



AMEN NEWS

Letter from the AMEN Chair

Dear AMEN Sisters,

I hope this letter finds all of you and your families safe, healthy, and happy! My family and I are doing good. We are keeping busy, hiking, and playing a lot of ping pong!

We have entered our seventh week of Shelter-In-Place. Even though we are not living our “normal lives,” would you agree a lot has transpired in our lives?! It has for me. There has been a shift and a simplification in my life. Yet, my days are full, rich, productive and I am present with my family in new and meaningful ways. It has been interesting to learn how my family and friends are spending their time at home. I have heard that they are trying new activities, such as baking bread, planting seeds for a garden, adopted a pet, and learning a foreign language. I love that everyone is getting back to the basics with creativity and human interaction.

The Bellarmine students are presently collecting food and donations for their **Annual Spring Food Drive Campaign for Second Harvest Food Bank**. The campaign runs from April 23rd – May 8th. AMEN is participating in this campaign for the first time this year. We have our own **AMEN LINK** for those of you that would like to contribute to the students' Food Drive.

At April's Spring Dinner I would have addressed the members and passed the torch to our incoming Chair Betsy Noonan. So I want to take this opportunity to tell you how proud I am of all the amazing work AMEN has accomplished this year: the planned events, funds raised and donated, membership, Interest Group activities, two spiritual retreats, the newsletter, and all the community service. It has been an honor to have worked closely with the board members and witness their talents, professionalism, and dedication to AMEN. Truly, this organization exemplifies *Women For Others*. I am so very proud to be a member of this organization. I look forward to be with all of you next year with Betsy as our Chair, where we will celebrate our 20th Anniversary of the founding of AMEN! There is already plans underway to celebrate this momentous occasion!

I hope the May newsletter brings you inspiration, provides some spiritual comfort, is motivational, entertaining, and makes you laugh! Yes, it is long, but loaded with *golden nuggets*! I promise, you will be rewarded at the end!

My love to all of you,
Teresa Giovanzana
AMEN CHAIR 2019/20

Letter From Chair Elect, Betsy Noonan

Dear AMEN Members,

This coming year could not be more different than we expected! These past several weeks have only been imagined in sci-fi movies and books. Yet here we are.

Hopefully, you and your loved ones are finding ways to adapt to the new landscape. We need each other more than ever. I've been thinking about this quite a bit. As spring is roaring, Mother Nature is back to her glory; it's really got me wondering about what my new awakenings will be.

As the in-coming chair of AMEN, it has led me to this; **connections** will be my north star and my guiding theme for the year. It's the opposite of emotional and physical distancing. In any other time, I would be telling you this from the lectern at our Spring Dinner. I am excited to share that during our 20th anniversary year we will celebrate the women who came before us and make new memories and achievements. Our 20th anniversary – this is a milestone year! Now, in so many ways, we are called to a new task.

Connecting with one another will help us stay involved with one another. It's my hope that our volunteerism will amplify. There are untapped and creative ways to address the new needs of our Bellarmine community since the COVID 19 outbreak. The number of families in need of help is greater than it has ever been. These needs are above and beyond financial aid needs for tuition support.

We have a wealth of resources within AMEN to support each other and our community. I am dedicated to finding the unique ways to make these **connections** when we finally come together again in person. And I am certain we will celebrate how we looked after one another during this difficult time.

My pledge as the incoming chair of AMEN is to help us all make the **connections** that we need in this time. We are women for others.

With **connection**, love, laughter and humility,

Betsy Noonan
Chair Elect 2020/21

Wine Wednesday over Zoom on May 6th: Grab a glass and dial in!
Let's try it.

Topic: AMEN Wine Wednesday
Time: May 6, 2020 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81298642711?pwd=VDdPNGphbDZ5dmlSUFVVQTdybVowdz09>

Meeting ID: 812 9864 2711

Password: 708973



Excerpts From Pope Francis' Homily At Easter Vigil Mass

The women bring spices to the tomb, but they fear that their journey is in vain, since a large stone bars the entrance to the sepulcher. The journey of those women is also our own journey; it resembles the journey of salvation that we have made this evening...

The angels of the Lord appeared to the women and said, "Why do you seek the living among the dead?" (Lk 24:5).

