



## GOOD NEWS MESSENGER

June 9, 2019

Pentecost

### Senior Ministry Edition of the Good News Messenger



#### Our Mission:

**Assumption Senior Ministry connects area seniors with God,  
with others, and with services that enhance their lives.**

**We unite generations through encouraging volunteers of all ages  
to serve Christ in the elderly.**

#### MASS

**Sunday:** 7:30 a.m./9 a.m.  
10:30 a.m./Noon/ 6 p.m.  
**Saturday:** 8 a.m./5 p.m.  
**Monday-Friday:** 6:30 a.m./8 a.m.

#### CONFESSION

**Sundays** Before Masses  
**Saturdays** 4-4:45 p.m.  
**Wednesdays** 6-6:45 p.m.  
**By Appt:** Call Fr. Keller or Fr. Weber

#### CLERGY

**Rev. Thomas Keller**  
Ext. 1202; [kellert@assumptionstl.org](mailto:kellert@assumptionstl.org)  
**Rev. Ryan Weber**  
Ext. 1205; [weberr@assumptionstl.org](mailto:weberr@assumptionstl.org)  
**Deacon Chuck Ryder**  
[ryderc@assumptionstl.org](mailto:ryderc@assumptionstl.org)  
**Deacon David Schaefer**  
Ext. 1254; [schaeferd@assumptionstl.org](mailto:schaeferd@assumptionstl.org)

#### CONNECT

**Parish APP:** [myParish.com](http://myParish.com)  
**Website:** [assumptionstl.org](http://assumptionstl.org)  
**Facebook:** [/assumptionparishstl](https://www.facebook.com/assumptionparishstl)  
**Twitter:** [#AssumptionSTL](https://twitter.com/AssumptionSTL)  
**Instagram:** [@assumptionstl](https://www.instagram.com/assumptionstl)  
**Phone:** 314-487-7970  
**Fax:** 314-892-5513  
**Live Mass:** [assumptionlive.com](http://assumptionlive.com)

4725 Mattis Rd.  
St. Louis, MO 63128



**Keep in touch with us via email and text message with Flocknote!**

Text [assumptionstl](http://assumptionstl) to the number **84576** or visit us online at [flocknote.com/assumptionstl](http://flocknote.com/assumptionstl)

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## This Week

<b>SUN</b> 6/9	8 a.m. 7 p.m. 7 p.m.	TWB Gift Cards Available-LL Our Lady of Guadalupe for Life-AC Men's Pickup Basketball-GYM
<b>MON</b> 6/10	8:30 a.m. 6:30 p.m. 7 p.m.	Rosary-CH Ladies of the Little Flower-LL ACTS Men Formation-ACTS
<b>TUE</b> 6/11	8:45 a.m. 6:30 p.m. 7 p.m.	Rosary-CH Fatima Rosary-CH W.I.N.E. Book Club-LL
<b>WED</b> 6/12	8:30 a.m. 8:30 a.m. 9 a.m. 10 a.m. 12:15 p.m. 6 p.m. 6 p.m. 7:30 p.m.	Rosary-CH Senior Wednesday-LL Quilters-LL Chair Exercises-LL 50+ Game Day-LL Parish Holy Hour-CH Women's ACTS Team-ACTS Room Boy Scouts (Thomas)-CAFÉ
<b>THU</b> 6/13	8:30 a.m. 7 p.m.	Rosary-CH Men's ACTS Small Group-LL
<b>FRI</b> 6/14	8:30 a.m. 10 a.m.	Rosary-CH Chair Exercises -LL
<b>SAT</b> 6/15	8:30 a.m. 8:30 a.m. 4 p.m.	Rosary-CH Coffee & Community-LL Confessions-CH
<b>SUN</b> 6/16	8 a.m. 10:15 a.m. 7 p.m. 7 p.m.	TWB Gift Cards Available-LL Living with Loss-REC Our Lady of Guadalupe for Life-AC Men's Pickup Basketball-GYM

CH—Church SC—School CAFÉ—Cafeteria  
H—Parish Center REC—Rectory Lower Level  
LL—Church Lower Level AC—Chapel



## Ladies' Volleyball

Assumption Gym  
**Mondays, 7:00-9:30pm**  
**June 10, 17**  
**July 8, 15, 22, 29**

Games are purely recreational  
and all skill levels are welcome!

