OUR LADY OF PERPETUAL HELP CHURCH

10727 SO. DOWNEY AVE., DOWNEY, CA 90241

MASS SCHEDULE

MONDAY - FRIDAY: ***English*** 8:15 a.m. ***Spanish*** 7:00 p.m. *Morning Prayer: 7:45 a.m. (Monday - Friday)*
SATURDAY: ***English*** 8:15 a.m., 5:00p.m. ***Spanish*** 7:00p.m.
SUNDAY: ***English*** 6:30a.m., 8:00a.m., 9:30a.m., 11:30a.m., 5:00p.m. ***Spanish*** 1:30 p.m., 7:00 p.m.

BLESSED SACRAMENT EXPOSITION

1st Friday of the Month: 9:00a.m. - 10:00p.m.
Monday - Friday: 6:00p.m. - 7:00p.m.

CONFESSION

Monday's and Friday's: 6:00p.m. - 7:00p.m.
Saturday's: 3:45p.m. - 4:45p.m.

CLERGY

Pastor:
Monsignor Lorenzo Miranda

Associate Pastor:
Rev. Danny Garcia

Permanent Deacon:
Carlos Origel

STAFF

Secretary:
Patricia Inzunza — ext. 201
pinzunza@olphdowney.com

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

Director of Music:
Amy Brent — ext. 211

Bulletin Editor:
Stephanie Montes — ext. 221
Bulletin@olphdowney.com

PARISH OFFICE HOURS

Monday –Friday:
9:00 a.m. - 7:00 p.m.

Saturday & Sunday:
9:00 a.m. - 2:00 p.m.

CONTACT US

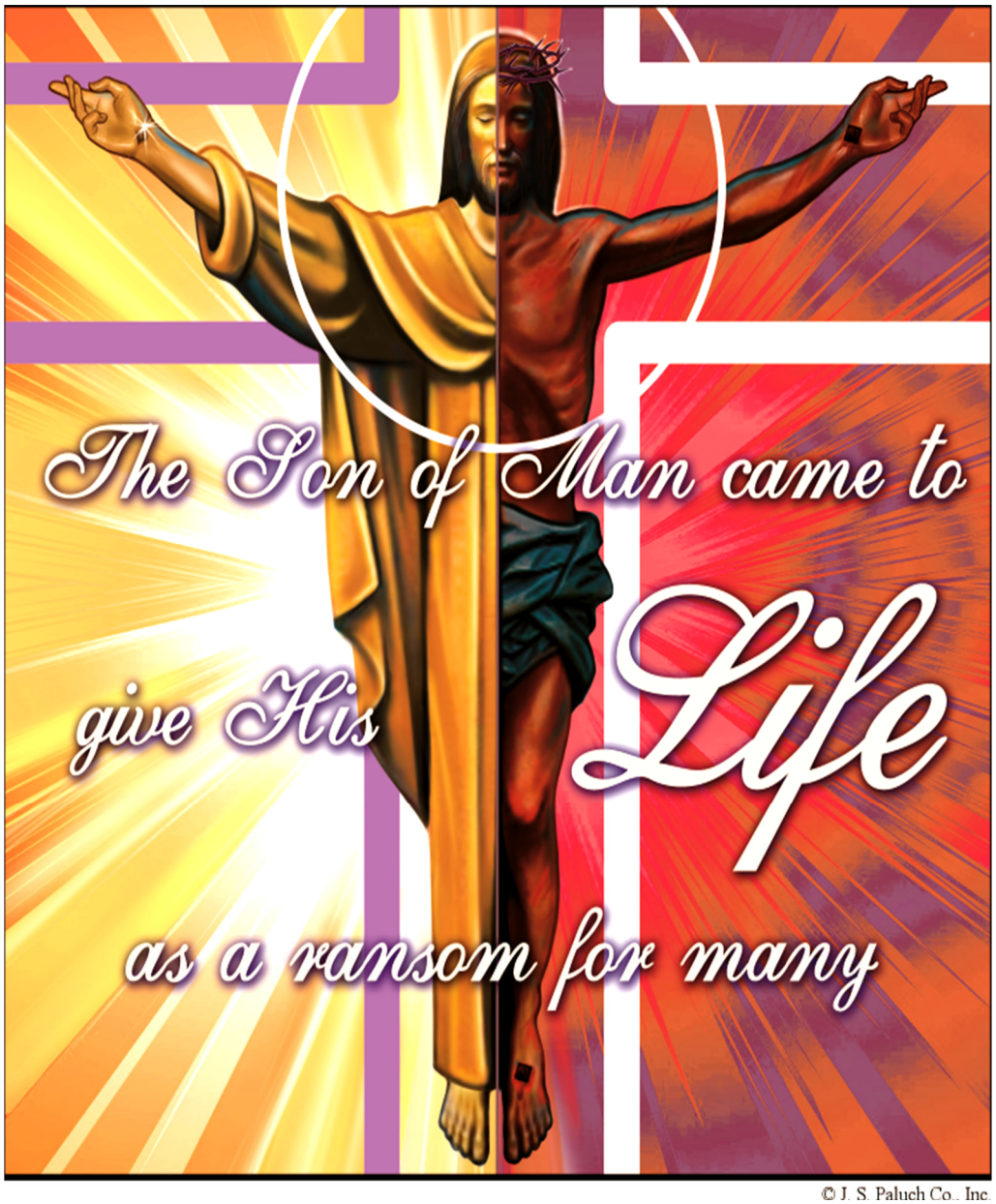
Email: office@olphdowney.com
Fax #: (562) 862-7020
Phone #: (562) 923-3246
Instagram: @olphdowney
Webpage:
www.olphdowney.com

