

# IMMACULATE CONCEPTION PARISH

2934 Marshall Avenue  
Maplewood, Missouri 63143

Rectory: 314-645-3307 • Deacon John Flanigan 314-922-2420

E-Mail: [icmaplewood@gmail.com](mailto:icmaplewood@gmail.com) Website: [www.icmaplewood.com](http://www.icmaplewood.com) Twitter: [@ICmaplewood](https://twitter.com/ICmaplewood)



**Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you.**

2 Corinthians 13:11

## THE MOST HOLY TRINITY

JUNE 7, 2020

© I.S. Paluch Co., Inc. - Excerpts from the Lectionary for Mass © 2008, 1998, 1997, 1986, 1970, CCD. All rights reserved. Photo: Giancarlo Liguori/Abdo Stock

### SPEAKING OF THE TRINITY

The Holy Trinity is one of those mysteries that we will never understand, yet we still believe. A homiletics teacher once warned never to speak of the Trinity for more than ten minutes, or for sure you would get into heresy. Good advice. It is easy to talk in circles around this great mystery and never get close to understanding three Persons in One God. We are only one person each, and never one in being with another person. So how can we possibly understand this? We can't. But we can contemplate the varied faces of Father, Spirit, and Son as they are presented to us in today's scriptures, and give glory to God and believe.

### GLORY AND PRAISE FOREVER

When Moses went up Mount Sinai, God revealed the divine Self to him by name. "The LORD, the LORD, a merciful and gracious God" (Exodus 34:6). In the Old Testament, we are accustomed to assuming that the "Lord God" indicates the Father only. But in the retrospect with which we look at these readings, we can see that the title is inclusive of the three persons of the Trinity. Never has there been any separation of the three persons in one God, and although there may be mention of only one person, it is understood that all three persons are present. Jesus taught many times that he and the Father are one, and that the Holy Spirit would come upon us and remind us of all things. We believe in God, creator of all that is, the Son, redeemer of our human lives and giver of eternal life, and the Holy Spirit, inspiration of the prophets and lover of all humanity; holy Wisdom, inspiring in us the understanding of all things holy.

### GOD SO LOVED THE WORLD

When we hear in the oft-quoted text in John 3:16 that "God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life," we begin to see how language that expresses the sending of the Son fails to express the unity of the Holy Trinity. This failure of human language in the presence of the mystery of the Trinity is what makes it so hard to explain and comprehend.

So how can we respond when we see a reference to "God"? We can strive to remember that God is three persons, not just one as we are, but one in being. Our best response is praise to the Holy Trinity. "Glory to the Father, the Son, and the Holy Spirit, to God who is, who was, and who is to come." And we can bless each other when we pray with Saint Paul, "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you" (2 Corinthians 13:13).

### TODAY'S READINGS

Exodus 34:4b-6, 8-9  
Daniel 3:52, 53, 54, 55  
2 Corinthians 13:11-13  
John 3:16-18

### Mission Statement

Called to be disciples of Jesus Christ, we strive to live His Gospel by answering daily, "Yes, here I am Lord". Strengthened by the sacraments and trusting in God's saving grace, we joyfully commit ourselves to sharing our gifts for the continual renewal of our parish and the Maplewood community.

## **From Deacon John:**

### **STATUS OF “OPENING UP”:**

We had our first mass since March 15<sup>th</sup> on May 31<sup>st</sup> and celebrated Pentecost. The new 2020 Easter candle was lit for the first time. The mass was “live-streamed” for the first time (see below). It was WONDERFUL to see familiar faces in church...and we prayed for those who did STAY HOME. This mass was a first step in opening up. But we are NOT back to normal (whatever that means).

Eva and I are doing some of our work from home. Colleen and Daniel are working on various projects around the parish but keeping “social distance”. Our Parish Nurse, Kathleen, is working from home and keeping in touch with the home-bound by phone. Call me anytime on my cell phone 314-922-2420...I am here for you.

We have many parish groups. Some are meeting by “zoom” where people log-in together by smart-phone or computer; they can SEE and HEAR each other. It is not as good as being together in person; but it is better than being alone. At St. Luke's parish there will be no meetings on parish grounds until at least the fall. We will do the same as we evaluate COVID-19. My main concern is the safety of our parish—parishioners, visitors and staff. COVID-19 threatens those over 60 and those “at risk”... and anyone who comes into contact with them.

