

I will place my law within them  
and write it upon their hearts;  
I will be their God,  
and they shall be my people.

JEREMIAH 31:33

FIFTH  
SUNDAY OF  
LENT

MARCH 21, 2021

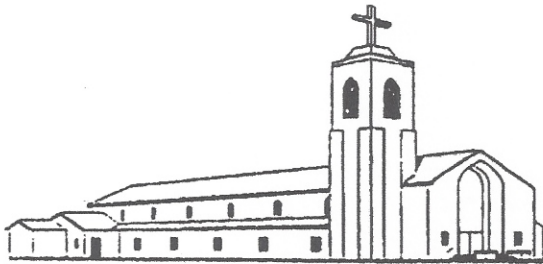


**Pastor - Rev. Paul Kado**  
**Deacon - Kelly Canelo**

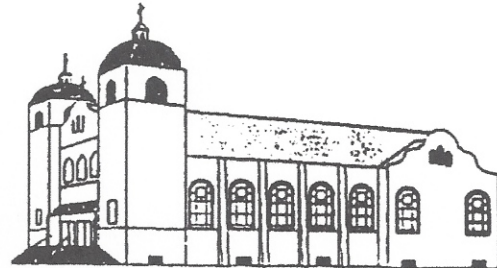
1799 WINTON WAY  
ATWATER, CALIFORNIA 95301  
Parish Office Hours Mon 9am - Fri 4pm  
Parish Office - (209) 358-5743 Fax-(209)358-2423  
Office E-mail: church.office@stanthonyatwater.org

**Deacon- Jesus Cisneros**  
**Deacon - David Torres**

# ST. ANTHONY / IMMACULATE CONCEPTION CHURCH



St. Anthony Church



Immaculate Conception Church

## **MASS SCHEDULE**

### **Saturday Vigil**

4:00	PM	English	St. Anthony Church
5:30	PM	Español	St. Anthony Church

### **Sunday**

6:30	AM	English	Immaculate Conception
8:00	AM	Español	St. Anthony Church
9:30	AM	English	St. Anthony Church
11:00	AM	English	St. Anthony Church

### **Daily Mass or Communion Service**

6:30 am	English	St. Anthony Church
6:30 pm	Español	St. Anthony Church

Liturgy of the Hours 20 Minutes Before Daily Mass

Holy Days as Announced  
National Holidays as Announced

Confessions Friday 5:00 PM (TILL Completed)

Baptism English: 1<sup>st</sup> & 4<sup>th</sup> Saturday 8:00AM  
Bautismo Español 2do & 3er Sábado 8:00AM  
Marriages 6 Months Advance Notice Required

## **Parish Staff**

Fr. Paul Kado Pastor  
Deacon Kelly Canelo  
Deacon Jesus Cisneros  
Deacon David Torres

Parish Secretaries – Full Time  
Office Manager Shirley Rubalcava

### **Religious Education:**

CCD Director Gloria Torres 676-2076

### **Confirmation Coordinator:**

Rene Rubalcava 756-4729

### **RCIA English:**

Deacon David Torres 676-2076

RCIA Espanol: Fernando & Claudia  
Hernandez 564-1294

### **Anchor Youth Group:**

Humberto Blas 676-0122

St. Vincent de Paul Society 357-1464

Bulletin Ads 358-5743

## **St. Anthony Catholic School**

1801 Winton Way, Atwater  
(209)358-3341/Fax (209)357-0186  
office@stanthonyknights.org

## **Catholic School – Preschool Through 8<sup>th</sup> Grade**

Principle Marianne Flynn  
Office Manager Lori Ceja  
Pre-School Director Johanna Oliva



I will place my law within them  
and write it upon their hearts;  
I will be their God,  
and they shall be my people.

JEREMIAH 31:33

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Photo: St. Nicholas Cathedral, Galway, Ireland; Ric Ergerbright and Danita Delimont/Adobe Stock.

## THROUGH SUFFERING

The prophet Jeremiah, in today's first reading, is looking beyond the often-messy history of Israel and Judah to a time when the people will no longer be disobedient to God, because God's law will be "written on their hearts"—that is, their natural inclinations and desires will be oriented toward God's will. The psalmist gives voice to the sorrow that Israel and Judah experienced in their separation from God "Have mercy on me, O God . . . A clean heart create for me." According to Saint Paul, the earthly Jesus, "son though he was," like his ethnic ancestors, he "learned obedience from what he suffered." The Gospel reading is part of Jesus' discourses not long before the Last Supper. Instead of a social encounter with Philip's friends who had come to see him, Jesus is grappling with his approaching death and its ultimate meaning for the world.

