

Third Sunday of Lent
 March 20, 2022
 "The Lord secures justice and
 the rights of all the oppressed." Psalm 103:6

CALENDAR OF MASSES/EVENTS

Sunday, March 20, 2022 – Third Sunday of Lent

9:30 am Liturgy + **Cliff Morgan** by: LaRae Walgenbach
 10:30 am RCIA
 NO am PRE Classes – Spring Break



Monday, March 21, 2022

Tuesday, March 22, 2022

Wednesday, March 23, 2022

9:00 am Weight Loss Support Group
 5:30 pm Open Gym
 6:30 pm 6th thru 12th Grade PRE



Thursday, March 24, 2022

8:00 am Liturgy **Intentions of Jerry & Lucy Caha**
 9:00 am Bible Study
 4:30 pm Garden Café
 7:00 pm AA & Al Anon

Friday, March 25, 2022

8:00 am Liturgy **Intentions of Don & Chris Greer**
 6:30 pm **Stations of the Cross** led by Men's Association
 followed by **soup supper** in the Family Life Center

Saturday, March 26, 2022

5:30 pm Confession
 6:00 pm Liturgy **For The Parish Community**

Sunday, March 27, 2022 – Fourth Sunday of Lent

9:30 am Liturgy **Intentions of Lucy Caha**
 10:30 am RCIA
 10:30 am PreK through 5th Grade PRE Classes



SUNDAY OFFERING



PARISH SUPPORT

Needed Weekly for Budget.....	\$ 6,094.81
Offering	\$ 4,455.00
Maintenance Fund Last Wk.....	\$ 425.00
Community Services.....	\$ 100.00
February On Line Donations.....	\$ 7,413.00

Please mail your offerings to:

Holy Spirit Catholic Church.
P O Box 424
Hernando, MS. 38632
 Or click the link for online giving



RELIGIOUS GOODS STORE

March 19 – Jane Dettmer/March 20 – Mary Margaret
 March 26 – Cathy Powers/March 27 – Madeline Moore

ALTAR LINENS MINISTRY
 March – Diane Cullen

Ministry Schedule

PLEASE REMEMBER:

You are to arrive at least 20 to 30 minutes before mass is to begin. This is important to be prepared and ready.

Saturday, March 26 – 6:00 p.m.

Greeter: Tijuana Buchanan/Bettye Mize
Usher: Tom & Paula Busler
Server: Gavin Ellis/Danny Thomas
Lector: Bill Marking/Leanne Meng
Gift Bearer: Jerry Radicioni/Cathy Powers
Eucharistic Minister: Greg Meng

Sunday, March 27 - 9:30 am

Greeter: Lucy Holland/Barbara Langley
Usher: Keith Fulcher/Jack McIngvale
Server: Francis Ozua/Henry B
Lector: Amanda Ready/Sal Galtelli
Gift Bearer: Rick Rivers/ Help
Eucharistic Minister: Barbara Nickarz



REMINDER: If you are unable to fulfill your ministry obligation, it is your responsibility to find someone that can serve in your place. Thank you.



Have you considered using online giving? By creating a login and contributing

online you'll always have a report of your giving history available. Signing up is as simple as scanning the QR code and start the process. Thank you for remembering your parish during these difficult times.



Weekday Mass Schedule

Queen of Peace—Monday, Tuesday & 1st Friday at NOON
 Christ the King, Southaven—Wednesday (Bilingual Mass)
 and Thursday (English Mass) at NOON.
Holy Spirit, Hernando—Thursday and Friday at 8:00 AM



THANK YOU to the many families who have signed up with Parish SOFT Giving. Your gifts and your participation are a blessing to us. When you participate, you can view giving

history and pledge progress any time just by logging in.
<https://giving.parishsoft.com/app/giving/holy545151>



Holy Spirit Office Hours

Current Office hours are Monday – Friday
 9:00 am–noon and 1:00 PM–3:00 PM
 Our Religious Goods store is open also.

RELIGIOUS EDUCATION

Use this email address to get in touch with me.
hsamandaready@yahoo.com.

Calling for Children's Homilist Volunteers!

We are in need of helpers to teach and explain the Sunday readings for PK-2nd grade children. This is an easy way to volunteer and help out in our parish! You will pull the children out of mass at the first reading and break down the readings on their level. I have little handouts provided that they will discuss and color. We only have a few signed up to help so far. Your help is greatly needed and appreciated!

