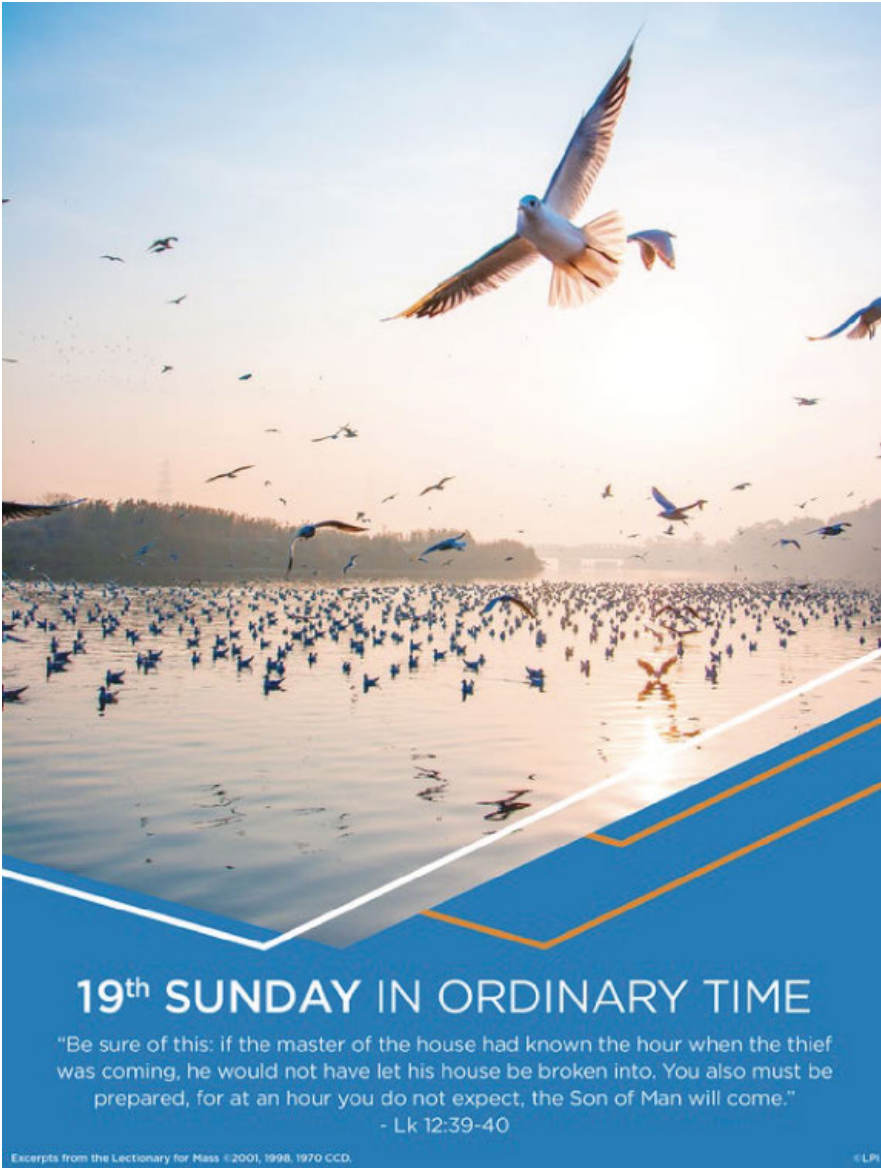




OUR LADY OF THE *Assumption* PARISH

5057 COTTAGE WAY
CARMICHAEL, CA 95608
(916) 481-5115
WWW.OLAPARISH.NET
PARISH@OLAPARISH.NET



19th SUNDAY IN ORDINARY TIME

"Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into. You also must be prepared, for at an hour you do not expect, the Son of Man will come."
- Lk 12:39-40

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

Sunday, August 10, 2025

Bulletin for the
Nineteenth Sunday in Ordinary Time

Pastor

Rev. Eduino T. Silveira
pastor@olaparish.net

Pastors Emeriti

**Rev. Brendan McKeefry &
Rev. Michael F. Kiernan**

PARISH OFFICE HOURS

**Monday - Friday
8:30 a.m. - 2:30 p.m.**

OLA PARISH SCHOOL

**PRESCHOOL - EIGHTH GRADE
(916) 489-8958**

School Website: school.olaparish.net

Principal: Robert Love

OLA ST. VINCENT DE PAUL SOCIETY

*Provides assistance for those in need
within our parish boundaries.*

Please call: (916) 481-6352

Monday - Friday | 9:00 a.m. - 11:00 a.m.