Often what blocks hope is *the stone of discouragement*. Once we start thinking that everything is going badly and that things can't get worse, we lose heart and come to believe that death is stronger than life. We become cynical, negative and despondent. Stone upon stone, we build within ourselves a monument to our own dissatisfaction: *the sepulcher of hope*. Life becomes a succession of complaints and we grow sick in spirit. A kind of *tomb psychology* takes over: everything ends there, with no hope of emerging alive. But at that moment, we hear once more the insistent question of Easter: *Why do you seek the living among the dead?* The Lord is not to be found in resignation. He is risen; he is not there. Don't seek him where you will never find him: he is not the God of the dead but of the living (cf. Mk 22:32). **Do not bury hope!**

For Full text click this link: <https://www.vaticannews.va/en/pope/news/2019-04/pope-francis-easter-vigil-mass-homily-text.html>



Bellarmino's Annual Spring Food Drive For Second Harvest

Due to the pandemic and uncertain times, more families have been pushed into financial crisis and food insecurity. Over the past month, Second Harvest of Silicon Valley has received four times the usual number of requests for food assistance, with many people asking for help for the very first time. Bellarmine believes it is as important as ever to host a Food Drive. They want to do what they can to answer the Gospel call to, "*feed the hungry*," by supporting Second Harvest's critical work for struggling neighbors.

Bellarmino's goal for this year's Food Drive is to raise \$10,000—enough funds to provide 20,000 meals for our neighbors who rely on Second Harvest for food assistance.

The drive will run from **Thursday, April 23-Thursday, May 8**. AMEN is participating in Bellarmine's Annual Spring Drive for the first time.

If you feel you would like to contribute to Bellarmine's Spring Food Drive for Second Harvest, please visit the link and donate: [AMEN TEAM LINK](#).



Live-Streaming Sunday Mass At Bellarmine

The Jesuits at Bellarmine will be Live-Streaming Sunday Mass every Sunday, at 9:30am, from the Bellarmine chapel, throughout this crisis. The Jesuit priests encourage you to celebrate mass with them.

You can view the broadcast from this link: [Click here for Live Stream](#)

BellsGive Day Coming May 8th "Save the Date"

Bellarmino's 4th Annual Giving Day, **BellsGive**, takes place on **May 8th** – the date that commemorates the **Founders' Day in 1851** when the first classes were as **Santa Clara Prep**.

This fundraising campaign will benefit the Direct Tuition Assistance Fund, COVID-19 Emergency Fund, and the Bellarmino Fund. Bellarmino's need for support is greater than ever. Please look for additional information about BellsGive to come from Bellarmino soon.



Bellarmino Student Helps Against Pandemic

Healthcare workers are facing a severe shortage of protective equipment as they deal with the COVID-19 pandemic. Bellarmino sophomore, Aditya Indla, is helping produce hospital validated medical face shields with 3D printing. Working in partnership with Bellarmino's Maker Lab, Empowering Youth Action, a Bellarmino College Prep student organization, and Maker Nexus, a non-profit maker-space organization in Sunnyvale, Aditya Indla has devised a plan to get more PPE for healthcare workers.

Maker Nexus has over 12,000 shields requested. Maker Nexus is working hard to source bulk supplies that are cost effective for the volunteer makers.

Aditya Indla has organized a fund raising campaign to raise money for production and volunteer makers to produce the protective face shields. His goal is to raise \$10,000 to protect 1,000 health care workers. The project was launched in March and the campaign has already raised more than \$8,000 toward that goal. The face shields cost \$10 each to manufacture and last up to 5 days with multiple sanitizations. Please consider donating to the project's [GoFundMe page](#) to help this Bellarmino student meet his goal and manufacture the face shields.

Friendship with Time: A Retreat at Home

By Sarah Bonini

Time became my friend once I got into the rhythm of sheltering in place. I've been popping in to zooms, podcasts, webinars, books, You Tube videos - you name it! My initial goal was getting ideas for spirituality offerings in my role at SCU in Alumni Relations. Normally, I'm not much of a journaler, but I've become one, and I've filled one journal already. Without realizing it, I've entered into a 6 week retreat, and I'm still going strong! I've gained so many pearls of wisdom; friendship with time is one of them. If you are interested in a more organized mini-retreat on Zoom email sarahjbonini@gmail.com.

Here's my very random "retreat" for you to help you develop a friendship with time during these troubled times.

What you'll need:

1. Create a sacred space of beauty with items that are around your house: candles, flowers, rocks, icons, crosses, art.
2. Create a playlist of music: [Here's one I use](https://open.spotify.com/playlist/7AXnykCoDA997VUkInxSWE?si=NJXOHQJ-QxuiYa3__H87TQ) if you like classical music
https://open.spotify.com/playlist/7AXnykCoDA997VUkInxSWE?si=NJXOHQJ-QxuiYa3__H87TQ
3. A journal, a pen, your laptop, and a yoga mat

Now you're ready to set off on your own adventure at your own pace.

Some GREAT resources:

[Calm Minds by David Romanelli](#)

a daily 12 minute, 30 day mindfulness podcast- I HIGHLY recommend it.

