



## 3RD SUNDAY OF EASTER

And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. - Jn 21:12

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## 3ER DOMINGO DE PASCUA

Y ninguno de los discípulos se atrevía a preguntarle:  
'¿Quién eres?', porque ya sabían que era el Señor.

- Jn 21, 12

## Readings for the week of May 01, 2022

**Sunday:** Acts 5:27-32, 40b-41/Ps 30:2, 4, 5-6, 11-12, 13 [2a]/Rv 5:11-14/Jn 21:1-19 or 21:1-14

**Monday:** Acts 6:8-15/Ps 119:23-24, 26-27, 29-30/Jn 6:22-29

**Tuesday:** 1 Cor 15:1-8/Ps 19:2-3, 4-5/Jn 14:6-14

**Wednesday:** Acts 8:1b-8/Ps 66:1-3a, 4-5, 6-7a/Jn 6:35-40

**Thursday:** Acts 8:26-40/Ps 66:8-9, 16-17, 20/Jn 6:44-51

**Friday:** Acts 9:1-20/Ps 117:1bc, 2/Jn 6:52-59

**Saturday:** Acts 9:31-42/Ps 116:12-13, 14-15, 16-17/Jn 6:60-69

### Health and Wellness for the Family

(Information from Mental Health Ministries)

Mental Health in Challenging Times Reports reveal that mental health professionals are seeing an increase in persons dealing with stress, anxiety, and fear in our uncertain world. Our country is deeply divided over many issues. Even family relations are being affected by this bitter division. International tension is increasing as we are bombarded by news reports that can be frightening. The events in today's world can be especially difficult and can be triggers for persons who have experienced traumatic experiences in their past. Mental health professionals are seeing an increasing number of persons seeking to find ways to cope with these additional stresses and fears.

But we are all in this together and there are steps we can take to care for ourselves, keep perspective, and cherish all that's good in our life. Mental Health America offers ten tools as a guide to good mental health-even in the face of life's challenges.

#### Ten Tools to Live Your Life Well

1) Connect with others 2) Stay positive 3) Get physically active 4) Help others 5) Get enough rest 6) Create joy and satisfaction 7) Eat well 8) Take care of your spirit 9) Deal better with hard times 10) Get professional help if you need it

**Use the rituals of your faith for comfort, strength and hope!**

**Partake in the Sacraments.**

Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

NAMI FaithNet [www.nami.org/faithnet](http://www.nami.org/faithnet)

Mental Health Ministries [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)

For more information, check the Health and Mental Wellness page on the All Saints website.



All Saints is excited to announce that as part of our continued commitment to being a place of spiritual healing and renewal, we will be having a Healing Mass on Saturday, May 21st at 1 pm. This will be an opportunity to come and receive special graces for healing of all kinds whether it be physical, mental, or spiritual. If you have any questions please email our Echo Apprentice Noah McManus at [echo@allsaintsknoxville.com](mailto:echo@allsaintsknoxville.com).

## Mass Intentions

### Saturday, April 30th

**5 pm:** The People of All Saints Parish

**7 pm:** The Monastery of Our Lady of Grace in Guildford, CT

### Sunday, May 1st

**8 am:** Cathie & Al Mix †

**10 am:** Dan Koelsch †

**11:30 am:** Timothy Gouge †

### Monday, May 2nd

**6:30 am:** Dr. Norma Edwards

**9 am:** Edward Pecjak †

**12:10 pm:** Blanche & Rene Duplantier †

### Tuesday, May 3rd

**6:30 am:** Angela Jameson †

**9 am:** Vilma Ramos †

**12:10 pm:** Mark Ferri †

### Wednesday, May 4th

**6:30 am:** Bob Jameson †

**9 am:** Fred Coram †

**12:10 pm:** Eugenia Kreidler †

### Thursday, May 5th

**6:30 am:** Louise Corpetti Lee †

**9 am:** Fran Ray †

**12:10 pm:** Ruthmarie McNamara

### Friday, May 6th

**6:30 am:** Bernandina Vazquez †

**9 am:** The Souls in Purgatory †

**12:10 pm:** Laen Heberle †

### Saturday, May 7th

**9 am:** Art Andrian †

**5 pm:** Dennis Reszka †

**7 pm:** The People of All Saints Parish

### Sunday, May 8th

**8 am:** Kevin Kalvig †

**10 am:** Tom Wiel †

**11:30 am:** Anthony Campbell

# THANK YOU

for your commitment to the Bishop's Appeal for Ministries!