**Food Locker hours of operation
are Tuesday and Thursday mornings
from 10:00 a.m. - 12:00 p.m.**

Regular Mass Schedule

**Saturday vigil Mass
at 5:00 p.m.**

**Sunday Masses at 7:30 a.m.,
9:00 a.m., 11:00 a.m.,
and 7:30 p.m.**

**8:00 a.m. daily Masses
(Monday-Friday and
first Saturday)**

**Holy Days of Obligation:
8:00 a.m. and 5:30 p.m.**

**Confessions are heard inside
the church on Saturday
afternoons at 3:30 p.m.**

*You may also call the parish office
to schedule an appointment.*

Please visit our website and
subscribe to Flocknote for more
information about our parish,
ministries, and upcoming events.

olaparish.net



flocknote.com/olaparish

Emails from OLA Parish staff will be sent
from an @olaparish.net email address or
sent from OLA Parish via Flocknote
(mail@flocknote.com). Please check the
sender's email address if you receive any
suspicious emails. Thank you.

**You are invited to follow OLA Parish on
Facebook, Instagram, and YouTube!**



facebook.com/OLAParish



instagram.com/ola_parish_ca



youtube.com/@OLAParishCA

PARISH STAFF

Pastor

Rev. Eduino T. Silveira - pastor@olaparish.net

Office Manager

Stacie Nieves - officemgr@olaparish.net

Worship and Communications

Casey Oliver - worship@olaparish.net

Ministry Coordinator

Jane Ricci - ministrycoordinator@olaparish.net

Faith Formation

Tracy Urban - faithformation@olaparish.net

Maintenance

Jake Benjamin - olamaint@olaparish.net

ADVISORY COUNCIL CHAIRPERSONS

Pastoral Council: Carmy Baca

Finance Council: Joe Selewicz

Buildings & Grounds Committee: John Blaschke

OLA SCHOOL

Principal: Robert Love

Admissions: Elisabeth Gustorf advancement@olaparish.net

General Questions: Donna Eaddy eaddy@olaparish.net



SATURDAY, August 9th

5:00 PM † Matt Walas

by Stan Walas

SUNDAY, August 10th

7:30 AM (Sp) Fr. Eduino (70th Birthday)

by OLA Parish Staff and Volunteers

9:00 AM (Sp) Fr. Eduino (70th Birthday)

by Cathy Apker and Sandi Lanz

11:00 AM (Sp) Fr. Eduino (70th Birthday)

by Janice & William Leighton-Armah

(Sp) Nadine Spellancy

by Nadine's family

7:30 PM All Parishioners (Missa Pro Populo)

MONDAY, August 11th

8:00 AM † Gloria Medeiros

TUESDAY, August 12th

8:00 AM † Rosemary Kunz

by Peggy Vellanoweth

WEDNESDAY, August 13th

8:00 AM † Serafin Silveira

THURSDAY, August 14th

8:00 AM † Guilhermina Silveira

FRIDAY, August 15th

8:00 AM † OLA's Founding Families

5:30 PM (Sp) Sean and Casey Oliver

(Wedding Anniversary)

by the Oliver family

SATURDAY, August 16th

5:00 PM †† Francisco and Adelina Sousa

*Sunday, August 17th at the 11:00 am Mass there will be a Blessing for all students (Pre-school thru PHD's).

Parish Mission Statement

Love and Serve God. Love and Serve One Another.

The Mission of the parish community at Our Lady of the Assumption Church is to proclaim the Word of God more fully, to gain a more intimate knowledge of God through our Catholic traditions, and to serve the people of God, especially in our efforts to meet the needs of the poor in our community, and when possible, around the world. We strive to build a sense of community among our parishioners, with the entire family of God.

Observances for the week of August 10, 2025

Sunday:	19 th Sunday in Ordinary Time
Monday:	St. Clare, Virgin
Tuesday:	St. Jane Frances de Chantal, Religious
Wednesday:	Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs
Thursday:	St. Maximillian Kolbe, Priest and Martyr
Friday:	The Assumption of the Blessed Virgin Mary
Saturday:	St. Stephen of Hungary
Next Sunday:	20 th Sunday in Ordinary Time

©LPi



To request a Mass Intention, please come by the parish office or call (916) 481-5115.