Questions? Call/text Danielle @ 314-302-7695

## Special Events

June 14 YACHT Club Night at the Gateway Grizzlies  
June 20-23 Men's ACTS Retreat  
August 20-24 August 27-31  
September 3-6 September 10-14  
Parish Directory photos taken  
Oct. 10-13 Women's ACTS Retreat  
Oct. 19 Assumption Gala & Auction

**DON'T LEAVE THE VBS DIRECTOR STRANDED!**

Volunteers needed: Adults  
High School Students  
Junior High Students

MARK YOUR  
CALENDARS  
NOW



VACATION BIBLE  
SCHOOL  
June 24-28

CONTACT :  
STRINGERV@ASSUMPTIONSTL.ORG



### Vacation Bible School June 24-28

If you have a child ages 3 through 3rd grade, sign them up for our FREE Vacation Bible School by going to [assumptionstl.org/vbs](http://assumptionstl.org/vbs). VBS is free, but donations are appreciated.



### Our Lady Help of Christians Adoration Chapel

Open 24/7.  
(Contact the Parish Office  
for the keycode.)

### Parish School of Religion (PSR) registration

Whether you are a new family or a returning family, you can go to the PSR section of our website ([assumptionstl.org](http://assumptionstl.org)) for more info or to register!



## Mass Intentions †

June 9	SUNDAY
7:30 a.m.	People of the Parish
9 a.m.	Wilbert Eckstein †
10:30 a.m.	Dan Connors †
Noon	Tom & John Williamson †
6 p.m.	Juanita Masterson †
June 10	MONDAY
6:30 a.m.	Joe & Theresa Bellosi †
8 a.m.	Joan Blecha †
June 11	TUESDAY
6:30 a.m.	Jean Mitchell †
8 a.m.	Helen Bell †
June 12	WEDNESDAY
6:30 a.m.	Patricia Ann Waters †
8 a.m.	Elmer Kauffmann †
June 13	THURSDAY
6:30 a.m.	Michael Manning
8 a.m.	John & Frances Meagher †
June 14	FRIDAY
6:30 a.m.	Craig Wnuk †
8 a.m.	Roy Ottenlips †
June 15	SATURDAY
8 a.m.	Linda DeClue †
5 p.m.	Helen Bell †
June 16	SUNDAY
7:30 a.m.	Charles Failla †
9 a.m.	Dan Connors †
10:30 a.m.	Sal Catanzaro †
Noon	People of the Parish
6 p.m.	Helene Wanninger †
	† denotes deceased

## In Our Prayers

### THOSE WHO ARE ILL

Mike Love
Kristen Lowry
Rachael Lozano
Ann Macke
Michael Manning
Ann Marie Marelli
Marilyn Massey
William McConnell
Arthur Miller
Carole Ann Miller
Debbie Moriarty
Mary Morrow
Mike Muckler

### OUR MILITARY \*denotes parishioner

Nicole Wright USA
Joshua Zarr
Tim Andrews USCG
Isaiah Angeli USMC*
Davey Ardrey USAR
Raymond Bast USN
Kyle Bottorf
Justin Brock USA*
Robert Bryant III USAF*
Dustin Burnett USAF
Dominic Catalano
Dakota Chappel
Lauren Chellis USN

## Weekly Readings

**Sunday: Vigil:** Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39.

**Extended Vigil:** Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Ex 19:3-8a, 16-20b/Dn 3:52, 53, 55, 56 [52b] or Ps 19:8, 9, 10, 11/Ez 37:1-14/Ps 107:2-3, 4-5, 6-7, 8-9 [1]/Jl 3:1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39.

