Our Lady of Lourdes Parish

455 Hunter Avenue, West Islip, NY 11795

Rev. Dennis A. Suglia, Pastor

Rev. Charles Mangano, Associate Pastor

Deacon Nilo DeLeon, Deacon Tom Lucie, Deacon Rich Maher, Deacon Jack Meehan

Sr. Nancy Campkin CSJ, Director of Religious Ed

Trish Frodell, Director of Parish Social Ministry

Sr. Diane Liona CSJ, Director of Religious Ed

Debbie Meyer, Business Manager

Robin Reynolds Brennan, Coordinator of

Worship and Choir Director

Vita Scorcia, Ministry Spiritual Director



Parish Office

Phone: 631.661.3224 (select option #2)

Monday-Thursday: 9:00am-7:30pm

Friday: 9:00am-5:00pm Saturday: 9:00am-3:00pm Sunday: 10:30am-2:30pm

E-mail: ParishOffice@ollchurch.org

Fax: 631.661.7143

Website: www.ollchurch.org

Religious Education Office

Phone: 631.661.5440 (select option #3)

Monday-Friday: 9:00am-Noon, 1:00pm-5:00pm, 7:00pm-9:00pm E-mail: ReligiousEd@ollchurch.org

Parish Outreach Office

Phone: 631.661.9262 (select option #4)

Monday-Friday: 9:30am-3:30pm

SAGE (Senior Advocates for Growth and Enrichment)

Phone: 631.661.3224, Ext. 122 E-mail: Sage@ollchurch.org



Liturgical Schedule

Daily Mass

8:30am

Weekend Masses

Saturday: 5:00pm

Sunday: 8:00am, 9:30am, 11:00am, 12:30pm

and 6:00pm.

Reconciliation/Confession

Saturday: 4:00pm-4:45pm or by appointment

Rosary

Daily at 8:00am

Miraculous Medal Novena

Monday at 8:00am

Sacraments

Anointing of the Sick

Throughout the liturgical year. If needed sooner, please call the Parish Office.

Baptism

Please contact the Parish Office to schedule an appointment.

Arranged at least six months in advance, please call the Parish Office.

Rite of Christian Initiation of Adults (RCIA)

A process to be embraced by the Catholic Church. For non-Catholics and for Catholics who have never received formal religious education. If interested, please call the Parish Office.

Fifth Sunday in Ordinary Time • Sunday, February 4, 2024



Welcome to our Parish Family

New Parishioners are cordially invited to register as members of our Parish Family. Please call or visit our Parish Office.

Remember: Together, we can do something beautiful for God!

- Saint Teresa of Calcutta

Pastoral Council

Fr. Dennis A. Suglia
Eileen Rega
Mary Borgs
Sonia DaSilva
Dcn. Nilo DeLeon
Jerry Esposito
Trish Frodell
Deborah Lamb
Rosalie Mangels
John Muldoon
Dottie Perdue
Vita Scorcia
Phil Ambrosino

Parish Staff

Patti Anderson

Parish Office/Bulletin Editor

Maryanne Buonaspina

Parish Organist

Rosemary Cannarella

Parish Office

Amy Danowski

Parish Office

Carol Grillo

Parish Office

Rita Spera

Religious Education Office

Mission Statement

As stewards of all that God has given us, the Parish Family of Our Lady of Lourdes serves and ministers to all who come to this place.

Regardless of a person's history, ethnicity, gender, orientation, age or race, we commit ourselves to open wide the doors of our Parish to provide a place of welcome and hospitality.

