



# SAINT ANSELM PARISH

The 2nd Sunday in Ordinary Time | January 16, 2022


## Welcome!


**Fr. Aidan McDermott, OSB - Pastor**

530 South Mason Road  
Creve Coeur, MO 63141  
[www.stanselmstl.org](http://www.stanselmstl.org)

**Parish Office:** 314.878.2120  
Open Monday - Friday  
8 A.M. - 4 P.M.  
[parishoffice@stanselmstl.org](mailto:parishoffice@stanselmstl.org)

**Emergency Night Phones:**  
(Fr. Gerard) 314.606.4186  
(Fr. Aidan) 314.456.1302

 **Saint Anselm Parish**

 **@saintanselmstl**

## Mass Times

### Sunday

7:30 and 9 A.M.  
in the Abbey Church  
11 A.M. and 5:30 P.M.  
in the Parish Center

### Monday - Friday

6:30 and 8:30 A.M.  
in the Adoration Chapel  
7:30 A.M. and 5:30 P.M.  
in the Abbey Church

### Saturday

7:30 and 8:45 A.M., and 4:30 P.M.  
in the Abbey Church

## Confession

### Sunday

7 and 8:30 A.M. in the Abbey Church  
10:30 A.M. and 5 P.M.  
in the Parish Center

### Tuesday & Thursday

5 P.M. in the Abbey Church

### Saturday

30 mins after 7:30 A.M. Mass, and  
4 P.M. in the Abbey Church



WEEK OF PRAYER FOR CHRISTIAN UNITY 2022

## Divine Office

All are welcome to join the monks in the Abbey Church for their daily prayers.

### Monday - Friday

LAUDS - 6:55 A.M.  
SEXT - 11:45 A.M.  
VESPERS - after 5:30 P.M. Mass  
COMPLINE - 7:40 P.M.

### Saturday

LAUDS - 8:15 A.M.  
SEXT - 11:45 A.M.  
VESPERS - 6:15 P.M.

### Sunday

LAUDS - 8:15 A.M.  
SEXT - 11:45 A.M.  
VESPERS - 5:30 P.M. + Benediction

## Sacraments

### Baptism

Please make arrangements with Fr. Aidan McDermott at 314.878.2120 or [fraidan@priory.org](mailto:fraidan@priory.org).

### Matrimony

Couples planning marriage please contact one of the priests or deacons at least 6 months in advance.

# FROM THE PASTOR'S DESK

Dear parishioners,

Happy Season of Ordinary Time! Ordinary Time sounds, shall we say, "ordinary". As we move from the Christmas season, let us by God's grace carry the peace and light of the Prince of Peace in our hearts throughout the year.

**Holy Church celebrates the saving work of Christ on prescribed days over the year with sacred remembrance. Each week, on the day called the Lord's Day, she commemorates the Resurrection of the Lord, which she also celebrates once a year in the great Paschal Solemnity, together with His blessed Passion. In fact, throughout the course of the year the Church unfolds the entire mystery of Christ and observes the birthdays of the Saints.** (*Sacrosanctum concilium* from Second Vatican Council Constitution on the Sacred Liturgy)

As we begin the liturgical season of Ordinary Time, it might be helpful to remind ourselves of the Church's liturgical year and particular seasons. I'm sure for some of you this sound as interesting as watching paint dry. However, the liturgical life of the Church is full of graces and joys! At the heart of it, we reflect on the life of Christ and His love for us and the Church. The Church's liturgical year is separated into six seasons, which draw us into the life, mission, Passion, Death, and glorious Resurrection of Jesus. We also share in the life of the saints of the Church throughout the year. Here is a breakdown of the seasons:

**ADVENT** - The four weeks of preparation before the celebration of Jesus' birth.

**CHRISTMAS** - Recalling the Nativity of Jesus Christ and His manifestation (**EPIPHANY**) to the peoples of the world.

**LENT** - A six-week period of penance before Easter, beginning with Ash Wednesday.

**SACRED TRIDUUM** - The holiest **three days** of the Church's year, when the Christian people recall the suffering, death, and resurrection of Jesus.

**EASTER** - 50 days of joyful celebration of the Lord's Resurrection from the dead and His sending forth of the Holy Spirit (**PENTECOST**).

**ORDINARY TIME** - Divided into two sections (one span from 4-8 weeks beginning after the Christmas season, the section we find ourselves in now, and the another lasting six months after the season of Easter).

