



Catholic War Veterans of the USA  
Father Vincent Capodanno Memorial Post  
*To Heal, Serve, Love, Listen*

Fiftieth Edition

est. 11/24/2015

April 2020



Father Vincent Robert Capodanno, M.M.

**MEETING NOTICE**

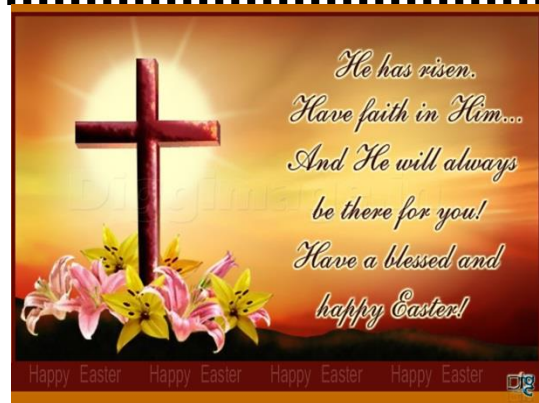
Due to the present Coronavirus epidemic and necessary precautions advised by medical professionals, **ALL FUTURE MEETINGS OF CWV POST 1974 ARE CANCELLED.** When it is deemed safe for all involved, we will continue with our monthly meetings. Be safe, and God bless you all.

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**DUES**

For Catholic War Veterans, our membership year runs from October 1<sup>st</sup> until September 30. So for,

this membership year shows that we are nine members who have not renewed. If you are one of the nine, I urge you to please renew as soon as possible. If you cannot pay, for whatever reason, let me know, and arrangements will be made. Just make your check or money order for \$30.00 out to CWV Post 1974 and sent it to CWV Post 1974 at the address above. Thank You



I hope and pray that all of you are experiencing a happy and holy Easter season. With all of the things going on

in our country right now, we need the eternal hope that comes with this season. For many of us, I know it is true for me, it has been years since I have missed Sunday Mass not to mention Easter Sunday. Having to settle for watching on TV is not easy. One good thing I have experienced is that the Mass I watch, one EWTN, has several parts in Latin. It brings back many wonderful memories of my altar boy days and my years in the seminary.

As we continue to go through our isolation from our families and friends, I encourage each of you to frequently check on others, friends, neighbors, etc. if for no other reason, at least to just say "Hello".

One of the messages that Pope Francis has sent out is one of hope...

**"Do not be afraid, do not yield to fear: This is the message of hope. It is addressed to us, today...Jesus' hope is different. He plants in our hearts the conviction that God is able to make everything work unto good, because even from the grave He brings life. He, who rolled away the stone that sealed the entrance of the tomb, can also remove the stones in our hearts.... He did not abandon us; He visited us and entered into our situations of pain, anguish and death. His light dispelled the darkness of the tomb: today He wants that light to penetrate even to the darkest corners of our lives. It is encouraging to know that He walks ahead of us in life and in death. He goes before us to Galilee, that is, to the place which for Him and His disciples evoked the idea of daily life, family and work. Jesus wants us to bring hope there, to our everyday life. For the disciples, Galilee was also the place of remembrance, for it was the place where they were first called. Returning to Galilee means remembering that we have been loved and called by God. Today, as pilgrims in search of hope, we cling to you, Risen Jesus. We turn our backs on death and open our hearts to you, for you are Life itself."**

**Pope Francis**

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### **Something to Think About**

**Managing Grief During a Pandemic  
by Doreen Marshall, Ph.D.**

**Vice President of Mission Engagement, AFSP**

Many of us are grieving right now. We are grieving people we have lost, in many instances not having had the opportunity to say goodbye or to be with them in their final moments. We are grieving not being able to have our in-person presence to support one another right now. We are grieving our rituals, our routines and the familiarity of our day-to-day assumptions. For those of us who have a history with grief (especially the unexpected kind), we may be having grief of those former losses

stirred and awakened. This week alone, I had two separate dreams connected to previous losses (a death and a miscarriage). I had to remind myself when I woke that it was not those events reoccurring, but another, entirely distinct set of losses that I was currently experiencing.

Grief can be messy. It's not linear, as in, "when I get through this particular feeling, I'm done with that." It is cyclical and lingers around important events, words not said, certain songs, and moments captured like photographs in our minds. It is a place we can choose to visit or ignore, though it resides in the background as if waiting for us to notice.

