

# Mass Intentions

## August 14 - August 20, 2023

<b>Monday, 8/14</b>	9:00 a.m.	Don Smith
<b>Tuesday, 8/15</b>	9:00 a.m.	Elizabeth Yeast
<b>Assumption</b>	12:00 p.m.	<i>Pro populo</i>
<b>Holy Day of</b>	7:00 p.m.	Fr. John Rizzato
<b>Obligation</b>	8:30 p.m.	Rose & Bill Bailey
<b>Wednesday, 8/16</b>	9:00 a.m.	Earline Ann Cortese
	7:30 p.m.	Deacon Edward Danko
<b>Thursday, 8/17</b>	9:00 a.m.	So Chan
<b>Friday, 8/18</b>	9:00 a.m.	The Calabria Family (L)
<b>Saturday, 8/19</b>	5:00 p.m.	Marie Galvin
<b>Sunday, 8/20</b>	8:00 a.m.	Laura Caldarera
	9:30 a.m.	Jacqueline Lucas
	11:15 a.m.	Karen Matson Cole
	1:00 p.m.	Frank Brogan
	5:00 p.m.	<i>Pro populo</i>

### In Memoriam Aeternam +

In your charity, please pray for the repose of the soul of Deacon Robert Price, Archdiocese of Washington.

**Please pray for the sick...** Laura Tseronis, Dennis Reising, Caroline Potolicchio, Christine Degen, Anna Calabria, Nicole Behrus-Weiss, Maryann Murphy, Mark Patterson, Michael Waple, Sophia Jusko, Debra Price, Barbara Schmidt, Angelica Santos, Allison Brauer, Frank Knorr, Allan Degen, Bob Jones, Sandra Kimball, Ed Dudenhoeffer, Jackie Roebuck King, Jeni Stepanek. (Names will remain on this list for four consecutive weeks, but can be repeated by calling the Office.)

## Readings for the Week of August 13, 2023

<b>Sunday:</b>	1 Kgs 19:9a, 11-13a/Ps 85:9, 10, 11-12, 13-14 (8)/Rom 9:1-5/Mt 14:22-33
<b>Monday:</b>	Dt 10:12-22/Ps 147:12-13, 14-15, 19-20/ Mt 17:22-27
<b>Tuesday:</b>	<b>Vigil:</b> 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14/1 Cor 15:54b-57/Lk 11:27-28 <b>Day:</b> Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16/1 Cor 15:20-27/Lk 1:39-56
<b>Wednesday:</b>	Dt 34:1-12/Ps 66:1-3a, 5 and 8, 16-17/ Mt 18:15-20
<b>Thursday:</b>	Jos 3:7-10a, 11, 13-17/Ps 114:1-2, 3-4, 5-6/Mt 18:21-19:1
<b>Friday:</b>	Jos 24:1-13/Ps 136:1-3, 16-18, 21-22 and 24/ Mt 19:3-12
<b>Saturday:</b>	Jos 24:14-29/Ps 16:1-2a, and 5, 7-8, 11/ Mt 19:13-15
<b>Next Sunday:</b>	Is 56:1, 6-7/Ps 67:2-3, 5, 6, 8 (4)/Rom 11:13-15, 29-32/Mt 15:21-28

## THE MUSINGS OF THE PASTOR

October 19<sup>th</sup> is the day when the Church in the United States celebrates the North American Martyrs. These eight Jesuit martyrs who were killed in North America between 1642 and 1649 were canonized by Pope Pius XI in 1930. I want to concentrate on three of these Jesuit martyrs as they were killed in what is now New York State: Saint Isaac Jogues, Saint Jean de Lalande and Saint René Goupil.

