



# OUR LADY OF THE *Assumption* PARISH

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

**Sunday, November 17, 2024**

Bulletin for the  
Thirty-third Sunday in Ordinary Time

**Pastor**

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

**Pastors Emeriti**

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

**Deacon**

**Paul Friedrich**  
deaconpaul@olaparish.net

**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.**

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



[facebook.com/OLAParish](https://facebook.com/OLAParish)



[instagram.com/ola\\_parish\\_ca](https://instagram.com/ola_parish_ca)



[youtube.com/@OLAParishCA](https://youtube.com/@OLAParishCA)



“  
O CHRIST,  
I UNITE MY  
SUFFERINGS TO  
YOURS, MY PAINS  
WITH YOUR PAINS.  
”

- ST. RAFQA

## **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](http://olaparish.net)



[flocknote.com/olaparish](https://flocknote.com/olaparish)

## PARISH STAFF

### Pastor

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

### Deacon

Paul Friedrich | deaconpaul@olaparish.net

### Office Manager

Stacie Nieves | officemgr@olaparish.net

### Worship and Communications

Casey Oliver | worship@olaparish.net

### Faith Formation

Tracy Urban | faithformation@olaparish.net

### Youth Ministry

Johann Rubia-Miller | youth@olaparish.net

## ADVISORY COUNCIL CHAIRPERSONS

Pastoral Council: Carmy Baca

Finance Council: Joe Selewicz

Buildings & Grounds Committee: John Blaschke

## OLA SCHOOL

Principal: Robert Love

Vice Principal: Hellen Brassfield

Admissions: Elisabeth Gustorf  
advancement@olaparish.net

General Questions: Donna Eaddy  
eaddy@olaparish.net

### Parish Mission Statement

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

#### November 17, 2024

**Sunday:** 33<sup>rd</sup> Sunday in Ordinary Time  
**Monday:** The Dedication of the Basilicas of Sts. Peter and Paul, Apostles; St. Rose Philippine Duchesne, Virgin  
**Tuesday:**  
**Wednesday:**  
**Thursday:** The Presentation of the Blessed Virgin Mary  
**Friday:** St. Cecilia, Virgin and Martyr  
**Saturday:** St. Clement I, Pope and Martyr; St. Columban, Abbot; Bl. Miguel Agustin Pro, Priest and Martyr  
**Next Sunday:** Our Lord Jesus Christ, King of the Universe

©LPI



### SATURDAY, NOVEMBER 16

5:00 PM † Lizz Baca

by Carmy and Tina Baca  
(Sp) Jo Fischer (birthday)  
by Marta Forst

### SUNDAY, NOVEMBER 17

7:30 AM †† William and Aileen Draper

9:00 AM † Molly Garcia

by the Garcia Family

11:00 AM † Frank Wentholt

by Leo Winternitz

7:30 PM All Parishioners (*Missa Pro Populo*)

### MONDAY, NOVEMBER 18

8:00 AM † Janice Kostalt

by Frank and Kathy Romano

### TUESDAY, NOVEMBER 19

8:00 AM (Sp) Guadalupe Villarta

by Eileen Cajucom

### WEDNESDAY, NOVEMBER 20

8:00 AM † Tommy Stelling

by the Kannengeiser family

### THURSDAY, NOVEMBER 21

8:00 AM † Jerry Laumer

(Sp) Pat DeBruyn-Laumer (healing)  
by Cathy Apker

### FRIDAY, NOVEMBER 22

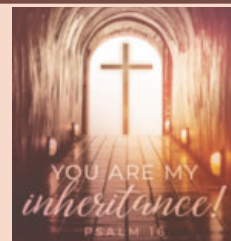
8:00 AM † Maria Judite Costa

by Antonio and Leotina Ferreira

### SATURDAY, NOVEMBER 23

5:00 PM † Molly Garcia

by the Garcia family  
† Louis Volpicelli  
† Teresa Garafola  
by Lillian Hagio



## 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 Casey Oliver at [worship@olaparish.net](mailto:worship@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.



You may also call or visit the parish office for assistance.

