in any of the chapels throughout the week.

The chapel experience is less than one hour long and takes place in two parts. The first half of our time is spent together in silent prayer/meditation. To see, hear and join with others throughout our community can be a profoundly connecting, expansive and intimate experience. The second half of the chapel time is reserved for reflecting on a short reading chosen specifically for Lent and then some simple faith sharing.

Chapel Schedule:

If you have questions, please contact Al Gustafson at alg@oldstpats.org

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Host</th>
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<tr>
<td>Mondays</td>
<td>6am</td>
<td>John Blumberg &amp; Julia Pryce</td>
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<td>Tuesdays</td>
<td>7am</td>
<td>Ed Shurna &amp; Ellen Wiggins</td>
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<td>Wednesdays</td>
<td>Noon</td>
<td>Al Gustafson</td>
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<td>Wednesdays</td>
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<td>Marci Madaly &amp; Ed Siderewicz</td>
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<td>Thursdays</td>
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<td>Marybeth Coleman &amp; Eileen O'Shea</td>
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<tr>
<td>Saturdays</td>
<td>7am</td>
<td>Kate DeVries &amp; Ellen Wiggins</td>
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Broken for All

LENTEN PIANO MEDITATIONS ON THE MUSIC OF OLD ST. PATRICK’S

MARK SCOZZAFAVE

visit us at oldstpats.org
GIVING TO OSP
From the bottom of our hearts, thank you!

Two weeks ago, faced with a shelter-in-place order, the staff of Old St. Pat’s abruptly shifted gears to figure out how to continue to bring Church – Sunday Mass and all of our outreach and ministries – to our community in different, mostly virtual, ways. We worried that, without our regular Sunday collection, we would struggle not only to support our ongoing work, but to respond to the growing needs of our community. We humbly asked you, if you were able, to continue your giving or to become a first-time donor.

Your response has been remarkable! Thank you for mailing in your Sunday gifts, for clicking the donate button during the livestream, for making a gift through Text to Give, or for giving through the Old St. Pat’s website. Your generosity sustains us—and will ensure we can fulfill our mission during these unprecedented times.

To make an online gift, please use the following link: osp.ccbchurch.com/goto/giving

To set up a recurring electronic gift, please log into your myOSP account or call Molly Galo at 708/870-1797 or Kim Pulvermacher at 608/769-0869.

Thank you, again, for your wonderful generosity!

OTHER WAYS TO GIVE

Text to Give
Text “Give” to (312) 525-0118 or scan the QR code using your phone camera, then follow the prompts to make a secure gift.

POT O’ GOLD

Thank you to everyone who has participated in the Pot O’ Gold raffle. We are continuing the raffle in an effort to continue to support the mission and outreach programs of Old St. Pat’s.

Any purchases that you have made online, through the mail or after masses so far have been entered. We will make sure any raffle tickets purchased between now and the final drawing will be accounted for and entered.

The next Early Bird Drawing will be April 2! The winner will be announced in a video drawing in the Friday morning OSP E-Blast. We will draw one lucky winner to win $250!

BONUS: winning tickets from the EARLY BIRD DRAWINGS will be placed back in the general pool for a chance to win the Grand Prize of $25,000! We will contact the weekly winners by phone or email.

Congratulations to last week’s EARLY BIRD winner of $250
Ann Joyce Crement!

Stay tuned for the Grand Prize drawing announcement and please continue to watch for Pot O’ Gold announcements here in the bulletin or visit oldstpats.org for further updates on the final drawing.

While our community is in this unique situation of social distancing, we think its a good time to come together and be there for each other. Please consider purchasing a Pot O’ Gold ticket online at bit.ly/potofgoldosp to help support Old St. Pats.
Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world." - Jn 11:25-27

**Sunday, March 29, 2020**

Readings: Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8 [7]/Rom 8:8-11/Jn 11:1-45 or 11:1-37, 17, 20-27, 33b-45

Mass Remembrances:

8:00 am  Eugene E. Ryan Sr. (†)

9:30 am  Jean Moran (†)

11:15 am  Jim Mirabile (†)

8:00 pm  Loretta Mazurowski (†)

Book of Patrick: Patrick J. Bradley, David John Bulger, Lillian May Kilroy Campbell, John D. Caruso, Marcy C. Cruz, Patrick Devine, Mary C. Lynch, John Francis McShane, Thomas O’Donoghue, Krzysztof Sikora