Through your generosity, you're spreading the Good News of Jesus Christ and providing essential ministries, programs, and services throughout East Tennessee each and every day.

You continue to love your neighbor as yourself and truly care for those around you in the communities where you live, work, and pray, and we cannot say THANK YOU enough!

We're proud of the number of families and individuals we've been able to serve this past year – thanks to the incredible support provided by the **Bishop's Appeal for Ministries**, which raised more than \$2.9 million in 2021—a new record!

For the 9th year in a row, we continue to expand our outreach efforts through Christian formation and religious education, the St. Mary's Mobile Medical Clinic, seminarian education, youth and young adult ministry, and Catholic Charities.

**Thank you for giving so much and for serving as the face of Jesus for those around you!**



Are you Catholic and going through or have gone through a divorce or gotten out of an unGodly relationship? Do you wonder if you are alone? You are not! Join us Saturday May 7th at 2pm at All Saints Catholic Parish in Room C for fellowship, prayer and some healing. Contact Jan Parks at JMPPrincess1986@gmail.com or Pat Nakagawa at pfn87544@gmail.com for more information.



## SPIRITUAL ADOPTION UPDATE

I am bigger and stronger now, about 6 inches long and weighing 4 ounces. My heartbeat is so much stronger that mommy hears it clearly at the doctor's office! My nostrils and toenails are visible and I can even suck my thumb! Somersaults are a great way to exercise and explore. My grip is strong, daddy! I hope I can run and play one day...PRAY FOR ME to be born. Thank you!

# GRACIAS

Por comprometerse con la Colecta del Obispo para los Ministerios

Con su generosidad usted lleva la Buena Nueva de Jesucristo y hace posible, cada día, la existencia de ministerios esenciales, programas y servicios en el este de Tennessee.

Usted realmente continúa amando al prójimo como se ama así mismo, y se preocupa por quienes están a su alrededor en la comunidad donde vive, trabaja y ora. Nunca podremos dejar de decirle: ¡GRACIAS!

Estamos orgullosos de la gran cantidad de personas y familias, a quienes hemos podido servir el año pasado, gracias al increíble apoyo que aporta la **Colecta del Obispo para los Ministerios**, ya que en el 2021, dicha colecta recaudó más de \$2.9 millones de dólares. ¡Un nuevo récord!

Por 9 años consecutivos venimos esforzándonos por seguir creciendo a través de la formación cristiana y la educación religiosa, la Clínica Médica Móvil de Santa María, la formación de seminaristas, el ministerio de adolescentes y jóvenes adultos, así como de Caridades Católicas.

**¡Gracias por su generosidad y por ser el rostro de Jesús al servir a quienes lo rodean!**



come and pray a

*Holy Hour for Vocations*

Chattanooga Deanery  
St. Thérèse of Lisieux  
Friday, May 6, 2022  
9am



Smoky Mountain Deanery  
Our Lady of Fatima  
Monday, May 9, 2022  
7pm, Bilingual

Five Rivers Deanery  
St. Dominic  
Wednesday, May 11, 2022  
7pm

Cumberland Deanery  
St. Mary, Oak Ridge  
Thursday, May 12, 2022  
6pm

Diocese of Knoxville Office of Vocations Dioknox.org 865-584-3307

# The Adult Social is May 6th!

KCHS @ 6 PM

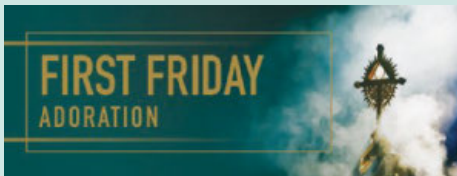
Tickets are still available!

