



# MARCH 10, 2024 THIRD SUNDAY OF LENT

John 3:16

For God so loved the world that  
he gave his only Son, so that  
everyone who believes in  
him might not perish but  
might have eternal  
LIFE.

#### **PRIESTS**

Pastor: Msgr. Robert A. Kurwicky, V.G., rkurwicky@diojeffcity.org  
Associate Pastor: Fr. Thomas Alber, talber@diojeffcity.org

#### **DEACONS**

Deacon Enrique Castro, Deacon Ric Telthorst, Deacon David Thompson,  
Deacon Thomas Fischer,\* Deacon Tom Whalen\*  
\*Retired

#### **PARISH CONTACT INFORMATION**

216 Broadway,  
Jefferson City, MO 65101

Parish Email: parish@saintpeterjc.org  
Parish Website: saintpeterjc.org  
Facebook: saintpeterchurch

Telephone: 573-636-8159  
Fax: 573-200-8408

Bulletin Email: bulletin@saintpeterjc.org  
Bulletin Deadline: Monday at 10:00 am

#### **WEEKEND MASS SCHEDULE**

Saturday: 4:30 pm  
Sunday: 7:00 am, 9:00 am,  
11:00 am, 1:00 pm (en Español)

#### **WEEKDAY MASS SCHEDULE**

Monday-Friday: 8:00 am & 12:03 pm

#### **PRIEST ON THE PORCH (CONFESSIONS)**

Tuesday, Wednesday, and Friday:  
11:00 am - 11:45 am

#### **IN CONFESSIONAL**

Saturday: 3:30 - 4:15 pm  
or by Appointment

**PARISH STAFF**

Telephone: 573-636-8159

Email: [parish@saintpeterjc.org](mailto:parish@saintpeterjc.org)

Office hours:

Monday-Friday

from 9:00 am to 5:00 pm

Parish School of Religion (PSR)

Roger &amp; Theresa Backes

[rbackes6@aol.com](mailto:rbackes6@aol.com)

Coordinator of Hispanic Ministry

Deacon Enrique Castro

[ecastro@diojeffcity.org](mailto:ecastro@diojeffcity.org)

Administrative Assistant

Position Open

Parish Nurse

Alice Kuehn

[akuehn@saintpeterjc.org](mailto:akuehn@saintpeterjc.org)

Part-time Communications Coordinator

Position Open

Organist &amp; Director of Sacred Music

Nicholas Liese

[music@saintpeterjc.org](mailto:music@saintpeterjc.org)

Business Manager

Beverly McCracken

[bmccracken@saintpeterjc.org](mailto:bmccracken@saintpeterjc.org)

Parish Faith &amp; Education Coordinator

Annie Raymer

[araymer@saintpeterjc.org](mailto:araymer@saintpeterjc.org)

Society of St. Vincent de Paul

For information or assistance

call 573-632-2634

St. Peter Parish School

314 West High Street,

Jefferson City, MO 65101

Gayle Trachsel, Principal

Telephone: 573-636-8922

Fax: 573-636-8410

School E-mail: [saints@stpeterjc.org](mailto:saints@stpeterjc.org)Website: <https://saintpeterschooljc.org/>Facebook: [StPeterInterparishSchool](https://www.facebook.com/StPeterInterparishSchool)**MASS INTENTIONS****SATURDAY, MARCH 9**

