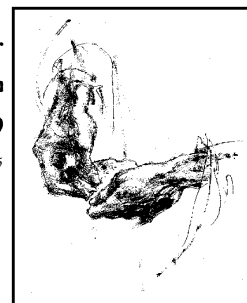


IHS

Were not our hearts burning as he spoke to us on the road ...
And they recognized him
IN THE BREAKING OF THE BREAD

Gospel of Luke 24: 13-35



Holy Name of Jesus Catholic Church

10235 Ashbrook Drive, Saint Louis, Missouri, 63137

314.868.2310 Fax 314.868.3919

Parish Pastoral Leadership

Father Michael Henning
Pastor

mickeylee48@sbcglobal.net

Sister Rose Mercurio, SSND

Pastoral Associate

rosssnd@sbcglobal.net

Ms. Juanita Blackshear

Director of Administration & Programs

jblackshear52@sbcglobal.net

Mrs. Buffy Modde

Parish Nurse

parishnurse.hnoj@sbcglobal.net

Mrs. Theresa McWilliams

Director of Music

tmacwms@sbcglobal.net

Deacon George Watson

Permanent Deacon

hgwatson@msn.com

Deacon Matthew Duban

Permanent Deacon

meduban@sbcglobal.net

Mrs. Judy Krenn

Youth Ministry Coordinator

judykrenn@aol.com

Christ Light of the Nations Catholic School

1650 Redman Avenue

St. Louis, Mo. 63138, 314.741.0400

Sister Mary Lawrence, SSND

Principal

Sr_mary@charter.net

Parish Support Staff

Mrs. Sandy Miesner

Parish Secretary

parishoffice10235@sbcglobal.net

Mr. Steve Jones

Maintenance Coordinator

Mr. David Vaughn

Parish Custodian

Mrs. Rose Fox

Rectory Housekeeping

Parish Pastoral Council

Patrick Barrett 314-388-2439

Betty Easley 314-388-0263

Gina Keppler 314-868-4824

Judy Mantch 314-868-7995

Anna Petroff 314-869-2936

Ted Piekutowski 314-355-7288

Judi Sams 314-869-2589

Bob Stolte 314-869-8147

Weekend Mass Schedule

Saturday 4:00 pm Standard Time

5:00 pm Daylight Time

Sunday 8:00am, 10:30am

Daily Mass Schedule

6:30 am Tuesday/Thursday

8:00 am Monday/Wednesday/Friday

8:00 am Wednesday/Thursday

Christ Light of the Nations School

Check the Bulletin each week

for schedule changes.

Holy Days of Obligation

8:00 am, and 7:00 pm

Civil Holidays 9:00 am

Sacrament of Reconciliation

Saturdays 2:30-3:30 (CST);

3:30-4:30 (CDT)

Advent & Lent Reconciliation Services

By appointment at any time—

call priest directly.

Liturgy of the Hours

7:35am Monday/Wednesday/Friday

Eucharistic Adoration

7:00am Tuesday-midnight

Wednesday

Becoming a Catholic Christian

The parish has a year-round/on-going process to assist adults in becoming Catholic. It also has a special program for older unbaptized children. Both can start any time. Call Deacon George (868-2310) for further information

Sacrament of Marriage

Engaged couples begin preparation for the Sacrament of Marriage at least 6 months before their wedding. Please remember—a wedding date will not be scheduled until the assessment of their readiness for the Sacrament of Marriage has been completed. Contact the rectory for more information. Weddings are not scheduled during the Season of Lent. Anointing of the Sick

The sacrament is for those having surgery, the seriously ill, the chronically ill, and those near death. If you know in advance that you are going to the hospital, call one of the priests to arrange for anointing at home or church. In addition the sacrament is celebrated at church on the first Saturday of the month after evening Mass and on the third Sunday of the month after 8:00 Mass. It may be repeated as needed.

A PLEDGE TO PARISH LIFE

My parish is composed of people like me. I help make it what it is. It will be friendly, if I am. Its pews will be filled, if I help fill them.

It will do great work, if I work. It will make generous gifts to causes, if I am a generous giver.

It will bring other people into its community, if I invite and bring them.

It will be a parish of loyalty and love, of fearlessness and faith, and a parish with a noble spirit, if I, who make it what it is, am filled with these same things.

