

Our Mission: At St. Juan Diego Catholic Church, we are a diverse community that strives to welcome everyone with dignity, respect and belonging by living the Good News of Jesus Christ.

Nuestra Misión: En la iglesia Católica de San Juan Diego, somos una comunidad diversa que se esfuerza por dar la bienvenida a todos con dignidad, respeto y pertenencia al vivir la Buen Nueva de Jesucristo.

Help Needed - Counting Ministry

The weekly collection counting ministry needs additional volunteers. It would be a commitment of about two hours one Sunday a month. It involves counting cash, using a calculator to total batches of checks, and would require a background check. If you are willing to help with this important ministry, please contact Dan Remington at dlremington@comcast.net.

Please pray for Confirmation candidates as they prepare to receive the sacrament of Confirmation on Sunday, May 15th.

Por favor oren por nuestros candidatos de Confirmación mientras se preparan para recibir el Sacramento de Confirmación el domingo 15 de Mayo.



Mass Schedule

Saturday
5:00 pm **English**

Sunday
8:30 am **English**
12:15 pm **English**

Horario de Misa

Domingo
10:30 am **Español**

Reconciliation
Reconciliación

Wednesday
Miércoles
5:00-5:45 pm

Saturday/Sábado
3:30pm - 4:30pm

Pyx and Burses



There are pyx and burses available for taking Communion to the homebound that can be checked out. However, if you have borrowed one or have an extra one to return or donate, it would be greatly appreciated as our supply is out and are ordering more. Thanks!

Bulletin announcements and inserts are due by **Tuesday at noon.**



Intentions

If you would like to add a name to our intentions, please email Jeny [here](#).

Intenciones

Si desea agregar un nombre a nuestras intenciones, por favor envíe un correo electrónico a Jeny

CWP Spring Mixer

Friday, May 20th, 6-8pm
Lindsay's home: 5218 Westfield Court, LO

CWP (Catholic Women Professionals - University of Portland) Spring Happy Hour

Mingle with (and strengthen the grid of) Catholic working women in the Portland area.

Bring a favorite devotional for our devotional swap: a prayer, a book, a rosary, piece of jewelry, even an Easter recipe ... anything goes!

RSVP to lindsay_caron@yahoo.com



Weekly Parish Schedule

To have a Mass offered for anyone, please call Jeny in the parish office. Suggested donation \$10
Please make your checks payable to **St. Juan Diego Parish**

Date	Mass Times
Saturday, May 7, 2022	3:30 pm - 4:30 pm Reconciliation 5:00 pm English Mass Thank you God by Dam Chav and Julie Huynh
Sunday, May 8, 2022 Domingo 8 de mayo	8:30 am English Mass 10:30 am Misa en Español 12:15 pm English Mass Andre, Martha, Martin by Theresa Nguyen
Monday, May 9, 2022	6:00 pm Daily Mass Rev. Paul Huynh M Chan by Anh Truong
Tuesday, May 10, 2022	6:00 pm Daily Mass All women who enrich children's lives
Wednesday, May 11, 2022	5:00 pm - 5:45 pm Reconciliation/Reconciliación 6:00 pm Daily Mass
Thursday, May 12, 2022	12:00 pm Daily Mass
Saturday, May 14, 2022	3:30 pm - 4:30 pm Reconciliation 5:00 pm English Mass Adella Brice by The Schuld Family
Sunday, May 15, 2022 Domingo 15 de mayo	8:30 am English Mass 10:30 am Misa en Español 12:15 pm English Mass Maria Bui Thi Hoa by Anh Truong

Scripture Readings

May 7/8

First Reading
Acts 13:14, 43-52

Second Reading
Revelation 7:9, 14b-17

Gospel
John 10:27-30

Lecturas

8 de mayo

Primera Lectura
Hechos 13,14. 43-52

Segunda Lectura
Apocalipsis 7, 9. 14-17

Evangelio
Juan 10, 27-30

Social Justice Mass Intention

You are invited to attend and pray on Wednesday, May 10. The Mass intention is for: **All women who enrich children's lives.**

Thank you, women who are daughters and women who are sisters! Into the heart of the family, and then of all society, you bring the richness of your sensitivity, your intuitiveness, your generosity and fidelity.

