

ST. THOMAS AQUINAS **CATHOLIC CHURCH**

Archdiocese of Galveston-Houston | Served by Missionaries of St. Francis De Sales



🔼 L2627 W. BELLFORT AVE., SUGAR LAND, TX 77478

281-24(



WWW.STA RLAND.COM

January 9, 2022

PASTOR:

Rev. Joseph Pottemmel, MSFS frjoseph@stasugarland.com

PAROCHIAL VICAR:

Rev. Mathew Thayil, MSFS frmthayil@stasugarland.com

DEACON

Sam Dunning sdunning@archgh.org

MASS SCHEDULE

Saturday 5:00 p.m. **Sun.** 7:30 a.m. 9:30 a.m. & 11:30 a.m.

DAILY MASS

MON.-SAT. 8:00 A.M., MASS SCHEDULE Saturday 5:00 p.m. Sun. 7:30 a.m. 9:30 a.m. & 11:30 a.m.

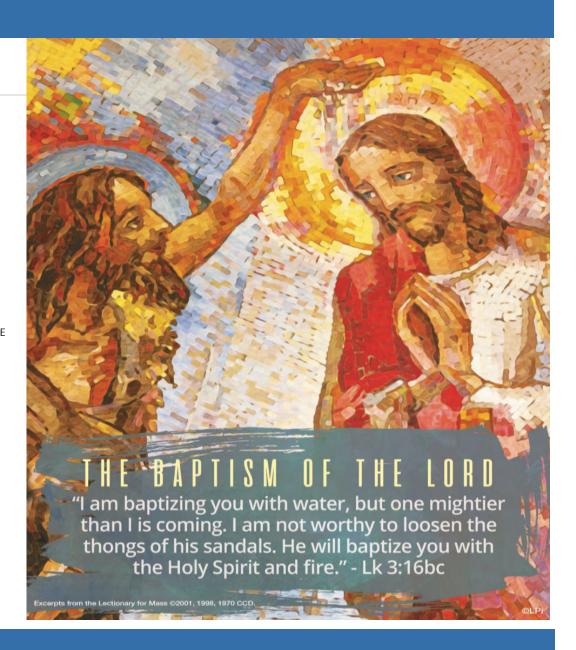
DAILY MASS

Mon.-Sat. 8:00 a.m. Wed. 7:00 p.m.,

EUCHARISTIC ADORATION

Mon.-Tue. & Thur. 9:00a.m.. - 8:00 p.m. Wed. - 9:00 a.m.. - 6:30 p.m. Fri. - 9:00 a.m. - 6:00 p.m. Divine Mercy Chapel

SACRAMENT OF PENANCE By request after Mass, Mondays & Tuesdays Saturday: 4:00 - 4:45 p.m.



OUR MISSION

"We the Parishioners of St. Thomas Aquinas Catholic Church are a diverse Christ Centered community empowered by the Holy Spirit and strengthened by the Word and the Sacraments to Proclaim the Good News"



PANDEMIC PROTOCOL: NEW DIRECTIVES FROM THE CARDINAL

GENERAL DISPENSATION FROM MASS OBLIGATION LIFTED

Daniel Cardinal DiNardo, Archbishop of Galveston-Houston, has lifted the General Dispensation from the Sunday and Holy Day Mass Obligation. This will take effect on Sunday, January 2nd, 2022, the Solemnity of the Epiphany of the Lord. The Faithful should, therefore, fulfill their Sunday and Holy Day Obligation joyfully and conscientiously.

Please remember that from the law itself the obligation to attend Mass on Sunday or a Day of Precept is not morally binding for those who find it impossible to attend Mass, e.g., due to illness, advanced age, caring for a sick person or being at high-risk for contracting COVID-19. These persons should fulfill their obligations through some act of prayer or meditation upon the Sacred Scriptures for the Mass of the Day.

The Live Telecast of the Sunday and the Holy Day of Obligation Mass will be discontinued at St. Thomas Aquinas effectively from January 2nd, 2022, the Solemnity of the Epiphany of the Lord.

