



# OUR LADY OF THE *Assumption* PARISH

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



## 7<sup>th</sup> SUNDAY IN ORDINARY TIME

"Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you."  
- Lk 6:38

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

**Sunday, February 23, 2025**  
Bulletin for the  
**Seventh 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)

### **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**

## 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

### Ministry Coordinator

Jane Ricci | ministrycoordinator@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



## SATURDAY, FEBRUARY 22

5:00 PM † Pat Walsh  
by Kate Walsh

## SUNDAY, FEBRUARY 23

7:30 AM †† Fernando and Mary Garcia  
9:00 AM † Teresa Wilhelm  
(Sp) Larry Wilhelm  
by Florita Wilhelm  
† Richard Brunelli  
by Douglas & Colleen Harvey-Suggs  
11:00 AM † Mary Zboralske  
by Frank Zboralske  
7:30 PM All Parishioners (*Missa Pro Populo*)

## MONDAY, FEBRUARY 24

8:00 AM † Dave Merold  
by Merold family  
† Tony Crowley  
by Kannengeiser family

## TUESDAY, FEBRUARY 25

8:00 AM † Dave Merold  
by Merold family

## WEDNESDAY, FEBRUARY 26

8:00 AM † Serafin Silveira

## THURSDAY, FEBRUARY 27

8:00 AM † Joao Jose Machado

## FRIDAY, FEBRUARY 28

8:00 AM † Don Wreden  
by Friesen family

## SATURDAY, FEBRUARY 29

5:00 PM † Msgr. Valdemiro Fagundes  
(98<sup>th</sup> Birthday)  
by Meriano family

### Parish Mission Statement

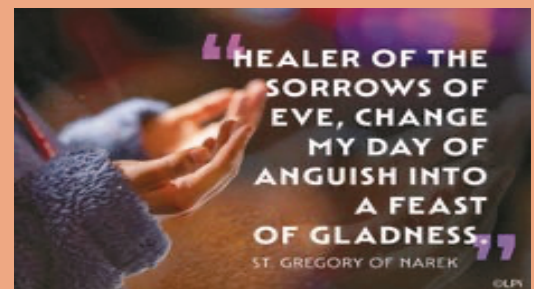
The Mission of the parish community at Our Lady of the Assumption Church is to proclaim the Word of God more fully, to gain a more intimate knowledge of God through our Catholic traditions, and to serve the people of God, especially in our efforts to meet the needs of the poor in our community, and when 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


### February 23, 2025

Sunday: Seventh Sunday in Ordinary Time  
Monday:  
Tuesday:  
Wednesday:  
Thursday: St. Gregory of Narek, Abbot and Doctor of the Church  
Friday:  
Saturday:  
Next Sunday: Eighth Sunday Ordinary Time

©LPi



## 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](mailto: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.

## Thank you!

FOR THESE GIFTS WE ARE GRATEFUL

Weekend Offertory 2/16/25	\$15,325.00
E-Giving 2/10/25 to 2/16/25	\$ 3,543.59
<b>Total:</b>	<b>\$18,868.59</b>

## 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](mailto:flocknotesupport@olaparish.net).**

## PARISH CALENDAR

### Sunday, February 23

**Masses: 7:30 am - 9:00 am - 11:00 am - 7:30 pm**  
10:15 am Faith Formation - Bannon Hall/St. John's Hall

### Monday, February 24

**8:00 am Mass**

### Tuesday, February 25

**8:00 am Mass**

**8:30 am - 7:00 pm**

Exposition of the Blessed Sacrament - Church

**6:30 pm** Knights of Columbus Mtg. - St. John's Hall

**6:30 pm** Faith Formation First Eucharist Mtg. - Bannon Hall

### Wednesday, February 26

**8:00 am Mass**

**5:00 pm** Catholics in Recovery - St. Anne's Rm.

**6:00 pm** OCIA - Affinito Hall Room 3

**6:30 pm** She Shall Be Called Woman - St. Paul's Room

### Thursday, February 27

**8:00 am Mass**

**8:30 am - 7:00 pm**

Exposition of the Blessed Sacrament - Church

**1:00 pm** Nancy Crooks Funeral - Church

**6:30 pm** Youth Revival Night of Prayer in the presence of the Blessed Sacrament - Church

**7:00 pm** Living the Word - Affinito Hall Room 3

### Friday, February 28

**8:00 am Mass**

### Saturday, February 29

**11:00 pm** Baptism - Church

**3:30 pm** Confessions - Church

**5:00 pm vigil Mass**

Special  COLLECTIONS

ANNUAL CATHOLIC Appeal 



The next collection will be for the diocesan **2025 Annual Catholic Appeal. Commitment Weekend will be held March 1-2, 2025.** The Annual Catholic Appeal helps us bring Christ's saving mercy to our brothers and sisters. 25% comes back to our parish for our own outreach to those in need.