Along with the setting of the liturgical year, there's also the liturgical calendar, which prescribes saints to celebrate for a community. In the Archdiocese of Saint Louis, we have unique celebrations of saints with different solemnities than other dioceses; Saint Rose Philippine Duchesne, Saint Vincent de Paul, and Saint Louis are all saints with a connection to our faith community here in the Archdiocese. And with Saint Anselm Parish being associated with Benedictine monks, we have the unique

opportunity to honor some of the saints of the Benedictine tradition, like Saint Benet Biscop, who we celebrated this week.

January marks the month of the Supreme Court decision of Roe v. Wade, the case that legalized abortion on demand. This month, many across the country will make a pilgrimage to our nation's capital to pray for and witness to the Culture of Life. The United States Conference of Catholic Bishops has published a novena to pray from January 19-27, which you can find at [www.respectlife.org/9-days-signup](http://www.respectlife.org/9-days-signup).

An update on our observance of masking and social distancing at Mass: As we continue to see a rise in the omicron variant, I wanted to remind everyone to be *calm but vigilant*. We seem to be doing well with our current masking protocol for Mass, which is that masks are *recommended and encouraged*. I trust you all will use good judgement in the choices you make in staying healthy. We might, in the next few weeks, be mindful of where we sit at Mass (in other words, trying to spread out more in the church when choosing our seats). As always, if you're not feeling well, please stay home. We love you and want you to come pray with us; however, we also want you to take care of yourself as well.

Thank you for your patience, and as Padre Pio says: **Pray, Hope, and Don't Worry.**

May God continue to bless you and your families,  
Father Aidan McDermott, OSB



**Week of Prayer for Christian Unity**  
January 18-25

The Week of Prayer for Christian Unity has a history

of over 100 years, beginning in 1908, in which Christians around the world have taken part in an octave of prayer for visible Christian unity.

Please pick up a **prayer card** and a copy of this year's **daily Scripture and prayer guide** by the church doors after Mass this weekend!

## WEEKLY SCHEDULE

January 16 - 22

### Sunday

Prayers for Religious Liberty,  
5 P.M., CH  
Youth Group, 7-9 P.M., PC LL

### Monday

*Martin Luther King Day*  
*Parish office closed*

Women's Ignatian Prayer  
Group, 1:45-3:30 P.M., PH

Rosary at the Grotto, 5 P.M.