If you would like to be a part of this ministry, please text Allison Baskin @ 901-409-1038 with your name and phone number. Thanks so much for offering your time and talent to help spread the Good News to the children of our parish!

Are you registered in the Parish?

Please fill out a registration form located at the bulletin board. Place in the collection basket or bring to the church office. Have you moved recently or have a new phone number or email address? We would like to have current and updated records. Thank you!! Please call the office to update 662-429-7851.



**Parish
Registration**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

COMMUNAL FAST PROJECT FOR LENT

In our Narthex you will find a **Lent Calendar**. We invite you to pick a day you wish to

commit to and sign your initials. On that day, make a conscious decision to fast and pray for your parish. The fast maybe anything you wish to prayerfully give up (food, social media, caffeine, favorite TV show, etc...) and during that day, be mindful of praying for the parish, especially requests on the parish prayer list and for those receiving the Easter Sacraments.

VOICES FROM THE PEWS Lent Project

"What voices do you listen to?" is our theme for Lent this year. We want to hear your voices, the Voices from the Pews. Sr. Rose will be recording your responses in English or Spanish to the question: "What are you doing for Lent this year?" to be posted on our YouTube channel: NWMississippiparishes. She will be coming to all six churches during Lent to record your responses. Let us hear your voice.

This is her schedule:

Saturday, Mar. 19: CTK – 4pm; QP – 6pm
Sunday, Mar. 20: SJ – 8am; CTK – 11am
Saturday, Mar. 26: GS – 4pm; HS – 6pm
Sunday, Mar. 27: QP – 10am; CTK – 12:30pm

LENTEN PENANCE SERVICE

Queen of Peace (Olive Branch)
 Wednesday, March 23rd at 7:00 pm.
Holy Spirit (Hernando)
 Wednesday, March 30th at 7:00 pm.

Seriously Sick & Hospitalized

Please Pray For The Sick

Your prayers are requested for the following who are having/recovering from surgery or are seriously ill:

Baby Jarnigan (Riggs), Brenda Caruthers, Ken Ratz, Linda Hicks (nix), Yvonne Branas, Robin McMurry (Dean daughter), George Barder (Tully bro), Jerry Lemerise (Brasher), Oakley Johnson (Richter grand), Pat Kuehnel, Rebecca Massey, Harold Carmon (Faulkner), Dallas Banta (nix), Becky Abernathy, Angela Cates (Gonda's sis), Phyllis Pangelina, David Yelverton, Fr. Ed Kilianski, SCJ, Pat Zappa (Dean sis), Nicole Pitcher (Dean niece), Jeff Smith, Erica Orive (George's mom), Juanita Young, John Weishaar (Nix), Sharon Bryson (Greer niece), Gwen Savage, Chris Carroll (Sr. Rose Nephew), Michael Muse (Jim Buechele), Sherri Ligon (Pam Hall sis), Danielle Lorson (Lance Nelson niece), Pete Rizzo (B.Caruthers sonnlaw), Jan Norris (B.Caruthers cousin), Emily Bernard, Dorothy Tatum, Judy Ferguson (daughternlaw), Al Gawel, Ron Gaunt, Ellie Carr (Fink-Preemie), Allen Sanders (G. Savage bro), Rosangela Tarverna (C. Bonner mom), Sr Mary Myles (Powell sis), Deanne Greer, Rebecca Baker (LaRae), Charles Hill, Donald Grafe (J. Hughes bro), Kathy Eldred, Glenn Donnelly, Bobby Nickarz (brother), Joeng Won Cho (Myong's mother), Dorothy Sheffe (C. Massa sis), and Melissa McNary (Kistler). Please notify the Pastor when serious illness occurs or when hospitalization is indicated: we would like to strengthen the ill with the Eucharist and the Sacrament of the Sick (Anointing).



Nothing is so beautiful as a pure soul...Purify yourselves then by a good confession. Saint John Vianney



INTERFAITH - FLOCK AROUND THE BLOCK

This year is Saturday, April 2. You can complete a registration form and give it to MaryAnn or Rocky or you can sign up on line. Complete information and a registration form is in this bulletin. Registration forms are also available in the Narthex. Don't delay – do it today. We want to keep the cross for 2022!!!

Soup after Stations this Friday!!!

The Catholic Service Appeal We thank all those at Holy Spirit who have generously responded to the annual Catholic Service Appeal. We ask those who have not sent in pledges to please consider a gift. To date, Holy Spirit has raised \$14,685.83 in pledges from 44 parishioners.