### **LIVE-STREAMING OUR FIRST MASS ON PENTECOST:**

As we prepared for our 1<sup>st</sup> mass on Pentecost, and realizing we will have only one mass a week in the beginning, I was determined to find a way to share this mass with those who were not inside the church. Amazon delivered two necessary pieces of equipment on Saturday and by that evening I recorded a short invitation and Tim Yohe posted it on Facebook. Sunday morning Joe Johnston manned the camera and Tim Yohe helped post it on Facebook Live. By the end of mass it had already been watched by about 35 people. **Please spread the word...the IC Sunday mass is on Facebook.**

Live-streaming allows you to watch the mass “live” at 8:30 a.m. on Sundays or ANYTIME during the week. You can watch on your smart-phone or computer.

HOW DO YOU WATCH OUR MASS? Simply 1) go to Facebook, 2) Search for “IMMACULATE CONCEPTION CHURCH – MAPLEWOOD”, 3) scroll down until you find it.

There are many people who want to be at church but are rightly afraid of COVID-19. This is a way to see your “spiritual home” and familiar faces like Fr. Pete.

WHAT ABOUT RECEIVING COMMUNION? I am willing to bring the Eucharist to the parking lot after the 8:30 mass is over for anyone who wants to drive to church. While you may not feel safe inside church with 30 to 50 other people, you may feel safe inside your own car. I AM HAPPY TO BRING COMMUNION TO PARISHIONERS WHO WATCH THE LIVE-STREAMING MASS AT HOME OR IN THEIR CAR IF THEY **COME TO THE UPPER CHURCH PARKING LOT ABOUT 9:30 A.M.** Please WEAR YOUR MASK and I will have mine on for sure.

If you cannot come to church on Sunday make a “spiritual communion”.

### **PRAYER FOR MAKING A SPIRITUAL COMMUNION**

**My Jesus, I believe that You are present in the Most Blessed Sacrament.**

**I love You above all things,**

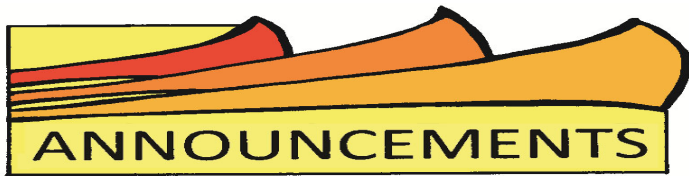
**and I desire to receive You into my soul.**

**Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.**

**I embrace You as if you were already there,  
and I unite myself wholly to You.**

**Never permit me to be separated from You. AMEN.**

Continued on page 2b



# ANNOUNCEMENTS

© J. S. Patuch Co., Inc.

The Archdiocese of St. Louis has created a comprehensive landing page with the latest parish and school updates, statements from Archbishop Carlson, resources and prayers in response to the Coronavirus. You can access that page here:  
<https://www.archstl.org/coronavirus>



And whoever loves me will be loved by my Father, and I will love him and reveal myself to him." Invite Jesus into your marriage on an upcoming Worldwide Marriage Encounter Weekend. The next weekends are Aug. 7-9 and Sept. 25-27 at the Courtyard Marriot in St. Peters, MO.

<https://stl-wwme.org/schedule.php> or call or text 314.649.7317.

SLUH is pleased to offer MULTIPLE virtual opportunities to future Jr. Bills and their parents to experience our brotherhood, our academics, and our robust athletics and co-curricular opportunities including InsideSLUH Visits, a Campus Tour, Office Hours, and Feature Zoom Events with SLUH Subject-Matter Experts. Visit our Virtual Admissions Office at <https://www.sluh.org/admissions> to learn more.

**St. Wenceslaus Parish is seeking a Full-Time Custodian/Maintenance Manager.** Benefits available. Should be a Catholic in good standing.

General Duties:

- Perform maintenance and janitorial tasks as assigned
- Perform minor electrical, plumbing, and mechanical repairs as needed

Email resume to: [stwencebulletin@sbcglobal.net](mailto:stwencebulletin@sbcglobal.net), or mail to: St. Wenceslaus Parish, 3014 Oregon Ave., St. Louis, MO 63118



Starting at \$17-\$20/hr

Paid Training

Multiple Positions

Flexible hours

Weekly Pay

No Cold Calls

Join the 2020 Census Team!  
Be a part of History!

