

Special Newsletter



Week One-- March 23-27, 2020

During this time while we are not able to connect physically with one another, we want to use this weekly newsletter as one forum to reach out to our families. Please do let us know if you have any concerns that others may be able to assist.



Message from Jennifer Beller:

With virus cases developing in Pullman, it is likely that anyone of us may know someone or someone connected to these cases. As a school, we will continue to be vigilant and do our best to follow CDC and State protocols. As you are aware, Governor Little has made an order that everyone in Idaho remain home for the next 3 weeks, except for necessary travel to health care, pharmacies, and grocery stores. *Do take care and be safe.*

Since we have had one week of distance learning and we are learning and adapting from that, there will be updated information about schoolwork coming by the end of the week. Due to the stay at home order and the fact that the virus can stay on surfaces for long periods of time, we will not be exchanging folders through the drop box. We will be in touch with you about our next steps. Today (Thursday) we will be conferencing with the faculty to see what things are going well and looking for ways to address any concerns.



With our parents who are doctors, nurses and health care

providers---we are deeply grateful to and for them. Our prayers are with each one for continuing health for them and their families.

Nikki Crathorne's dad who is recovering from a heart attack.

Dan Bosse, who is in hospice stage of life at Good Samaritan Convalescent Care. Dan was the one who started the auction 45 years ago for St. Mary's.

Key Information



- Set a routine that will work for you and your child(ren). One suggestion is to have a "routine" that is similar to what happens in your family now as you child goes to school—get up and get dressed "for school", eat breakfast, get out materials for the subjects and "pretend" s/he is coming to school and going to his/her desk to begin the work for the day.
- Do give yourself and your family some grace as you work through a different routine. It will probably take a few days to settle into a routine that works for you.
- Know it may take longer to get things done than you might expect. It also may go quicker than you expect.
- Take breaks, get up and move around outside. Fresh air is good – just practice the social distancing which is vitally important.

- Teachers will be available by phone and by email to talk and answer questions. Each of them will let you know their process.
- Know that your children may get frustrated and have more anxiety. The experts suggest that you listen to your children and their concerns and help them adjust to things being different. Probably one of the most difficult things for them will be missing their peers and the interactions that are so important. So, if you have access to FACETIME, even the phone, arrange for some "play dates" via it.

Information from St. Mary's Parish based on Bishop Peter's latest information from Governor Little's proclamation regarding the coronavirus outbreak:

We received word this afternoon that the Governor of Idaho has issued a "*stay at home*" order and we have also received the following directive from Bishop Peter Christensen:

"As of today, until April 15th, in good faith and in support of Governor Little's order, all Catholic churches in the Diocese of Boise must be closed to the public. Holy hours and all other services must be suspended until such time as the order is lifted."

In response to this news, the following changes are taking place at St. Mary's Parish:

- The Church doors will be locked this evening and will remain locked until the restrictions are lifted. Unfortunately, this means that the building *will no longer be open* for individual prayer during the week.
- The Parish Staff will be working from home to the greatest extent possible. We will all still have access to our email accounts, and the parish phone lines will be forwarded to Pam's personal phone during regular office hours. You can still call us between 9am and 4pm and Pam will answer! There are certain things that Pam won't have access to from home, but she will do her best with what she will have available.

Additional information will be provided in the e-bulletin that will come out on Friday, so please keep an eye out for it. The Bishop's letter continued on to encourage the faithful to "*pray at home for the sick, for health care workers and clergy and others who put themselves in harm's way as they minister to the sick, and for the salvation and comfort of the world at this time.*" Please know that the Staff will be praying for our parishioners, and we humbly ask that you keep us in your prayers as well.

We thank you for your patience and understanding during this difficult time. The Friday e-bulletin will include resources for watching Mass at home, how to make a spiritual communion, and how to make a perfect act of contrition. With Love, *The Parish Staff*

Coronavirus Prayer

Lord, Jesus Christ, you traveled through towns and villages curing every disease and illness. At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and healthy through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Lord Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Lord Jesus Christ, stay with us as endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Lord Jesus Christ heal us.

Composed by the Catholic Crusade

**** Health advice by Japanese doctors treating COVID-19**

Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous.

How can one know if s/he is infected? Taiwan experts provide a simple self-check that everyone can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc. it proves there is no fibrosis in the lungs, basically indicates no infection. ** *(This information came from Stanford Medical)*

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