Isaac Jogues (1607-1646) was a man of culture and learning. As a young Jesuit he taught literature in France. Yet he dreamed of being a missionary to the Native Americans in New France. In 1636 he and his companions arrived in Quebec under the leadership of John de Brébeuf. The Jesuits concentrated their efforts among the Wyandot (or Huron) peoples who were continually attacked by the Iroquois. After a few years of work among the Wyandot, Father Jogues was captured by the Iroquois and imprisoned for thirteen months. The letters and journals describe how he and his companions were led from village to village. Along the way the Jesuits were forced to watch their Wyandot converts being put to death, often after savage torture. Isaac had an opportunity to escape on a Dutch ship. He returned to France bearing certain marks of his martyrdom. During the time of his captivity with the Iroquois, several of Isaac's fingers had been cut, chewed, or burnt off. Pope Urbain VIII gave his permission to offer Mass with his mutilated hands. The Holy Father remarked when granting the permission, "It would be shameful if a martyr of Christ would not be permitted to drink the blood of Christ." Father Jogues was welcomed as a hero and could have settled into a comfortable life, perhaps returning to life in the classroom. Instead, he felt restless and wanted to return to his missionary work among the Wyandot. In a few months he sailed back to New France. In 1646 Father Jogues and Jean de Lalande, who had offered his services to the Jesuit missionaries set out for the territory of Iroquois in the belief that a recently signed peace treaty would be observed. They were captured by a Mohawk war party. On October 18 Father Jogues was tomahawked and beheaded. Jean de Lalande was killed the next day at Ossernenon, a village near Albany, New York.

The first of the three Jesuit missionaries to be martyred was René Goupil who, with Lalande, had offered his services as an oblate. He was tortured with Isaac Jogues in 1642 and was tomahawked for having made the sign of the cross on the brow of some children.

These three Jesuit martyrs are remembered at the Shrine of Our Lady of Martyrs located in the hamlet of Auriesville in Fultonville, New York. Once the seventeenth century Mohawk village of Ossernenon, it is the Roman Catholic Shrine dedicated to Saints René Goupil, Isaac Jogues, and John de Lalande who were martyred there and also to Saint Kateri Tekakwitha, a Mohawk/Algonquin woman who was born there.

For 130 years the Shrine of Our Lady of Martyrs was under the ownership and direction of the Society of Jesus (Jesuits), but it is now owned and operated by Friends of Our Lady of Martyrs Shrine, a board of volunteers dedicated to preserving and maintaining both the sanctity and viability of those sacred grounds.

*Continued in the column to the right...*

**August 13, 2023**

### **QUESTION OF THE WEEK**

*Who can I accompany on their journey through stormy waters? How can I reassure them and assist them?*

### **SIGN UP THIS WEEKEND FOR THE CHRISTIAN LIFE PROGRAM**

All adult parishioners are invited to register for the Christian Life Program, an integrated course leading into a renewed understanding of God's call to all Christians, including married couples and single adults. Facilitated by the Couples for Christ Ministry, the course will meet from 12-3 pm on Saturdays in September and early October in six weekly sessions. In three modules, participants will learn about The Basic Truths about Christianity; The Authentic Christian Life; and Living a Spirit-filled Christian Life.

Please sign up for CLP in the Gathering Space beginning the weekend of August 5/6. For more information, please e-mail parishioners Cris Flores at [cris\\_jflores@yahoo.com](mailto:cris_jflores@yahoo.com) or Liza Flores at [lizabflores.50@gmail.com](mailto:lizabflores.50@gmail.com).

### **THE RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) BEGINS IN MID-SEPTEMBER**

Are you or someone you know ready to truly know Jesus Christ and journey with him as a member of the Catholic faith? Through the Rite of Christian Initiation of Adults, participants who wish to explore becoming a Catholic or complete the Sacraments of Initiation begin an encounter with Christ. The 10-month journey begins in mid-September, with participants meeting weekly with the RCIA team. If you or someone you know is ready to start this journey, please contact Director of Social Concerns and Adult Faith Formation Tony Bosnick at [abosnick@sfadw.org](mailto:abosnick@sfadw.org). Spanish speakers can alternatively contact Deacon Will Garcia at [wagarcia@comcast.net](mailto:wagarcia@comcast.net) or Lourdes Garcia at [legarcia@comcast.net](mailto:legarcia@comcast.net) for RCIA in Spanish.

### **THE MUSINGS OF THE PASTOR (continued)**

Let me conclude this column on these Jesuit missionaries who were martyred in what is now Fultonville, New York with this quotation from Saint Isaac Jogues: *"My confidence is placed in God who does not need our help in accomplishing his designs. Our single endeavor should be to give ourselves to the work and to be faithful to him, and not spoil his work by our shortcomings"* (from a letter of Isaac Jogues to a Jesuit friend in France, September 12, 1646, a month before he died).

Until next week,  
**Fr. John**

### **EUCCHARISTIC ADORATION**

Adoration is held on Fridays  
in the **chapel** 9:30 a.m. - 12 Noon.  
All are welcome to attend.