If you are experiencing grief right now, here are some things you might remind yourself:

There are different ways to say goodbye. Unexpected endings tend to bring strong emotions, often anchored in both the present and the past, when we may have felt abandoned or left behind. There are different ways to say goodbye. Write a letter to your loved one, even if you end up being the only one who sees it. If your loved one has died or is in a place you can't visit, hold an intention for them in your mind, and say it aloud as you think of them throughout the day. One of my favorites is, "May you feel my love for you and be surrounded by peace."

"The last sentence of the book doesn't rewrite the entire story." Years ago, following the loss of someone dear to me, a wise person shared these words with me. It reminded me that even though I was unable to be with my loved one when he died, I had a book full of lines to draw upon that were the story of our life together and of our relationship. Many of those lines were expressions of our love, moments we shared together, conversations and memories. Remembering these feelings and these moments is how we get a sense of who the individual was; who we were with them; and what the relationship was—all of which surpasses their final moments. Right now is a good time to reflect on those earlier, better memories as best as you can, to remind yourself of the full picture of their lives and your connection.

Connections can deepen over time, even after loss. My father died 14 years ago this week. In the early days and weeks following his death, all I could remember was the image of him sick, and the trauma I associated with that. As time passed, my memories of him unexpectedly became richer and more accessible than they were in those early days. The images of him being sick began to fade away. I can now more easily remember his laugh and his jokes, and recognize the similarity between my daughter's eyes and his. I also feel more connected to how he must have felt as a parent, now that I am one, myself. These are newer, deeper connections to my father, ones I couldn't have anticipated at the time he died.

You are not alone in your grief. Know that others are also experiencing grief right now, and that there is support available. Online grief support, and grief support provided by mental health professionals, hospice centers and faith groups are all accessible to you, many via

telehealth and other virtual platforms. You can learn about options for grief support by connecting to your local mental health providers, faith organizations or hospice, or through one of the following national resources: National Suicide Prevention Lifeline: 1800 273-TALK (8255); Crisis Text Line: text TALK to 741741. If you are struggling with the loss of a loved one to suicide, even one that occurred prior to COVID-19, AFSP has our Healing Conversations program, which provides peer-to-peer phone or video contact and resources for those struggling with suicide loss.

Please know, at this time, that others who have traveled the roads of grief are here for you and can serve as guides. Look to them for hope, healing and comfort during this difficult time, and know that days are ahead of you in which the intensity of your grief will be lessened, and replaced by loving memories.

**SICK CALL**



**Please keep these members in your prayers:  
 Thomas F Maschler, Jr  
 Rachel E Johnson  
 All who are touched by the Coronavirus**

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**Veteran Retreat**

Every year there is a weekend retreat specifically geared to veterans. Here is the information concerning this year's retreat:

**What:**

A retreat for U.S. Military Veterans featuring a series of talks focusing on issues pertaining to Veterans. Each talk will be followed by small group breakout sessions for attendees to share their own experiences related to the topics presented. We will also have worship services and quiet time for personal prayer and reflection. Attendees will each receive private accommodations at White House and all meals are provided.

**Why:**

The retreat will help veterans focus on their military experience and how God was with them and continues to be with them. It digs in to trauma created by PTSD and guilt and shame that can accompany military experience. It does require that participants be able to enter into quiet reflection and be able to listen to the experiences of others.

**When:**

July 1-3, 2020 (Wednesday- Friday). Check in is from 5:00 PM to 6:00 PM on Wednesday July 1st and the retreat will conclude on Friday July 3rd after lunch (around 1:30 PM).

(Opening night dinner will begin promptly at 6 pm)

**Where:**

White House Jesuit Retreat- 7400 Christopher Drive, St. Louis, MO 63129.

**Who:**

This retreat is open to men and women of any denomination who have served in the United States Armed Forces.

**Cost:**

We simply require a \$30 deposit to register. That is the only cost to attendees. We host a variety of fundraising events throughout the year to offset the cost of holding this retreat.

**While the retreat is not scheduled until the beginning of July, you may want to call and make sure it is not cancelled. No one knows how long this virus thing will be around.**

**SPACE IS LIMITED!**

**CALL 314-416-6400 TO REGISTER.**



**Other notes:**

Continue your Masses and prayers for the canonization for Fr. Capodanno.

Check with their local VA and CDC information on Covid 19, especially if you have any appointments at your local VA

If you have any questions feel free to contact our service officer, Ann Puck -- (816) 469-0271