Diocese Collection for Ukraine

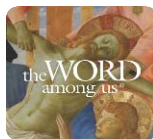
The Diocese has asked us to take up a collection for the people of Ukraine. There is a basket on the table in the Narthex marked specially for this collection.



WEIGHT LOSS SUPPORT GROUP Come join us each week as we support each other on our weight loss journey. **Wednesday** mornings at 9:00 am for a weigh in and sharing. **Please note this is a day change from Tuesday to Wednesday.**

Liz Brown is our contact person for this adventure. 901-331-3419. **MAKE PLANS TO JOIN US EACH WEEK AS WE STRIVE TO BECOME HEALTHIER, HAPPIER PERSONS!!!**

The Word Among Us includes daily meditations based on the Mass readings of the Catholic Church, inspirational essays, testimonies and stories of the saints and other Christian heroes! Copies are located in the bulletin board area.



Fridays in Lent

Holy Spirit Stations 6:30 pm

March 25	Stations
April 1	Stations
April 8	Fish Fry/Stations
April 15	Stations @ 3 pm

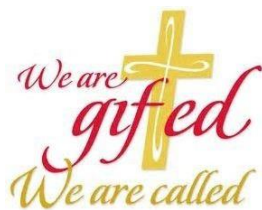


Are you bored? In a rut?

Wishing you could be more useful?

Need to spend more time at church?

Then we have the perfect way for you to become more creative, productive and spend more time at church. Holy Spirit's VBS Coordinator is just the job for you. If you want to learn more about this AMAZING position, please contact the church office (662- 429-7851) or Amanda Ready
We offer excellent benefits and incentives☺



YOUTH PROGRAM

Recently, packets were dispersed after Mass for the new youth program for Holy Spirit and the five other parishes in Northwest Mississippi. Inside the packet

is a letter to the family, an explanation of the program, dates of all activities for next year, a stewardship form, an envelope for donations and a youth registration form. We are hoping to receive support from the entire Holy Spirit Community to help build a bridge between the youth and the adults in the parish. We need help to make this program a success and we hope you will participate by volunteering, donating financially to the activities and of course through your prayers.

Sacrament of the Sick

Facing surgery or serious health tests?

We encourage all parishioners to make an appointment with one of our priests to receive the Sacrament BEFORE an anticipated entrance into the hospital. Please call Holy Spirit at 662-429-7851.

FOOD PANTRY NEED

For our new families/a reminder for us all – Holy Spirit furnishes 1 lb bags of rice and packages of Idaho instant potatoes for the Hernando Food Pantry. This is an on going need. We ask each family to pick up a bag of rice and package of the potatoes (or more) when you do your regular grocery shopping. Bring them to Mass with you and drop them in the basket just inside the door in the Narthex.

The Hernando Food Pantry is serviced by Interfaith Council on Poverty which is made up of 16 churches in Hernando/Nesbit. Each church is asked to provide 1 or 2 common items. Please keep this in mind and keep these items on your grocery list when you shop.

For Your Safety Church doors will be locked 6:00 pm Saturdays and 9:30 am Sundays



Each Lent, Catholic families across the country unite to put their faith into action through prayer, fasting and almsgiving.

Rice bowls are located in the Narthex.

Please return on Holy Thursday, April 14, 2022.

Thank You!!!

Thank you so very much for the lovely welcome basket. Having attended St. Paul in Vicksburg for my entire life, it is wonderful to be welcomed into such a loving and kind community. Thank you for blessings our family with such a thoughtful gift.

The McGuffees, Barry & Renee`

Subscribe!



WATCH NOW!

www.youtube.com/c/NWMississippiParishes

NEW VIDEOS ON YOUTUBE:

- ❖ Homilies
- ❖ **Fasting, Prayer, Almsgiving: What I can do?**
Fr. David Szatkowski, SCJ
- ❖ **Voices from the pews**
- ❖ **Journey of forgiveness-** Sr Emily Morgan, RSM.





Sr. Emily's Adult Faith Formation Corner:
Given the fact that Covid has stopped many of our sessions from gathering and given the fact that it is now Lent and given the fact that many from the Synod sessions are asking for more adult faith formation possibilities, check out some of the online opportunities that are available from our comfortable easy chairs with our cup of nice hot cocoa..... and they are free!



