

St. Peter Claver Parish

Corner of Cochran & Stow Streets



Pastor: Rev. Riz J. Carranza

email: Riz.Carranza@la-archdiocese.org

Associate Pastor: Rev. Louis Sung email: louissung@la-archdiocese.org

Permanent Deacons:

Deacon Brian Clements, Retired

Deacon Melecio Zamora

Auxillary Priest: Rev. Marco Durazo

PARISH SCHEDULE

MASSES:

Saturday: 5pm Vigil; 7pm(Español)

Sunday: 8am(Livestreamed also); 10am;

12pm & 5pm;

Holy Day of Obligation: TBA

Weekdays: 7:30am (Monday to Saturday)

Church open for Prayer: 7am to 7pm (Monday

to Friday)

DEVOTIONS: Perpetual Help Novena,

Wednesdays, 7pm, Mass on First Wednesdays

SACRAMENT OF PENANCE:

Saturdays, 3 - 4:30pm in the Church;

(or by appointment)

SACRAMENT OF BAPTISM:

Sundays, 1:30pm; 4th Sunday - Spanish Baptism

BAPTISM INSTRUCTION:

Please contact Parish Office

SACRAMENT OF MARRIAGE:

6 months prior notification needed

Parish Mission Statement

We, the parish of Saint Peter Claver, are a Catholic faith community within the Archdiocese of Los Angeles and the Universal Church. Firm in the hope of the Gospel of Jesus Christ and inspired by the example of our patron, we proclaim the kingdom of God to embrace everyone in

love without discrimination of any kind. We are devoted to worship, to witness, and joyful service in the Spirit.



PARISH INFORMATION

Parish Office Address: 5649 Pittman St.

Simi Valley, CA 93063-3525

Parish Office hours: Monday: 1 - 3pm

Tuesday - Friday: 9am - 12noon, & 1 - 3pm

Phone: (805) 526-6499 **Fax:** (805) 526-7233

E-mail: saintpeterclaver@aol.com **Web Site:** www.saintpeterclaver.org

Bulletin e-mail: spcbulletin@saintpeterclaver.org

Pre-School & Kindergarten:

Angela Meyer, Principal

email: ameyer@stpeterclaverschool.org

(805) 526-2244 Fax: (805) 526-2225 Website: www.stpeterclaverschool.org

Office of Faith Formation:

Laura Diaz, Director (805) 526-0680

email: Idiaz@saintpeterclaver.ora

Office of Youth Ministry:

Fr. Louis Sung, Director

(805) 526-7975

Email: louissung@la-archdiocese.org

Parish Information

Safeguard the Children Committee:

Alan Hill, Chair, email: Alan.Hill@cnb.com Becoming Catholic (Rite of Christian Initiation of Adults): Office of Faith Formation, 526-0680 Music Director: Teddi Cassity, (805) 573-2665

Altar Servers:

Father Louis Sung, (805) 526-6499

Bereavement Ministry:

Paul Stewart, (805) 526-0073

Eucharistic Ministry of Hosp. & Home:

Joni Egan, (805) 527-2444

Extraordinary Ministers of Holy Communion:

Dave Damiani, Coordinator, (805) 526-6499 Peter & Gloria Venzon, Scheduling, (805) 813-4647

Lector Coordinator:

Maggie Paramo, (805) 428-4629

Perpetual Eucharistic Adoration:

Donna Obcamp, (805) 551-2393

Respect Life Ministry: Kelly Webb, (805) 526-6499

Bereavement Support Group: Bob Alteiri, (805) 501-0667

BINGO: Hotline: (805) 526-2781 Society of St. Vincent de Paul: For assistance: (805) 404-3178

Parish Prayer Network: Pat Rumble, (805) 526-5269

email: patrumble7@gmail.com

Parish Vocation Animator:

Michael Johnson, (805) 526-6499

Women's Adult Bible Study:

Lisa Waters, (805) 842-1502

Couples for Christ:

Chito & Beth Coronel, (805) 285-7453

Filipino Catholic Comm. Group:

Salome (Baby) El Hussainy, (805) 300-9369

Knights of Columbus: Paul Calloway, (805) 857-2419

email: kofc9410@gmail.com

Hispanic Catholic Community Group:

