ST. BARTHOLOMEW
ROMAN CATHOLIC CHURCH

AUGUST 22
2021

21st Sunday in Ordinary Time
XXI Domingo Ordinario

PARISH INFO

ST. BARTHOLOMEW PARISH OFFICE

1306 27th Street
Columbus, IN 47201
812-379-9353
saintbartholomew.org

PARISH OFFICE HOURS

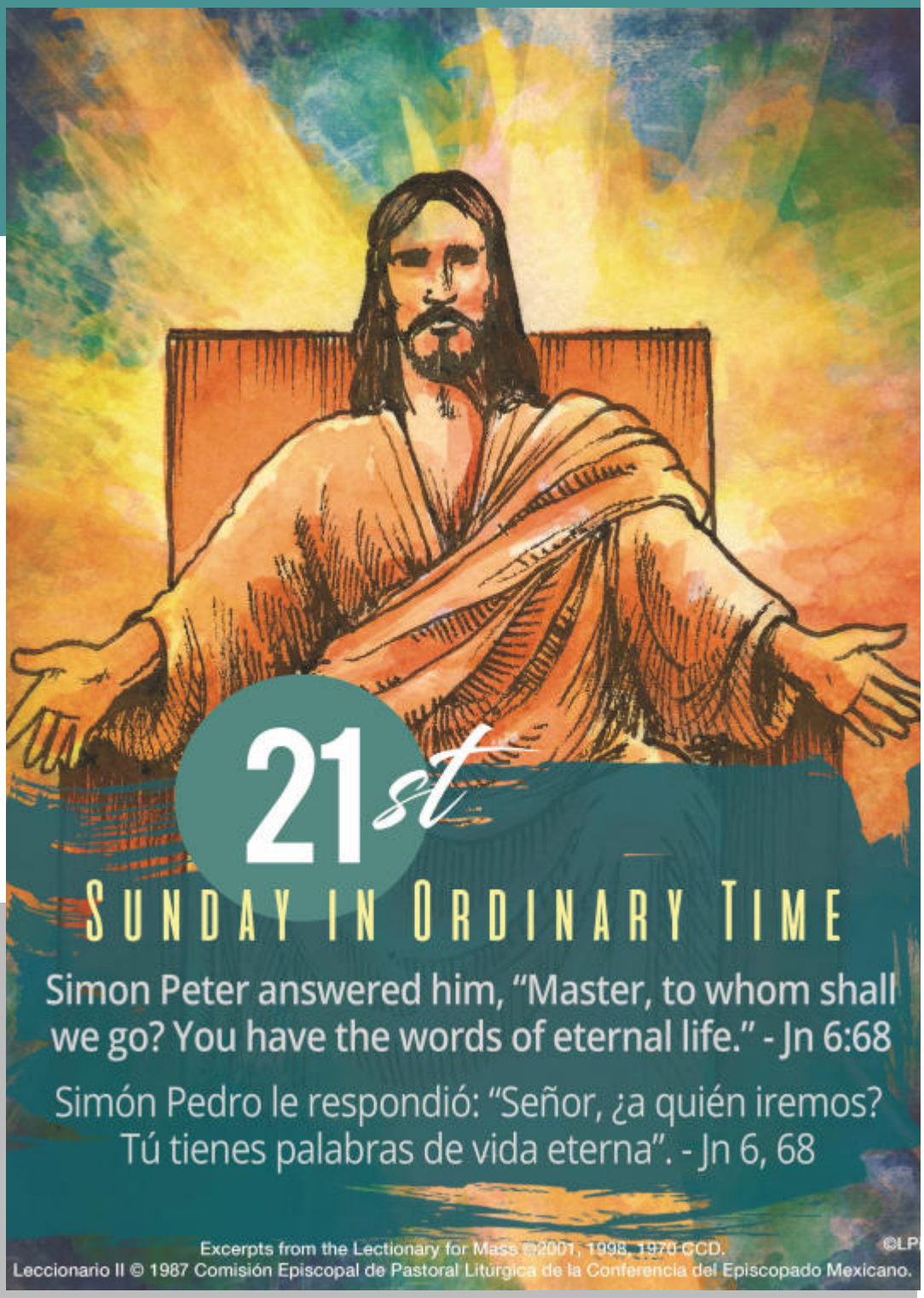
Mon.-Wed.	8:30am-4:00pm
Thursday	8:30am-7:00pm
Friday	8:30am-1:00pm
Sat-Sun	Closed

SPIRITUAL LEADERS

Pastor
Fr. Chris Wadelton
Senior Associate
Fr. Clement T. Davis
Deacons
Bill Jones
Juan Carlos Ramirez

MASS TIMES
HORARIO DE MISAS

Tuesday	5:30 PM
Wednesday	12:00 PM
Thursday	8:15 AM School
	6:00 PM Spanish
Friday	12:00 PM
Saturday	5:00 PM
Sunday	8:00 AM
	11:00 AM
	1:00 PM Spanish
	4:00 PM Bilingual