Therefore, with the help of God, I shall dedicate myself to the task of being all the things that I want my parish to be.



Highlights of Life in Our Community Our Parish Life

Good for You - Good for Others

*Details in your bulletin or Parish Directory.
Being involved insures the vitality of our parish.*

Sunday, March 20th

The Second Sunday of Lent

- Soup Stew & Chili Program
- Theology of the Body Program
- Sacramental Anointing of the Sick
- Parish Credit Union

Monday, March 21st

- Exercise Class
- Senior Wii Bowling League

Tuesday, March 22nd

- Eucharistic Adoration & Visits
- Stewardship Team Meeting

Wednesday, March 23rd

- Eucharistic Adoration & Visits
- Parish Lenten Day of Prayer
Community Center & Church 9:00am—3:00pm
- Parish Quilting
- Room At The Inn Program
- Youth Group Lenten Meetings
- Exercise Class

Thursday, March 24th

- School Board Meeting

Friday, March 25th

- Parish Fish Fry
- Stations of the Way of the Cross

Saturday, March 26th

- Sacrament of Penance
- PTO Casino Night

Benefit for Christ Light of the Nations School

Sunday, March 27th

The Third Sunday of Lent

- Parish Credit Union
- Theology of the Body Program
- Spaghetti & Meatball Dinner

Benefit for the Bandages for Belize Program

COMING SPECIAL EVENTS

MEDICARE/MEDICAID FORUM

Wednesday, March 30, 5:30pm

Presentation of Information and Program Protocols

DEANERY FINE ARTS NIGHT

Thursday, March 31, 7:00pm

*Northeast Deanery Federation of Catholic Schools
At Trinity Catholic High School*

RETREAT FOR PARISH WOMEN

Monday-Thursday, April 4-7

White House Retreat Center, South St. Louis County

YOUTH GROUP RETREAT

Thursday-Friday, April 21-22

Holy Name of Jesus Community Center

Continuing Our Lenten Journey of Faith Together

It Is Good That We Are Here

THE SPIRITUAL PRACTICES OF LENT—prayer, self-denial, and acts of charity—all have the same **important purpose**. They are designed to help us **see ourselves and the world around us differently**. When this starts to happen you will know that your Lenten practices have been well chosen. They may be challenging or even a bit difficult, but don't give up too soon. You're on the right track and you won't be disappointed.

The disciplines of Lent also include **listening to the Word of God** more attentively. Why? Because the People of God—the Church—is always being called **away from self-reliance** to more **trust in God to give direction to our life**. For the sake of many others, this is the vision we must strive to see.

“Go forth

I will make your name great, so that you will be a blessing.

All the communities of the Earth shall find blessing in you.”

God's Command to Abram, Book of Genesis 12: 1-4

ON THURSDAY, MARCH 31ST, AT 7:00PM the Northeast Deanery Federation of Catholic Schools will hold a **Fine Arts Nights** at Trinity Catholic High School. The 4th and 5th graders from all 8 Federation schools will perform a **Choral Concert** and there will be an **Exhibition of Art** by students from each school for viewing. I encourage everyone to attend and to be a part of this evening. Arrive early so you can enjoy the displayed work at your leisure as well as the company of others. Our school principal, **Sr. Mary Lawrence, SSND**, has played a lead role in organizing this event and the students of our school, Christ Light of the Nations, will be participating. Also, the combined student choir is under the direction of **Mr. Randy Bud**, the music teacher for our school.

This is a perfect opportunity for everyone to witness the spirit and vitality of the students attending the elementary schools of our Deanery. You'll also get a good glimpse of how your continuing support for Catholic Education in our Deanery makes an important and enjoyable difference. I know you will be very proud!

A YEAR AGO I WAS INVITED to participate in a Pilgrimage to France by one of the monks of St. Meinrad Archabbey in Indiana. I have been making my annual retreat at this monastery for several years. I will be serving as a chaplain for a group of about 36 people. This pilgrimage tour will take place from **March 23rd through April 5th** and will explore the artistic heritage and cultural tradition of our Church and the Benedictine community in this part of Europe. The focus of this pilgrimage will be prayer, culture, and education.

