

# Pastor's updates

April 23, 2021



## Things you may want to know this week

1. This Sunday, the Fourth Sunday of Easter, is known as the **Good Shepherd Sunday**. Rightly so, the church also designates this Sunday as “World Day of Prayer for Vocation.” On this day the Church throughout the world prays for vocations to the priesthood and consecrated life. Pray especially for us, your parish priests, this week.
2. Congratulate and pray for **Fr. Boie Espeleta**, as he celebrates his 37th year of priesthood tomorrow, April 24. Fr. Boie entered the seminary as a young boy at the very young age of 12. After 37 years in the ministry he is still a young “Boie.” He will celebrate the 8:30AM mass tomorrow. “Tu Es Sacerdos”- You are a Priest Forever. Congratulations and Happy 37th Sacerdotal anniversary Fr. Boie.
3. Congratulations also to our confirmandi, those who will receive the **Sacrament of Confirmation** tomorrow. We have 43 students who will be confirmed and due to the current health protocols, we have divided the group into 2 Confirmation masses, one at 10:30am and another at 1PM. Normally, a bishop comes to do the sacrament since the bishop is the “Ordinary minister” for this sacrament. This time, the archbishop has delegated me to do both confirmations.
4. Additional congratulations to our **6th grade class** who successfully presented their volcano science projects this week. They made creative replicas of volcanoes using a variety of materials including clay, paper mache, and chicken wire. In the middle yard, they erupted their volcanoes using chemical reactions for the other classes to watch in person or via Zoom. It was fun to see the different eruptions!
5. **Mary Nunnery**, our Respect for Life coordinator, has shared this information with me: The worldwide campaign this year started on Ash Wednesday and ended on Palm Sunday resulting in 755 babies saved, 11 Planned Parenthood employees leaving their job and converting, and three PPH Facilities being closed in Washington State, State of Illinois, and London, England. The power of prayer and dedication of the many hundreds who prayed the rosary at the PPH locations has resulted in these wonderful statistics. Thank the Lord for these blessings.
6. Our **Sunday masses** are now back to its regular schedule just like before Covid time. It might interest you to know the number of people who attended our masses last Sunday. Here's our mass count: Saturday, 4:30PM – 60; Sunday, 7:30AM - 40, 9:30AM – 130, 11:30AM – 92, & 5 PM – 40. Only very few attended our TV mass outside the church. Expecting for a possible rain this weekend, we are canceling our Outdoor TV mass. All masses will be indoor and livestream.

**Fr. Arnold**

# **FAZnotes**

**(Father Arnold Zamora)**  
**April 23, 2021**



**Dear Parishioners and Friends of St. Roberts,**

**Let go of your Stresses!**

**A psychologist walked around a room while teaching stress management to an audience.**

**As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question.**

**Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"**

**Answers called out ranged from 8 oz. to 20 oz.**

**She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed.**

**In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."**

**She continued, "The stresses and worries in life are like that glass of water".**

**Think about them for a while and nothing happens.**

**Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."**

**It's important to remember to let go of your stresses.**

**As early in the evening as you can, put all your burdens down.**

**Don't carry them through the evening and into the night.**

**Remember to put the glass down!**

***Blessings,***

***Fr. Arnold***