PARISH GIVING • DONACIÓN IGLESIA

SUNDAY AUGUST 8, 2021

Envelopes • Sobres	$ 19,265.80
Loose • Donación en Efectivo	$ 892.00
Electronic Giving • Transferencia Electronica	$ 21,751.17
Total	$ 41,908.97

FISCAL YTD (JULY 1, 2021—DATE)

Actual	$ 242,910.64
Budgeted • Presupuestado	$ 231,460.00
Overage (Shortage)	$ 11,450.64
Second Collection:	$
Parish Households on Record	1,810

SECOND COLLECTION
SEGUNDA COLECTA

AUGUST 28/29: LOVE CHAPEL

Love Chapel is a Christ-centered, faith based outreach ministry. Many members and participating churches, together with the community at large, support those with emergency needs through Love Chapel. Love Chapel is a year-round support effort that demonstrates to the world that we are brothers and sisters called together by God in both witness and work.

Love Chapel provides services for Bartholomew County residents including offering food resources such as food pantry, mobility pantries, and hot meal sites; financial assistance with rent and utilities; and housing through Brighter Days Shelter and Supportive Living programming.

PARISH CONTACTS • CONTACTOS PARROGQUIALES

SPIRITUAL LEADERS
LIDERES ESPIRITUALES

Pastor
Fr. Chris Wadelton
Ext. 1234 (español)
cwadelton@stbparish.net

Senior Associate
Fr. Clem Davis
cdavis@stbparish.net

Deacon
Bill Jones
bjones@stbparish.net

Deacon
Juan Carlos Ramirez
cramirez@stbparish.net
(español)

EDUCATION & FORMATION
EDUCACION Y FORMACION

School Principal
Julie King
Ext. 1223
jking@stbirish.net

Pastoral Associate & Adult Faith Formation
Kathy Davis-Shanks
Ext. 1240
kdavis-shanks@stbparish.net

Latino Pastoral Associate
Asociada Pastoral Latina
Karen Camargo
Ext. 1231 (español)
kcamargo@stbparish.net

Liturgy Coordinator
Connie Sandlin
Ext. 1236
csandlin@stbparish.net

Youth Ministry & Young Adult Coordinator
Scotty Biggs
Ext. 1238
sbiggs@stbparish.net

Youth Ministry & Latino Pastoral Assistant
Cathy Lampton
Ext. 1239
clampton@stbparish.net

Children's Faith Formation
Ruth Gilly
Ext. 1242
rgilly@stbparish.net

Director of Music
Dr. Bogdan Minut
Ext. 1237
bminut@stbparish.net

CHURCH OFFICE
OFICINA DE LA IGLESIA

Finance Administrator
Doreen Verplank
Ext. 1232
dverplank@stbparish.net

Communications & Marketing
Kelly Glick
Ext. 1354
marketing@stbirish.net
bulletin@stbparish.net

Administrative
Margaret Janes
Ext. 1285
mjanes@stbparish.net

Administrative
Maria Nieto
Ext. 1235 (español)
mnieto@stbparish.net

CALENDAR OF EVENTS • CALENDARIO DE EVENTOS

SUNDAY AUGUST 22 | D. 22 DE AGOSTO
21ST SUNDAY IN ORDINARY TIME | XXI DOMINGO ORDINARIO
Carlie Menefee CARE Donation Collection after Masses
Kerygma Retreat - 8:00 AM-5:00 PM, Mass at 5:30 PM
Sunday Mass - 8:00 AM
Sunday Mass - 11:00 AM
Healing Prayer Ministry - 12:00 PM, Good Shepherd Room
Confession - 12:00-1:00 PM
Misa en español - 1:00 PM (Spanish)
Healing Prayer Ministry - 2:00 PM, Good Shepherd Room
Bilingual Unity Mass | Misa de unidad bilingue - 4:00 PM
Hot Meal Site - 5:00 PM, School

MONDAY AUGUST 23 | L. 23 DE AGOSTO
Bulletin Submissions due by 5:00 PM
Prayer & Communion Service - 7:00 AM
Bible Study - 10:00 AM, Parish Hall Meeting Rooms
Boy Scouts - 6:00 PM, School Cafeteria
Bible Study - 7:00 PM, Parish Hall Meeting Rooms

TUESDAY AUGUST 24 | M. 24 DE AGOSTO
Feast of St. Bartholomew, Apostle | Fiesta de San Bartolomé, Apóstol
Finance Committee - 11:30 AM, Good Shepherd Room
YM After School Café - 3:00-5:30 PM, Youth Space
Pulpit Announcements due by 4:00 PM
Liturgy of the Hours Evening Prayers - 5:00 PM
Daily Mass - 5:30 PM
YAM Bible Study - 6:00 PM, Meeting Room #2
St. Vincent de Paul Society - 6:15 PM, Meeting Room #4
Ecumenical Assembly - 6:30 PM via Zoom
Pastoral Council - 7:30 PM, Good Shepherd Room

