St. Brendan the Navigator Parish August 6, 2023

Belfast ~ Camden ~ Rockland ~ Islesboro ~ North Haven ~ Vinalhaven ~ St. Dismas Catholic Community (Maine State Prison)



THE TRANSFIGURATION OF THE LORD

610

Jesus took Peter, James, and his brother, John, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. - Mt 17:1-2

Excerpts from the Lectionary for Mass @2001 1998 1970 CCD

OLPI

Weekend Mass Schedule

(For weekend live stream schedule see p.2)

SATURDAY

4:00pm Our Lady of Good Hope, Camden

4:00pm St. Francis of Assisi, Belfast

6:00pm St. Bernard, Rockland

SUNDAY

8:00am St. Bernard, Rockland

8:30am St. Francis of Assisi, Belfast

11:00am Our Lady of Good Hope, Camden

11:00am St. Bernard, Rockland

Sacrament of Reconciliation (Confession)

Half hour before weekend Masses or by appointment, call 236-4785. Plus, priests are available during scheduled Adoration times on Monday, Wednesday and Thursday evenings.

| Adoration & Mass During the Week

MONDAY LIVE STREAM from

Our Lady of Good Hope:

Adoration 5:30pm, Mass 6:30pm

TUESDAY:

8:00am Mass at St. Bernard

WEDNESDAY

- —8:00am Mass at Our Lady of Good Hope, Camden
- —At St. Francis of Assisi in Belfast, Adoration 5:30pm, Mass 6:30pm

THURSDAY LIVE STREAM from St. Bernard Adoration 5:30pm, Mass 6:30pm

FRIDAY LIVE STREAM Mass 8am from St. Francis

Summer Island Schedule of Masses
St. Mary Church, Islesboro: Saturdays, 9:00am
Union Church, Vinalhaven: Saturdays, 9:00am
North Haven: TBA

Church Doors are open in all three churches Monday-Friday from 12pm-3pm.

Quiet Before and After Mass

The General Instruction for the Roman Missal says that there should be a quiet opportunity in the church for the faithful to prepare prayerfully for the Holy Mass.

THANK YOU BISHOP NKUO!

We sincerely thank Bishop Nkuo for blessing us with his visit to our parish.

Moving forward, may we as parishioners continue to pray for the Diocese of Kumbo and for all of the Cameroonian priests serving within the Diocese of Portland.













The Catholic Diocese of Kumbo (Latin: Dioecesis Kumboensis) in the Ecclesiastical Province of Bamenda, Cameroon, was erected by Pope St. John Paul II on Thursday, 18 March 1982, with territory taken from the then Diocese (now Archdiocese) of Bamenda. It is a diocese of the Roman rite of the Catholic Church.

MASS SCHEDULE & INTENTIONS

(Mass times may change and intentions may need to be rescheduled) indicates Live Stream

Cotundor: Amount	5 2022 1	Civile The	Transfiguration	of the Lord
Saturday, August	5, 2025 -	vigii: The	Transfiguration	of the Lord

	the Isles	Fr. Divine	All Souls by the Parish		
9:00am	Vinalhaven	Fr. Anthanasius	All Souls by the Parish		
4:00pm	St. Francis	Fr. Anthanasius	Living Intention for Ben Lithgow by the Clarks		
4:00pm	OLGH	Fr. Divine LS	Richard Rhoda by Claire and Bill Deptula		
6:00pm	St. Bernard	Fr. Divine	Pro Populo		
Sunday, August 6, 2023 – The Transfiguration of the Lord					

8:00am	St. Bernard	Fr. Divine	Claire Gilmore by Siobhan and Alex Gilmore
8:30am	St. Francis	Fr. Anthanasius	Linus Heinz by the family
11:00am	Our Lady of Good Hope	Fr. Anthanasius	Matthew Hao by Teresa Le

11:00am	St. Bernard	Fr. Divine	Deceased Members of the Bartlett Family by the Bartlett Family
Monday	OLGH	Fr. Anthanasius	Erika Miltner

August /	0.50pm	1.5	Dy the lanning
Tuesday August 8	St. Bernard 8:00am Rosary at 7:30	Fr. Anthanasius	All Souls by the Parish

vvednesday	OLGH	Fr. Anthanasius	Pauline Johnstone
August 9	8:00am		By Linda Roden
	Rosary at 7:30am		
	St. Francis	Fr. Divine	Mike Phelan