During the time that I am away from our parish **Father David Polek, CSSR**, will be covering many of my sacramental responsibilities with the support of our two deacons. Our **Pastoral Leadership Team** will also insure continuing guidance and support for parish ministries and programs. Please don't hesitate to contact them with your needs or to call upon our office staff for assistance. Our morning Mass—Monday through Friday—will be celebrated at 8:00am. Our 6:30am Mass—Tuesdays and Thursdays—will resume on April 7th.

All here will be with me in spirit as we continue our Lenten journey of faith. May God especially bless our community with a continuing growth in faith that our parish will be a sign of hope in the neighborhoods where we live and in the lives of people who suffer or struggle anywhere.

MASS INTENTIONS

MONDAY	March 21
8:00am	William Behan
TUESDAY	March 22
6:30am	Kiernan Moynihan
WEDNESDAY	March 23
8:00am	Stanley Parciak
8:00am	School Mass at Our Lady of the Rosary
THURSDAY	March 24
8:00am	Margaret Cullen
FRIDAY	March 25
8:00am	Catherine Nischbach
SATURDAY	March 26
5:00pm	Lottie Phelps
SUNDAY	March 27
8:00am	Mierzwinski Family
10:30am	Louise & Henry Beelman

**SAVE THE DATE! Wednesday March 23rd
Day of Reflection**

**Come on a Lenten Journey with Peter at
Holy Name of Jesus Church & Community
Center, 9:00am till 2:30pm**
Please call Betty Kondracki @868-0176 or the
parish office @868-2310 to register as lunch
entrée will be Provided. Bring a salad or dessert
if you can. JOIN US!

To encourage and enrich your spiritual journey
during Lent, listen to **Catholic radio, 1460 AM
KHOJ**. Programming includes Daily Holy Mass,
the Rosary, Stations of the Cross, Divine Mercy
Chaplet, live call-in shows, local programming
and much more. For a program schedule and a
free CD, please call 314-752-7000 or toll-free
877-305-1234.

**Eucharistic Ministers****March 26-27**

5:00pm Laura Lucido*, Eileen Mills*, Marilyn
Gittemeier, Mary Krsul, Judy Mantych,, Mary Migliazzo,
Tony Migliazzo, Linda Schneider, Jennifer Krsul –D
8:00am Pat Stolte*, Marie Tabor*, Sr. Rose, Bernice
Parciak, Laura Petroff, Will Huhmann, Bob Ritter, Anne
Schwanz, Debbie Maue-D
10:30am Gina Keppler*, Ken Kleinberg*, Jim Cuidon,
Pat Edgar, Jeanne Field, Lori Garner, Minnie Huston,
Darlene Imhoff, Joan Cuidon-D

**LECTORS****March 26-27**

5:00pm Carol Oldendorf
8:00am Pat Edgar
10:30am Mary Ann Harris

Mass Servers**March 21-25**

8:00am Katy Moran & Joann Dougherty

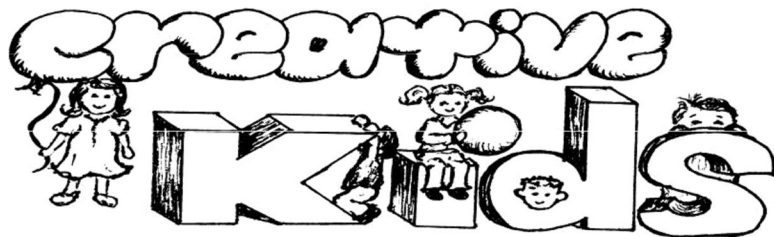
March 26-27

5:00pm Audrey Corbin, Erin Lucido & Philip Merz
8:00am Andrew Gerhart
10:30am Kelsey Keppler, Nocile Williams & Terry
Stocking

Gift Bearers**March 26-27**

5:00pm Tony & Mary Migliazzo
8:00am Hank & Betty Kondracki
10:30am Youth Group

The Archdiocesan Catholic Youth Apostolate and the Fr. William Scheid players will present Neil Simon's "Fools" on Friday, April 8th, and Saturday, April 9th at 8pm and Sunday April 10th at 3pm. All performances will be at Pope John Paul II Auditorium at the Cardinal Rigali Center, 20 Archbishop May Drive, Shrewsbury, Mo. This year there will be a special Wine and Cheese party prior to the Saturday performance. All proceeds support the Catholic Youth Apostolate youth programs. All tickets are \$12 each. There will be an additional \$10 charge to attend the Wine and Cheese Party. For more information please contact Allison by phone: 314-792-7624 or email: allisontabeta@arcvhtl.org for tickets.