[www.allsaintsknoxville.org/  
adult-social](http://www.allsaintsknoxville.org/adult-social)



The Social Action Committee would like to thank the members of our parish for their incredible generosity during the Lenten Food Drive. During the six weeks of Lent, 3500 pounds of food were delivered to the Ladies of Charity and the Crazy Quilt food pantries. Additional items, such as paper towels, baby formula and personal hygiene products were also donated and delivered. Both agencies are very grateful for this generous support. Thank you!

El Comité de Acción Social agradece a los miembros de nuestra parroquia su gran generosidad durante la Campaña de Alimentos. Durante las seis semanas de la Cuaresma, se entregaron 3500 libras de alimentos a las despensas de las Damas de Caridad y Crazy Quilt. También hubo otras donaciones como toallas de papel, leche en polvo para bebés y artículos de higiene personal. Ambas agencias están muy agradecidas por su generoso apoyo. Gracias!!



First Friday Eucharistic Adoration will begin on Friday, May 6, after the 9 AM Mass and end with Benediction on Saturday, March 7, before the 9 AM Mass. Please sign up online at [www.allsaintsknoxville.org/eucharistic-adoration](http://www.allsaintsknoxville.org/eucharistic-adoration), in the Narthex, or text Mary Haley at (865) 803-9322 or email at [OurMotherCalls@gmail.com](mailto:OurMotherCalls@gmail.com). If you would like to receive a monthly notice via the Signup App, be designated attendee for a specific hour, or be a substitute attendee in case an hour is not filled, please contact Mary Haley.

## Ecological Christianity Through the Ten Commandments



Over the coming weeks, the Creation Care Team will post an ecological themed reflection on one of the 10 commandments.

**Second Commandment:** You shall not take the name of the Lord your god in vain.

**What does this mean?** Speak reverently about God and holy things; keep oaths and vows. Avoid: blasphemy, irreverent use of God's name, breaking vows and false oaths.

**Reflection:** Our prayers can make a huge difference. How is our reverence for God reflected in our treatment of his creation?

**Action:** Say a prayer that God's presence be with you today.

The All Saints Creation Care Team will meet on Monday, May 2nd at 1 PM in Room B of the parish office. All are welcome to join us! For more information, please contact Connie Brace at [creationcare@allsaintsknoxville.com](mailto:creationcare@allsaintsknoxville.com)



All Saints Parish is ready to commit to a large billboard to show our support for motherhood and LIFE. As usual, the ad in the East TN Catholic will run

in June or July. This is where your family can honor their mom, grandmom, or loved one, or just list your family name to show your support for life.

SIGN UPS ARE the weekend after Mothers Day--May 13/14 at all the Masses. Single name is \$15, a family is \$20, & adjust by how many honorees you have. We will take whatever donation you can make...thank you! Contact Debbie 865-599-0088, if any questions. This is the only weekend we are signing people up.

"They are individual beings that have feelings, know friendship, have a common language and look after each other."

### Intelligent Trees

View and discuss the movie at our next Social Action meeting on May 9th at 7 PM in Room B of the parish office.



Nicodemus Club will meet next on Sunday, May 22, at 9:30 AM in room 106 in the RE Building for ninety minutes. The featured speaker will be Deacon David Lucheon. His subject will be "God's Plan: It's all about the W!"

Nicodemus Club is open to all adults who wish to learn more about their Catholic Faith. For more information, contact Gene Masters at 865-539-2756, or by email at [masterseugene@gmail.com](mailto:masterseugene@gmail.com).

### Oportunidad de Voluntariado

¿Tienes algunas horas cada semana de sobra? Usted puede hacer una diferencia en la vida de una madre y su hijo sin salir de la comodidad de su propio hogar.



