

"Your ways, O Lord, are love and truth to those who keep your covenant." February 18, 2024

Sacred Heart-St. Louis Catholic Parish

Parroquia del Sagrado Corazón-San Luís

605 7th Street, Gervais, OR 97026 Phone: 503-792-4231

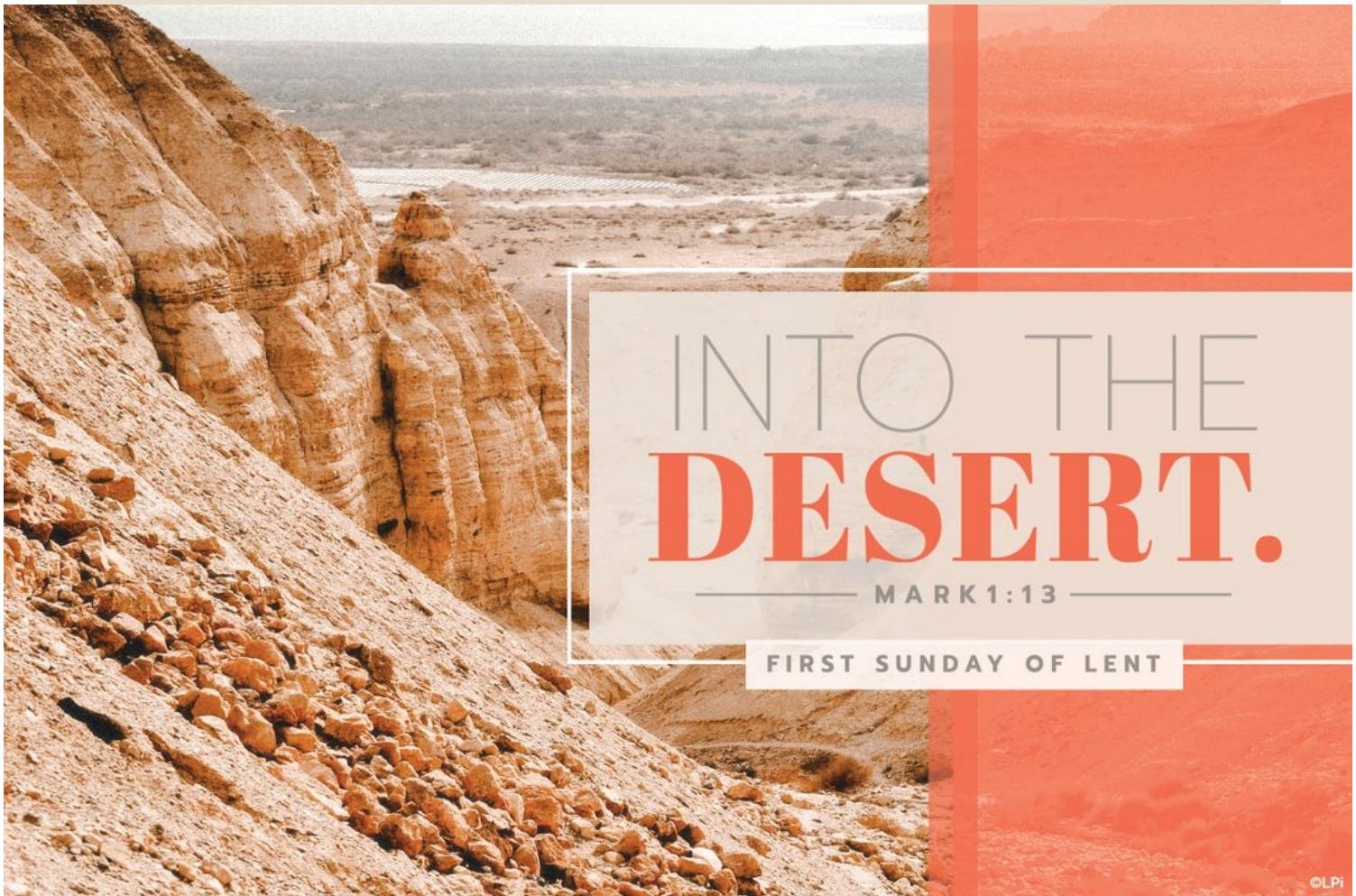
Mailing address: PO Box 236, Gervais OR 97026