Women's Fellowship planning  
meeting, 6:30 P.M., PC

### Tuesday

Eucharistic Adoration,  
7 A.M.- 4 P.M., PC LL Chapel

Our Lady of Perpetual Help  
Devotions, 8 A.M., CH

Cenacle for Life meeting,  
9 A.M., PC

Lectio Divina, 9:30-11 A.M., PH

Rosary for the Military,  
1 P.M., PC LL Chapel

Confessions, 5 P.M., CH

### Wednesday

SoulCore,  
10 A.M.-12 P.M., PC LL

Youth Group, 7-8:30 P.M., PC LL

### Thursday

Eucharistic Adoration,  
7 A.M.- 4 P.M., PC LL, Chapel

Confessions, 5 P.M., CH

### Friday

### Saturday

St. Vincent de Paul meeting,  
8-9 A.M., PC LL

CH - CHURCH LL - LOWER LEVEL  
PC - PARISH CENTER YR - YOUTH ROOM  
PH - PARISH HOUSE

## THIS WEEK'S READINGS

### Monday:

1 Samuel 15:16-23  
Psalm 50:8-9, 16bc-17, 21 & 23  
Mark 2:18-22

### Tuesday:

1 Samuel 16:1-13  
Psalm 89:20, 21-22, 27-28  
Mark 2:23-28

### Wednesday:

1 Samuel 17:32-33, 37, 40-51  
Psalm 144:1b, 2, 9-10  
Mark 3:1-6

### Thursday:

1 Samuel 18:6-9; 19:1-7  
Psalm 56:2-3, 9-10a,  
10b-11, 12-13  
Mark 3:7-12

### Friday:

1 Samuel 24:3-21  
Psalm 57:2, 3-4, 6 & 11  
Mark 3:13-19

### Saturday:

2 Samuel 1:1-4, 11-12,  
19, 23-27  
Psalm 80:2-3, 5-7  
Mark 3:20-21

## Mass Intentions for January 17 - 22

<b>Monday</b>	6:30 A.M. — The Cochran Family 7:30 A.M. — + Kit Kienstra 8:30 A.M. — + George Hempstead
<b>Tuesday</b>	6:30 A.M. — + Donald & Ellena Lavin 7:30 A.M. — + Virginia Rehme 8:30 A.M. — + Martin J. Hennessey
<b>Wednesday</b>	6:30 A.M. — + Pauline Carter 7:30 A.M. — + Michael Kickham 8:30 A.M. — + Dominic Licavoli
<b>Thursday</b>	6:30 A.M. — + Jack McEnery 7:30 A.M. — + Judi Bulgarelli 8:30 A.M. — Mary Jane Straub
<b>Friday</b>	6:30 A.M. — + Linda Fahr 7:30 A.M. — + Aster Woldu 8:30 A.M. — + Bob Busch
<b>Saturday</b>	7:30 A.M. — + Ed & Audrey Gayou 4:30 P.M. — + Rudi & Olvido Hernandez

**Sunday Masses:** Our Sunday Masses are always offered for our Saint Anselm Parish Family.

## Pray for the Sick

*Please include the following in your daily prayers:*

Tom Blythe, Joan Cain, Carol Chalcraft, Horacio del Rosario,  
Linda & Ted Ehrmann, Bonnie Ferrell, Pat Hartwig, Ray Hellweg,  
Therese Jost, Thomas O'Brien, Dr. Romeo Perez, Margaret  
Puterbaugh, and Bonnie Wimmer.



**Stewardship** [stewardship.stanselmstl@att.net](mailto:stewardship.stanselmstl@att.net)

**"To each individual the manifestation of the Spirit is given for some benefit." (1 Corinthians 12:7)**

Saint Paul tells us that God has blessed each of us for a reason. How has God blessed you? How are you helping to build God's kingdom here on earth? Remember that if you don't do the work God planned for you, no one else can do it.

## WEEKEND MASSES JANUARY 22-23

### Saturday - 4:30 P.M.

**Celebrant & Homilist:**  
Fr. Francis

**Extraordinary Ministers**  
Fr. Aidan Cathy Inkley  
Jane Sexton

**Lectors**  
Martin Perron  
Dave Rauscher

**Ushers**  
Bob Kelly Sid Tolod

### Sunday - 7:30 A.M.

**Celebrant:** Fr. Aidan  
**Homilist:** Dcn. Charlie

**Extraordinary Ministers**  
Fr. Francis Dcn. Charlie  
Ron Jaudes

**Lectors**  
Edie Varley Rick Voytas

**Ushers**  
Jack Hodge Bob Mills

### Sunday - 9:00 A.M.

Conventual Mass, celebrated  
and attended by the monks of  
St. Louis Abbey.

(Parishioners and guests  
welcome to attend!)

### Sunday - 11:00 A.M.

**Celebrant & Homilist:**  
Abbot Gregory

**Extraordinary Ministers**  
Eileen Carr

**Lectors**  
Helaine Boland  
Pat Hofmeister

**Ushers**  
Tom Cummings  
Phil Meitner

### Sunday - 5:30 P.M.

**Celebrant:** Fr. Francis  
**Homilist:** Dcn. Charlie

**Extraordinary Ministers**  
Dcn. Charlie

**Lectors**  
Molly Gayou

**Ushers**  
Joe Coleman



## ORDO FOR THE WEEK

### Jan. 16 – The 2nd Sunday in Ordinary Time

#### Jan. 17 – Saint Antony of Egypt, hermit (251-356)

Saint Antony entered into monastic life when he heard the Gospel of Jesus telling the rich young man to sell what he had and follow Him. Many followed Antony and lived as monks under his spiritual guidance. His biography by Saint Athanasius was the first Christian "best seller", and his struggles against supernatural temptation inspired countless works of Christian art.

#### Jan. 18 – The Octave of Prayer for Christian Unity

For eight days, starting January 18 and ending on the feast of the Conversion of Saint Paul on Jan 25, we pray for the reunion of the many Christian churches into the one Church, that all may be one.

#### Jan. 21 – Saint Agnes, virgin & martyr (291-304)

Agnes vowed her heart and purity to God at a young age. One of her many suitors denounced her to authorities as a Christian, yet every attempt to make deny her faith failed. "I would offend my Spouse," she said, "if I were to try to please you. He chose me first and He shall have me!" She accepted her sentence of beheading with the joy of a bride on her wedding day.