RELIGIOUS EDUCATION

(562) 862-7268
Monday - Thursday
9:00 a.m. - 5:00 p.m.
(Temporary due to Covid)

OLPH SCHOOL

10441 Downey Ave., Downey
(562) 869-9969
Monday - Thursday:
7:30 a.m. - 3:45p.m.
Friday:
7:30 a.m. - 1:15 p.m.



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"Lord, let your mercy be on us, as we place our trust in you" - Psalm 33

"Muéstrate bondadoso con nosotros, Señor" - Salmo 33

TWENTY - NINTH SUNDAY IN ORDINARY TIME

OCTOBER 17, 2021

PRAYER REQUEST

For those suffering ill-ness, and those in need of our prayers…

- Reynaldo Diaz
- Laura Rodriguez
- Natalia Gonzalez Alvarez
- Maria Maceda
- Grace Romero
- Braulio Diaz
- Enriqueta Corral
- Kathy Duran
- Armida Sandoval
- Betsy Sanpiero
- Odin Hart Godry
- Tupe Valencia
- Salvador Marquez Sr.
- Salvador Marquez Jr.
- Michael Puig
- Cindy Rouino
- Sheri Gibbs
- Ignacio Pacheco
- Esperanza Granados Peña
- David Jose Funes Granados
- Aaron Cesar Alvarado
- Andrew Anthony Fausto
- Cesar Ivan Fausto
- Martha Fausto-Hernandez
- Jose Alfredo Fausto
- Martha Patricia Garcia
- Salvador Garcia
- Andrea Cecil Fausto
- Maya Fausto
- Cesar Juaquin Alvarado
- Martha Consuelo Fausto
- Fernando Fausto
- Elizabeth Alvarado
- Juaquin Alvarado
- Fabian Fausto
- Leticia Velasquez
- Elle Burgueno Chico
- Jerry Tsai
- Marion Mongan
- Maria Del Pilar Lazcano

For those who have gone before us…

- Officer Anthony Bautista
- Cristobal Aguirre
- Johnny Huling
- Gilbert Thornton
- Jesse Montes
- Jose Luis Sanchez
- Teresa Sanchez
- Michael Garcia
- Edda Muñoz
- Samuel Santos
- Jasmin Castillo
- Benjamin Lopez
- Joseph Lozano
- Rosa Delia Camacho
- Jesus Vazquez
- Oscar Ernesto Martinez

MILITARY PRAYER LIST

Let us pray for our men and women serving our country.
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

To include a member's name 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, CA
C.J. Herrera US Army, N. Carolina, Qattara
Elizabeth Morales US Navy, Virginia Beach

Rodrigo Miranda US Navy, Vandenberg
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, TX
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
LCPL Gabriel Lozano-Hernandez US Marines, Camp Pendleton Oceanside, CA
Edgar Garabito US Army, Ft. Benning, Cusseta , Georgia
Savanna Espinoza US Army, So. Carolina
Mario Fernado Aguirre US Army, Hawaii