WEDNESDAY AUGUST 25 | X. 25 DE AGOSTO
Daily Mass - 12:00 PM
YM After School Café - 3:00-5:30 PM, Youth Space
Celebration Committee - 6:30 PM, Meeting Room #3

THURSDAY AUGUST 26 | J. 26 DE AGOSTO
School Mass - 8:15 AM
Climate Restoration Team - 12:00 PM, Youth Space
Cursillo - 12:00 PM, Meeting Room #1
YM After School Café - 3:00-5:30 PM, Youth Space

THURSDAY AUGUST 26 | J. 26 DE AGOSTO continued...
Misa en español - 6:00 PM (Spanish)
YAM's Pints & Prayers - 6:30 PM, Rectory
Men's Choir - 7:00 PM, Music Room

FRIDAY AUGUST 27 | V. 27 DE AGOSTO
Memorial of St. Monica | Memoria de Santa Monica
Daily Mass - 12:00 PM
YM After School Café - 3:00-5:30 PM, Youth Space
All Night Adoration - 7:30 PM-6:00 AM (Mass at 6 am)
Adoración de toda noche - 7:30 PM-6:00 AM, (Misa a la 6 am)

SATURDAY AUGUST 28 | S. 28 DE AGOSTO
LOVE CHAPEL SUNDAY
Memorial of St. Augustine, Bishop | Memoria de San Agustín, Obispo
Misa en español - 6:00 AM (Spanish)
Baptisms - 10:00 AM, 3:00 PM & 6:00 PM
Kerygma Retreat Follow up Meeting - 10:00 AM, Good Shep Room
Confession - 4:00-5:00 PM
Evening Vigil Mass - 5:00 PM
CFF Registration in Narthex after Mass
Liturgy Ministry Fair after Mass
Healing Prayer Ministry - 6:00 PM, Good Shepherd Room
K of C's carry-out BBQ Dinner - 6:00-7:30 PM ($10 per meal)

NEXT SUNDAY AUGUST 29 | D. 29 DE AGOSTO
22ND SUNDAY IN ORDINARY TIME | XXII DOMINGO ORDINARIO
LOVE CHAPEL SUNDAY
CFF Registration after all Masses (except 4:00 PM)
Liturgy Ministry Fair after Masses
Sunday Mass - 8:00 AM
Sunday Mass - 11:00 AM
Healing Prayer Ministry - 12:00 PM, Good Shepherd Room
Confession - 12:00-1:00 PM
Misa en español - 1:00 PM (Spanish)
Healing Prayer Ministry - 2:00 PM, Good Shepherd Room
Kerygma Retreat Follow up Meeting - 2:00 PM, Meeting Rm #5
Bilingual Unity Mass | Misa de unidad bilingue - 4:00 PM
Hot Meal Site - 5:00 PM, School

MINISTRY SCHEDULE | AUGUST 28/29

*If you can fill any open positions, please visit the ministry scheduling website or contact Connie: csandlin@stbparish.net or ext. 1236

	GREETER	M/C	SERVER	LECTOR	COMMUNION MINISTER
August 28 5:00 PM	Stephen Cecil Dave Shaw Jim Skalski OPEN	Rebecca Ellerbrook	Tania Maldanado Rylan Hottell	Jim Clerc Jonas Howell	Rebecca Ellerbrook Carolyn Behrman Julie Steinmetz LeRoy Stewart
August 29 8:00 AM	Dave Brown Jeffrey Smith Bob Weimer OPEN	Stewart Smith	Natalie Cantu Garcia Ike Proffitt	Bill Kennedy Andrea Davis	Stewart Smith Paul Baugh Shireman Brown Carmela Padilla
August 29 11:00 AM	James Baker Jr. Jim Beamish Bob Condon John McDonald	Patricia Shepherd	Adelin Butcher John Merritt	Chris Schwartz May Jones	Patricia Shepherd John Baxter Gerald Fecteau Nancy Peterson

PRAYER & WORSHIP • ORACION Y ADORACION

He summoned the crowd again and said to them, "Hear me, all of you, and understand. Nothing that enters one from outside can defile that person; but the things that come out from within are what defile." Mark 7:21-23

Después, Jesús llamó a la gente y les dijo: "Escúchenme todos y entiéndanme. Nada que entre de fuera puede manchar al hombre; lo que sí lo mancha es lo que sale de dentro; porque del corazón del hombre salen las intenciones malas."
Marco 7,21-23.

READINGS FOR AUGUST 29
22ND SUNDAY IN ORDINARY TIME
First Reading: Deuteronomy 4:1-2, 6-8
Second Reading: James 1:17-18, 21-22, 27
Gospel: Mark 7:1-8, 14-15, 21-23

LECTURAS PARA 29 DE AGOSTO
XXII DOMINGO ORDINARIO
Primera Lectura: Deuteronomio 4, 1-2. 6-8
Segunda Lectura: Santiago 1, 17-18. 21-22. 27
Evangelio: Marco 7, 1-8. 14-15. 21-23.

