

January 3<sup>rd</sup> 2021 • The Epiphany of the Lord



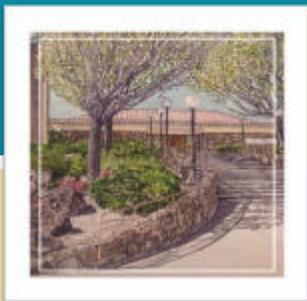
## THE EPIPHANY OF THE LORD

They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh.

- Mt 2:10-11

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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ST MEL CATHOLIC CHURCH

**St. Mel Catholic Church**

**4745 Pennsylvania Avenue  
P.O. Box 1180  
Fair Oaks, CA 95628  
916-967-1229**

**stmeloffice@yahoo.com**

**Parish Office: 4748 Pennsylvania Avenue**

**Monday - Thursday 9:00AM to 1:00PM**

**Closed Friday**

**Website: stmelchurch.org**

**In an emergency call 916-298-9324 for a priest**

**PARISH STAFF**

**Parochial Administrator:**

..... **Father Aldrin Basarte**

**Deacons:**

..... **David Lehman**

..... **Jack Roland**

**St. Mel School Principal:**

..... **Janet Nagel**

**Director of Business & Development:**

..... **Bob Mayer**

**Financial Director/Dir. of Religious Education:**

..... **Sara Donnelly**

**Director of Music:**

..... **Aaron Thompson**

**Parish Secretary:**

..... **Nancy Mammano**

**St. Vincent de Paul**

..... **916-967-1229**

**PLEASE NOTE!**

**NEW BULLETIN SUBMISSION DEADLINES**

Send typed articles, in MS Word - Times New Roman, font 10, via email to **stmeloffice@yahoo.com** no later than 8am on the day indicated below. Mass Intention requests are not subject to these deadlines.

Bulletin Weekend Dates	Articles DUE
January 9 - 10	December 30
January 16 - 17	January 6
January 23 - 24	January 13
January 30 - 31	January 20

**MASS SCHEDULE**

**Sunday 8:00AM** live streamed only followed by drive through Communion distribution from 9:15AM to 9:45AM.

**Monday, Tuesday, Thursday, Friday at 8:30AM** live streamed only followed by drive through Communion distribution from 9:00AM to 9:30AM

**CONFESSIONS**

Saturday from 9:00-10:00AM in the St. Jude Room or by appointment

**BAPTISMS**

Call the office to make appointment

**CATHOLIC FAITH FORMATION (CFF)**

Phone ..... 916-966-4314

Email.....ccd@stmelschool.org

**ST MEL SCHOOL**

916-967-2814..... www.stmelschool.org

**MASS INFORMATION**

**Monday, Tuesday, Thursday, Friday at 8:30AM** live streamed only with drive through Communion distribution from 9:00 to 9:30AM

**Sunday 8:00AM** livestreamed only with drive through Communion distribution from 9:15 - 9:45AM

All Masses will be lived streamed via the St. Mel Facebook page. Use the below link to connect to the Facebook page.

<https://www.facebook.com/St-Mel-Catholic-Church-104087984568676/videos/>

There is also a link on the St. Mel website, stmel-church.org. Simply click on the photo of the Blessed Mother to view the live-stream Masses.

**Eucharistic**



**Adoration**

**Adoration of the Blessed Sacrament is in the Church Monday - Saturday from 9:00AM to 12noon and Wednesday evenings from 6:00 to 9:00PM.**

**You must enter and exit through the back church door which is closest to the St. Jude Room. Only 10 people will be allowed in the church at one time.**

## READINGS FOR THE WEEK

January 3, 2021

**Sunday:** Is 60:1-6/Ps 72:1-2, 7-8, 10-11, 12-13 [cf. 11]/Eph 3:2-3a, 5-6/Mt 2:1-12

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

**Tuesday:** 1 Jn 4:7-10/Ps 72:1-2, 3-4, 7-8 [cf. 11]/Mk 6:34-44

**Wednesday:** 1 Jn 4:11-18/Ps 72:1-2, 10, 12-13 [cf. 11]/Mk 6:45-52

**Thursday:** 1 Jn 4:19—5:4/Ps 72:1-2, 14 and 15bc, 17 [cf. 11]/Lk 4:14-22a

**Friday:** 1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20 [12a]/Lk 5:12-16

**Saturday:** 1 Jn 5:14-21/Ps 149:1-2, 3-4, 5 and 6a and 9b [cf. 4a]/Jn 3:22-30

**Next Sunday:** Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10 [11b]/Acts 10:34-38/Mk 1:7-11 or Is 55:1-11/Is 12:2-3, 4bcd, 5-6 [3]/1 Jn 5:1-9/Mk 1:7-11