### **THE ASSUMPTION OF THE BLESSED VIRGIN MARY AUGUST 15, 2023 HOLY DAY OF OBLIGATION**

MASS TIMES  
9 AM 12 NOON 7 PM  
8:30 PM (Mass in Spanish)

### **WALKING WITH PURPOSE PROVIDES BIBLE STUDY CHOICES FOR WOMEN IN THE PARISH**

If you're a Catholic woman who has wanted to study Scripture but has never taken the plunge, then you now have the opportunity with the Walking with Purpose program. All women of the parish are invited to take part in one of two women's Bible study sessions beginning this fall in the Kuehner Room. **All content is delivered in English.**

- "Ordering Your Priorities: Building a Life Well Lived," 4:45-6 pm Mondays in the Kuehner Room. Start date to be determined. Participants will use "Walking with Purpose" resources, which align with Church teaching. Designed to require limited at-home preparation, the course will take place over 18 weeks, with several week-long breaks around the holidays built into the schedule.
- "Opening Your Heart: The Starting Point," 10:15-11:45 am Thursdays in the Kuehner Room. Start date to be determined. This 22-week study has been divided into a nine-week session starting in September; an eight-week session starting in January; and a five-week session beginning in April. Multi-week holiday breaks have been built into the schedule. All women are welcome to join any or all trimesters.

For more information, contact coordinators Eileen Grams at [ehgrams@yahoo.com](mailto:ehgrams@yahoo.com) or Lita Silva at [litasilva4@gmail.com](mailto:litasilva4@gmail.com).



ST. FRANCIS PARISH PICNIC  
BLESSING OF ANIMALS

**SUNDAY, OCTOBER 8**  
**WATCH THE BULLETIN FOR DETAILS**

**REGISTER NOW  
FOR 2023-24 RELIGIOUS EDUCATION  
FOR CHILDREN IN KINDERGARTEN  
THROUGH GRADE 8**

*Return registration form by August 15 to receive a discount on registration fees!*

*If you have questions about this year's program, or would like to register in person, stop by the Religious Education information table in the Gathering Space after Sunday Masses on August 13, 20 & 27!*

*Please be sure to return your registration no later than September 1 so that we can be ready to welcome your child as our program begins!*

Our parish offers families a choice of two options for religious education:

**Option 1: "Classroom model"** offering in-person classes taught by volunteer catechists and classroom aides:

- **Elementary (Kindergarten-Grade 5)** classes offered at two session times: Sunday 9:20-10:35 am and Monday 4:45-6:00 pm. Classes begin September 17 and 18.
- **Middle School (Grade 6, 7 & 8)** classes with students attending weekly. Two session times will be offered: Monday 6:45-8:00 pm and Tuesday 6:45-8:00 pm. Classes begin September 18 and 19.
- **Classes for children and youth with special needs** meeting on Sunday afternoons 3:30-4:30 pm (in-person or online). Classes start September 24.

**Option 2: "Homeschool model"** offering parents the opportunity to teach their children at home with textbook resources and support provided by the parish, including online parent meetings and additional events (in-person and online) for students and families.

Registration fee: \$125.00 per child  
(Return form by August 15 to receive \$25 discount off total registration.)

Family discounts are available for 3 or more children. Please call for more information.

*If payment of registration fees poses a financial hardship, please contact us and allow us to assist you.*

Registration forms and additional information can be found on the parish website at: <https://sfadw.org/children-grades-pre-k-8>.

Completed forms can be mailed to the parish, dropped off in person at the Rectory Office (Monday-Friday, 8 am-4 pm), or returned as digital copies via email to [sfareligioused@sfadw.org](mailto:sfareligioused@sfadw.org).

**As we look ahead to next year's Religious Education program, please consider whether you can serve as a catechist for our children and young people.** If you would like to learn more about this important ministry, please contact Susan Anderson, Director of Religious Education, at 301-258-9193.

**Registering for Sacramental Preparation**

Sacramental preparation for 1<sup>st</sup> Reconciliation, 1<sup>st</sup> Eucharist, Confirmation, and Christian Initiation for Children/Teens (CIC/CIT) is not grade specific and involves preparation in addition to grade level Religious Education classes.

*Continued in the column to the right.....*

**Spotlight on St. Jude Regional Catholic School**

*We are...St. Jude*

[www.StJudeRockville.org](http://www.StJudeRockville.org)

<http://www.facebook.com/stjuderockvillemd>

We hope you're having a great summer! We are praying for you! Please keep our teachers and students in your prayers!