PRAYER REQUEST LIST • LISTA PETICION DE ORACION

Submit requests to: prayerrequest@stbparish.net

Terry Kutsko
John Patterson
Benito Argüelles
John McFarland
Jack Wellman
Crystal Mullis
Janice Root
Patty Dyson
Douglas Forester
Eric Bartolon Moreno
Vera Bloom
Barbara McMullen
Sheila McMullen
Mark Armanini
Harold Snoddy
Judy Harrington
James Harrington
Dawn Stovall Johns
Amy Niedbalski
Beth Foland
Carole Lynn Schindel
Denise Harris
Deacon Dennis
Vilma O'Neil
Gail Toporski
Darlene Byrd
Russell Poling
Greyson Melton
Ellen Stout
Rich Rody
Richard Schaefer
Alma L Serrano
Jhonatan Hernandez
Maria de los Santos
Mario Serrano
Davie Caldwell
Steve Stillinger
Mary Ann Conway
Josh Smitley
Bruce Abts
Bryce Monisit
Ginny Scheller
Francisco Javier Botello de la Vara
Ronnie Dunlap
Susan Clason
Dave Frey
Phyllis Neese
Donna Fischer
Cathy DeCrane
John Brooks
Mark Capps
Erin Vincent
Kathy Davis-Shanks
Marilyn "Susie" Reuteman
Wendy Korr
Hector Torres Juarez
Antonio Torres Loredo
Rene Anaya
Marco Faz
Jose de Jesus Torres Juarez

LITURGY SCHEDULE • CALENDARIO DE LITURGICO

MON. AUGUST 23 / M. 23 DE AGOSTO

7:00 AM - Prayer & Communion Service

TUES. AUGUST 24 / M. 24 DE AGOSTO

5:00 PM - Liturgy of the Hours Evening Prayers
5:30 PM - Special Intention: Steve & Kim Slunder Family

WED. AUGUST 25 / X. 25 DE AGOSTO

12:00 PM - †Intention: Eric Cavanaugh

THURS. AUGUST 26 / J. 26 DE AGOSTO

8:15 AM (school) - †Intention: Helen Heckman

6:00 PM (español) - †Intención: Pablo Ocampo

FRI. AUGUST 27 / V. 27 DE AGOSTO

12:00 PM - Special Intention: Preusz Family

SAT. AUGUST 28 / S. 28 DE AGOSTO

6:00 AM (español) - †Intención: Concepcion Victoria

5:00 PM - Intention: Members of St. Bartholomew

SUN. AUGUST 29 / D. 29 DE AGOSTO

8:00 AM - †Intention: Larry Jackson

11:00 AM - †Intention: Becky Shaner

1:00 PM (español) - †Intención: Juan Moreno Larios

4:00 PM (bilingual) - †Intention: Jeff Henrietta

Feast Day: August 24

"Getting vaccinated is a simple yet profound way to care for one another, especially the most vulnerable. I pray that each one of us can make his or her own small gesture of love. Small gestures for a better future."

Watch Pope Francis' full message on YouTube: https://youtu.be/zY5rwTnJF0U

ST. BARTHOLOMEW SCHOOL GOLF OPEN

Come out and support St. Bartholomew School Athletics at the 5th Annual Golf Outing. Join us Friday September 17 at Timbergate Golf Course for an afternoon of fun, golf and fellowship! Registration/ Sponsorship flyers are located on the bulletin table in the Narthex or email our athletics director, Maeve Wischmeier at ad@stbirish.net. Register a Team of Four ($400) or an Individual player ($100). Registration and Lunch begin at 11:00 AM with a shotgun start at 12:30 PM, followed by a Happy Hour Cash Bar. **Registration deadline is August 31st.**

LITURGICAL MINISTRY FAIR

We had to cancel events like Coffee & Donuts and Funeral Dinners, but now that we are looking to the future and discussing bringing these ministries back, we need volunteers. We are also looking for volunteers to assist with the Liturgical ministries: servers, lectors, greeters/ushers and as CLOW leaders with Children's Faith Formation. There will be a mini-ministry fair the weekend of **August 28/29** and ministries looking for volunteers will have more info.

ADULT FAITH FORMATION • FORMACIÓN DE FE PARA ADULTOS

PRAYER SUPPORT

Prayer Ministers are available to pray with you following the 5:00 PM Mass on Saturday and the 11:00 AM and 1:00 PM Sunday Masses. Meet with Ministers in the Good Shepherd Room after Mass. All are welcome and encouraged to take advantage of this opportunity to be personally supported in prayer for your physical, emotional, and spiritual needs. All prayers are confidential.

PRAYER MINISTER TRAINING

For anyone who wishes to become a prayer minister, a training session will begin on Tuesday evening, **September 14**. We will meet every Tuesday at 7:00 p.m. for 10 weeks, watching a series of videos from Christian Healing Ministries. You will learn about the different types of healing, and how to pray with people for their healing. To register, contact the Adult Faith Formation Office **by September 8**. Cost is $30.00 for training materials.

PRAYER REQUEST E-MAIL

St. Bartholomew has a prayer request e-mail! To submit, e-mail us at prayerrequest@stbparish.net. Let us know if you would also like the name of the individual on the bulletin board in the narthex and in the bulletin. Email is checked daily.