HOLY COMMUNION

Holy Communion will continue to be only in one Species for the time being. Therefore, the ban on receiving the Precious Blood from a common chalice remains in effect.

MASKING FOR MINISTERS OF HOLY COMMUNION

Wearing a face-covering by the Ordinary and Extraordinary Ministers of Holy Communion continues to be mandatory at St. Thomas Aquinas Parish for the time being.

MISCELLANEOUS DIRECTIVES

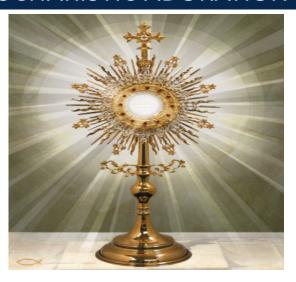
- **1. Offertory Procession** with the presentation of bread and wine can be restarted wherever it had been suspended.
- **2. Kiss of Peace**: It is still strongly recommended that you continue to exchange Sign of Peace with a bow or some other gestures than actual hands-shaking.
- **3. Altar Servers**: Since there is no requirement for social distancing the use of Altar Servers should be restored as soon as possible.
- **4. Holy Water:** Use of Holy Water in fonts and stoups can be resumed in Churches. However, as a courtesy to one another, all are encouraged to sanitize their hands before using the Holy Water Font.

EUCHARISTIC ADORATION



IGNITE Payment for the Archdiocese of Galveston –Houston Total Campaign Amount \$ 538,853.00

\$33,678.31 \$33,678.31	\$505,174.69 \$471,496.38
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\$33,678.31	\$235,748.17
\$33,678.31	\$202,069.90
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\$33.678.31	\$168,39159
	\$33,678.31 \$33,678.31 \$33,678.31



Is your day filled with work, family, errands, rushing here and there?
Wishing you could have just one peaceful hour? How about one peaceful hour with YOUR LORD? Jesus wishes to SPEND ONE HOUR WITH YOU!

IF YOU ARE WILLING TO COMMIT TO ONE HOUR EACH WEEK CALL THE OFFICE AT 281-240-6721.

IF YOU CANNOT MAKE YOUR ADORATION HOUR, PLEASE FIND A REPLACEMENT. THE BLESSED SACRAMENT SHOULD NEVER BE LEFT ALONE.



SACRAMENT OF BAPTISM
Baptism preparation classes for Parents
and Godparents are
held every other month.
Please call the parish office for information.



SACRAMENT OF MARRIAGE
Engaged couples need to call, Matt Falleri
(281) 240-6721 ext. 107, six to nine
months before your wedding to allow
time for preparation.



SACRAMENT OF HEALING In case of illness, please call the Parish Office at 281-240-6721



PARISH STAFF

BUSINESS MANAGER

Lee Meister

lmeister@stasugarland.com

DIRECTOR

Aguinas Early Childhood Center

Erum Khan 281-240-7196

ekhan@stasugarland.com

YOUTH MINISTER

Frank Sreshta fsreshta@stasugarland.com

CCE COORDINATOR

Matt Falleri

mfalleri@stasugarland.com

MUSIC MINISTER

Mathew Maglasang

mmaglasang@stasugarland.com

BOOKKEEPER

Vivian Kuoh

vkuoh@stasugarland.com

PARISH SECRETARY

Leticia Cordova

Icordova@stasugarland.com

OFFICE HOURS

Mon.-Thur. 7:30 a.m. to 5 p.m. Closed 12 p.m. to 1 p.m. (Lunch)

Fri: 7:30 a.m. to 12 p.m.

