OUR LADY OF PERPETUAL HELP CHURCH

PARISH OFFICE HOURS

Monday – Friday: 8:30 a.m. - 1:00 p.m.
Saturday: 8:30 a.m. - 2:00 p.m.
Sunday: 8:30 a.m. - 2:00 p.m.

MASS SCHEDULE

WEEKEND

SATURDAY: **English** 8:15 A.M., 5:00 P.M
Spanish 7:00 P.M.

SUNDAY: **English** 6:30 am, 8:00 am, 9:30 am, 11:30 am, 5:00 pm
Spanish 1:30 pm, 7:00 pm

WEEKDAY

Morning Prayer: 7:55 a.m. (Monday - Friday)
Morning Mass: Monday - Saturday 8:15 a.m.
Mass in Spanish: Monday - Friday 7:00 p.m.

BLESSED SACRAMENT EXPOSITION:

1st Friday of the month
8:30 am - 12 midnight
Monday - Friday
6:00 pm - 7:00 pm

CONFESSIONS:

1st Friday of the month
7:30 pm- 12 midnight
Mondays and Fridays
6:00 pm - 7:00pm
Saturday
3:45pm - 4:45pm

SACRAMENT OF THE SICK:

Please call the parish office.

ORACIÓN DE INTERCESIÓN:

¿Necesitas Oración?
Llamen Beatriz Mendoza (562) 879-2372

10727 So. Downey Ave., Downey, CA. 90241 ■ www.olphdowney.com ■ Phone: (562) 923-3246 ■ Fax: (562) 862-7020 ■ Email: office@olphdowney.com

CLERGY

Pastor:
Monsignor Lorenzo Miranda

Associate Pastor:
Rev. Ambrose Udoji

Permanent Deacons:
Victor Ceja
Carlos Origel

STAFF

Secretary:
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ext. 201 pinzunza@olphdowney.com

Bulletin Editors:
Stephanie Montes
ext. 221 Bulletin@olphdowney.com

Liturgy Coordinator:
Theresa Nicholas
ext. 211 tnicholas@olphdowney.com

Director of Music:
Amy Brent - ext. 211

RELIGIOUS EDUCATION

(562) 862-7268
Monday-Thursday 12:00p.m.- 8:30p.m.