Readings for the Week of February 4,2024

Sunday: Jb 7:1-4, 6-7/ 1 Cor 9:16-19, 22-23/ Mk 1:29-39

Monday: 1 Kgs 8:1-7, 9-13/ Mk 6:53-56 Tuesday: 1 Kgs 8:22-23, 27-30/ Mk 7:1-13 Wednesday: 1 Kgs 10:1-10/ Mk 7:14-23 Thursday: 1 Kgs 11:4-13/ Mk 7:24-30

Friday: 1 Kgs 11:29-32, 12:19/ Mk 7:31-37
Saturday: 1 Kgs 12:26-32, 13:33-34/ Mk 8:1-10

Next Sunday: Lv 13:1-2, 44-46/ 1 Cor 10:31—11:1/ Mk 1:40-45

Financial Summary

January 28, 2024

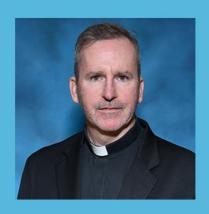
Weekly Collection \$ 14,728.00 Weekly Budget - \$ 17,800.00 +/- for the week \$ (3,072.00)

Church in Need \$ 4,108.00

The estimated weekly collection needed to maintain and operate our parish buildings, ministries, programs and salaries is \$17,800.

A Special Day in the life of our Parish Family!

The Installation of OLL's 8th Pastor, Fr. Dennis A. Suglia





All are invited to the parish celebration, immediately following Mass, in the School Cafeteria.



Altar Society

Altar linens this week will be cared for by Claire McLoughlin. If you would like to help care for our altar needs, please call the Parish Office at 631-661-3224.

Members in the Military

We ask that you pray especially for those in our parish that are on active duty.

Maria Caputo-US Army Michael DiMatteo-US Marine Corps Michael Fantauzzi-US Air Force Christopher Florca-US Marine Corps **Dominick Gennaro-***US Army* Patrick Harty-US Coast Guard Ritchard Higham-US Army **Keith Horyczun-***US Army* Colby Matthew Kelly-US Army Luke Loftsgaarden-US Army Anthony Mannino-US Marine Corps Msgr. Brian McNamara-US Air Force Peter Zaccaria-US Navy Anthony Memoli-US Marine Corps

Timothy Milligan-US Marine Corps Melissa Mockler-US Navy Patric Mockler-US Navy Andrew Perniciaro-US Army Brandon Ranzie-US Army Jack Shires-US Navv Raymond Sgambati-US Navy James Stultz -US Army Alvaro Suarez-US Army Jack Taffner-US Marine Corps Michael Wilkinson-US Army

... and remember those of our parish family that are in the armed services, listed in our Parish Book of Intentions.



Pastoral Care of Our Sick

Please call the Parish Office at 631-661-3224 to leave the names of parishioners who:

- Are homebound and would like to receive the Eucharist.
- Are in Good Samaritan Hospital and/or a local nursing home and would like to be visited by a member of our Pastoral Care Ministry.
- Would like to receive the Sacrament of the Sick.

Pray for Our Sick

Please remember to keep in your thoughts and prayers ...

Joe Amadeo, Sandra Amberg, Connie Ambrosino, Baby Maya, Baby Owen John Barrett, Jeanette Battista, Michael Battista, Thomas J. Calogero III, Lisa Crowe, Susan Dedes, Joseph Dilegame, Amanda DiTingo, Joanne Egan, Paula Edwards, Ana Ferrante, Helen Ferrante, Mike Ferrante, Christopher Gargiulo, Thomas Geraghty-USMC, Bea Guzzo, William Hacker, Patrick Anthony Heffron, Paul Johnson, Henry Kahn, Shena Kahn, Margaret Kavoures, Dave Kegel, Michael Kegel, Ann Kerrigan, Toni Kreamer, Vincent Lichioveri, Peter Lies, Vincent Marinelli, Seamus Martin, Jodianne Carrino Mentus, Glenn Meyer, Richard Meyer, Dennis Morgan, Wesley Morrell, Anthony Musso, Peter O'Connor, Amanda O'Malley, Edward Pauciullo, Rose Pauciullo Cameron Pillitteri, John Posanti, Louise Posanti, Clifford Proctor, William Rivers, Fabian Rojas, Colleen S., Diane Scharen, Robert Scharen, Joseph J. Schiavoni, Vita Scorcia, David Smiloff, Diana Smiloff, Special Intention/Healing, Celestine Stewart, Louise Sturgeon,

Names of the sick will be listed for **six weeks** for short-term requests and **six months** for long-term.