### JEREMIAH: LOOKING BEYOND EXILE AND SUFFERING

The readings today remind us how close we are to Easter—only two weeks from now. They also remind us that the path to resurrection and Easter always includes suffering and death. The prophet Jeremiah spent his whole life proclaiming the word of God to kings who would not listen. As an old man, he saw Jerusalem defeated and the inhabitants taken into exile. Jeremiah himself suffered in being left behind, but in today's reading, he is looking beyond those sufferings to a time when the previously disobedient people would be transformed and live in harmony with God's law.

### LOOKING FOR JESUS, FINDING THE CROSS

In the Gospel reading, friends of Philip come to him and ask about meeting Jesus. When Philip and Andrew take the request to Jesus, he begins a cryptic discourse on discipleship, transformation, and divine judgment. We never hear whether Philip's friends got to personally meet Jesus. Perhaps they simply blended in with the crowd.

Jesus says, "[W]hen I am lifted up from the earth, I will draw everyone to myself." The narrator says that Jesus' words indicate how he will die; the readers already know Jesus will be crucified. Jesus also speaks of divine judgment driving out the world's rulers and of the need to be transformed, like a seed growing into a productive plant. He warns about loving our life and losing it. Unlike Jeremiah's detailed vision, Jesus only hints at what kind of transformed life his death will bring.

What if we, like Philip's friends, want to get close to Jesus? Does that mean that the discourse on death and judgment is addressed to us? If Jesus will draw everyone to himself as he is "lifted up," does being closer to him mean joining him on his cross? (Do we want to be that close to Jesus?) Do we want to be transformed? If we say "yes," the liturgy these next two weeks can show us the only way the Church knows to get closer to Jesus: to be willing to be "lifted up" with him in his suffering—and in our own.

### TODAY'S READINGS

Jeremiah 31:31–34  
Psalm 51:3–4, 12–13, 14–15  
Hebrews 5:7–9  
John 12:20–33

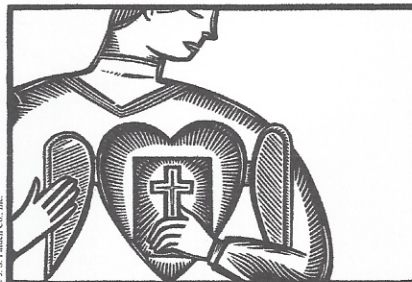
FIFTH  
SUNDAY OF  
LENT  
MARCH 21, 2021



# Fifth Sunday of Lent

## March 21, 2021

I will place my law within them  
and write it upon their hearts;  
I will be their God,  
and they shall be my people.  
— *Jeremiah 31:33*



### THE NEW COVENANT

Today's first reading is an enormously important passage, not only in the history of the Jewish people, but also for us as disciples of Jesus, who see in it a foreshadowing of the Christian dispensation. The prophet announces that God has chosen to forgive the people, and that as a sign of divine forgiveness a new covenant will be established. Contrasting the new covenant with the one made with Moses on Mount Sinai, Jeremiah says that the new covenant will be written on the people's hearts rather than on tablets of stone. No longer will the community's tradition be the sole bearer of the covenant; henceforth, God will speak directly and personally to each individual, forgiving sin and calling for a return to God in faithfulness. No longer will mere outward compliance with the dictates of the Law suffice; henceforth, God asks for an obedience that springs from the depths of one's heart.

Precisely that kind of obedience is highlighted in today's second reading, where the author of the Letter to the Hebrews describes Jesus as the mediator of the new covenant whose obedience has made him the source of salvation for all who, in turn, obey him.

