

7TH SUNDAY OF EASTER

G10=

Jesus raised his eyes to heaven and said, "Father, the hour has come. Give glory to your son, so that your son may glorify you." - Jn 17:1

PARISH STAFF

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Tamara Kahrimanis, Director of Music, Choir Director, Piano and Organ

Terry Manns, Pianist

Chris Erickson, Organist

Sacristans

Mary Jane Goodrick, Darlene Green, Jamie Fishgold and Doyle Fausey

Facility Maintenance

Alberto Meza and Jorge Hernandez

Housekeeper

Lugarda Trujillo



CARING FOR THE PEOPLE OF GOD

Prayer Requests— If you have a prayer request call 520-625-4536 and press 6. Then leave a message about your prayer request. A Prayer Warrior will pick up the message and send it to the rest of the Prayer Warriors. Prayers will be continued for 7 days.

Communion to the Hospitalized, Nursing Home Residents and Homebound -

Arranged by request. Contact the Pastoral Associate at 520-625-4536 Ext 112.

Baptism - Call the Parish Office. Registration for the Baptism classes is required.

Have you been away from the Church and wish to return? The Come Home Program is for you. Contact Barbara Hall, OCDS at 520-625-4319 or Eugene Beckman at 402-578-8696.

Need help with an annulment? If you are considering preparing a petition or are a respondent in an annulment, there is help available. Contact Deacon Joe at 520-625-4536 Ext 112 or Georgene Sorenson at 520-399-0868.

Mass Intentions - Please submit request at the parish office two weeks prior to requested date.

New Parishioners - We welcome you to our parish. To register pick up a registration form in the Narthex kiosk, the parish office or at www.olvgv.org.

Pastor

Rev. Francisco Maldonado

Deacon Joseph Roinick







Monday thru Thursday 8:30 AM to Noon / 1:00 PM to 4:30 PM Fridays ... 8:30 AM to Noon







Rosary & Daily Masses Monday through Saturday

7:30 AM Rosary 8:00 AM Mass in English Mass available via YouTube Monday—Friday at Our Lady of the

Weekend Mass Schedule

Valley, Green Valley AZ

Saturday Vigil Mass 4:00 PM Sunday English Masses 7:00 AM, 9:00 AM, 11:00 AM

Sunday Spanish Mass 1:00 PM Available via YouTube

for 11:00 AM & 1:00 PM Masses Our Lady of the Valley, Green Valley AZ









Sacrament of Reconciliation

Wednesdays following the 8:00 AM morning Mass & Saturdays at 3:00 PM

Eucharistic Adoration

Monday through Friday following the 8:00 AM Mass in the Church until Noon. *If there is a funeral, adoration will be moved to the Chapel.

Mission Statement

"We, the parish community of Our Lady of the Valley Catholic Church, inspired by the Holy Spirit, and nourished by the Holy Eucharist, are a community of faith. We invite all God's people to celebrate His love through participation in liturgy, prayer, service and fellowship. We are committed to on-going faith formation for people of all ages. We value the diverse gifts we have been given and freely share our time, talent, and treasure to minister to the needs of all God's people."

* Mass Intentions & Readings for the Week *

<u>Sunday, May 21st</u>—Solemnity of the Ascension of the Lord Acts 1:1-11/Ps 47:2-3, 6-7, 8-9/Eph 1:17-23/Mt 28:16-20