George Robert Mangels Kathleen Vitzthum

We extend our prayerful sympathy to the families and loved ones of those recently deceased.





Aida Rose Compitello Madison Jade Meyer Isla Teresa Recine Masses may be viewed via livestream on our Facebook page.

Please join us directly on Facebook or by visiting our
website at: ollchurch.org, where you will be redirected.

You do not need a Facebook account.

Mass Intentions

Monday, February 5

St. Agatha

8:30am People of the Parish

Tuesday, February 6

St. Paul Miki and Companions

8:30am Corazon Smith (Living)

Wednesday, February 7

8:30am People of the Parish

Thursday, February 8

St. Jerome Emiliani, St. Josephine Bakhita 8:30am Grace & Giuseppe Ciocia

Friday, February 9

8:30am People of the Parish

Saturday, February 10

St. Sholastica

8:30am Millie Barrara

5:00pm Edgar Huffner, Beverly G. Caparella, Jean Swailes

Fr. Charles Mangano

Sunday, February 11

Sixth Sunday in Ordinary Time

8:00am Sylvester J. Caramico

Fr. Dennis A. Suglia

9:30am Salvatore Pinello

Fr. Dennis A. Suglia

11:00am Charles & Louise Mangano

Fr. Charles Mangano

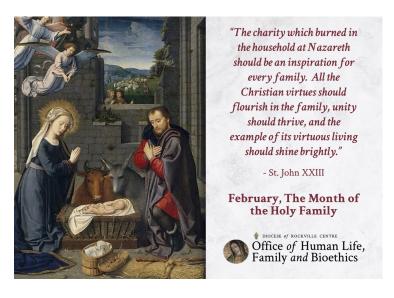
12:30pm Gayda Family & Bulanowski Family

Fr. Dennis A. Suglia

6:00pm People of the Parish, Rose Landry, Rocco DeRoma,

Catherine DeRoma, Massimo Ferro (Living)

Fr. Charles Mangano



Pregnant? Need Help?

Birthright, Inc. 24 Hour Helpline 1-800-550-4900

Islip: 631-277-3888 - Hampton Bays: 631-728-8900 - Rocky Point: 631-821-9727 Southold: 631-876-5138 - Wantagh 516-785-4070

Rosary Christian Mothers

The Rosary Christian Mothers meet on the first Monday evening of each month. The next meeting will be on **Monday, February 5th**. We will begin with Rosary at 7:00pm in the Church, immediately followed by our business meeting in the Parish Center.

SAGE

Our next SAGE meeting will be **Tuesday**, **February** 6th at 9:30am in the Parish Center.

Prayer Shawl Ministry / Baby Blanket Bunch

Bring your prayer and creativity together in a gift of love.

Join us ... Wednesday, February 7th at 9:30am in the Parish Center. All you need to bring is scrap yarn, knitting needles or crochet hooks (patterns and instructions will be given to you) and your gifts of love and prayer.

Divine Mercy Prayer Group

We come together in the Church every Thursday from 1:30pm-2:30pm to pray and reflect on the Divine Mercy. We welcome anyone wishing to join us in this mission.

Donations to Outreach

If you would like to make a donation to Parish Outreach in memory of a loved one, please call Trish Frodell, Director of Parish Social Ministry at 631-661-3224, option 4.

Hours for Outreach: Monday - Wednesday - Friday from 9:30am - 3:30pm ONLY



Egg Noodles Rice in Bag Crushed Tomatoes Tomato Sauce Soap

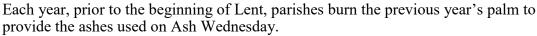


Fellowship of Catholic University Students (FOCUS).