OLPH SCHOOL

10441 Downey Ave., Downey
562-869-9969
Monday - Thursday 8:00 a.m. - 3:00p.m.
Friday 8:00 a.m. - 1:00 p.m.

Lord, you are good and forgiving
Psalm 86

Tú, Señor, eres bueno y clemente
Salmo 86

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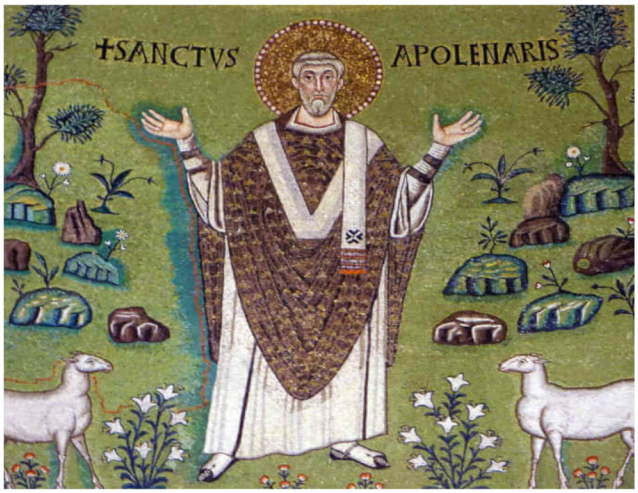
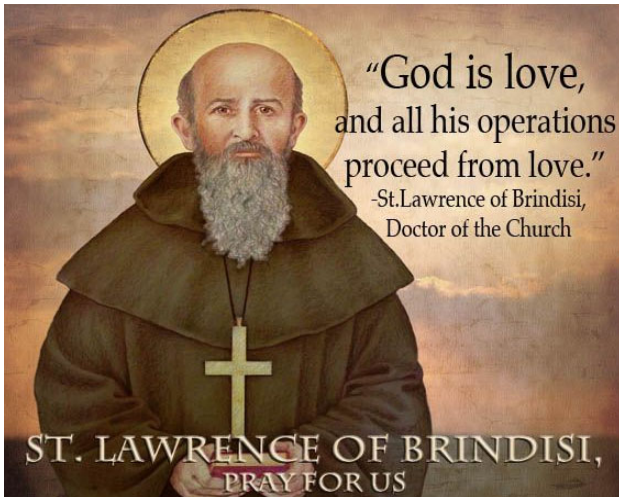
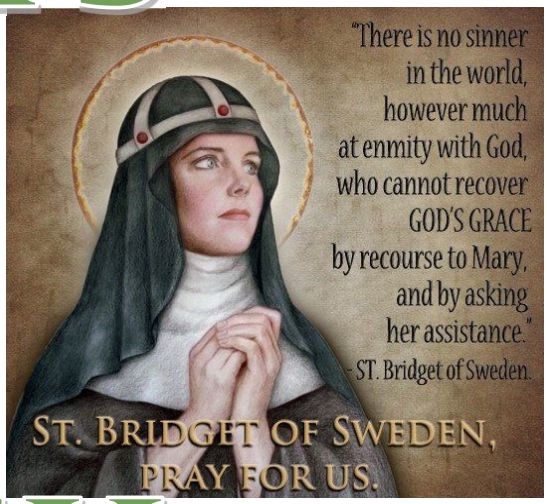
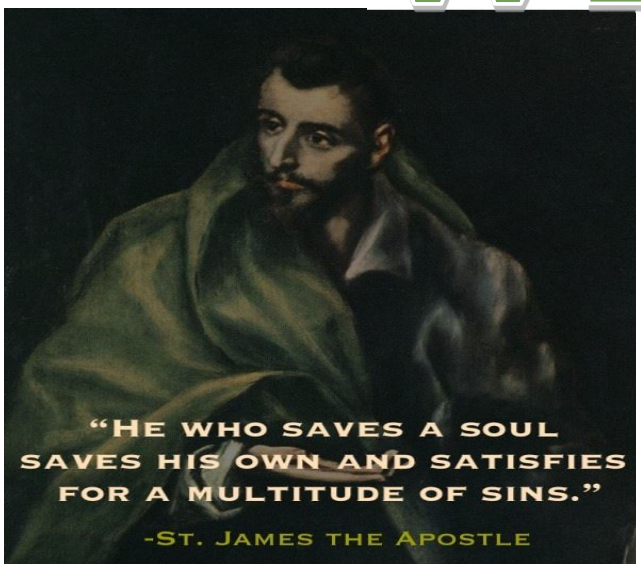




SAINTS of the WEEK





PRAYER Request

For those who have gone before us…

- Susan Sabate
- Luis Pinal
- Antonio Bolivar
- Alejandra Ochoa Gomez
- Cristobal Aguirre
- Johnny Huling
- Jesse Montes
- Gilbert Thornton
- Daniel M. Duran
- Peter Kline

For those suffering illness, and those in need of our prayers…

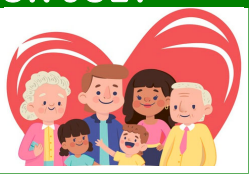
- Mark Mohmohler
- Mireya Hidalgo
- Reyna Robles
- Yolanda Hernandez

Mark Mohler
Juan Carlos Maisch

PAPAL INTENTION FOR JULY

Our Families

We pray that today's families may be accompanied with love, respect and guidance.



PROMISE TO PROTECT PLEDGE TO HEAL

Practice safe social distancing this summer

As our churches, parks, and stores reopen to the public, it's still important that we maintain good hygiene and practice safe social distancing. As Archbishop Gomez has said, "the coronavirus is still out there, it is still contagious, and it is still dangerous." As a family, work together to limit the spread of the coronavirus by washing your hands vigorously for at least 20 seconds, wearing masks when out in public (unless your children are too young), and staying home if you feel sick. For more information on social distancing practices, visit https://angelusnews.com/local/la-catholics/catholic-churches-in-archdiocese-of-la-to-reopen-under-phased-plan/.

Come Pray the Rosary with Us!

The following is the invitation

Username: 9806942787
Password: 887546

Hours: English 6:00pm

The rosary moderators ask that you dial into the meeting 5 minutes before start time so they can begin the prayer on time.
We hope you will join us in prayer.
Questions contact the rectory
(562) 923-3246

We are "United in Prayer."