# Thank you!

FOR THESE GIFTS WE ARE GRATEFUL

Weekend Offertory 11/10/24	\$15,041.00
E-Giving 11/4/24 to 11/10/24	\$ 5,147.68
<b>Total:</b>	<b>\$20,188.68</b>

**Help OLA continue its mission  
by making a special gift today!**

**CASH + CHECK**

Checks payable to

Our Lady of the Assumption Parish or  
Our Lady of the Assumption School

**ONLINE**

Please visit <https://olaparish.net/contribute>  
or scan our QR Code.



**STOCK or PLANNED GIFTS**

Please contact Elisabeth Gustorf, Advancement Director, at [advancement@olaparish.net](mailto:advancement@olaparish.net) or at (916) 489-8958 ext. 170.

Our Lady of the Assumption is a 501(c)(3) organization. All gifts are tax deductible as allowed by the law. Tax ID number is #45-3954215.

## PARISH CALENDAR

### Sunday, November 17

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

**10:15 am** Faith Formation –  
Bannon Hall and St. John's  
Hall

### Monday, November 18

**8:00 am Mass**

### Tuesday, November 19

**8:00 am Mass**

**8:30 am – 7:00 pm**

Exposition of the Blessed  
Sacrament – Church

**10:30 am** PERT Club set up  
and mtg. – St. John's Hall

**5:00 pm** Liturgy Committee  
mtg. – St. Paul's Rm.

**7:00 pm** Baptism  
Preparation – St. Paul's Rm.

### Wednesday, November 20

**8:00 am Mass**

**6:00 pm** Catholics in  
Recovery – St. Anne's Rm.

**7:00 pm** OCIA – Affinito  
Hall Rm. 3

### Thursday, November 21

**8:00 am Mass**

**8:30 am – 7:00 pm**

Exposition of the Blessed  
Sacrament – Church

**6:30 pm** Night of Prayer  
with Youth Ministry in the  
Presence of the Blessed  
Sacrament – Church

**6:30 pm** She Shall Be Called  
Woman – St. Paul's Rm.

**7:00 pm** Living the Word –  
Affinito Hall Rm. 3

### Friday, November 22

**8:00 am Mass**

### Saturday, November 23

**3:30 pm** Confessions –  
Church

**5:00 pm vigil Mass**

### LOOKING AHEAD

**On Thanksgiving Day,  
Thursday, November 28<sup>th</sup>,  
Mass will be at 10:00 a.m.**

*There is no 8:00 a.m. Mass  
and no Exposition of the  
Blessed Sacrament that day.*



**This weekend's special collection will support the Catholic Campaign for Human Development.** More than thirty-eight million people in the United States live in poverty. This collection supports programs that empower people to identify and address the obstacles they face as they work to bring permanent and positive change to their communities. Learn more about the Catholic Campaign for Human Development at [www.usccb.org/cchd](http://www.usccb.org/cchd).

**To donate online: <https://www.scd.org/cchd>**



We encourage parishioners to enroll in our automated donation program called WeShare.

This program provides a convenient way to make your donations to our church from the comfort of your home.

To enroll please follow these simple steps:

Go to <https://olaparish.net> and click on Donate.

This will take you to our "Contribute" page, where you will find the **WeShare** link to enroll and donate.

**WeShare Donor Support** Phone: **(877) 316 0260** or go to <https://www.wesharegiving.com/support/>.

## GOSPEL MEDITATION

### 33<sup>rd</sup> Sunday in Ordinary Time

I recently moved into a new neighborhood. On my first evening I went grocery shopping and could not find my usual favorite Greek yogurt. Strangely, my heart started to race. All the losses of my previous life hit me. So many of my old friends, habits, comforts, and predictable experiences had fallen away. There I stood, a grown man, crying like a little boy whose world was falling apart in the dairy aisle.

This week, Jesus describes what to do when one world ends, and another begins. Does it apply to the end of time? Yes. Does it apply to the end of our individual lives? Yes. It also applies to every "world" we inhabit throughout our lives, in school, family, friendships, work, play and so on. First, the sun, moon, and stars fall. The old, familiar ways of running things suddenly stop working. Light fades. Things fall apart. It's awful. But, second, Christ comes **"in the clouds."** Jesus, the Son of Man, replaces those old powers with himself as the prime governing principle. Third, he sends out his angels to **"gather his elect from the four winds."** He re-integrates the fragments into a new integrated whole. **"Summer is near,"** he concludes. A new world begins.

