

Deacon Rob Lanciotti of the Denver Archdiocese holds a doctoral degree in Microbiology and was employed as a virologist for the Centers for Disease Control & Prevention (CDC) for 29 years. Deacon Lanciotti shared this information about coronavirus and how to keep ourselves healthy.

Good prevention methods for flu (and the 200 different common cold viruses) will also work with the new coronavirus. These viruses can be transmitted when an infected person (usually with symptoms, but not always) expels virus particles by coughing, sneezing, or even breathing. There is preliminary data that suggests the coronavirus is associated with more severe illness and death than the typical flu strain. For some perspective, there are approximately 30 million flu cases in the USA each year and approximately 30,000 deaths; the mortality rate is therefore 0.1 percent. Of course, these numbers vary each year.

If you are experiencing any of the following symptoms; runny nose, coughing, sneezing, muscle aches, fever, etc. the following should be practiced using good judgement based upon the severity of the symptoms:

– Avoid close contact with others. Use good judgement and common sense about attending Church; for example, it may be advisable to stay home (see Catechism 2181). If you attend church, limit/avoid contact with others. Perhaps stand in the back of the Church or sit apart; leave immediately after the Final Blessing; do not participate in the Sign of Peace, Communion from the Cup, or especially function as an Extraordinary Minister. Again, use common sense.

– Wash hands often using soap & hot water or hand sanitizer. However, this is not a “magic bullet” that will allow you to function normally in a Church setting if you are sick. This is also a good prevention method when you are healthy and come to church where others may be sick.

– Cover your mouth with a tissue or your sleeve (not your hand!) when you cough & sneeze. Coughing or sneezing into your hand will transmit the virus to your hand, then potentially transmit the virus to another person when you shake their hand. You may even consider wearing a surgical mask, both to prevent spreading to others when sick, as well as preventing your own infection from others.

– Clean environmental surfaces often. This is a reminder for Church employees to be especially diligent during flu season to clean the environment; especially the childcare environments. Any typical cleaner used properly will kill these viruses.

There have been a few controlled scientific studies to determine the potential for infections from a shared communion cup. The summary of these studies is that there is a very low risk of infection overall.

## Second Sunday of Lent March 8th, 2020

### St. Stephens Indian Mission

www.saintstephensmission.com

856-7806

33 St. Stephens Road

PO Box 250

St. Stephens, WY 82524

Fr. Jim Heiser.....Pastor  
Fr. Hugo Blotsky, OSB.....Substitute Priest  
Sr. Monica Suhayda, CSJ.....Past. Asst./ Gift Shop 856-4330  
Patti McMahon.....Director of Religious Education

### Blessed Sacrament & St. Josephs 332-9090

Sr. Teresa Frawley, OSF.....Past. Asst./Director of Religious Education

#### St. Stephens

Friday: Adoration followed by benediction 3:45pm

Saturday: Confessions 2:00 PM to 2:30 PM

**Sunday Masses: 9:00 AM and 5:00 PM**

Tuesday & Thursday: Mass at 7:15am

Wednesday & Friday: Mass at 5:00pm

1st Saturday: Adoration at 8:00am; Mass at 9:00am;

Anointing for anyone wishing to be anointed

#### St. Josephs, Ethete

**Sunday Mass: 11:00 AM**

Confessions 15 minutes before Mass

Wednesday & Friday Communion Service at 5:45 PM

#### Blessed Sacrament, Ft. Washakie

**Saturday Vigil Mass 4:30 PM**

Confessions 15 minutes before Mass

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♦ Come in seeking; come in wondering; come in hurting. Come into this house  
♦ of companionship and compassion. Come in. You are welcome here. Our  
♦ faith Family opens its doors to you and in the name of Christ, bids you  
♦ Welcome!  
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*The purpose of St. Stephen's Indian Mission, the presence of the Roman Catholic Church among the Eastern Shoshone and Northern Arapaho, is to grow into a strong community of believers, sharing our lives in the Holy Spirit, forming one welcoming People of God, who are committed to Jesus Christ, His gospel and mission.*