Sat & Sun: Closed

STEWARDSHIP

4rd Sunday of Advent Dec . 18– 19 2021

WILL BE POSTED SOON



The Preaching Team of
Holy Name Passionist
Retreat Center joyfully announces the
theme for the highly anticipated
post- pandemic

2021 - 2022 Retreat Season:

Please join the Men of St Thomas Aquinas at our annual retreat at the Holy Name Retreat Center on January 21-23rd. The theme is

PORTRAIT OF CHRIST: ENCOUNTERING THE TRUTH

The writings and personal encounters of St. Paul the Apostle and St. Paul of the Cross, who were both committed to preaching Christ Crucified, serve as a historical canvas upon which a portrait and understanding of Christ are painted.

Capturing the reverence, excitement, and newness of an encounter with the Truth, that is to say with Christ Himself, Who is the Way, the Truth, and the Life, particularly in modern society plagued by a cancel culture and relativism, the Preaching Team and Retreatants will be given a unique opportunity to "paint a portrait" of Christ through exploring various encounters with Him and with others in their lives as experienced through the Scriptures, at home, in their parish communities, and out in the world.

Encounters in life are various and as diverse as every person's portrait of Christ. However, these diverse encounters and multiple images of Christ all point to the Truth which is absolute and eternal.

An examination of the Catholic understanding of both Truth and encounter will serve as a foundation to explore encounters with Truth that realize a growth in relationship with God and a better understanding of one's Christian duty of living, preaching and witnessing the Truth as did St. Paul the Apostle and St. Paul of the Cross.

Sign up online at:

https://holynameretreatcenter.com/catholic-retreats/

Call Scott Sabol for any question, 832-265-3473







Feast Day Celebration!

St. Thomas Aquinas and St. Francis De Sales January 29th, 2022, after 5 p.m. Mass

International Festival of food and talent!
If you have a group that would like to join please contact:

Malou Marasigan 713-922-9689 or Barbara Allen 713-459-0172 to be added to the list.

INFORMATION WORSHIP





ALTAR SERVER SCHEDULE

FOR THE WEEKEND OF JAN. 15 & 16

If you have any questions please call **Earl Marasigan at** 832-687-0455.

Saturday 5:00 p.m.

Sunday 7:30 a.m.

Brandon Amaefule Bianca Amaefule

SATURDAY, JANUARY 8

Philip Martin † 8:00 a.m.

5:00 p.m. **Healing for Gloria Cespedes**

SUNDAY, JANUARY 9

7:30 a.m. For All Parishioners 9:30 a.m. Ernesto Toralballa †

11:30 a.m. Enric Pasculado - Birthday

MONDAY, JANUARY 10

8:00 a.m. Elizabeth, Martha & Philippe Nguyen †

TUESDAY, JANUARY 11

8:00 a.m. John Schmidt †

WEDNESDAY, JANUARY 12

8:00 a.m. Lee Meister Sr. †

7:00 p.m. Healing for Gloria Cespedes

THURSDAY, JANUARY 13

Elizabeth, Martha & Philippe Nguyen † 8:00 a.m.

FRIDAY, JANUARY 14

800 a.m. Hien Vu †

SATURDAY, JANUARY 15

8:00 a.m. Hien Vu †

5:00 p.m. Healing for Gloria Cespedes

SUNDAY, JANUARY 16

7:30 a.m. For All Parishioners

9:30 a.m. Healing for Gloria Cespedes 11:30 a.m. Thanksgiving for Violeta Panis

Sunday 9:30 a.m.

Hope Santos Joe Santos Mary Sabol Analiese Lopez

Sunday 11:30 a.m.

Jesse Isabor Nathan Isibor Gwen Isibor Marae Fernandez

"If you cannot make it to your Mass, please contact the Adult Coordinator assigned for the Mass."



5:00 p.m. 7:30 a.m.

9:30 a.m. Samson Awoh (713) 232-9131 or

Jonah Eze (346) 717-8911

11:30 a.m. Edmund Warren (832) 926-9595

"To live as true children of God means to love our neighbor and to be close to those who are lonely and in difficulty." -Pope Francis

Ž AECC INFORMATION



Now Enrolling for 2022 with New Year discount!

We call it learning, they call it fun!