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**ATTENTION: NO BAPTISM REGISTRATIONS WILL BE AVAILABLE UNTIL AFTER EASTER (THERE ARE NO BAPTISMS DURING LENT) WE WILL BEGIN REGISTRATION APPOINTMENTS IN APRIL WITH CLASSES IN MAY AND BAPTISMS AVAILABLE IN JUNE**

### ATENCIÓN:

**NO HABRÁ REGISTRO DE BAUTISMO DISPONIBLE HASTA DESPUÉS DE PASCUA (NO HAY BAUTISMOS DURANTE LA CUARESMA) COMENZAREMOS LAS CITA DE REGISTRO EN ABRIL CON LAS CLASES DE BAUTISMO EN MAYO LOS BAUTISMOS COMENZARÁN EN JUNIO**

#### ATTENTION PARISHIONERS:

The Parish Office is closed, but Parish Staff will monitor phone calls and emails during office hours 9am – 4pm Monday to Friday. For assistance, please call 209-358-5743. Thank you!

Please see [www.stanthonyatwater.org](http://www.stanthonyatwater.org) for all updates. Thank you!

On-line Marriage Prep  
Class Website:  
[Catholicmarriageprepclass.com](http://Catholicmarriageprepclass.com)



Platicas Pre Matrimonial – Ministros: Heriberto y Monica Rodriguez, Para Informacion llame al: 559-393-5923



**St. Anthony/Immaculate Conception Masses are in the Church.  
There is limited capacity due to Covid Guidelines. No  
reservation needed! It will be a first come/first serve basis.  
Please wear a Mask!**

**The Mass Schedule is as follows:**

**Saturday**

4:00pm	English	St. Anthony Church
5:30pm	Espanol	St. Anthony Church

**Sunday**

6:30am	English	Immaculate Conception Church
8:00am	Espanol	St. Anthony Church
9:30am	English	St. Anthony Church
11:00am	English	St. Anthony Church

**Daily Mass or Communion Service Monday – Friday**

6:30am	English	St. Anthony Church
6:00pm	Spanish	St. Anthony Church



**PLEASE BE ADVISED  
UNTIL FURTHER NOTICE,  
CONFESSION'S WILL NOT BE  
AVAILABLE.**

### CONFESSIONS on Friday's 5 PM – Until Completed

**NOTE:** Confessions are Drive-Thru.

Please when entering off of Winton Way Come around the Church the Priest will be standing in front of the Rectory. Mask are required!

\*Confessions will remain as a Drive-Thru (No Confessions will be done in the Church until further notice)



#### SAINTS AND SPECIAL OBSERVANCES

Sunday: Fifth Sunday of Lent; Third Scrutiny  
Tuesday: St. Turibius of Mogrovejo  
Thursday: The Annunciation of the Lord  
Friday: Abstinence

#### LOVE AND DEATH

Unhappy is death  
without the love of the Savior;  
unhappy is love  
without the death of the Savior.

—St. Francis de Sales

#### RISKS

I risk being wrong if I trust too much. But I risk  
living in torment if I don't trust enough.

—Anonymous

## FEAST OF FAITH

### The First Reading

Each Sunday, we listen to three scripture readings. The first reading usually comes from the Old Testament. “The New Testament lies hidden in the Old; the Old Testament comes fully to light in the New,” we read in the *Introduction to the Lectionary*. “Christ himself is the center and fullness of the whole of Scripture” (5). On Sundays, these readings usually have a close connection to the Gospel. In this season of Lent, for example, the Exodus account of the thirst of the Israelites in the desert is paired with the Samaritan woman’s encounter with Jesus at the well. Ezekiel’s vision of the Lord raising people from their graves is paired with the narrative of Christ raising Lazarus from the dead.

The readings are taken from many sources—historical books like Judges, Kings, and the Acts of the Apostles, prophets like Isaiah and Ezekiel, wisdom literature like Proverbs or Ecclesiastes. But no matter its genre, the first reading always ends with the same acclamation: “The word of the Lord.” The scriptures are written by human authors who wrote in widely different cultural and historical contexts, but these human authors are also divine instruments through whom God speaks to us. And so we say, “Thanks be to God.”

—Corinna Laughlin, Copyright © J. S. Paluch Co.

## TODAY'S READINGS

**First Reading** — I will make a new covenant; I will write my law upon their hearts (Jeremiah 31:31-34) *or* Ezekiel 37:12-14.

**Psalm** — Create a clean heart in me, O God (Psalm 51) *or* Psalm 130.

**Second Reading** — Christ learned obedience and became the source of eternal salvation (Hebrews 5:7-9) *or* Romans 8:8-11.