This weekend Father Donato Infante is glad to have the opportunity to visit our parish on behalf of Fellowship of Catholic University Students (FOCUS). Fr. Infante is a priest of the Diocese of Worcester, Massachusetts. He earned his undergraduate degree at Boston College and then studied for the priesthood at Saint John's Seminary in Brighton, Massachusetts and the Pontifical North American College in Rome. Since his ordination in 2015, he has been involved in university ministry at three different colleges in his diocese in various capacities. He currently serves in his diocese as vocation director and as chaplain at Saint Paul Diocesan Jr/Sr High School. FOCUS is a national organization serving college students at more than 232 campus/locations including eight international locations, 23

parish venues and nine digital expansion campuses. More than 970 FOCUS missionaries invite college students into a relationship with Christ and His Church, while equipping them for a lifetime of Catholic evangelization. Fr. Infante is excited to be with you soon and share the hope of the New Evangelization! To learn more, please visit www.focus.org.

Last Year's Palm Becomes This Year's Ashes





We invite you to return the blessed Palm branches you received at Mass last Palm Sunday so that we can include them in the ashes we will use this year on Ash Wednesday, February 14th. Please deposit your palm in the baskets near the doors as you enter the church. **Deadline for returning palm is Sunday, February 4th.**

Adoration of the Blessed Sacrament

We will be having Adoration of the Blessed Sacrament on this **Tuesday**, **February** 6th **from 12:30pm to 7:30pm.** Come, spend some intimate time with Jesus. Invite a family member or friend along too! In case of inclement weather, please call the parish office at 631-661-3224 ext. 0, or log onto the parish website (ollchurch.org) to check if Adoration has been canceled.



Ushers Needed!

Ushers are needed for Ash Wednesday, February 14, for all services and Masses. Sign up sheets will be in the sign-in room prior to Ash Wednesdays. Volunteers are welcome and encouraged to participate!

Rite of Christian Initiation for Adults

What's it all about?

IF you are an adult AND

- ... you were never Baptized
- ... you were Baptized in another faith and would like to become a baptized Catholic
- ... you never received Holy Communion (Eucharist)
- ... you never received your Confirmation

IF you are an adult AND one or more of the circumstances above apply to you ...

IF you feel you would like to become a baptized Catholic or become more fully initiated into your Catholic faith... Our email address is *RCIA@ollchurch.org* or call the Parish Office at 631-661-3224, and we would be happy to help you.





An Invitation from the Knights of Columbus

Men of the Parish (18 years and older), are you interested in serving your Faith, your Church, and your Community? If so, then you are invited to join the Knights of Columbus, Our Lady of Lourdes Council 17379. Joining the Knights will make you part of a 129 year old Catholic Fraternal Order that exemplifies the high ideals of our faith and has contributed to our communities through charitable works and community outreach. We meet on the second and fourth Monday of each month in the Parish Center. The fourth Monday is an Officers' meeting, but members are welcome to attend. Meetings begin at 8:00pm. So begin your journey of Charity, Unity, Fraternity and Patriotism by becoming a Knight! Online membership is also available at: www.kofC.org.

Our next meeting will be Monday, February 12, 2024 in the Parish Center.



Boy Scout Troop 179

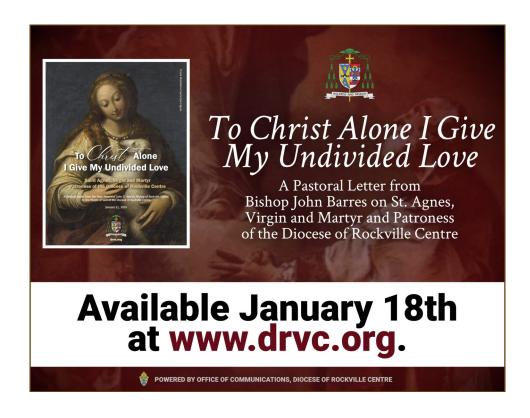
For 50 years, Our Lady of Lourdes has been sponsoring Boy Scout Troop 179 of West Islip. Troop meetings are held every Thursday at 7:30pm.

If you are interested in learning more about Boy Scouts and our Troop, please check out our website: https://witroop179.wixsite.com/bsatroop179 or contact us at: troop179cc@yahoo.com.