Dcn. Melecio Zamora, (818) 262-1090

Las Guadalupanas: Pilar Osorio, (310) 597-9548

GOSPEL MEDITATION

The Baptism of the Lord

"We are called to live our baptism every day, as new creatures, clothed in Christ." ~Pope Francis

What reference point do you use when making decisions? Many times, impulse takes control and decisions are made based solely on emotion and desire. We all know that these types of decisions can often get us into trouble. When a person has a confident sense of who they are and a real understanding of what is important and of value, the likelihood of kneejerk impulsive choices diminishes. Baptism gives us what we need to make well informed and purposeful decisions. By this simple gesture, God claims us as His own and provides us with the identity and purpose we need to properly live life.

It is tremendously reassuring, when we truly embrace this revelation and realize that we no longer have to wonder about the purpose of our lives or struggle to find our way. The answer of who we are in God has been given to us. We no longer have to fumble around, trip over ourselves or walk aimlessly about. Issues surrounding the sacredness of life, the meaning of death, the protection of those most vulnerable, care for the weak and the poor, offering hospitality to those in search of a home, the purpose and proper place of work, how to create a just social order, caring for creation, and understanding our roles as heralds and stewards are just a few of the wonderful gifts baptism brings. When we make decisions based on things such as these core Gospel truths we really act as Christ himself, revealing to others the new creations that we are. This is how we live our baptism.

It is difficult to walk against the tide. Yet, that is precisely what baptism calls us to do. Although we are sinners, in need of mercy and far from perfection we are called to order our life and make decisions based upon the wisdom and guidance of Almighty God. He alone is the one who can claim us as His sons and daughters. Standing up for our principles will not make us popular. But who ever said Christianity is a popularity contest? Baptism calls us to stand up for that which goes against the grain of secularism. Standing in line with other sinners, we have our anchor to steady us in the tempests of life and God is very pleased. Forge ahead. There is nothing to fear.

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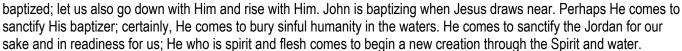
Pastor's Corner

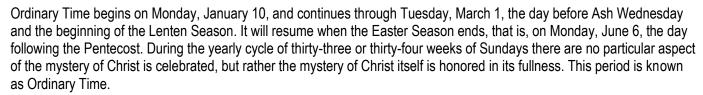
My dear Parishioners,

First of all, I want to take this opportunity to thank you all for your loving and generous support to our parish community this Christmas season. I also want to express my sincerest gratitude to all of you who offered me and Fr. Louis your heartfelt wishes of Christmas Joy and a Happy New Year. I am personally very grateful to you who gave me gifts of love and your generosity of heart! Words are not enough to express how grateful I am to so many of you, so, I would like to offer one of the Masses on Sundays for your special intentions.

This weekend we celebrate the Feast of the Baptism of the Lord which also concludes our Christmas Season. Jesus is the beloved Son of the Father. He is the light of the nations and Lord of all creation. To Him be all glory and praise!

Christ is bathed in light; let us also be bathed in light. Christ is





Let me now offer you another reflection on Mary, the Mother of God and our Mother, by Saint Athanasius, (bishop of Alexandria, Egypt: died 2 May 373): "The Word took our nature from Mary".

The Apostle tells us: The Word took to himself the sons of Abraham, and so had to be like his brothers in all things. He had then to take a body like ours. This explains the fact of Mary's presence: she is to provide him with a body of his own, to be offered for our sake. Scripture records her giving birth and says: She wrapped him in swaddling clothes. Her breasts, which fed him, were called blessed. Sacrifice was offered because the child was her firstborn. Gabriel used careful and prudent language when he announced his birth. He did not speak of "what will be born in you" to avoid the impression that a body would be introduced into her womb from outside; he spoke of "what will be born from you" so that we might know by faith that her child originated within her and from her.

By taking our nature and offering it in sacrifice, the Word was to destroy it completely and then invest it with his own nature, and so prompt the Apostle to say: This corruptible body must put on incorruption; this mortal body must put on immortality.