## Women's Fellowship of St. Anselm

**Women's Fellowship: Bunco Blizzard!** was postponed. Please look for a rescheduled date soon, and continue gathering friends to join us!

**Planning Meeting:** Monday, January 17 at 6:30 P.M. in the Parish Center (west entrance). The WF committee will make final preparations for the Wednesday, February 9 "The Power of Love" presentation by Fr. Francis. Won't you join us? Contact Audrey Altepeter (314.608.3580/[audreyaltepeter@hotmail.com](mailto:audreyaltepeter@hotmail.com)) if you plan to attend.

**Book Club:** Wednesday, January 26 from 7-9 P.M. in the Parish House. Our New Year **selection and movie** is *Casino Royale* by Ian Fleming! "Agent 007 is dispatched to a French casino in Royale-les-Eaux." A Russian agent, the British Secret Service, and female agent Vesper Lynd all contribute to the adventure. ([ianfleming.com](http://ianfleming.com)) Grab some popcorn and join us for the evening! RSVP by invitation/ email (Helaine Boland - [helaineb@ymail.com](mailto:helaineb@ymail.com))

**Prayer Chain:** "As mariners are guided into port by the shining star, so Christians are guided to heaven by Mary." (Saint Thomas Aquinas) Contact Helaine Boland ([helaineb@ymail.com](mailto:helaineb@ymail.com)) with your prayer requests.

**Bible Study:** Our guide for the next Bible Study is *Mary - Virgin, Queen, and Mother* by Fr. Mitch Pacwa, SJ. "... he challenges Catholics to have a renewed devotion to the Blessed Mother..." This 9-week study is offered Mondays, 9:30-11:30 A.M., starting February 21, OR Thursdays, 6:30-8:30 P.M., starting February 24. Interested? Questions? Contact Audrey Altepeter (314.608.3580/[audreyaltepeter@hotmail.com](mailto:audreyaltepeter@hotmail.com)).



**Reginald Grayson Gau**, son of Michael and Nicole Gau, was baptised into the Catholic faith on January 9, 2022!

## IN MEMORIAM

Louise Dietsche	01/16/94
Jane Rehme Hamm	01/16/07
Mary Thole	01/16/14
Donald W. Bussmann	01/17/11
Brooks Chassaing	01/17/90
Dr. George B. Rader	01/17/04
Prior Paul Kidner, O.S.B.	01/18/20
Robert S. Kilker	01/18/03
Adrian Poelker	01/18/86
Marguerite T. Wefel	01/18/07
Mary Geekie	01/19/20
Eugene Kroupa	01/19/15
Marietta Binz	01/20/21
James A. Campanella	01/20/03
Kenneth Mihill Sr.	01/20/19
Marina J. Scheer	01/20/08
Wallace P. Berkowitz, MD	01/22/19
Fr. Columba Cary-Elwes, O.S.B.	01/22/94



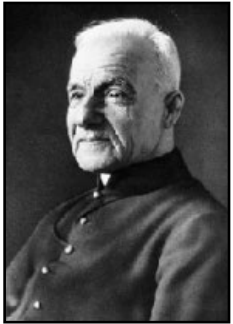
Please join us in congratulating **Mr. George and Mrs. Mary Marklin** on their diamond wedding anniversary on January 20, 2022!

## HAPPY ANNIVERSARY

17	Mr. & Mrs. Stephen M. Ackerman
17	Mr. & Mrs. William Neukum
19	Dr. & Mrs. George Vournas
19	Mr. & Mrs. Michael Danna
20	Mr. & Mrs. George Marklin
21	Mr. & Mrs. William S. Pollnow
21	Mr. & Mrs. Andrew G. Smith
22	Mr. & Mrs. Michael A. Pierle
22	Dr. & Mrs. Peter M. Ahlering
22	Mr. & Mrs. Alan Benes
22	Mr. & Mrs. Eric Moraczewski

# Hanging with the Saints

## Who is **Saint André Bessette**?



The Congregation of the Holy Cross was skeptical when Alfred Bessette asked to enter the novitiate. The young man was nearly illiterate, and chronic illness left him unfit for hard work. But he held a note from his pastor that read: "I am sending you a saint."

