

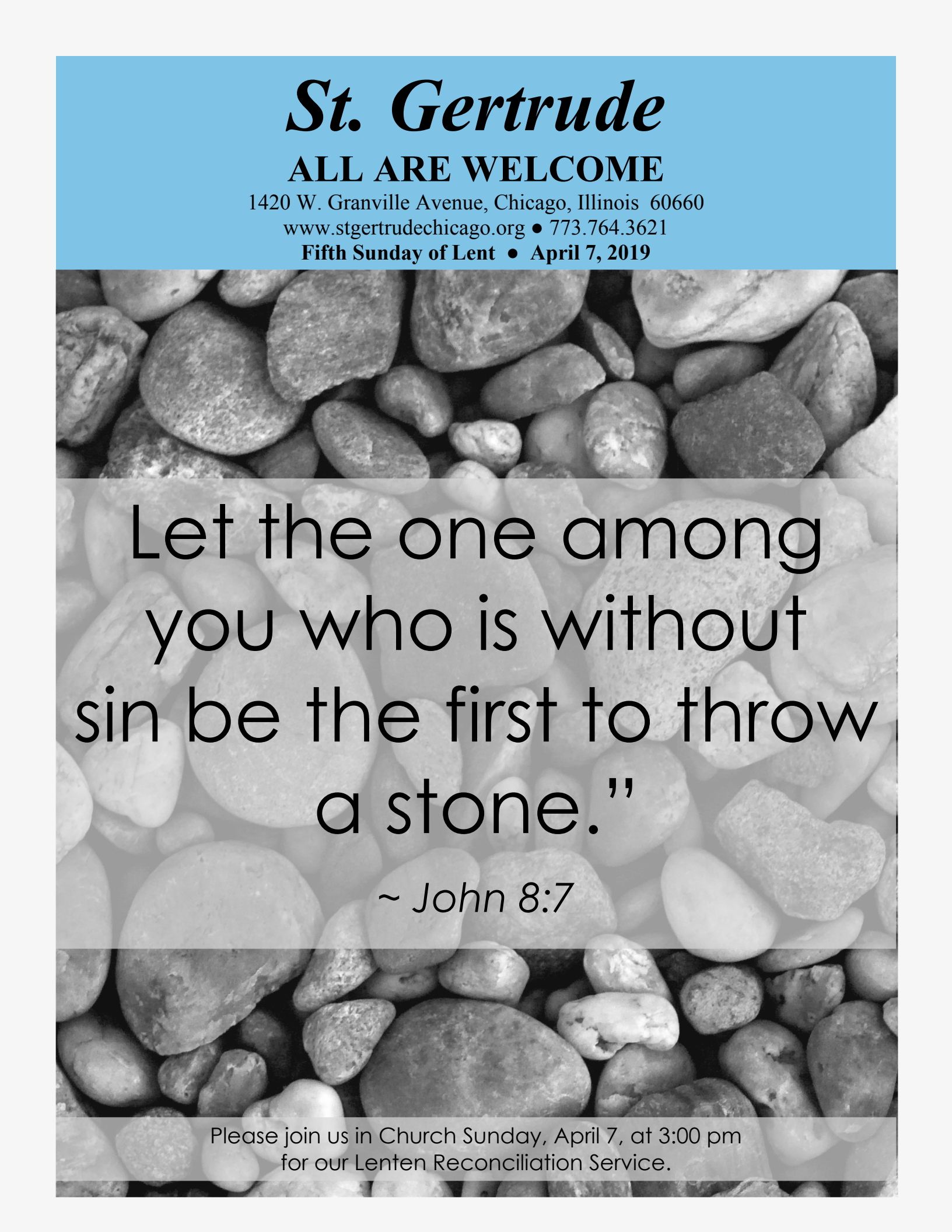
St. Gertrude

ALL ARE WELCOME

1420 W. Granville Avenue, Chicago, Illinois 60660

www.stgertrudechicago.org • 773.764.3621

Fifth Sunday of Lent • April 7, 2019



Let the one among
you who is without
sin be the first to throw
a stone.”

~ *John 8:7*

Please join us in Church Sunday, April 7, at 3:00 pm
for our Lenten Reconciliation Service.