Monday	Women's Guild	Margie Delgado
Tuesday	Filipino ministry	Sharon Aragon
Wednesday	Religious Education	Maria Baltazar
Thursday	Filipino Ministry	Cherry Edanaco
Friday	Filipino Ministry	Carol Bautista
Saturday	Religious Education	Theresa Nicholas
Sunday	Diaconate Formation	John & Irma Saavedra

O.L.P.H. School News

OUR LADY OF PERPETUAL HELP SCHOOL

OPEN ENROLLMENT TK - 8TH GRADES

Downey's ONLY Catholic Dual Language School!

O.L.P.H. School Office (562) 869-9969
10441 Downey Ave. , Downey

Monday - Thursday 8:00 a.m. - 3:00 p.m.
Friday 8:00 a.m. - 1:00 p.m.

OFFICE (562) 862-7268
Monday - Thursday 12:00 p.m. - 8:30 p.m.
For questions email: olph.reled@yahoo.com
mrogers@olphdowney.com

Letters from Heaven

Start with the letter in the shaded square. Draw a path from letter to letter to complete the Biblical statement. Move one square at a time, up, down, right, left and diagonally until all letters are used once. Ignore any black squares.

Jesus said, "Do to others as you would ...

H	M	D	O
E	T	T	O
H	■	E	Y
A	V	O	U

H___ ____ __ __ ___."

Answer: have them do to you

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ST. MARY MAGDALENE

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MILITARY PRAYER LIST

Please pray for our men and women serving our country.
To include a family member's name please email, Bulletin@olphdowney.com
Please include family member name and where they are stationed.

Kevin Amador
USS Carney DDG64, Spain
Jesse Chavez
Camp Pendleton, Oceanside
Jorge Paz
Naval base, San Diego, CA
Michael Alexander Vega
US Army, Germany
Daniel Villanueva
US Army, Ft. Drum, New York
Brett Baldwin
Air Force, Colorado
Shane Hale
US Navy, Norfolk, Virginia
Andrew Goodman
US Marines, Okinawa, Japan
Jadin Sanchez
Lackland Air Force, Texas
Kadin Sanchez
Lackland Air Force, Texas
Col. Tomas Dorame
US Army, Washington D.C.
Jorge Luiz Olmos
US Army, North Carolina
Timothy Arthur Untalan
US Marine, Twenty-Nine Palms
Jennaline Reyer
US Army, Irwin Base, Ca
Javier Ovando
US Marine Corp, Japan
Jose Alfredo Jimenez
US Army, Oklahoma
Fernando Jantes
US Marine Corp, San Diego
C.J. Herrera
US Army, N. Carolina, Qataar
Elizabeth Morales
US Navy, Virginia Beach
Rodrigo Miranda
US Navy, Vanderberg
Jesus Aven Nieves
US Navy, North Carolina
Frederick McDonald
US Navy, Coronado
Jake Spieckerman
US Marine, San Diego, CA
Joseph Scott
US Marine, Camp Pendleton
Lisa Scott
US Army National Guard, Los Alamitos
Javier Garcia
US Marines, San Diego, CA
Brian Eric Brooks
US Army, Santa Monica, CA
Adrian Ariesteo Sandoval
US Air Force, Mississippi
Joseph Perez
US Marines, San Diego
Jason Martin
US Army, N. Carolina (Syria)
Heydt Quinn
US Army, Oahu Hawaii
Mikel Sambrano
US Navy, Coronado Island
Justin Aragon
US Army, JBLM Tacoma, WA
Jasper Aragon
US Army, Fort Bliss, El Paso
Allen Florence
US Navy Reserve, Coronado Isle
James Granger
US Army, Mare Island, San Diego
Eulalio Unzueta
US Army, Camp Zama, Japan
Javier Angulo
Air Force, Barksdale, Louisiana
Craig M. Steele
US Navy, Biloxi, Mississippi
Vince Mendez
US Air Force, Beals, CA
Robert C. Cadena
US Navy, San Diego, CA
LCPL Alfonso C. Rodriguez
USMC Camp Pendleton, Oceanside, CA
CPL Joey Starr
USMC Camp Pendleton, Oceanside, CA
LCPL Isaiah San Nicholas
USMC Camp Pendleton, Oceanside, CA
LCPL Gilbert Sosa
USMC Camp Pendleton, Oceanside, CA
PFC Josh Sanchez
USMC Camp Pendleton, Oceanside, CA
CPL Logan Sutte
USMC Camp Pendleton, Oceanside, CA
LCPL Jose Rodriguez
USMC Camp Pendleton, Oceanside, CA
CPL Trevor Thiel
USMC Camp Pendleton, Oceanside, CA
LCPL Jacob McCarty
USMC Camp Pendleton, Oceanside, CA
Andrew Moreno
US Army, Fort Jackson, SC
Joseph Curbelo
US Army National Guard, Ft. Gordon, GA
Rick Moody
US Marine, Quantico, VA
Peter Roldan
Air Force, Fairbanks, AL
PFC Jonathan Frank Medrano
USMC Camp Le Jeune, NC
Camille Islas
US Navy, Japan
Hector Escobar
US Army, Ft. Hood, TX
PFC Kristopher Montes
US Army, Ft Bliss, El Paso, TX
Danniel Sapien
US Army, Kuwait
Angela Nicolle Camacho
US Navy, Great Lakes, Illinois
Eileen Bolaños
US Navy
Mauricio Magdaleno
US Army, Ft. Benning, Georgia
Mario Magdaleno
US Army, Ft. Benning, Georgia
Cesar Andrez Rivero Velasco
US Army, Ft. Honolulu, Hawaii
Gabriel Lozano-Hernandez
US Marines, Camp Pendelton Oceanside, CA