Pastor: Fr. James Herrera email: frjamesherrera@gmail.com

Office Telephone: 503-792-4231 Parish website: www.shstl.org

Office Hours: Tuesday—Friday 9 am—4 pm

Horario: Martes a Viernes 9 am—4 pm



Mass Schedule / Horario de Misas:

Saturday/sabado: 4:30 pm (Eng-Sacred Heart)

6 pm (misa Español -Sacred Heart)

Sunday/domingo: 8:00 am (St. Louis)

9:30 am (Sacred Heart Church)

Daily Mass: Tuesday, Wednesday, Saturday 8:00 am

Miércoles 6:15 pm (misa Español)

Thursday 6:15 pm (Sacred Heart Church)

Friday 8:00 am (Sacred Heart Church)

Reconciliation / Confesiones:

Wednesday/miercoles 5 pm

Saturday/sabado 3 pm

Sacred Heart-St Louis Parish is a Catholic community of Christian believers devoted to the Holy Eucharist. We strive to build God's Kingdom by inviting all to faith formation, Sacred Liturgy, Evangelization and outreach.

La Parroquia Sagrado Corazón-San Luís es una comunidad Católica de creyentes Cristianos devotos a la Santa Eucaristía. Nos esforzamos para construir el Reino de Dios al invitar a todos a la formación de fe, a la Liturgia Sagrada, a la Evangelización y a la ayuda de la comunidad entera.

FIRST SUNDAY OF LENT

Genesis 9:8-15, 1 Peter 3:18-22, Mark 1:12-15

Reflection: Repent, and believe in the gospel.

To repent means to feel regret and sorrow and to change, or "turn from" what is evil. Gospel is a word meaning "good news." To "repent and believe in the Gospel" is the twofold call of the Christian, which is brought into profound relief during the Lenten season. This time of prayer and preparation for Easter shows there is indeed cause for regret and sorrow, and a need for change. And yet, what we are turning toward as we turn from sin is always cause for joy and hope.

Prayer Intentions: Let us pray for those who are sick in our community. Remember these parishioners and friends of the parish in your prayers:

Jose Luis Sanchez

Janet Steinkamp

Susan Sasano

Claudie Elmore (health)

Sean Kuga and family

Cirila Martinez

+Rex Davis and family

May you find consolation in knowing that you are thought of and prayed for in this time of need.

A word from Fr. James

Dear brothers and Sisters in Christ,

This past Wednesday we came to the Church, and we had ashes placed on our foreheads. This is a sign not only for us, but from the word that the Christian people have heard God's call to enter this holy season that the Church gives to us each year to do penance and purify our hearts to, more fully, celebrate the resurrection of the Lord Jesus at Easter. I want to share with you some thoughts on fasting that are attributed to our Holy Father Pope Francis. I have borrowed these words that were included in a newsletter sent out from the Archdiocese Mission for Catholic Education. This is a communication that our Principal, Mrs. Hill, and I receive from the Archdiocese that keeps us and our school updated with information from the Pastoral Center. Please read over these words and see where the Holy Spirit may be calling you to be in the next forty days.

Fasting During the Lenten Season

As we begin the Lenten Season, let's pause and reflect on where we want to be in 40 days.

Let us pray that as we begin the season of lent, we embrace the opportunity to:

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill our hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so we can listen.

We pray that our only desire and our one choice is to choose what better leads to the deepening of God's life in us.

- Attributed to Pope Francis, offered by Tim Reilly

May your Lenten journey be one filled with holiness and grace!

In Christ's Love, *Fr. James*

Attention all Altar Servers:

In appreciation for your service to Sacred Heart-St. Louis Catholic Church and School, the Knights of Columbus would like to treat you to a night at a Winter-Hawks Hockey game. On March 2, we will meet at Sacred Heart Church at 3:30 pm to go to Portland to watch the game. If you are able to attend that night, please have your parent call/text Dan Saalfeld at 503-507-7378 by February 26. Parents, we will need you to fill out a permission slip for your child. They will be available at the back of the church in English and Spanish. We need to order tickets ahead of time so, altar servers, please let Dan know as soon as possible if you are coming.

Sacred Heart Catholic School

503-792-4541 shssecretary@shstl.org www.school.shstl.org

School Principal: Mrs. Mariana Hill principal@shstl.org

Stations of the Cross: We will be praying the Stations of the Cross together as a school family every Wednesday during Lent at 1:00 pm. Our Kindergarten/1st Grade class will be leading us on Wednesday, February 21st. We love to have our parish family join us.