## LEAVE A LEGACY OF FAITH: Include OLA in your Estate Planning

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

Your *legacy gift* will support our parish's mission, ministries, and future growth.



Questions? Contact Elisabeth Gustorf, Advancement Director, [advancement@olaparish.net](mailto:advancement@olaparish.net)

**GOSPEL MEDITATION**

**7th Sunday of Ordinary Time**  
**Luke 6:27-38**

One of my favorite new singers / songwriters is Noah Kahan. I'm a little biased because, like me, he is originally from Vermont. In a fine song entitled "Stick Season," he sings of his hope to "cancel out the darkness I inherited from dad." This lyric articulates his painful recognition of a dark spiritual "inheritance" from his father, and his hope to be free of it. We all inherit some degree of evil from our earthly forebears. It's easy to feel doomed to repeat their darkneses.

But we're not so doomed, thank God. This week's Gospel proclaims this. Whatever good or bad we received from our parents, we have a more definitive and perfect inheritance in God. Jesus commands us, "Be merciful just as your Father is merciful" (Luke 6:36). We have a perfect Father in heaven and are destined to inherit and reflect that perfect and merciful love. We have an inheritance of light, not darkness, and thus a whole new possibility of magnanimous love. Like any inheritance, this is a free gift to us.

What are we destined to repeat? Not the darkness of our earthly parents. We are destined to be a reflection of God's life. Jesus liberates us from the inevitability of repeating whatever evils and imperfections are in our familial or cultural upbringings. It's time to claim that perfect inheritance.

— Father John Muir

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

**Nancy Crooks**

**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)
- Wesley Villariza
- Charlie Wetherall
- Lawrence Wilhelm
- Camille Peter
- Donna Deterding Parks
- Yolande De Forge
- Justin Langstroth
- Adam Peter
- Langford Metzger
- Mary Roy
- Michael and Shannon Langer
- Guadalupe Rodriguez
- Amber Morris
- Doug Abbes
- John Klaas
- Kathy Harreld
- T.J. Rapozo

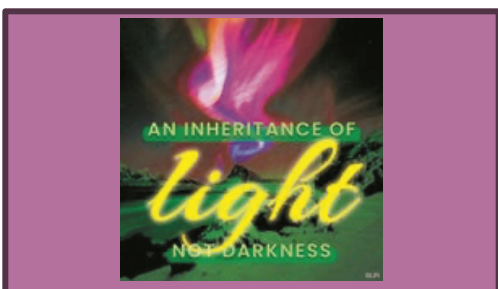
- Diane Goodman
- Will Walker
- Bennett Mattingly
- Jack Wetherall
- Sally Leatherby
- Elaine Lyons
- John DeSouza
- Jerry Seldon
- Sheila Johnson
- Nick Friedrich
- Jerry Beck
- April Valencia
- Robert DeAnda
- Angie Marakas
- Linda Vaughan
- Christine Jansen
- Matthew Holmes
- Carl Sikora
- Pat Wood
- Maria Passarelli
- Cathy Apker
- Shannon Armstrong
- Earl Knight

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

**OLA Communications Information**

	BULLETIN WEEKEND DATES	ARTICLE DUE
<b>DEADLINES</b>	Mar 8 – Mar 9	Feb 28
	Mar 15 – Mar 16	Mar 7
	Mar 22 – Mar 23	Mar 14

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

# UNIVERSITY OF NOTRE DAME GLEE CLUB

CONCERT • THURSDAY • MARCH 13 • 2025

OUR LADY OF THE  
ASSUMPTION CHURCH  
5057 COTTAGE WAY  
CARMICHAEL  
CA 95608

RECEPTION  
5:30PM  
AFFINITO HALL  
CONCERT  
7:00PM

### TICKETS

\$30 Reserved \$20 General \$10 Children (12 & under)  
\$50 Family Bundle (2 adults & 2 children)