Mass Intentions refer to the practice of offering a Mass for a specific purpose, such as for living or deceased individuals. The "†" means that a person is deceased. The "(Sp)" means that it is a Special Intention for someone in need or an event like a birthday. The practice allows us to pray for others, both the living and the dead. This is a meaningful way for Catholics to express their faith and support for others through prayer.

A suggested donation in the province of the Archdiocese of San Francisco, which the diocese of Sacramento is part, is \$10.00 but if a person cannot afford it there is no need for a donation.

JOIN OUR OLA COMMUNITY

We  love
having you as part of our flock



Keep in touch
with us via
email & text



Sign up for Flocknote emails and the Flocknote Engage educational resources by scanning the QR code or at <https://olaparish.flocknote.com/>.

Aren't signed up for OLA Parish Flocknote yet? We can help you! We can assist you in the parish office and via email. Call the parish office or email Deacon Michael Tateishi at deacon@olaparish.net. Are you attending Mass regularly at Our Lady of the Assumption Church but not registered?

Register today as a parishioner! Go online to <https://olaparish.net/community/register-us> or scan the QR code.



Current parishioners may also update/verify contact information using the parishioner registration form.

Weekend Offertory 08/03/25: \$ 8,150.95
E-Giving 07/28/25 to 08/03/25: \$12,099.50
Total: \$20,250.45

**Thank you
for your
generosity!**

Support our church easily & securely with online giving!

Our church now uses *Flocknote* for secure online giving! You can donate by visiting the website below on your computer or a mobile browser!

- ✓ It's the **easiest & most secure** way to give to our church and its ministries!
- ✓ You can make one-time donations or you can set up automatic, recurring giving!



Sign up for online giving through your OLA Parish Flocknote account or by visiting <https://olaparish.flocknote.com/give>.

Flocknote Fund It transaction fees are the industry standard 1.1% + 30¢ per ACH transaction, and 2.9% + 30¢ per credit/debit card transaction.

For questions or assistance with your OLA Parish Flocknote account, please send an email to flocknotesupport@olaparish.net.

PARISH CALENDAR

Sunday, August 10th

Fr. Eduino's Birthday

**Masses: 7:30 am - 9:00 am
- 11:00 am - 7:30 pm**

After 9:00 am Mass Pray & Play - Playground

12:00 am Group Baptism - Church

Monday, August 11th

8:00 am Mass

10:00 am OLA Women's Book Club - Affinito Hall Rm. 3

11:00 am Andrew St. Mary's funeral - Church

4:00 pm Meditation Group - Zoom

7:00 pm Gabriel Project Mtg. - Affinito Hall Rm. 3

Tuesday, August 12th

8:00 am Mass

8:30 am - 7:00 pm Exposition of the Blessed Sacrament - Church

6:00 pm Knights of Columbus Mtg. - St. John's Hall

Wednesday, August 13th

8:00 am Mass

7:00am First Day of School

6:00 pm Catholics in Recovery - St. Anne's Room
7:00 pm OCIA - Affinito Hall Mtg. Rm. 3

Thursday, August 14th

8:00 am Mass

8:30 am - 7:00 pm

Exposition of the Blessed Sacrament - Church

7:00 pm Living the Word - Affinito Hall Mtg. Rm. 3

Friday, August 15th

Holy Day of Obligation

8:00 am Mass (OLA School students in attendance)

5:30 pm Mass

6:30 pm Feast Day Dinner - Affinito Hall (RSVP only)

Saturday, August 16th

3:30 pm Confessions - Church

5:00 pm vigil Mass

FUNERAL ARRANGEMENTS

Andrew St. Mary

Monday, August 11th
at 11:00 a.m.

Patricia Anderson

Saturday, August 23rd
at 9:30 a.m.



The next special collection is the **Diocesan Collection for Priests Retirement** which will be on **September 6th and 7th!**

This weekend we will take up the Collection for the Church in Latin America! Your generosity makes it possible for our brothers and sisters in Latin America and the Caribbean to share in the life of the Church and grow closer to Christ. Your generosity is very much appreciated! To learn more, please visit <https://www.usccb.org/committees/church-latin-america>. To donate online, visit <https://www.scd.org/cla>.

LEAVE A LEGACY OF FAITH

Ensure your *faith* and *values* live on for generations to come by including OLA in your will or estate plans.