Casa Project Update

In the past, the "Casa House" in the Narthex has provided housing, bedding and ecostoves for our friends in El Salvador. We couldn't do this without your support and generosity. This weekend (2/3 and 2/4) we are asking you to give your loose change to our Casa Project. Place your donations in the wooden house located in the north vestibule by the Father Joe Garden. Thank you for your support. We truly appreciate your generosity.







PANCAKE BREAKFAST

SUNDAY MARCH 3RD, 2024 8AM-12PM EGGS, BACON, SAUSAGE, COFFEE & PANCAKES! \$10 PER PERSON

CHILDREN UNDER 5 GET A FREE PANCAKE BREAKFAST!



PAY ONLINE BY QR CODE OR AT THE DOOR BY CASH OR CHECK





ONLINE PURCHASE INCLUDES ONE 50/50 RAFFLE TICKET PURCHASED

OUR LADY OF LOURDES SCHOOL CAFETERIA
455 HUNTER AVE WEST ISLIP, NY 11795

W W W . O L L 17379. O R G

The Face of Christ - Emphasis on the Eucharist

Wednesday, February 21, 2024 - 7:30-8:00pm presentation in the Church 8:00pm - Exposition of the Blessed Sacrament

Each person is invited to come up to receive an individual Eucharistic Blessing.

In his final encyclical, EUCHARISTIA ECLESIA, St. John Paul II Stated, to contemplate the Face of Christ, and to contemplate it with Mary, is the program which I have set before the church at the dawn of the third millennium. How and where can we do this? Come and see!







Kevin and his wife Anne are members of Our Lady of Lourdes parish in Malverne, NY. They have a daughter, Meghan Anne who lives with her husband Albert in Miami, Florida. For over 30 years, Kevin has spoken at prayer meetings, retreats, and communion breakfasts. He was a featured speaker at the 1996 National Catholic Charismatic Convention and the 1998 Syracuse, NY Congress on the Holy Spirit. Kevin was awarded his Naval Aviator Wings in September of 1977. He flew jet aircraft off the aircraft carriers USS Saratoga and USS John F. Kennedy. Upon leaving the Navy, Kevin flew for TWA and American Airlines internationally and domestically and, in January of 1999, he was selected to fly Saint Pope John Paul II from St. Louis to Rome. Kevin retired as a Captain in May of 2016.

Do you like to sing? New choir members are always welcome!!

Choir Mass: Sundays at 11:00am

Rehearsals: Thursdays at 7:00pm to 8:00pm in the church Season: September to June Interested singers are invited to come to a rehearsal and try it out!





Chaminade High School - First Trimester Honor Roll

Congratulations to *Matthew J. Rao* who achieved an Honor Roll average during the First Trimester at Chaminade High School. We are all very proud of your accomplishments!

St. Agnes of Assisi – The Secular Franciscan Order:

Would you like to give more time to God, but wonder how to do that when your life is so busy? Do you long for holiness, and feel a need for support in growing spiritually? Perhaps your heart has been moved by stories of St. Francis of Assisi, or the Peace Prayer attributed to him, and you are seeking that same holy simplicity, true peace and perfect joy? If so, Christ may be calling you to explore the Secular Franciscan life. We invite you to join our monthly meetings, 2nd Sunday of the month, 1:30pm-4:30pm in the Parish Center at Our Lady of Lourdes in West Islip. For more information, contact Jackie Totino, SFO at 516-320-1326.



Butterfly Memory Café - February 16, 2024 from 1:30pm-2:30pm

What is a Memory Café? It is a program designed for persons with mild to moderate cognitive impairment and their caregiver to promote social engagement with others navigating through dementia's journey. Activities include crafts, music, reminiscing, art or movement. Light refreshments will be served. Our next event will take place on Friday, February 2nd from 1:30pm-2:30pm. There is no charge to participate, but space is limited and reservations are required. For more information or to register, please call Hannah at A Gentle Touch Senior Care at: 631-647-7622 or e-mail: hannah@agentletoauchseniorcare.com.