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families. We ask this in the name of thy Son, Jesus Christ, our Lord and Savior. Amen

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A God who judges with leniency and clemency, a Spirit groaning because we know not how to pray, a patient master waiting to separate wheat and weeds, a tiny seed growing into a great bush, and the miracle of yeast and flour! All of these images found in our readings today speak of the unexpected, the countercultural, and of the compassion and intimacy of our relationship with God. Many times we are afraid to come to God in prayer, or we may turn away from our God because of our weakness and sinfulness. We are not presented with a vengeful God who is waiting to smite us, but a God of infinite love and wisdom and patience who will show us the way. What an amazing gift this is!

WE NEED TO GROW

We live in an instant world of microwaves and drive-throughs and a disposable society in which things quickly become obsolete, so today's message is very strange. In all the readings today, and especially in the Gospel, we see transformation, but it is not something that happens overnight, nor does it take place without effort. We are met with parables of a patient and loving God who can see a positive outcome at the end and is willing to wait and nourish us and help us all get there. The sower's seeds require a growth period and some careful sorting. To make the bread, one must knead it and wait patiently. In planting a mustard seed, something so tiny yields great results, but not until after completing a period of dormancy and waiting.

WHAT IS OUR LEAVEN?

In our own growth, something usually spurs us on and calls us to change. For a young couple who find out they are expecting, this may be the impetus to "grow up" and straighten out their spending habits. For another, perhaps a heart attack or prolonged illness calls one to wake up and gives one a second chance at life. Losing a job or a spouse or surviving a car accident may mean it is time for a "do-over." Isn't it amazing to realize that we are blessed with a tender, loving God who will walk through all these changes in our lives, who is cajoling us into a better self? Here is a God who doesn't pull the plug because of our sins, but is willing to wait and sort and "gather the wheat." Let us be grateful for this gift of loving mercy. Recall the simple prayer found in Psalm 86:15–16: "You, O Lord, are a God merciful and gracious, / slow to anger, abounding in kindness and fidelity. / Turn toward me, and have pity on me; / give your strength to your servant." Copyright © J. S. Paluch Co., Inc.