7:00 AM † Michael Keane, † Robert Keane, † Margaret Hutt, † Edmund Mercier

† Dick Casey, † Virginia Goreski,

† Deborah Jean Power, † Philetus Swift Simms,

▼ Carole Conley

11:00 AM †Stan Arauju, † Delia Hicks, † Dick Ford,

† Rita Pitts, † Holy Souls in Purgatory

1:00 PM † Robert Mankel, Sr., † Roberto Luis Magdaleno

X Lauren Bengson

Monday, May 22nd

9:00 AM

 Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab/Jn 16:29-33

 8:00 AM
 † George Connolly, ▼ Carole Conley

Tuesday, May 23rd

Acts 20:17-27/Ps 68:10-11, 20-21/Jn 17:1-11a

8:00 AM ◆ Our Lady of the Valley Parishioners

Wednesday, May 24th

Acts 20:28-38/Ps 68:29-30, 33-35a, 35bc-36ab/Jn 17:11b-19

**Ref AM † Catherine Pernaselli, † Marion Schaps

Thursday, May 25th

Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11/Jn 17:20-26

8:00 AM † Catherine Pernaselli

Friday, May 26th

Memorial of St. Philip Neri

Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab/Jn 21:15-19 8:00 AM † Bill Conley, † Gene & Loretta Halboth,

Saturday, May 27th

Acts 28:16-20, 30-31/Ps 11:4, 5 and 7/Jn 21:20-25 8:00 AM † Don Burnette, † Helen Coluci

Anticipatory Mass for the Solemnity of Pentecost Gn 11:1-9/Ex 19:3-8a, 16-20b/Ez 37:1-14/Jl 3:1-5/

Ps 104:1-2, 24, 35, 27-28, 29, 30 (see 30)/Rom 8:22-27/Jn 7:37-39

4:00 PM † Teresa Haun, † Douglas Cameron,

† Gildo Torchia

Sunday, May 28th—Solemnity of Pentecost

Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 (see 30)/1 Cor 12:3b-7,

12-13/Jn 20:19-23

11:00 AM

7:00 AM
9:00 AM

♦ Our Lady of the Valley Parishioners
† Chad Gentry, † Doug Cameron,
† Philetus Swift Simms, ▼ OLV Staff

†Delia Hicks, † Dick Casey, † Alfonso Cardenas,

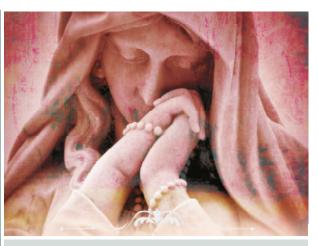
† Holy Souls in Purgatory

1:00 PM † Felipe de Jesus Celis,

† Roberto Luis Magdaleno



Attendance Figures For: May 13th & 14th - 1539





SANCTUARY LIGHTS WEEK OF MAY 21ST

For the intentions of D & M Cerny and W. Schlesinger By: Mary Cerny

Funerals



Wednesday, May 24, 2023
Bud Gregory
9:30 AM Rosary • 10:00 AM Mass

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen~

Questions of the Week Reflect and Respond to Scripture

First Reading:

We hear how the eleven apostles and Jesus' family and friends gathered together in prayer "in one accord" in the immediate aftermath of Jesus' resurrection and ascension. How does your faith in Jesus bring you closer to others?

Second Reading:

Peter acknowledges that you may suffer insults and ridicule for being a Christian. Has this ever happened to you?

Gospel:

Jesus tells his disciples that "eternal life" belongs to those who know the one true God and Jesus Christ. Is the idea of "eternal life" impacting how you live your life here on earth? ©LPi



2023 HIGH SCHOOL & COLLEGE GRADUATE MASS

"I know well the plans I have for you."
(Jeremiah 29, 11)

We want to honor all of our 2023 graduating high school and college students at the "Graduates Mass" on Sunday May 28th at the 11AM Mass.

You've worked hard for this major accomplishment and we want to acknowledge that by praying for you and giving you a blessing as you close and begin a new chapter in your life!!!

We ask that all graduates wear their school's graduation gown to Mass!

We will have reserved seating for graduates and you will receive a special blessing during Mass.

Contact Laura Lara at Slara@diocesetucson.org

to make your reservation by sending name, e-mail contact information and name of school



You're invited to
Adoration of the
Blessed Sacrament
Monday thru Friday
9:00 AM—NOON.
Absorb His love in His real presence
and stillness.

To learn more please call Rose Spousta at **520-241-6271**. We all need Jesus in this world!