Is your world crumbling? Are your sun, moon, and stars falling from the sky? Learn to discern the pattern of the Cross and Resurrection at work in it. This is the power we touch in the Mass. Jesus is coming precisely in this transition from the old to the new world. It doesn't make our losses easy. But it does make it possible to glimpse the dawning of a summer, a new beginning, the life of the world to come.

— Father John Muir ©LPi

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

### All Souls

**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.**



## 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.**

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 [parish@olaparish.net](mailto:parish@olaparish.net).

Thank you.

Lisa Coffman  
Tomasa Washington  
Ryan Daniels  
Donna Blaschke  
Alice Mayer Govaars (baby)  
Esther Paulos  
Cole Miller Whitney (baby)  
Jonathan Whitfield  
Wesley Villariza  
Charlie Wetherall  
Lawrence Wilhelm  
Camille Peter  
Donna Deterding Parks  
Yolande De Forge  
Justin Langstroth  
Roger Nagtalon  
Adam Peter  
Langford Metzger  
Mary Roy  
Shannon Langer  
Guadalupe Rodriguez  
Amber Morris

Doug Abbes  
John Klaas  
Randy Lee  
Kathy Harreld  
T.J. Rapozo  
Diane Goodman  
Will Walker  
Bennett Mattingly  
Jack Wetherall  
James (Jim) Dillon  
Sally Leatherby  
Jerry Laumer  
Elaine Lyons  
John DeSouza  
Jerry Seldon  
Sheila Johnson  
Nick Friedrich  
Jerry Beck  
April Valencia  
Robert DeAnda  
Guadalupe Villarta Cajucom

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

### OLA Communications Information

	BULLETIN WEEKEND DATES	ARTICLE DUE
DEADLINES	Nov 30 – Dec 1	*Nov 19
	Dec 7 – Dec 8	*Nov 27
	Dec 14 – Dec 15	*Dec 4

\*Early deadline due to holiday

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>. All communications requests are subject to approval by Father Eduino. **For general questions or bulletin requests, you may also send an email to [communications@olaparish.net](mailto:communications@olaparish.net).**

## PARISH AND SCHOOL NEWS

### OLA Giving Tree Flocknote Signup is Live!

**Believe it or not, Christmas is already right around the corner!** This year our parish is continuing its longstanding tradition of the OLA Giving Tree to help our neighbors in need. Please prayerfully consider sponsoring a Giving Tree family. *We have received requests to help over 80 families with Christmas gifts.*

**The Flocknote Signup to sponsor a Giving Tree family has already been sent via email if you are subscribed to OLA Parish Flocknote. The Signup is also on the parish website at [www.olaparish.net](http://www.olaparish.net), or you may scan the QR code below.**



Scan the QR Code below using the camera on your smartphone to access the Giving Tree Signup.



If you need help signing up for a family, please email Casey Oliver at [worship@olaparish.net](mailto:worship@olaparish.net) or Peggy Stradford at [peggystradford@icloud.com](mailto:peggystradford@icloud.com).

**If you aren't able to sponsor a family, you can still help by taking a gift card tag from the Giving Tree that will be set up in the church starting the First Sunday of Advent, December 1<sup>st</sup>.** Take a tag, purchase a gift card from Walmart or Target in any denomination, write the amount on the gift card, and bring the gift card to the parish office. The gift cards will be used to either help shop for the families or to supplement the gifts the families receive.

**ALL gifts and gift cards are due back on or before Monday, December 9<sup>th</sup>.** Before is better if possible. Once you sign up, clothing sizes and suggested gifts for the family you selected will be emailed to you.

**Thank you for your generosity and support!**



### OLA Ministry Information

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

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

**Do you wish to learn more about our parish ministries and/or sign up to become involved?** Please contact Jane Ricci, our OLA Ministry Coordinator, via email at [ministrycoordinator@olaparish.net](mailto:ministrycoordinator@olaparish.net). You may also call the parish office at (916) 481-5115 to leave a message.