**SUMMER CHALLENGE OF THE WEEK**  
Attend a daily Mass!

**CHALLENGE FROM LAST WEEK:**  
Go on a retreat!

**STILL A FEW SPOTS LEFT! REGISTER NOW  
FOR 2023-2024 SCHOOL YEAR!**

Registration is open for all interested families! We are a PreK3-8th grade Catholic school. Come and witness a faith-filled school with high academic standards and happy students! MAP scores above the National Average! Tours are available by appointment. Please contact Ellen Donnelly at [Ellen.Donnelly@StJudeRockville.org](mailto:Ellen.Donnelly@StJudeRockville.org).

**Substitutes are needed!** If you are a retired teacher or someone who would like to teach children, but not everyday, then being a substitute is for you! Please contact the main office for more information.

**The 2023 Fr. Kapaun Outdoor Mass** is on Friday, September 22nd at 9:00am. Mass will take place on the Mercury side parking lot. All are invited! Special invite to all active and retired military, police, firefighters, and all first responders are invited. Let's fill our parking lot and pray together for the Sainthood of Fr. Kapaun. *Fr. Kapaun... pray for us!*

**Don't wait until the last minute to work on summer reading and math! Let us help you out!**

Mr. Mike Norris

ALL grades - ALL subjects

Email: [Mike.Norris@stjuderockville.org](mailto:Mike.Norris@stjuderockville.org)

Mrs. Pat O'Connell

Math K-8, Reading K-5, Spanish 5-8

Email: Patricia.O'[Connell@stjuderockville.org](mailto:Connell@stjuderockville.org)

Ms. Becky Sella

ALL grades - ALL subjects

Email: [Rebecca.Sella@stjuderockville.org](mailto:Rebecca.Sella@stjuderockville.org)

**RELIGIOUS EDUCATION (continued)  
Registering for Sacramental Preparation  
(continued)**

At a minimum, children are expected to have participated in Religious Education in the year prior to preparing for a sacrament. *Please note: students preparing for the Sacrament of Confirmation will attend their grade-level Religious Education classes as well as monthly Confirmation sessions.*

Families requesting sacramental preparation for their child are asked to mark their registration form accordingly so that additional information can be provided. Please note that there is a separate materials fee for sacramental preparation programs. More details will be provided at the parent meetings next year.

### ST. MARTIN'S FOOD PANTRY SHORTAGES

Canned Beans (Black, Kidney)  
Canned Soup  
Meals in a can (stew, canned pasta, chili)  
Pasta  
Pasta Sauce  
Tuna/Canned Meat  
Canned Fruit  
Oatmeal  
Canned Vegetables

Baby Formula: Similac Blue & Similac Orange, and/or domestic or foreign equivalents/substitutes. Diapers size 4, Baby wipes, Pediasure.

Paper Bags (Trader Joe size or similar).  
Plastic Newspaper or Grocery Bags  
12-egg cartons (Plastic)

Please place donations in the St. Martin's Food Pantry Bin in the Gathering Space or the Rectory front porch if the church is locked.

**Help is needed at the Pantry on Sundays! If you can spare a few hours on a Sunday afternoon and want to help, please call Sylvia Jones (240) 755-2247. We need your help in order to help those in need!**

### KNIGHTS OF COLUMBUS - COUNCIL 2323

The Knights of Columbus are looking for new, transferring or readmitted members to share in their Charity, Fraternity, Unity and Patriotism activities. Council 2323 supports many St. Francis activities and has many social events. The KofC offers life and long term care insurance opportunities as well as annuities. If interested in learning more, contact Gary Palmer (301-948-6494 or email [gtdbpalmer@verizon.net](mailto:gtdbpalmer@verizon.net)).

### FREE ONLINE WORKSHOP OFFERS CANCER SURVIVORS TOOLS TO SURVIVE AND THRIVE

Are you wanting to learn how to survive and even thrive with a cancer diagnosis? Holy Cross Health is sponsoring a free virtual "Cancer: Thriving and Surviving Workshop", beginning Thursday, August 24. During this six-week workshop, participants will learn evidence-based tools and real-life skills to build confidence around managing health, staying active, and enjoying life while living with a cancer diagnosis. **All content is delivered in English.** Specifically, you'll learn:

- Ways to manage symptoms, such as pain, isolation, and poor sleep
- How cancer changes your body
- How cancer can affect relationships
- How to work with your health care team
- Ways to make decisions about treatments and complementary therapies

Participants will receive a copy of "Living a Healthy Life with Chronic Conditions," 5<sup>th</sup> edition, which follows the curriculum. Register for the workshop at <https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/support-groups/> or by calling (301) 754-8800. The class is delivered through Microsoft Teams and participants may join with computer and webcam or phone.