Teachers Instructions

Pudding Clouds

1. Gather a package of your favorite instant pudding mix, whipped topping, and several small containers.
2. Make the pudding according to the package instructions and pour into the containers.
3. Cover the top with whipped topping and refrigerate until you are ready to indulge in a pudding cloud.



GOD'S WORD FOR CHILDREN!

Second Sunday of Lent Year A

March 20, 2011

Jesus took Peter, James, and John up a high mountain where Jesus was transformed before them.

Gn 12:1-4
2 Tm 1:8-10

Ps 33:4-5, 18-20, 22
Mt 17:1-9

Directions: Find your way up the mountain.



J.S. PALUCH COMPANY, INC.

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Elijah and Moses appeared and were talking with Jesus. A cloud appeared and a voice said, "This is my beloved Son. Listen to him."

Directions: Color the picture.



Jesus told the disciples not to tell anyone of what they had seen until the Son of Man had risen from the dead.

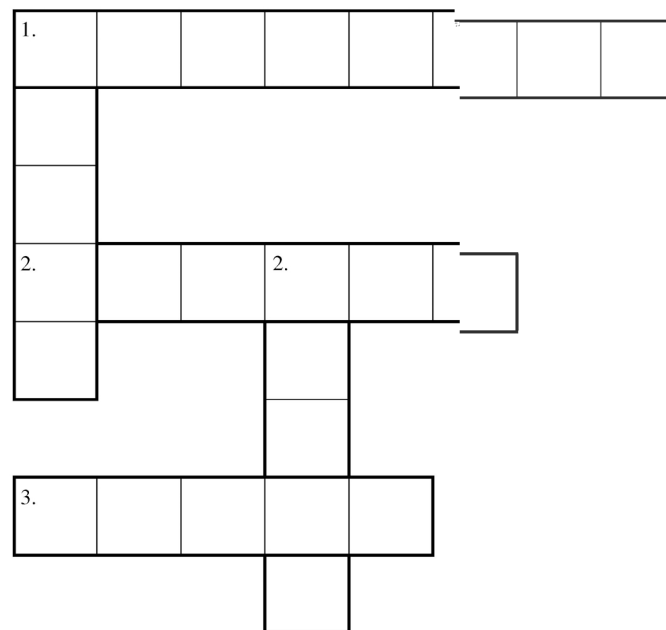
Directions: Complete the crossword puzzle.

Across

1. Where did Jesus take the disciples? mountain
2. Who appeared with Moses on the mountain?
3. Where did the voice come from?

Down

1. Who was given the 10 Commandments?
2. Who is the Son of Man?



1a. mountain 1d. Moses
2a. Elijah 2d. Jesus
3a. cloud

INFLAMMATION: What Is It and How Does It Help!

Part 1 of 3

According to *Caring.com* senior editor, **inflammation** is the health buzzword for 2011, as well as the cornerstone of health and healing. Over the next few weeks you'll learn five surprising facts about a condition that concerns us whenever we hear the word, but it can actually benefit us in reality.

1. Inflammation can be our body's best friend...and it's worst enemy.

Inflammation is the basic mechanism that maintains the well-being of our cells. It signals us and lets us know when something is going on with our bodies. The white blood cells respond to the inflammation, and lets our bodies know something is going on. But sometimes this process goes haywire and chronic inflammation becomes an issue.

What can we do to keep this from happening? Unfortunately, some people are just prone to inflammation overload, but there are things we can do to keep the process in check. The fats we eat are the building blocks of both the pro-inflammatory hormones (needed to fight the invader) and anti-inflammatory hormones (needed to calm down the healing process after the wound or other threat is gone). We need both kinds of hormones. The fats best suited for this balance are Omega 3 fats. One is a long chain omega from fish, while the other is a short chain omega from flax and seeds.

It's always best to get the true source of the actual fat, like eating cold water fish twice a week or adding flax seed to baked bread or cookies, or sprinkling some on your cereal, but if you can't get the source in those ways, the next best thing is a supplement. And you can find them at your neighborhood pharmacy.

