



FAITH AT HOME

Greetings!



"...If a soul loves God sincerely and is intimately united with Him, then, even though such a soul may be living in the midst of difficult external circumstances, nothing can disturb its interior life. In the midst of corruption, it can remain pure and unsullied because the great love of God gives it strength for battle, and God also protects it in a special way"

A Message from Fr. Ed



Faith at Home::Pastor's Message::April 16, 2020

Mental Health Wellness Tips for Quarantine

We're all in this together. And many of us are working from home for the first time. These tips, shared by Eileen M Feliciano, Psychologist, PsyD, MEd, resonated with us and we are sharing them with you.

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
3. Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.... [Click here to read all 25 tips](#)



Faith at Home for Kids

Here's the story of this Sunday's Gospel about Doubting Thomas acted out by kids for kids in a humorous three-minute video. You can watch it here:



The Story of Doubting Thomas

[Children's Liturgy of the Word Bulletins for this Weekend](#)

Here are the links to printable versions of the Children's Liturgy of the Word bulletins for Sunday, April 19, 2020. There is one for ages three and up, and one for ages seven and up:

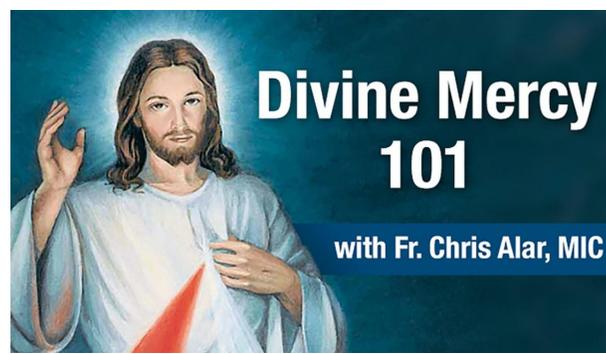
[CLOW Bulletin 3 and Up - 4.19.20](#)

[CLOW Bulletin 7 and Up - 4.19.20](#)

Divine Mercy 101 with Fr. Chris Alar, MIC

Divine Mercy is the urgent message of hope for our world. Learn the powerful devotion and graces associated with it in this dynamic presentation with Fr. Chris Alar, MIC, filmed live at the National Shrine of the Divine Mercy in Stockbridge, Massachusetts. Divine Mercy 101 provides a clear and concise overview of Divine Mercy and the role and mission of St. Maria Faustina Kowalska (1905-1938), the apostle of Divine Mercy whom St. John Paul II called "a gift of God to our time. The video is about an hour long, and you can access it through FORMED, a Catholic web hub to which St. John Vianney parish has a subscription.

To set up your free account please
[visit our website](#).



Pass on Faith at Home!

Do you have a friend or know of an SJV Parishioner who would love our Faith at Home series or e-bulletins? Please have them go to the [bottom of our webpage](#) and sign up! Be sure to [follow us on Facebook](#) as well for even more updates!

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