BISHOP BARRON ON YOUTUBE-

These would be great to watch as a family. Read the story first from the Scripture. Or read it from a children's bible story book. Everybody should know these stories since our faith stems from them.

Understanding Genesis: Creation.

Understanding Genesis: Adam, Eve And The Fall.

Understanding Genesis: Abraham And Isaac.

Understanding Genesis: Jacob.

Understanding Genesis: Joseph.

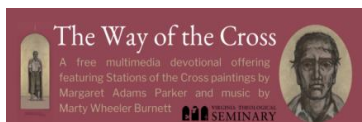
www.youtube.com/user/wordonfirevideo/videos



Busted Halo: Great for young adults! Or young at heart! There you find a Lent Calendar, 25 great things to do for Lent, InstaLent photo challenge, Go into the

desert this Lent, Watch: Lent in three minutes, Why do we give something up for Lent?... and much more!

<https://bustedhalo.com/lent-resources>



The Way of the Cross, has been made available free of charge for Lenten worship.

The devotion known as the Way of the Cross is an adaptation to local usage of a custom widely observed by pilgrims to Jerusalem. The offering of prayer at a series of places in that city traditionally associated with Jesus' passion and death, the stations provide an orderly way of meditating on the Lord's passion. Go to:

<https://www.youtube.com/watch?app=desktop&v=d7N6dqNV3Wk>

TWILIGHT LENTEN PRAYER

Friday, March 25, 6:30 pm-8:30 pm and

Sunday, March 27, 4:00 pm-6:00pm

at Christ The King.

Come and experience the many ways to pray during Lent! All in Silence. Please sign up on the sheets on the table in the Narthex. 50 persons max each night. NO CHILDREN, PLEASE.



Sacred Heart School

Sacred Heart School is a Catholic environment dedicated to developing young people whose actions reflect knowledge, respect, and integrity.

Sacred Heart School is seeking a First Grade teacher, Grades for the 2022-23 school year. August start date.

- Exempt, full-time positions.
- Competitive benefits package.

First Grade Teaching Position-

Basic Requirements:

- Bachelor's degree
 - Master's Degree a plus/preferred
 - Bi-Lingual or Multilingual a plus/preferred
 - License endorsement required 116 or 120
 - Work location: 5150 Tchulahoma Rd. Southaven, MS
- Must have basic understanding and acceptance of the Catholic School philosophy, goals and objectives.

PK3 Teaching Position-

Basic Requirements:

- Bachelor's degree
 - Master's Degree a plus/preferred
 - Bi-Lingual or Multilingual a plus/preferred
 - License endorsement required 153.
 - License endorsement accepted 116, 117, or 120.
 - Work location: 5150 Tchulahoma Rd. Southaven, MS
- Must have basic understanding and acceptance of the Catholic School philosophy, goals and objectives.

Social Studies 6-8 Grade Teaching Position-

Basic Requirements:

- Bachelor's degree
 - Master's Degree a plus/preferred
 - Bi-Lingual or Multilingual a plus/preferred
 - License endorsement required 192.
 - Work location: 5150 Tchulahoma Rd. Southaven, MS
- Must have basic understanding and acceptance of the Catholic School philosophy, goals and objectives.

Brief Job Summaries: In a religious, compassionate environment, works directly with students to create an educational program and a classroom environment that is fair, is favorable to learning and growth, and is based on a commitment that all children can learn.

Work Environment: Sacred Heart School is a Catholic elementary school that serves children grades PreK3-8 in North Mississippi. Founded in 1947, we offer students opportunities for spiritual growth and faith building in the tradition of the Catholic Church, while respectful of each child's own faith tradition. Our program includes classroom instruction, service learning, and prayer and worship experience.

Send Resume and letter of introduction to:
Shsjobs@shsm.org or by fax 662-342-3364.

LENTEN DAYS OF PENANCE

The general rule of the Church is: "All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance." (Canon 1253) Abstinence means abstaining from meat. Fasting means one full meal a day, with two lighter meals in the course of a day to maintain strength.

Ash Wednesday and Good Friday are days of abstinence from meat, as well as days of fast. The Fridays of Lent in the United States are days of abstinence from meat.

Besides fast and abstinence, the interior penance of the Christian can be expressed in many and various ways; prayer, exercises of devotions and charity (almsgiving), denying oneself by fulfilling responsibilities more faithfully, efforts at reconciliation with neighbors, etc.