**Readings March 9th through March 15th:**

Mon: Dn 9:4b-10; Ps 79:8-9, 11, 13; Lk 6:36-38  
 Tue: Is 1:10, 16-20; Ps 50:8-0, 16bc-17, 21, 23; Mt 23:1-12  
 Wed: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28  
 Thur: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31  
 Fri: Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46  
 Sat: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32  
 Sun: Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42

**Sunday Ministry Schedule-St. Stephens**

**3/15/20**

**9:00 Mass**

Lector: Linda Bebout  
 Extraordinary Ministers: Tom Kasper, Jim & Theresa Cunningham  
 Lector: Cindy Davis  
 Extraordinary Ministers: Volunteers needed

**Parish Collection**

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*"Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." Corinthians 9:7*

**Happenings:**

3/8: Rosary @ 8:20am  
 Coffee and donuts after the 9am Mass  
 3/14: Choir practice 3pm

**St. Stephens Religious Ed/Baptism**

Please plan to attend three classes if you wish your child to be baptized. Classes for March continue on the 9th, and 16th from 5:30pm-6:30pm  
 Religious Ed Classes are after the 9am Mass.

As we learn more about the nature of the recently discovered Coronavirus (Covid-19), the Diocese of Cheyenne and your parish of St. Stephens and Mission churches of St. Josephs and Blessed Sacrament are implementing precautions to help protect our community. We realize that the chance of infection for most of us is far greater outside of our hour together on Sunday/Saturday. Because the Coronavirus spreads in a manner like Influenza, the very best precaution is for you to stay home in you feel ill in any way...especially if you have a fever or are coughing or sneezing. Contact with respiratory droplets from someone who coughs or sneezes is the number one way for transmission to happen. The Diocese will be monitoring the spread of the Coronavirus and advising further precautions if necessary.

**Mass Intentions/Communion Service & Schedule this week**

3/7: 4:30pm Blessed Sacrament Intention of the priest  
 3/8: 9am St. Stephens +Roy Spoonhunter, Sr.  
 11am St. Josephs +Lucy Willow  
 5pm St. Stephens Intention of the priest  
 3/10: 7:15am St. Stephens Intention of the priest  
 3/11: 5:00pm St. Stephens Intention of the priest  
 5:45pm St. Josephs Communion Service  
 3/12: 7:15am St. Stephens Kanyon Alexander on his 18th birthday  
 3/13: 5:00pm St. Stephens +Edward LaMorte  
 5:45pm St. Josephs Communion service  
 3/14: 4:30pm Blessed Sacrament Intention of the priest  
 3/15: 9am St. Stephens William Boniface Brown on his birthday  
 11am St. Josephs John & Theresa Richter  
 5pm St. Stephens Lori Balcerzak

**Praised be Jesus Christ!**

**Praise Him now and always.**

St. Margaret Parish in Riverton will host a men's retreat beginning at 6 p.m. Friday, March 20, and ending with 5:30 p.m. Mass on Saturday, March 21. Featured speaker Greg Schlueter of MassImpact.us will challenge men of all ages – father, sons, grandfathers – to become the men God, the Church, our families, and our communities need them to be. Cost of the retreat is \$40, which includes Saturday lunch and snacks throughout the weekend. For more information and to register, visit [wyomingcatholicmen.com/retreats](http://wyomingcatholicmen.com/retreats).

During Lent, Stations of the Cross will be prayed after the 5pm Mass on Friday at St. Stephens and after the 5:45pm communion service at St. Josephs.



**Blessed Sacrament and St. Josephs**

**Baptism Classes**

The last Sunday of each month will be Baptism Sunday at St. Joseph's. Three classes are required. Please call Sister Teresa at 332-9090.

**Religious Education**

Classes for Kindergarteners and First Grade and First Communion students is at 11am on Sundays.

**Confirmation**

Classes begin immediately after Mass.

Communion Service is at 5:45pm at St. Josephs on Wednesdays and Fridays.