**Gospel** — If a grain of wheat falls to the ground and dies, it produces much fruit (John 12:20-33) *or*

John 11:1-45 [3-7, 17, 20-27, 33b-45].

The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

## READINGS FOR THE WEEK

Monday: Dn 13:1-9, 15-17, 19-30, 33-62 [41c-62];  
Ps 23:1-6; Jn 8:1-11

Tuesday: Nm 21:4-9; Ps 102:2-3, 16-21; Jn 8:21-30

Wednesday: Dn 3:14-20, 91-92, 95; Dn 3:52-56;  
Jn 8:31-42

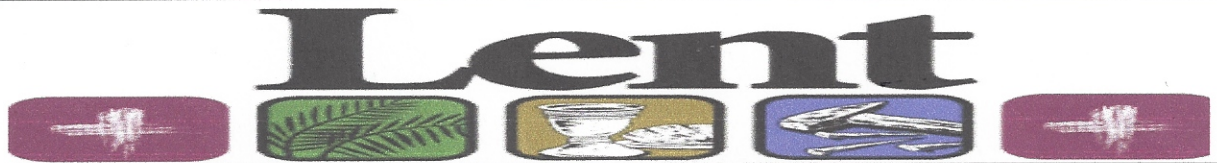
Thursday: Is 7:10-14; 8:10; Ps 40:7-11; Heb 10:4-10;  
Lk 1:26-38

Friday: Jer 20:10-13; Ps 18:2-7; Jn 10:31-42

Saturday: Ez 37:21-28; Jer 31:10, 11-13; Jn 11:45-56

Sunday: Mk 11:1-10 *or* Jn 12:12-16 (procession);  
Is 50:4-7; Ps 22:8-9, 17-20, 23-24;  
Phil 2:6-11; Mk 14:1 — 15:47 [15:1-39]





### STATIONS OF THE CROSS SCHEDULE DURING LENT (FRIDAY'S)

Immaculate Conception/Inmaculada Concepcion: Stations of the Cross/Via Crucis (English/Ingles) 5:00pm

St. Anthony/San Antonio: Stations of the Cross/Via Crucis (Spanish/Español) 6:30pm

\*We will practice social distancing (PLEASE WEAR A MASK)\*

\*Practicaremos el distanciamiento social. Por favor use una mascara\*

\*GOOD FRIDAY is a obligatory day of Fasting an abstinence. In addition, to all Friday's during Lent, abstinence is observed.\*

\*El Viernes Santo es un día de Ayuno y abstinencia obligatorio. Además, todos los Viernes durante la Cuaresma se observa la abstinencia\*

#### Y.M.I. 2021 SCHOLARSHIP

**Council #80 of the Young Men's Institute has scholarship money available for current Y.M.I. #80 members children or grandchildren who are graduating from High School this 2021 school year. Applicants must plan to attend an accredited College or University in the fall of 2021 as a full-time student. The deadline to apply is April 30, 2021.**

At Father Paul's request we are providing the following update:

As you may or may not be aware, Father Paul suffered a mild stroke while on leave recently. He is recovering well, in good spirits and hopes to return after Easter, God willing. Father Paul would like to extend his deepest appreciation to the entire parish community for your prayers, cards and positive messages. He would like to express his appreciation to the Diocese of Fresno, Bishop Brennan, Father Sal, Fr. Harvey, Deacon David and Deacon Jesus and the entire parish community for all their hard work in keeping the parish moving forward as he recovers. Please continue to keep Father Paul and the parish community in your prayers.

A pedido del padre Paul, estamos proporcionando la siguiente actualización: Pueda ser que supo o no, El padre Paul sufrió recientemente un embolio mientras estaba de vacaciones. Se está recuperando bien, de buen humor y espera volver después de Pascua, si Dios le da licencia. El Padre Paul desea extender su más profundo agradecimiento a toda la comunidad parroquial por sus oraciones, tarjetas y mensajes positivos. También quiere expresar su agradecimiento a la Diócesis de Fresno, el Señor Obispo Brennan, Padre Salvador, Padre Harvey, el Diácono David Torres y el Diácono Jesús Cisneros y todo la comunicad por todo su arduo trabajo para mantener la parroquia avanzando mientras el Padre Paul se recupera. Por favor, continúe manteniendo al Padre Paul y a la comunidad parroquial en sus oraciones.