This was not done in outward show only, as some have imagined. This is not so. Our Savior truly became man, and from this has followed the salvation of man as a whole. Our salvation is in no way fictitious, nor does it apply only to the body. The salvation of the whole man, that is, of soul and body, has really been achieved in the Word himself.

What was born of Mary was therefore human by nature, in accordance with the inspired Scriptures, and the body of the Lord was a true body: It was a true body because it was the same as ours. Mary, you see, is our sister, for we are all born from Adam.



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Offer This Day To The Lord Parish Activities This Week

Monday, January 10th

7:00 pm Adult Faith Formation (WH)

Tuesday, January 11th

9:00 am Adult Bible Study (CLR)

7:00 pm Women's Bible Study (PC)

7:00 pm Claver Coffeehouse (PC)

7:00 pm Hispanic Prayer Group (PC)

7:00 pm K of C General Meeting (PC)

Wednesday, January 12th

9:30 am Women's Bible Study (CLR)

7:00 pm Perpetual Help Novena (C)

7:00 pm Women's Bible Study (PC)

7:00 pm Boy Scouts (WH)

Thursday, January 13th

No BINGO

Friday, January 14th

7:00 pm Spanish Choir (PC)

7:00 pm Misioneros de Cristo (PC, WH)

Saturday, January 15th

3:00 pm Confessions (C)

6:15 pm Confessions - Spanish (C)

(C) Church (CLR) Children's Liturgy Room (PC) Parish Center (PO) Parish Office (WH) West Hall (YC) Youth Center (PL) Parking Lot



We'd like to welcome our newest Christian through Baptism...

Tobias Israel Arana





On This Sunday We Celebrate

RCIA, 8:00am

Older First Communion, 8:00am

Yr. 1 First Reconciliation, 9:15am and 11:15am

Yr. 2 First Communion, 9:15am and 11:15am

3 to 5 Club, 11:15am

Baptisms, 1:30pm



Mass Intentions for the Week



5:00pm Sherry Clements (RIP)

Dee Hibbs (RIP)

Sunday, January 9th

10:00am Inocencio Alvarado (RIP)

Richard Cornali (RIP)

12:00pm Richard Cole (RIP)

Mary Jo Couch (RIP)

5:00pm Zedryk Dacumos (INT)

Pearl Krafp (RIP)

Monday, January 10th

7:30am Nick Carabeo (RIP)

Ray Wargo, Jr. (RIP)

Ancestors of Rodger Obcamp (RIP)

Tuesday, January 11th

7:30am Laura Dumaguin (INT)

Richard Fidermutz (RIP)

Beth Coronel (INT)

Wednesday, January 12th

7:30am Mario Dacumos (INT)

Mason Mindanao (INT)

Cesar Cansino (RIP)

Thursday, January 13th

7:30am Peter Caminata (RIP)

Ron Wright (INT)

Leonor Romero (RIP)

Friday, January 14th

7:30am Lourdes Gonzalez-Rubio (RIP)

Zedryk Dacumos (INT)

Carmera and Pedro Doria (RIP)

Saturday, January 15th

7:30am Brandi Rodriguez (RIP)

Ricardo Mapili (INT)

Alfonso Achenta (RIP)

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Growing Firm in the Hope of the Gospel of Jesus Christ

Offices of Faith Formation and Youth Ministry

Office of Faith Formation (805) 526-0680 or faithformation@saintpeterclaver.org Laura Diaz, Director of Faith Formation Carla Magnani, Administrative Assistant



The people were filled with expectation...
Luke 3:15

The verse today's Gospel begins with is such a perfect description of how parents and Godparents feel at a child's Baptism. Hearts are filled with expectations of blessings for the child. There is a unique joy as we hear the words of the prayers and rite of Baptism. Think about your child's Baptism, or the last Baptism you went to. What were your expectations, hopes, and joys as you watched, listened, and prayed? Sometime this week, talk with your children about their Baptisms and tell them all about your expectations and hopes for them. Or talk with friends about the last Baptism you went too. Think about your own Baptism. Imagine what the hopes and expectations were for you and bask in the love!

Elementary Faith Formation Sessions: Sunday, January 9th at 8am, 9:15am or 11:15am.