Thank you, women who work! You are present and active in every area of life-social, economic, cultural, artistic and political. In this way you make an indispensable contribution to the growth of a culture which unites reason and feeling, to a model of life ever open to the sense of "mystery", to the establishment of economic and political structures ever more worthy of humanity.

Thank you, consecrated women! Following the example of the greatest of women, the Mother of Jesus Christ, the Incarnate Word, you open yourselves with obedience and fidelity to the gift of God's love. You help the Church and all mankind to experience a "spousal" relationship to God, one which magnificently expresses the fellowship which God wishes to establish with his creatures.

Thank you, every woman, for the simple fact of being a woman! Through the insight which is so much a part of your womanhood you enrich the world's understanding and help to make human relations more honest and authentic.

https://www.vatican.va/content/john-paul-ii/en/letters/1995/documents/hf_jp-ii LET_29061995_women.html

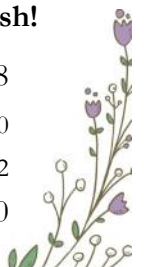
Intención para Misas del Ministerio de Justicia Social

Está invitado a asistir y orar el miércoles 10 de mayo. La intención de la Misa es por: **Por todas las mujeres que enriquecen las vidas de los niños.**



Thank you for supporting our Parish!

May 1 Attendance	828
Collection Basket	\$ 5,864.30
Electronically/by mail	\$ 3,593.62
Projected weekly need	\$ 9,895.00





Congratulations!

to those who received
First Communion

Caitlyn Mary Antony

Reiann Therese Arroyo

Natalia Isabella Barrera

Brody Michael Biggar

Marilynn Darleen Camacho

Sebastian Alberto Castanon

Andre Raul Castanon

Christopher Emiliano Sanchez Elias

Chidiuto Gerardine Emeka-Nweze

Esteban Colin Hernandez

Donan Prince Jonathan Houenou

Mariana Guadalupe Lopez Paniagua

Aldair Ceja

Elizabeth Kim

Carmina Itayetzi Nieva Carreon

Brissa Naomi Ochoa Silva

Damian Wences Campos

¡Felicidades!

a los que recibieron
Primera Comunión

Ulises Axel Arreola

Jacob Yahir Perez Castillo

Kimberly Aileen Perez

Belen Milan Martinez

Charlie de Jesus Rodriguez Perez

Sofia Rojo Marin

Aylin Maeli Sanchez-Bello

Dareni Angelina Sanchez-Bello

Camila Nichole Perez

Sixta Aaliyah Sanchez

Chris Alonso Solis Acacio

Dante Vincent Stokke

Roman Thomas Stokke

Mario Tellez Jimenez

Mia Tomas

Charles Townsend

Leylani Tomas





St. Juan Diego Catholic Church

Office: 5995 NW 178th Ave.,
Portland, OR 97229

Phone: 503.644.1617
Parish Cell Phone: 503.880.3337

Email: office@stjuandiego.org

Temporarily Office Hours:
Horarios de Oficina Temporales:
Tues./Mar: 3:00 pm - 6:00 pm
Sat./Sab: 9:00 am - 12:00 pm

www.stjuandiego.org

Parish Staff (503) 644-1617

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Work Cell Phone: 971-217-8935	
Adriel Algiene Coordinator of Music	aalgiene@stjuandiego.org Ext. 305
Maintenance	sjdmaintenance@gmail.com

St. Vincent de Paul Food Pantry / Despensa de Alimentos

503-985-6046

Mon/Lunes: 4:00pm - 5:30pm
Fri/Viernes: 11:00am-12:30pm

Prayer Chain

Our Prayer chain is immediate, short-term support. To submit a prayer request please send an email to: sjdprayerchain@googlegroups.com.

Cadena de Oración

Nuestra cadena de Oración es apoyo inmediato, a corto plazo. Para enviar una solicitud, envíe un correo electrónico a: sjdprayerchain@googlegroups.com.