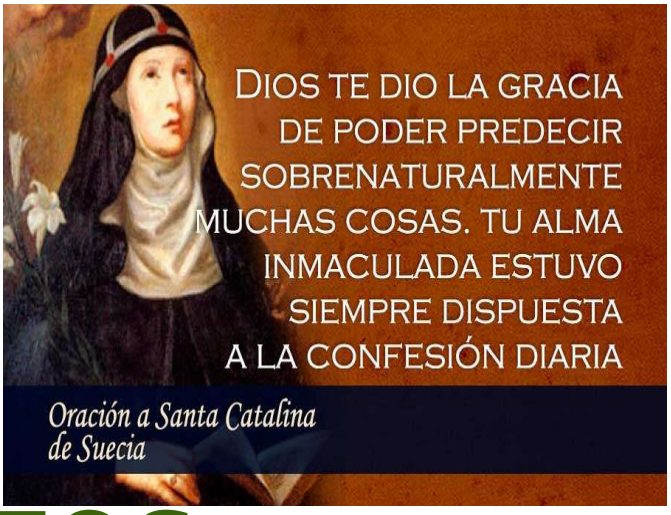
Un Dios que juzga con clemencia y clemencia, un Espíritu gimiendo porque no sabemos cómo orar, un maestro paciente esperando separar trigo y hierbas, una pequeña semilla que crece en un gran arbusto, y el milagro de la levadura y la harina! Todas estas imágenes que se encuentran en nuestras lecturas de hoy hablan de lo inesperado, lo contracultural y de la compasión e intimidad de nuestra relación con Dios. Muchas veces tenemos miedo de venir a Dios en oración, o podemos apartarnos de nuestro Dios debido a nuestra debilidad y pecado. No se nos presenta un Dios vengativo que está esperando para herirnos, sino un Dios de amor infinito, sabiduría y paciencia que nos mostrará el camino. ¡Qué regalo tan increíble es este!

NECESITAMOS CRECER

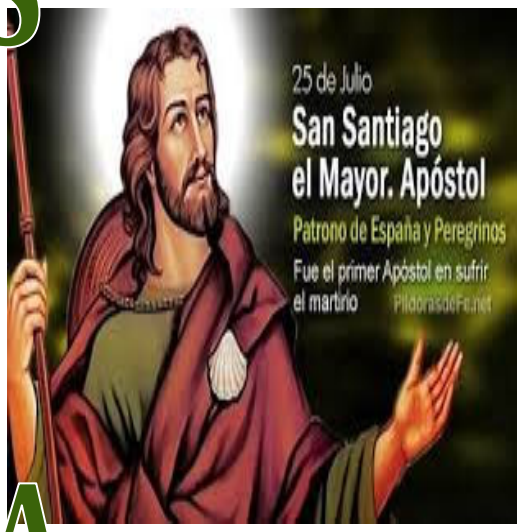
Vivimos en un mundo instantáneo de microondas, comida rápida entregada en ventanillas y en una sociedad desechable en la que las cosas se vuelven obsoletas tan rápido, por lo que el mensaje de hoy es muy extraño. En todas las lecturas de hoy y especialmente la del Evangelio, vemos la transformación, pero no es algo que ocurra de la noche a la mañana, ni tampoco pasa sin esfuerzo. Nos encontramos con parábolas de un Dios paciente y amoroso que puede ver un resultado positivo al final y está dispuesto a esperar, a alimentarnos y ayudarnos a todos a llegar allí. Las semillas del sembrador necesitan de un tiempo para crecer y de cuidados. Para preparar el pan, se debe amasar la masa y esperar pacientemente. Al plantar una semilla de mostaza, algo tan pequeño que produce grandiosos resultados, pero solo hasta que cumpla un periodo de inactividad y espera.

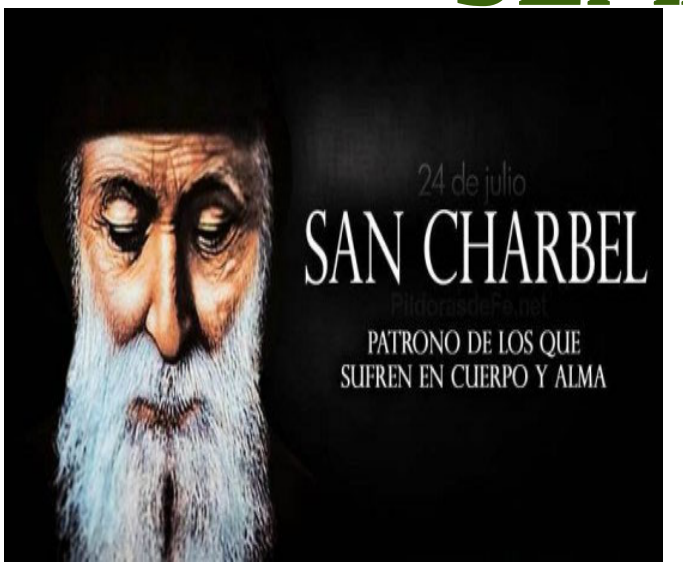
¿CUÁL ES NUESTRA LEVADURA?