[2020census.gov/jobs](https://2020census.gov/jobs)  
1-855-JOB-2020  
(1-855-562-2020)

Federal Relay Service: (800) 877-8339 TTY / ASCII

[www.gsa.gov/fedrelay](https://www.gsa.gov/fedrelay)

The Federal Relay Service (Fedserv) provides telecommunications services to other individuals who are deaf, hard of hearing, and/or have speech disabilities to conduct official business with and within the Federal government.

The U.S. Census Bureau is an Equal Opportunity Employer.

Census

Form D-448  
September 2018

Census  
2020

**From Deacon John:**

contd. from page 1

## PREPARE FOR THE A.C.A.--ARCHDIOCESE ANNUAL APPEAL:

We are all making adjustments due to COVID-19. Our ordinary lives, gatherings, even shopping and eating out have changed. One thing that has not changed is the great assistance provided by the Archdiocese in many different ways.

- They have advocated for live-streaming mass which we did for our 1<sup>st</sup> mass.
- Imagine the extra work provided to our retired priests at Regina Cleri when COVID-19 spread until all 28 priests and 6 staff were testing positive for the virus.
- They provided sanitizing spray and hand sanitizer for all parishes, including IC
- They have assisted schools implement online learning programs.

Their annual fund-raising efforts had to be rescheduled from spring until mid-June. They are mailing letters and cards to all previous givers. Think about ways you can contribute to the ACA and hopefully increase your generosity over last year. We know the needs in the Archdiocese are greater than ever. Their cost to provide services in the midst of COVID-19 is also higher. **MORE ABOUT THIS NEXT WEEK.**

May God bless you,  
Deacon John

### Prayer For A Pandemic

May we who are merely inconvenienced  
Remember those whose lives are at stake.

May we who have no risk factors  
Remember those most vulnerable.

May we who have the luxury of working from home  
Remember those who must choose between  
preserving their health or making their rent.

May we who have the flexibility to care for  
our children when their schools close,  
Remember those who have no options.

May we who have to cancel our trips  
Remember those that have no safe place to go.

May we who are losing our margin money  
in the tumult of the economic market  
Remember those who have no margin at all.

May we who settle in for a quarantine at home  
Remember those who have no home.

As fear grips our country,  
Let us choose love.

During this time when we cannot physically  
wrap our arms around each other,  
Let us yet find ways to be the loving embrace  
of God to our neighbors.

Amen.



Prayer: Historic Saint Paul Catholic Church, Lexington, KY

## Schedule For The Week

**Sunday, June 7**

8:30 a.m.

**Mass-Also streamed on Facebook Live**

**Monday June 8**

Parish meetings suspended until further notice.

**Tuesday June 9**

**Wednesday, June 10**

**Thursday, June 11**

**Friday, June 12**

**Saturday, June 13**

4:00 p.m.

**Mass-Suspended**

4:15-4:45 p.m.

**CONFESSIONS—with Fr. Pete  
St. Luke's Parish**

**Sunday, June 14**

8:30 a.m.

**Mass-Also streamed on Facebook Live**

## **Weekly Offering**



© J. S. Paluch Co., Inc.

Register for simple & convenient

Online Giving at:

<https://>

[www.osvonlinegiving.com/1357](http://www.osvonlinegiving.com/1357)

**May 23rd/24th: 1st Collection: \$1,747.00 2nd Collection: \$640.00**

**Online Giving: \$1,037.25**

**May 30th/31st: 1st Collection: TBD 2nd Collection: TBD**

**Online Giving: \$957.25**

**OFFERTORY COLLECTIONS:** I want to remind you that collections remain essential to the continued operation and existence of our parish and our mission. Thank you to all who use online giving. It helps so much during times like this, snow days and vacation times. It is EASY to sign up for online giving at [www.osvonlinegiving.com/1357](http://www.osvonlinegiving.com/1357). You may make one-time payments or set it up for automatic payments--it is very flexible. Otherwise, please mail or drop-off your contribution. Many expenses continue.

## Stewardship

*The just man's sacrifice is most pleasing, nor will it ever be forgotten. In generous spirit pay homage to the Lord, be not sparing of freewill gifts. With each contribution show a cheerful countenance and pay your tithes in a spirit of joy. Give to the Most High as he has given to you, generously according to your means. For the Lord is one who always repays, and he will give back to you seven-fold.*

Sirach 35:6-10

We are experiencing difficult times, and we know that many people are struggling more than others. That is why the Annual Catholic Appeal is needed now more than ever. The ACA Campaign is launching behind schedule because of the pandemic but it is never too late to appeal to the generous spirit of the people of the Archdiocese of St. Louis.