El Centro de Ayuda para el Embarazo está buscando voluntarios que hablen Inglés y Español para ayudar con nuestro programa virtual Earn While You Learn. Educamos a los padres sobre el embarazo, la crianza de los hijos y las habilidades para la vida, todo mientras ganamos los suministros que necesitan para sus bebés. Se necesitan voluntarios tanto mujeres como hombres. Se proporciona capacitación y los horarios son flexibles.

Su tiempo y talentos son realmente necesarios ya que nuestros Centros de Ayuda para el Embarazo están creciendo rápidamente para satisfacer las necesidades de aquellos a quienes tenemos el privilegio de servir. Para obtener más información, póngase en contacto con: Español - Ivett Lambert @ [ilambert@csetn.org](mailto:ilambert@csetn.org) o 865212.4942

### **Community Supported Agriculture (CSA) Season is Here!**

CSA stands for Community Supported Agriculture. A CSA allows customers to purchase a "share" of a farmer's harvest upfront. Knoxville has a few CSA's and now is the time to sign up to make sure you receive locally grown fresh vegetables every week. To find a CSA with drop off locations that meet your needs the below site.

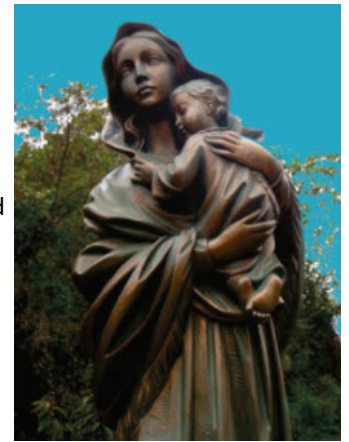
From this site, you can check out farmer's sites and sign up for a share if you like! What better way to make sure you are eating fresh and healthy than to commit to it!!

Our mind, soul, and body are all connected; the better the foods you put in your body, the better you should feel. We all know that when we feel better, we are better able to serve and meet the needs of our families and ourselves. All this leads to fulfilling our call to holiness, loving God and our neighbor as ourselves.

Another wonderful food and nutrition resource is Nourish Knoxville. [www.nourishknoxville.org](http://www.nourishknoxville.org)

### Our Blessed Mother

*Catholics have long honored the Blessed Mother during May.*



The Marian feasts in May include Our Lady of Fatima (May 13th) and the Visitation of the Blessed Virgin Mary (May 31st). Mother's Day is May 8th !

At All Saints, we will honor our Blessed Mother with weekly rosaries and a May Crowning on Sunday, May 8th.

A May Altar will also be set up in the narthex honoring Mary. Please bring flowers throughout the month to adorn our Blessed Mother. Vases will be available, and flowers will be needed all month long.

### Family Activities for May

1. Set up a May Altar in the home Put a small white tablecloth on the mantle, dining room table, or other location. Adorn with a statue or picture of the Blessed Mother, a candle, and a rosary. As a family, pray the *Hail Mary* or the *Angelus* Daily. Sing a song about Mary such as *Immaculate Mary*, or *Hail Mary: Gentle Woman*. Pray the rosary as family.
2. Make a May Basket Easy baskets can be made from a cone of paper or a doily, with a strip of ribbon looped and stapled to the upper edge. Besides flowers and candies, the surprises inside could include a spiritual bouquet said for someone, with a note saying "certain prayers (an Our Father or Hail Mary for example) were said for you today." You may even want to add a prayer card. These baskets are wonderful for someone sick, a relative, a teacher, or a neighbor.
3. Say the Rosary as a Family Say the Rosary at home or bring your family to the All Saints Rosary Garden or Grotto along the walking path. You can sit on the benches or bring a picnic blanket and sit on the ground! The Rosary board in the garden has step by step instructions on praying the rosary.