En nuestro propio crecimiento, por lo general algo nos estimula y nos llama a cambiar. Para una pareja joven que descubre que están esperando un bebé, esto puede ser el impulso para "crecer" y fortalecer sus hábitos de gastos. Para otros, un ataque al corazón o una enfermedad terminal y prolongada puede llamar a un despertar y dar una segunda oportunidad en la vida. Perder un trabajo, una esposa o sobrevivir a un accidente automovilístico puede significar que es la hora de "volver a empezar". ¿No es asombroso darse cuenta de que estamos bendecidos con un Dios cariñoso y amoroso que pasará por todos estos cambios en nuestras vidas, que nos está engatusando para que seamos mejores? Aquí hay un Dios que no se desconecta a causa de nuestros pecados, sino que está dispuesto a esperar, clasificar y "reunir el trigo". Seamos agradecidos por este regalo de amor misericordioso. Recordemos la sencilla oración que está en el salmo 86:15-16 "Mas tú, Señor, eres un Dios compasivo y lleno de piedad, / lento para la ira y abundante en misericordia y fidelidad. / Vuélvete hacia mí, y tenme piedad; / da tu poder a tu siervo, / y salva al hijo de tu sierva." Copyright © J. S. Paluch Co., Inc.



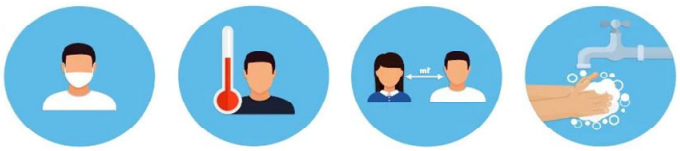
SANTOS DE LA SEMANA





DIRECTORIO DEL MINISTERIO HISPANO - VER LA PAGINA 8

Cuando vengan a la iglesia deben:



- **Usar una cubierta de tela para la cara**
- **Quédese en casa si esta enfermo**
- **Mantenga una distancia de 6 pies cuando sea posible**
- **Desinfectar sus manos antes de entrar**

También:

- **Sigan las instrucciones para sentarse**
- **Usted recibirá el Cuerpo de Cristo solamente**
- **Por favor, lleve todas sus pertenencias al salir de la iglesia**

Gracias por su cooperación.

INTENCION DEL PAPA PARA JULIO

Nuestras familias

Oramos para que las familias de hoy estén acompañadas de amor, respeto y guía.

Practique el distanciamiento social de una manera segura este verano

En la medida en que nuestras iglesias, parques y tiendas reabran al público, sigue siendo importante que mantengamos una buena higiene y prácticas de distanciamiento social seguras. Como ha dicho el Arzobispo Gómez, "el coronavirus sigue estando ahí, sigue siendo contagioso, y todavía es peligroso". Trabajen juntos como familia para limitar la propagación del coronavirus, lavándose las manos vigorosamente por al menos 20 segundos, usando mascarilla cuando salga en público (a menos que sus hijos sean muy pequeños), y manteniéndose en casa si se siente enfermo/a. Para obtener más información sobre prácticas de distanciamiento social, visite https://angelusnews.com/local/la-catholics/catholic-churches-in-archdiocese-of-la-to-reopen-under-phased-plan/.

Rosario Diario de OLPH

La invitación por zoom:
http://us04web.zoom.us/i/8358551083
La claves: 4w4X0q
Horario: 6:00 pm español

Los moderadores del rosario le piden que marque a la reunión **5 minutos antes** de la hora de inicio para que puedan comenzar la oración a tiempo.