## MASS INTENTIONS FOR THE WEEK

**\*\* Español \* Mass at Immaculate Conception**

### Saturday, March 20<sup>th</sup>

4:00PM †Richard Urline

4:00PM

5:30PM †Cesar Diaz\*\*

5:30PM †Luis Valencia\*\*

### Sunday, March 21<sup>st</sup>

6:30AM †Rojelia Robles\*

6:30AM †Fr. Tom Timmings\*

8:00AM †Almas en el purgatorio\*\*

8:00AM †Intenciones para Vera Ramiez\*\*

9:30AM †Jose & Joseph Arana

9:30AM †Hermino Bejar & Soledad Gomez

11:00AM †Helio Avila

11:00AM †Aron Mendoza

### Monday, March 22<sup>nd</sup>

6:30AM †Blanca Angelic Ramirez

6:30AM

### Tuesday, March 23<sup>rd</sup>

6:30AM Intentions for Josue, Gabby & Baby Leah

6:30AM †Nancy Rodriguez

### Wednesday, March 24<sup>th</sup>

6:30AM †Deceased Members of the Canelo Family

6:30AM †Souls in Purgatory

6:30PM †Philip & Antonia Rubalcava\*\*

6:30PM

### Thursday, March 25<sup>th</sup>

6:30AM †Filiberto Mota

6:30AM

### Friday, March 26<sup>th</sup>

6:30AM †Joe & Maggie Chavez

6:30AM †Junie Banda

### Saturday, March 27<sup>th</sup>

4:00PM †Delfina & Ignacio Rivera

4:00PM

5:30PM †Almas en el purgatorio\*\*

5:30PM †Ramona Pedraza\*\*

### Sunday, March 28<sup>th</sup>

6:30AM

6:30AM

8:00AM †Almas en el purgatorio\*\*

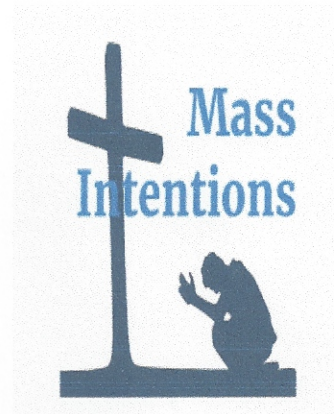
8:00AM †Josepitina Gallardo\*\*

9:30AM

9:30AM

11:00AM

11:00AM





# **Happy Solemnity of St. Joseph**

**From the  
Diocese of Fresno Pastoral Center**



## **Feliz Solemnidad de San José**

**De Parte del  
Centro Pastoral Diocesano de Fresno**



## St. Joseph's Table – An Italian Tradition

As early as the 10<sup>th</sup> century some Western calendars recognized March 19<sup>th</sup> Saint Joseph's Day and by 1479 the custom was firmly established in Rome. By 1570 the



custom to honor the earthly father of Our Lord was extended throughout the Roman Catholic Church by Pope Pius V when it was retitled as The Solemnity of Saint Joseph.

In some Catholic countries, such as Spain, Portugal and Italy, this day is also

Father's Day!

The tradition of celebrating St. Joseph's Table in Italy and particularly in Sicily comes from legends from the Middle ages attributed to St. Joseph's intercession after Sicily suffered a very prolonged drought and severe famine affecting people and animals. With a strong devotion to St. Joseph, the Sicilian people prayed for rain. After some time, the clouds opened, and the rains came down and the people rejoiced. Later after the harvest, they remembered their gratitude to his intercession and prepared a table with special foods to honor him sharing their food with the poor and distributing the leftovers to those in need.

This tradition continues to this day in Italy, Poland, Malta, Spain, the Philippines, and the United States among its many Italian and Sicilian immigrants.



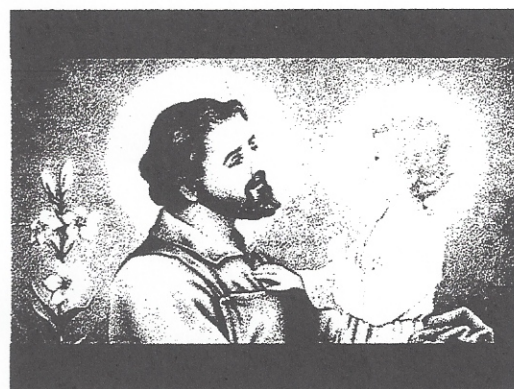
There are three important aspects of this tradition that make the day especially memorable.