From Father Rich

This afternoon at 3:00 pm in Church, we will be celebrating our Lenten Reconciliation Service. This is a service that offers us some quiet time to reflect upon our lives, to examine our consciences, and to receive forgiveness for our sins. Throughout these 40 days of Lent, we have been focused on God's invitation to a second chance. In reality, every moment of every day contains that invitation. But in these days of Lent, we are more attuned to this aspect of God's love for us. Through God's Son, Jesus Christ, our sins are forgiven and we gain everlasting life. Please plan on joining us Sunday afternoon for this celebration of reconciliation.

Today's Gospel story of the forgiveness of the woman caught in adultery is a jarring reminder of the ongoing evil of slavery still present in our world, especially the women and some men who end up as sex workers in order to survive. So many ways exist for human beings to end up homeless, hungry, impoverished, and reduced to selling themselves for sex in order to survive. The most vulnerable are young women and men, especially when they have been forced to leave their homes. This is a dark part of every society, including our own. And coursing throughout the sex industry is the presence of violence and drug addiction. It is desperation that has led so many people to be caught in this trap. Even when they attempt to break free, so often the judgement of society works against them, locking them into a downward spiral, making it more and more difficult to ever break free. As we reflect upon today's Gospel passage, perhaps we could also reflect upon our own attitudes toward people whose humanity has been reduced—making them appear as objects of use instead of human beings. A self-righteous condemnation does no good for those so imprisoned, nor for those making the judgements. It is always a good time to remind ourselves that we also are sinners who are always in need of God's mercy. And that reminder compels us to extend that mercy to all God's children.

Next weekend is Palm Sunday weekend. Unless the weather is terrible (think tornado, blizzard, etc.), we will begin all the Palm Sunday masses in the courtyard immediately north of the Church and south of the Ministry Center. In the courtyard, we will bless the palms and proclaim the first Gospel. Then we will process. At the Saturday 5:00 pm and the Sunday 8:00 am Masses, we will do a simple procession east to the Granville Ave. sidewalk, then up the stairs into the Church. At the Combined 10:30 am Mass we will process around the block. At all the Masses, we will sing with some musical accompaniment as we process. Please be sure to dress for the weather.

By now, every registered parish household should have received the Holy Week/Easter mailing. Below is the schedule for the services of Holy Week. Please be sure to keep a copy handy in your home for all the services and for Easter Sunday.

Sacred Triduum (The Great Three Days)

Holy Thursday, April 18

- 7:30 pm ~ Liturgy of the Lord's Supper
- The Church will be open until 11:00 pm for Eucharistic Adoration.

There is no 7:30 am Mass on Thursday, April 18.

Good Friday, April 19

(Fast and Abstinence)

- 3:00 pm ~ Living Stations of the Cross
- 7:30 pm ~ Service of the Lord's Passion

There is no 7:30 am Mass on Friday, April 19.

Easter Vigil, Saturday, April 20

- 11:00 am ~ Blessing of Easter baskets
- 7:30 pm ~ Easter Vigil Mass

There is no 7:30 am Mass on Saturday, April 20.

Easter Sunday, April 21

- 8:00 am ~ Mass at Church
- 9:30 am ~ Mass at St. Gertrude East (Sheridan & Granville)
- 10:00 am ~ Mass at Church
- 10:30 am ~ Mass in the Gym
- 11:30 am ~ Mass at Church



Growing in Faith

Thus says the Lord....see, I am doing something new! Now it springs forth, do you not perceive it?

I have a tendency to focus on what is going wrong—in the world, in my country, with my work, and also with family or friends. It can be overwhelming, paralyzing....and hurtful to those I care about.

Isaiah reminds us that God makes a way in the wasteland. Here in Chicago we will soon have an African-American woman as mayor. An unprecedented number of minorities and women took seats in the U.S. House of Representatives this year. Students from Parkland ignited a national movement to prevent gun violence. *I am doing something new....do you not perceive it?*

How about in our personal lives? Do we hold on to grudges? Point fingers? Jump to quick judgement without seeking the full truth? Look for evidence to support our side? We would not be human if this did not happen at times, but we are asked to choose a different path.