<https://docs.google.com/document/d/1Wnpg-8bEOstTiwQBwXKN5hLkXAvvru9Roa7ZmToQTcs/edit>

[Ignatian Yoga on You Tube](#)

with Bobby Karle, S.J. which merges Ignatian Spirituality and the mind/body/spirit tenets of yoga. Also an incredibly beautiful way to pray and exercise.

<https://www.youtube.com/channel/UCpRXkluoIwUDeKtbmI4cjHw>

[Bishop Barron offers daily Mass](#)

on You Tube which is always lovely.

<https://www.wordonfire.org/daily-mass/>

[Journal on any of these relevant insights.](#)

<https://docs.google.com/document/d/1Wnpg-8bEOstTiwQBwXKN5hLkXAvvru9Roa7ZmToQTcs/edit>

Practice mindfulness with breathing and repeat the following mantra:

Breathe In for a count of 4 - Peace above me
Breathe out for a count of 4 - Peace below me
Breathe In for a count of 4 -Peace all around me
Breathe out for a count of 4 Peace within me

Finally, a perfect prayer for our troubled times which was written in the 20th century:

A Prayer by Pedro Arrupe, S.J.:

*Grant me, O Lord, to see everything now with new eyes,
to discern and test the spirits
that help me read the signs of the times,
to relish the things that are yours, and to communicate
them to others.
Give me the clarity of understanding that you gave
Ignatius.*



Fear Does Not Stop Death.
It Stops Life.
And Worrying Does Not
Take Away Tomorrow's Troubles.
It Takes Away Today's Peace.



Women for Others – Masks and Feeding the Hungry!

By Linda Chin

With so much time for reflection, our thoughts often turn to those less fortunate. There are many opportunities to help, even while sheltering in place.

IF YOU CAN SEW: A critical need is masks for non-medical organizations which are also on the front lines, working to minimize infections. Linda Chin has materials and instructions for homemade masks, which are needed by **HomeFirst** to prevent infection in our county's homeless shelters. She also has cloth that needs to be cut and edged to be used as inserts in plain cotton masks to add a layer of protection.

If you're an experienced sewist and willing to pick up materials to make masks or inserts, please contact Linda at chindalin@aol.com. She doesn't recommend these projects unless you have a rotary cutter and decent sewing skills – one package of materials to make 40 masks will take at least 10 hours.

IF YOU'RE WILLING TO WORK WITH OTHERS: In addition, it's possible to assist with food box packing and distribution while maintaining social distance. For example, St. Martin of Tours does food box packing and distribution on their church grounds outdoors on the third Friday of each month with tables spaced at an appropriate distance, and all workers wearing masks and gloves. Assembled food boxes are placed directly into clients' car trunks as they drive through the parking lot. Other churches are doing similar work. Contact your church office to see if you can help.

MARTHA'S KITCHEN is serving 1,000 more meals per day than before the pandemic. They need volunteers every day, and you can [Sign Up](#) online. The same is true for **LOAVES AND FISHES:** [Sign Up](#) and **SECOND HARVEST:** [Sign Up](#) All three organizations are doing a great job maintaining social distancing. Activities include sorting produce, building hygiene kits, home delivery, handing out meals, etc. However, they will not allow anyone 65 and older or anyone with health risks to participate.

And, of course, all of our social service organizations can use your donations. If you are blessed with health and financial stability, please extend a helping hand to those in need!

On Living Through A Pandemic...

Author Bob Pritchett tells the beautiful story of his grandmother's life during the 20th century. Please take a few minutes to read this woman's poignant story of perseverance with grace through pandemics, diseases, depressions, recessions, and wars. Very pertinent to the times we live in now. Published on April 9th, 2020, for the website *Medium*. <https://medium.com/@bobpritchett/on-living-through-a-pandemic-5c6ea0d2ec06>

My Spring Awakening

By Kathy Pompili



It was a few weeks into our collective Covid quarantine when my grey mood mirrored the overcast skies, heavy and monotonous. Perhaps my low spirits had been made worse by another night's sleep interrupted with unsettling dreams, prompted by the worries and uncertainties we had all been sharing for our families, friends and communities. Our lives were being surreally disrupted, for who knows how long?

Screaming into a pillow may have made me feel a tad better, but would likely have seriously spooked my family, seeing their wife and mother lose her nut. So, I stepped outside, seeking a moment of relief and respite in the hopes of fighting off the waves of so many conflicting emotions that threatened to swamp me.

As I began to take a turn about the yard, I suddenly noted that spring had already begun to share her beauty throughout the garden, until now, unnoticed. Shrubs were pushing out tender, green shoots, a pastel canopy of dogwood and cherry blossoms complimented the fiery amber of emerging Japanese maple leaves, and a painter's palette of floral colors had quietly materialized in corners of the garden forgotten during the sleep of winter. Like a susurrus, I recognized that this quiet, annual exercise of Life soothed my fretful nerves and felt like a comforting constant when so much around me was shifting and unsettled.