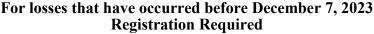
Dementia Caregiver Support Group Thursday, February 22, 2024

Caregiving for someone with Alzheimer's or a related dementia can cause frustration, fear, anger, sadness and other emotions. Our support group can provide emotional, social, and educational help to caregivers whose lives are affected by dementia.

Join us on the 3rd Thursday of each month from 5:30pm-7:00pm in the Parish Center There is no charge to participate, but please contact Cassandra at 631-647-7622 or via email at: cassandra@agentletouchseniorcare.com to reserve your place.

Bereavement Support Group for Widows and Widowers

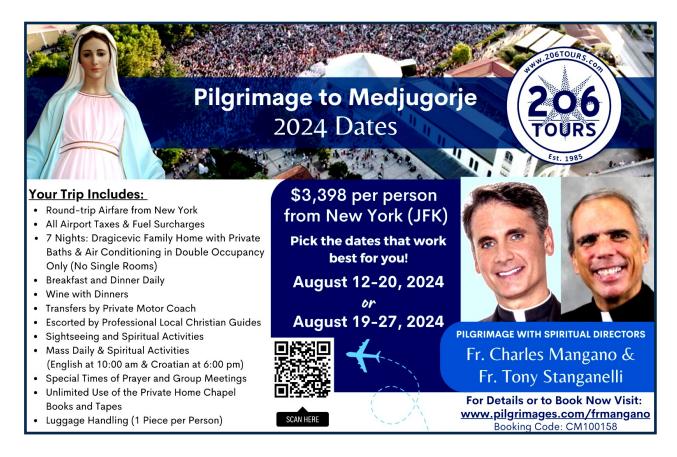
8 Week Program for Age 50 and Over Starting Thursday, March 7, 2024 3:00pm – 5:00 pm St. Joseph Parish Center 39 N. Carll Ave, Babylon



For more information and registration, please call: Geri Olson 631-661-8994







Church Census Information

Has your contact information changed, or are you moving?

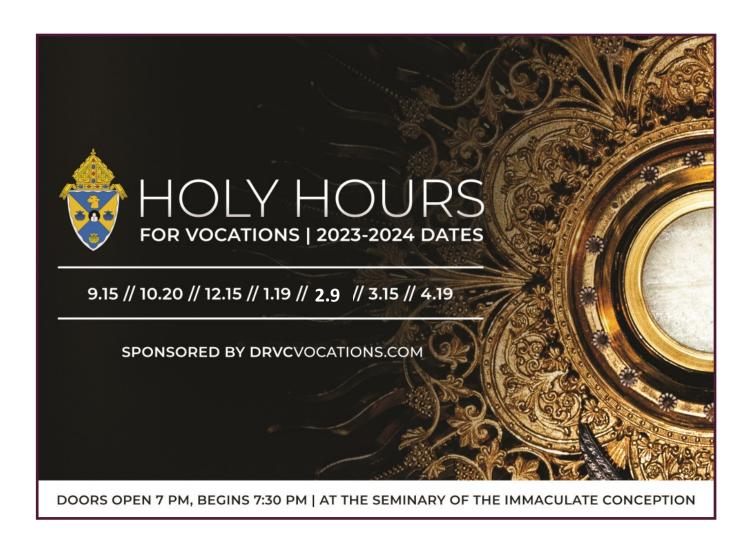
The process of updating our Parish Data System information is an ongoing process. We ask that you please submit any recent changes -- address, family members, phone numbers, etc. With your help, our parish data information will be more accurate, and receipt of Parish Offering Envelopes and other church information can be processed more efficiently.

Please mail the information to the Parish Office, or email to: parishoffice@ollchurch.org.