Questions? Contact Elisabeth Gustorf, Advancement Director, advancement@olaparish.net

GOSPEL MEDITATION

August 10, 2025
19th Sunday in Ordinary Time
Luke 12:32-48

There was a young mother in my parish community who was depressed due to financial strain. She prayed for help. One morning before Mass, she placed on the counter a zip-lock bag filled with jewelry and old coins. Smiling, she explained she had been fixing an old cabinet and found the items hidden deep within the walls of her home. One particular coin could be worth as much as \$900,000. The contents of the bag—previously unknown to them—were now their prized possession. Their plans changed that week. They had to learn how much it was worth.

This week, the Lord tells us, "For where your treasure is, there also will your heart be" (Luke 12:34). Our lives revolve around what we treasure. When we discover the treasure the Father gives us—the kingdom of God—everything changes. We might not know its precise value, but we rearrange our lives around it. The joy of this discovery should never be far from our minds.

Sometimes we go through times when we can't find this treasure. It seems hidden. Or it appears like dirty old coins and worthless jewelry in a Ziploc bag. But how crazy would my parishioners be if they tossed it away without knowing the cash value? How much crazier are we if we center our hearts on any treasure except that of Jesus and his kingdom? Remember, the Father is pleased to give it to us. That's why we put our hearts there, even when it is hidden.

— John Muir

©LPI

**For those in our
community who have
passed away...**

Andrew St. Mary

*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.*

©LPI

PRAY FOR OUR SICK BROTHERS & SISTERS

Bulletin Sick List Policy

To ensure the privacy of people who are sick, please make sure you have their permission before submitting their name to the list.

The names will be added in alphabetical order. Once a name is added, it will be removed either when requested OR after six months. Names will then be removed *unless there is a specific request to keep the name on the list for longer.*

To add a name, remove a name, or if a name has been removed that needs to be added back, you may call the parish office at (916) 481-5115 or email: communications@olaparish.net. Thank you.

Doug Abbes

Cathy Apker

Shannon Armstrong

Donna Blaschke

Horace Cardinale

Ryan Daniels

Yolande De Forge

Robert DeAnda

John DeSouza

Aaron Esselman

Bobbie Hall

Kathy Harreld

Dorothy Heimbichner

Matthew Holmes

Christine Jansen

Sheila Johnson

Michael Kyalwazi

Michael and Shannon Langer

Kathleen Lemieux

Elaine Lyons

Delilah Macfal

Bennett Mattingly

Armie Mauricio

Langford Metzger

Jessica Montgomery

Nguyen Family

Kathleen Nolan

Dave Palmer

Maria Passarelli

Esther Paulos

Camille Peter

Adam Peter

T.J. Rapozo

Rob & Teresa Reavis

Guadalupe Rodriguez

Mary Roy

Marie Schuring

Hannon Sulochana

April Valencia

Linda Vaughan

Wesley Villariza

Tomasa Washington

Charlie Wetherall

Jack Wetherall

Cole Miller Whitney (baby)

Lawrence Wilhelm

Pat Wood

Call the parish office to add a name or to remove a name from this list.

Distribution of the Eucharist to our homebound parishioners is available.

Eucharistic Homebound Ministers are dedicated to serving the spiritual needs of our homebound parishioners by bringing Christ to them and keeping them connected to our community. **Leave a message for Peggy Vellanoweth at the parish office if you would like to receive the Eucharist.**

OLA Bulletin Submission Deadlines

BULLETIN DATE ARTICLE DUE

August 23rd/24th August 15th

August 30th/31st August 22nd

September 6th/7th *August 22nd

**Earlier deadline due to printing company's holiday schedule.*

If you have an event to promote or news to share, please fill out the Communications Request Form on our parish website at <https://olaparish.net/communications-committee>. We will try to accommodate the dates you would prefer your item to appear. All requests are subject to approval by Father Eduino. **For questions contact communications@olaparish.net.**

**GO OUT
TO THE WORLD
AND TELL THE
GOOD NEWS.**



PSALM 117

PARISH AND SCHOOL NEWS

OLA 75th Anniversary Dinner Information

Following the 5:30 p.m. Mass for our parish feast day, we will have a very special parish feast day dinner in Affinito Hall.

All of the seats at the dinner are now filled. If you have a seat reserved and your plans change, please cancel your RSVP so others can be added from the waitlist. On the evening of the Feast Day dinner, if there is an available seat once all the RSVP'd persons are seated, we will start at the top of the wait list by the date received and work our way to the most recent.