Registration Open: Registration is open for our wonderful school. We are a PreK-8th Grade Catholic School. If you are interested in having a tour of our school, please, call the school office to schedule an appointment.

Spring Fling: We have Spring Fling Dinner and Auction tickets for sale in the school office. The Spring Fling will be held on April 13, 2024, at the Festhalle in Mt. Angel. Tickets are \$60 per person. We also have Spring Fling raffle tickets for sale. Raffle tickets are \$10 each. Prizes are \$1000 Cash, \$500 Cash and \$250 Cash. Tickets are available from any Sacred Heart School parent or in the school office.

Annual Appeal: Our Annual Appeal has begun! Our tuition is \$4,900 for the 1st child of a family with a tuition discount for every child after that. Over ½ of our school families applied for tuition assistance. The actual cost to educate a child at Sacred Heart Catholic School is over \$9,000. Please help us in our mission to develop our students into disciples of Jesus Christ by contributing to our Annual Appeal today! <https://school.shstl.org>.

School Office: Our School office is open on school days from 7:30 am-3:30 pm.

Una palabra del P. Santiago

Queridos hermanos y hermanas en Cristo, El miércoles pasado vinimos a la Iglesia y nos pusieron cenizas en la frente. Esta es una señal no sólo para nosotros, sino de la palabra de que el pueblo cristiano ha escuchado el llamado de Dios a entrar en este tiempo santo que la Iglesia nos regala cada año para hacer penitencia y purificar nuestro corazón para, más plenamente, celebrar la resurrección de el Señor Jesús en Pascua. Quiero compartir con ustedes algunas reflexiones sobre el ayuno que se atribuyen a nuestro Santo Padre el Papa Francisco. He tomado prestadas estas palabras que se incluyeron en un boletín enviado desde la Misión Arquidiócesis para la Educación Católica. Esta es una comunicación que nuestra directora, la Sra. Hill, y yo recibimos de la Arquidiócesis que nos mantiene a nosotros y a nuestra escuela actualizados con información del Centro Pastoral. Por favor lea estas palabras y vea dónde el Espíritu Santo puede estar llamándolo a estar en los próximos cuarenta días. Ayuno durante la temporada de Cuaresma Al comenzar la temporada de Cuaresma, hagamos una pausa y reflexionemos sobre dónde queremos estar en 40 días. Oremos para que al comenzar la temporada de cuaresma, aprovechemos la oportunidad de: Ayuna de las palabras hirientes y de palabras amables. Ayuna de la tristeza y llénate de gratitud. Ayuna de la ira y llénate de paciencia. Ayuna del pesimismo y llenaos de esperanza. Ayuna de las preocupaciones y ten confianza en Dios. Ayuna de quejas y contempla la sencillez. Ayuna de las presiones y sé orante. Ayuna de la amargura y llena de alegría nuestro corazón. Ayuna del egoísmo y sé compasivo con los demás. Ayuna de rencores y reconciliaos. Ayuna de las palabras y guarda silencio para que podamos escuchar. Oramos para que nuestro único deseo y nuestra única elección sea elegir lo que mejor conduce a la profundización de la vida de Dios en nosotros. - Atribuido al Papa Francisco, ofrecido por Tim Reilly ¡Que tu viaje de Cuaresma esté lleno de santidad y gracia!

En Cristo, **P. Santiago**

Usted puede ayudar a su matrimonio

¿Se siente sola o solo? ¿Están frustrados o enojados entre los dos? ¿Hablar de eso lo hace más difícil la situación? Retrouvaille (se pronuncia retro vay) ayuda a las en los momentos difíciles de su matrimonio. Retrouvaille es para las parejas que desean tener un redescubrimiento en su matrimonio y mejorar su comunicación. Puede visitar <https://helpourmarriage.org/es>. para conocer testimonios. Para información confidencial o para registrarse para el fin de semana en March 15-17, 2024 en Pasco, Washington. Llame al 800-966-7981 al 509-521-3733. ó al 541-936-2448; ó visite el sitio <https://helpourmarriage.org/es>.

**Por favor recuerde, NO traiga flores al Espacio de adoración durante la Cuaresma o serán descartados.

**Según el Derecho Canónico de la Iglesia, todos los católicos sanos deben abstenerse de comer carne en todas viernes de Cuaresma. Y desde los 14 hasta los 59 años, se exige ayunar y abstenerse de carne el Viernes Santo.