To purchase tickets, scan the code or go to:  
[sacramento.undclub.org/events/111350](https://sacramento.undclub.org/events/111350)  
or contact Ray Riehle at (916)217-7162  
[ray@aapplied.com](mailto:ray@aapplied.com)



## Jubilee Year Pilgrimage Sites

*"We are pilgrims of hope at OLA!"*

Bishop Soto has designated twelve Pilgrimage Sites for the Jubilee Year and encourages all Catholics to make a pilgrimage and visit these sites and to reflect and pray upon the three diocesan themes for the Jubilee. Partial and plenary indulgences can be earned for pilgrimage and/or practice. On the diocesan jubilee website, [www.scd.org/Jubilee2025](http://www.scd.org/Jubilee2025), each parish icon is listed with the days and hours that the pilgrimage site will remain open during the Jubilee Year (12/4/24 -1/6/26). Once you have visited a pilgrimage site and spent some time in prayer, place the sticker on the corresponding location in the Jubilee brochure. Take a picture or a selfie and share it on social media with the hashtag #hopefulpilgrims.

**Help us represent OLA at all of the diocesan pilgrimage sites!** We hope to have at least one OLA parishioner visit each pilgrimage site. After your visit, print a copy of your picture and place it on the new OLA Jubilee bulletin board in the back of the church. There is a copy of the brochure with the map posted on the board. If you are the first person from OLA to visit one of the pilgrimage sites, please place a sticker for that site on the map. We hope to fill the bulletin board with pictures from everyone's pilgrimages!

## Support Lee and Natasha Scott as their Family Expands After Tragic Loss

Fr. Eduino would like to let parishioners know about the Scott family from our parish school. They have recently welcomed three children into their family after the tragic and unexpected loss of both of the children's parents. The Scott family has instantly gone from a family of three to a family of six. The three children are 10, 12, and 14 years old. They just arrived from Wisconsin and are beginning to settle into their life here. Many have asked how to help, so both a GoFundMe account and an Amazon wish list have been created to help them. **You may visit our parish website for the links if you wish to help.**



## Jubilee 2025 Pilgrims of Hope Honor Groups and Ministries

Did you know Pope Francis has designated several Jubilee Days for Jubilee 2025 – Pilgrims of Hope to honor various groups and ministries in the Church? One of these is the Jubilee of Deacons which will take place February 21–23, 2025, concluding with a Mass and diaconate ordinations celebrated by Pope Francis at 9:00 AM in St. Peter's Square. Deacons may also be celebrated at any time during the Jubilee year.

In the Catholic Church, the diaconate is one of three degrees in ordained ministry - bishops, priests and deacons. Transitional deacons prepare for the priesthood, while permanent deacons—married or single—do not. Deacons embrace the ministries of the word, liturgy, and charity. **Let us pray for all deacons (and their spouses if married) as they strive to serve as Christ in the world.**



Recently, (left to right) Deacons Jack Roland (St. Mel Church, Fair Oaks), Paul Friedrich (Our Lady of the Assumption Parish, Carmichael), and Patrick Mahan (St. Joseph Parish, Lincoln) assisted Bishop Soto at the World Day of the Sick Mass at OLA on February 8, 2025. Altar servers included Dominic, Adam, Joseph, and David....perhaps God will invite one or more of them to be a deacon or priest?

## "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!**

February 23, 2025

## 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 in the  
new year 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, February 27<sup>th</sup> at 6:30 p.m.**

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

**Tuesday, March 11<sup>th</sup> at 6:30 p.m.**

Rosary (Sorrowful Mysteries) in the presence of the  
Blessed Sacrament

Join us in prayer inside the church or online!  
<https://olaparish.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.

## Bring Your Dried Blessed Palms

Once again, we will be burning palms from past Palm  
Sunday Masses to use for ashes on Ash Wednesday  
(March 5<sup>th</sup>). **Please bring in your dried blessed palms to  
Mass and drop them in the baskets at the church doors  
by Sunday, March 2<sup>nd</sup>.**

Deacon Michael will be burning the blessed palms on  
Tuesday, March 4<sup>th</sup> at approximately 8:30 a.m. (after the  
8:00 a.m. Mass). All are welcome to attend.



**Wednesday, March 5, 2025**

#### Mass Schedule

8:00 a.m.

12:00 p.m.

5:30 p.m.