4:30 pm Vigil Mass

*Pro Populo***SUNDAY, MARCH 10**

2 Chronicles 36:14-16, 19-23 • Ephesians 2:4-10 • John 3:14-21

7:00 am

† Jerry Libbert

9:00 am

† Fred Lueckenhoff

11:00 am

† Diana Kriegh

1:00 pm

† Angeline Maasen, Mary Berendzen

**FOURTH SUNDAY OF LENT****MONDAY, MARCH 11**

Isaiah 65:17-21 • John 4:43-54

8:00 am

† Norma Lucas, Ernest &amp; Willemina Trachsel

12:03 pm

† Jason Schuman

**TUESDAY, MARCH 12**

Ezekiel 47:1-9, 12 • John 5:1-16

8:00 am

**NO MASS**

12:03 pm

† Sandra Lehman

2:30 pm

† Bernice Chick, Michael Brettschneider

**WEDNESDAY, MARCH 13**

Isaiah 49:8-15 • John 5:17-30

8:00 am

† Donna S. Braun

12:03 pm

† Joseph Fender

**THURSDAY, MARCH 14**

Exodus 32:7-14 • John 5:31-47

8:00 am

† Doris Kraus

12:03 pm

† Ernest &amp; Willemina Trachsel

**FRIDAY, MARCH 15**

Wisdom 2:1a, 12-22 • John 7:1-2, 10, 25-30

8:00 am

† Mary Snyder

12:03 pm

† Mary Lou Wekenborg

**SATURDAY, MARCH 16**

4:30 pm Vigil Mass

† Harold and Lorraine Dulle

**SUNDAY, MARCH 17**

Jeremiah 31:31-34 • Hebrews 5:7-9 • John 12:20-33

7:00 am

*Pro Populo*

9:00 am

† Living &amp; Deceased of the Rose &amp; Bob Mehmert Family

11:00 am

† Frank Luetkemeyer, Julie Luetkemeyer, Jean Rosendale

1:00 pm

† Grace Kruse, Mary Bonnot

**FIFTH SUNDAY OF LENT****IMPORTANT NOTICE — MASS TIME CHANGES**

After 6 months of observations, effective April 7, due to low parishioner Mass attendance, our **NEW Weekend Mass Schedule** will be: **4:30 pm (Saturday Vigil), 8 am, 10 am, 12 pm (en Espanol)**

Effective April 1, we will be returning to a two-priest weekday Mass schedule.

The **NEW Weekday Mass Schedule** will be:

**Monday - 12:03 pm ONLY**

**Tuesday - 8 am and 12:03 pm**

**Wednesday- 8 am and 12:03 pm**

**Thursday- 12:03 pm ONLY**

**Friday- 8am and 12:03pm**

**THIS WEEK AT ST. PETER PARISH****MONDAY, MARCH 11, 2024**

- 8:00 am - 8:00 pm Adoration of the Blessed Sacrament, *Chapel*  
 2:30 pm - 3:00 pm Stations of the Cross (Students), *Church*  
 4:30 pm - 5:30 pm Small Prayer Group, *Fr. Ahrens Room*  
 5:00 pm - 9:00 pm St. Ann Quilters, *Scout Room*  
 6:00 pm - 8:30 pm Pack All Parent Monthly Planning Mtg., *Msgr. Hoog Hall*

**TUESDAY, MARCH 12, 2024 — NO 8 AM MASS**

- 8:00 am - 8:00 pm Adoration of the Blessed Sacrament, *Chapel*  
 11:00 am - 11:45 am Confessions in Church  
 2:00 pm - 4:00 pm Social Hour, *Selinger Hospitality Kitchen*  
 2:30 pm - 3:30 pm Mass of Anointing, *Church*  
 5:30 pm - 8:30 pm Seasons of Hope Meeting, *Fr. Ahrens Room*  
 7:00 pm - 8:30 pm Parish Penance Service, *Church*

**WEDNESDAY, MARCH 13, 2024**

- 8:00 am - 8:00 pm Adoration of the Blessed Sacrament, *Chapel*  
 9:00 am - 10:00 am Pastor/Principal Meeting, *Parish Office*  
 11:00 am - 11:45 am Confessions in Church  
 3:00 pm - 4:00 pm Pastor/Deacons Meeting, *Rectory*  
 5:00 pm - 6:00 pm School Advisory Council Meeting, *Rectory*  
 6:00 pm - 7:00 pm Home & School Meeting, *Msgr. Hoog Hall*  
 7:00 pm - 8:00 pm PSR Class/Live Stations, *St. Peter School*

**THURSDAY, MARCH 14, 2024**

- 8:00 am - 8:00 pm Adoration of the Blessed Sacrament, *Chapel*  
 10:00 am - 11:00 am Rudy Marines Funeral, *Church*  
 6:00 pm - 8:00 pm Catholic Inquiry & Faith Formation, *Fr. Ahrens Room*  
 6:30 pm - 8:00 pm Boy Scouts Meeting, *Msgr. Hoog Hall*