Gratitude has become a popular topic. Why? Research shows that practicing gratitude daily can make us more empathetic and forgiving, reduce stress, strengthen our relationships, and make us happier. Is this not what our readings are saying? “Remember not the things of the past”, lose the “rubbish”, “strain forward to what lies ahead”, and don’t throw stones. Look for God’s goodness in the world, in friends and family, and in ourselves.

I am doing something new....do you not perceive it?

~ Laurie Jacob
for *Growing in Faith*



Parish Calendar

Saturday, April 6

- 5:00 ~ R.C.I.A. - Third Scrutiny of the Elect

Sunday, April 7

- 8:30 am ~ Religious Ed classes resume
- 10:00 am ~ Family Mass hosted by second graders in the parish and Religious Ed program
- Postcard writing event hosted by the Refugee Committee in the Ministry Center after the 10:00 am, 10:30 am, and 11:30 am Masses
- 3:00 pm ~ Lenten Reconciliation Service in Church
- 4:00-6:00 pm ~ Commonweal Conversation in the Ministry Center **please note the new start time*
- 6:00-7:00 pm ~ Living Stations practice in Church

Wednesday, April 10

- 6:00-7:30 pm ~ Simple Supper in the Social Hall

Friday, April 12

- 3:00 pm ~ Stations of the Cross in Church

Saturday, April 13

- 9:00 am-12:00 pm ~ First Communion retreat in the NCA cafeteria
- 5:00 pm ~ Palm Sunday Vigil

Sunday, April 14 *Palm Sunday*

- 8:00 am ~ Mass in Church
- 10:30 am ~ Combined Mass (*in lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses*)

Monday, April 15

- 7:30 pm ~ Poetry Pilgrims in the Ministry Center

Saturday, April 27

- 8:30 am-12:00 pm ~ ECRA/Green Team participation in the Edgewater Community Springtime Clean and Green Day

The schedule for Holy Week is located on page 2.

Please note, there will not be a 7:30 am Communion Service on Holy Thursday, nor 7:30 am Masses on Good Friday or Holy Saturday.

Lent 2019: Our Invitation to a Second Chance Week V

“Has no one condemned you?” She replied, “No one, sir.” Then Jesus said, “Neither do I condemn you. Go, and from now on do not sin anymore.”

The resolution of the story of the woman caught in the act of adultery is shocking even as it is also so comforting. To our contemporary hearing, it seems impossible that the religious leaders are bringing her to Jesus, having been caught in the very act of adultery—but the man with whom she was sinning is, where? But before we get too caught up in the obvious inequality of the situation, it is important that we not get stuck there—for something of far greater importance than balancing the scales of justice is at stake here. This is, literally, a life and death situation. The sentence for her crime is to be stoned to death.

But what Jesus invites is not that we be certain to carefully carry out every nuance of the law. Instead, he begins with silence. By bending down and writing in the dirt on the ground, he causes everyone to stop. This action by itself is amazing. He obviously realized that people had been riled up—almost certainly by the religious leaders who were setting a trap for Jesus. In his bending down and doodling in the dirt, he calms a situation that was almost out of control. So perhaps one lesson we should take away from this encounter is that we would be wise to be careful of motivations, and we should be extremely careful of jumping to conclusions—especially when those conclusions lead directly to judgement of others which can rob people of their names and even their lives.

The encounter might have ended there, but the religious leaders are insistent. So Jesus finally stands up to make a simple statement, “Let the one among you who is without sin be the first to throw a stone at her.” This is not just a statement for this particular sin, it is a stance for life! It is the Lord clarifying that, at least religiously and morally, unless we ourselves have led perfect lives, we really shouldn’t be judging others.

He follows this with again bending down and doodling on the ground in silence. “And in response, they went away one by one, beginning with the elders.” So the scene radically shifts from an excited mob ready to deliver justice, to a group of individuals, aware of their own failings, removing themselves from the bench of judgement. It is noteworthy that it began with the elders. Which, I suspect, means the wiser members of the crowd, having a more accurate sense of themselves and their own failings and need for mercy.