RCIA (RITE OF CHRISTIAN INITIATION OF ADULTS)

Our yearly RCIA process will begin **Thursday, September 9**. RCIA is for those who are interested in learning more about the Catholic faith. Sessions take place Thursdays at 7:00 PM. Those who are prepared and ready, will receive the Easter Sacraments at our Easter Vigil on Holy Saturday. For more info or to register, contact the AFF Office: 812-379-9353 x1240 or email Kathy at kdavis-shanks@stbparish.net

HEALTH NEWS FROM KATHY DAVIS-SHANKS

Many of you know that I was diagnosed with breast cancer is 2015. I have recently discovered that my cancer has returned. I have begun treatment and will continue for many months. I plan to be in the office as much as possible. Thank you in advance for prayers. God bless, Kathy

CHILDREN'S FAITH FORMATION • FORMACIÓN DE FE PARA NINOS

CFF SUNDAY SCHOOL REGISTRATION

Registration for this year's CFF Sunday School Classes is currently taking place. Classes are for children in Preschool through Grade 5 and will begin in-person on **Sunday, September 12** and will meet in-person carefully following all CDC, Archdiocesan and Bartholomew County Health Dept. safety guidelines. Classes tend to fill up quickly, so please register early. **We will be in the narthex after all Masses (except 4:00pm) for the next 2 weekends for those to wish to register their children for classes.**

Registration can also be completed online at: www.saintbartholomew.org/faith-formation-1

FIRST COMMUNION PREPARATION

For a child to receive First Communion, they must participate in our Sacramental Preparation classes. They can do this by attending CFF Sunday Classes or by being enrolled in Catholic School. Students must complete at least 1 year of Religious Education BEFORE they can be enrolled in First Communion Preparation Classes and must be in grade 2 or higher to receive First Communion. For more info please contact Ruth Gilly 812-379-9353 ext. 1242 or rgilly@stbparish.net

FORMACIÓN DE FE PARA ADULTOS

APOYO DE ORACIÓN

Ministros de Oración están disponibles para rezar contigo después de la Misa de 1:00 PM los Domingos. Reúnete con los Ministros en el Cuarto del Buen Pastor al terminar la Misa. Todos son bienvenidos y se les anima a aprovechar esta oportunidad para ser apoyado personalmente en la oración por tus necesidades, físicas, emocionales y espirituales. Todas las oraciones son confidenciales.

RICA (RITO DE INICIACIÓN CRISTIANA PARA ADULTOS)

Nuestro proceso anual de RICA comenzará el **jueves 9 de septiembre**. RICA es para aquellos que están interesados en aprender más sobre la fe católica. Las sesiones se llevarán a cabo los jueves a las 7:00 PM. Aquellos que estén preparados y listos, recibirán los Sacramentos de Iniciación en nuestra Vigilia Pascual el Sábado Santo. Para obtener más información o para registrarse, comuníquese con la oficina de Ministerio Latino: 812-379-9353 x1231 o envíe un correo electrónico a Karen Camargo kcamargo@stbparish.net

Vacunarse es una forma simple pero profunda de cuidar de unos a otros, especialmente a los más vulnerables. Oro para que cada uno de nosotros podamos llevar a cabo este acto de amor. Pequeños gestos por un futuro mejor.

MINISTERIO DE JÓVENES

CAFE DEL MINISTERIO DE JÓVENES DESPUÉS DE LA ESCUELA

¿Sus hijos necesitan un lugar para pasar el rato después de la escuela? Nuestro Espacio juvenil lleva a cabo el Cafe del Ministerio de Jóvenes para estudiantes de 7° a 12° grado de martes a viernes de 3:00 a 5:30 PM. Supervisado por el Ministro de Jovenes Scotty Biggs y Cathy Lampton, los niños pueden trabajar en la tarea, comer un refrigerio y pasar el rato con amigos. Es necesario registrarse, por favor hágalo aquí: www.signupgenius.com/go/9040F45A9AC2CA1FF2-after2 Para mas informacion contactar a Cathy clampton@stbparish.net o Scotty sbiggs@stbparish.net.

MISA DE LA UNIDAD

La Misa de Domingo a las 4:00 pm, es bilingüe y está a cargo de los adolescentes y los jóvenes adultos de nuestra iglesia.Puedes ayudar? Registrate aqui: https://m.signupgenius.com/#!/showSignUp/5080849abac2da3fe3-Sunday. Para más información y/o registrarte, Cathy Lampton: clampton@stbparish.net o envía un texto al 812-374-4637

CLASE DE CONFIRMACIÓN--INSCRIBITE YA!

Los adolescentes de High School que aún no están Confirmados están invitados a inscribirse para la clase! Visita www.saintbartholomew.org/youth Aparta la fecha! La junta para Papás/Adolescentes será el 8 de Septiembre en el Espacio para Jóvenes-- 1o. Año a las 6 PM, 2o. Año a las 7 PM.