### Call for Pastoral Council Members

Our pastor Fr. Eduino would like to invite those who are interested to consider becoming part of the OLA Pastoral Council, a consultative body that strives to discern the movement of the Holy Spirit among God's people in the parish. Pastoral Council meets on the third Monday of the month from 6 p.m. to 7:30 p.m. via Zoom. **If you are interested in being considered for nomination, or wish to propose another parishioner, please contact Carmy Baca, Pastoral Council Chair** via email at [cbaca\\_929@yahoo.com](mailto:cbaca_929@yahoo.com), or call the parish office at (916) 481-5115 to leave her a message.

### PERT Club Update

It is party time! **We will be celebrating Thanksgiving and Christmas. Our annual potluck will be this month, November 19<sup>th</sup>.** This year we have invited St. John the Evangelist retirement club to join us. We will have turkey and ham and as many fixings as you can bring. Please be there by 10:30 A.M. to setup and visit. RSVP with your potluck selection to Mary Ellen Hofmann at 916-489-1424.

The Saint John the Evangelist parish senior group will be meeting on Wednesday, November 20<sup>th</sup> and will have a speaker from Sierra view funeral home. The meeting is at SJE at 3:00 p.m. in St. James Hall. Refreshments will be served. Please call Penny Cabral at (916) 805-6970 if you have any questions.

### Eagle Scout Project Update For the Natural Grass Area Outside St. John's Hall by John Rockenstein

I have been working with the people of the community to try to get some of the items donated/discounted for my eagle project. Once I get my items set in place, work should begin soon after. **If you know anyone that can help me find artificial turf that can be donated or discounted, please contact me.** If you would like to support me, John Rockenstein, on my Eagle project, you can make a donation using the Venmo app: @Mike-Rockenstein-2, or you can drop by a check at the church office made out to Troop 328. Thank you!

**Please contact [johnmrockenstein@gmail.com](mailto:johnmrockenstein@gmail.com) and [rockusc@gmail.com](mailto:rockusc@gmail.com) if you can be of assistance with finding artificial turf or if you have any questions.**

### "Brick by Brick" OLA School is Building Our Faith

**Students:** Please cut out the brick and bring it to school on Monday to add to your class board and help your class "build" their faith!



## 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.**

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

### OLA Live Events in the Presence of the Blessed Sacrament

**At OLA, in addition to weekly Adoration, twice a month we host prayer services in the presence of the Blessed Sacrament.** Each month we pray the rosary and have a prayer service with OLA Youth Ministry. Both services are livestreamed.

#### Upcoming OLA Live Events

**Thursday, November 21<sup>st</sup> at 6:30 p.m.**

Night of Prayer with Youth Ministry in the presence of the Blessed Sacrament

**All are welcome to join Youth Ministry this Thursday for a special night of prayer and worship. We hope to see you there!**

**Join us in prayer inside the church or online!**

**<https://olaparis.net/ola-live>**

### OLA Meditation Group

**This group gathers weekly on Monday afternoons at 4:00 p.m. and follows Christian meditations to help participants grow in relationship with Christ.**

*Meetings are in the church on the first Monday of the month and then on Zoom for the rest of the month.*

Email Fran Rider at [birider2808@sbcglobal.net](mailto:birider2808@sbcglobal.net) for more information. **"Be still and know that I am God."**



### Living the Word Scripture Study

**All are welcome for the 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.

## OLA Music Ministry and Choir in the Pews



**As we celebrate the Feast Day of St. Cecilia this week, let us thank those who serve in our OLA Music Ministry.**

Parish youth from our Faith Formation program and our parish school participate in the multi-generational ensemble at the 9:00 a.m. Sunday Mass. *All adults in the ensemble are fingerprinted and have Safe Haven training.* Youth singers and instrumentalists are invited to participate as they are available. We are committed to providing training, mentorship, and leadership opportunities for our young liturgical musicians.