**FRIDAY, MARCH 15, 2024**

- 8:00 am - 8:30 am Hispanic Community Rosary, *Chapel*  
 9:00 am - 12:00 pm School Penance Service, *Church*  
 11:00 am - 11:45 am Confessions in Church  
 1:00 pm - 2:00 pm Parish Staff Meeting, *SSND Room*  
 2:30 pm - 3:00 pm School Stations of the Cross, *Church*  
 4:30 pm - 7:00 pm Fr. Helias Council Fish Fry, *K of C Hall*  
 7:00 pm - 7:30 pm Stations of the Cross (Adults & Family), *Church*

**SATURDAY, MARCH 16, 2024**

- 8:00 am - 8:30 am Hispanic Community Rosary, *Chapel*  
 11:00 am - 11:30 am Bella and Bianca Vogel Baptisms, *Church*  
 3:30 pm - 4:15 pm Confessions in Church  
 5:30 pm - 6:00 pm Zachary Nicholas James Hansen Baptism, *Church*

**STATIONS OF THE CROSS** (all in Church)

Mondays, 2:30 pm — with younger students (when school is in session)  
 Fridays, 2:30 pm — with older students (when school is in session)  
 Fridays, 7:00 pm

**Bishop McKnight's  
March prayer intention for  
our Local Church**

For those preparing for reception of the Easter sacraments this year; may our whole Church be renewed and invigorated by the celebrations of baptism, confirmation and First Holy Communion.

**Intención del mes de marzo  
del Obispo McKnight por  
nuestra Iglesia Local**

Para aquellos que se preparan para recibir los sacramentos pascales este año. Que toda nuestra Iglesia sea renovada y vigorizada por las celebraciones del bautismo, la confirmación y la Primera Comunión.

**MUSIC FOR MARCH 9 & 10, 2024**

- Readings:** Heritage Missal, page 108  
**Mass Setting:** Worship Aids in Pews  
**Processional:** Psalm 122 (*Gather 84*)  
**Offertory:** The King of Love My Shepherd Is (*Gather 712*)  
**Communion:** Set Your Heart on the Higher Gifts (*Gather 708*)  
**Recessional:** Where Charity and Love Preval (*Gather 706*)

**LITURGICAL MINISTERS FOR MARCH 16 & 17, 2024****Extraordinary Ministers of Holy Communion**

- 4:30 pm Steve Grothoff, Volunteers Requested  
 7:00 am Christa Cain, Judy Holzhauser, Volunteer Requested  
 9:00 am Annette Henley, Gary Henley, Mary Provance  
 11:00 am Rodney Bax, Jeff Pabst, Kara Pabst

**Readers**

- 4:30 pm Kenny Payne  
 7:00 am Jane Maurer  
 9:00 am Darby Carel  
 11:00 am Taube Wurst

**Ushers**

- 4:30 pm Tom Lauf, Tyler Nesheim, Volunteer Requested  
 7:00 am Bethany Cox, Carolyn Ousley, Harold Ousley, Steve Slaughter  
 9:00 am Don Boes, Aaron Dunn, James Smith, Volunteer Requested  
 11:00 am Boyd Denson, Phil Pitts, Volunteers Requested

**Altar Servers**

- 4:30 pm Sophie Morasch, Rowan Nesheim, Porter Schaefer, Volunteers Requested  
 7:00 am Natalie Cain, Elias Cox, Volunteers Requested  
 9:00 am Violet Pollock, Landon Schaefer, Nathaniel Smith, Volunteers Requested  
 11:00 am Greg Cizin, Naomi Cizin, Olivia Pabst, Volunteers Requested

**Cantors & Musicians**

- 4:30 pm Rhonda Allen - Cantor  
 Nicholas Liese - Organist  
 7:00 am Dena Harre - Cantor  
 Nicholas Liese - Organist  
 9:00 am Schola Cantorum - Cantor  
 Nicholas Liese - Organist  
 11:00 am Deanna Holly - Cantor  
 Nicholas Liese - Organist

**ATTENTION ALL USHERS: The Mass count during the weekends is to remain in effect until July 2024 in all parishes, including ours by the request of the Diocese for pastoral planning. Please be diligent in keeping track of Mass attendance numbers.**

Assistive Listening Devices Available.  
 Please see an Usher to obtain one.



**SACRAMENTAL PREPARATION**

**BAPTISM**

Parental preparation is required for a child to be baptized. Please plan to attend the required class prior to your child’s birth. Sessions are usually held once a quarter. Please call the Parish Office to sign up.