Aiden Hulse	Joan Gamble
Albert Souza	Joann Bucknan
Amanda Barron	Joanne Frances Miller
Andrew Cobb	Joanne & George Kim
Arlene Michaels	John English
Betty Cerato	Jonathan Hayes
Bill Ehlers	Jonathan Rassmussen
Bruce King	Joyce Martin
Bryan Tanglao	June McKenderich
Carol Bronk	Karen Juten
Carol Ellen Leever	Kathy Houser
Cecilia Dixon	Kathryn Hesia
Corrie Young	Larry Williams
Dawna Jones	Louella Mortensen
Delia Comstock	Maggie Harrington
Della Harmon	Margaret Hesia
Delores Bousliman	Marvin Schluttenhofer
Donna Mae	Marylou Tavera
Elba Tompkins	Melanie & Sally Edwards
Eve Waggerman	Mike Browning
Fidela Gonzales	Mike Tompkins
Frank & Renee Weiss	Nick Oakes
Gene Fischer	Pat Woods
George Stevens	Peggy Grass
Gerald Hoffarth	Rhonda Morgan
Gerry & Paul Parker	Rod Tarrer
Greg O'Neill	Ron Barton
Harrison Morton	Ron & Judy Martinez
Helen S. Worthington	Rosemary Easter
Helen Chilcott	Rudy Rodoni
Jackie Lohmeier	Talon Bonanno
Jason Bucello	Tracy Kent
Jeffrey Viernes	Victoria Hummer
Jenna Barron	Walter Thompson

## TODAY'S GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

"Where is that thing?" mumbled Bob as he searched frantically on his dimly lit desk for the current electric bill. "I know I put it right on top of these papers this morning!" Growing in frustration and bordering on anger, he flies stuff around, moves books and opines why simple tasks need to be so hard. Enter his wife, who calmly says, "Maybe it would help if you put the light on, dear." The desk light goes on and lo and behold, there is the electric bill right where Bob left it earlier. All it took was a little light!

We stubbornly refuse to turn on the lights! Either we are distracted, determined, disinterested, preoccupied, stubborn, apprehensive, or all of the above. Or perhaps, we fail to do the obvious. We would rather live our lives with the dimmest of lights or even in total darkness. Why are we afraid to do something so that we can actually see? It might help us to find quicker and better answers to problems, the meaning of life, relationships, happiness, and what is ultimate truth. Yet, we stumble along, moving things from one side to the other, getting angry, feeling cheated, being unsettled, resigning ourselves to the agony of defeat once again.

"And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was." The light has come into the world in the person of Jesus Christ! We no longer have to fumble in the darkness. We have been gifted with the illumination we need to see our way through things and find what we really are looking for. All these years later, however, so many are still reluctant to accept him. Perhaps they are unconvinced, disinterested, preoccupied, stubborn, apprehensive, or all of the above. Everyone has their own reason for not wanting to turn on the switch.

But there are so many answers to so many of our problems in this humble Child of Nazareth. A simple birth teaches us about God's tender wedded relationship with humanity. It speaks to the expanse of God's salvation across the globe, and the incarnate Divine wonders and blessings that are a part of our life moment to moment. It calls us to understand the design of world order God intended as found in the Beatitudes, the sacredness of every human life and all of creation and the meaning of things we struggle with most, like suffering and death. We have a lot of Good News to share, not just with a privileged few but with all the world. All races and creeds can receive God's healing word. God continues to manifest himself even now! Use the light to find what you are really looking for!