(cf. 1434-1439 Catechism of the Catholic Church, and Canons 1249-1254 Code of Canon Law)

HOLY WEEK SERVICES are very powerful and beautiful. It is important that you arrive early for these special events so the services can begin on time and proceed without distractions.

HOLY WEEK SCHEDULE

HOLY THURSDAY

April 14th Holy Thursday Mass 7:00 P.M.

Adoration after Mass

GOOD FRIDAY

April 15th Good Friday Service 7:00 P.M.

EASTER VIGIL

April 16th Easter Vigil Mass 8:00 P.M.

EASTER SUNDAY

April 17th Easter Sunday Mass 9:30 A.M.



HOLY SPIRIT MEN'S ASSOCIATION

LENTEN FISH FRY will be Friday, April 8, beginning at 4 pm with takeout available. The plate will include delicious Pride of the Pond Catfish, fries, hushpuppies, slaw, drink & dessert. Cost is \$13 per plate for adults and \$6 per plate for children under 12. If you have any questions, call Sal Galtelli 205-305-6772, Lee Smith 662-233-4833 or Holy Spirit 662-429-7851.

HOLY THURSDAY'S special offertory collection will have labeled receptacles around the altar for your Rice Bowl, Catholic Social Services, and for non-perishable food items. Any checks should be made payable to Holy Spirit as we will make one total check for each ministry.

We need individuals to have their feet washed. Call the office and experience this blessing 662-429-7851.

Regional Synod Listening Sessions set with Bishop Kopacz

Bishop Kopacz will be holding regional listening sessions for the Synod on Synodality at the following locations. Please announce the session(s) closest to your location. We are hoping to have regional representation at all of the sessions.

We have done a cursory review of the major themes from the round of local listening sessions. In the sessions with Bishop Kopacz we are seeking concrete ways to advance the ideas from the local sessions.

Monday, March 21, 2022 – St. Francis, Madison – 6:00-7:30 PM – English

Tuesday, March 22, 2022 – St. Mary, Batesville – 6:00-7:30 PM – English

Wednesday, March 30, 2022 – Saint Mary Basilica, Natchez – 6:00-7:30 PM – English

Thursday, March 31, 2022 – Immaculate Heart of Mary, Greenwood – 5:30-7:00 PM – English

Monday, April 4, 2022 – St. Patrick, Meridian – 6:00-7:30 PM – English

Tuesday, April 5, 2022 – St. James, Tupelo – 6:00-7:00 PM – English

YOUTH EVENTS

Catholic Dinner Club

If you are the parent of a special needs teen to young adult, we are offering a dinner club once a month for youth 6th grade through young adults. Come join us on the second Friday of each month from 6:30pm-8:30pm at the Fr. John Center at Queen of Peace. We will have dinner, different activities, games, crafts, and social interaction with neurotypical peers. Feel free to bring your own meal if you have dietary preferences. All participants must have a youth registration form on file.



LABOR OF LOVE

Saturday, March 26th

Working with SHSM to help families in Desoto and Marshall Counties. Possible jobs could include painting, roofing, building wheelchair ramps and other jobs. Be prepared to do physical work. Wear work clothes, long pants (no shorts), boots and bring gloves. ALL YOUTH will be required to have a registration form on file.

Deadline to sign up is March 20th. Contact Amanda at hsamandaready@yahoo.com



SURVIVOR-MIDDLE SCHOOL OVERNIGHT

Friday, April 1st 6:00pm-8:00am at St. Gregory in Senatobia



There will be games, crafts, movies, food, fun and PRIZES! Bring a sleeping bag, pillow, change of clothing and be ready to compete for prizes! We will have cheese pizza for dinner.

Chaperones are needed! Contact Amanda at hsamandaready@yahoo.com

Penance Services:

Wednesday,
March 30th at
7:00pm at Holy Spirit



SEDER MEAL STATIONS OF THE CROSS:

Wednesday, April 6th Starting at 6:30pm at Holy Spirit in Hernando. Instead of class we will meet at Holy Spirit to learn and participate in the Seder Meal and have youth led Stations.

FLOCK AROUND THE BLOCK

Benefiting the Hernando/Nesbit Interfaith Council on Poverty Saturday, April 2, 2022 at 8 AM

To ensure proper registration, please print, complete, sign and return this form with your entry fee by mail. Only one entrant per form. This form may be reproduced. Please make checks payable to Interfaith Council on Poverty for FATB.