Alfred took the name "André", and was assigned the role of doorkeeper at the college. He later joked, "At the end

of my novitiate, my superiors showed me the door, and I stayed there for forty years." His duties were small and unimportant in most people's eyes - greet visitors, wake the boys for class, deliver mail - but Br. André did everything joyfully, never complaining of his illness or weariness.

Many visitors asked him to pray for their health, and he often visited the sick with a medal of St. Joseph, urging them to trust completely in the Lord. Word soon spread of miraculous healings, but the monk insisted the glory belonged to God and St. Joseph - all he had done was pray.

With his superiors' permission, Br. André built a tiny shrine to St. Joseph. Visitors began to donate and within ten years, the shrine had grown exponentially, tens of thousands of letters pouring in weekly asking Br. André to pray for them. At his death in 1937 at the age of 91, millions of people traveled to file past his coffin and pay their respects.

Because Saint André saw himself as one of the "smallest brushes" in the Artist's hand, humbly offering all he was to God, God was able to work wonders through him. What can we take to prayer and offer to God, clearing the way for Him to create something beautiful through us?



## St. Patrick Center Lunch Program

(every 3rd Wednesday)

Through St. Patrick Center, our parishioners help provide daily hot meals to men and women experiencing

homelessness. Food should be delivered to the Parish Center on **Tuesday, January 18** by 3 P.M.

Health Department Regulations state no salad may be prepared at home. Send the lettuce (pre-packaged at the store), cucumbers, onions, mushrooms, etc. as they are sold at the store. The Center will wash and chop the ingredients. Thank you!

## FAITH FORMATION

### Beloved: The Total Gift of Self

Sunday, January 23 at 9:15 A.M. | Parish Center, Room #5

A stunning series on **FORMED** by the Augustine Institute, **Beloved** invites couples to experience firsthand the wonder, mystery, and joy behind that first "I do"... whether you said it last year or many years ago.



Our discussion on **Sunday, January 23** will be on *The Total Gift of Self*.

**Just a note:** While your RSVP helps us prepare for each discussion, **please feel free to walk in** if you're free that morning! If you are able

to RSVP in advance, please contact David Straub at the number or email below.

Questions? Contact **David Straub, Adult Faith Formation**

at 314.878.2120 ext. 19 or [dstraub@stanselmstl.org](mailto:dstraub@stanselmstl.org)



### Men's Ignatian Prayer Group

Thursday, January 20, 6:30-7:30 P.M.

Starting **Thursday, January 20**, our men's prayer group will begin again, led by parishioner and archdiocese-commissioned spiritual director Kim Pham, with Deacon Charlie assisting.

**This group is open to any men of the parish** interested in deepening their personal prayer and spiritual journey. **No prior experience is required or expected other than an openness**

**to Jesus.** The group will be based on Ignatian spirituality using the book *God's Voice Within* by Fr. Mark Thibodeaux, SJ. Copies will be available at the first meeting. The book is subtitled *The Ignatian Way to Discover God's Will*. **If you have ever asked yourself "What does God want me to do with my life?", then this group is for you.**

If you would like to join this faith and fun-filled adventure, please register by contacting Kim at [stsfidgoo@gmail.com](mailto:stsfidgoo@gmail.com) or Deacon Charlie at [durban383@sbcglobal.net](mailto:durban383@sbcglobal.net).



### Inclement Weather Policy

If the Parkway School system closes, all meetings scheduled at the Saint Anselm Parish Center and Parish House will be cancelled for that day. **The office's snow schedule is 10 A.M. - 4 P.M.** A good rule of thumb is that **if Parkway and Priory**

**are closed**, the parish office will also be closed.

## PARISH SCHOOL OF RELIGION

Join us on Facebook!  
www.facebook.com/stanselmprsr



## SAINT ANSELM YOUTH

Follow us!  
@Anselm\_YG on Twitter and Instagram

## Calendar of Events

**Sunday, Jan. 23:** PSR class

**Sunday, Jan. 30:** PSR class  
First Communion Parent meeting at 9:15 A.M.

**Sunday, Feb. 6:** PSR class

**Sunday, Feb. 13:** PSR class  
*Family + Faith* "Morality: Free to Choose" at 9:15 A.M.  
Children's Mass at 11:00 A.M.

## calendar of events

**Sunday, Jan. 30:** Confirmation class

- Session #8: Burn and Power
- Pastor letter due!

**Sunday, Feb. 13:** Confirmation Class

- Session #9: Enter and Signature
- Fiat #5 due!