**Day:** Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 [cf. 30]/1 Cor 12:3b-7, 12-13 or Rom 8:8-17/Jn 20:19-23 or Jn 14:15-16, 23b-26

**Monday:** Gen 3:9-15 or Acts 1:12-14/Ps 87:1-2, 3 and 5, 6-7/Jn 19:25-34

**Tuesday:** Acts 11:21b-26; 13:1-3/Ps 98:1, 2-3ab, 3cd-4, 5-6 [cf. 2b]/Mt 5:13-16

**Wednesday:** 2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9 [cf. 9c]/Mt 5:17-19

**Thursday:** 2 Cor 3:15--4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14 [cf. 10b]/Mt 5:20-26

**Friday:** 2 Cor 4:7-15/Ps 116:10-11, 15-16, 17-18 [17a]/Mt 5:27-32

**Saturday:** 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Mt 5:33-37

**Next Sunday:** Prv 8:22-31/Ps 8:4-5, 6-7, 8-9 [2a]/Rom 5:1-5/Jn 16:12-15

## Assumption Parish Quilters



Our Parish Quilters are talented women that get together each Wednesday in the St. Marie Hall (Church lower level), from 9 a.m. to Noon. If you have a quilt-top to quilt, want more information or want to join the Quilters, drop by for a visit or please call Mary Anne F. at 314-842-7883.

## The Assumption Men's ACTS Retreat is June 20-23, 2019!

For more information or to sign up, please contact retreat director Paul Hesse at [prhesse@swbell.net](mailto:prhesse@swbell.net). An ACTS retreat is a parish-based retreat that offers you the opportunity to strengthen your faith and to build lasting friendships.

† Usual contributions for Mass offerings are \$5. Please stop by the Parish Office during office hours.

## Faith - Sharing Groups For/with Senior Men & Senior Women

### Groups for Women:

**Small Faith groups** (6-10 people) are not meant to replace existing parish organizations, retreats or larger group studies. They can provide a unique setting where the living Church begins to experience the kind of closeness that will allow parishioners to pray, listen & reflect upon Scripture together, encourage and support one another, challenge the commitment of individuals to live as Christians in daily life and serve others, fulfilling the call to discipleship. Groups meet weekly, biweekly, or just once a month. Interested? Contact Stacey M. at 314.795.8783.

**The Daughters of our Mother of Good Counsel** is an inclusive group of Senior women who meet in the St. Marie Hall (church lower level). Meeting times are posted on the Parish Calendar. Our small group of women (6-8) currently watch and discuss "The Bible and the Virgin Mary" video series on Formed.org. All women who are interested may join us! There are 13 sessions we are going through, which explore the role of Mary in salvation history. It covers our Catechism, Catholic doctrine, and Vatican-approved apparitions of Mary. At the end, participants should understand why Catholics honor Mary as the human person who most perfectly conforms to the image of God. Contact Laura Benson, to join this group.

### Group for Men:

**The Fishers of Men** is a men's small group that meets on Thursday evenings from 7 to 8:30 pm in the rectory basement. We currently have 8 members who meet to discuss our current Bible or book study. We are currently studying the Book of Acts and using Stephen J. Binz's book "Acts of the Apostles" as a guide for discussion questions and points of reflection. If you are interested in checking out our small group Bible study, please stop by any time or contact Scott Wheeler at [acts@scottwheeler.net](mailto:acts@scottwheeler.net) for more information.

## Stewardship June 2

Cardinal Glennon Hospital	\$2,144.00
Catholic Communications	\$50.00
Easter	\$10.00
Fill the Gap 2018	\$80.00
Friends for Life Campaign	\$25.00
General Fund 2019	\$27,628.15
Holy Land	\$10.00
Maintenance Fund	\$15.00
Parish Gift	\$100.00
Partners in Education	\$105.00
Peter's Pence Collection	\$70.00
Preserving Our Heritage	\$23.00
Pro-Life Stewardship	\$30.00
St. Vincent de Paul	\$1,8789.00
Tithing for the Poor	\$10.00
<b>Total</b>	<b>\$32,179.15</b>

### Senior Ministry Office Hours

**Monday/Tuesday**

—9 a.m. to 3 p.m.

**Wednesday** —8:30 a.m. to Noon

**First Friday of each month**

—8:30 a.m. to 11 a.m.

## Registering at Assumption

Everyone needs a family.  
Belonging to a parish family unites us  
with people of all ages and backgrounds  
in the journey to Jesus Christ.

Assumption Parish (Mattese) warmly welcomes you to our family of Faith!

I/We would like to register at Assumption:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

*Please return this slip to the Parish Office (located in the Rectory) or drop in the offertory basket, and we will be in touch soon to help you register here! You may also visit the office Monday-Friday, between 8 a.m. and 4 p.m. to register.*



## Assumption Parish Mission

### Our Mission:

-Worship God  
-Share the  
Good News  
of Jesus  
-Serve Christ  
in others

### Our Vision:

-Continue the work  
of Jesus Christ

### Our Goal:

Every parishioner  
— a saint!