**Sunday, January 3**

- 8:00am (I) Mass for Parishioners
- 10:00am (R) Edward & Virginia Santos  
by Amelia Santos
- 10:00am (R) Anne Chapman  
by Chapman Family

**Monday, January 4**

- 8:30am (I) Marie Weider by St. Mel School
- 8:30am (I) Gina Goveas by Goveas Family

**Tuesday, January 5**

- 8:30am (R) Isaac & Marietta Barron
- 8:30am (R) Deceased Members of the  
Goveas Family

**Wednesday, January 6**

- 8:30am No Mass

**Thursday, January 7**

- 8:30am (I) Mary White by St. Mel School
- 8:30am (I) That the Adoration Chapel  
Opens Soon

**Friday, January 8**

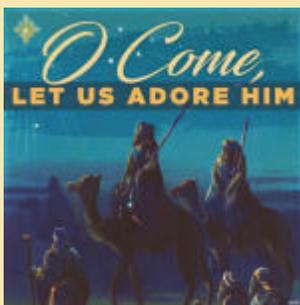
- 8:30am (I) Donna Ponta by St. Mel School
- 8:30am (I) Luke Goveas by Goveas Family

**Saturday, January 9**

- 4:30pm (I) Alvin Fonseca by Bill & Joyce
- 4:30pm (I) Revati Goveas by Goveas Family

**Sunday, January 10**

- 8:00am (I) Jessica Stephenson  
by St. Mel School
- 8:00am (I) Stella Floyd  
by Ron & Marylou Tavera



**Please Pray for the Chronically Ill of Our Parish**

- |                   |                    |                 |
|-------------------|--------------------|-----------------|
| Albert Gonzales   | George Snyder, Sr. | Kathy Houser    |
| Auroa Deese       | Gianna Atilano     | Louis Patterson |
| Betty Cerato      | Howie Hoel         | Lynn Warner     |
| Bruce King        | James English      | Ralph Virgen    |
| Charles J. Ortner | Jody Martinez      | Veronica Saenz  |



It is more important than ever that we have the will to honestly face the truth and say exactly what it is. –The Gospel of Life, 58

**Reflection:** Some call abortion “termination of pregnancy.” But so is birth. The fact is that every pregnancy terminates. The issue is how.

Abortion supporters are simply masking an act of violence with their language.

**Prayer:** Spirit of truth, keep us free from the power of deception. Give us clear minds to know truth and courageous tongues to speak it.

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**PRAYER INTENTIONS OF POPE FRANCIS**



Please join the **Legion of Mary** in praying daily the intentions of Pope Francis for January - **Human Fraternity**

*May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.*

**PRAYER AGAINST THE CORONAVIRUS**

God our Father, we come to you in our need to ask your protection against the Coronavirus that has claimed lives and affected many. We pray for your grace for the people tasked with studying the nature and cause of this virus and stemming the tide of its transmission. Guide the hands and minds of medical experts that they may minister to the sick with competence and compassion, and of those governments and private agencies that are working to find a cure and solution to this pandemic. We pray that those affected may be restored to health soon. Grant us the grace to work for the good of all and to help those in need. Grant this through our Lord, Jesus Christ, your Son, who lives and reigns with you, in the unity of the Holy Spirit, one God forever and ever.

Amen

## ST. MEL MAINTENANCE AND IMPROVEMENT FUND

There will be a collection **THIS** weekend, January 2<sup>nd</sup> & 3<sup>rd</sup>, for the St. Mel Maintenance & Improvement Fund. These funds are used for taking care of our facilities. Thank you for your generosity. **For safe and secure online giving, please go to [www.faithdirect.net](http://www.faithdirect.net). The St. Mel Parish code is CA731.**

## RECOGNITION ANNOUNCEMENTS

Wedding anniversaries for the month of January will be recognized at the 8:00AM Mass Sunday, January 3<sup>rd</sup>.

## RELIGIOUS CALENDARS

2021 Religious Calendars are available in the Parish Office. Office hours are Monday through Thursday from 9:00AM and 1:00PM. It is suggested that you call the office to ensure that someone is there before you stop by.