Adult Faith Formation: *The Creed* by Bishop Barron, Part 3, Monday, January 10 from 7-8:30pm in the West Hall. All adults invited to come dive deeper into the Creed we profess at each Mass.

Adult Confirmation Session: Sessions will begin on Tuesday, January 25th from 7-8:30pm, English-Room 5, Spanish-Room 6.



St. Peter Claver Youth Ministry

Fr. Louis Sung, Director of Youth Ministry
Youth Ministry Email: cosha@saintpeterclaver.org

Peer and Adult Leaders still needed for all ministries!

Contact the office for information and join our team!

Middle School YM: Our next session will be held on Monday, January 17th at 7pm in the Youth Center. Hope to see you then!

High School YM (M6:8): High School Youth Ministry will be on hiatus until further notice. All sessions for High School Youth Ministry are cancelled, for now.

Confirmation Year 1 and 2: Sessions take place on Sundays (5pm Mass-8:30pm) for Year 1 and Tuesdays (7-8:30pm) for Year 2 in the Youth Center. The next Year 1 session will be on Sunday, January 16th and the Year 1 retreat info will be emailed out to the families. The next Year 2 session will be on Tuesday, January 18th.



RCIA: Participating When There are Marriage Issues

Individuals who want to become Catholic sometimes are civilly married only, or are in second or third marriages for either themselves or their partners. Each case is unique and deserves careful attention and, if possible, resolution in the eyes of the Church. In examining a marriage, the Church may decide that it simply needs to be "blessed" by the Church, or that from the beginning a marriage did not have the essential qualities for a complete and valid marriage and grant an annulment.

Call the Faith Formation Office at (805) 526-0680 with any questions or for more information.

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January 9, 2022 - The Baptism of the Lord

He saved us through the bath of rebirth and renewal by the Holy Spirit. ~Titus 3:5

Live the Liturgy

Jesus stood in line with everyone else and was baptized. There is something incredibly humbling about how this must have played out. Then, God did something truly awesome and inspiring. Through a very gentle and simple action He let the world know about the special relationship He shares with Jesus. That's exactly what is so incredible about our baptisms as well! Through those holy waters God announces to the world the special place we also occupy in His heart. We no longer have to wonder about the purpose of our lives or struggle to find our way. We do not need to fumble around, tripping over ourselves and wondering why we are even here. The answer has been given. All we have to do is live out the vocation we have received, to live the Gospel in fidelity to our Creator. There is nothing to fear and worry has no place. Standing in line with other sinners, we have our anchor and God is very pleased.

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St. Peter Claver Bingo "The Friendliest Bingo In Town!"



BINGO is canceled Thurs., Jan 12th. We plan to return Thurs., Jan 19th.



Phone: (805) 526-2781

Please pray for the souls of...

Dawn Vandelinder, 1/2/22; Leoncio Galang, 12/27/21; Edgardo Magat, 12/27/21; Verna Hobbs, 12/25/21; Edward Ng, 12/23/21; Mark Schmidt, 12/22/21; Serafin Arceta, 12/17/21; Mary Watson, 12/5/21; David La Tourette, 1/12/21; R. Patrick Gilson, 1/9/21; Michael Barnes, 1/12/20; Harlene Holeman, 1/15/19; Julianna Reed, 1/15/19; Manuel Gurierrez, 1/10/19; Efrain Flores, 1/9/18; George Cimarusti, 1/13/16; Cecil Lovato, 1/12/15; Joseph Rouse, 1/13/14; Edward Strait, 1/12/13; Raul Valdez, 1/11/11; Betty Langlois, 1/15/10; Major Robert Ley, 1/13/10; Lorelei Echeverri, 1/14/08; Dorothy Napoli, 1/15/06; Mary Matelli, 1/11/05; Eunice Kubelka, 1/13/04; Louise Pond, 1/13/04; John Jansen, 1/9/01: Ernest Willard, 1/14/00; Anita Blake, 1/12/00; James Madden, 1/10/00; Lawrence Sohler, 1/14/96; Kelly King, 1/15/95; Leatrice Mazza, 1/15/95; Margaret Kiely, 1/12/95; Ted Mazza, 1/15/94; Elvyn Holt, 1/10/94; Karen Ley Rothring, 1/9/94; Lillian McHale, 1/11/92; Chester Kordowski, 1/14/90; Mary Martin, 1/12/89; Violet Farrar, 1/11/86; Sean Weber, 1/11/83; Joseph Stranges, 1/12/82; Willis O'Donoghue, 1/10/82; Roberto Garza, 1/12/81; Audrey Leiferman, 1/11/80; Marion Michaels, 1/13/77.