What's Happening at OLV

Sunday, May 21st		
Gift Shop	10:00 AM—NOON	
Bingo	6:00 PM— 9:00 PM	Hall
Monday, May 22nd		
Legion of Mary	8:45 AM—10:15 AM	Rm 213
SVdP Store Open	9:00 AM—11:00 AM	
Stretch Class	NOON—1:00 PM	Hall
Rosary Makers	1:00 PM—2:00 PM	Rm 225
Spanish Prayer Group	6:30 PM—9:30 PM	Church
Tuesday, May 23rd K of C Officers Meetin	ıg	
	6:30 PM—7:30 PM	Hall
Wednesday, May 24th		
Quilting Group	8:30 AM—11:30 AM	Rm 208
SVdP Store Open	9:00 AM—11:00 AM	
Gift Shop Open	9:00 AM—11:00 AM	
Spanish Bible Class	6:00 PM—9:00 PM	Rm 225
Thursday, May 25th		
Line Dancing	8:30 AM—10:00 AM	Hall
Divine Mercy Group	11:00 AM—12:30 PM	Rm213
Friday, May 26th		
Stephen Ministry	8:45 AM—12:00 PM	Rm 213
Chair Exercise	NOON—1:00 PM	Hall



Saturday, May 27th
Reconciliation

Church Closes at NOON for Cleaning

To sign up for the "New Outlook"
Log on to

Church

https://news.diocesetucson.org/subscribe

3:00 PM



Available for purchase in the Parish Office

Monday through Friday 8:30am to 12 Noon

\$12 per 16oz bag Cash, Check
Please make check payable to: Our Lady of the Valley
Please indicate on the memo line:
Just Coffee

Limited Quantities on hand—first come first serve

BULLETIN ARTICLES

For bulletin on 6/4 deadline is 5/22 For bulletin on 6/11 deadline is 5/24

Please email submissions to cfishgold@diocesetucson.org.

Include the number of weeks you would like to have the article in the bulletin.

Submission Forms are available on the parish website or the Parish Office.

IN SERVICE TO OUR COUNTRY

We pray for the loved ones serving in our Armed Forces overseas.

Jeremy Chafin, Brett Burdick, Kristin Day, Lance Corporal William Jordan Vega, Omar Ambriz, Pvt. Jessica Day, L.Cpl. Joshua Mierzejewski, Laura Tometczak, PVT2 Nathan Atencio, PVT Michael Atencio, Jonah Schneider, A1C Nina Keyser, A1C Seth Keyser, Airman Holly Keyser, Lt. Caitlin Rowe, Lt. Mackenzie Rowe, Lt. Dylan Grigsby, Damian Valle, Sgt. Troy Murphy, Miguel Angel Rangel Monreal III, TSgt Kristen Ketterer, BG Jeffrey Hurlbert, David R. Fraijo, Hunter Thomas Cesario, E4 Spec., E-5 Nina Figgs Scalise, Sebastian Moreno, ETN3 Steven Hollinger, U.S. Navy, Fabrisio Quiroz, US Navy



Society of St. Vincent de Paul

Today as we celebrate the feast of the Ascension we are reminded that Christ's saving work on earth continues through his disciples...and now through us.

Is there a family you know who needs assistance? Please call the Society of St. Vincent de Paul so that together we can bring peace to those who are hungry.

STEPHEN MINISTRY "In my distress I called upon the Lord, and he heard my voice."

> Grief is normal; grief is natural, grief is necessary. Sometimes people mis-

takenly think that grief is something to hide, something that should be avoided. The Journey Through Grief book series was written to help people through the process of grieving. The book series is 4 books that are sent out on a quarterly basis, with the first book mailed about 3 weeks following the loss of a loved one. These books will provide support through stories about how others have coped with grieving for a loved one and information about the different ways other people handle living without that special person. The Stephen Ministry at Our Lady of the Valley is excited to be able to send these books to parishioners who are going through this life-changing process. The books will be sent AT NO COST TO YOU! To receive this gift, simply all 520-625-4536 and press option #8. A trained Stephen Leader will retrieve your confidential message and will return your call.