**Veneration** of St. Joseph during Mass and recognition of him at the 'table.'

**The Table** is both an 'altar of reverence or honor', and a table for the communal celebration where the food is displayed or gathered.

**The Poor** is the intention of the day with gifts of food to those in need.

In this **Year of St. Joseph**, Bishop Joseph V. Brennan invites the parishes of the Diocese of Fresno to join him in celebrating St. Joseph's Table at all weekend Masses of March 20<sup>th</sup> and March 21<sup>st</sup>, with each parish community bringing non-perishable foods to a 'table' honoring St. Joseph, which will be delivered to local food banks, pantry's, and charitable organizations providing food to the poor.



Mass with Bishop Brennan will be livestreamed from Holy Spirit Church, Fresno on March 21<sup>st</sup> at 11:30 am for those who are participating in Mass from home.

More information will be provided to all Pastor's and Parish Administrators. Perhaps, your parish will continue to honor and venerate this great saint with a St. Joseph's Table every year and continue the tradition!

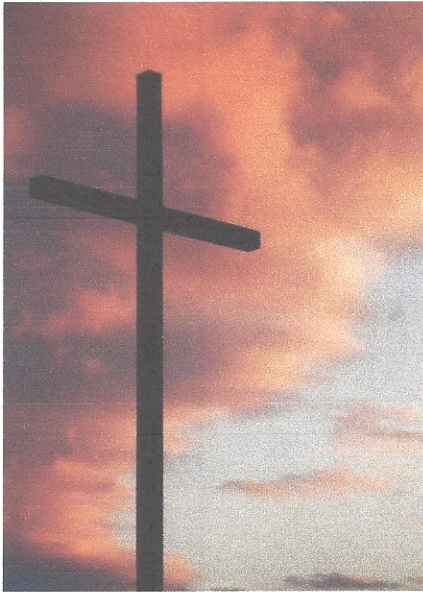


ST. ANTHONY/IMMACULATE  
CONCEPTION CHURCHES

WILL HAVE A ST. JOSEPH TABLE  
SET UP IN FRONT OF THE  
CHURCH WHERE NON-PERISHIBLE  
AND CANNED GOODS CAN BE  
PLACED TO BE DONATED TO OUR  
LOCAL FOOD BANKS & CATHOLIC  
CHARITIES, PROVIDING FOOD TO  
THE POOR ON MARCH 20<sup>TH</sup> &  
MARCH 21<sup>ST</sup>, 2021 AT ALL MASSES  
FOR THE YEAR OF ST. JOSEPH

THANK YOU AND GOD BLESS!





# Prayers of Hope At the Foot of the Cross

During these last weeks of Lent, Bishop Joseph Brennan will lead us in prayers of hope. All are welcome to join us evenings at 8 pm, for this bilingual prayer experience to pray for these special intentions.

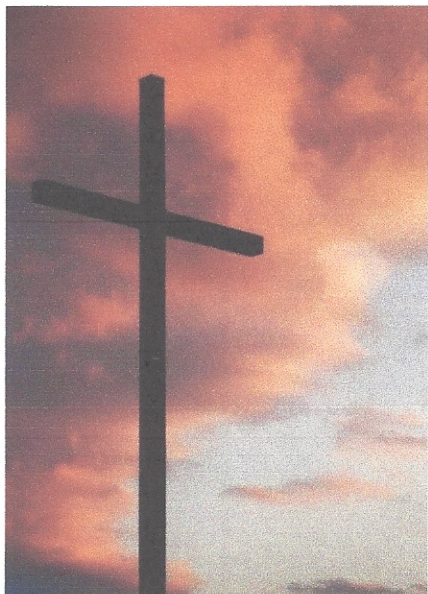
Tune in live on our YouTube channel  
DOF Formation and Evangelization