### TEACHERS NEEDED MOTHER OF GOD SCHOOL

Mother of God School is recruiting for a Pre-Algebra Teacher, PE Teacher, Technology teacher for grades K-5, and a variety of full and part-time para-educators, extended care employees, and substitutes. MOG School is a Private Catholic PreK through 8th-grade school, affiliated with the Archdiocese of Washington. At Mother of God, faith is not an extra but an integral part of everything we do! Interested candidates should contact our Principal, Melissa Sloan, [principal@mogschool.com](mailto:principal@mogschool.com) or (301)990-2088 ex 30.

### MOTHER OF GOD SCHOOL

20501 Goshen Road, Gaithersburg MD 20879

Preschool 3's & 4's

Kindergarten - 8th Grade

Authentically Catholic/Academically Excellent

Financial Assistance Available

Pre-K 3s Openings for Fall 2023

Contact Information:

301-990-2088, Ext. 12

[admissions@mogschool.com](mailto:admissions@mogschool.com)

### 4 STAGES OF MARRIAGE

The 4 stages of marriage are: (1) Romance, (2) Disillusionment, (3) Misery, and (4) Awakening. Many marriages experience the first 3 Stages. Marriages that end in divorce never make it to the 4th Stage of Awakening. Don't give up without learning about the 4th Stage of Awakening. If your marriage suffers from Disillusionment or Misery please contact Retrouvaille (pronounced retro-vi with a long i). Our next weekend is 1-3 September 2023. All calls and inquiries are confidential. To register or obtain more information visit our website at: [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org), call (443) 400-7017, or email: [3015@HelpOurMarriage.org](mailto:3015@HelpOurMarriage.org)

### UNITY WALK ON SEPTEMBER 11 BRINGS TOGETHER PEOPLE OF DIFFERENT FAITH TRADITIONS

Want to celebrate the different faith traditions and spiritual centers in the Washington DC area? Then plan to join the Interfaith Council of Metropolitan Washington's Unity Walk from 1:30-6 pm Sunday, September 11, starting at the Washington Hebrew Congregation in DC. Enjoy an opportunity to engage with people of different faith beliefs through moderated speed dialogues, family activities, comedy, music, and sharing of tasty cultural treats. All participants must register and purchase tickets ranging from \$5 for students, seniors and those with limited incomes and \$10 for general admission. Buy tickets at <http://ifcmw.org/unity-walk>.

## **Anuncios para el boletín del 13 de agosto de 2023:**

### ***Regístrese este fin de semana para el Programa de Vida Cristiana***

Todos los feligreses adultos están invitados a registrarse en el Programa de Vida Cristiana (*Christian Life Program (CLP)*), un curso integrado que conduce a una comprensión renovada del llamado de Dios a todos los cristianos, incluidas las parejas casadas y los adultos solteros. Facilitado por el Ministerio Parejas para Cristo, el curso se reunirá de 12 a 3 pm los sábados en septiembre y principios de octubre en seis sesiones semanales. En tres módulos, los participantes aprenderán sobre Las verdades básicas sobre el cristianismo; La auténtica vida cristiana; y Vivir una vida cristiana llena del Espíritu. Regístrese en CLP en el Espacio de Reunión. **Todo el contenido se entrega en inglés.**

Para obtener más información, envíe un correo electrónico a los feligreses Cris Flores a [cris\\_jflores@yahoo.com](mailto:cris_jflores@yahoo.com) ó Liza Flores a [lizabflores.50@gmail.com](mailto:lizabflores.50@gmail.com).

### ***Las sesiones semanales para el Rito de Iniciación Cristiana de Adultos comenzarán a mediados de septiembre***

¿Está usted o alguien que conoce listo para conocer a Jesús y viajar con él como miembro de la fe católica? A través del Rito de Iniciación Cristiana de Adultos -RICA, aquellos que desean convertirse en católicos o completar los Sacramentos de Iniciación comienzan un encuentro con Cristo. El viaje de 10 meses comienza a mediados de septiembre, y los participantes se reúnen semanalmente con el equipo de RICA. Si usted o alguien que conoce está listo para comenzar este viaje, comuníquese con el Director de Asuntos Sociales y Formación de Fe para Adultos, Tony Bosnick, en [abosnick@sfiadw.org](mailto:abosnick@sfiadw.org). Los de habla hispana pueden comunicarse alternativamente con el diácono Will García en [wagarcia@comcast.net](mailto:wagarcia@comcast.net) o Lourdes García en [le-garcia@comcast.net](mailto:le-garcia@comcast.net) para RICA en español. Para todos, mantenga esto en oración. ¡Dios está lleno de sorpresas!