**Visit the Parish  
Website to register today  
for Online Giving !**

## Pastor's Column

Fr. Thomas Keller



### Service to our Seniors

I'm excited about our Senior Ministry Special Edition of the *Good News Messenger*. It gives us an opportunity to celebrate our senior parishioners and highlight programming directed specifically to them.

When I arrived at Assumption, the Parish Council made it clear that they wanted to see some form of Senior Ministry. It took a little while, but the parish staff and a special group formed to investigate options looked at the needs of our seniors and came up with great programming ideas and concrete actions to assist seniors.

The first task was to shift parish employee Laura Benson to the role of Senior Minister. Then we recruited parishioners to serve on a core group and dedicated volunteers to help Laura start a wide array of programming for seniors. Meanwhile, the parish staff continued to brainstorm how we could make our facilities more "senior friendly."

#### Here's an overview of what we have done:

##### ***Social/Spiritual/Physical enrichment opportunities***

- We started the 1<sup>st</sup> Friday Mass in honor of the Sacred Heart followed by brunch
- 2<sup>nd</sup> Wednesdays Game Day
- 3<sup>rd</sup> Mondays Senior Ministry Luncheon and Speaker Series
- 4<sup>th</sup> Tuesdays Dominos Players
- Weekly "Senior Wednesdays" with various activities
- Wednesday and Friday Chair Exercise classes
- "Daughters of the Mother of Good Counsel" faith formation for senior women
- "Fishers of Men" faith formation for senior men
- Occasional Senior Ministry Outings and Field trips
- Two annual Anointing of the Sick Liturgies and Luncheons

##### ***Transportation***

- We inaugurated the new *Assumption Shuttle* to assist seniors attend Sunday Mass
- Addition of a new golf cart to help seniors get

around on campus during special events

##### ***Modifications to the campus***

- We tripled the amount of disabled parking near the church
- Added special seating in church for seniors and disabled
- Church sound system improvements are underway
- Added 16 sets of personal listening devices in church to assist hearing impaired
- Added an additional disabled access to church and removed unexpected steps
- Built a disabled accessible restroom in the Church Lower Level
- Installed disabled access to Rectory and Parish Offices
- Added a few Senior Ministry specific raised gardens in the Outdoor Classroom
- Converted the Parish Library into a senior-friendly environment

##### **We hope to add in the future:**

- A new annual Senior Ministry Retreat
- Create "Job Squads" to help seniors age in place by addressing home care needs
- Expand the use of Assumption Shuttle to assist seniors in their day-to-day needs

A lot of recently retired parishioners think, "Hey, I'm not ready to be a senior yet!" But you could make a great volunteer to help us serve our older seniors. We need people to help plan and coordinate programs or serve at events. We are looking for drivers and individuals to assist elderly for the Assumption Shuttle. It is a lot of fun to help and it's a good thing to do! Let us know if you want to help us serve our seniors or if you know of any seniors who might benefit from our Senior Ministry. Assumption is truly a home away from home for seniors.

God bless,  
Fr. Keller

# The Assumption Shuttle & Transportation Team

## Need a Ride?

The Senior Ministry (SM) Transportation Team is here to help!



### Sunday Mass or Senior Activities

Could you use a ride to Sunday Mass or the (third) Monday Lunch & Speakers Series? We have a wonderful shuttle service available on Sundays! The service is available for seniors (age 65+) who are ambulatory, including those who may use a cane or walker and live within our parish boundaries. In cases of high demand, parishioners are given priority. It can accommodate 14 people including two wheelchairs, if needed! Passengers must be able to board the shuttle unassisted. Those in wheelchairs may require another adult to accompany them to and from the shuttle. All passengers must complete waivers before initial use. Recommended donation \$5 per ride.

Drivers include approved Assumption parishioners aged 25 or older who volunteer their time. Each licensed and insured driver has a MO background check. They have also completed Safe Environment compliance training and shuttle safety training.