The Gift of Eucharistic Adoration

Consider this New Year's resolution that will strengthen your mind, body and soul!! Adoration before the Blessed Sacrament. Focus your mind on God, bringing to Him your joys, problems and questions. In God's presence, you find mental and physical release. Meditative prayer can reduce anxiety, lower blood pressure and bring clarity of thought. God begs for your presence, and rewards you with His blessings. Resolve to adore an hour a week in our chapel. Sign up on the St. Peter Claver website or call Donna at (805) 551-2393 or email her at obcampd@gmail.com.

It's your time with The Lord.

Please pray for the health of...

Paula Lynn Foley; Elvie Roncal; Luz Ocampo; Emie Buendia; Lou Concepcion; Victor Delas Alas; Lorna Reyes; Lucas Miller; Vicki Shuler; Juan Luna; Takia Roberts; Judy Magee Windle; Levi Minkins; Ron Wright; Jerome Ricard; Julie Milo Magee; Stephen Windle; Amy Petry; Julie Lafferty.

Names will remain on the list of "Pray for the Health of" for 4 weeks. If you wish to add a name please contact the Parish Office.



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Pastor's Corner

continued from page 3

The words of Saint John: The Word was made flesh, bear the same meaning, as we may see from a similar turn of phrase in Saint Paul: Christ was made a curse for our sake. Man's body has acquired something great through its communion and union with the Word. From being mortal, it has been made immortal; though it was a living body it has become a spiritual one; though it was made from the earth it has passed through the gates of heaven.

Even when the Word takes a body from Mary, the Trinity remains a Trinity, with neither increase nor decrease. It is for ever perfect. In the Trinity we acknowledge one Godhead, and thus one God, the Father of the Word, is proclaimed in the Church.

May the Blessed Virgin Mary assure us of her love for all of us as she has given that love to her Son, Jesus the Son of God, and the Light to all nations!

Peace.

Fr. Riz

New Bible Study Session

The Adult Bible Study group will be starting a new session on Tuesday,
January 25th at 9am in the Children's Liturgy Room. The topic will be "Judges and Ruth".
For more information please call Maria at (805) 583-2361.

Everyday Stewardship

I Hope I Am Like Him

"Who is this Christ? Is he like you?"

Perhaps you've heard this story, often attributed to the life of St. Teresa of Calcutta. A sick man asked her this question, as he marveled at her tireless service to himself and others in the name of someone named Jesus Christ.

"He is nothing like me," the saint is said to have answered. "But I hope I am like him."

Though the authenticity of this exchange cannot be verified, its message rings perfectly true: all the value of our stewardship lies in its relativity to the one in whose name we perform it.

Consider the figure of John the Baptist — a magnificent, towering character even purely from a literary or historical perspective. A martyr who fed on wild locusts and boldly spoke truth to power — a man so great some mistook him for the Messiah.

But why is he great? Because he prepared the way. All his accomplishments and escapades mean nothing if they are taken out of the context of salvation history. He only makes sense relative to Christ — and this is exactly as he wanted it. "One worthier than I is coming," he insists. And because of that humility and that total embrace of God's will, he is given one of the greatest honors in the New Testament — he baptizes the Son of God.

Let's examine our lives in the light of their relativity to Christ. How do we prepare the way? When Christ comes to us, what do we do? How do we leave ourselves open to be actors in God's plan?

Tracy Earl Welliver, MTS ©LPi Page Eight St. Peter Claver

Spirit Day

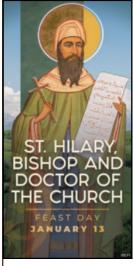
January 11, 2022 from 11:00 am to 8:00 pm



Support St. Peter Claver Preschool & Kindergarten. 20% of dine-in and drive-thru orders will be donated. Mention 'Spirit Day' to a Team Member when ordering.