Jesuit spirituality teaches us "to see God in all things," and nowhere is this truth more manifest than in what was transpiring outside my windows. I simply had to step outside and witness: to be grateful for the perfumed breath I could breathe, to behold color and light emerging from the darkness, to listen for His voice in the birdsongs. I had needed to take a moment, to be quiet and to be present. God was whispering in my ear, "*Be not afraid. I go before you, always. Come, follow me.*" And I did, into His garden.



Corona Lisa

For a little comic relief!

Since You Are Doing So Much Extra Cooking, Perhaps You Need An Extra Apron!

Everyone is cooking and baking a whole lot more while we are Sheltering-in-Place. Perhaps you need a new AMEN apron to add to your culinary wardrobe! This new AMEN fund raising item has three front pockets and proudly displays our logo with the saying, "*Love is the Secret Ingredient.*" If you would like to purchase an AMEN apron please contact Julie Hughes.

Julie has offered to deliver the aprons to your doorstep within the Santa Clara County vicinity. The cost of the apron is \$35.00. You will need to provide at the time of drop-off either cash or a check. Sorry, no credit cards at this time.

Please contact Julie by email: julievhughes@gmail.com



Virtual Museums and Tours

By Mari Donnelly

While many of our events have been cancelled due to COVID19, here are some ways to engage through virtual tours of museums, concerts, zoos and parks during this time. *Enjoy!* Direct links are in **Blue**.

CNN Style looks at some of the most fascinating, immersive concerts, museum tours and other virtual experiences you can explore from the comfort of your own couch.

Google Arts & Culture Museum Tours: Take a self-guided virtual tour through Google's archive of top museums around the world, from the Getty to the Musée d'Orsay.

Monterey Bay Aquarium "Be delighted by the antics of sea otters or mellow out to the hypnotic drifting of our jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are."

San Diego Zoo Live Cams Watch animals - from elephants to penguins to tigers and more - live from the San Diego Zoo!

The **Winchester Mystery House** welcomes guests to experience the house from the comfort of their home.

The Hidden Worlds of the National Parks "You'll be introduced to five experiences that you can take with park rangers. Each is a guided journey, and the rangers walk you through places that few set foot: the Kenai Fjords in Alaska; Hawai'i Volcanoes in Hawaii; Carlsbad Caverns in New Mexico; Bryce Canyon in Utah; and Dry Tortugas in Florida. The tours highlight not only the immense beauty of these places but the variety of terrain in the vast United States."

Take a virtual tour of a California state park. Use Google Trekker to visit many of our beautiful parks right from your computer, tablet, or smart phone.

Visit Italian Museums By Virtual Tours



Brera Pinacoteca Museum in Milan

The Uffizi Galleria in Florence

The Vatican Museums in Rome

The Sistine Chapel at the Vatican in Rome

DoubleTree Hotels Releases Their Secret Recipe For Chocolate Chip Cookies

Contributed by Bev Bonovich & Baked By Bells

For the first time ever, DoubleTree by Hilton is sharing the official bake-at-home recipe for the brand's beloved and delicious chocolate chip cookie, so at-home bakers can create the warm and comforting treat in their own kitchens.

The warm chocolate chip cookie welcome is synonymous with DoubleTree hotels worldwide, and travelers look forward to receiving one, fresh from the oven, upon their arrival.

DoubleTree hopes families enjoy the fun of baking together during their time at home.

DoubleTree Signature Chocolate Chip Cookies

Makes 26 cookies

½ pound butter, softened (2 sticks)

¾ cup + 1 tablespoon granulated sugar

¾ cup packed light brown sugar

2 large eggs

1 ¼ teaspoons vanilla extract

¼ teaspoon freshly squeezed lemon juice

2 ¼ cups flour

½ cup rolled oats

1 teaspoon baking soda

1 teaspoon salt

Pinch cinnamon

2 ⅔ cups Nestle Tollhouse semi-sweet chocolate chips

1 ¾ cups chopped walnuts

Preheat oven to 300°F.

Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about 2 minutes. Add eggs, vanilla and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl. With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix. Remove bowl from mixer and stir in chocolate chips and walnuts. Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft. Remove from oven and cool on baking sheet for about 1 hour.

Cook's note: You can freeze the unbaked cookies, and there's no need to thaw. Preheat oven to 300°F and place frozen cookies on parchment paper-lined baking sheet about 2 inches apart. Bake until edges are golden brown and center is still soft.

Your reward for making it to the end of the newsletter...

A very **funny video** called, "*Quarantina*" performed with the music of Abba!



Stay Safe Everyone!

Thank you Teresa for being a wonderful AMEN Chair!!

It has been an honor to work alongside you!