FORMACIÓN DE FE PARA NINOS

INSCRIPCIONES ESCUELA DOMINICAL

Ya se están llevando a cabo las inscripciones para las Clases de los domingos de Formación de Fe para Niños. Las clases son para niños de Preescolar y hasta 5o. Grado y comenzarán en persona el Domingo 12 de Septiembre siguiendo cuidadosamente las indicaciones de seguridad de CDC, del Departamento de Salud de Bartholomew y la Arquidiócesis. **Para todos los que quieran inscribir a sus hijos lo estaremos haciendo durante las próximas dos semanas después de todas las misas (excepto a las 4:00 pm.)** También puedes inscribirlos en línea en: www.saintbartholomew.org/bilingual-childrens-faith-formation-classes

PREPARACIÓN DE PRIMERA COMUNIÓN

Para que un niño (a) reciba la Primera Comunión, él o ella debe participar en nuestras clases de Preparación Sacramental durante dos años. En el primer año los estudiantes deben participar de clases de educación religiosa apropiadas para su edad ANTES de que puedan inscribirse en las clases de Preparación para la Primera Comunión. Los niños deben estar en el 2° grado o superior para recibir la Primera Comunión. Tenga en cuenta que los niños que asisten a la Escuela Católica de San Bartolomé se preparan para sus Sacramentos durante sus clases diarias de Religión, y aunque son bienvenidos a unirse a nosotros los domingos, no necesitan asistir a las clases de Catecismo a menos que lo deseen. Información en español: Susana Gonzalez ext 1241 o sgonzalez@stbparish.net

YOUTH MINISTRY • MINISTERIO DE JÓVENES

UNITY MASS

This 4:00 PM Sunday Mass is bilingual and led by teens and young adults of our parish. Can you help? Sign up here: https://m.signupgenius.com/#!/showSignUp/5080849abac2da3fe3-sunday. For information or help with signing up, please contact Cathy Lampton: clampton@stbparish.net or text 812-374-4637.

HIGH SCHOOL YOUTH GROUP

High School Youth Group is a place of food, games, and deepening a life centered around prayer. All High School Youth are invited to be apart of this group, we will begin Sunday **September 12, 6:35-7:30 PM** in the Youth Space.

CONFIRMATION CLASS—ENROLLING NOW!

Teens in High School who are not Confirmed are invited to register for class! Visit www.saintbartholomew.org/youth Save the date! Parent / Teen Meeting will be **September 8 in the Youth Space — Year 1 at 6:00 PM, Year 2 at 7:00 PM.**

AFTER SCHOOL YOUTH MINISTRY CAFE

Do your kids need somewhere to hang out after school? Our Youth Space hosts the Youth Ministry Cafe for 7th-12th graders Tuesday-Friday from 3:00-5:30 PM. Monitored by Youth Minister Scotty Biggs & Cathy Lampton, kids can work on homework, eat a snack and hang out with friends. Registration is required, please sign up here: www.signupgenius.com/go/9040F45A9AC2CA1FF2-after2 Contact Cathy clampton@stbparish.net or Scotty sbiggs@stbparish.net for more info.

FRIENDS OF HAITI • AMIGOS DE HAITI

SEEKING STUDENT SPONSORSHIPS

ON CARE FOR OUR COMMON HOME

TIPS FOR REDUCING YOUR PLASTIC FOOTPRINT

Plastic is everywhere because it is so useful. It is cheap, versatile, and convenient. While it has been a technological solution for many products, it has created an environmental problem. Plastic does not break down like other organic waste and instead turns into microplastics. Even worse, these microplastics get into our bodies through the water we drink and the food we eat. Plastic-infused drinking water and shellfish are the biggest culprits.

If we don't significantly reduce our dependence on plastic, especially single-use plastic that makes up 50% of the 300 million tons of plastic produced each year, we face a future of increasing environmental degradation and compromised health. While it may be hard to go 100% plastic free, we can take steps to reduce our plastic footprint.

Here are several tips:

- **Groceries/Shopping** - When shopping, use reusable bags. Keep a few in your car to use when you go to the grocery. For loose produce, use a reusable mesh produce bag. For liquids, jams, spreads, nut butters, etc look for options that come in glass jars. For dried goods like pasta, grains, and beans, look for paper or cardboard packaging. Another alternative is to bring your own bag to use at grocery stores that have bulk bins.
- **Receipts** – You may not think about paper receipts as a source of plastic, but thermal paper used in point of sale registers contain a harmful BPA coating. If you need a receipt, ask if they have a digital option. If you don't need a receipt, let the cashier know as soon as they start ringing you up.
- **Restaurants** – Many restaurants have self-service drink machines, ask if you can use your own reusable drink container. You can also ask if your coffee shop will use your drink container. If you don't need a straw, tell the server you don't need one. If you really want a straw, ask if they have paper straws or bring your own reusable one. If you're going to eat your takeout at home, tell the restaurant to not include plastic utensils when you order.
- **Home** – When purchasing new food storage containers, kitchen appliances, and kitchen tools, look for non-plastic alternatives. Food storage containers are available in glass or stainless steel. When replacing kitchen utensils, look for stainless steel, silicone, or wooden spatulas, spoons, tongs, and measuring cups. When replacing a coffee maker, look for models that use glass and/or stainless-steel for components that come in contact with hot liquid. When replacing a dishwasher, look for a model with a stainless-steel interior.
- If you do use plastic items in the kitchen, to reduce the risk of plastic contamination and ingesting plastic particles, avoid contact between plastic and hot fluids or surfaces. Do not use plastic containers for hot foods. Do not use plastic containers when reheating food in the microwave. Don't put plastic in the dishwasher, especially if you use a heated cycle for washing or drying, you should hand wash plastic containers and utensils.