**FIRST RECONCILIATION/HOLY COMMUNION, AND CONFIRMATION**

Registered parishioners are encouraged to register for preparation for the sacraments. For more information regarding catechesis for children in grades 1 - 8 who do not attend a Catholic school please contact Theresa or Roger Backes at rbackes6@aol.com.

**HOLY MATRIMONY**

The first step in planning a wedding is to contact the Pastor. You may call to check available dates beforehand, but the wedding can only be scheduled after approval by the priest and at least a minimum of six months prior to the proposed wedding date. Any Catholic being married needs to have received the Sacrament of Confirmation.

**ANOINTING OF THE SICK**

If you are preparing for surgery, please let our priests know before you go to the hospital.

**LENTEN SUNG VESPERS**

Each of these Sundays of Lent, we cordially invite you to join us at St. Peter’s in Downtown Jefferson City (216 Broadway) for sung Vespers at 5:00pm. On March 17, Vespers will be immediately followed by a small recital at around 5:35pm. Vespers alone should last around 35 minutes, and together, with Vespers and Recital together lasting around an hour. Public and common prayer by the people of God is rightly considered to be among the primary duties of the Church. For centuries, the Church has prayed in this manner through the Liturgy of the Hours, also known as the “Divine Office.” In the Liturgy of the Hours, the Church offers to God a sacrifice of praise, that is a tribute of lips acknowledging His name – it is the voice of the bride (the Church) addressing her bridegroom (Christ); it is the very prayer that Christ Himself, together with his Body, addresses to the Father in Psalms, Hymns, and Spiritual Songs. (General Instruction of the Liturgy of the Hours, §1 & §15)

**SACRIFICIAL TITHING & GIVING**

March 3, 2024	\$ 69,291.10
March 10, 2024	\$
March 17, 2024	\$
March 24, 2024	\$
March 31, 2024	\$
Budget for March	\$ 205,254.17
Total Collected for March	\$ 69,291.10
Difference	\$ -135,963.07
Budget Goal To Date	\$ 1,705,188.60
Total Collected To Date	\$ 1,826,855.16
Difference	\$ 121,666.56
Facility/Property Maintenance: March	\$ 2,058.00
Facility/Property Maintenance To Date	\$ 55,948.90
Society of St. Vincent de Paul: March	\$ 823.00

(as of Wednesday, March 6, 2024)

Thank you for your continued tithing and support of St. Peter Parish & School!

**WEEKEND MASS COUNT**

Our parish is composed of **1,710 registered households or 3,933 souls. We are the third largest parish in the Diocese of Jefferson City. Our beautiful church seats 570 adults. Our 5 weekend Masses can hold 2,850 people. We had 1,142 people attend Mass this past weekend. The breakdown is as follows:**

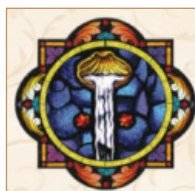
- 4:30 pm - 300
- 7:00 am - 163
- 9:00 am - 353
- 11:00 am - 214
- 1:00 pm - 112
- Vespers - 32

**BREAKFAST NUMBERS**

Our Holy Name Society served 276 meals (249 adults and 27 children) at their Pancake & Sausage Breakfast on February 25. Thank you for supporting them!

**2024 PHONE DIRECTORY**

We are beginning to work on our new directory. Please check your information in the current directory, to see if we need to make any updates. You can make changes directly on your profile/app or can call the office to let us know. If you have no directory or have any questions, we are happy to check your information for you. 573-636-8159



Congratulations to **Elhmer Patrick Mueller** who was baptized into the faith on March 2, 2024.

**ADORATION**



We have Adoration with Exposition of the Blessed Sacrament on Thursdays, from 8:00 am to 8:00 pm. Please join us for

Benediction at 7:45 pm, each Thursday evening (except on the vigil of First Friday). The chapel is available for Adoration 24/7. We have open hours for our monthly First Friday Vigil. They are Thursday 11:00 pm, Friday 12:00 am and Friday 6:00 am. Sign up to spend an hour with Jesus at [adorationpro.org/saintpeterjc](http://adorationpro.org/saintpeterjc) or contact Claudia Galbraith at 573.220.6693.

**VOCATIONS**

Please pray for all who are studying and discerning a vocation to the priesthood or consecrated life. Please pray for:

**MR. GAGE NEISEN**

**EASTER FLOWERS**

If you would like to make a donation for flowers at Easter in memory of a loved one, please put your donation in an envelope with your name and the names of those you would like to be remembered and place it in the Sunday collection basket or bring it to the parish office.