Masses Intentions

Saturday, October 16
8:15 am — Pro Populo (Parishioners of OLPH)
5:00pm — † Dr. Antonio & Dr. Jesusa Romero
† Paul La Motte
7:00pm — John Saavedra
† Francisco Carabez
† Teresita Miranda
† Lusito Miranda
† Estelita Miranda
† Alfonsito Miranda

Sunday, October 17
6:30 am — † J. Salvador Hernandez
8:00 am — Pro Populo (Parishioners of OLPH)
9:30 am — Rosie Fernandez
11:30am — † Mary Paz
1:30 pm — † Gloria Miranda
Familia Galdamez
5:00 pm — Pro Populo (Parishioners of OLPH)
7:00 pm — Pro Populo (Parishioners of OLPH)

Monday, October 18
8:15 am — † Napoleon Huezo
† Arthur Barraza
† James Pelayo
7:00 pm — † Benjamin Lopez
Familia Jose & Amelia Ramirez

Tuesday, October 19
8:15 am — Benjamin Galdamez
7:00pm — † Estela Morales
Yolanda Hernandez
† Benjamin Lopez

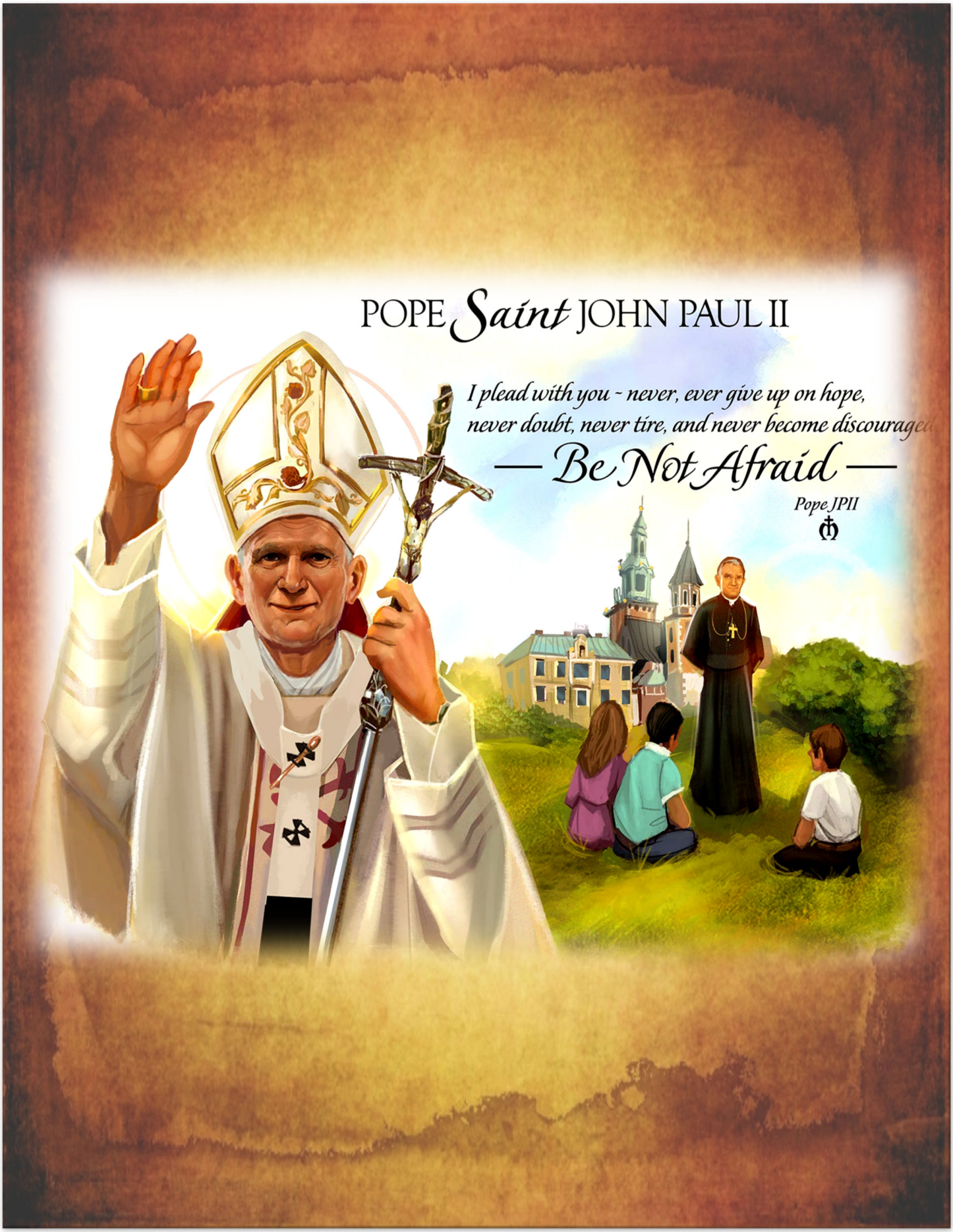
Wednesday, October 20
8:30 am — Rosie Fernandez
Rosie Fernandez
† Rosita Mayorga
† Fidel Ruiz Ramirez
7:00pm — † Manolo Ramos
† Benjamin Lopez
† Florencia Navarro