Look for the next surprising fact about inflammation in two weeks.

Have a fabulously, fun-filled week-end,

Buffy Modde, RN



If you or a family member or friend are admitted to the hospital, please call the office at 868-2310 and give us that information. We would love to visit you and have the community pray for you. Because of HIPA, the hospitals will not let us know you are there.



Spaghetti and Meatball

Dinner

(all you can eat)

TO BENEFIT

Bandages for Belize

Providing medical equipment and supplies for
People living in the Toledo District of Southern Belize

Holy Name of Jesus Community Center

Sunday, March 27th

11:30am to 4pm

Menu:

Spaghetti & meatballs

Salad

Bread & Butter

Dessert

Coffee, Tea & Lemonade

Cost: \$8.00

Carry outs

Available

Northeast County Senior Ministry Spring Bowling

- March 21st St. Catherine Retirement Community
- March 28th Holy Name of Jesus
- April 4th Blessed Teresa of Calcutta
- April 11th St. Martin de Porres
- April 18th St. Catherine Retirement Community
- April 25th NO BOWLING
- May 2nd Holy Name of Jesus



Rest in Peace

Please pray for the repose of the soul of all who have died this week. May their soul and all the souls of the faithful departed rest in peace. Amen.

Youth News

During the Lenten season the youth room at Holy Name will be open each Wednesday from 6:30 to 8pm. We'll be having special topics and speakers to help us build our faith during this time of preparation. Come and check it out!!

I'm challenging each of the teens during this time of Lent to be faithful at attending Sunday Mass. We are going to try and rotate between HNJ and OLR so that we can attend as a group. (of course we should always attend Mass on Sundays....but sometimes we get a little lazy so this is a great time to CHANGE THAT

Our Youth Group will be having an overnight retreat on Holy Thursday! The cost is \$15. watch for more information in the bulletin. If you have any questions about our Youth Group please give me a call or email me at judykrenn@aol.com. We have a group on Facebook too! Judy Krenn 761-6570

Lenten Prayer

For young adults aged 18-35, a time of Lectio Divina and Eucharistic Adoration will be offered at the Little Sisters of the Poor, 3225 North Florissant Ave each Sunday during Lent from 4:30-5:30pm from March 13 to April 17. For anyone interested, an opportunity of service to the elderly will follow. For more information, please contact Sr. Maria Ann 314-421-6022, or vcstlouis@littlesistersofthepoor.org

Our Lady of Guadalupe

Is sponsoring

Top Round

&

Dice Games

Roast Beef Dinner

(with Prizes)

Sunday, April 3rd

11:30am till 6:00pm

Dinner includes:

Top Round Roast Beef, Mashed Potatoes, Green Beans & Salad, Dessert, Coffee & Tea

Dinner Cost:

Adults \$6 & Child under 12: \$3

Dice Games for all ages will be \$5.



HELP

HELP

HELP

WE NEED HELP AT THE FISH FRIES



We will have a Fish Fry every Friday during Lent, including Good Friday. Fish Fry's Require many volunteers in order to make them a success.

We are in need of help in the kitchen in the morning to help make the sauce, mix the coleslaw, peeling potatoes, among other things, you can also volunteer to work the actual Fish Fry in the afternoon. We also need cakes, pies, cookies etc for desserts.

PLEASE consider volunteering for a two hour shift. It can be fun meeting fellow parishioners while helping out the parish. If you can help in anyway please call 868-5899. Remember no experience is needed!!

STATIONS OF THE CROSS 7PM ON FRIDAY EVENINGS DURING LENT



Thank you very much

Once again the Holy Name of Jesus Ladies Guild came through with a generous donation for the St. Patrick's Center so that we may purchase bananas and milk to take to the homeless people to enjoy with their meal at the Center.

It is through you, the parishioners we make this possible for us to do the Mostaccioli Casseroles every other month.

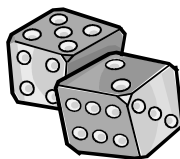
The cost of the bananas and milk had gone up since last year. Any monetary donations that you, the parishioners can make, will be greatly appreciated. You can either bring it to us when we are at church to pick up the Mostaccioli Casseroles or take it to the Church Office. They will see that we get your donation.