PRO-LIFE MINISTRY

Now is the perfect time to consider how we can receive God's mercy and extend mercy to oth-

ers. One option is to pray the Divine Mercy Novena from Good Friday to Divine Mercy Sunday. Jesus Himself asked St Faustina to pray the novena during this time. Also, the Church grants a plenary indulgence for celebrating Divine Mercy Sunday. all who do so, according to the usual conditions, receive the Holy Spirit, and "foster a growing love for God and for their neighbor, and after they have obtained GOd's pardon, they in turn might be persuade to show prompt pardon to their brothers and sisters." (Decree of Indulgence, Apostolic Penitentiary, 2002)



Traditionally, the four writers of the Gospels are symbolized by four creatures that make their way into Church art and architecture: Matthew, an angel; Mark, a lion; Luke, an ox; and John, an eagle. These images can be found in churches across the world, a nod to those who recorded the

stories of Jesus for us, thousands of years ago.

Today's Gospel was written by John. There are a few reasons why John is symbolized by an eagle, but my favorite explanation is that his writings soar like an eagle into the sky with their beautiful, poetic language. The prayer we hear today is no different — Jesus invokes God in a long discourse that might seem mystifying at times, the same way that a poem can be perplexing to understand when we are unfamiliar with the pacing or format.

Consider holding onto the shortest sentence in this prayer: "I pray for them."

Jesus prays for us. For me. For you.

Let that sink deep into your being.

Jesus is on your side. He is aware of what you are holding at this moment. He is aware of your pain, your faith, your mission. And He's rooting for you. This prayer was recorded thousands of years ago, far before you were born. Since before you were born, you were held in prayer. With that certainty, we live.

Father John Muir ©LPi

PLEASE HELP US REACH OUR GOAL!!!

The calling to make sure the works of the Church continue is at the core of our mission as followers of Jesus Christ. Your generosity has a powerful impact on our ability to carry out the works of the Church -- building a strong Catholic presence across our



Diocese and taking care of our parishes, schools, and those in need in our communities.

Thank you to those who have given or have made a pledge.

As of May 15th we have 347 donors who have pledged \$123,946 toward our goal of \$146,500. Our remaining amount to reach our goal is \$22,554 Help us to make our goal.

Give online today at www.cathfnd.org/donate

Or envelopes and pledge cards are available in the pews, the kiosk in the narthex and in the Parish Office.

Servant of God Chaplain Emil Kapaun's cy as a light to prisoners of war and soldiers battlefield is vast. His cause for sainthood is rently being investigated due to a number of ble miracles attributed to his intercession as as the possibility of his dying a martyr.

Emil was born in 1916 on a farm in Pilsen, sas. He was ordained to the priesthood in and remained local, serving in his home ish, St. John Nepomucene, in Pilsen. In



Kan-1940 par-1944.

he decided to enter the army as part of the Chaplain Corps. He served in India and Burma during the end of WWII. In 1949, after a brief break to earn a degree back in Kansas, he re-enlisted and was sent to Japan. Kapaun was assigned as chaplain for the 8th Cavalry Regiment, 1st Cavalry Division. Not long after his assignment, Fr. Kapaun and the 1st Cavalry Division were ordered to Korea to help repel North Korea's invasion of South Korea. During grueling, sleepless months of battle, Fr. Kapaun became known as someone who would risk his own life to save others on the battlefield. He ministered to his division by praying with them, offering confessions and baptisms, and by saying Mass from an improvised altar he set up on the front end of a Jeep. During this time, as the United Nation forces progressed northward, Fr. Kapaun and his troops were surprised by a contingent of the Chinese People's Volunteer Army — the PVA.

A number of the troops were able to retreat and escape, Fr. Kapaun was encouraged to go with them, but he stayed behind with the 800 men of his 3rd Battalion during the Battle of Unsan. He personally saved the lives of more than 40 soldiers during that battle. He and the others were taken prisoner by the PVA and marched over 80 miles to a prison camp. During this time, he helped others carry the injured among them despite this being forbidden by their captors. They were eventually held at Prison Camp 5 at Pyoktong, North Korea.