Donate Now
Done Ahora



Please Support Our Sponsors Por favor Apoye a Nuestros Patrocinadores

<p>Hail Mary, full of grace.</p>  <p>Illustration 2001 K. Sullivan.</p>	<p>Springer And Son</p> <p>The only Family owned Funeral Home in Aloha, Beaverton & Hillsboro.</p> <p>John Springer www.springerandson.com 503.356.1000</p>	<p>Hard to say... easy to work with!</p>  <p>503.281.0752 www.anctilheating-cooling.com</p>	<p>Vames Wang INJURY LAWYERS</p>  <ul style="list-style-type: none"> • Car • Truck • Motorcycle • Bicycle • Pedestrian • Premises • Dog bite • Injury <p>Paul Vames, 503-669-3426 HILLSBORO GRESHAM se habla español • 讲普通话 www.vameswang.com</p>	<p>Tanasbourne Pediatrics</p> <p>Raquel Apodaca, MD (parishioner) Ramya Mishra Jariwala, MD</p> <p>17895 NW Evergreen Place #110 Beaverton, OR 97006 503.690.8195</p>
 <p>Simonsen DENTAL</p> <p>Accepting new dental patients 14125 SW Farmington Rd. Phone (503) 646-3169 www.simonsenfamilydental.com</p> <p>Office Hours: Mon-Thurs. 7am-4pm</p>	<p>PARKER JOHNSTONE'S WILSONVILLE Honda smart. simple.</p> <p>Bob Moore Parishioner</p> <p>New and Pre-Owned Cars 503.218.4844 bmoore@WilsonvilleHonda.com</p>	<p>PERSONAL INJURY WILLS & ESTATES BUSINESS LAW Law office of DOUGLAS F. ANGELL P.C. Parishioner</p>  <p>5075 SW Griffith Dr #250 503.336.0053 doug@angell-legal.com</p>	 <p>S&J CLEANING SERVICES LLC</p> <p>Professional Commercial & Residential Cleaning Parishioners Fully Licensed and Bonded</p> <p>Call for a free estimate 971-533-0678 or e-mail to sjcleaningpdx@gmail.com</p>	<p>Anctil Plumbing Inc.</p> <p>503.642.7323 Serving All Your Plumbing Needs Since 1975</p>

Mental Health Awareness Month

1-800-950-6264 or nami.org (for services and support)

(week1)

During this month (May) we will explore mental health through professional eyes, a personal story from a person with mental illness, and then look towards treatment and our involvement.

Pope John Paul II stated at the ICfHCW (11/30/96); "Whoever suffers from mental illness 'always' bears God's image and likeness in themselves, as does every human being. In addition, they 'always' have the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such." (ncpd.org/ministries-programs/specific/mentalillness)

What is Mental Health? Mental Illness?

When we speak of a person's mental health, we are usually referring to their behavioral, emotional, or at times cognitive wellbeing. We are all active participants in our own and other's mental health status. Mental health can affect our daily life, relationships, and even physical health. We all have a variation of emotions, behaviors, and productive days. Our mental health can fluctuate from sad to happy, quiet to loud, calm to angry, etc. The issue arises when over time we experience multiple crises that cause a mental health condition.

*National Alliance on Mental Illness (NAMI) states: "A **mental health** condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment, and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too."*

On the other hand NAMI states that; "A **mental illness** is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. One in 5 adults experience a mental health condition every year. One in 17 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to a person directly experiencing a mental illness, family, friends, and communities are also affected." nami.org (~search 'mental health conditions')

There are "red" flags that may bring a concern to seek professional help. **Call your primary doctor.** Just a reminder, *we do not hesitate to call the doctor with physical pain or injury, so why hesitate when mental health pain is present.* Below are some warning signs, but there may be others:

- Withdrawing from people or activities normally enjoyed
- Sleeping or eating too much or too little
- Feeling as if nothing matters
- Consistently low energy
- Using drugs more than normal (including alcohol and nicotine)
- Confusion
- Displaying uncharacteristic or erratic emotions
- Not being able to complete standard tasks, such as getting to work or cooking a meal
- Persistent thought of memories that reappear regularly

Children may present with somewhat different signs but are out of the ordinary behavior:

- Changes in school performance
- Excessive worry or anxiety; avoiding school, arguing over little tasks
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression

Mes de concientización sobre la salud mental 1-800-950-6264 o nami.org (para servicios y apoyo) (semana 1)

Durante este mes (mayo), exploraremos la salud mental a través de los ojos profesionales, una historia personal de una persona con una enfermedad mental, y luego observaremos el tratamiento y nuestra participación.