CUIDADO DE LA CASA COMÚN

CONSEJOS PARA REDUCIR TU HUELLA ECOLÓGICA EN EL CONSUMO DE PLÁSTICO

El plástico está en todas partes porque es muy útil. Es económico, versátil y conveniente. Si bien ha sido una solución tecnológica para muchos productos, ha creado un problema ambiental. El plástico no se descompone como otros desechos orgánicos y, en cambio, se convierte en microplásticos. Peor aún, estos microplásticos ingresan a nuestros cuerpos a través del agua que bebemos y los alimentos que comemos. El agua potable y los mariscos con infusión de plástico son los principales culpables.

Si no reducimos significativamente nuestra dependencia del plástico, especialmente el plástico de un solo uso que constituye el 50% de las 300 millones de toneladas de plástico producidas cada año, nos enfrentamos a un futuro de creciente degradación ambiental y salud comprometida. Si bien puede ser difícil ser 100% libre de plástico, podemos tomar medidas para reducir nuestra huella de plástico.

A continuación se ofrecen varios consejos:

- **Comestibles/Compras**: cuando compre, use bolsas reutilizables. Guarde algunas en su automóvil para usarlas cuando vaya al supermercado. Para frutas y verduras sueltas, use una bolsa de malla reutilizable para frutas y verduras. Para líquidos, mermeladas, cremas para untar, mantequillas de nueces, etc., busque opciones que vienen en frascos de vidrio. Para productos secos como pasta, granos y frijoles, busque empaques de papel o cartón. Otra alternativa es traer su propia bolsa para usar en las tiendas de comestibles que tienen contenedores a granel.
- **Recibos:** es posible que no piense en los recibos de papel como una fuente de plástico, pero el papel térmico que se usa en los registros de los puntos de venta contiene un revestimiento de BPA nocivo. Si necesita un recibo, pregunte si tienen una opción digital. Si no necesita un recibo, avísele al cajero tan pronto como comience a llamarlo.
- **Restaurantes:** muchos restaurantes tienen máquinas de bebidas de autoservicio, pregunte si puede usar su propio recipiente de bebidas reutilizable. También en las cafeterías pregunta si puedes utilizar tu recipiente para bebidas. Si no necesitas una pajita, dígale al servidor que no la necesitas. Si realmente quieres una pajita, pregunta si tienen pajitas de papel o trae la tuya reutilizable. Si vas a comprar tu comida para llevar en casa, dígale al restaurante que no incluya utensilios de plástico cuando hagas tu pedido.
- **Hogar:** cuando compres nuevos recipientes para almacenar alimentos, electrodomésticos y utensilios de cocina, busca alternativas que no sean de plástico. Los contenedores de almacenamiento de alimentos están disponibles en vidrio o acero inoxidable. Cuando reemplaces los utensilios de cocina, busca espátulas, cucharas, tenazas y tazas medidoras de acero inoxidable, silicona o madera. Cuando reemplaces una cafetera, busca modelos que usen vidrio y/o acero inoxidable para componentes que entran en contacto con líquido caliente. Cuando reemplace un lavavajillas, busque un modelo con un interior de acero inoxidable.
- Si usas artículos de plástico en la cocina, para reducir el riesgo de contaminación por plástico e ingerir partículas de plástico, evite el contacto entre el plástico y los fluidos o superficies calientes. No uses recipientes de plástico para alimentos calientes. No utilices recipientes de plástico para recalentar alimentos en el microondas. No coloques plástico en el lavavajillas, especialmente si usas un ciclo caliente para lavar o secar, debes lavar a mano los recipientes y utensilios de plástico.