Attention Parents and Godparents. The next scheduled Baptism Preparation class is Wednesday, January 6<sup>th</sup> at 7:00PM. It will be determined by January 4<sup>th</sup> if it will be in person or Zoom meeting. Please call the Parish office to register to attend. 916-967-1229

## LOAVES & FISHES VOLUNTEERS

Want a great way to fulfill Christ's call to feed the hungry? St. Mel Parish needs volunteers to help in the meal preparation area at Loaves & Fishes on the first Friday of each month. This is a rewarding and humbling experience to help those who are hungry and less fortunate. It usually is about a 3-5-hour commitment. You do not need to serve every month. Volunteers are welcome to help when it fits into your schedule. If you are interested and would like more information, please contact Richard Phelps 916-807-0943 (phone or text). Email Richard at: [wetduck33@gmail.com](mailto:wetduck33@gmail.com)

## ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament.  
I love you above all things and I desire to receive you in my soul.  
Since I cannot at this moment receive you sacramentally,  
Come at least spiritually into my heart.  
I embrace you as if you were already there  
And unite myself wholly to you.  
Never permit me to be separated from you.  
Amen.

## PRAYER FOR VOCATIONS

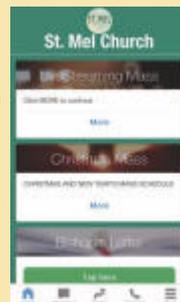
Lord, you call us all by name to follow your path. You always bless your Church and guide your followers to become leaders who think of others before themselves. Mold us in the image of your Son, to respond to your call as Sisters, Priests, Brothers, Deacons and Lay servants of the Gospel. Embolden us all to grow in knowing of you, and allow this knowledge to open our hearts, minds, and souls to your enduring call. We ask this in Jesus' name. Amen.



## eGIVING WITH FAITH DIRECT

*Faith Direct* enables parishioners to make Church contributions through either direct debit from your checking/savings account or your credit/debit card. No more writing checks or searching for envelopes on the way out the door. Visit [www.faithdirect.net](http://www.faithdirect.net) to enroll securely online. Our parish code is **CA731**.

Check out the new St. Mel app! The latest information and a link to livestream Masses so you can watch right on your phone. Go to the App Store and search for WeConnect Parish app. There is also a link to the app on the St. Mel Church website: [www.stmelchurch.org](http://www.stmelchurch.org). Download and set your church as St. Mel.



## ST. MEL SCHOOL AND CFF NEWS

### CFF Classes

Catholic Faith Formation will be a homeschool format this year. We hope this gives parents an opportunity to work with their children and perhaps refresh their memory at the same time. If you have registered your child, but have not picked up your child's course materials, please call the Parish Office to arrange a pick-up time. If you have not registered your child, or if you have questions, please email Sara Donnelly at [ccd@stmelschool.org](mailto:ccd@stmelschool.org).

## ST MEL SCHOOL SCRIP

Scrip sales are back! Now more than ever St. Mel School needs our help. You can purchase Scrip by calling or emailing Regina Edwards, Scrip Coordinator, at 916-752-3878 or [Edwardsfamily@Reagan.com](mailto:Edwardsfamily@Reagan.com). You can also order online at [ShopwithScrip.com](http://ShopwithScrip.com) by using the St. Mel enrollment code, 3DL76FEA2151L.

All Scrip orders will be sent directly to Regina who will then arrange delivery. Thank you for your support of St. Mel School!



## CHRIST THE KING PARISH RETREATS

The 2020-2021 Christ the King Parish Retreat theme is **"We Remember We Celebrate We Believe"** to gain deeper wisdom and awareness of God's presence in these troubled times. We invite all to come and probe the depth of God's Love for us in Christ as we gather in prayer, study, meditation, sacraments, and rest. The **WOMEN'S retreat** for St. Mel will be **JANUARY 22-24** and **Men's retreat will be April 9-11**. Please reserve your spot today by calling your Parish Coordinator Martha Styer at 916-962-3307 or the CTK at 916-725-4720 Ext 301. You can register online at <http://christthekingretreatcenter.org>.

If you're unable to attend our parish date, visit the website for other dates. *Accept this invitation as a precious gift to yourself as you awaken and rejuvenate the spirit within you.* Please know, no one is refused because of inability to pay full amount.