**Monday, March 30, 2020**


**Tuesday, March 31, 2020**

Readings: Nm 21:4-9/Ps 102:2-3, 16-18, 19-21/ Jn 8:21-30

Book of Patrick: Jim & Charlie Donnelly, Gilbert Gonzales, Joseph E. Stewart, Mary Ellen Waldron

**Wednesday, March 31, 2020**

Readings: Dn 3:14-20, 91-92, 95/Dn 3:52, 53, 54, 55, 56/Jn 8:31-42

Book of Patrick: Meagher & Carens Families, Marcia Droszcz, Christopher Keeley, Dan & Patti Meessmann, Frank T. Nadile, Jr., Margarette R. Owens, Kira Hankeln Sandgathe, Deborah Johnson Scherrer, Joseph Trichak, Patrick Keeney

**Thursday, April 1, 2020**

Readings: Gn 17:3-9/Ps 105:4-5, 6-7, 8-9 [8a]/ Jn 8:51-59

Mass Remembrances: Justine Tessier (†)


(!) = Deceased

**Saint Ludovico of Casoria**

Saint of the Day for March 29

Born in Casoria, near Naples, Arcangelo Palmentieri was a cabinet-maker before entering the Friars Minor in 1832, taking the name Ludovico. After his ordination five years later, he taught chemistry, physics, and mathematics to younger members of his province for several years.

In 1847, he had a mystical experience which he later described as a cleansing. After that, he dedicated his life to the poor and the infirm, establishing a dispensary for the poor, two schools for African children, an institute for the children of nobility, as well as an institution for orphans, the deaf, and the speechless, and other institutes for the blind, elderly, and for travelers. In addition to an infirmary for friars of his province, he began charitable institutes in Naples, Florence, and Assisi. He once said, “Christ’s love has wounded my heart.” This love prompted him to great acts of charity.

To help continue these works of mercy, in 1859 he established the Gray Brothers, a religious community composed of men who formerly belonged to the Secular Franciscan Order. Three years later, he founded the Gray Sisters of St. Elizabeth for the same purpose.

Toward the beginning of his final, nine-year illness, Ludovico wrote a spiritual testament which described faith as “light in the darkness, help in sickness, blessing in tribulations, paradise in the crucifixion, and life amid death.” The local work for his beatification began within five months of Ludovico’s death. He was beatified in 1993 and canonized in 2014.

**Prayer Requests**

For Those Who Are Sick

Phil Mulhall, Harry Sheehy, Meg Rooney, Bill Hession, Mary Burt, Jimmy Quirke, Christina Moore, Eugenia Bugai, Claremarie Keenan, Marge Auer, Janet Pethic, Nicole Durbin

For Those Who Have Recently Died

Sheila Grant Gibbs, Carol Schuberth, Mary Edith Mulolland, Lou Gonzalez, Asuncion deRanera, Drew Starr

*Please contact Bernadette Moore Gibson at 312-798-2389 for Pastoral Care Services.*

**Women and Men of Faith**

**Saint Ludovico of Casoria**

Saint of the Day for March 29

**Parish Counselor:** If you or someone you know is in need of counseling services, please contact Old St. Patrick’s Parish Counselor, Sarah Thompson at sarah@oldstpats.org or 773-234-9630.
Accounting
Janette Nunez
312-798-2305
janetten@oldstpats.org

Adult Education Ministries
Bob Kolatorowicz
312-831-9379
bobk@oldstpats.org

Annunltment Support Ministry
pastoralcare@oldstpats.org

Baptisms
Tammy Roeder
baptisms@oldstpats.org

Clergy - Pastor
Fr. Thomas J. Hurley
312-831-9363
tomh@oldstpats.org
Skye Darke
Admin. Assistant to Pastor
312-831-9377
skyped@oldstpats.org

Visiting Clergy
Fr. John Cusick
Fr. Edward Foley, OFM Cap.
Fr. Pat McGrath, SJ
Fr. Paul Novak, OSM
Fr. William O'Shea
Fr. Ed Shea, OFM
Msgr. Kenneth Velo
Fr. John J. Wall

Communications
Leanne Kelly
312-831-9364
leannek@oldstpats.org

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312-831-9361
elizabethm@oldstpats.org

Adult Literacy Program
Marilyn Antonik
773-286-3390
marantonik@att.net

Blood Drive
Mark Buciak
773-307-0033
mark.buciak@rcn.com

Cara Chicago
312-798-3300

Chicago Food Depository
Mary Beth Riley
630-655-9447
mbriley07@yahoo.com
Jim Holbrook
773-237-2625
jamesholbrookjr@yahoo.com