And then, at last, the exchange between Jesus and the accused. Jesus does not condemn her. But simply tells her to go and not sin anymore. This is a second chance, not only for forgiveness, but for life itself. God never desires our punishment. God desires our living life fully and is constantly merciful toward us.

As this Lenten season moves towards its fullness, this Gospel passage is a perfect examination of conscience for every one of us. God is always inviting us to embrace forgiveness and mercy. Mercy always means undeserved forgiveness. How are we receiving this outreach from the Lord? And how do we extend it to others?



Almoner's Program

This Lenten season, we have continued the Almoner's Program to help us connect with those we come across in our daily life that are struggling. Each Sunday during Lent, we have a second collection, and take that money and purchase McDonald's gift cards with \$5.00 pre-loaded on the card. After Sunday Masses, parishioners are invited to take as many pre-loaded gift cards as they think they will likely use during the week to give to people they encounter on the bus or el, or at certain intersections, or anywhere and take the time to have a short, kind exchange with the recipient.

If you've taken part in this program, I'd love to know how it went. If you have any stories to share, or any thoughts about this program, please email me at kchears@stgertrudechicago.org.

~ Kevin Chears, Pastoral Associate

Almoner's Program

Cards distributed last weekend:	263
Funds collected March 30-31:	\$1,075.36
Total cards distributed during Lent:	740
Total funds collected:	\$4,365.96

R.C.I.A.

The R.C.I.A. (Rite of Christian Initiation of Adults) group has been gathering since September to learn about the Catholic faith and our sacred traditions. At the 5:00 pm Mass on Saturday, April 6, the R.C.I.A. celebrated the Third Scrutiny as they continue their journey to the Easter Sacraments.

My story of how I began to attend a Catholic church and R.C.I.A. is not just a story about how I found God in my soul and how I was called to his world, it's a story about love.

I am Feruz Urazaliev. I was born and raised in Uzbekistan, an Islamic country and a Muslim society. I used to not understand (and probably never wanted to understand) the importance of religion and faith in my life. Some people are deeply religious, some are atheists. I used to be part of the third group, agnostics. It meant I didn't believe in God, but also I never denied his existence. I just lived a faith-indifferent life. But in summer 2017, everything changed. I met Alena, fell in love with her and believed that God had us meet.

Alena was born and raised in Belarus in a Catholic family. What are the chances of two people from different cultures from two different worlds meeting in the U.S.? The chance is even smaller that they would fall in love with each other so deeply. Isn't it a miracle?

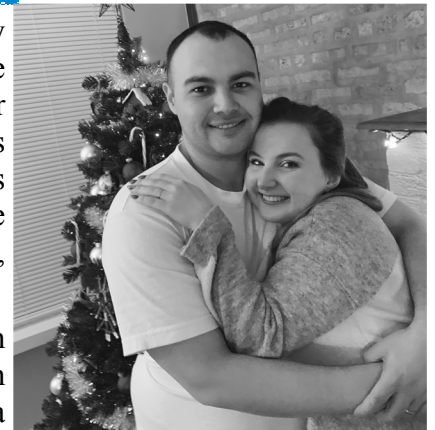
Now we are married but had a civil ceremony. We dream about being married in front of God.

My wife opened my eyes to a miracle called love. Her credo is "God is love and love is God. And we are children of love, God's children".

My wife is a person with a big, open heart. Her faith is a garden with the most beautiful flowers, and she invited me into this garden of love, faith, and God. Now we are planting new flowers together. I was a desert before meeting Alena, but she opened the door to an oasis where I am now surrounded by faith, hope, and love.

Starting my R.C.I.A. classes was a difficult step for me, but one in the right direction. Now, I am more and more sure about it. R.C.I.A. classes are not only where I learned what faith is and how to find God, but it's become my church family. It is the place where I always feel light, comfy, and cozy. The R.C.I.A. climate is an aura of love, support, sympathy, and kindness.

Spiritual education is important for all people because even the most beautiful flowers need to be watered. Thanks to R.C.I.A., my garden is always blooming and fragrant.



Feruz and Alena

Lenten Activities & Events

TODAY—Refugee Committee Postcard Event: A postcard writing event will be held today, Sunday, April 7 in the Ministry Center after the 10:00 am, 10:30 am, and 11:30 am Masses, to encourage elected officials to treat refugees with fairness and compassion. All are welcome.