### ***Caminata de Unidad (Unity Walk) el 11 de septiembre reúne a personas de diferentes tradiciones religiosas***

¿Quiere celebrar las diferentes tradiciones religiosas y centros espirituales en el área de Washington DC? Entonces planee unirse a la Caminata de Unidad del Consejo Interreligioso del Área Metropolitana de Washington de 1:30 p. m. a 6 p. m. el domingo, 11 de septiembre, comenzando en la Congregación Hebrea de Washington en DC. Disfrute de la oportunidad de relacionarse con personas de diferentes creencias religiosas a través de diálogos de velocidad moderada, actividades familiares, comedia, música y el intercambio de delicias culturales. Todos los participantes deben registrarse y comprar boletos que van desde \$5 para estudiantes, personas mayores y personas con ingresos limitados y \$10 para admisión general. Compre boletos en <http://ifcmw.org/unity-walk>.

***Los recursos de Caminar con Propósito ofrecen oportunidades de estudio bíblico para las mujeres de la parroquia*** Todas las mujeres de la parroquia están invitadas a participar en una de las dos sesiones de estudio bíblico para mujeres que comienzan este otoño en la Sala Kuehner. **Todo el contenido se entrega en inglés.**

Las opciones incluyen:

- *"Ordenando sus prioridades: construyendo una vida bien vivida", 4:45-6 pm los lunes en la Sala Kuehner. Fecha de inicio por determinarse.* Los participantes utilizarán los recursos de "Caminar con propósito", que se alinean con la enseñanza de la Iglesia. Diseñado para requerir una preparación limitada en el hogar, el curso se llevará a cabo durante 18 semanas, con varios descansos de una semana alrededor de las vacaciones incorporadas en el programa.
- *"Abriendo tu corazón: el punto de partida", 10:15-11:45 am los jueves en la Sala Kuehner. Fecha de inicio por determinarse.* Este estudio de 22 semanas se ha dividido en una sesión de nueve semanas a partir de septiembre; una sesión de ocho semanas a partir de enero; y una sesión de cinco semanas a partir de abril. Se han incorporado vacaciones de varias semanas en el calendario. Todas las mujeres son bienvenidas a unirse a cualquiera o todos los trimestres.

Para obtener más información, comuníquese con las coordinadoras Eileen Grams [en ehgrams@yahoo.com](mailto:ehgrams@yahoo.com) o Lita Silva en [litasilva4@gmail.com](mailto:litasilva4@gmail.com).

***Taller en línea gratuito ofrece a los sobrevivientes de cáncer herramientas para sobrevivir y prosperar*** ¿Quiere aprender cómo sobrevivir e incluso prosperar con un diagnóstico de cáncer? Holy Cross Health patrocina un "Taller de cáncer: prosperar y sobrevivir" virtual y gratuito, comenzando el jueves, 24 de agosto. Durante este taller de seis semanas, los participantes aprenderán herramientas basadas en evidencia y habilidades de la vida real para generar confianza en torno al manejo de la salud, permanecer activo y disfrutando de la vida mientras vive con un diagnóstico de cáncer. **Todo el contenido se entrega en inglés.**

Específicamente, aprenderá:

- Formas de controlar los síntomas, como el dolor, el aislamiento y la falta de sueño
- Cómo el cáncer cambia su cuerpo
- Cómo el cáncer puede afectar las relaciones
- Cómo trabajar con su equipo de atención médica
- Formas de tomar decisiones sobre tratamientos y terapias complementarias

Los participantes recibirán una copia de "Viviendo una vida sana con condiciones crónicas" ( *"Living a Healthy Life with Chronic Conditions"* ), 5.ª edición, que sigue al plan de estudios. Regístrese para el taller en <https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/support-groups/?> ó llamando al (301) 754-8800. La clase se imparte a través de *Microsoft Teams* y los participantes pueden unirse con una computadora y una cámara web ó un teléfono.