Aquinas Early Childhood Center who We Are

Seeing a need for high quality early childhood education in the community, St. Thomas Aquinas Catholic Parish rose to the challenge. Licensed by the State of Texas, our degreed teachers, trained in the Reggio Emilia, allow children to flourish.



- NCI accepted
- Enrolling from 6 weeks to 6 years old.
- Breakfast, lunch & p.m. snack is included in the tuition.
- 7:30 a.m. to 5:30 p.m., weekdays
- Closed circuit cameras and coded security access



We want to get to know you! Stop by to see us or contact us to schedule a tour.

Parishioner discounts are available.

12627 West Belfort Ave. Sugar Land, TX 77478 281-240-7196

SAFE ENVIRONMENT PROGRAM

The CMG Safe Haven online training has replaced VIRTUS.

The training consists of 3 vignette style training videos that are approximately 60 minutes. A criminal background check is included and must be completed.

The training is available in English and Spanish.

We will no longer offer live training. All Safe Environment training will only be available online.

- All new employees and volunteers will complete the Safe Haven online training program instead of VIRTUS PGC training.
- -All individuals must complete the training and complete a background check prior to the start of employment and/or volunteer service.
- The 5 year anniversary date is still in place. Individuals who recently attended VIRTUS will not be due to complete refresher training until they have reached their 5 year anniversary date.

-As the 5-year anniversary is reached, individuals will need to log into CMGConnect with their previous personal VIRTUS user id and 1234 as the password. **Once you log into the CMGCONaccount, you will be able to change your password.** If you do not remember your user id, you may contact the following:

- 1. Frank Sreshta @ 281-240-6721 x 111
- 2. Marielena Alaniz @ 713-652-4401
 malaniz@archgh.org
 d to complete Safe Haven online training as well:
 The following individuals below will now be require
- 1) Individuals who have never attended training.
- 2) Individuals who are now due for refresher training and had not attended VIRTUS training.
- 3) Individuals who are currently due and have not attended VIRTUS training.
- 4) Individuals who are out of compliance or past due.

For questions about due date/refresher, call

1. Frank Sreshta @ 281-240-6721 x 111



WHY DO WE DO THAT?

Catholic Life Explained:

Question: What happens to a consecrated host if it accidentally falls to the ground?

Answer: This a very practical question because, as we all know, accidents happen, even during the most careful celebration of the liturgy. The short answer to this question is that nothing happens to the consecrated host. The Real Presence of Jesus remains in the consecrated host or any consecrated wine that might accidentally be spilled.

Another question we might ask is: How should the minsters respond if the Eucharist is dropped or spilled? If this happens, the priest, deacon, or extraordinary minister of Holy Communion should immediately pick up the dropped host and consume it. If it is a case of the Precious Blood being spilled, the minister would use the purificator (and additional purificators if needed) to clean the spill and then the area should be reverently washed as soon as the Mass is over and the water poured into the sacrarium (a special sink that is located in church sacristies for reverently disposing of holy water, the water used to clean sacred vessels, etc.).

Question: Which sacraments can only be received once?

Answer: Confirmation, Baptism, and Holy

Orders

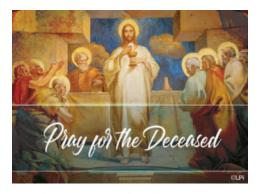


PASTORAL ASSISTANT

LORD, WE LIFT UP PETITIONS OF HEALING FOR OUR SICK, ESPECIALLY:

Jane Arinze, Fr. Angelito Baldonado SDB, Michael Ballard, Monica Brady, Fr. John Bosco, Dan Burch, Donna Buczo, Wilda Cali, Alexandro Castillo, Roland Cavato, Enriqueta Cazares, Alan Cordova, Pierce Counts, Jorge Coria, Steve Cunningham, Michael DeBondt, Fr. Vince Dulock, Bill Esco, Doris Giroir, Elizabeth Jackson, Laura Jackson, Floyd James, Paul James, Sara Jara, Denise Walker Jones, Aniceta Julian, Craig Junek, Mama Luz Kalu, Jasmine Danielle King, Della Klesel, Dorie Lacsamana, Dana Bryan Lee, Kenny & Laurie Legnon, Luna, Raymond Macha, Sharon & Timothy McCulloch, Ronald Murphy, Lancelot G. Muschamp, Victoria Navarro, Fr. Bruce Nieli, Dejean Nixon, Fr. Miguel Obregon, Augustina Odoh, Emmanuel Odoh, R. Josephine N. Panis, Edwaldo Pena, Gloria Peralta, Jake Poroo, Larry

Rideau, Bob Ried, Andre Riser, Katherine Rooker, Mark Ryan, Yolanda Salazar, Eric Sanchez, Steven Shetzline, Richard Shield, Joan Sloat, Jon Stemkoski, Tanya Casipe, Martha Swift, Jacob Tankeh, Fr. Carl Tenhundfeld, Hope Trevino, Merita, Joseph & Zachary Vancelette, Annabelle Van Deursen, Joe Vincelet, Anita Villanueva, Nicholas Vizzini, Betty Jo Vollenweider Susan Vollenweider, Cynthia Williams, Pamela Wike, Fr. Drew Wood, Amy Yanez, Laura Yumul, Fr. Louis Zee and our Catholic Residents at The Hampton Meadows Place Assisted Living Facility, Bedford Place, Home Sweet Home, First Smile and Catholic Patients at Atrium Medical Center.



PRAY FOR THE DECEASED

JOSE CORTINAS.

May He Rest in Peace.

NEW JERUSALEM CATHOLIC CHARISMATIC RENEWAL PRAYER GROUP

By now, some of us must have put aside the 'Jingle Bells', 'The First Noel', 'Silent Nights', Christmas decorations, lighting, etc. and waiting for another Christmas season. While others may be wondering why that period of "interruption" and the reason of having that "disruption" in our lives! When Christ was born, He remained both God (Divine) and Man (Humanity). Virtually everyone can relate to the Humanity of Christ but some have problems understanding the Divinity of Christ, i.e. that He is God! That God Himself would "take flesh" on and live among us, is a mystery beyond our understanding but the Word of God helps us go deep into this mystery and allows us to see that Christ is true God and true Man at His birth. Isaiah 9:6 says "For to us a Child is born, to us a Son is given, and the government will be upon His shoulder, and His name will be called, 'Wonderful Counselor, Mighty God, **Everlasting Father, Prince of Peace."**

That was the prophesy about the Birth of Christ. When the Apostle Thomas doubted that Christ had risen, the resurrected Christ appeared to him and asked him to poke his hand in the wounds on His hands and feet. At that, the doubting Thomas exclaimed, "My Lord and my God"! Thus identifying Christ as God (Jn 20:28). St. Peter begins his second Epistle with these words, "Simon Peter, a servant and Apostle of Jesus Christ, to those who have obtained a faith of equal standing with ours in the righteousness of our God and Savior Jesus Christ." And in Jn 10:33, Jesus declared, "I and the Father are One" The birth of Christ which we just commemorated, is truly the birth of our GOD who came in the 'flesh' to free us from our sins and give us a new life in Him. Yes, we experienced it if we really 'put Christ in the Christmas.' But if not, we have to accept Christ as our Lord and Savior, and listen and obey the Holy Spirit as

He directs us unto the ways of our Lord. As Scripture says "But to all who received Him, who believed in His name, He gave power to become children of God." Jn 1:12. This is our Faith as Catholics! How privileged we are for His great Love for us.

Let's ask God for His crucified Love for those person(s) who we have hurt or have hurt us. This shows that we are sons and daughters of the Heavenly Father (Mt 5:45) and proves that we had the real Christmas, because no one but the Father's children can forgive and love the unlovable. That's living in the PEACE that His birth brought to the World!

PRAYER MEETING EVERY SATURDAY, FROM 6:00 P.M.—9:00 P.M. IN AQUINAS CENTER ROOMS B & C

All are invited!!