## Let the Little Ones Come to Me!

Sunday, February 13 at 11 A.M.

The Children's Mass is a **special teaching Mass** to help our youngest Catholics better understand and participate at parish Masses!

A homily geared toward their age group and time for **Q&A with the priest** afterward engages curious young minds, and nurtures their **personal connection** to the Mass and the Eucharist. *All children between the ages of 2 years and 3rd grade are invited to attend!*

Our next Children's Mass takes place on **Sunday, February 13**, in conjunction with the **11 A.M. Mass** in the Parish Center.

Parents, you are welcome to attend the regular parish Mass upstairs, as catechists will walk children down to the Adoration chapel and back, but we also invite you to attend Children's Mass with your child if you prefer!



Questions? Contact **Greg Siemer, Coordinator of Religious Education** at 314.878.2120 ext. 17 or [gsiemer@stanselmstl.org](mailto:gsiemer@stanselmstl.org)

## Has your contact information changed?

If you've moved, changed your phone number, or your other personal information has changed, please call the parish office at 314.878.2120 so that we can update our directory and keep you in the loop!



Please keep our youth group and CORE team members in prayer as they head to Washington, D.C. this week for the annual March for Life!

Questions? Contact **Courtney Rockamann, Youth Minister** at 314.878.2120 ext. 18 or [youth@stanselmstl.org](mailto:youth@stanselmstl.org)

## Our Lady of Guadalupe Cenacle for Life Pro-life Committee



### Cenacle for Life Pro-Life Meeting

Please join us at our Cenacle for Life Pro-Life meeting on **Tuesday, January 18 at 9 A.M.** in the Parish Center. Pro-life developments and plans for future events will be discussed. Hope to see you there!

### Pray to Protect Human Life - January 19-27

Please consider participating in **9 Days for Life** (January 19-27), an annual novena for the protection of human life. Each day's intention includes a short reflection and suggestions to help build a Culture of Life. Parishioners can download the novena or sign up to receive the daily prayers via email/text message at [9daysforlife.com](http://9daysforlife.com).

### Roe v. Wade 49th Anniversary

Next Saturday, January 22, is the 49th anniversary of the Roe v. Wade decision that legalized abortion throughout the United States. To commemorate the tragic loss of over 62 million babies in the U.S. since 1973 and pray for the legal protection of unborn children, a member of the Pro-Life committee will lead a rosary **after the 4:30 P.M. Mass on Saturday, January 22**, and **after all Masses on Sunday, January 23**. Please plan to participate in this most powerful prayer, or to pray the rosary from home.





## St. Vincent de Paul Food Drive

Sat-Sun, Jan. 15-16 at the Parish House

For our January food drive this weekend, we are requesting grocery items and personal products to fill grocery bags that are delivered to Neighbors in Need when making home visits. We are also in need of items for Blessing Bags given to the homeless.

A SVdP volunteer will accept your items in the Parish House circle driveway and provide tax receipts **before or after the 4:30 P.M. Saturday Mass on Saturday, January 15, or from 7:15 A.M. - 12:30 P.M. on Sunday, January 16.** A bin will be located in the Parish Center to drop off items after the 5:30 P.M. Sunday Mass.

Cash donations are always welcome and will be used to purchase perishable groceries or McDonald's gift cards for Blessing Bags!

**If you prefer to shop online**, you may order items from the St. Vincent de Paul Food Pantry wish list at [smile.amazon.com/gp/ch/list/43-0861752](https://smile.amazon.com/gp/ch/list/43-0861752). **Please order ASAP so items will arrive by Friday, January 21!**

May God bless you for the prayers and generous support you continue to provide our St. Louis Neighbors in Need. Wishing you a New Year filled with joy, hope, and peace!

### Grocery items most needed:

- \_\_\_ Jelly (plastic bottles/jars preferred)
- \_\_\_ Canned soup
- \_\_\_ Canned pasta sauce (24oz cans, not large jars, please)
- \_\_\_ Packaged cookies
- \_\_\_ Bags of apples

### Items needed for Blessing Bags:

#### Individual servings of:

- protein bars
- breakfast bars
- hot chocolate
- beef jerky
- nuts
- bottled water
- cookies
- peanut butter crackers
- cheese & crackers

#### Personal products:

- bar soap
- toothbrushes
- shampoo
- deodorant



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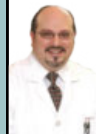
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