



# Hello from Saint Brigid Parish!

## SENIOR NEWSLETTER

## AUGUST 2020

**At this time St. Brigid is unable to hold outdoor Masses.**

### Outdoor Mass options:

- **All Hallows** - Saturdays at 5:30 pm and Sundays at 8 and 10 am; MTWF daily at 8 am and Thursday communion service at 8 am
- **Mary, Star of the Sea** - Saturdays at 5 and 6:30 pm (Spanish) and Sundays at 9 and 10:30 am

## WE ARE CALLED AS PEOPLE OF FAITH

Dear friends,

A few years ago I read a wonderful biography by historian Jon Meacham called *Thomas Jefferson: The Art of Power*. Recently a parishioner gave me another book to read by Jon Meacham published in 2018 and entitled *The Soul of America: The Battle for Our Better Angels*.



Meacham writes about times of crisis in the history of our country, how we as a people responded and how our leaders attempted to guide us through these challenging periods. No one would doubt or question that we are in another time of challenge in our nation's history.

In the Introduction, Meacham speaks of the choice we all have: to hope or to fear. Meacham writes: "Extremism, racism, nativism, and isolationism, driven by fear of the unknown, tend to spike in periods of economic and social stress – a period like our own." Fear will always raise its ugly head in times of crisis.

We are called as people of faith in these difficult days to rise above fear and choose to hope. Meacham defines hope as "the expectation of good fortune not only for ourselves but for the group to which we belong....Fear casts its eyes warily, even shiftily, across the landscape; hope looks forward, toward the horizon....Fear pushes away; hope pulls others closer. Fear divides; hope unifies."

Our hope as disciples is rooted in the death and resurrection of Jesus. Eternal life awaits us, and the risen Lord is present with us already and always in every moment of our lives. This needs to be the conscious horizon of our lives each day, especially in times such as these.

Sincerely yours in Christ,  
Father Steve Callahan

# STAYING POSITIVE AMIDST CHALLENGES

A message from Father Sebastian

When the first lockdown of churches happened back in March, I personally did not think much of it. I told myself that it was going to be a matter of days and we will be back to normal. I was wrong. With the second lockdown, I have been particularly distraught knowing that this can go on for an awfully long time. This pandemic has brought a lot of stress to everyone and everything. Plans made long time ago have been cancelled, weddings have been postponed, we have no chance to celebrate achievements as families and friends and we cannot be together with loved ones during moments of death. These are tough times that require tough people.



I was fascinated by one parent I met in the parking lot having some play time with her kids, who had an incredibly positive attitude towards the times we are in. She told me that she refuses to center on the negative things happening around her and instead focuses on the positive things. At the dinner table every day, she and her family go around the table each naming the positive things that have happened that day. She told me that the practice has lifted a lot of stress not only from her but to everyone in her household. I picked up the practice and I have found it immensely helpful. In times like these, we need to find ways of boosting our spirits as we allow these positive things to cheer us on. But we must name them, otherwise they disappear into the darkness of the challenges we are facing.

Even with all these terrible things going on, we have seen tremendous social changes that we really need to keep alive even after this pandemic. I have seen families spending more time together, people looking out for each other, neighbors talking to neighbors as well as the remarkable resilience of humanity. Sometimes when I hear someone saying that we need to get back to normal, I feel like responding; not totally. Some of these lost values have been resurrected during the pandemic. It is my prayer that we begin to pay more attention to the good and positive things happening around us, and most importantly to recognize the hand of God at work even in the most remote ways.

## Sister Helen Lacey sent the following:

**"May the God of hope fill you with all JOY and PEACE AS YOU TRUST IN HIM, so that you may overflow with HOPE by the power of the Holy Spirit."**

Roman's 15:13

***Sister has retired and now lives at her Motherhouse:***  
The Carondelet Center  
11999 Chalon Road  
Los Angeles, CA 90049-1524



# LOOKING BACK: August Luncheon - Last Year!



# AT SAINT BRIGID

## Walking Group!

### Friday Walking Group

9:30am

ALL invited to join! Meet at 9:30am at St Brigid parking lot. We will, of course, conform to social distancing and face covering guidelines.

- Art and Elaine (713) 247-9044



## San Diego Blood Bank

PICTURES!



*Love and continued prayers.*

**Nancy Wesseln**

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