For any questions, please call Emmanuel OFILI at:

2021 STA Thanksgiving Food Drive - Success:

On Behalf of Society of St. Vincent de Paul (St. Thomas Aquinas) Conference we thank you all!

We see the overwhelming generosity. Every year the grocery contributions are well above and beyond what could be expected.

Special Thanks to Knights of Columbus for supporting, sorting food and preparing it for shipment to (3) area pantries. There were (6) Knights and (4) SVDP volunteers who donated a combined 20 hours to complete this project.

Area Pantries at St. Theresa, Holy Family, & Notre Dame Catholic Churches express their thanks. The total amount of food is sufficient to feed at least 200 families with an estimated combined weight of about 1,200 to 1,400 pounds.





Vincent de Paul (SVDP) - Social Ministry - Highlights:

- Since Feb 2020 we assisted 49 families with housing, and utilities expenses (more than \$47,000). (More than half of assistance offered was received from other SVDP conferences like St. Theresa.)
- The administrative cost is less than 1% for (checks, stamps, bank fees, grocery bags., & postage)
- The social ministry is widely a community outreach (less than 1% of assistance is for STA families.)
- Sadly only about (20 to 30) % of the requests / calls can be addressed (while were are low on funds)
- We were approached with high profile cases for (2) STA parishioners (while we were low on funds).
- We seek more volunteers for field work, visits, delivering checks, & giving tree.
- There is a high need for volunteers with computer skills and Spanish speaking abilities.
- Please signup to volunteer and take the online required Virtus / CMG Safe Haven Training.
- Candidate volunteers could watch or participate in core activities:
 - a) Visiting those in need (In person, or on the telephone)
 - b) Advocating for families in need,
 - c) Helping families overcoming difficult situations
 - d) Encouraging those who suffer
 - e) Prayer with families and spiritual direction
 - f) Coordinating deliveries of groceries, jackets, rental checks, toys for giving tree (next year)
 - g) Case documentation (web-based) with PC or laptop.
 - h) Accounting preparing payments, balancing check book, monthly reporting.



SUNDAY, JANUARY 9, 2022

Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10 [11b]/Acts 10:34-38/Lk 3:15-16, 21-22or, Is 40:1-5, 9-11/Ps 104:1b-2, 3-4, 24-25, 27-28, 29-30 [1]/Ti 2:11-14; 3:4-7/Lk 3:15-16, 21-22

7:30 a.m. The Baptism of the Lord Sunday Mass,

Sanctuary

9:30 a.m. The Baptism of the Lord Sunday Mass,

Sanctuary

10:30 a.m. RCIA - Adult, TH 202-204

11:30 a.m. The Baptism of the Lord Sunday Mass,

Sanctuary

6:30 p.m. Confirmation Class, Confirmation Class,

ALD Hall

7:00 p.m. Life Teen, TH Youth

Monday, January 10, 2022

1 Jn 3:22—4:6/Ps 2:7bc-8, 10-12a/Mt 4:12-17, 23-25

7:40 a.m. Stations of the Cross, Sanctuary
8:00 a.m. Weekday Mass, Sanctuary
9a.m.-8p.m. Adoration, Divine Mercy Chapel

TUESDAY, JANUARY 11, 2022

1 Jn 4:7-10/Ps 72:1-2, 3-4, 7-8/Mk 6:34-44

7:40 a.m. Stations of the Cross, Sanctuary
8:00 a.m. Weekday Mass, Sanctuary
9a.m.-8p.m. Adoration, Divine Mercy Chapel

WEDNESDAY, JANUARY 12, 2022

1 Jn 4:11-18/Ps 72:1-2, 10, 12-13/Mk 6:45-52

7:40 a.m. Stations of the Cross, Sanctuary **8:00 a.m. Weekday Mass, Sanctuary** 10a.m.-6:30p.m. Adoration, Divine Mercy Chapel