**grupo se reanuda los lunes y viernes

Financial Stewardship

COLLECTIONS		AMOUNT
February 4, 2024		\$5,452.97
Maintenance fund February		\$1,485.00
School fund for January		\$1,320.88
February 11		\$3,179.60
Maintenance fund is second collection March 3		

PRIMER DOMINGO DE CUARESMA

Génesis 9:8-15, 1 Pedro 3:18-22, Marcos 1:12-15

Reflexion: Conviértanse y crean en la Buena Noticia.

Arrepentirse significa sentir pesar y tristeza, así como cambiar o “apartarse” del mal. El Evangelio es una palabra que significa “buena noticia”. “Conviértanse y crean en la Buena Noticia” es el doble llamado del cristiano, que se pone de relieve profundamente durante la temporada de Cuaresma. Este tiempo de oración y preparación para la Pascua muestra que, de hecho, hay motivos para tanto el arrepentimiento como la tristeza, además de una necesidad de cambio. Y, sin embargo, aquello hacia lo que nos dirigimos cuando nos alejamos del pecado es siempre motivo de gozo y esperanza.

Mass Intentions and Activities for the Week

Sunday/Domingo	February 18
8 am Mass at St. Louis	+Ed and Vera Bernt
9:30 am Mass at SHC	Parishioners
Monday/Lunes	February 19 office closed
8 am daily Mass	+Rose Marie Rush
Tuesday/Martes	February 20
8 am daily Mass	+Virginia Ruiz
6:30 pm admin council meeting in FFC	
Ash Wednesday/Miercoles	February 21
8 am daily Mass	+Karl Schmerber
1 pm Stations of the Cross by the school in SHC	
5 pm confessions	
6:15 pm misa Español	Antonia Cuellar
Thursday/Jueves	Feb ruary 22
6:15 pm daily Mass	+Mildred Henny
Friday/Viernes	February 23
8 am Mass at SHC	+Diana Gonzalez
6 pm soup/supper in gym/	6:30 pm Stations of Cross in SHC
Saturday/Sábado	February 24
8 am Mass/anointing of sick at SHC	Pat Davis & family
3 pm confessions	
4:30 pm Mass at SHC	+Joseph Armstrong
6 pm misa Español	+Victoria Rose Lopez
Sunday/Domingo	February 25
8 am Mass at St. Louis	Parishioners
9:30 am Mass at SHC	+Rex Davis

****Food Bank**—1st and 3rd Wednesday of each month from 1-4 pm **February 21**

**Feb 23—6 pm soup suppers/Stations of the Cross will be each Friday. (bowls, spoons and plates are provided but if you have extras, a donation of these is also appreciated.)

**Feb 23—9 am senior social in FFC

Sorrowful Mysteries-Lenten Rosary Series: FFC from 6-7 pm

**Feb. 26-Scourging at the Pillar

**Mar. 4-The Crowing with Thorns

** March 1—5-6 pm Parish Holy Hour in Sacred Heart Church. We will pray the Eucharist Revival Prayer in English and Spanish, (cards provided), and confessions available during the hour. This is followed by Benediction.

*March 5-6:30 pm CDA meeting in FFC

**March 10—St. Louis chicken dinner



Children's FAITH FORMATION cff@shstl.org
Debi Edsinga 503-792-4231 ext. 310

Year 2 -Sacramental Preparation Wednesdays 4:30-6 pm in Faith Formation Center

February

21--Class

28--Class

March

06--Class

13--Class

20--Class

23/24--Palm Sunday (Holy Week)

27--NO CLASS-SPRING BREAK

30/31--Happy Easter! Christ is Risen! Alleluia! **Holy Day of Obligation-FAMILIES GO TO MASS!**

April 10--K-5th grades ACTIVITY NIGHT 4:30-6 pm in FFC. Do not need to be registered to attend.

April 27—1st Communion Retreat 12-6 pm

Formación de Fe de ninos

El año 2 de Formación en la Fe para Niños-
Preparación Sacramental
miercoles 4:30-6 pm en Centro de Formacion de Fe

February

21--Clase

28--Clase

March

06--Clase

13--Clase

20--Clase

23/24 – Domingo de Ramos (Semana Santa) 27--NO HAY CLASES-VACACIONES DE PRIMAVERA 30/31-¡Felices Pascuas! ¡Cristo ha resucitado! ¡Aleluya! Santo Día de Obligación-¡LAS FAMILIAS VAN A MISA!