Thursday, October 21
8:15 am — Pro Populo (Parishioners of OLPH)
7:00pm — † Benjamin Lopez

Friday, October 22
8:15 am — Jesus Becerra
7:00pm — † Benjamin Lopez

Saturday, October 23
8:15 am — Pro Populo (Parishioners of OLPH)
5:00pm — † Dr. Antonio & Dr. Jesusa Romero
† Paul La Motte
Dr. Keh-Chitsai
7:00pm — † Estela Martinez
† Benjamin Lopez
† Alfonso Vera
† Patricia Miranda

Sunday, October 24
6:30 am — † Florencia Gloria Hernandez
J. Salvador Hernandez
8:00 am — Pro Populo (Parishioners of OLPH)
9:30 am — Pro Populo (Parishioners of OLPH)
11:30am — Pro Populo (Parishioners of OLPH)
1:30 pm — † David Pan
† Hermanos Contreras Marquez
† Miguel Angel Garcia
Margarita Guerrero
5:00 pm — † Raymond Rojas
7:00 pm — † Benjamin Lopez


POPE Saint JOHN PAUL II
I plead with you ~ never, ever give up on hope,
never doubt, never tire, and never become discouraged
— Be Not Afraid —
Pope JPII

Zoom Morning Prayer
7:45am
Monday— Friday

Username: 9806942787
Password: 887546

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.

ALL SOULS DAY
Tuesday, November 2
MASS OF REMEMBRANCE

We will remember all our dearly departed in a special Mass of Remembrance. Service will be bilingual

BOOK OF REMEMBRANCE

A Book of Remembrance is being made to include the names of our family members and friends who have died. If you wish to have someone's name included in this book, please pick up an envelope after mass or at the rectory office. Please **PRINT** the names clearly on the envelope and return then by October 29 so that the names can entered in the Book. Envelopes available after mass and at the rectory office.

Escalating red flags in an adult's behavior

In most abuse cases, the victim knows the offender. Offenders go to great lengths to ensure that they are not strangers, often spending months or even years hiding in plain sight. Parents should be aware of a few red flags that range from obvious to subtle, and usually indicate a more sinister relationship at work between an offender and potential victims. Some obvious signs include telling children dirty jokes or showing them pornography. More subtle signs could be an adult who wrestles or tickles often, wants to be alone with children, gives gifts frequently, or encourages children to keep secrets. For more red flags, request a copy of the VIRTUS® article "The Rationale of Warning Signs" at lacatholics.org/did-you-know.

PAPAL INTENTIONS FOR OCTOBER

- Intention for Evangelization -
Missionary Disciples

We pray that every baptized person may be engaged in evangelization, available to the mission, by being witnesses of a life that has the flavor of the Gospel.

GENERAL MEETING

The Women's Guild of OLPH will host its next general meeting on **Wednesday, October 20th,** 10 a.m. - 1 p.m., at Knights of Columbus Hall, 11231 Rives Ave.
Guest speaker is Deacon Joseph Lumsdaine, resident Deacon at St. Dominic Savio Church in Bellflower. Joe is a longtime Downey resident and businessman and author of the book, "INDOMITABLE".
Join us as Joe discusses his book, recounting how his family endured years of separation and the legacy of how love, courage and perseverance triumphed.
The book is available for purchase on amazon.com
There will be a Q & A session following his presentation.
Lunch is included with a $15 donation and will be served after the Q & A.
RSVP is required by October 15 by contacting Linda Malme (562) 869-6491 .