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St. Hilary of Poitiers, Bishop and Doctor of the Church January 13

Born a pagan, St. Hilary (c. 315 – c. 367) studied philosophy and the meaning of life, eventually making his way through the bible. He became a convert and was appointed bishop of Poitiers in 353. Sometimes referred to as the Hammer of the Arians,

St. Hilary defended the Nicene Creed against a popular heresy, Arianism. He was exiled to Phrygia for opposing Roman emperor Constantius II, who preferred the heresy which denies Christ's divinity. From Phyrgia St. Hilary fought with his pen, zealously writing against the heresy.

Eventually he was allowed to return to Poitiers, but did so by a circuitous route, preaching against Arianism all the way. St. Hilary was likely the first writer of hymns in the West, his writings on the Trinity, Psalms and Gospel of Matthew survive today. St. Hilary was created Doctor of the Church, a title given to those who provided important contributions to theology and doctrine, in 1851 by Pope Pius IX.

Thank You!



Mission Circle International would like to thank St. Peter Claver Parish for making our holiday "Love Bag" project a success. The outpouring of love and generosity after all Masses on December 19th resulted in 500 "Love Bags" filled. In addition, 171 potted plants were also prepared and distributed. [The

campaign was featured in the December 24th edition of the *Simi Valley Acorn*, in the FAITH section (page 14), with a photo of Fr. Riz.]



We would like to recognize the following local vendors and organizations who donated to promote joy and hope for the holiday:

Target, Vons, CVS Pharmacy, The Order of Malta, Grocery Outlet, Home Depot, DIY, Costco, Ralphs, Trader Joe's, India Grocery & Spices, and The Giving Tree of St. Peter Claver Church.

The "Love Bag" donations benefited the following local organizations:

Simi Valley Senior Center Meals on Wheels, ARC of Ventura County, WOSMOH (Women of Substance & Men of Honor), Lighthouse Women and Children's Shelter, Samaritan Center, and Ventura Rescue Mission.

Mission Circle International will celebrate this wonderful parish success, welcome new people who wish to participate, and begin brainstorming activities for 2022 soon. Please contact Sandra Fernandez-Achenbach and Jim Achenbach at help@missioncircle.international or (805) 316-0787 to volunteer.

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MEDITACIÓN EVANGÉLICO

El Bautismo del Señor

Con la celebración del Bautismo del Señor se da por terminado el tiempo de Navidad. El Bautismo de Jesús es como una nueva epifanía, es decir, una nueva manifestación de Dios por medio de Jesús ahora en el Jordán. "El Espíritu Santo bajó sobre él y se manifestó exteriormente en forma de paloma, y del cielo vino una voz: Tú eres mi Hijo, hoy te he dado la vida" (Lucas 3,22). La revelación del Padre se manifiesta proclamando a Jesús como su Hijo.

El Papa Francisco en una de sus catequesis lo muestra en tres puntos muy importantes para todos los que hemos sido bautizados en Cristo Jesús: "Jesús quiso recibir el bautismo predicado y administrado por Juan el Bautista en el Jordán. ¡Cuánta humildad tiene Jesús! Y al hacerlo, manifestó lo que hemos celebrado en Navidad: sumergirse en el rio de la humanidad". Jesús, va con todo a lo que refiere la cuestión humana, menos en el pecado. "El Evangelio subraya que Jesús, apenas salió del agua vio rasgarse los cielos y el Espíritu que bajaba hacia él como una paloma. El Espíritu Santo desciende en plenitud sobre Jesús para darle la fortaleza de cumplir su misión". Por medio de nuestra vocación es que tenemos nuestra misión en la vida. ¿Cómo la estamos cumpliendo? "La fiesta del bautismo de Jesús invita a cada cristiano a recordar su bautismo". ¿Sabes, o recuerdas la fecha de tu bautismo? Hay que preguntar sobre ese día y de cómo se celebró la fiesta de hacernos hijos e hijas de Dios. (Papa Francisco 1/7/2018).