April

03--Clase

10--NOCHE DE ACTIVIDADES para grados K-5 4:30-6 pm en FFC. No es necesario estar registrado para asistir.

17--Clase

24--Clase

27 de abril—Retiro de Primera Comunión 12-6 pm

6th-8th Grades, High School and Young Adult Faith Formation

Katie Phelan -Youth Minister ym@shstl.org

503-792-4231 ext 305 Cell: (503)929-3901

WEDNESDAY EVENING TIMES 6:30-7:30PM

MIÉRCOLES POR LA NOCHE 6:30-7:30PM -

SUNDAY MEETING TIMES 10:45am-12:15pm HORARIO DE CLASES los domingos 10:45 am-12:15pm

February

18—Sunday – Class

21—Wednesday – Bible Study

28—Wednesday – Bible Study

March

03—Sunday – Class

06—Wednesday – Bible Study

13—Wednesday – Bible Study

17—Sunday – Class

20—Wednesday – Bible Study

23-31—NO CLASS-SPRING BREAK

31— HAPPY EASTER! HE IS RISEN! (Easter Time)

Formación en la fe de 6.^o a 8.^o grado, escuela secundaria y adultos jóvenes

Katie Phelan -Ministra de la Juventud
ym@shstl.org 503-792-4231 ext 305
Celular: (503)929-3901

Febrero

18—Domingo – Clase

21—Miércoles – Estudio Bíblico

28—Miércoles – Estudio Bíblico

Marzo

03—Domingo – Clase

06—Miércoles – Estudio Bíblico

13—Miércoles – Estudio Bíblico

17—Domingo – Clase

20—Miércoles – Estudio Bíblico

23-31: NO HAY VACACIONES DE PRIMAVERA

31— ¡FELICES PASCUAS! ¡ÉL HA RESUCITADO! (Tiempo de Pascua) ☸

WE ARE LOOKING FOR EVENT COORDINATOR FOR BOTH SACRED HEART GYM/HALL AND ST. LOUIS HALL! PLEASE CALL THE OFFICE TO GET MORE DETAILS AT 503-792-4231

February 24 - - 4:30 pm at SHC	February 25 - - 8 am St. Louis	February 25 - - 9:30 am SHC
Readers: Ed Adelman	Frank and Amanda Belleque	Toby and Abby Saalfeld
Sacristan/extr min: Catherine Zollner	Veronica Davidson	David Gonzales
Altar servers: volunteers	Moses and Kolbe Blair	Josh Saalfeld, Frank Orton
Ushers: volunteers	Frank Davidson	Brian Belleque
Greeters: Bernie Zollner	Frank Davidson	Brain and Sandi Belleque
Cantor/Organist: Pete Petrowski	volunteers	9:30 am choir
Church Cleaning: Cathy Tidwell and family		

LENTEN ROSARY SERIES

SORROWFUL MYSTERIES

MONDAYS FEB. 12-MAR. 25

6:00-7:00 PM

Faith Formation Center
Sacred Heart-St. Louis Parish

Each week we will watch a beautiful ½ hr DVD from Paradisus Dei & Wild Goose Ministries on one of the Sorrowful Mysteries of the rosary. This series is filmed in the Holy Land. The second ½ hr will be group sharing/discussion/reflection. It's a casual gathering where we can enter into each sorrowful mystery. At the end of the hour we pray one Hail Mary as we contemplate the mystery.

Questions?
Sandi Belleque
slbdre@comcast.net
(503) 508-0971

Feb. 12-Intro
Feb. 19-The Agony in the Garden
Feb. 26-Scourging at the Pillar
Mar. 4-The Crowning with Thorns
Mar. 11-The Carrying the Cross
Mar. 18-The Crucifixion
Mar. 25-Conclusion

Reminder:
Ash Wednesday is Feb. 14
Easter Sunday is Mar. 31

Welcome to Sacred Heart-St. Louis Parish. If you are new to the parish or you have updated information, please cut and fill out this form and bring it to the office or put it in the collection basket. *Bienvenidos a la Parroquia del Sagrado Corazón-San Luis. Regístrate con esta pequeña forma y entregue a la oficina o pongala en la canasta de colección.*

Name /Nombre:

Address /Dirección: _____ Phone /Teléfono: _____

- New Parishioner/*Nuevo en la Parroquia* New Address/*Nueva Dirección* New Phone/*Nuevo Teléfono*
 I would like Father to call me/*Necesito que el Padre me llame* Interest in Parish Ministries/*Me interesa servir*
 I would like offertory envelopes/*Necesito sobres para ofretorio* Visitor/Soy Visitante



ADORATION CHAPEL/ CAPILLA DE ADORACION

One of the best ways to celebrate this year of Eucharistic Revival is to have a holy hour. Below are some open times- Please call the office or a coordinator below to sign up for an open hour or as a substitute!