Annual Blood Drive

Sunday, November, 14, 2021
From 8 AM - 2 PM
at the Knight of Columbus Hall
11231 Rives Ave. Downey, Ca
(Firestone and Rives, behind McDonald's)

Covid protocols continue to be implemented at every Blood Drive. The Red Cross is testing all blood products donations for Covid-19 antibodies. If your blood donation tests positive for antibodies, the plasma from your donation may be processed into a convalescent plasma product. You will be able to access the results of the antibody testing. Questions? Paula Mayfield (562) 923-3518

To sign up to donate, go to redcrossblood.org
Use sponsor code OLPHCC

A single car accident victim can require 100 pints of blood.
Every day, over 40,000 blood donations are needed.

Religious Education

10441 Downey Ave., Downey, Ca 90241
Office Number: (562) 862-7268
Hours of Operation: 9:00a.m. - 5:00p.m.
Monday - Thursday

Director:
Theresa Nicholas
……..…….. Ext. 211 (562) 923-3246
EMAIL ……..…… tnicholas@olphdowney.com

Secretary:
Mary Rogers
……..…….. (562) 862-7268
EMAIL ……...……..…. mrogers@olphdowney.com

SAINT OF THE WEEK

St. Luke, Evangelist
Feast Day - October 17th

Early historians said this author of the third Gospel and the Acts of the Apostles was born to a pagan family in Antioch (Turkey) and converted to Christianity. According to Paul's letters and Acts, he was a doctor and Paul's companion during his later journeys and imprisonment in Rome. Luke's New Testament writings in Greek were for gentiles, extending to them the salvation promised to Israel. He is the patron of physicians and surgeons and, because of a legend that he painted a Marian icon, of painters.

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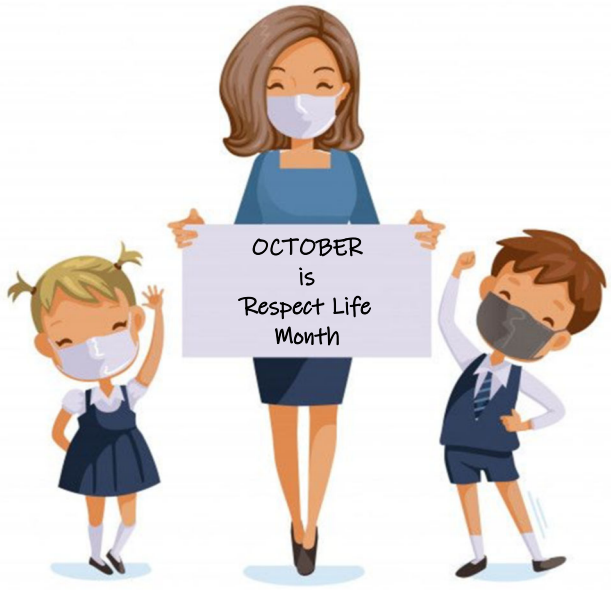
O.L.P.H. SCHOOL NEWS