Preguntas llamen a la Rectoría (562)923-3246

Lunes	Grupo de Oración	Lily Haro
Martes	Grupo de la Biblia	Violeta Galdamez
Miercoles	Misa del Domingo	Saraluz Raez
Jueves	Diaconos	Diáconoes
viernes	Encuentro Matrimonial	Luis & Gabi Cardenas
Sabado	Ministerio de Duelo	Vicky Haro
Domingo	Apostolado de la Cruz	Flores

Masses Intentions

Saturday, July 18
8:15 am Pro Populo (Parishioners of OLPH)
5:00 pm † Mary Dixon
† Paul La Motte
† Antonio Abella
7:00 pm Pro Populo (Parishioners of OLPH)

Sunday, July 19
6:30 am † Ronualdo Toledo
8:00 am Pro Populo (Parishioners of OLPH)
9:30 am † Caesar & Cirila (lola) Rivero
Mary Mulrooney
11:30am † William Stanton
1:30 pm † Consuelo & Agustin Guerrero
† Mario Guerrero
† Guadalupe & Martiniano Hernandez
5:00 pm Pro Populo (Parishioners of OLPH)
7:00 pm Pro Populo (Parishioners of OLPH)

Monday, July 20
8:15 am † Mary Dixon
† Rosita Mayorga
† Dn. Charlie Denisac
Edward Arcilla
7:00 pm † Josefina Hernandez

Tuesday, July 21
8:15 am † Elva Aidee Sahagun
7:00 pm Esteban Perez

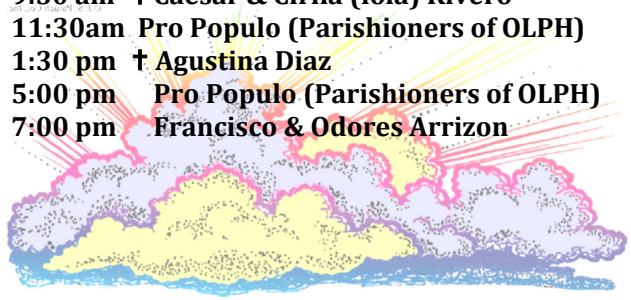
Wednesday, July 22
8:15 am Pro Populo (Parishioners of OLPH)
7:00 pm Pro Populo (Parishioners of OLPH)

Thursday, July 23
8:15 am Pro Populo (Parishioners of OLPH)
7:00 pm Pro Populo (Parishioners of OLPH)

Friday, July 24
8:15 am Pro Populo (Parishioners of OLPH)
7:00 pm Pro Populo (Parishioners of OLPH)

Saturday, July 25
8:15 am Pro Populo (Parishioners of OLPH)
5:00 pm † Maria & Santiago Inguez
† Paul La Motte
7:00 pm Msgr. Lorenzo Miranda
Vocation Sacerdotal

Sunday, July 26
6:30 am † Jonathan Bland
8:00 am Pro Populo (Parishioners of OLPH)
9:30 am † Caesar & Cirila (lola) Rivero
11:30am Pro Populo (Parishioners of OLPH)
1:30 pm † Agustina Diaz
5:00 pm Pro Populo (Parishioners of OLPH)
7:00 pm Francisco & Odores Arrizon



DIRECTORY

STAFF

Pastor: Monsignor Lorenzo Miranda
Associate Pastor: Rev. Ambrose Udoji
Permanent Deacons: Carlos Origel & Victor Ceja

Secretary: Patricia Inzunza - ext.201 pinzunza@olphdowney.com
Bulletin Editor: Stephanie Montes - ext. 221 Bulletin@olphdowney.com
Liturgy Coordinator: Theresa Nicholas - ext. 211 tnicholas@olphdowney.com
Director of Music: Amy Brent - ext. 211
Pastoral Council: Chair: John Saavedra ~ Co-Chair: Vicki Carnavale
Finance Council: Chair: Ray Brown ~ Vice-Chair: Debbie Hale
Regional Vocations Director: Rev. Angel Castro - St. Helen's (562) 563-3522

RELIGIOUS EDUCATION OFFICE HOURS:

Monday - Thursday 12:00p.m. to 8:30 p.m.
(562) 862-7268

Director:	Theresa Nicholas	tnicholas@olphdowney.com
Secretary:	Mary Rogers	mrogers@olphdowney.com
Confirmation Coordinator:	Daniel Rodriguez	daniel.rodriguez@olphdowney.com
Communion Coordinator:	Maria Estevez	maria.estevez@olphdowney.com
RCIA/RCIT Contact:	562-862-7268	