Seniors wishing to take advantage of the new ride service are asked to: email [shuttlebus@assumptionstl.org](mailto:shuttlebus@assumptionstl.org) OR call the Senior Ministry office, 314-487-7970, ext. 1228, and leave their name and phone number, as well as the date they wish to be picked up for Sunday Mass. The Transportation Coordinator will call you back.

### Medical Appointments during the Week

At this time, if an ambulatory senior needs a ride to a doctor or medical rehab appointment during the week, we have volunteer drivers who use their own personal vehicles to transport seniors. Drivers stay in the South County area within a 10-mile radius of Assumption Parish. These drivers are licensed, insured and compliant with Safe Environment requirements. (Unfortunately, this service is not able to accommodate wheelchairs.)

Please email or call as above to schedule a driver. Leave in your message, name, phone number, the time and location of the appointment. A SM volunteer will call, matching you with a driver. Passengers fill out a registration form before their first ride. No payment is required; however, donations to SM are accepted.

## Parish Library Renovations



The Mary Dreas Parish Library in the Guadalupe Room of the church lower level has undergone a total transformation! In addition to new flooring, new ceiling, new lighting and new metal shelving, the library is now easier to navigate. With a door off of the St. Marie Hall, the library has an open, airy feel. Shelving on the perimeter of the room allows plenty of space for patrons to browse the selections. A table and chairs in the center of the room encourages parishioners to sit, relax and read for a while. This area is also available as a meeting room for parish organizations.

A number of selections might have a special appeal for seniors. Audio tapes on a variety of topics will appeal to those who are hearing impaired or visually impaired. Both the Old and New Testaments of the New American Bible are available on cassette. Similarly, a collection entitled "Saints and Other Friends of God" features 24 saints in 15-minute segments. Anyone who needs a cassette player can borrow one from the Library. Contact Laura Benson in the Senior Ministry office for further information.



## Living with Loss: Widow/Widowers Support Group

Our Living with Loss Support Group at Assumption provides a safe place to express grief, and an opportunity to meet others who are or who have been dealing with their own loss. Individuals will meet others who are or who have been where they are in their lives. It is a time for those dealing with the loss of a spouse to come together and share their challenges and triumphs. We are a small, intimate group, who can share or just listen. We cry together and we laugh together. Most importantly, we let each other know that no one is alone.

We know that grief is ongoing; therefore, a member of this group does not have to be newly widowed to attend. We also know that it is by sharing our stories, that we help others make it through this most painful time.

If you are interested in joining the Living with Loss Support Group, we meet on the third Sunday of each month in the rectory basement (side door along Mattis Rd.) from 10:15 a.m. to 11:45 a.m. This timeframe allows ample time to attend either the 9 a.m. or Noon Mass.

Our next meeting is Sunday, June 16. If you are interested in attending, please just come! For more information, please call 314-805-1827.



**Senior Ministry**  
Laura Benson  
Senior Apostolate Coordinator

### Senior Ministry Activities

- 6/10** 1 p.m. Daughters of our Mother of Good Counsel group, St. Marie Hall. Open to all senior women.
- 6/12** 10 a.m. Chair exercises  
11 a.m. Dominoes with School Day Campers - come join in playing all different dominoes games with kindergarten through 3rd graders in the St. Marie Hall!  
12 p.m. **Potluck Lunch with Seniors,** Turkey sandwiches and water, lemonade and iced tea provided. Last name starts with A-G: hot or cold vegetable or potato dish. Last name starts with H-N: bring dessert like cake, pie, cookies or brownies. Last name starts with N-Z: bring a salad or fruit/jello dish.
- 6/14** 10 a.m. Chair exercises
- 6/17** 11:30 a.m. Senior Ministry Monthly Lunch & Speaker with presentation by **Bob Grimm & Friends Playing Banjos.**

### Assumption Senior Ministry Presents: *The Monthly Lunch & Speaker series*

New this year is **Senior Ministry's Lunch and Speaker Series** on the third Monday of the month. Seniors are invited to enjoy a catered buffet lunch from 11:30 a.m.-12:15 p.m. in the St. Marie Hall (church lower level) followed by a guest speaker presentation from 12:15-1 p.m.

Launched in January, the series has included a variety of speakers: Rachel Baumgartner Lozano, art therapist and Catholic inspirational speaker; Karen Nolkemper of the Archdiocesan Respect Life Apostolate; former parishioner Meghan Anselm of the Arthritis Foundation; Fr. Art Cavitt of the St. Charles Lwanga Center in North St. Louis; and Sean Hogan, President of Mercy Hospital South.