Our next scheduled date for the Mostaccioli Casseroles will be on May 19th. So mark your calendars now!

Christ Light of the Nations PTO Hosts Casino Night

The Parent Teacher Organization is holding their second Casino Night, Saturday, March 26 at the Holy Name of Jesus Parish Center. Everyone is invited to join the fun as we hold mice races, raffles, silent auction and other games. To reserve a place or table for Casino Night call Mary or Pete Jones at 355-3738.

The PTO is also looking for donations for their baskets in the silent auction. If you know someone or a business who would like to donate an item, gift certificate, tickets etc, call Mary Jones at the number above or you can drop the item off at the school office.



The Northeast Deanery Federation of Catholic Schools Fine Arts Night

The Northeast Deanery Federation of Catholic Schools is sponsoring a Fine Arts Night on March 31, 7pm, at Trinity Catholic High School, 1720 Redman Rd. The evening will highlight our students' talents in the Fine Arts throughout the Federation. We will have an evening of singing, instrumental music, and art displays.

The third and fourth grade students throughout the Federation will join as one large chorus to present a selection of songs. Band students from the Federation schools will also be performing this evening. Artwork from all grade levels throughout the Federation will be displayed for all to view before and after the concert.

Your Body, And Your Theology...

The parish will also hold study groups, at 9:15 between Masses, at the community center on Lenten Sundays, on John Paul II teachings on the theology and the body. See how God's mystery is revealed through the body and spousal love.

Develop a "new Lens" through which to see the world with greater clarity. Discover the truth behind the lies of lust and pornography and how they can be overcome. Hope to see you starting the 13th of March.

Catholic Families Tuition Assistance Endowment Fund and the Parish Employee Endowment Fund

Any Catholic family wishing to apply for tuition assistance through the Archdiocese for the 2011-2012 school year must obtain a 'FACTS' application from the rectory. Students must attend an Archdiocesan or Parochial Elementary School or an Archdiocesan or Parochial High School to be eligible. The due date for the application is April 1, 2011 and must include a copy of your 2010 Income Tax Return. Grants for the 2011-2012 school year are made possible through the generosity of the Returning God's Gift Campaign and the Annual Catholic Appeal. The Catholic Education Office appreciates the support of the ACA and all of its donors.

LOST

If anyone knows the whereabouts of the little "school house" that was located on a table in the vestibule of church, used to place Campbell labels and box tops for school, please contact the parish office 314-868-2310. Thank you

A trivia night will be held in the Holy Name of Jesus Community Center on April 9th to raise money for breast cancer research in memory of Joann Addotta (Former parishioner). Doors open @6pm, trivia starts at 7pm; tables are \$160 in advance or \$200 at the door; 8 people per table. Please make checks payable to Susan G. JKomen and mail to Angie Miller, 507 Country Manor Dr. St. Peters, MO. 63376. If you have additional questions, please contact Angie @314-604-4890

Procedure for 7 day votive candles

For \$3.00—a candle will be placed in our church for 1 week

For \$12—a candle will be placed in our church for 1 month

Votive candles are lit and placed in church each week on Monday. PLEASE DO NOT LIGHT YOUR OWN CANDLE.

Envelopes for the votive candles are located in the racks in the vestibules of church. Please use these envelopes and place in Sunday collection or return to the parish office.



Stewardship of Treasure
**Your Gifts of Support for
 Our Parish Mission**

Report on Parish Collections

Envelope Offerings	\$5,963.17
Loose Offerings	\$36.90
Total Sunday Collection: Parish Support	\$6,000.07
St. Vincent de Paul Society	\$429.00



Sr. Pat SSND, Theresa Coker, Harold Roberts,
 Cheryl Elder, Joshua Felts, Doris Drury,
 Jeannette Riehl, Dorothy Smith, Mary Pennock

In The Hospital...

James Wolbrink, Lucille Feldhaus, Catherine
 Novotny, Bill Sams, James Wollbrink, Chris
 Broussand

The Office of Worship would just like to remind you that Friday March 25th is the Feast of the Annunciation of the Lord. This day is celebrated as a solemnity, and thus, in accordance with canon 1251 the penitential practice of abstinence is not to be observed on this particular day.