	6:30pm		by Karen Phelan
Thursday	St. Bernard	Fr. Divine LS	All Souls
August 10	6:30pm		By the Parish

Friday	St. Francis	Fr. Divine	Living Intention for Bday
August 11	8:00am		Maureen O'Donnel
	Rosarv at 7:3	0am	by Linda Roden

Saturday, August 12, 2023 - Vigil: Nineteenth Sunday in Ordinary Time

9:00am	St. Mary of the Isles	Fr. Anthanasius	All Souls by the Parish
9:00am	Vinalhaven	Fr. Divine	All Souls by the Parish
4:00pm	St. Francis	Fr. Divine LS	Jane Patten by a parishioner
4:00pm	OLGH	Fr. Anthanasius	Clarissa Benner

			by John McKay
6:00pm	St. Bernard	Fr. Anthanasius	Brandon James Raye by the Raye Family

Sunday, August 13, 2023 – Nineteenth Sunday in Ordinary Time				
8:00am	St. Bernard	Fr. Anthanasius	George Hoyt by Anne & Richard Norman	
8:30am	St. Francis	Fr. Divine	Barbara Floyd by Elaine Witt	
11:00am	Our Lady of Good Hope	Fr. Divine	Maria & Arthur Mohr by the family	
11:00am	St. Bernard	Fr. Anthanasius	Pro Populo	

St. Bernard; pray for us.

Parish Life

FAITH FORMATION REGISTRATION

To families with children of all ages,

Please fill out faith formation registration forms for the upcoming year. They can be found in the church hall. Completed forms can be returned to the office or left with the other forms where they will be picked up. Families with any questions can reach Jennifer Parker, Parish Catechetical Leader, at 207-408-8591 or by email at jennifer.parker@portlanddiocese.org.

YOUTH GROUP WITH FATHER DIVINE

The Wednesday evening youth meetings take place after the 6:30pm Mass at St. Francis in Belfast. We will be continuing our discussion of *Christus Vivit!*



OLGH WOMEN'S CLUB PIE AND BAKE SALE TODAY

Come and purchase delicious home-made goodies at the Women's Club's Pie and Bake sale today in the church hall. All proceeds will benefit those in need and provide college scholarships for graduating seniors. Thank you for your generosity!

ST. BERNARD PATRON SAINT CELEBRATIONS

St. Bernard's will be celebrating its patron saint this summer! St. Bernard of Clairvaux's feast day is Sunday, August 20th. Preceding the feast day festivities we will begin with a Novena starting on Saturday, August 12th. See the backs of your churches for novena pamphlets, or it can be found on our website. Next, Deacon Bob will be giving a talk on this fascinating saint on Thursday, August 17th after the 6:30pm Mass at St. Bernard. Then finally, on Sunday, August 20th, there will be an unveiling of our first and new St. Bernard statue, followed by a pot-luck luncheon. All parishioners are encouraged and invited to participate in all of these activities. For the pot-luck, please use the signup sheets at the back of the churches to let us know you are coming and if you wish to bring a salad or dessert. The Knights will have the grills fired up. We are looking forward to sharing this special celebration with our parish.

St. Bernard of Clairvaux, pray for us!

MARK YOUR CALENDARS: PARISH PICNIC

The Parish Picnic will take place on Sunday, September 10, 2023 at the Camden Snow Bowl. Food will be served starting at 12:30pm. There will be hamburgers, sausages, and hotdogs. Sign -up sheets for side dishes will be available later in the month. Come join our Parish Community for food, fun, games, and entertainment!



ST BERNARD: SISTERS OF TRANSFIGURATION HERMITAGE BAKE SALE

The sisters of Transfiguration Hermitage will be holding a bake sale at St. Bernard's before and after the Masses on August 13 & 14. All the usual goodies, plus Sr. Anastasia's sourdough breads! Help yourself to some goodies and help support the sisters' life of prayer for all people.



CATHOLIC APPEAL UPDATE FOR ST. BRENDAN

Current (as of 07/24/23) \$57,807

Goal: \$77,339

Percentage reached: 75% Almost there!

CATHOLIC APPEAL SPOTLIGHT ON:

The Christian Life Center



The Christian Life Center (CLC) offers a wide range of programs, retreats, and events for people of all ages, as well as eucharistic adoration and Mass. The center draws people from throughout Aroostook County and beyond.