OLPH SCHOOL

Monday - Thursday 8:00a.m. - 3:00 p.m.
10441 Downey Ave., Downey ~ (562) 869-9969

PARISH MINISTRIES & ORGANIZATIONS
MINISTERIOS Y ORGANISACIONES

Catholic Women's Guild:
Melodie Santana (562) 544-8188
Armida Lugo (562) 715-6142

Little Rock Bible Study
Richard Ching (562) 382-3360

Couples for Christ
Albert Mendoza (951) 264-1822
Ma Cecile Mendoza (562) 858-2326

Knights of Columbus
John Kirschner (562) 923-1932

OLPH Young Adults
Alex & Jackie Yepez (562) 964-7317

CORO: 1:30 pm y 7:00 pm
Efrain Andrade (562) 305-1927
(Ensayos de los Coros *jueves 7:00 pm*)

GRUPO DE ORACIÓN
Lily Haro (562) 822-6483
Adriana Santoyo (562) 299-4400
Deacon Rogelio Pardo (213) 792-4498

MINISTERIO DE CONSOLACION (*DUELO*)
Lourdes Ceja (562) 450-8125

MINISTERIO BIBLICO
Violeta Galdamez (562) 334-7787
Martha Michel (805) 888-7141

Sunday Scriptures Study
Gino Bosdachin (562) 688-3836

Respect Life Committee
Linda Malme (562) 869-6491

Ministry of Consolation (Bereavement)
Silvia Gardner (562) 882-4906

Holy Hour Vigil
1st Friday Vigil 4:30-6:00pm
Nerita Agustion (213) 550-7162

Filipino Community
Carol Bautista (562) 413-7173

Legion of Mary
Rosemary (562) 773-4187

St. Vincent de Paul
Peter Silva (310) 462-6672

APOSTOLADO DE LA CRUZ
Emma Romo (562) 382-3188

ENCUENTRO MATRIMONIAL
Luis y Gaby Cardenas (562) 418-1969
Email:Gbuenabad73@gmail.com

DIVORCIADOS Y SEPARADOS
Maria Paredes (562) 397-6444

ROSARIO
Irma Martuccio (562) 806-9823

SACRAMENTS & MORE

Baptism: Pre-baptismal Preparation Classes required for parents and godparents prior to scheduling Baptism. It is highly recommended parents and godparents attend classes **BEFORE** the child is born.

Marriage: Call the parish office at least six (6) months (strongly recommend one (1) year) in advance to make arrangements.

Anointing of the Sick: Please call the parish office. To schedule a visit by a priest, we highly recommend that you call early in the illness.

Quinceañeras: Call the parish office at least six (6) months in advance to make arrangements. The young lady must have received the Sacraments of Baptism and First Eucharist. It is highly recommended that the young lady be enrolled in Confirmation.

www.olphdowney.com
office@olphdowney.com

When coming to church you must:

- **Wear a mask**
- **If you are feeling ill stay home**
- **Follow 6 feet social distance**
- **Sanitize your hands**

Also you must:

- **Follow directions for seating**
- **Only receive the Body of Christ**
- **Please take all belongings when leaving the church**

Thank you for your cooperation.

"Pastor Al, seeing you out on your own, I'm sure glad that most of the time you have a dress code."

Prayer to the Rosa Mystica

Rosa Mystica, Immaculate Virgin, Mother of Grace, in honor of the Divine Son, we prostrate ourselves at thy feet to implore God's mercy, We beg for help and grace, not relying on any merit of ours, but on the kindness of thy motherly heart, and confident that thou will grant our urgent requests.

Hail Mary…

Rose Mystica, Mother of Jesus, Queen of the Holy Rosary and the Mother of the Church, of the Mystical Body of Christ, we implore the gifts of unity and peace for the anxious world, and those graces so able to convert the souls of thy erring children.

Hail Mary…

Rosa Mystica, Queen of the Apostles, pray that many men and women may bear Christ's call to priestly and religious vocations, and help them spread the Kingdom of Jesus Christ throughout the world by the holiness of their lives and their burning real for the salvation of souls. Pour out thy Heavenly grace upon us!

Hail Mary...