El Papa Juan Pablo II declaró en la ICfHCW (30/11/96); "Quienquiera que padece una enfermedad mental" siempre "lleva la imagen y semejanza de Dios en sí mismo, al igual que todo ser humano. Además, "siempre" tienen el derecho inalienable no solo de ser considerado como una imagen de Dios y, por lo tanto, como persona, sino también de ser tratado como tal ". (Ncpd.org/ministries-programs/specific/mentalillness)

¿Qué es la salud mental?

¿Enfermedad mental? Cuando hablamos de la salud mental de una persona, generalmente nos referimos a su bienestar conductual, emocional o, a veces, cognitivo. Todos somos participantes activos en nuestro estado de salud mental y en el de otros. La salud mental puede afectar nuestra vida diaria, las relaciones e incluso la salud física. Todos tenemos una variación de emociones, comportamientos y días productivos. Nuestra salud mental puede fluctuar de triste a feliz, de tranquila a fuerte, de calma a enojada, etc. El problema surge cuando con el tiempo experimentamos múltiples crisis que causan una condición de salud mental.

La Alianza Nacional de Enfermedades Mentales (NAMI, por sus siglas en inglés) dice: "Una condición de **salud mental** no es el resultado de un evento. La investigación sugiere múltiples causas vinculantes. La genética, el entorno y el estilo de vida influyen en que alguien desarrolle una afección de salud mental. Un trabajo estresante o la vida familiar hacen que algunas personas sean más susceptibles, al igual que los eventos traumáticos de la vida, como ser la víctima de un crimen. Los procesos y circuitos bioquímicos y la estructura cerebral básica también pueden jugar un papel importante".

Por otro lado NAMI afirma que; "Una **enfermedad mental** es una condición que afecta el pensamiento, sentimiento o estado de ánimo de una persona. Tales condiciones pueden afectar la capacidad de alguien para relacionarse con otros y funcionar cada día. Cada persona tendrá experiencias diferentes, incluso personas con el mismo diagnóstico. Uno de cada 5 adultos experimenta una condición de salud mental cada año. Uno de cada 17 vive con una enfermedad mental grave, como esquizofrenia o trastorno bipolar. Además de una persona que experimenta una enfermedad mental directamente, la familia, los amigos y las comunidades también se ven afectados ". Nami.org (~ buscar" condiciones de salud mental ")

Hay banderas "rojas" que pueden ser motivo de preocupación para buscar ayuda profesional. **Llame a su médico de cabecera.** Solo un recordatorio, *no dudamos en llamar al médico con dolor o lesión física, así que ¿por qué dudar cuando hay dolor en la salud mental?* A continuación hay algunas señales de advertencia, pero puede haber otras:

- Retirarse de personas o actividades que normalmente se disfrutaban.
- Dormir o comer demasiado o muy poco
- Sentirse como si nada importara.
- Consistentemente baja energía
- Usar drogas más de lo normal (incluyendo alcohol y nicotina)
- Confusión
- Mostrar emociones inusitadas o erráticas.
- No poder completar las tareas estándar, como ir al trabajo o cocinar una comida
- Pensamiento persistente de recuerdos que reaparecen regularmente.

Los niños pueden presentar signos algo diferentes, pero están fuera de la conducta ordinaria:

- Cambios en el rendimiento escolar.
- Preocupación excesiva o ansiedad; Evitando la escuela, discutiendo sobre pequeñas tareas.
- Comportamiento hiperactivo
- Pesadillas frecuentes
- Desobediencia o agresión frecuente.

Resurrection Parish (21060 SW Stafford Rd, Tualatin, OR 97062) will be dedicating the month of May to Mental Health Awareness and Mary with presentations and activities to educate and pray.
Reservations are not necessary.

May 10th, 7pm: Asking Our Lady for Help

(How Mary Can Guide Us to Spiritual Fulfillment) Join us for a presentation by Helen Thurlow in Rossman Hall.

May 17th, 7pm: A Spiritual Guide to Mental Wellness

Join us for a presentation by DeLynn Dellarosa, R-LPC, in Rossman Hall.

May 22nd, 9:45am: National Day of Hope Solidarity (NAMI) Walk

May 22nd, 12:15pm: Stations of the Cross

Join us for Stations from the Point of View from People of Ukraine (A Look at Depression, Anxiety, and PTSD) in the church.

SAVE THE DATE: July 16th

St Anthony Catholic Church (Tigard) will be hosting a one-day Bilingual Mental Health Conference on July 16th!
Additional details coming soon!