Our Next Lunch & Speaker series on the third Monday in June (June 17) will feature parishioner Bob Grimm and friends, formerly the St. Louis Stompers, playing banjos and brass. They'll be touting a mixture of Chicago and New Orleans style traditional jazz as well as Dixieland, reminiscent of Bix, Jelly Roll and King Oliver. RSVP for lunch to SM office, 314.487.7970 ext 1228.

The Lunch and Speaker Series has been very well attended! Be sure to check the Good News Messenger for future speakers as they are announced!



## Senior Wednesdays & First Fridays!

Wednesday mornings are special for Assumption seniors! Seniors gather at 8 a.m. for Holy Mass followed by coffee, juice, and a light breakfast refreshment in the St. Marie Hall (church lower level).

Chair exercises begin at 10 a.m. and encompass easy movements to improve balance and strength. Afterwards, seniors may enjoy a craft or other activity. Occasionally local presenters are invited to speak about topics that seniors enjoy or want to learn more about, such as nutrition, cooking, flower gardening, library services, computers, history and more. Occasionally an older, favorite Hollywood or religious movie is included.

Senior Wednesdays typically end at Noon, but seniors are welcome to come and go as they choose during the morning. Feel free to join in and bring a friend; everyone is welcome at Assumption!

Excursions to local destinations and points of interest are also a part of Senior Ministry's Wednesday activities. Day trips to Ste. Genevieve, Missouri, the Missouri History Museum, the downtown St. Louis Public Library, and a Cardinals baseball game are just a few of the excursions.

On the First Friday of the month, Senior Ministry hosts a potluck brunch downstairs following the 8 a.m. Mass. The brunch is open to all seniors, who are invited to bring a dish to share and enjoy brunch and fellowship with their fellow seniors! Join us at our next First Friday potluck on Friday, July 5th!



**The Missouri History Museum**



**Busch Stadium**



**Winery in Ste. Genevieve, MO**



## Serving Christ in Others: How Assumption Volunteers Care for Seniors in Retirement Facilities

The priests and parishioners of Assumption Parish and the personnel at Delmar Gardens South have a very strong relationship. One of our priests celebrates Mass for the Catholic residents there each Wednesday at 10:30 a.m.

Assumption volunteers engage in numerous ministries at Delmar Gardens South that help fulfill Assumption's mission to "Worship God, Share the Good News of Jesus, and Serve Christ in others." In addition to leading a simple prayer service and distributing Holy Communion each Sunday at 10:30 a.m., Assumption volunteers assist the Catholic residents who wish to attend sacred liturgies each Sunday and Wednesday. Some volunteers help the residents arrive on time for the liturgy. Others serve as

Extraordinary Ministers of Holy Communion, bringing the Eucharist to residents who are room-bound. Other volunteers set up the altar with items needed for the liturgy and put things away afterwards.

The Catholic residents at Delmar Gardens and their families are very appreciative of the dedication of Assumption's volunteers. Delmar Gardens has, in return, been very generous in supporting the activities at Assumption Parish, as well as those of Assumption School and the Athletic Association. In addition to providing desserts and treats for Senior Ministry events, Delmar Gardens employees donate turkeys to the St. Vincent de Paul Society each Thanksgiving for distribution to our needy neighbors.

Assumption volunteers have also begun assisting residents at The Arbors and Mattis Pointe, our newest neighbors to the west on Mattis Road. An Extraordinary Minister of Holy Communion brings the Eucharist to Catholic residents each Tuesday. Other volunteers help residents enjoy some lighter moments by assisting with games, activities and sing-alongs.

If you love the elderly and have a desire to help them participate in their Catholic faith, perhaps you might consider becoming an Assumption volunteer at Delmar Gardens South, Mattis Pointe or The Arbors. Please contact Laura Benson in the Senior Ministry Office for more information about these opportunities.