TODAY—Lenten Reconciliation: Please join in our Lenten Reconciliation Service today, Sunday, April 7 at 3:00 pm in Church. We will celebrate the forgiveness of our sins which was gained for us through the Passion, Death, and Resurrection of Our Lord, Jesus Christ.

This service lasts less than an hour and offers us time for reflection and quiet prayer. It also includes absolution of our sins in preparation for the celebrations of Holy Week and Easter.

TODAY—Living Stations Practice: Our Living Stations practice will be held today, Sunday, April 7 from 6:00-7:00 pm in Church. Dinner will be provided afterwards.

Music at Mass: This is a reminder that all Masses this weekend are deliberately designed to be simple with regards to their musical structure as we prepare for the solemnity of Holy Week. There will be limited piano playing at the Masses. Instead, we will have one or two wind or string instruments present at each Mass.

Simple Supper This Wednesday: The final Simple Supper will be held this Wednesday, April 10 in the Social Hall from 6:00-7:30 pm. All are

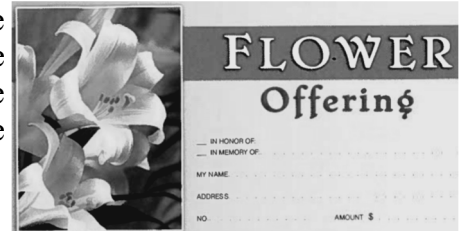
invited to participate in faith-focused reflections while sharing a meal of soup and bread.

Stations of the Cross: Stations of the Cross will be prayed every Friday during Lent at 3:00 pm in Church. On Good Friday, April 19, there will be Living Stations of the Cross at 3:00 pm, featuring teens from the parish.

Combined 10:30 am Mass on Palm Sunday, April 14: On Palm Sunday, April 14, there will be a Combined Mass held at 10:30 am, lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses.

Holy Thursday Eucharistic Adoration: Following the 7:30 pm Holy Thursday Mass of the Lord's Supper on April 18, the Church will be open until 11:00 pm for Eucharistic Adoration of the Blessed Sacrament.

Easter Flower Offering Envelopes: Once again, we are offering an opportunity to celebrate someone in your life, living or deceased, during the Easter season. Please consider making an Easter Flower offering in their name. Envelopes are available in the back of Church and may be placed in the collection basket or sent to the Rectory. The names of those honored will be published in the bulletin during the Easter season.



Parish News

TODAY—Family Mass: Today, Sunday, April 7, there will be a 10:00 am Family Mass hosted by second graders in the Religious Ed program and NCA students from the parish. Please note, hospitality will not be offered after Mass during Lent.

First Communion Retreat: Children who are making their First Communion this May (both in our Religious Ed program and who attend NCA) are

required to attend a retreat with a parent this Saturday, April 13 from 9:00 am-12:00 pm in the NCA cafeteria.

Poetry Pilgrims: Please join us on Monday, April 15 at 7:30 pm in the Ministry Center to read and discuss the poetry of Mary Oliver. All are welcome. For information and poems, contact Mary Grover at 773.338.3564 or mary@marsgrover.com.

Care for our Common Home

From today's readings: *"Wild beasts honor me... for I put water in the desert and rivers in the wasteland for my chosen people to drink."*

As God's people, we are called to care for the sacred gift of water. We should learn to protect water (don't pollute) and use it carefully (conserve- don't waste). In *Laudato Si*, Pope Francis states "access to safe drinkable water is a basic human right since it is essential to human survival. Our world has a grave social debt towards the poor who lack access to drinking water because they are denied the right to a life consistent with their inalienable dignity." Keep in mind how precious water is to all people. Conserve water.

This week's tip: Start a new habit—turn off the faucet when brushing your teeth.

~ Debbie Kern, NCA Green Team

Green Team/ECRA Event

The Edgewater Community Springtime Clean and Green Day will be held on Saturday, April 27. This year, members of the Edgewater community Religious Association (ECRA) have committed to participating, as will several students on the NCA Green Team. Groups can pick up supplies, shovels, brooms, rakes, and large black bags from the 48th Ward Streets and Sanitation yard, located at 5853 N. Broadway. Volunteers should bring their own work gloves.