Doughnuts after Mass is an All Saints tradition! We would love to have you join us in serving and sharing in this time of fellowship! We will be scheduling individuals or families to serve doughnuts after each Mass starting the weekend of May 7-8. If you can serve, please contact Carrie Manabat, [carrie.manabat@allsatinsknoxville.com](mailto:carrie.manabat@allsatinsknoxville.com) with your name and the Mass you attend. Thanks for helping us keep the doughnuts rolling!

## Parish Contacts

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865-474-8607

**Annie Nassis—Youth Ministry**

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865-474-8609

**Susan Tribble—Women's Ministry**

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865-679-9129

# Vacation Bible School is Back!



**July 18 - July 22**

**Ages 4 to rising 5th  
graders**

[www.allsaintsknoxville.org/vbs](http://www.allsaintsknoxville.org/vbs)

**Volunteers Needed!**

## All Saints Youth Ministry Summer 2022

**May 26**

**Serve and Soak**

Morning service at  
Second Harvest &  
Afternoon Tubing Trip.  
Open to gr. 6-12 &  
adults.

**May 30-June 4**

**Camp Hidden Lake (g. 6-8)**

Outdoor activities, ropes  
course, Mass, prayer,  
worship, fun & friends in  
Georgia. Contact Annie  
for info.

**June 22**

**Hike | Bike | Splash**

Biking & Hiking at Cades  
Cove at GSMNP.  
Open to gr. 6-12 &  
adults.

**June 25-July 2**

**Service Opportunities  
with CHWC Knoxville**

Open to MS, HS, college  
and adults. Help behind  
the scenes, setup,  
cleanup & meals

**July 5**

**Tye Dye & Trivia**

Join us at the pavilion and  
tye-dye any item you bring  
or paint a rock. Group  
trivia afterwards. Open to  
gr. 6-12 and families.

**July 8-16**

**Catholic HEART  
Workcamp (Gr. 9-12)**

Yakima, Washington  
Join us for a week of  
service, fun, prayer, new  
friends and more.  
Contact Annie for info

**July 15-22**

**Service Opps with Vacation  
Bible School**

Help with set-up, decorations,  
games, and volunteers  
throughout the week. Open  
to middle school, high school  
and adults. Contact Carrie at  
474-8603.

**July 26**

**White Water Rafting**

White water rafting on  
the Pigeon River near  
Hartford, TN. Open to gr.  
6-12 & adults.

**August 21**

**KARM Service Day**

We have two shifts  
available to serve a  
meal to the homeless at  
KARM Mission. Open to  
gr. 7 and up and adults.

**Registration begins on May 1 for all summer activities.  
Camp registration is already underway). Register at:  
[www.allsaintsknoxville.org/ym-event-registrations](http://www.allsaintsknoxville.org/ym-event-registrations)**



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## "I WAS TIRED OF LIVING IN PAIN..."

If you are living with Fibromyalgia, you understand all too well the effects it can have on loved ones. Local Knox resident, Mary, found herself at a turning point when she noticed her diagnosis started taking a toll on her marriage.

***"I was always angry, faced with all the things I could no longer do. That anger cycled into depression and affected everyone around me, most of all, my husband. It made our lives miserable."***

Fibromyalgia affects the entire body, and even more complicated, it affects everyone's body a little differently. Symptoms are difficult

to predict and often change on a daily basis. Some days you're plagued with widespread muscle pain and fatigue, other days it's a headache or sensitivity to touch.

While suggested treatments might entail dietary changes or different medications, many feel their life is no longer ruled by Fibromyalgia, but instead by routine and a pill regimen in order to avoid flare ups.

Doing her own research, Mary discovered that acupuncture can help ease pain and improve the quality of life of Fibromyalgia patients. West Knox Acupuncture clinic specializes in treating

chronic complex pain conditions using acupuncture integrated with biomedical technology developed for healing and recovery.

The staff at WKA understands your diagnosis & have proven solutions to help you feel better. To schedule a consultation, call **865.275.2444**.



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