During his time as a prisoner of war, Fr. Kapaun was known by those he was imprisoned with as someone who could be relied on as a caretaker of all. The morale in the camp was awful, as many as 2 dozen men would die on a daily basis of malnutrition, disease, and the cold, but, Fr. Kapaun spent every waking hour doing his best to serve those he was with and raise moral in the camp. He was even known to steal food and medicine for those starving or too sick to care for themselves.

Despite developing pneumonia, dysentery, and a blood clot, Fr. Kapaun was still saying Mass and serving the other POW's until he was physically too weak to do so. He died of malnutrition and pneumonia on May 23, 1951, and was buried by friends up on a hill marked with stones, away from the mass graves others were dumped in.

For his bravery and service, Fr. Kapaun was awarded a Medal of Honor, a Bronze Star Medal, a Purple Heart, and the highest military recognition awarded by the Republic of Korea — The Taegeuk Order of Military Merit. These are only some of the many awards he was given while alive and posthumously. In 1992 Pope John Paul II named him a Servant of God and, although the miracles attributed to his intercession are still under investigation, in January 2022, it was announced that the Vatican was considering whether to declare Fr. Kapaun a martyr for the Catholic faith. If this title is granted to him, it would greatly speed up his canonization.

Prayer

Lord Jesus, In the midst of the folly of war, your servant, Chaplain Emil Kapaun, spent himself in total service to you on the battlefields and in the prison camps of Korea, until his death at the hands of his captors. We now ask you, Lord Jesus, if it be your will, to make known to all the world the holiness of Chaplain Kapaun and the glory of his complete sacrifice for you by signs of miracles and peace. In your name, Lord, we ask, for you are the source of peace, the strength of our service to others, and our final hope. Amen.

(Prayer Source: www.FatherKapaun.org)

RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

By Colleen Jurkiewicz Dorman

Seeking Christ in One Another

The funeral luncheon, the Irish wake, the vigil at an ailing loved one's bedside: in times of crisis, people gather. In moments of sadness, fear, and confusion, we gravitate toward one another. For some reason, the feelings are so much more bearable when we are not alone.

I'm sure that the disciples and their companions, gathered in the upper room after the Lord's Ascension, did all of the things we typically do at these functions. I'm sure they hugged and talked and shared food, processing together the remarkable events they had witnessed.

But we don't hear about any of that. We hear only that they prayed — fervently, and together.

Saint John Paul II famously said that "it is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you." And I think that, whenever we gather, in good times or in bad, we think we are seeking companion*ship* — *but we are actually seeking God.*

As I think back on the last few crisisgatherings my family has had, I try to remember when we have stopped everything to pray together. I can think of a few times, but to be honest, they are too few. We are usually occupied with more practical tasks: planning the funeral, talking to the doctor, making the decisions, ordering the food. Just trying to survive through it.

But this is the busywork of sorrow, and it is a waste of our time. We would do better to follow the example of the disciples and remember that, in these dire moments, God is waiting for us.

"Of you my heart speaks; you my glance seeks." — Psalm 27 ©LPi



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Sharing the Gospel with Children



ETERNAL

Find and circle these words from today's Gospel:

WORLD

GLORY

CHRIST FATHER				GIVEN FOLLOWERS				SHOWN PRAYING				
	Ε	Α	1	Т	0	1	E	U	P	Ε	Υ	
200	T	C	Н	R	1	S	Т	Υ	Α	R	1	
	A	F	L	0	Н	R	Ε	0	1	Α	T	
	S	0	Α	F	W	0	R	L	D	P	0	
	1	L	Ν	Α	E	L	N	1	S	R	Ν	
	R	L	Y	T	R	Ε	Α	٧	E	A	U	
-	A	0	R	Н	U	G	L	0	R	Y	R	
	H	W	U	E	F	I	T	E	W	1	Α	
	U	E	T	R	Α	٧	0	Ν	U	Ν	L	



The next time you talk to God, pray for each of your friends. Ask your friends to pray for you, too.