OPEN CHAPEL HOURS

Monday/lunes 5-6 am

Chapel Coordinators / Coordinadores de Capilla

12 midnight-5am	Barbara Rodriguez 503-559-7413
6 am-11 am	Pilar Zamora 503-792-4424
12 noon-5 pm	Veronica Davidson 503-951-0533
6 pm-11 pm	Sandi Belleque 503-508-0971

2024 Catholic Daughters Scholarship

now available for College and Trade/ Technical School students:

The Vivian Duda Memorial Scholarship for \$2,000 is available to female and male applicants. The college or trade school student or parent(s) must be registered members of Sacred Heart-St. Louis Parish OR the applicant or mother of applicant must be a Gervais Catholic Daughter. The applicant must currently be in the first year of college or trade/ technical school or higher. Previous applicants may apply again. The application form can be found on the Sacred Heart-St. Louis Parish website at shstl.org/ministries/catholic daughters/Vivian Duda Scholarship. Applications are due May 1, 2024.

Soup Supper at 6 pm and Stations of the Cross at 6:30 pm

- Feb. 23rd: Parish **Staff**
- March 1st: Catholic Daughters of Americas
- March 8th: Knights of Columbus. {**St. Louis Church**}
- March 15th: Hispanic Ministries.
- March 22nd: **OPEN**



Penance Services in the Vicariate

March 5th – 7 pm – St. Mary, Mt. Angel

March 7th – 6:30 pm – St. Paul, Silverton

March 12th – 6:30 pm – St. Luke, Woodburn

St. James on March 18th – 22nd, 6:00 – 8:00 pm

March 19th – 7 pm, St. Patrick, Canby

March 20th – 7 pm , St. Paul, St. Paul

St. Louis Parish “Drive thru” BBQ Chicken Dinner -

BBQ chicken dinner(\$15) includes 1/2 chicken, baked potato, coleslaw, dinner roll & dessert

A la carte: 1/2 BBQ chicken (\$8), coleslaw quarts (\$7).

This Drive Thru Only event is 11 am-- 2 pm

Sunday, March 10th

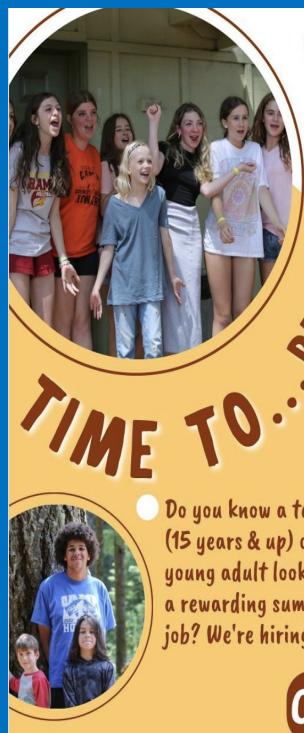
Sacred Heart Gym, 485 7th Street. Call 503-792-4231 or 503-951-1000 for more details.

PLEASE NOTE NEW DAY AND TIME FOR CDA MEETINGS: The Catholic Daughters of the Americas would like to invite all women from the ages of 18 and up to **our meetings on the 1st Tuesday of the month in FFC at 6:30 pm**. We start with the Rosary and then discuss what ministries we would like to do throughout the year (ex. College scholarships, cookies for Seminarians, etc.) and also fundraising ideas for our Chapter. Come to a few meetings to see if you may be interested in joining CDA For more information, call Bobbie at 503-559-7413 or the office.

2024 Altar Society Dues — If your family hasn't already paid your dues for this year, it's not too late. Dues are \$10 per family and are used to purchase altar hosts and wine, flowers, altar linens, candles, church cleaning equipment and supplies. Mark your check "for altar society" and drop it into the collection basket, mail it, or drop it at the parish office. Parish volunteers clean the church weekly, launder altar server cassocks, and other tasks. If you'd like to help with any of the altar society ministries, call Marianne at 503-508-0451. Remember, God rewards the smallest deeds done with love.