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SPIRITUAL ADOPTION

Week 31: I'm moving less because there's no room in here! I'm all curled up with arms, legs, and knees bent...and you think you're uncomfortable! I am now about 16 inches tall and weigh about 3 lbs 3 oz. Please pray each day the following prayer by Archbishop Sheen: *Jesus, Mary, and Joseph, I love you very much. I beg you to spare the life of (baby's name), the unborn baby I have spiritually adopted who is in danger of abortion.*

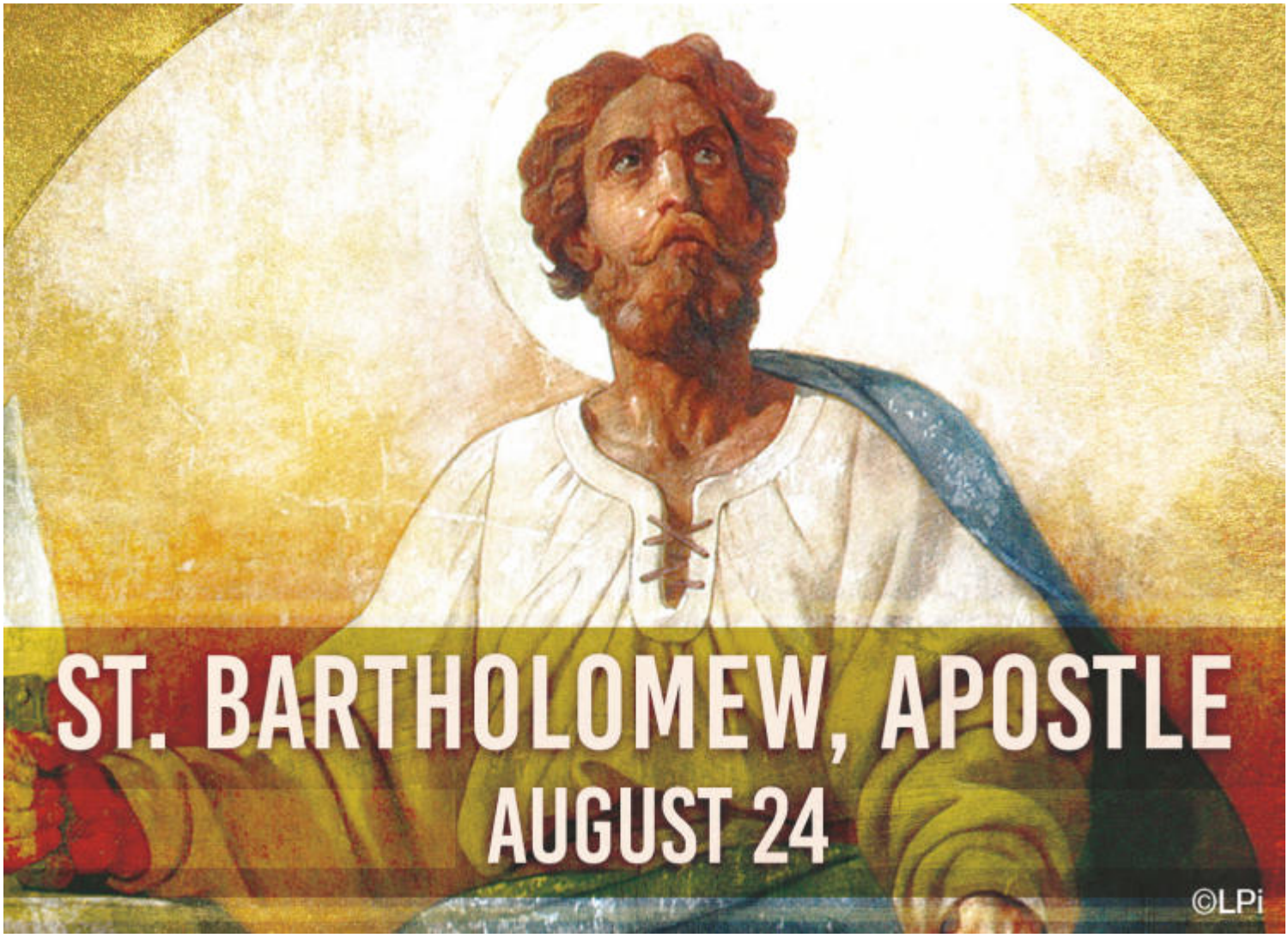
ADOPCIÓN ESPIRITUAL

Semana 31: Me estoy moviendo menos porque aquí no tengo mucho espacio. Estoy todo acurrucado con los brazos, las piernas y las rodillas dobladas... ¡y crees que te sientes incómodo! Ahora mido 16 pulgadas de longitud y peso alrededor de 3 libras 3 onzas. Por favor reza cada día la siguiente oración por Arzobispo Sheen: *Jesus, Maria y Jose, Te quiero mucho. Te pido salvar la vida de (nombre del bebe), el bebe aun no nacido que he adoptado espiritualmente y quien esta en peligro de aborto.*

We continue celebrating the Year of Amoris Laetitia Family with the official prayer of the 10th World Meeting of Families, Family Love: Vocation and Path to Holiness!

¡Continuamos celebrando el Año de la Familia Amoris Laetitia con la oración oficial del X Encuentro Mundial de las Familias: El amor familiar: vocación y camino de santidad!

https://www.usccb.org/topics/marriage-and-family-life-ministries/prayer-x-meeting-families



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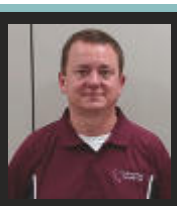

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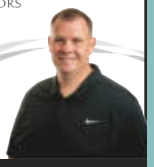

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