OUR LADY OF THE VALLEY RELIGIOUS GIFT SHOP



Do you have family members or friends making their 1st Holy Communion or Confirmation? Consider purchasing a gift from our gift shop! We have gifts for Baptism, 1st Communion, Confirmation, and Marriage.

Updated Gift Shop Hours

May 14th—31st Sundays from 10:00 AM—12:30 PM Wednesdays from 9:00 AM—11:00 AM

Looking for something specific? Let us know and we will do our best to get it for you!

Book of Intentions

This book is located in the Narthex.

If you or someone you know has a special intention, please write the person's name in the book. These intentions are prayed for during each Mass. Names are not mentioned.

Vocation Prayer

Lord Jesus, Son of the Eternal Father and Mary Immaculate, grant to our young people the generosity necessary to follow

Your call and the courage required to overcome all obstacles to their vocation.

Give the parents faith, love and spirit of sacrifice which will inspire them to offer their children to God's service and to rejoice whenever one of their children is called to the priesthood and religious life.

Let your example and that of Your Blessed Mother and Saint Joseph encourage both young people and parents and let Your grace sustain them. Amen.

-From the dioceses of Sioux Falls and Rapid City

FORMED PICK OF THE WEEK



FORMED WEBSITE

- •http://FORMED.org & Click on Register sign up is free
- •Enter parish code W2Z6Z8

Parishioner Update

seasonal residents, included	
Name:	
Address:	
City:	
State:	
Phone #:	
Cell Phone #:	
Email:	
New Registration *	
Seasonal Resident	
Change of Address	
Moving out of Parish	

*If you are a new parishioner, please complete the Parish Registration Form available in the Narthex kiosk or on our website.

Please complete and drop the form in the collection basket or return to the Parish Office. Thank you!

Thank you to everyone who attended and supported our

Cinco de Mayo Celebration.

Special Thank you to:
The ministries and groups who donated baskets to the Raffle
Mariachi Alma Tucsonense
Ballet Folklorico Tapatio









26 Raff & Basket
Winners!

ADORATION OF THE BLESSED SACRAMENT

How precious is a soul that comes to Jesus with all their needs. He heals and helps you to carry your crosses everyday. It pleases Him to see you, He smiles at you, His heart is happy. His graces and blessings are abundant. We often make time for many activities. Can you make time to spend one hour a week with Jesus? He is waiting. If you are here only a couple of months a year, that's ok, you are most welcome to participate. We have a great need for adorers of the Blessed Sacrament between the hours of 9:00 AM to Noon in the Church, a nice comfortable peaceful place. Do you have time to spend with Jesus? Please call Rose Spousta to get on the Adoration schedule or for more information at 520-241-6271.

JUNIOR ALTAR SERVERS

New members are always welcome. For more information please contact Madeline Cotsonas at mcotsonas46@outlook.com.

BINGO

Join us Sundays, September—May, in the Hall. Doors open at 5:00 PM; Bonanza game begins at 6:00 PM followed by the regular games. Snack bar is available.

CATHOLIC DAUGHTERS OF THE AMERICAS

Monthly meetings are held on the 3rd Thursday at 9 AM in Room 213. All women of the parish are welcome.

LEGION OF MARY

Join us on Mondays from 8:45-10:15 AM in room 213 of the Holy Family Center. Become a TRUE FRIEND of those in care centers and retirement homes. For more information please contact Mary Katona at 520-203-7338 or 425-923-6680.

LINE DANCING

Line Dancers meet on Thursday mornings at 8:30 AM in the Hall. All are invited.

ROSARY MAKERS

We meet on the last Monday of the month from 1:00 PM—2:00 PM in Rm 225. We will teach you how to make Mission Rosaries. We also repair broken rosaries. Contact Ellen Sheehan at 520 -269-6931

OLV VINTAGE SINGLES

The Catholic Vintage Singles Group was formed in March of 2010 to provide a social group for Catholic singles, 55 years of age and older (widowed, divorced or single) to plan and participate in social events and activities together as a group. Meetings are held on the first Saturday of each month from 2:00—3:00 PM in Room 213 at the Holy Family Center. Bring your calendar with you!