You may also use your smartphone camera to scan the QR codes below to make a donation online and/or purchase raffle tickets for the gift basket raffle.



Scan to Donate



Scan for Raffle Tickets



Our Gift Baskets themes include: Thanksgiving, Kid's Christmas, Fiesta, Sac Kings, Family Car Trip, Prayer, Halloween, Sports, Cozy, Kids Crafts, Brain Booster, and more! The baskets are excellent gifts for weddings, house warmings, new families, grandparents' house fun, trips, etc.!

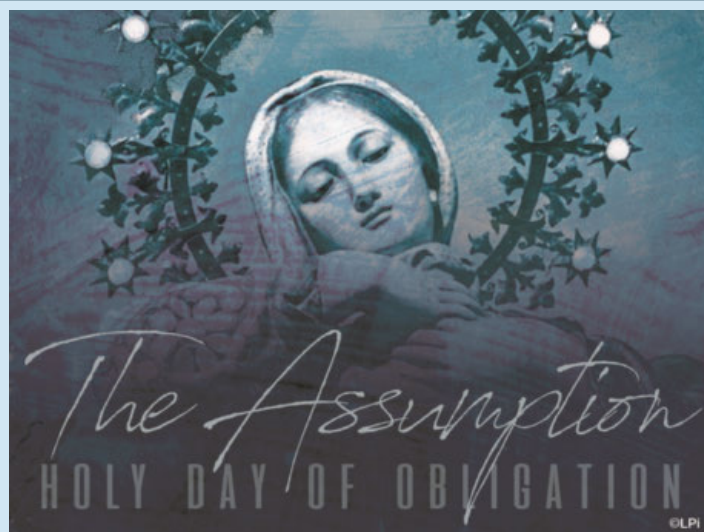
How does a Gift "Basket" Raffle work? You may purchase as many \$2.00 raffle tickets as you would like. When you buy five tickets, you get one extra free! You must be present to win. You can purchase them on-line and have them waiting for you at check in, or you can purchase them at the dinner. You will place as many raffle tickets as you want into the containers in front of the various gift baskets until the MC announces the end. Then one ticket will be drawn from each container and that person will be announced as that Gift Basket winner!

How does the Dessert Auction work? First of all, EVERYONE gets Leatherby's Ice Cream for dessert! **In addition**, we will have many scrumptious desserts to auction off. There will be a sheet of paper in front of each one. You write your name and bid amount on the paper. The MC will announce the end of the auction (yes there will be a warning). The bid sheets will be collected and the winner announced by the MC. You are welcome to eat the dessert at the dinner or bring it home to enjoy later!

We are collecting memories about OLA in commemoration of our anniversary year. Please share a fond OLA memory in writing or a picture with your contact information and email it to communications@olaparish.net, drop off at the parish office, or drop it off on the weekends in the memory collection basket on the table near the altar server room (rectory side door). We look forward to reminiscing together at our parish feast day dinner! **To help out at the dinner, please contact Jane at ministrycoordinator@olaparish.net.**

Parish Feast Day and Holy Day of Obligation

Solemnity of the Assumption of the Blessed Virgin Mary



Join us for Mass on Friday, August 15th, for the Solemnity of the Assumption of the Blessed Virgin Mary. It is a Holy Day of Obligation. **Masses will be at 8:00 a.m. and 5:30 p.m.** Students from OLA School will be present at the 8:00 a.m. Mass, and the OLA School faculty will be participating in liturgical ministries.

Both Masses will be live streamed on our parish website, Facebook page, and YouTube channel.

Our Lady of the Assumption, pray for us!



Adult Fellowship at OLA



All adult parishioners 18 and older are invited to a fellowship of prayer and pickup basketball on Sunday, August 17th.

Come to the church as early as 5:00 p.m. if you like. There will be a group rosary at 5:30 p.m. followed by basketball in Affinito Hall. Basketball will wrap up in time for those attending 7:30 p.m. Mass. The parish is hoping to grow this new fellowship and offer it on a regular basis! Please join us and spread the word! Questions? Contact Catherine Olguin at 916-223-1257 or catharina.936@gmail.com.

PRAYER AND FORMATION AT OLA

Exposition of the Blessed Sacrament

All are invited to come pray in the church on Tuesdays and Thursdays from 8:30 a.m. – 7:00 p.m.



Make time to pray in the peaceful presence of our Lord.