The Children’s Place
Katie Byrne
312-863-1120
kmbyrne@aol.com

House of Mary and Joseph
Kate Boege
312-337-7953
kateboege@yahoo.com

Interfaith House
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312-831-9361
elizabethm@oldstpats.org
Little Brothers - Friends of the Elderly
Joe Harzych
312-835-4932
jharzych@aol.com
Special Olympics
Greg Benacka
708-271-4460
benacka.gregory@district205.net
St. Agatha’s Sharing Parish
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312-831-9361
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Su Casa
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630-279-0144
jkarcek877@aol.com
Trinity Volunteer Corps
Annice Coughlan
773-981-2225
info@trinityvolunteers.org
U of I Hospital Pediatrics
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Crossroads Runners
crossroadsrunners@oldstpats.org

Development (Giving)
Molly Galo & Kim Pulvermacher
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kimberlyp@oldstpats.org
Kim: 312-798-2366 Molly: 312.798.2355

Director of Operations
Tom Borah
tomb@oldstpats.org
3127982381

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Encore: 50+ Active Adults
Mary Kay Slowikowski
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Katie Brandt
312-831-9352
family.ministry@oldstpats.org

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Bernadette Gibson
bernadetteg@oldstpats.org
312-493-8737 Pastoral Cell

Head of School
Michael Kennedy
120 S. Desplaines
312-466-0700

Gay + (Gay Plus)
Chairperson: Michael Politano
gayplus@oldstpats.org
Staff Contact: Bob Kolatorowicz
bobk@oldstpats.org

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312-933-6368

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Grief Support Facilitators
Judi Black, Bill Brennan
312-798-2358

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312-798-2370
lindav@oldstpats.org

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Jewish Catholic Dialogue
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Eileen O’Farrell Smith
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Family School
David Kovacs
kovacswriter@gmail.com

Interfaith Union
Eileen O’Farrell Smith
eileen@theinterfaithunion.org

Liturgy
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Marriage Preparation
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Pre-Cana Experience
312-798-2386
jackberkemeyer@gmail.com

Membership/New Members
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Men’s Group
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312-798-2382

Dominic Trumfo
Associate Director of Worship Music
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Laura Higgins
Worship Music/Pastoral Care
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312-798-2384

Michael Neary
Children’s Choir
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Bill Fraher
Director of Concert Music
billf@oldstpats.org
312-831-9353

North Lawndale Kinship Initiative
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312-798-2374
vincentg@oldstpats.org
Pastoral Care Ministry
Bernadette Gibson
312-798-2389 prayer line
bernadetteg@oldstpats.org
312-493-8737 pastoral cell

Reception (711 W. Monroe)
Denise Montgomery
denisesem@oldstpats.org
312-648-1021

Rite of Christian
Initiation for Adults (RCIA)
Keara Ette
312-798-2328
kearac@oldstpats.org

Resident Theologian Presenter
Dr. Terry Nelson-Johnson
312-831-9373
terryn@oldstpats.org

Retreat Program: Beloved
Polly Mulhearn
312-798-2316
pollym@oldstpats.org

Social Justice
Kayla Jackson
312-798-2399
kaylaj@oldstpats.org

Special Events (Fundraisers)
Sheila Greifhahn
312-798-2343
sheilag@oldstpats.org

Spiritual Direction
Tammy Roeder
312-798-2350		
tammy.roeder@oldstpats.org

Tours of Old St. Pat’s
Jim McLaughlin
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jmclaughlin1017@gmail.com

Youth Ministry: Foundations
Courtney Malawy
312-798-2329
courtneyem@oldstpats.org

Mackenzie Doyle
Youth Ministry Associate
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Chicago, IL 60661

Career Transitions Center
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312-906-9908
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Coprodeli, Peru
Beth Marek
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elizabethm@oldstpats.org

Friends of Fabretto, Nicaragua
Tom Gleason
773-227-6556
tgleason@ameritech.net

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312-466-0267
marge@harmony
hopeandhealing.org

Horizons for Youth
Brian Broccolo
312-627-9031
brian@horizons-for-youth.org

LIFT
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mjimenez@LIFT-foundation.org

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711 W. Monroe, Floor 3
Chicago, IL 60661

General Email - info@oldstpats.org
Phone Number - 312-648-1021
Fax Number - 312-648-9025