### Exercise for Seniors



Have you joined in our exercise programs for seniors yet? Now is the time to start! Forget the past stiffness and join us any morning, Tuesday through Friday in the St. Marie Hall (church lower level). On Tuesdays and Thursdays at 8:30 a.m., Kay Zelle leads a group in easy dancing and stepping exercises to fun pop music. She includes stretching on floor mats. There is a minimal cost to Kay's program, but you are welcome to try a class at no cost! Call Kay at 314.541.4487 for more information.

On Wednesdays and Fridays at 10:00 a.m., Laura Benson and seniors are standing and sitting in chairs, moving and stepping to get our hearts pumping and blood circulating with various video instructors! After this aerobic time and cool down, in order to help our muscles stay fluent and relaxed, we work with small water bottles filled with pebbles as weights, or you can bring your own. We end with stretches and we use soft plastic balls to alleviate our arthritis. Anyone new to class can do the movements; just do what you can, at your own pace! Once you start and come regularly, you will notice a difference with your breathing and flexibility within a few weeks. Walking outside, now that the weather is warm, even if it is just around the block, will keep your body active until you return to class. Try it out!

## Contact Us

CLERGY		314-487-7970
Reverend Thomas Keller Pastor	Ext. 1202	kellert@assumptionstl.org
Reverend Ryan Weber Associate Pastor	Ext. 1205	weberr@assumptionstl.org
Deacon Chuck Ryder		ryderc@assumptionstl.org
Deacon David Schaefer	Ext. 1254	schaferd@assumptionstl.org
PARISH STAFF		314-487-7970
Mrs. Laura Benson Senior Apostolate Coordinator	Ext. 1221	bensonl@assumptionstl.org
Sr. Lorraine T. DeFebbo, OSF. Parish Secretary	Ext. 1215	defebbol@assumptionstl.org
Miss Caitlyn Chickey Youth Minister	Ext. 1233	chickeyc@assumptionstl.org
Miss Cecilia Detwiler Coordinator of Evangelization	Ext. 1203	detwilerc@assumptionstl.org
Mrs. Nancy Pyle Music Director		pylen@assumptionstl.org
Mrs. Denise Riek Office Manager	Ext. 1235	riedkd@assumptionstl.org
Mr. Matt Yates Maintenance Coordinator	Ext. 2235	yatesm@assumptionstl.org
PARISH and SCHOOL EDUCATION STAFF		314-487-6520
Mrs. Julie Connors PSR Principal	Ext. 2219	connorsj@assumptionstl.org
Miss Valerie Stringer Director of Elementary Religious Education	Ext. 2218	stringerv@assumptionstl.org
Mrs. Shelley Michael Assumption Early Learning Center Director	Ext. 1227	michaels@assumptionstl.org
Mrs. Jennifer Sykora School Principal	Ext. 2121	sykoraj@assumptionstl.org

## Good News Messenger

Issue      Deadline  
(4 p.m.)

June 16      June 7  
June 23      June 14

### ATTN: New way to submit bulletin news

— Please go to [www.assumptionstl.org/bulletin-submissions](http://www.assumptionstl.org/bulletin-submissions) and submit an online form to

request event promotion  
and/or to book a room

— PDF files cannot be used  
— .jpg files required

### Questions or comments?

[newsletter@assumptionstl.org](mailto:newsletter@assumptionstl.org)

## Please Support Our Advertisers!

*If you or someone you know within our  
Parish Boundaries need  
assistance, please call:*

**The Society of St. Vincent de Paul Hotline**  
314-289-6101, ext. 2227

## Leaving a Legacy

**A Specific Bequest** — You can designate a certain amount of cash or specific assets to the parish.

**A Residual Bequest** — You can plan for the parish to receive all or a portion of your estate **after** other specific bequests have been distributed.

**A Percentage Bequest** — You can designate a certain percentage of the estate to go to the parish.

**A Contingent Bequest** — You can make the parish the recipient of a bequest if others named in your will are not living at the time of your death.

## FORMED PICK OF THE WEEK



### "Peter And Pentecost"

Session 8 from the "Lectio: Peter" Series presented by Dr. Tim Gray

It was a remarkable turn of events. Peter, who had denied knowing Christ in a moment of fear, is transformed by the power of the Holy Spirit at Pentecost. Suddenly the fisherman who had stumbled along behind Jesus for three years is the head of the Apostles, preaching to everyone who will listen with a boldness that will characterize the rest of his life and ministry. How can such a transformation happen—for him and for us?

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