SANDWICH MAKERS MINISTRY

Put us into your monthly schedule for every 2nd Monday & the 1st, 3rd, & 5th Wednesday Mornings. It starts @ 6:15 AM and we are usually done no later than 7:30 AM. We continue to ask you to bring your Smiles, Energy, & masks. May Gatherings are: 5/31

PARISH LIBRARY

Your Parish Library, Room 209, is now open Monday thru Friday from 8:00 AM to 3:00 PM. As always you can browse the library's books, DVDs and CDs. To borrow items just fill out the requested information in the "self check-out" notebook on the desk.

REMINDER TO MINISTRIES AND GROUPS

If you have scheduled space / rooms or an event to be placed in the calendar / bulletin and you have cancelled or changed the event please notify Elaine as soon as possible.

ST. VINCENT DE PAUL SOCIETY

This ministry operates a thrift store and distributes clothing, food, and other types of assistance to families in our parish and community. Volunteers are welcome to work in the thrift store or participate in home visitations. For more information, call 520-625-4536; press 9 and leave a message. **Next Store & Home Meeting will be on June 6th.**

St. Vincent de Paul Thrift Store

Mondays & Wednesdays from 9:00 AM to 11:00 AM For Furniture and Big Item Donations, please call 520-622-2821 for free Pick-up

FRIENDS OF OUR LADY OF THE VALLEY

Our focus is to provide fellowship for all parishioners, particularly new parishioners, along with supporting local charities. We share our talents, abilities and needs while socializing and making new friends. Farkle Dice Game every Wednesday at La Posada Café at 1:00 PM. Gathering on 6/15 at 4:00 PM. Bring an appetizer to share

CHAIR EXERCISE CLASS

Fridays NOON to 1:00 PM. This class is designed to enhance health and to promote wellness by offering a variety of exercises. Participants will be introduced to breathing techniques along with stretches, flexibility/toning, strength training and balance exercises. The class is for people of all ages and abilities. The equipment needed is a pair of light hand weights and a ball. Classes are NOT drop-in basis. For the cost and more information please contact Mia Cooper at 520-204-5264.

QUILTING GROUP

The Quilting Group meets every Wednesday from 8:00 AM to 11:00 AM. We welcome anyone willing to tie quilts or take kits home to sew quilt tops together. We also have two tables of small items we make, from baby bibs, adult bibs, assorted small bags/pouches and other items available for purchase.

ST. PEREGRINE PRAYER SHAWL MINISTRY

If you know of a family member or a friend that you would like to "gift" a prayer shawl or lap blanket to cover them with God's healing graces, please contact June Round. She can meet you in the church entrance after the weekend Mass you attend to "receive your shawl". June Round jeround1966@gmail.com

SENIOR CHAIR STRETCH CLASS MONDAYS & WEDNESDAYS, NOON—1:00 PM IN THE HOLY FAMILY CENTER HALL

In this class we stretch all major muscle groups, integrate core strengthening, balance training, and with relaxation. Most of the class is conducted in a chair with some standing work using the chair for balance. Wear comfortable clothing.

FAITH SHARING CONVERSATIONS ON ZOOM

Using the Lectors Workbook, every Thursday at 10:00 AM, we examine the readings in advance of each Sunday and share our understanding of the Scripture. We explore and hear from each other how to apply the Sunday Mass readings to our daily lives, to the community in which we live, and to our Church community. Also, we learn how others in the group perceive what is written in the scripture and how it may have affected their lives. All discussions are kept in confidence and all points of view are listened to by the group.

For more information call Lee Laughner, 520 393-1199 or email laugnel@gmail.com If you send an email, you will be sent the passcode for logging in to ZOOM.

NEVER MISS OUR BULLETIN!

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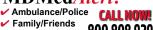
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