Father Alex has numerous ideas for the future of the CLC, which receives crucial funding from the Catholic Appeal, along with support from Aroostook County parishes.

A vibrant center of faith celebrates 50 years | Diocese of Portland (portlanddiocese.org)

Donations to the Catholic Appeal may be made online at www.portlanddiocese.org/giving/makegift, via QR-code on this page, or envelopes found in your pews. Thank you for your generosity!



"Participation of the Heart: Fostering Deeper Engagement in the Mass"

Friday, September 8, in Scarborough (10 a.m. to 1:30 p.m.) Saturday, September 9, in Bangor (10 a.m. to 1:30 p.m.) Sunday, September 10, in Caribou (1:30 p.m. to 5 p.m.)

Pastors, administrators, and others leading efforts for the parish year of the National Eucharistic Revival as well as those serving in liturgical ministries are encouraged to attend one of the sessions. The presenter will be Vicki Klima, a highly regarded liturgist, educator, and author. The purpose is to reflect upon your personal participation at Mass, deepen your understanding of why we gather for worship, and become more mindful of how serving in a liturgical role invites others to living encounters with Jesus in the Eucharist. The cost is free for up to eight people per parish and includes food and a copy of her recently published book, *Participation of the Heart: Fostering Deeper Engagement* in the Mass. Additional people may register as space allows for \$25/person and with the approval of the pastor/administrator.

To learn more about the event or to register, visit www.portlanddiocese.org/lifelong -faith-formation/regional-ministry-formation-days.

PETERS PENCE: SECOND COLLECTION AUGUST 5/6

The Peter's Pence collection is a gesture of solidarity through which every member of the faithful can participate in the activity of the Pope as Pastor of the universal Church.

"The faithful's offerings to the Holy
Father through the Peter's Pence
Collection are destined to Church needs,
to humanitarian initiatives and social promotion projects, as well

as to the support of the Holy See."

To donate online: peterspence.va

FELLOWSHIP AT OUR LADY OF GOOD HOPE

Our Lady of Good Hope will re-introduce Coffee and Donuts after the 11:00 Mass Sunday, August 13. This monthly event was cancelled during COVID and we are happy to bring it back to life! We will offer this every second Sunday of each month and hope you will join your fellow Parishioners in this fellowship after Mass.

Faith Resources



EUCHARISTIC MIRACLES

Excerpts from Blessed Carlo Acutis Listed 32 Eucharistic Miracles — Here Are the Top 5| National Catholic Register (ncregister.com)

Lanciano

"The Eucharistic Miracle of Lanciano, located in the region of Abruzzo, is par excellence the most well-known in the Catholic Church.

The miracle took place in the eighth century in a church administered by Basilian monks. Similar to Bolsena, one of the priests was doubting the Real Presence. As he pronounced the consecration, the host was

transformed into flesh, the wine into blood. The Body took on the form of a heart, and the Blood coagulated into five irregularly-shaped globules.

In 1970, the miracle was subjected to scientific scrutiny. The doctors concluded that the flesh was human heart tissue and the blood is human. Both are from the same blood group, AB. Today, the relics are conserved in a Franciscan church. While it is often difficult to discern details of other Eucharistic miracles, Lanciano is unique. Close access is possible thanks to a stairway immediately behind the relics. The flesh is preserved within a silver monstrance, the blood globules in a crystal chalice."



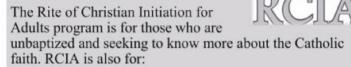
Bolsena

"In lower Umbria is the ancient town of Orvieto. Conserved in the city's ornate cathedral is the Eucharistic Miracle of Bolsena. This miracle led to the feast of Corpus Christi.

In 1263, a German priest was traveling to Rome on pilgrimage, when he stopped in Bolsena. According to the legend, he had doubts regarding Catholic teaching on the Real Presence of Christ in the Eucharist. Just after the consecration, the host began to bleed. Flabbergasted, he suspended the Mass and went straight to Orvieto where Pope Urban IV was residing.

The pope investigated the miraculous host and bloodstained corporal (linen altar cloth) and confirmed its authenticity. He instituted a new feast in the liturgical calendar: the Solemnity of Corpus Christi."

RCIA: ARE YOU OR SOMEONE YOU KNOW FEELING CALLED TO THE CATHOLIC FAITH?