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Sisters of Notre Dame

You are invited to gather for <u>CENTERING PRAYER AND LECTIO DIVINA</u> on <u>TUESDAY</u>, <u>JANUARY 11</u>, <u>2022 from 7- 8:30pm</u>. For further information, please contact Sister Betty Mae Bienlein at <u>bbienlein@sndca.org</u> if you plan to attend. The purpose of the gathering is to deeper one's relationship with God through contemplative prayer and to explore how God speaks to each of us through the Scriptures. These gatherings take place on ZOOM on the second and fourth Tuesday of the month. The ZOOM link will be emailed to you on the weekend prior to each Tuesday gathering. All are welcome.

¿Sabia Que?

Revise la mochila de su hijo/hija - Mientras usted y sus hijos se preparan para regresar a la escuela después de las vacaciones de Navidad, asegúrese de que no carguen demasiado en sus mochilas. Las mochilas demasiado pesadas pueden causar problemas como dolor de cuello o espalda, o mala postura. La Asociación Americana de Quiropráctica (ACA) recomienda que la mochila de un niño no pese más del 5-10 por ciento del peso corporal del niño. Ayude a sus hijos asegurándose de que usen correctamente sus mochilas, con ambas correas sobre los hombros, y de que solo carguen lo que necesitan. Si tiene inquietudes sobre la carga que lleva su hijo, comuníquese con un maestro o personal de la escuela para hablar sobre lo que debe y no debe llevar a casa todos los días. Para obtener más información, visite nsc.org/community-safety/safetytopics/child-safety/backpack-safety-for-kids.

Did You Know?

Check your child's backpack - As you and your children prepare for their return to school after Christmas break, make sure they are not carrying too much around in their backpacks. Backpacks that are too heavy can cause problems like neck or back pain, or poor posture. The American Chiropractic Association (ACA) recommends that a child's backpack weigh no more than 5-10% of the child's body weight. Help your children by ensuring that they wear their backpacks correctly, with both straps over the shoulders, and that they are only carrying what they need. If you have concerns about the load your child is carrying, reach out to a teacher or school staff to discuss what should and should not be coming home every day. For more information, visit nsc.org/ community-safety/safety-topics/child-safety/ backpack-safety-for-kids.



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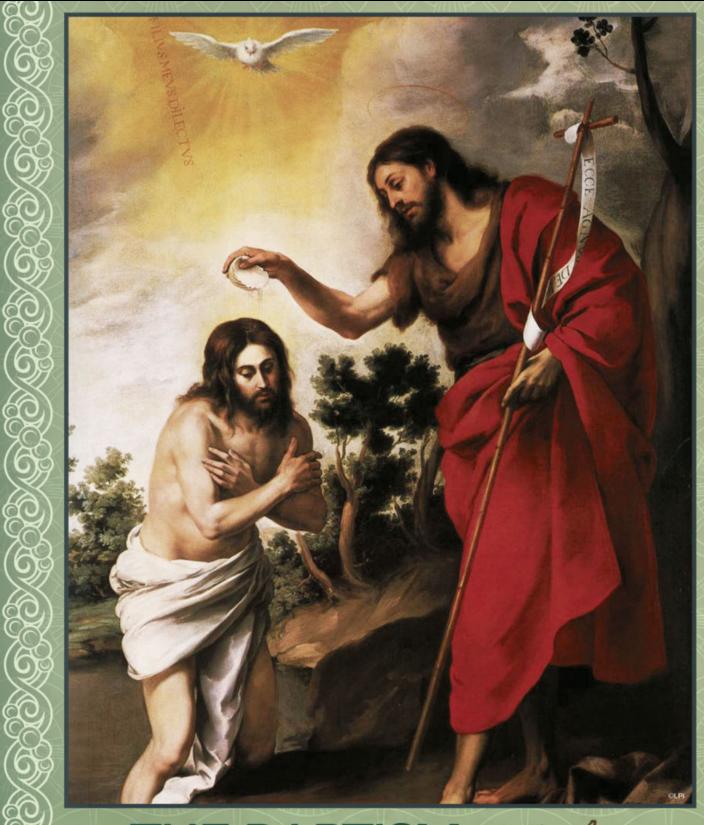
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"I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire." - Lk 3:16bc