## KNIGHTS CORNER

This is still a wonderful time of the year even with our challenges regarding COVID-19. We just need to step back and focus on the true meaning of this season. We celebrate the birth of Our Lord Jesus Christ on the 25<sup>th</sup> of December. During the month of December we have celebrations for Our Blessed Mother, the Birth of Jesus, and the celebration of The Holy Family of Jesus, Mary, and Joseph. With the proclamation made by Pope Francis on the 8<sup>th</sup> of December that the Year of Saint Joseph would start on that day, this year each member of Holy Family had at least one day in December dedicated specifically to them, besides the day that they share on Sunday 27<sup>th</sup> of December. We celebrate our Blessed Mother because without her saying "Yes" Jesus would not have taken human form and come into the world. She nurtured his earthly body with motherly care such that he would grow into adulthood. We all are well aware of how the Blessed Mother participated in Jesus' life. However, not much is explicitly expressed regarding Saint Joseph's role in Jesus' life. We know that Saint Joseph was Jesus' foster father. For the 150<sup>th</sup> anniversary of the declaration of Saint Joseph, the patron of the universal church, Pope Francis' aim for this special year is *"to increase our love for this great saint, to encourage us to implore his intercession and to imitate his virtues and his zeal."* He further described Saint Joseph as a *"beloved father, a tender and loving father, an obedient father, an accepting father; a father who is creatively courageous, a working father, a father in the shadows."* Jesus was born into this world to give himself as redemption for our sins. His resurrection opens that gates of Heaven for us. Wishing you a blessed New Year. Hold your family close in this year of Saint Joseph.

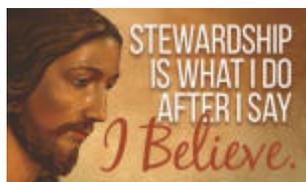
## BE AWARE!

Emails and text messages are being sent from people claiming to be Father Aldrin or a St. Mel parishioner. If you receive a text or an email asking you to buy gift cards DO NOT RESPOND. Father will never ask for help in this way. If you have any questions or concerns, please call the Parish Office. 916-967-1229.

## EVERYDAY STEWARDSHIP

### Wise Men See God in the Simple Things

If you're on social media, you have probably seen a meme going around that features this quote: "God has a plan for your life. The enemy has a plan for your life. Be ready for both. Just be wise enough to know which one to battle and which one to embrace."



There were certainly two competing plans for the Magi: God's and Herod's. And, wise as they supposedly were, it wasn't entirely easy for the Magi to discern which was which.

After all, Herod posed as a friend. He offered the Magi hospitality and kindness. Though the Gospel doesn't say so, he probably flattered them and appealed to every moral weakness he could observe in them. In his palace, they must have felt great physical comfort — rest and tables of plenty on what was an otherwise long and treacherous journey.

But if the Magi were honest with themselves, I'll bet they would have admitted that, regardless of Herod's charm, they felt a gnawing sense of doubt while in his presence. When they looked upon the Christ Child, born in a stable without any of the comforts of the world or protections of wealth, they probably felt the opposite. They probably felt safe.

The Magi were lucky enough to have the right plan spelled out for them in a dream, but for the rest of us, it's enough to remember this: God's plan is often the one that leads us to places of great simplicity, great humility and great love. Let's have the wisdom to view power with suspicion, and innocence with admiration.

— Tracy Earl Welliver, MTS

## CONTRIBUTION ENVELOPES AND FAITH DIRECT

If you have started making your donations to St. Mel through FaithDirect, please let the office know so that your name can be removed from the contribution envelope mailing list. Thank you. 916-967-1229 or [stmeloffice@yahoo.com](mailto:stmeloffice@yahoo.com).

## Covid-19: A Prayer of Solidarity

For all who have contracted coronavirus,  
We pray for care and healing.

For those who are particularly vulnerable,  
We pray for safety and protection.

For all who experience fear or anxiety,  
We pray for peace of mind and spirit.

For affected families who are facing difficult decisions between food on the table or public safety,

We pray for policies that recognize their plight.

For those who do not have adequate health insurance,

We pray that no family will face financial burdens alone.

For those who are afraid to access care due to immigration status,

We pray for recognition of the God-given dignity of all.

For our brothers and sisters around the world,  
We pray for shared solidarity.

For public officials and decisionmakers,  
We pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope, comfort and love to all.

Grant peace.

Grant comfort.

Grant healing.

Be with us, Lord.

Amen.