- Baptized Catholics who need to receive the other sacraments of initiation—Confirmation and First Holy Communion.
- Other Christian denominations and faiths or those with no faith background at all who wish to explore becoming Catholic. Children over the age of 7.

If you know someone or you yourself are interested in learning more, please contact the parish office at 207-236-4785.

Tell others about the truth that sets you free.
(Pope Benedict XVI)

FAITH GROUP AT ST. BERNARD 1ST & 3RD TUESDAYS

Come share your stories and the Holy Spirit will surprise you! This is a faith sharing group that explores life and faith topics on the first and third Tuesdays of the month at 10:00am at the Sacred Heart Center at St. Bernard in Rockland. If interested in joining and to find out more, leave a message with your contact information for Lucas at 594-9490 and he will get back to you.

BUILD YOUR FAITH ON FORMED.ORG

"Born to a noble Italian family and known as the "Prince of Moral Theologians", St. Alphonsus Liguori was a great preacher, lawyer, bishop, theologian, and Doctor of the Church. In this episode of Catholic Saints, Augustine Institute professors Dr. Sean Innerst and Dr. Ben Akers discuss this holy man, drawing wisdom from his life and works to aid Catholics today."

This Week's Spotlight:

Sign up and watch or free on formed.org using our parish sign in!

READINGS FOR WEEK OF AUGUST 6, 2023

Sun: Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/2 Pt 1:16-19/Mt 17:1-9 Mon: Nm 11:4b-15/Ps 81:12-13, 14-15, 16-17/Mt 14:13-21 Tues: Nm 12:1-13/Ps 51:3-4, 5-6ab, 6cd-7, 12-13/Mt 14:22-36 or 15:1-2, 10-14 Wed: Nm 13:1-2, 25—14:1, 26-29a, 34-35/Ps 106:6-7ab, 13-14, 21-22, 23/Mt 15:21-28

Thurs: 2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9/Jn 12:24-26 Fri: Dt 4:32-40/Ps 77:12-13, 14-15, 16 and 21/Mt 16:24-28 Sat: Dt 6:4-13/Ps 18:2-3a, 3bc-4, 47 and 51/Mt 17:14-20

THE TRANSFIGURATION OF THE LORD

"This is My beloved Son, with whom I am well pleased; listen to Him!" Do you long to listen to Christ and further serve the Church as a priest, deacon, religious brother, or sister? If so, contact the Director of Vocations by Facebook at VocationsME, by phone at (207) 773-6471, or by email at vocations@portlanddiocese.org.



www.portlanddiocese.org/vocations

PRAY THE ROSARY

In 1917 Our Lady of Fatima, asked us to pray the rosary every day to obtain peace for the world. During the week, you are invited to pray the Rosary before our 8:00am Masses:

- · Tuesday, 7:30am, at St. Bernard in Rockland
- Wednesday, 7:30am, at Our Lady of Good Hope in Camden
- Friday, 7:30am, at St. Francis of Assisi Church in Belfast

St. Agapitus

d. 258

Feastday: August 6

Martyr, deacon, and companion of Pope Sixtus II in death. He was with the pope when seized during the persecutions of Emperor Valerian. Agapitus and five other deacons- Felicissimus, Januarius, Magnus, Stephen, and Vincent- were martyred.



Parish Ministries

BELFAST KNIGHTS



The William S. Brannagan Council 3942 meets the 2nd Wednesday of the month after the 6:30pm Mass at St. Francis in the church hall. New members are welcome, if interested Grand Knight Gary Boynton can be reached at kofccouncil3942@gmail.com or https://www.kofc3942.org/

ROCKLAND KNIGHTS

The Rockland Knights - Limerock Council 136 meets the 3rd Thursday at 7pm in Grispi Hall, at St. Bernard's Church, Rockland.

http://kofc136.stbrendanparishnet.

The Grand Knight for 2022-2023 is Kevin Bailey. You can contact Kevin by cell: 978-404-1594 or by email at: info@kofc136.stbrendanparish.net.

Website: https://www.stbrendanparish.net/knight-of-columbus-rocklandhttp://kofc136.stbrendanparishnet



KOFC 4TH DEGREE

The 4th Degree Knights meet the second Monday of the month at Our Lady of Good Hope in Camden at 7:00pm. To find out more, contact Gregg Turley at 702-408-5996.