We also have adult choirs at the 5:00 p.m. Saturday vigil Mass, Sunday 11:00 a.m. Mass, and Sunday 7:30 p.m. Mass. **Rehearsals for all ensembles take place in the church before Mass, and resources are provided via email for individual preparation during the week.**



OLA Music Ministry is open to all who wish to support the full, conscious, and active participation of the assembly during the celebration of Mass and prayer services. **Choir in the Pews is a volunteer evangelical ministry that is open to all ability levels.** A 20-minute weekly online musician prayer service and support materials are offered to all who participate. We need prepared singers in the pews who are willing to sing during Mass and other prayer services to support and encourage the singing of others. Members of Choir in the Pews are especially encouraged to give input regarding song selection for Masses. *If you have been interested in participating in music ministry but haven't had enough time, this ministry is for you!*

**If you would like to join one of our ensembles or join Choir in the Pews,** please contact Casey Oliver at [worship@olaparis.net](mailto:worship@olaparis.net). You may also check out the music ministry webpage on our parish website: <https://olaparis.net/music-ministry>.



**St. Vincent de Paul Society - OLA Conference**



**OLA SVdP Food Locker "Turkey Drive"**  
 Monday, November 18<sup>th</sup> and  
 Wednesday, November 20<sup>th</sup>  
**9 a.m. to 1 p.m. drop off both days**

**Thank you to all who have already donated!**

The Sacramento Food Bank will not be providing turkeys to our food locker this year, so we hope to collect **150 turkeys** that are **10-12 pounds** and **frozen**. **We will collect your frozen turkey donations at the food locker during the above listed days/times.** Questions? Please reach out to food locker manager Marta Forst at (916) 300-8628 (mobile/text) or via email at [marta.forst@att.net](mailto:marta.forst@att.net). Thank you for your support!



Young parishioners and OLA School students Enzo and Stella Simas handed in six turkeys to Marylee Johnson and Marta Forst on the first day of the Turkey Drive. This summer they raised money for the food locker by running a lemonade stand. They used the proceeds to purchase turkeys. Thank you, Enzo and Stella!

**We need soup, instant mashed potatoes, and green beans for the OLA Food Locker.** We also need paper grocery bags and empty egg cartons. Drop donations at the parish office or in the church SVdP collection boxes.

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

**Interested in volunteering for SVdP? We are in great need of a driver to pick up food on Tuesdays.** Please call (916) 481-6352 to leave a message, or email Marylee Johnson at [jmjohn@surewest.net](mailto:jmjohn@surewest.net).

**Thank you for your continued support!**



**Weekly Meetings at OLA**

**Join Catholic in Recovery Wednesday nights at 6:00 p.m. in St. Anne's Room.** The 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/debting; codependency; control, fear, resentment, and grief. **For more information,** you are invited to visit our website [www.catholicinrecovery.com](http://www.catholicinrecovery.com), or you may contact Bill B. at [bbefort@bellsouth.net](mailto:bbefort@bellsouth.net) or at (561) 827-0624.

**Parish Mission at Presentation of the BVM**

PRESENTATION OF THE BLESSED VIRGIN MARY | SACRAMENTO, CA

FOR OUR **FATHERS OF MERCY** PARISH MISSION!  
 November 18th - 21st  
 Monday - Thursday  
 6:30pm - 7:30pm

The subjects for the mission conferences are:  
 Monday • What did Jesus Do - Church or Spirituality?  
 Tuesday • Why do we do that as Catholics?  
 Wednesday • Two Obstacles to Healing  
 Thursday • How to Pray the Mass

\* Confessions are 1 hour before \*

PLEASE Pray & Fast for the utmost fruitfulness of the mission. pray the rosary, Divine Mercy Chaplet, novenas, litanies and to fast for the mission. They will have a direct correlation in the buildup of the parish and the salvation of souls. The better the prayer preparation the greater God's Mercy; God will not be outdone in generosity! If we can do these things, the Holy Spirit will do the rest.

Fr. Ken Geraci CPM

**Workshop: Overcoming Grief During the Holidays**

**Saturday, November 23<sup>rd</sup> at 11:00 a.m.**  
 Calvary Cemetery and Funeral Center,  
 7101 Verner Avenue Citrus Heights, CA 95621

**Join us for a workshop with renowned author and national speaker Brenda Daly.** She will offer insights and resources to help you cope with grief during this holiday season. **RSVP by November 19<sup>th</sup> by calling (916) 242-6079.**

**Find healing at Rachel's Vineyard**



**Call (916) 733-0161**  
 or email [projectrachel@scd.org](mailto:projectrachel@scd.org).  
**All messages are confidential.**



**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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