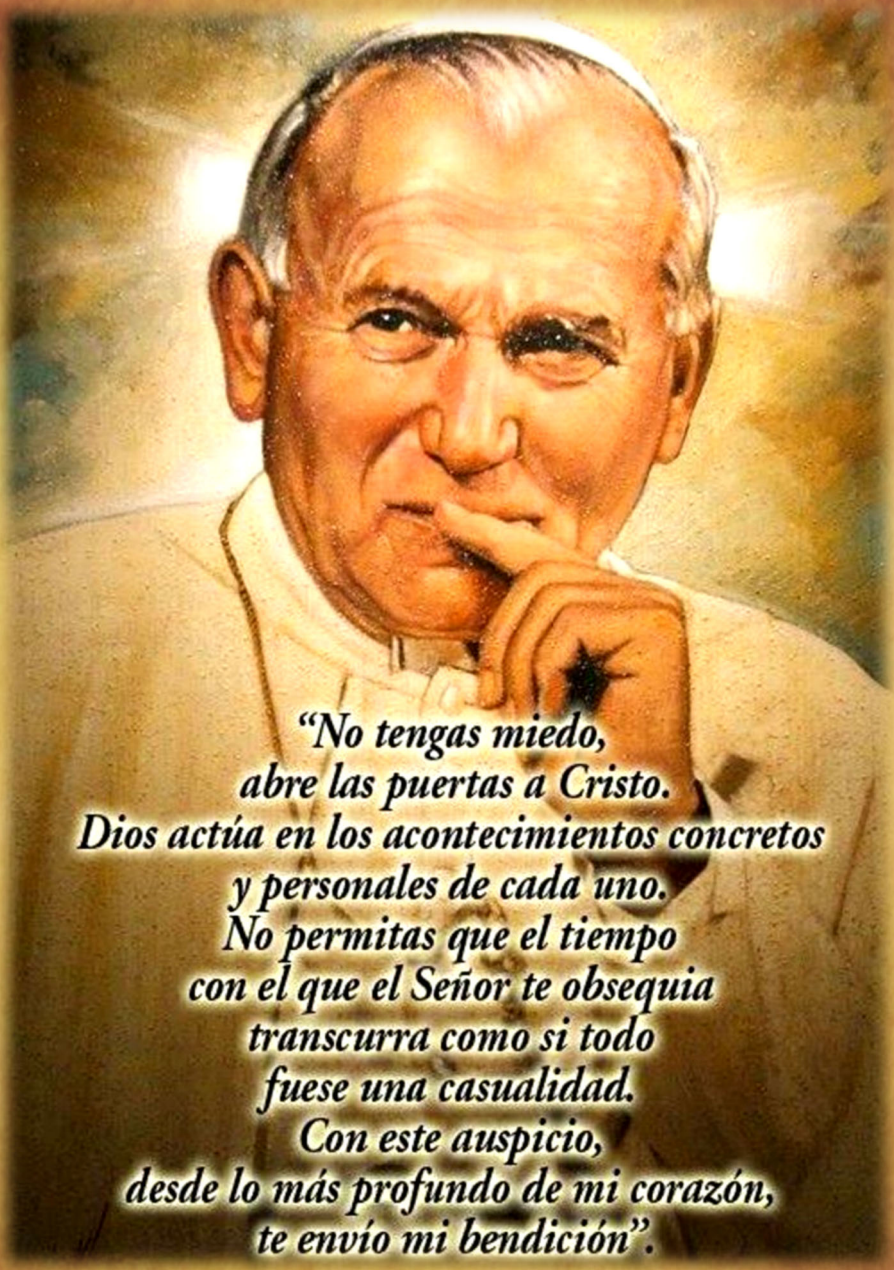
OUR LADY OF PERPETUAL HELP SCHOOL
"HOME OF THE TROJANS"

10441 S. DOWNEY AVE., DOWNEY, CA 90241
(562) 869-9969



A Prayer to St. Joseph, Defender of Life

Dearest St. Joseph,
at the word of an angel,
you lovingly took Mary into your home.
As God's humble servant, you guided
the Holy Family on the road to Bethlehem,
welcomed Jesus as your own son
in the shelter of a manger,
and fled far from your homeland
for the safety of both Mother and Child.
We praise God that as their faithful protector,
you never hesitated to sacrifice
for those entrusted to you.
May your example inspire us also
to welcome, cherish, and safeguard
God's most precious gift of life.
Help us to faithfully commit ourselves
to the service and defense of human life
—especially where it is
vulnerable or threatened.
Obtain for us the grace
to do the will of God in all things.
Amen


"No tengas miedo,
abre las puertas a Cristo.
Dios actúa en los acontecimientos concretos
y personales de cada uno.
No permitas que el tiempo
con el que el Señor te obsequia
transcurra como si todo
fuese una casualidad.
Con este auspicio,
desde lo más profundo de mi corazón,
te envío mi bendición".