Knights Helping Neighbors

The Knights of Columbus in Rockland and Belfast have a new program for members, widows of members, and parishioners of our parish. We will donate labor to help those that need help around their homes and are either physically or financially unable to do the work. This will be for smaller inside projects or yard projects.

To see if we can help, please contact the following Knights: In Rockland: Liam Yung at 207-450-3915
In Belfast: Brian Beaulieu at 207-542-8967or bbeaulieu@allenfg.com
Joseph Mathieu at 207-323-1436 or painterjo56@gmail.com

ST. FRANCIS PRAYER SHAWL & BAPTISMAL BLANKET MINISTRY

St. Francis is starting a new ministry for knitting/crocheting prayer shawls and baptismal blankets to be given to those visiting the homebound and for the newly baptized. There are two needs: (1) For those interested in making the shawls, please contact Diane Melone at diamelone@gmail.com and (2) If anyone has spare yarn they'd like to donate to the ministry, please leave in marked container at St. Francis of Assisi in the chapel/library area.

Thank you!

PARISH PRAYER CHAIN: To request prayers or to pray for others, please contact Kathleen Daley: daleykathy90@gmail.com

St. Brendan the Navigator, pray for us.

SECULAR FRANCISCAN INTEREST MEETING

To our Franciscan-hearted parishioners: The parish is exploring the possibility of establishing a new or reviving a deactivated Secular Franciscan Fraternity in our area. Our initial steps are to identify how many professed Secular Franciscans



the parish might have and then establish a possible path to forming a new fraternity (or reactivating an inactive one). For those unfamiliar with "Secular Franciscan" or "Third Order Franciscan," they are those who live in the world rather than in religious communities, living the Gospel in a Franciscan manner established by St. Francis of Assisi over 800 years ago. A fraternity will meet roughly once a month to pray and to share about their lives in light of a Franciscan formation and guidance. Both individually, and as a fraternities, they may engage in apostolic work and various ministries, with a particular outreach to the poor and marginalized, and of peace, justice and care of creation. If you are or have been a professed Secular Franciscan or have an interest in finding out more, please contact Eric Lyerly at elyerly@law.stetson.edu.



READ POPE FRANCIS' ENCYCLICAL AT

https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html



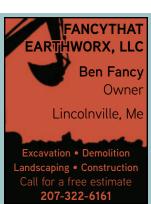
The Laudato Si' Group encourages conversation, prayer, questions and ideas. Contact Dianne Smith dcrjsmith@hotmail or 207-322-4443, or any other members — Martha Block, Michael Cyr, Barbara Edmond, Elissa Koskela, or Tim Pritchard.

The Laudato Si group at St Francis Church has been meeting for 17 months discerning how we as individuals and parish members can begin making a difference in the care of our common home. We hope that parishioners will start to help us develop an environmental plan in the spirit of Laudato Si. Let us first identify what has already been done and what is ongoing!

- Within the last few years a new efficient furnace was installed, insulating window inserts placed in the church and rectory.
- Plantings around the church grounds with a rectory veggie garden (by Fr Divine)
- LED replacement bulbs installed.
- Newer higher efficiency stoves and refrigerator
- Providing take home food boxes with leftovers at group func-
- Composting after monthly breakfast.
- Using cardboard containers
- Complying with plastic bag restrictions
- Decrease weekly bulletin by encouraging online reading.
- Fewer giving envelopes by using online giving.

Please let us hear from you with ideas and suggestions. We also, encourage you to provide ideas for individuals and families to implement at home.

The Camden Area Christian Food Pantry will be collecting a new food item for the month of August. It will be peanut butter. Please place items in the bin in the entrance to Cote Hall at Our Lady of Good Hope.

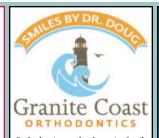




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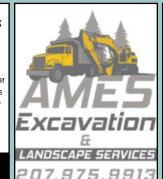


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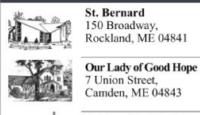
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Web: www.downhomemaine.com



DOWN HOME

LITURGY OF THE EUCHARIST (MASS TIMES)



Saturday 6:00pm Sunday 8:00am & 11:00am Tues 8am & Thurs 6:30pm

Saturday 4:00pm Sunday 11:00am Mon 6:30pm & Wed 8am

St. Francis of Assisi Saturday 4:00pm 81 Court Street. Sunday 8:30am Belfast, ME 04915