6:30 p.m. EDGE, TH Youth

6:30 p.m. CCE Class TH Second Floor

7:00 p.m. OLPH Mass & Novena, Sanctuary

THURSDAY, JANUARY 13, 2022

1 Jn 4:19—5:4/Ps 72:1-2, 14 and 15bc, 17/Lk 4:14-22a

7:40 a.m. Stations of the Cross, Sanctuary
8:00 a.m. Weekday Mass, Sanctuary
9a.m.-8p.m. Adoration, Divine Mercy Chapel
NJCCRPG Core Group, AQ - B
7:00 p.m. Choir Practice, Siena Rm

FRIDAY, JANUARY 14, 2022

1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20/Lk 5:12-16

7:40 a.m. Stations of the Cross, Sanctuary 8:00 a.m. Weekday Mass, Sanctuary
9a.m.-6p.m. Adoration, Divine Mercy Chapel

SATURDAY, JANUARY 15, 2022

1 Jn 5:14-21/Ps 149:1-2, 3-4, 5 and 6a and 9b/Jn 3:22-30

7:40 a.m. Stations of the Cross, Sanctuary
8:00 a.m. Weekday Mass, Sanctuary
8:30 a.m. Baptism Class, TH 202-204

4:00 p.m. Reconciliation

5:00 p.m. 2nd Sunday of the Ordinary Time Mass, Sanctuary 6:00 p.m. New Jerusalem Charismatic Prayer Group, AQ B-C

SUNDAY, JANUARY 16, 2022

Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10 [11b]/Acts 10:34-38/Lk 3:15-16, 21-22or, Is 40:1-5, 9-11/Ps 104:1b-2, 3-4, 24-25, 27-28, 29-30 [1]/Ti 2:11-14; 3:4-7/Lk 3:15-16, 21-22

7:30 a.m. 2nd Sunday of the Ordinary Time Mass, Sanctuary

8:30 a.m. Knights of Columbus Breakfast, ALD Kit

9:30 a.m. 2nd Sunday of the Ordinary Time Mass, Sanctuary

10:00 a.m. 1st Sacrament Class, TH Second Floor

10:30 a.m. RCIA - Adult, TH 202-204

11:30 a.m. 2nd Sunday of the Ordinary Time Mass, Sanctuary

6:30 p.m. Confirmation Class, ALD Hall

7:00 p.m. Life Teen, TH Youth



THE 2021 CONTRIBUTION STATEMENTS WILL BE MAILED SOON. IF YOU HAVE HAD A CHANGE OF ADDRESS DURING 2021 OR HAVE QUESTIONS REGARDING YOUR CONTRIBUTIONS, PLEASE CONTACT LEE MEISTER AT LMEISTER@STASUGARLAND.COM OR 281-240-6721 EXT. 102.





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Thank you for your continual support.

House of Amos

"Let Justice Surge Like Water" 8030 Boone Rd. Houston, TX 77072 Ph: (281) 495-9061 Visit HOA at www.houseofamos.ord







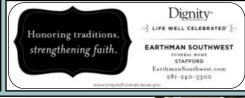
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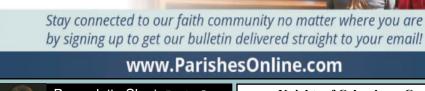






Guy's Auto Repair Monday-Friday: 8-6

734 Grillo Way • Rosenburg, TX Guy Werchan - Owner 979-618-2242





We've Missed You



Knights of Columbus - Council 7382 Charles Cantrell - Grand Knight 713-213-3720 • ghknights.org

Knights in Action. Faith in Action.



VARICOSE VEINS? TIRED AND ACHING LEGS?

CHAMPIONS

Venous reflux can cause these signs and symptoms1:

- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Achina
- Cramping
- Restlessness

They could be a sign of vein disease.

Open skin sores

CVI Risk Factors¹:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.2

risk factors, and treatments at

Medtronic.com/VeinDisease

Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronek A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. Circulation. July 22, 2014;130(4):333-346

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