MINISTERIO BÍBLICO OLPH

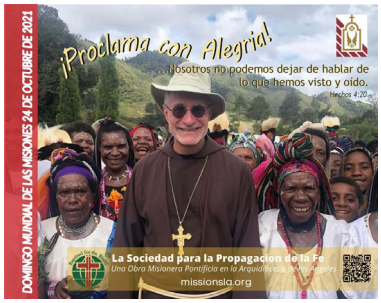
Les invita a clases de Biblia

Fecha: Todos los Miércoles
Lugar: Por Zoom
Horario: 7pm

Para más información hablar a:
Maria Baltazar *(562) 805-3543*
Aurelio Rios *(323) 215-5079*

DOMINGO MUNDIAL DE LAS MISIONES 23 Y 24 DE OCTUBRE

EL PRÓXIMO FIN DE SEMANA celebraremos el Domingo Mundial de las Misiones. El Papa Francisco invita a toda la Iglesia a apoyar a las diócesis en África, Asia, las Islas del Pacifico y partes de América Latina y Europa, donde sacerdotes, líderes religiosos y líderes laicos sirven a las comunidades más vulnerables del mundo. Por favor sigan orando por las misiones del Papa y sean generosos en la colecta de la semana entrante para la Sociedad para la Propagación de la Fe.



Manténgase atento al aumento de señales de alerta en el comportamiento de un adulto

En la mayoría de los casos de abuso, la víctima conoce al agresor. Los delincuentes hacen todo lo posible para asegurarse de que no sean considerados extraños, y a menudo pasan meses o incluso años ocultos a la vista. Los padres de familia deben estar al tanto de algunas señales de alerta que van de obvias a sutiles y, por lo general, indican una relación más siniestra de un delincuente con respecto a las víctimas potenciales. Algunas señales obvias incluyen contarles chistes sucios a los niños o mostrarles pornografía. Los signos más sutiles podrían ser un adulto que lucha o hace cosquillas a menudo, quiere estar solo con los niños, les da regalos con frecuencia o anima a los niños a guardar secretos. Para obtener información sobre más señales de alerta, solicite una copia del artículo de VIRTUS® "The Rationale of Warning Signs" (El fundamento de las señales de alerta) en lacatholics.org/did-you-know.

LIBRO DE RECUERDO
Si desea incluir los nombres de sus seres queridos difuntos en nuestro **LIBRO DEL RECUERDO,** favor de llenar uno de los sobres verde que tenemos después de misa o en la rectoría, y escribir sus nombres en **letra de molde**. Les pedimos que regresen estos sobres durante el mes de octubre, para incluirlos en el libro, el cual permanecerá en la iglesia y en nuestra pagina de web, durante todo el mes de noviembre.

COLECTA ANNUAL DE ALIMENTOS

10 de octubre asta el 14 de noviembre

De nuevo este año tendremos nuestra Colecta Anual de Alimentos para familias necesitadas durante el tiempo de Acción de Gracias. Les pedimos que traigan sus ofrendas de alimentos junto con la colecta durante la procesión del ofertorio los fines de semana: 10 de octubre hasta el 14 de noviembre. Para más detalles ver la pagina 12.

Rosario Diario de OLPH

La invitación por zoom:
ID: 8339181506
La clave: 404946
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 Roberto & Laura Cardona (562) 505-2672

INTENCION DEL PAPA PARA OCTUBRE

- Intención de Evangelización -
Discípulos Misioneros

Oramos para que cada persona bautizada pueda ser comprometida en la evangelización, a disposición de la misión, siendo testigo de una vida que tiene el sabor del Evangelio.

CHURCH DIRECTORY

Pastor
Monsignor Lorenzo Miranda

Associate Pastor:
Father Daniel Garcia

Permanent Deacon
Carlos Origel

Secretary
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EMAIL ……..…… tnicholas@olphdowney.com

Director of Music
Amy Brent
…….. Ext. 211 (562) 923-3246

Finance Council
Chair: Ray Brown
Co-Chair: Debbie Hale

Religious Education

Director:
Theresa Nicholas
…….. Ext. 211 (562) 923-3246
EMAIL ……..…… tnicholas@olphdowney.com

Secretary:
Mary Rogers
…….. (562) 862-7268
EMAIL ……..…… mrogers@olphdowney.com

Confirmation Coordinator:
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EMAIL ……..…… mrogers@olphdowney.com

Communion Coordinator:
Maria Estevez
EMAIL …….. maria.estevez@olphdowney.com

RCIA / RCIT
…….(562) 862-7268

OUR MINISTRIES & ORGANIZATIONS
MINISTERIOS Y ORGANISACIONES

Catholic Women's Guild:
JoAnn Ramirez..…… (714) 932-3449
Carrie Uva…. ……. (562) 761-0597

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

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

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

Choir:
Amy Brent …….. Ext. 211
…… (562) 923-3246

Coro: 1:30 pm y 7:00 pm
Efrain Andrade ..…… (562) 305-1927
(Ensayo los jueves a las 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)
Luis Santos ……..…. (562) 244-0656

Ministerio Biblico
Maria Baltazar …….. (562) 805-3543
Aurelio Rios ..…… (323) 215-5079

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 pm - 6:00 pm
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

Ministerio de Intercesión (Oración)
Beatriz Mendoza ……..(562) 879-2372

Downey's ONLY Catholic Dual Language School!