PASTORAL STAFF

Staff email addresses: firstname.lastname@portlanddiocese.org

Fr. Anthanasius Wirsiy, Administrator 207-236-4785

Fr. Divine Esua Fossoh, Parochial Vicar 207-930-7044

Deacon Robert Cleveland

OFFICE

Address: 7 Union St. Camden, ME 04843

Phone: 207-236-4785 Fax: 207-236-9422

Office Hours: M,T & Th- 8:30am-3:30pm, Wed.- 8:30am - 12:30pm

Email: stbrendan@portlanddiocese.org

Belfast Rectory: 207-930-7044

Website: http://www.stbrendanparish.net

Facebook: https://www.facebook.com/stbrendanparishmaine Parish email list: Contact Penny Wolfe at penny.wolfe@portlanddiocese.org Staff email addresses: firstname.lastname@portlanddiocese.org

PASTORAL LIFE & FAITH FORMATION STAFF

Jennifer M. Parker, Parish Catechetical Leader Penelope Wolfe, Pastoral Life Coordinator

ADMINISTRATIVE STAFF

Karol Skoby, Business Coordinator Austin Gallant, Office Manager Paula Williamson, Safe Environment Coordinator Michael Colson, Custodial John Maas, Custodial Rich Norman, Soup Kitchen Supervisor

SACRAMENTAL LIFE

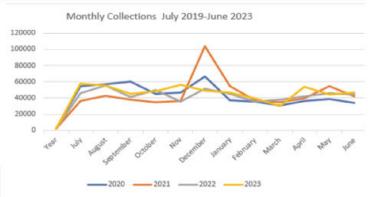
Baptism: If you are planning to have a child baptized please call the Parish Office, 207-236-4785, two months prior to the birth. Marriage Preparation and Ceremony: All couples planning a wedding should contact the parish office at least one year prior to their planned wedding date so that the church or mission can be reserved and the necessary preparation can be discussed. Anointing the Sick /Communion at home: If you know of a parishioner in need, please call the Parish Office, 236-4785. Sacrament of Reconciliation: Available during the half -hour before every weekend Mass or by appointment.

TO RECEIVE PARISH-WIDE EMAILS, send an e-mail with your name and church you attend most often to Penny Wolfe at penny.wolfe@portlanddiocese.org TO ADD NAME TO PARISH PRAYER CHAIN send an email to stbrendan@portlanddiocese.org.



'I put before you the one great thing to love on earth: the Blessed Sacrament." - J.R.R. Tolkien

COLLECTION REPORT



MONTHLY OFFERTORY: ACTUAL vs. BUDGETED

Actual	Actual	Budget	2023
June	Year-to-Date	Year-to-Date	Budget
\$46,429	\$572,890	\$536,371	\$536.371

Online giving through WeShare You may set that up by going to

https://stbrendanparish.weshareonline.org/



ST. BERNARD SOUP KITCHEN

For the week of July 24th, we provided the following meals: M-72, T-73, W-63, T-64, F-68 Thank you to all our volunteers. You are the reason we can provide our gift to our community. Want to help? Contact Rich Norman 691-6400.

Soup Kitchen donations week thru 7/30/23: \$273.50

PARISH JOB OPENINGS

POSITION: PARISH BUSINESS COORDINATOR

St. Brendan the Navigator Parish is seeking a self-motivated, detailed-oriented, and well-organized leader with an accounting and administrative background, including supervising employees. Experience with Human Resources is helpful. Candidates should have excellent computer skills and budgeting experience. Experience with contract negotiations and property management is a plus. As a member of the core management team, the successful candidate will be a team player who possesses and demonstrates an appreciation of this position in ministry, excellent interpersonal communication skills, creativity and flexibility. Must be a practicing member in good standing of the Roman Catholic Church. This is a full-time position. Send applications or inquiries to karol.skoby@portlanddiocese.org.

ON SUMMER BREAK:

The following parish groups will be on summer break—stay tuned in the Fall for resumption of meetings!

Our Lady of Good Hope Bible Study

Contact - Mary Smyth: goodhopebiblestudy@gmail.com That Man Is You

Contact - Joe Cammellieri: 975-4634 or jccam@tidewater.net Walking with Purpose

Contact - Janet Heath: JMHeath66@gmail.com