All are invited to pray a Holy Hour if you have the time to do so.

To sign up for an Adoration time slot, please contact Don Thamer at don.nprz6@gmail.com or (916) 549-7195 mobile/text.

OLA Meditation Group

This group gathers weekly and follows Christian meditations to help participants grow in relationship with Christ.

Meetings are in the church on the first and third Mondays of the month, at 4:00 p.m., and on Zoom the other Mondays of the month. Email Fran Rider at blrider2808@sbcglobal.net for more information. ***"Be still and know that I am God."***



Living the Word Scripture Study

All are welcome for Living the Word Scripture Study on Thursday evenings at 7:00 p.m. in Affinito Hall Meeting Room 3. At Living the Word, we discuss the Sunday scripture readings and how they apply to our daily lives.

Catholics Coming Home

If you are returning to your Catholic Faith, we would like to offer an informal conversation with a member of the parish staff to help facilitate a comfortable active return to our church community by sharing information on topics that may have changed in your absence: Sacraments, Explanation of Mass, Church Terminology, Divorce/Annulment, etc. as well as discussing the many OLA ministry options. Interested? Please leave a message for Jane at (916) 481-5115 or send an email: ministrycoordinator@olaparish.net. We are very excited to have you join our faith family!



Choir in the Pews is a volunteer ministry that is open to all ability levels. We need prepared singers in the pews who are willing to sing out during Mass to support and encourage the singing of others. If you have been interested in participating in music ministry, but have never had the time, this ministry is for you! **Please email Casey Oliver at worship@olaparish.net to learn more.**

Catholic Q & A – The Assumption of Mary

Question: What lessons should I learn from the Assumption of Mary?

Answer: Growing in holiness is similar to training in a sport. We need someone to show us how we can live our faith well. Mary is a model of sanctity. She shows us how to be faithful to God's will, living each day with confidence in God's mercy and love. At the Nativity, in Jesus' public ministry, and at the Crucifixion, we see her steadfast trust. She allows the Lord to use her life to accomplish his plan for her and for all of us. In the Preface of the Mass for the Assumption of Mary, we pray: "For today the Virgin Mother of God was assumed into heaven as the beginning and image of your Church's coming to perfection and a sign of sure hope and comfort to your pilgrim people."

It is this image of holiness that we strive to imitate. In the office, at home, or in our community, we look for signs of God's grace that call us to an ever greater love of him and each other. A greater awareness of God is a sign of our conversion of heart that lives the lessons Mary teaches.

©LPI

ASSUMPTION
of the blessed virgin Mary

OLA Faith Formation Program Update

The OLA Faith Formation program will resume on Sunday, September 7, at 10:15 a.m. in Bannon Hall with a family orientation. Registration for the program will take place all Sundays in August in the Faith Formation Office (door to the left of the Parish Office) from 10:00 a.m. – noon. Visit the parish website to learn more: <https://olaparish.net/formation/faith-formation/becoming-catholic-children>.

There is an urgent need for catechists to guide children, youth, and families preparing for the sacraments of initiation in growing their relationship with Jesus and sharing the principles and practices of our Catholic faith and traditions.

Please reach out to Tracy Urban, Faith Formation Coordinator at FaitHFormation@olaparish.net or (916) 509-0625.

There will be a Back to School Mass and blessing for ALL students "pre through PhD" (preschool-college), school personnel, and all those who support students on Sunday, August 17th, at the 11:00 a.m. Mass.

Learn More About Becoming Catholic

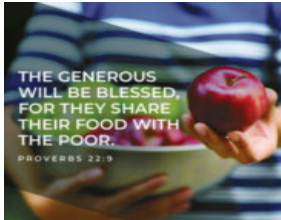
Are you interested in learning more about our rich Catholic faith and possibly becoming Catholic? Or do you know someone who is interested? If you are the age of 18 or older and interested, inquiries will be held on the following Wednesdays: August 6th, 13th, 20th and 27th. All sessions will be from 7:00-8:00 p.m. in Affinito Hall, Meeting Room 3 (accessed via Cottage Way). You are welcome to join us at all four sessions and learn more! We will answer your questions and share the OCIA process. If you will be joining us, or if you have any questions, contact Jordan Holmes via email at ocia@olaparish.net.

LOVE AND SERVE GOD, LOVE AND SERVE ONE ANOTHER



St. Vincent de Paul Society OLA Conference

For those who need assistance and live within our parish boundaries, the SVdP food locker is open Tuesdays and Thursdays from 10 A.M. – 12 P.M. We can also help with utility and rent payments. Questions? Call (916) 481-6352.