Pornography Addiction

Many people have found themselves suffering with an addiction to pornography. God says, "My saving power will rise on you like the sun and bring healing like the sun's rays." Malachi 4:2. Overcome pornography and other unhealthy sexual behaviors with a professional, science-based Catholic program. It is called: *RECLAIM*Sexual Health. Visit www.ReclaimsexualHealth.com. Get help or help others. Private and anonymous Online Help 24/7. The latest brain science cutting-edge technology. Personalized support and faith focused. The Brain Science of Change and Theology of the Body is God's way out. In 1 Corinthians 10:13 it says, "No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial, He will also provide a way out, so that you may be able to bear it." Pornography is an addiction. Porn enslaves the soul, and deep shame is connected to it, but healing and recovery is possible. If you or someone you know has a porn addiction please log onto the website above.

You can also visit www.IntegrityRestored.com. This site is also designed for those who struggle with pornography use and those who may know of someone who struggles. Here you will learn about the pornography epidemic in America and how porn affects men, women, children and teens. You will learn about the addictiveness of pornography and the recovery process. Wives will learn how to help their husbands and vice versa as well as how to find healing for their own emotional pain (feelings of hurt, betrayal, etc.). The website takes a unique approach by incorporating Catholic spirituality into the recovery process. Porn reduces the human person to an object for one's selfish pleasure. This is in direct opposition to the beauty of the whole human person that God created in His image and likeness, never to be lusted after but to be loved as a whole person: body, mind and soul.







The "Moving On" Group

An 'After-Bereavement' Group for Widows and Widowers Presents:

"Self Care Within Us"

presented by Sara Patel Friday, February 9, 2024 at 7:00pm

St. Joseph Parish Center - 39 North Carll Avenue, Babylon, NY 11702 For further information please call:

Linda Sparaco at 631-225-9530 or Joyce Gangone at 631-813-9356



St. Patrick School in Smithtown presents:

Military Bridge

If you've never learned to play Military Bridge, it's easy to learn in minutes!

No experience necessary!



Friday, February 9th at 7:00 PM in St. Patrick School's Canning Hall

Join as a team of four, or let us assign you to one! Payment of \$15.00 per person can be made via check made payable to St. Patrick School.

Water, coffee and cake will be provided, but you're welcome to bring your own beverages and snacks.

Please let us know you will be attending by February 5th.

Name					
Name					
Name					
Name					
Т	otal registrants	X \$1	5.00 each	=	

Questions? Please email Liz Russell at lizard829@earthlink.net or call the school at 631-724-0285

The Diocese of Rockville Centre

GOLDEN WEDDING ANNIVERSARY MASSES

Honoring Couples Married Fifty Years

The Diocese of Rockville Centre would like to honor those couples who celebrated Fifty Years of Marriage in 2024 by inviting them to attend one of the Masses below for a special blessing.

Sunday, April 21, 2024, at 3:00 p.m.

The Cathedral of St. Agnes, Rockville Centre Celebrant: Most Reverend Andrzej Zglejszewski Registration must be received by Tuesday, April 16, 2024

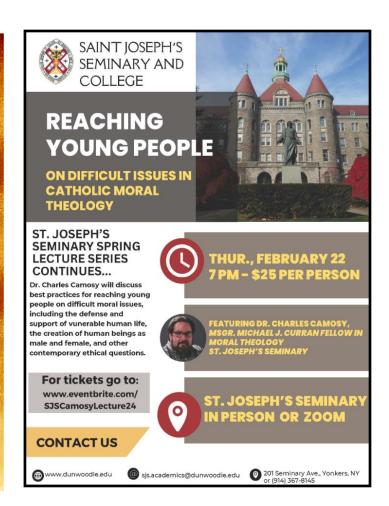
Sunday, May 5, 2024, at 3:00 p.m.

Church of Our Lady of Mount Carmel, Patchogue Celebrant: Most Reverend Robert J. Coyle Registration must be received by Tuesday, April 30, 2024

Register online at drvc-faith.org

For questions, please contact Lisette Robustelli, Associate Director at (516)678-5800 ext. 200 or via email at Irobustelli@drvc.org





Retrouvaille Weekend - Marriage Struggling?

Do you feel alone? Are you frustrated or angry with each other?

Do you argue or have you just stopped talking to each other?

Does talking about it only make it worse? Are you separated or divorced or thinking about separation or divorce?