## Prayer Intentions:

- **March 16**, we pray for all families: for those who share a home and those who are far apart.
- **March 17**, we pray for those who teach the faith: for all teachers, catechists, parents, and all who work tirelessly to pass on Christ's message of hope.
- **March 18**, we pray for the sick: for those who are suffering in body, mind, or spirit and are seeking comfort, hope, and healing.
- **March 22**, we pray for those who feel alone or isolated from their community, and for those who cannot visit their children and grandchildren.
- **March 23**, we pray for those on the front lines: for hospital workers, medical personnel, first responders, field workers, and all essential workers who serve people daily.
- **March 24**, we pray for our young people: for the physical, mental, spiritual, and emotional well-being of children, youth, and young adults.
- **March 25**, we pray for those who feed the flock: for all clergy and men and women religious who strive to serve the needs of God's people.
- **March 29**, we pray for the incarcerated as they live in isolation, and for the families who love them.
- **March 30**, we pray for all those who have lost their jobs during this pandemic, and for those who are struggling financially.
- **March 31**, we pray for those who have died this year, and for those who mourn their loss.

To view the prayer experiences, go to [www.youtube.com](http://www.youtube.com) and search "DOF Formation and Evangelization". Prayer begins at 8 pm, live, with Bishop Joseph V. Brennan presiding.





# Oraciones de Esperanza

## Al pie de la Cruz

Durante las últimas semanas de la Cuaresma, el obispo Joseph Brennan nos guiará en oraciones de esperanza. Todos son bienvenidos a acompañarnos por la noche a las 8 pm para esta experiencia de oración bilingüe para orar por estas intenciones especiales.

Sintonice en vivo en nuestro canal de YouTube  
DOF Formation and Evangelization

### Intenciones de oración:

- **El 16 de marzo**, oramos por todas las familias: por los que comparten un hogar y los que están lejos.
- **El 17 de marzo**, oramos por los que enseñan la fe: por todos los maestros, catequistas, padres y todos los que trabajan incansablemente para transmitir el mensaje de esperanza de Cristo.
- **El 18 de marzo**, oramos por los enfermos: por aquellos que sufren en cuerpo, mente o espíritu y buscan consuelo, esperanza y sanación.
- **El 22 de marzo**, oramos por aquellos que se sienten solos o aislados de su comunidad y por aquellos que no pueden visitar a sus hijos y nietos.
- **El 23 de marzo**, oramos por los que están en primera línea: por los trabajadores del hospital, el personal médico, los socorristas, los trabajadores de campo y todos los trabajadores esenciales que sirven a las personas a diario.
- **El 24 de marzo**, oramos por nuestros jóvenes: por el bienestar físico, mental, espiritual, y emocional de los niños, jóvenes y jóvenes adultos.
- **El 25 de marzo**, oramos por los que alimentan al rebaño: por todo el clero y los religiosos y religiosas que se esfuerzan por atender las necesidades del pueblo de Dios.
- **El 29 de marzo**, oramos por los encarcelados que viven aislados y por las familias que los aman.
- **El 30 de marzo**, oramos por todos aquellos que han perdido sus trabajos durante esta pandemia y por aquellos que están luchando económicamente.
- **El 31 de marzo**, oramos por aquellos que han muerto este año y por aquellos que lloran su pérdida.

Para ver las experiencias de oración, vaya a [www.youtube.com](http://www.youtube.com) y busque "DOF Formation and Evangelization". La oración comienza a las 8 pm, en vivo, presidida por el obispo Joseph V. Brennan.





*Let's Celebrate!*

*Feast of the Annunciation*

*An Invitation to Pray*

*March 23, 24, 25, 2021 - 6 p.m.*

*Zoom Mtg.# 934 078 3894*

*Passcode: family*

*Rosary & Divine Mercy Chaplet*

*Reflection by Deacon Mark Schultz on 3/24*

*Ministry of the Most Holy Rosary*

*CA Family Rosary*

*(559) 499-3299*





LET US REMEMBER TO OFFER A  
PRAYER FOR THE SICK.