Our parish lifts up in prayer **Rudy Marines, brother of Rose Mehmert**, who passed to his eternal reward. Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May the souls and the souls of the faithful departed rest in peace. Amen.

## 2024-2025 PRESCHOOL REGISTRATION

Registration for St. Peter Preschool for the 2024-2025 has begun! Applications are now being accepted online through the St. Peter website <https://saintpeterschooljc.org/> where you will click on the Application Form link. If you have any questions, please contact Mrs. Garner at 636-8922 ext 327 or [sgarner@stpeterjc.org](mailto:sgarner@stpeterjc.org). If your child is already an enrolled student at St. Peter Preschool, you will not create a new application. Currently enrolled preschoolers would have received the Preschool Information Form and returned it to school.

## WOMEN'S DAY OF REFLECTION

Arise Women's Ministry of JCMO is hosting a women's spiritual day of reflection on Sunday, March 24 from 1:00-5:00 pm entitled RESTORED-Through the Five Wounds of Jesus. A wonderful way to enter into Holy Week, the afternoon event will include refreshments, music, games and Spirit-led messages of reconciliation, restoration and redemption. Held at St. Stanislaus Parish/School Gym, 6410 Rt W. Jefferson City, MO 65101. Cost: \$20. To register for the event, go to [eventbrite.com](https://www.eventbrite.com) and search for "Restored - A Women's Retreat" or email [registerariseevent@gmail.com](mailto:registerariseevent@gmail.com). Questions? Contact LeAnn Korsmeyer 573 690-282/ Millie Aulbur 573 690-4635 or Mary Markway 573 690-5284.

## STEUBENVILLE STL MID-AMERICA

**July 12-14 at Missouri State University in Springfield, MO**  
For current 8th-12th graders. Join other young people from parishes in the Jefferson City area, as well as thousands of young Catholics from across the country to experience dynamic speakers, engaging music, the Sacraments, small group discussions, and encounter Christ together. For info contact Val Jones at [vjones@stpeterjc.org](mailto:vjones@stpeterjc.org).

## 40 DAYS FOR LIFE

St. Peter parishioners will be praying at the Planned Parenthood clinic in Columbia from 11-1 on Saturdays this Lent during the 40 Days for Life spring campaign. 40 Days for Life is a peaceful prayer vigil. Please join us! For information call Claudia Galbraith 573-220-6693.

## MASS OF HEALING

Celebration of the Anointing of the Sick within the Mass will be held here at St. Peter Church on **Tuesday, March 12** at 2:30 pm. The Rite of Anointing is given in the hope of physical healing, if it be God's will, but a primary effect of this Sacrament is spiritual healing, receiving the Holy Spirit's gift of peace, strength, courage, and perseverance to deal with the challenges of the illness and/or the frailties of advancing age. Following the Mass there will be a light meal provided in Msgr. Hoog Hall. All are welcome, including caregivers and transporters. Parking will be available any empty spots on the upper flat and on the lower flat as school will be released this day at 1:30 pm. Call the parish office if you have any questions. Thank you. Alice Kuehn, Parish Nurse

## CONFIRMATION DATE

Bishop McKnight will be at St. Peter's for Confirmation on Thursday, April 18, 2024 at 6:30pm. Please pray for our candidates and plan to attend.

## FASTING AND ABSTINENCE FOR LENT

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. (USCCB)

### COFFEE AND DOUGHNUTS THIS SUNDAY!

in the Selinger Gym after the 7am and 9am Masses. Please come join us for food and fellowship!



## NEW DIOCESAN WHISTLEBLOWER HOTLINE

The Diocese of Jefferson City has updated their website to include a new whistleblower hotline that anyone can use to report financial misconduct, human resources concerns or any other issues. **The hotline number is: 573-635-0386.**

Information about the hotline is available at the top of the [diojeffcity.org](https://diojeffcity.org) webpage via the "Report Abuse or Misconduct" link. This page also includes instructions for the existing methods of reporting abuse.

The new whistleblower hotline is available in both English and Spanish. Callers are prompted to leave a message with their concerns. The message will immediately be sent by email to three people — one Chancery employee and two lay people who are not employees of the diocese. The three will confer and ensure the issue is properly investigated.