Canon 1251 reads: *Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.*

This is a day meant for celebration and not fasting. We hope you all enjoy this special feast.

We hope Lent is a time of grace, reflection and growth for all and wish everyone a great rest of the week.

God Bless.

2nd Sunday of Lent

"Lord, it is good that we are here."
MATTHEW 17:4

In today's Gospel we see Jesus take Peter, James and John to a mountain top and reveal to them His divine glory. Peter responded enthusiastically, "Lord, it is good that we are here." Do we feel the same way each week when we come to Mass? Are we in awe of the wonder of our God? Are we grateful for the opportunity to spend time with God? Do we feel St. Peter's enthusiasm? It is good that we are here!

TODAY'S READINGS

First Reading — The LORD said to Abram: All the families of the earth shall find blessing in you (Genesis 12:1-4a)

Psalm — Lord, let your mercy be on us, as we place our trust in you (Psalm 33).

Second Reading — God has called us to a holy life, not because of our works but according to grace (2 Timothy 1:8b-10).

Gospel — Atop a high mountain, Jesus was transfigured before Peter, James, and John. (Matthew 17:1-9).
e03-20w3

READINGS FOR THE WEEK

Monday: Dn 9:4b-10; Lk 6:36-38

Tuesday: Is 1:10, 16-20; Mt 23:1-12

Wednesday: Jer 18:18-20; Mt 20:17-28

Thursday: Jer 17:5-10; Lk 16:19-31

Friday: Is 7:10-14; 8:10; Heb 10:4-10; Lk 1:26-38

Saturday: Mi 7:14-15, 18-20; Lk 15:1-3, 11-32

Sunday: Ex 17:3-7; Ps 95; Rom 5:1-2, 5-8;

Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

PRAYER CHAIN



If you or someone you know is in need of prayer, please call either Betty Kondracki @ 868-0176 or Pat Edgar @ 868-4143

Women's Spring Retreats at White HouseMidweekWeekend

May 26-29

April 4-7

(Memorial Day Weekend)

May 2-5

May 23-26

You are invited to enjoy three days of peace and spiritual direction at White House Retreat on the bluffs overlooking the Mississippi River in South St. Louis County. **Midweek retreats** start with check-in on Monday from 11:30-12:30 and end at noon on Thursday. **Weekend retreats** start with check in on Thursday from 5-6:30pm and end at 2pm on Sunday.

For information or reservations, please contact Cyndi Barton at White House Retreat at 416-6400 or 1-800-643-1003 or visit the web site at

Www.whretreat.org.

Dinner & A Talk

Please join us for a special forum on Medicare and Medicaid. The presenters will talk about necessary steps and protocol regarding **Medicare and Medicaid** and **long term care**. Have you ever thought about what would happen if you had a sudden, extended hospital stay that may require some rehabilitation prior to you returning home, or if a loved one or your spouse needed to go into a nursing home temporarily. Where would the funds come from? Who would pay for this stay? These are the questions that can be answered at this presentation. Please plan to attend. The parishioners who attended in December commented that the presentation was **"very informative and helpful."**

This presentation has been rescheduled for **Wednesday, March 30th**, at 5:30pm. If you would still like to register, please do so by calling Buffy Modde, the parish nurse @868-2310, ext 11. **You must call and register if you would like dinner.** Registration deadline for dinner is Monday, March 28th. Walk-ins are welcome.

**EXERCISE REMINDER**

Holy Name of Jesus offers 2 opportunities to exercise and get physically fit each week. The first opportunity is on Monday morning @ 9 AM. This class concentrates on Range of Motion, strength training, low impact aerobics and relaxation, it is highly recommended for those who have osteoarthritis or rheumatoid arthritis. The 2nd opportunity is on Wednesday evening at 6 PM. This class concentrates on aerobic exercise and muscle toning. We have a variety of DVDs in which we use. Both classes are held in the Community Center.

Wednesday Schedule

March 23rd "Dancing with the Stars: Fat Burning Cardio Dance"

March 30th No Class

April 6th "Walk Away the Pounds with Leslie Sansone"

April 13th "Zumba Cardio Party"



Thank you so much for all your prayers & help in my recent illness. I am getting better slowly thanks to all God's help and your goodness.

Doris Drury