Please open your hearts and contribute what you can. You may have received a pledge card directly from the Archdiocese and if you use that card for your gift, our parish will receive credit. We also have a display in the back of church with ACA cards.

Please take your card home with you, make your gift and mail it back to the parish -OR- drop it in the collection basket next week.

There will be a raffle of gift cards and prizes for anyone who makes a gift or just signs their card and returns it...even if they are unable to give. It is important that we express that we are a vital part of the Archdiocese. We are the, giving, caring, generous, loving and strong members of Immaculate Conception Parish!

**PLEASE USE SOCIAL DISTANCING WHEN  
PICKING UP YOUR ANNUAL CATHOLIC APPEAL CARD IN THE  
BACK OF CHURCH.**

## PARISH NURSE NOTE

### **Vitamin D and Covid-19**

Sunlight will prompt our skin to make vitamin D, which may help fight COVID-19, but that doesn't mean you should sunbathe without sunscreen. Years ago, I had a very holistic doctor who advised me to strive for 10 minutes a day of sunlight without sunscreen, in order to boost my vitamin D level. Like I said, that was years ago. As we age, our skin's capacity to produce vitamin D with sun exposure decreases. People with darker skin need more sun exposure to make vitamin D. If you're outside for an extended time, you'll want to put on sunscreen and wear protective clothing. Tanning is not recommended.

Vitamin D is a fat-soluble vitamin and people who are obese may have low levels because body fat can trap vitamin D and keep it from reaching the blood stream. Diseases that result in poor fat absorption including celiac disease and Crohn's disease can lead to poor absorption of vitamin D from the diet. Those with chronic kidney disease or liver disease may not be able to process vitamin D properly and those with osteoporosis or more at risk for deficiency. Your doctor can check for vitamin D deficiency with a blood test.

Recent research indicates that healthy vitamin D levels may make infection by the SARS-CoV-2 virus less likely and reduce the body's inflammatory response to the virus, helping to limit severe complications. Clinical trials are in place to give us information about the impact of vitamin D supplements on the COVID-19 infection specifically. A study before the pandemic showed that vitamin D supplements were safe and protective against respiratory infections.

Ideally 600 to 800 IU per day is good, but up to 2000 IU is fine. Talk to your doctor about recommended dosage. Supplements aren't the only option. Enjoy the sun in moderation as you're being physically active, while socially distancing. Foods that naturally have vitamin D are fatty fish like salmon and tuna, eggs and sun-dried mushrooms. Many staples like dairy milk or plant-based milks like almond milk, orange juice and breakfast cereals are fortified with vitamin D.

Regardless of what the research with COVID-19 shows in the future, vitamin D will still be vital for healthy bones, so maintaining normal vitamin D levels and avoiding vitamin D deficiency is important, and correcting low vitamin D levels will boost the immune system.

Source: WebMD

Blessings, Kathleen O'Reilly, Parish Nurse

### PARISH PASTORAL STAFF

Deacon John Flanigan, Parish Life Coordinator  
314-922-2420 (cell) 314-645-3307 ext. 201  
johnflanigan@hotmail.com  
Father Peter Blake, Sacramental Minister  
314-644-2144  
Deacon Clyde McEntire, Deacon (Retired)  
Kathleen O'Reilly, Parish Nurse, 314-644-6805  
Father Michael Esswein, Pastor 314-962-5955

### PARISH STAFF

Eva May, Administrative Assistant, 314-645-3307 Ext. 202  
Colleen Eichler, Campus Manager, 314-645-3307 Ext. 206  
Daniel Jenkins, Maintenance Assistant

### Parish School of Religion

Karen Lightfoot, PSR Coordinator, psricmaplewood@gmail.com  
**St. Vincent DePaul Help Line**  
314-289-6101 ext. 2226

### PARISH PASTORAL COUNCIL

Tim Yohe, Chair	Mary Bankston
Nikki & Todd Bircher	RJ & Suzee Irwin
Deacon John Flanigan	Becky Konersmann
Laura Miller	Ken Amend

### Schedule

Sunday Mass: 8:30 a.m.