If you have fresh vegetables and/or fruits from your garden, our clients would greatly appreciate them. These can be dropped off on Tuesday and Thursday mornings.

Thank you for dropping off your donations at the parish office or in the SVdP collection boxes at the back of the church.

Men's Day of Faith Renewal

STRONG MEN OF GOD!

Fr. Larry Richards
A priest for 36 years, he is best known for making the love of God real in his talks. Founder of 'The Reason for Our Hope' Foundation and author of the #1 best selling book, *Be a Man! Becoming the Man God Created You to Be*. We are in for a very special event, Don't miss it!

SATURDAY AUG. 23, MEN'S SCHEDULE:

- Rosary 6:40 am
- Holy Mass 7:00 am
- Continental Breakfast
- Inspirational Talks by Fr. Larry with Q&A
- Beef & Chicken Fajitas Bar by: Dos Coyotes
- Adoration & Benediction
- Very Special Presentation and blessing with relics of the Saints

Rare relics of Saints on display and explained by: Fr. George Snyder, the curator of the relic collection for the Sacramento Diocese.

Relic Presentation by: Fr. George Snyder

FRIDAY, AUG. 22- 6:30pm
Fr. Larry - Free talk for the whole family!

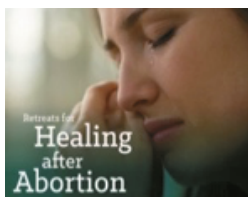
FREE FAMILY EVENT!

SIGN UP TODAY!
Cost for Saturday: \$50
Call: 916-612-0479
20% Discount for adults of 8 or more. Details on our website.
smpevents.org

Diocesan Catechetical Foundations Course

Catechetical Foundations is a course for anyone who wishes to gain an understanding of the fundamentals of the Christian faith and how to pass it on to others. For additional information go to: Veronica Zeller at 916-733-0124, vmzeller@scd.org, or www.scd.org/catcheticalfoundations.

Healing after Abortion



Find Healing at Rachel's Vineyard

Call (916) 733-0161 or email
projectrachel@scd.org.

All messages are confidential.



OLA Ministry Opportunities & Info.

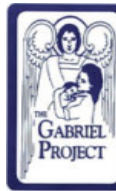
Want to join a ministry? Does your ministry need assistance? We can help you!

For more information about ministry at OLA, visit our parish website: <https://olaparish.net/community/ministries>.

Do you wish to learn more about our parish ministries and/or sign up to become involved? Our OLA Ministry Coordinator Jane Ricci is here to help! Please reach out to Jane via email at ministrycoordinator@olaparish.net. You may also call the parish office at (916) 481-5115 to leave a message.



OLA's Gabriel Project Update



We are excited to share that Alba, an expectant mother in our community, gave birth to twins three weeks early! They are 6lbs and healthy boys! The doctor had told her she was having a girl – OOPS! Alba also has a teenage son and a four-year-old son.

We've already delivered some items to her and she is truly grateful for the support. However, she still needs donations of new or gently used items, including a double stroller, sleep sacks (size S/M), playmats, baby bouncers, baby care toiletries (such as baby wash, diaper cream, etc.), and infant toys. Please drop off items at the parish office or contact Sharon Kropf at skropf@winfirst.com / 916-705-7812. Let's continue to support Alba and her growing family during this exciting time!

Weekly Meetings at OLA



Join Catholic in Recovery Wednesday nights at 6 p.m. in St. Anne's Room. Meetings combine the spiritual principles of 12-step recovery and the sacraments of the Catholic Church. Join others in recovery as we overlap scripture from Sunday's Mass readings, liturgical themes, and recovery topics with honest discussion and prayer. Confidentiality is protected. We welcome those recovering from any addiction, compulsion, or unhealthy attachment: alcoholism; drug addiction; compulsive overeating; restricted eating; lust/pornography addiction; gambling addiction; technology addiction; compulsive spending; codependency; control, fear, resentment, and grief. For more information, visit our website: www.catholicinrecovery.com, or Bill B. at (561) 827-0624 or at bbefort@bellsouth.net.



**Pregnant? Worried?
Need Help?**

Call (800) 910-0191

The Gabriel Project

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Nancy Arndorfer
Parishioner
916-838-1763
narndorfer@golyon.com

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