## WE'VE PURCHASED FORMED FOR YOU!

FORMED is a revolutionary online platform providing access to the best Catholic audio talks, movies, ebooks, and video-based studies from trusted providers like Augustine Institute, Ignatius Press, Catholic Answers, Sophia Institute Press, St. Paul Center, and more!

Go to [stmelchurch.org](http://stmelchurch.org) and click on the "We've Purchased Formed for You" link. Click on "Register Now" and follow the directions. If you need help call the office, 916-967-1229.

## WHERE IS THE APOSTLES CREED FOUND IN THE BIBLE?

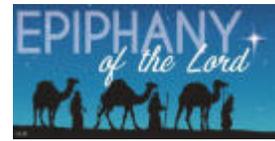
The Apostles Creed is divided into twelve statements which are founded entirely in scripture:

### The Apostles Creed

I believe in God, the Father almighty, (*Mt 5 :45*)  
 Creator of heaven and earth, (*Gen 1: 1; Rom 1: 20*)  
 And in Jesus Christ, His only Son, our Lord, (*Mt 3: 17; Phil 2: 12*)  
 Who was conceived by the Holy Spirit, (*Lk 1: 35*)  
 born of the Virgin Mary, (*Lk 2: 7*)  
 suffered under Pontius Pilate, (*Jn 19: 16*)  
 was crucified, died, and was buried. (*Jn 19: 29 – 42*)  
 He descended into hell; (*1 Pet 3: 19 – 20*)  
 on the third day He rose again from the dead, (*Mt 28:1-10; Jn 20:11-18*)  
 He ascended in heaven, (*Lk 24: 51*)  
 and sits at the right hand of God, (*Heb 1: 3*)  
 the Father almighty; (*Mk 14: 36*)  
 from thence He shall come again (*Mt 16: 27; Acts 10: 39;*)  
 to judge the living and the dead. (*1 Cor 15: 51*)  
 I believe in the Holy Spirit, (*Jn 14: 15 – 20; Acts 1: 7 – 8*)  
 the Holy Catholic Church, (*Mt 16: 18 – 19; Eph 5: 26-27; Col 1: 24*)  
 the communion of Saints, (*Mt 28: 19 – 20; 2 Cor 11: 13; 1 Cor 15: 33*)  
 the forgiveness of sins, (*Jn 20: 22 – 23*)  
 the resurrection of the body, (*1Cor 15: 51 – 54; 1 Thes 4: 13 – 18*)  
 and life everlasting. (*1 Jn 5: 20*)  
 Amen.



Tune in to hear inspiring and faith filled conversations with guests such as Fr. Robert Spitzer, SJ, from EWTN, Fr. Matthew Spencer, OSJ, from Relevant Radio and many more. Shows are on Comcast Channel 20, Consolidated 19 and AT&T 14. Sundays 7:00am, Tuesday 9:30am, Wednesday 8:30pm and Thursday 5:00pm. All episodes are also uploaded to YouTube and the Catholic Viewpoint website [www.catholicviewpointfhl.com](http://www.catholicviewpointfhl.com).



The song "We Three Kings" details the gifts of the Magi, but do you know what you're singing? "Born a king on Bethlehem's plan, gold I bring to crown Him again." This one is the most straightforward - gold symbolizes the Kingship of Christ. "Myrrh is mine: its bitter perfume breathes a life of gathering gloom." Myrrh is an embalming spice. Already at Christ's birth, we have the symbolic reminder of his death. "Frankincense to offer have I. Incense owns a deity nigh." In many religious traditions, incense symbolizes prayers rising to heaven. In some pagan traditions, it is thought to help "call down" the deity. The gift of frankincense symbolizes Jesus' role as the Great High Priest, sanctifying the world through his sacrifice.

## WHY SHOULD I REGISTER AT MY PARISH?

If you have been attending the same parish for a time and don't see yourself moving or attending elsewhere, you should absolutely register at your parish. Here's why:

- 1. Connectedness.** Once you register, you feel more at home in church. You become part of your church family in a tangible way. It gives you a sense of belonging and allows your priest to get to know you as well.
- 2. Accountability.** We are all responsible for helping the greater Church grow in strength and numbers. As a registered parishioner, it adds weight to that role. As an "official" member of the parish who is open to the voice of the Holy Spirit, you will feel led to contribute to the needs of the church.
- 3. Commitment.** Becoming a member of your parish is a promise to be active in your faith.
- 4. Access to parish information.** This gives your parish the ability to reach out to you and let you know about events, prayer and study opportunities and ways you can give back.