SVDP Food Pantry: Saturdays from 9:30-11:00am

### Ministry Schedule--Suspended

**Saturday EM's:** *Suspended until further notice.*  
**Saturday Lectors:**  
**Saturday Servers:**  
**Saturday Usher Captain:**  
**Saturday Gifts:**  
**Sunday EM's:**  
**Sunday Lectors:**  
**Sunday Servers:**  
**Sunday Usher:**  
**Sunday Greeters:**  
**Sunday Gifts:**



### Hope and Healing

"There is no grief like the grief that does not speak."  
Henry Longfellow.

The grief over an abortion experience is often so deep that it seems to be silent. Women and men may bear this burden for years thinking that there is no hope of forgiveness or peace. Project Rachel/Project Joseph offers free, private, professional counseling for anyone who is suffering because of an abortion experience. Call Project Rachel/Project Joseph at 314-792-7565 to begin your journey of healing and reconciliation.



Sunday, June 14th:

For the people of the parish

Please email the church to reschedule a Mass Intention scheduled from March 16th-present or call Eva May at 314-776-7172.

### Please Pray For:

**Jim Higgins, Eileen Lencz, Jim Haislip, Alice Hezel, Gary Gray, Ellen Simmons, Chuck Ellermann, Mona Tillman, Heidi Barks, Madelyn McClure, Paul Rygelski, Mary Johnston, Jim White, Everleigh Lauber, Jack & Pamela Warner, Pam MacDonald, Nancy Maurer, Linda Amend**  
Terry & Ron Kippenberger (family of Rita Kippenberger)  
Lisa Massack (sister of Joshua Capstick)  
Jamie Jackson (Granddaughter of Annabelle Moran )  
Pam Brown (former parishioner)  
Tony Simmons (son of Tom & Ellen Simmons)  
Sr. Barbara Paul (former parishioner)  
Jan Pilla (daughter in law of Eddie Pilla)  
Nick Simmons (son of Tom & Ellen Simmons)  
Carl & Susan Case (brother and sister in law of Pat Curtis)  
Mary Lucas (friend of Al & Maureen Daniels)  
Drew Becker (son of Paul Becker)  
Deimeke Family  
John Graves (brother of Karen Bish)  
Lisa Hanley Blake (daughter of Celene Hanley)

### PRAY FOR THOSE SERVING OUR COUNTRY

**Col. Peter White, USAF, son of Jim & Lucy White**  
**Senior Chief Matthew J Paul, USN, son of Maria and Gary Gray**  
**William Patrick Flynn, USN, son of Patrick & Michelle Flynn**

To add your loved one's name (s) contact Eva at the rectory. 314-645-3307 or email at icmaplewood@gmail.com

### CONFESSIONS—with Fr. Pete

St. Luke's Parish Saturdays 4:15-4:45

### READINGS FOR THE WEEK

Monday: 1 Kgs 17:1-6; Ps 121:1bc-8; Mt 5:1-12  
Tuesday: 1 Kgs 17:7-16; Ps 4:2-5, 7b-8; Mt 5:13-16  
Wednesday: 1 Kgs 18:20-39; Ps 16:1b-2ab, 4, 5ab, 8, 11; Mt 5:17-19  
Thursday: Acts 11:21b-26; 13:1-3; Ps 65:10-13; Mt 5:20-26  
Friday: 1 Kgs 19:9a, 11-16; Ps 27:7-9abc, 13-14; Mt 5:27-32  
Saturday: 1 Kgs 19:19-21; Ps 16:1b-2a, 5, 7-10; Mt 5:33-37  
Sunday: Dt 8:2-3, 14b-16a; Ps 147:12-15, 19-20; 1 Cor 10:16-17; Jn 6:51-58

CHURCH NAME AND ADDRESS

Immaculate Conception Church #020094  
2934 Marshall Avenue  
Maplewood, MO 63143

TELEPHONE

314 645-3307

CONTACT PERSON

Eva May

EMAIL: icmaplewood@gmail.com

SOFTWARE

MSPublisher 2010  
Adobe Acrobat X  
Windows 7

TRANSMISSION TIME

Wednesday 12:00

SUNDAY DATE OF PUBLICATION

June 7, 2020

NUMBER OF PAGES SENT

1 through 6

SPECIAL INSTRUCTIONS

**PLEASE PRINT 75 COPIES**