Chris Silva, Ginger Cooper, Deborah Avila, David P. Souza, Corynn Burnthorne, Alvina Cozzi, Mary Ann Frugoli, Adrian & Armando Martinez, Phillip Herschler Jr., Roger Hingtgen, Randy McCully, Arlene Peterson, Trese Peterson, John Riis Christensen, Sue Souhrada, Barbara Rizo, Antonio Rodriguez, Pedro Rodriguez, Maria Rosales, Sr, Kristin Weimer, Pelona Avina, Chong Kuhns, Kristina Centeno, Maria Silveira, Mike Ybarra Jr., Jessica, Jose Penaloza, Dorothy Harrison, Maria de Jesus, Essie Gordan, Tom Hamilton, Cedar Ventura, Sarah Cox, Teresa Haro, Lawrence Souhrada, Sarah & Baby Walsh, Scott Hoyt, Isaac Hernandez, Joseph Brown, Juan Luis Parras, Maria Silveira, Rosalie Mancebo Reponde Family, Yii Her, Debbie Housh Pastor Joseph Vang, Maritza, Ana Flores Joe Henderson, Hunter Burnthorne, Victor Hugo Coda Lopez, Edward Padron, Jack Herkert, Rosalie Mancebo, Yolanda Almaza, Ethan Faulkner, Brian Carter, Thomas Adame Sr., Vicki Samples, Augie Jaurigui, Delia S. Montoya, Leticia Torres, Danielle Burchett-Silva, Joe & Alzira Rocha, Victor Vera, Ernie Huertaz, Ramon Navarro, Tom Rosenberg, Isabelle Parreno, Samuel Gonzalez, Joseph DeGregori, Francisco Branco, Betty Simms, Leona Jones, Lois Stone, Salvador Reyes, Lexi Boucom, Mitzi Norquist, Steve Jantz, Ester Macias, Inez Souza, Fr. Rod Craig, Paulette Silveira, Jandrea-Marie Paolini, Anthony Jimenez, Lareyna Tapetillo, Ralph Lopez, Richard Flores, Teresa Davis, Cecil Samples, Gail Strange, Roselia Santillan, Mary Lou Rodriguez, Olga Vasquez, Caden Quirarte, Jacob Gomez

*To Have A Name Removed or Added to The Prayer List Call the Parish Office at 358-5743.*



# EDUCATIONAL HEALTH TIPS

From your Faith Community Nurses

## Is it COVID-19, ALLERGIES, or the FLU?

SYMPTOMS	COVID-19	SEASONAL ALLERGIES	FLU
Fever/chills	common	rare	common
Shortness of breath	common	Never (unless person has respiratory condition triggered by allergies)	Rare (unless in presence of severe illness)
Loss of taste and/or smell	Common	rare	rare
Sneezing	rare	common	sometimes
Cough	common	common	common
Body aches	common	rare	common
Stuffy nose	common	common	sometimes
Sore throat	common	common	sometimes
Nausea/vomiting	sometimes	never	sometimes
Diarrhea	common	never	sometimes
Headache	common	common	common
Itchy watery eyes	rare	common	never
Fatigue/weakness	common	rare	common

Source: CDC, 8/12/2020

Developed by: Melissa Pinheiro, BSN, RN



### ¿Es COVID-19, ALERGIAS O LA GRIPE?

La temporada de gripe está aquí. Una pregunta frecuente es ¿cómo sé si tengo gripe? O es COVID-19 o simplemente alergias. A continuación se muestra la comparación de los síntomas de COVID-19, alergias y gripe. Si todavía está preocupado y sus síntomas no están mejorando, consulte a su médico. También hay sitios de prueba de COVID gratuitos disponibles. <https://covid19.tularecounty.ca.gov/covid-19-testing-sites/>


Síntomas	COVID-19	Alergias Estacionales	Gripe
Fiebre/Escalofríos	común	es raro	común
Falta de Aire	común	nunca (a menos que la persona tenga una condición respiratoria provocada por alergias como asma)	raro (a menos que esté en presencia de enfermedad grave)
Pérdida de sabor y/o olor	común	es raro	es raro
Estornudar	es raro	común	a veces
Tos	común	común	común
Dolores del cuerpo (severos)	común	es raro	común
Nariz congestionada	común	común	a veces
Dolor de garganta	común	común	a veces
Náusea y vómito	a veces	nunca	a veces
Diarrea	común	nunca	a veces
Dolor de cabeza	común	común	común
Ojos llorosos y irritados	es raro	común	nunca
Fatiga / Debilidad	común	es raro	común

desarrollada por Melissa Pinheiro BSN, RN

#### Recursos:

CDC "¿Cuál es la diferencia entre COVID-19 y las alergias estacionales?" 12 de agosto de 2020  
 CDC Influenza (Gripe) "Síntomas y complicaciones de la gripe" 31 de agosto de 2020





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 Atwater, CA.. 95301  
 apc95301@sbcglobal.net  
 buyryams@aol.com

  
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