IF YOU ARE NEW TO THE PARISH AND HAVE NOT SIGNED UP TO BE AN ACTIVE CLEANER, call Marianne at 503-508-0451 to become a cheerful cleaner. As parishioners, we take pride in keeping the Lord's House a clean and peaceful place of worship. We cannot afford to hire staff to clean the church weekly, but for 2022 we rely on 24 teams of parishioners (men, women, and older children) to vacuum, dust, empty trash, vacuum the Adoration Chapel and clean the Chapel's glass doors every Friday or Saturday.

MORE WAYS TO SERVE OUR LORD: we are in need of more lectors, ushers and altar servers at ALL Masses! Please email or call the office to sign up. Thank you

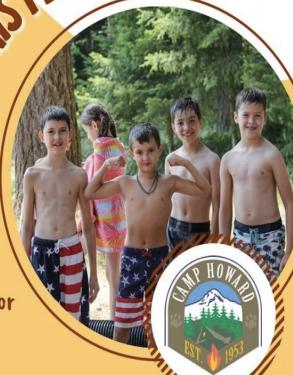


REGISTER FOR CAMP

TIME TO ...

Do you know a teen
(15 years & up) or
young adult looking for
a rewarding summer
job? We're hiring!

CYOCAMPHOWARD.ORG



Thank You! St. Joseph Parish will rebuild!

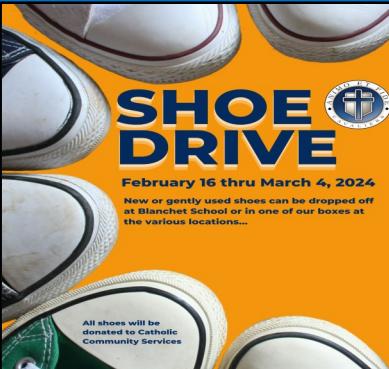
Thank you to everyone who has donated to the St. Joseph Parish/Iglesia de San José Fire Relief Fund. There is still a lot to do with at least \$5 million worth of damage from the August 31 fire. We are so grateful for your continued support to rebuild this parish. Masses are still being celebrated in the gym. Donations to the St. Joseph Salem Fire Relief Fund can be made online. You can also mail your donations to the parish at 721 Chemeketa St NE, Salem OR 97301. Thank you for your support!

2024 Faith Moments Lenten Events:

□ On Sat., March 2, 9:30-11 am, all are welcome to the Lenten Day of Recollection at St. Jude Catholic Church in Eugene with Catholic speaker Dina Marie Hale on the theme: "Behold the Lamb of God." Doors open at 9 am and a free will offering is appreciated. For details www.dinamarie.org. St. Jude Catholic Church is located at 4330 Willamette Street, Eugene, OR.

□ On Wed., March 6, 7-9pm all are welcome to a Lenten Twilight Talk with Dina Marie Hale of Faith Moments at Our Lady of Peace Retreat House in Beaverton on the theme: "Behold the Lamb of God." This mini-retreat will enhance your Lenten journey in preparation for Holy Week and the Easter season. Doors open at 6:30pm and a free will offering is appreciated. Come early to browse the Catholic bookstore and gift shop. For details visit: www.dinamarie.org. Our Lady of Peace Retreat House is located at 3600 SW 170th Ave, Beaverton, OR.

□ On Fri., March 15, 9:30am-1:30 pm all are invited to a [Lenten Day Retreat](#) at The Grotto Conference Center with Dina Marie Hale of Faith Moments on the theme: "Behold the Lamb of God." The day includes: two conferences, Holy Mass & Rosary, small group discussion, time for private confession and an optional lunch. Registration requested at www.dinamarie.org. The Grotto (National Sanctuary of Our Sorrowful Mother) is located at 85th and Sandy Blvd. in Portland, OR. In Joyful Hope, **Dina Marie Hale** www.dinamarie.org [Click here to subscribe to the FAITH MOMENTS E-NEWSLETTER](#) - you can unsubscribe at any time



Blanchet Leadership class is doing the Shoe Drive again this year, collecting shoes for homeless youth. We will collect all new and gently used shoes starting February 16th through March 4th. There will be boxes available in the Narthex for you to donate new or gently used shoes of all sizes!! Tennis shoes, sports shoes (cleats, basketball shoes), boots, any new shoes, all baby/toddler shoes, new pairs of socks and shoe laces.