The Retrouvaille Program helps couples through difficult times in their marriages.

Long Island/Metro Retrouvaille is a 5013c non-profit, peer ministry. Couples of all faiths, or no faith, are encouraged to attend, and no one is ever turned away for lack of funds.

For confidential information about the Retrouvaille program, or to register for the next weekend on April 26-28, 2024, please visit our website at: www.helpourmarriage.org.

or call: 1-800-470-2230 and you will be connected directly and confidentially

to a couple from Long Island/Metro Retrouvaille who can help.

Weekend Location: Immaculate Conception Seminary 440 West Neck Road, Huntington, NY 11743





In addition to our parish website (<u>ollchurch.org</u>), please visit us on *Facebook* at *The Parish Family of Our Lady of Lourdes*. Click "Like" and you will receive the latest news on upcoming parish events and information.

Preparing for Marriage?

Do you need to fulfill your Marriage Prep Requirement?

Engaged Encounter is an effective Pre-Cana program designed to provide you with the tools for a successful marriage. Our next 2-day weekend will be held at the Seminary of the Immaculate Conception in Huntington on **June 8-9, 2024**. For information please call Lenny & Pat Walker at: 631-563-1032 or visit: **longisland.engagedencounter.com**.



Worldwide Marriage Encounter

Anxiety Disorder Sufferers

The group, led by a trained and certified Anxiety Disorder Group Leader, meets every Tuesday from 2:00pm-4:00pm in the Parish Center (located across from the playground and to the right of Outreach). For more information and to register, please call Bob at 631-235-2229.

Support Groups (all meetings are in Lourdes Hall - lower level of Convent)

Alcoholics Anonymous: Monday and Tuesday at 8:00pm and Saturday at 11:00am and 7:00pm, and Sunday at 9:30am.

ALANON: Wednesday at 10:00am. Beginner's meeting at 9:30am. Free babysitting available. 2nd and 4th Wednesday meetings are via Zoom. For more meeting info visit: <u>al-anon.org</u>.

Families Anonymous Meetings

12-Step support group giving Hope & Strength to parents, family and friends concerned with a loved one's destructive behavior caused by Alcohol, Drugs or Related Behavioral Problems will meet virtually and in person. For additional information e-mail: Donna526@aol.com or call Diane at: 631-587-0966 or Donna at: 631-589-3790. Website: FamiliesAnonymous.org.

Religion and Rock

Tune into "Religion and Rock" with Msgr. Jim Vlaun on Sunday from 7:00am to 8:00am on WBAB 102.3 FM or 95.3 on the East End of Long Island. Listen on Saturdays at 11:00pm on Sirius Radio, Channel 159, the Catholic Channel and at 11:00pm on XM Satellite, Channel 117. Next Sunday's theme is "Sacrifice". To listen online or for more information, visit: www.ReligionandRock.com.

Sharing the Gospel

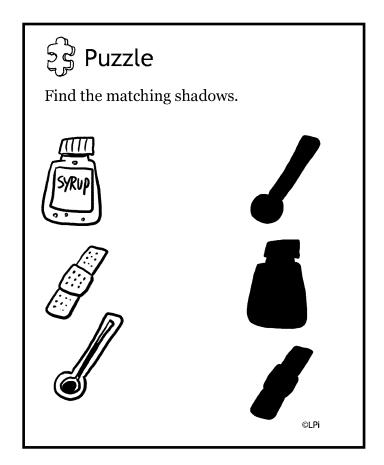
Think about how you get ready for a busy day. You eat a healthy breakfast. You wash up and brush your teeth. Then you get dressed and comb your hair. There's one more thing you could do to start your day off right. Pray. Find a quiet spot where you can be alone to talk to God. That's what Jesus did.



Mission for the Week



When you get home, choose a special quiet place where you can talk to God every morning. Tell your family about your special place. They may want to join you in spending quiet time to pray.



Prayer

Dear God, Help me to start every day with You in prayer.



Something to Draw

Draw a picture of yourself praying to God in a quiet place.