Mail completed application with fee to: Holy Spirit Catholic Church
P.O. Box 424
Hernando, MS 38632

Participant Information:

Last Name: _____ **First Name:** _____

Address: _____

City/State/Zip: _____

Phone: _____ **Email:** _____

Date of Birth: ____/____/____ **Age as of April 2, 2022:** _____ **Sex (circle) :** M F

Shirt Size (circle):	Youth S	Adult S	Adult XL
	Youth M	Adult M	Adult XXL
	Youth L	Adult L	Other: _____

Church Affiliation: Holy Spirit Catholic Church, Hernando, MS

Entry Fees (please check one)

____ \$20.00 before preregistration deadline (must be received by March 21, 2022)

____ \$25.00 after March 21, 2022 and on the day of the race (T-shirt availability is not guaranteed)

WAIVER: I know that running a race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature I certify that I am in good health. I agree to abide by any decision a race official makes relative to safely completing the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, cold weather, ice and/or snow, the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Interfaith Council, the City of Hernando, Desoto County, all sponsors, volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on part of persons named in this waiver. I grant my permission to all the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I also understand that my donation/entry fee is nonrefundable. A parent must sign if the entrant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and the event officials may authorize necessary medical treatment. I understand that a race day T-Shirt is only guaranteed to those who have registered before March 22, 2022. I have read and fully understand my release of liability and indemnification given herein above.

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____

Emergency Contact Name & Phone#: _____

Race starts and finishes at Trustmark Bank located at Hwy 51 and Commerce Street in Hernando, MS

Race day registration begins at 7 AM. No race day delays due to inclement weather.

If the race is cancelled due to social gathering restrictions, entry fees will be considered donations.

For more information, please visit our website: www.interfaithcouncilonpoverty.com

FAITH FORMATION CORNER



Third Sunday in Lent

Families in Mission What do we need to cultivate?



1.-Introduction:

Cultivation of a tree can mean adding fertilizer and cutting off those parts that are not healthy, so that the whole plant can become stronger. The gospel talks about cutting down a fig tree that hasn't produced any good fruit. Yet it also speaks of not giving up on the tree and giving it another chance. Jesus is always giving us another chance to get healthy and strong, but it sometimes means that we have to cut out those parts of our lives that are unhealthy and sinful. What do we need to do to become healthier in our faith?



Put something in your sacred space to remind you to stay healthy.

2.-Opening Prayer:

Dear Jesus,

We want to be healthy, holy, and strong, but sometimes we lose our way and get involved in things that deep down, we know really aren't good for us. We need your help and grace to see those parts of our lives and to remove them so that we might grow closer to you.

Amen.



3.-Sharing the Good News:

Read the Gospel

Luke 13:1-9



4.-Reflect Together:

Discuss some or all of these questions as a family:

- Talk to someone who is a good gardener about cultivating a tree. How do they know what needs to be trimmed or cut out? What do they add to the soil?
- What do you think needs to be cut out of or eliminated from your life in order to make it healthier both spiritually and physically? What might be added?
- What do you think needs to be eliminated from your community (school, work, neighborhood, town, city) in order to make it healthier?



5.-Take action as a family:

- Ask each member of the family to make a list of things that he or she could cut out of his or her life in order to be healthier.
- Have a family prayer meeting where each person is invited to share one thing from his/her list. Ask God for the help to overcome these weaknesses.
- Pick a time to go to confession together
- Pick one of the things that you identified as being unhealthy in your community and decide what you might do to improve it.



6.- Closing Prayer:

Dear God,

We all sin at times and make choices that we know are not good for our lives or the lives of others, but when we admit our faults and seek your forgiveness we become stronger again. Give us the courage to cut out the unhealthy parts of our lives.

Amen



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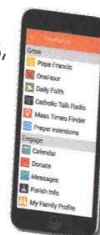
WHY IS IT

A man wakes up after sleeping under an ADVERTISED blanket on an ADVERTISED mattress and pulls off ADVERTISED pajamas bathes in an ADVERTISED shower shaves with an ADVERTISED razor brushes his teeth with ADVERTISED toothpaste washes with ADVERTISED soap puts on ADVERTISED clothes drinks a cup of ADVERTISED coffee drives to work in an ADVERTISED car and then . . . refuses to ADVERTISE believing it doesn't pay. Later if business is poor he ADVERTISES it for sale.

WHY IS IT?

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