**Students from OLA School will be in attendance  
at the 8 a.m. Ash Wednesday Mass.**

**The 8 a.m. and 5:30 p.m. Masses will be livestreamed.**

### OLA Youth Group

All are welcome to attend our Youth Revival Night of  
Prayer this Thursday, 2/27, at 6:30 p.m. for prayer  
followed by a youth social. Email Johann Rubia-Miller,  
OLA Youth Minister, at [youth@olaparish.net](mailto:youth@olaparish.net) for more  
information.

### Eucharist for the Homebound

The distribution of the Eucharist to our homebound  
parishioners is available from our Eucharistic  
Homebound Ministers. These ministers are dedicated  
to serving the spiritual needs of our OLA homebound  
parishioners by bringing Christ to them and by keeping  
them connected to our community. If you would like to  
receive Eucharist, please leave a message for Peggy  
Vellanoweth at the parish office at (916) 481-5115.



### 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.

## COMMUNITY



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

**Thank you for your continued support!**

**We need soup for the OLA Food Locker.** We also need paper grocery bags. Please drop off 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?** Please call us at (916) 481-6352 to leave a message, or email Marylee Johnson at [jmjohn@surewest.net](mailto:jmjohn@surewest.net).

### Hats for the Homeless Appeal

**Hats will continue to be distributed** to Mercy Pedalers, Loaves and Fishes, and Carmichael HART **through March.** Contributions can be left in the containers at the back of church or at the parish office. Donations of yarn (#4 weight worsted machine washable), gloves, and scarves are also welcome. *Matt. 25:37-40.* Questions? Contact Angie at: [amstrawn@comcast.net](mailto:amstrawn@comcast.net).



### Weekly Meetings at OLA

**Join Catholic in Recovery Wednesday nights at 6 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,** please go online to 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.



**Pregnant? Worried?  
Need Help?  
Call (800) 910-0191**

*The Gabriel Project*

### SVdP Benefit for the Poor

**The Society of St. Vincent de Paul Sacramento Diocesan Council invites you to our 19<sup>th</sup> Annual Benefit for the Poor on April 25<sup>th</sup> at 5:00pm at the Double Tree Hotel.** Join us as we celebrate 70 Years of Spirituality, Fellowship, and Service. Enjoy a delicious dinner, participate in our silent auction, and be inspired by our amazing speaker. Don't miss this special event honoring our rich history and incredible journey of service. Let's come together for an evening of reflection, connection, and joy! Visit [www.svdp-sacramento.org](http://www.svdp-sacramento.org) to learn more.



#### St. Vincent de Paul Society Mission Statement:

"A network of friends, inspired by Gospel values, growing in holiness and building a more just world through personal relationships with and service to people in need."

### OLA's Gabriel Project



**Please join us for our Gabriel Project meeting at 7:00 pm on Monday, March 10th, in Affinito Hall rm. 3.** We look forward to sharing how we provide spiritual, emotional, and material support to help meet the needs of women and families facing difficult or crisis pregnancies.

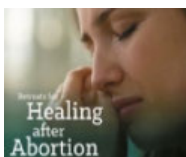
### Totus Tuus Program for College Age Adults

**Are you a college-age young adult looking for an experience of a lifetime?** Apply to be a missionary for Totus Tuus in the Diocese of Sacramento. Totus Tuus is a summer program experience for young Catholics between 1st-12th graders. As a Totus Tuus Missionary, you will teach, inspire, and have fun with the youth while working with a team of other missionaries. This year's summer 2025 program will run from May 28th through August 1st. Applications are due by February 28<sup>th</sup>. For more information, please contact Jen Alcorn at (530) 906-8142.

### Marriage Encounter Weekend

**Worldwide Marriage Encounter is offering a weekend experience for couples and religious March 28-30<sup>th</sup> at Zephyr Point Conference Center in South Lake Tahoe.** This is a time to Restore, Rekindle, and Renew your relationship with your spouse. Visit our websites [sacramentowwme.org](http://sacramentowwme.org) or [wwme.org](http://wwme.org) for more information and to register. Questions? Please reach out to Janet and Terry Doane at 916-489-3464 or Jim and Mary Carr at 775-742-1123.

### Find healing at Rachel's Vineyard



**Call (916) 733-0161**

**or email [projectrachel@scd.org](mailto:projectrachel@scd.org).**

**All messages are confidential.**



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Parishioner  
916-838-1763  
narndorfer@golyon.com

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**Michele Villarreal, LMFT**  
#131287

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