*The Catholic Missourian* also has information about the hotline in the Feb. 16 issue.

All parishes are encouraged to inform the faithful about the whistleblower hotline and to use it for any concerns that arise.

## LENTEN FISH FRY DATES

Our Knights of Columbus Fr. Helias Council 1054 (1822 Tanner Bridge) fish fry is on the following dates:

**March 15 & 22** — from 4:30-7:00 pm

Eat-in or carry-out — \$14 All you can eat fish dinner  
\$14 Shrimp plate dinner

## DECLINE to Sign

You may be asked to sign a petition that seeks to put extreme anti-life measures on the November 2024 ballot. This initiative petition will put in the Missouri constitution a "right" to dangerous late-term abortions with taxpayer money without parental consent for minors and without the oversight of health agencies to protect the health of Missouri women. Please decline to sign this petition!

UPCOMING WOMEN'S MINISTRY EVENTS

Join the women of our diocese for several upcoming events filled with inspiration and fellowship! See full flyers and details of these events by visiting diojeffcity.org/events



Hear from Catholic speaker Sonja Corbitt on the different aspects of healing through "Rest...rest in thoughts, emotions, soul and body." This mission series takes place at St. Patrick Chapel in Sedalia on March 17-20.



On March 23, reflect on the scriptures around Martha and Mary during "Invitation to (W)holiness, nurturing body, mind and spirit as women of faith," featuring Fr. Matthew Flatley, at Immaculate Conception in Jefferson City.



On April 6, gather with women all across our diocese for our annual Women's Ministry Spring Pilgrimage! Featuring Catholic speaker Jill Simons, this day at St. Mary Parish in Shelbina will be filled with prayer and reflection on the Luminous Mysteries of the Rosary.

TO BE AN "ACTIVE" CATHOLIC STEWARD MEANS:

- To Pray: that is, attend Mass faithfully in the parish on weekends and Holy Days.
• To Participate: that is, to use one's time and talents to strengthen the parish community and advance the Gospel.
• To Sacrificially Give: that is, pledge and remain current on a tithe of financial first fruits to support the life and ministries of the parish. The goal is 8% to the parish and 2% to other worthy charities.

MEN'S CONFERENCE "HEART OF A HERO"

The Men of Signum Crucis is hosting a Men's Conference titled "Heart of a Hero" on April 19 & 20 at the Cathedral of St. Joseph. Presenters include Lamar Hunt Jr., Fr. Bill Peckman, Adam Wright, Dr. Andrew Swafford and Brian Miller. The Friday evening session is from 5:30 to 8:30 pm and the Saturday session is from 8:30 am to 3:30 pm. The cost is \$30 for either day, \$40 for both days, \$20 for students, and no charge for priests and seminarians. For more information visit www.menofsignumcrucis.com/mens-conference.

2024-2025 SCHOLARSHIP

The estate of Ethel Bruning and Family has established a scholarship to be used toward Helias Catholic High School tuition for students of St. Peter Parish. Students entering any grade at Helias are able to apply and receive a scholarship, if approved. The scholarship amounts range from full tuition to half of tuition.

Application forms are in the St. Peter Parish Office and can be picked up Monday - Friday, 9:00am - 5:00pm. You can also get an application emailed by calling the Parish Office or emailing parish@saintpeterjc.org.

Advertisement for XLT Adoration Nights 2024, listing dates (January 11th, February 8th, March 14th, April 11th, May 9th) and location (Cathedral of St. Joseph) from 7-8 P.M.

Advertisement for College Scholarships Available, featuring a QR code and website diojeffcity.org/scholarships, with a deadline of March 28, 2024.

**DO YOU WANT TO FAST THIS LENT?**

- In the words of Pope Francis  
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 your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciles.
- Fast from words and be silent so you can listen.



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**Hora Santa**  
PRIMER VIERNES DE CADA MES  
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216 Broadway St.  
Jefferson City, MO 65101  
Para más información llamar al 573-680-3650

**Recemos Juntos el Santo Rosario**  
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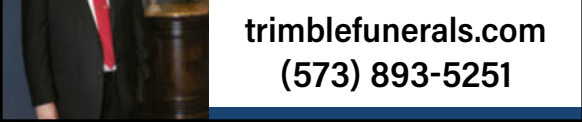
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