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

Location: 10441 Downey Ave., Downey, CA 90241
Phone: (562) 869-9969

Follow us on:
Facebook:
olphTk8 or Our Lady of Perpetual Help School
Instagram: @olphtk8
Twitter: @olphtk8

SACRAMENTS & MORE

Anointing of the Sick: Call to schedule a visit by a priest
…… (562)923-3246

Baptism: Pre Baptismal Preparation Classes required from parents and godparents before scheduling Baptism.

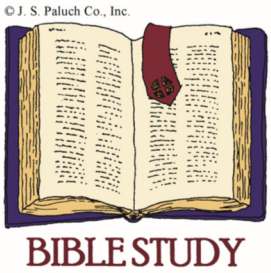
Marriage: Call Office at least 6 months (recommend 1 year) in advance to make arrangements.

Quince's: Call Office at least 6 months in advance to make arrangements. Young lady must have received the Sacraments of Baptism and First Eucharist.

WEBSITE: …… www.olphdowney.com
EMAIL: …… office@olphdowney.com

OLPH BIBLE MINISTRY

Invitation to Study The Bible in Spanish



Date: Every Wednesday
Place: Via Zoom
Time: 7pm

For more information call:
Maria Baltazar *(562) 805-3543*
Aurelio Rios *(323) 215-5079*

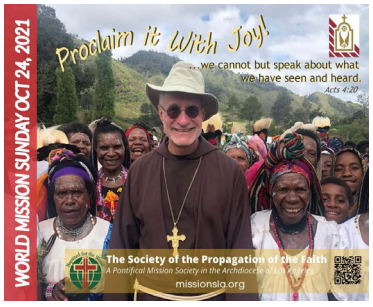
Our Annual holiday food drive has begun. We will be collecting food at all Masses until November 14th. This has been a very successful parish outreach project for the last several years and we hope that this year is no exception.

Anyone wishing to help with the collection at the various Masses, making and delivering baskets, please contact the rectory office at 562-923-3246

Cash or check donations are always welcome (checks payable to OUR LADY OF PERPETUAL HELP - write "food baskets" on memo line)

WORLD MISSION SUNDAY APPEAL
OCTOBER 23 & 24

NEXT WEEKEND we will celebrate World Mission Sunday. Pope Francis invites the entire Church to support mission dioceses in Africa, Asia, the Pacific Islands, and parts of Latin America and Europe, where priests, religious and lay leaders serve the world's most vulnerable communities. Please keep the Pope's missions in your prayers and be generous in next week's collection for the Society for the Propagation of the Faith.



FOOD ITEMS
- Rice / Arroz
- Macaroni
- Instant potatoes / Papa instante
- Tuna / Atún
- Dried beans / Frijoles
- Spaghetti / Pasta
- Spaghetti sauce / salsa de espagueti
- Soups / sopa de fideo
- Macaroni & cheese
- Canned meat / latas de carne
- Canned pasta / latas de pasta
- Canned vegetables / latas de vegétales
- Canned fruit /latas de fruta
- Tang
- Kool aid packs
- Boxed cereals / serial
- Oatmeal / avena
- Peanut butter / mantequea de cacahuate
- Top ramen / maruchan
- Instant pudding & jello / gelatina

SUNDAY ITEMS
- Blankets / cobijas
- Toothpaste / pasta de dientes
- Soap / jabón
- Toilet paper / papel sanitario
- Shampoo / champú
- Deodorant / desodorante
- Hand lotion / loción
- Laundry soap / jabón para lavar ropa

CLOTHING ITEMS
- Socks / Calcetines
- Jackets - men, women, children / chamaras de hombre, mujeres, niños

GIFT CERTIFICATES
- For any clothing department

shoes or food items
- Tarjeta para ropa, zapatos o comida