**Bottom line** – register at your parish. Declare your commitment to your faith proudly and officially join your church family!

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## 3 EASY STEPS

### TO KEEPING YOURSELF & OTHERS HEALTHY!

We are cautioned to be especially careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.



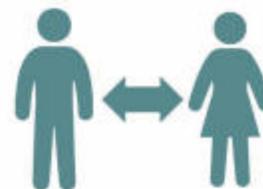
#### WASH YOUR HANDS

Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.



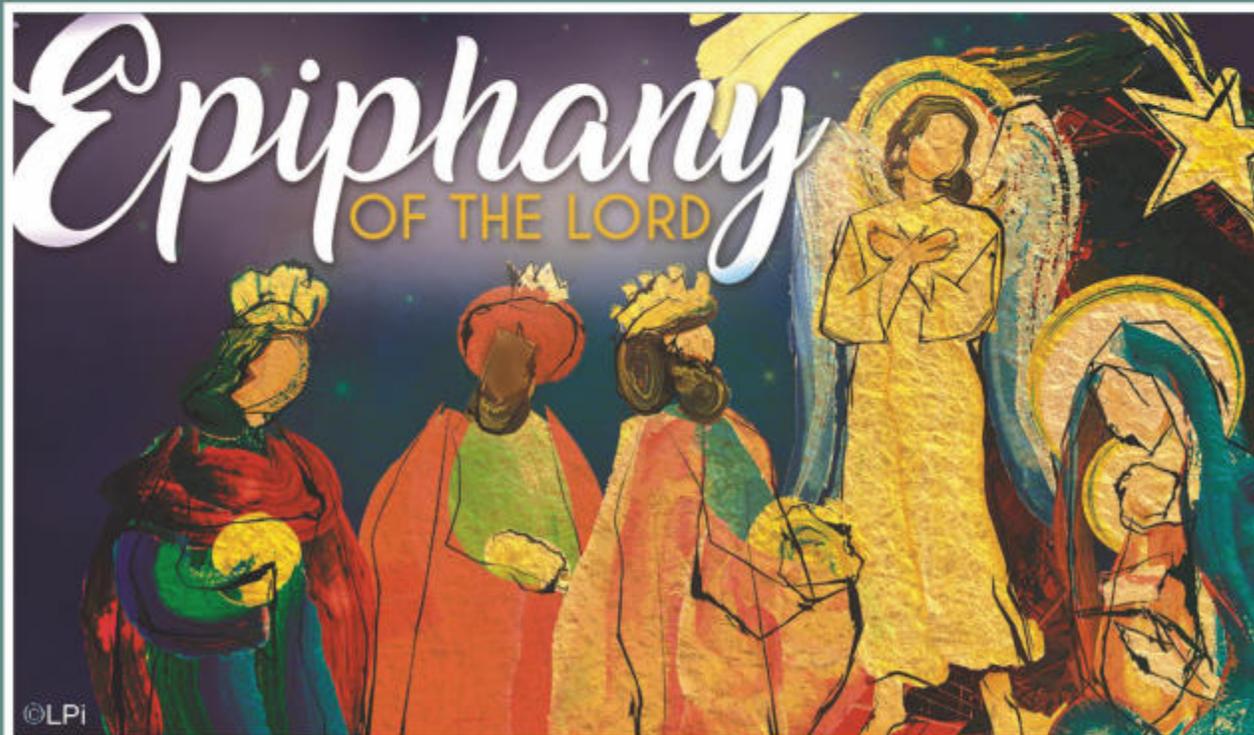
#### DON'T TOUCH YOUR FACE

Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.



#### KEEP YOUR DISTANCE

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.



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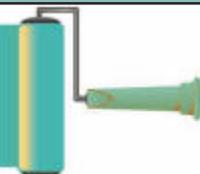
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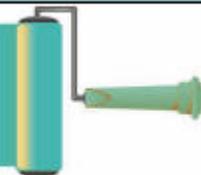
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