Participants will gather by 8:30 am at the Ismaili Center's parking lot just north of 6259 N. Broadway. The Center will then host a breakfast for all. Then cleaning will begin at 9:00 am-12:00 pm at selected sites throughout Edgewater. After noon, there will be a thank you lunch at the 48th Ward Streets and Sanitation yard. Pivot Arts, Red Moon, and ESSP are planning a special social event, also at the Streets and Sanitation yard.

Please contact Allen Stryczek at 773.973.3637 or astryczek@sbcglobal.net for more information, or to volunteer to help coordinate this endeavor.

Parish Stewardship Report

Sunday Collection March 30-31	\$6,936.45
Budgeted Collection	\$7,725.00
Underage	(-) \$788.55

TODAY-Commonweal Conversation

The next gathering for our Commonweal community will be today, Sunday, April 7 at 4:00-6:00 pm in the front parlor of the Ministry Center. **Please note the new start time.** In keeping with the Lenten season, we will discuss themes of Jesus' passion and lessons we may learn from these stories.

For more information, please contact one of the co-chairs of Commonweal, Denise DeBelle, ddebelle@gmail.com or John Williams, joolikar@gmail.com.

Domestic Violence Film for Teens

The Archdiocese of Chicago's Domestic Violence Outreach Ministry is sponsoring a screening of *The Hunting Ground*, an award-winning documentary about college campus sexual assaults.

It will be held on Tuesday, April 23 from 7:00-9:00 pm at St. Norbert's Church Hall, 1809 N. Walters Ave. in Northbrook. Junior and senior high school teens and their parents are encouraged to attend.

NCA News

NCA's Board of Specified Jurisdiction is looking for candidates from our community. We are especially in need of insight from those with experience in facilities management, architecture and construction, education, and marketing and admissions.

If you would like more information, please reach out to Brian Pavona at brian.james.pavona@gmail.com and Sarah Millar at sbm618@gmail.com.

~ Shakira Morrissette, NCA

Our Parish at Prayer

MONDAY, APRIL 8

7:30 am Johnny Outlaw †

TUESDAY, APRIL 9

7:30 am Living & deceased mothers & fathers of parishioners

WEDNESDAY, APRIL 10

7:30 am Joe "Terry" Shields †

THURSDAY, APRIL 11

7:30 am Communion Service

FRIDAY, APRIL 12

7:30 am Lori Fitzgerald †

7:30 am NCA Mass

3:00 pm Stations of the Cross

SATURDAY, APRIL 13

7:30 am Purgatorial Society

5:00 pm Tom Kamp †

SUNDAY, APRIL 14 *Palm Sunday*

8:00 am Revs. Philip Riley † & Sylvester Eye †

10:30 am Francis Anthony † & Angela Emanuele †

On Palm Sunday, there is a 10:30 am Combined Mass in lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses.

† Indicates person listed is deceased.

Ministers of the Word

SATURDAY, APRIL 13

5:00 pm Pat Reardon, Steve Matre

SUNDAY, APRIL 14

8:00 am Rob Sierzega, Hallie Burhoe

10:30 am Debra Novak, Sarah Millar

On Palm Sunday, there is a 10:30 am Combined Mass in lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses.

Support the Archdiocese of Chicago Domestic Violence Outreach

Donations may be made at

<https://www.givecentral.org/location/132/event/12645>.

Readings for the Week

Monday: Dn 13:1-9, 15-17, 19-30, 33-62 [41c-62]; Ps 23:1-6; Jn 8:12-20

Tuesday: Nm 21:4-9; Ps 102:2-3, 16-21; Jn 8:21-30

Wednesday: Dn 3:14-20, 91-92, 95; Dn 3:52-56; Jn 8:31-42

Thursday: Gn 17:3-9; Ps 105:4-9; Jn 8:51-59

Friday: Jer 20:10-13; Ps 18:2-7; Jn 10:31-42

Saturday: Ez 37:21-28; Jer 31:10, 11-13; Jn 11:45-56

Sunday: Lk 19:28-40 (procession); Is 50:4-7; Ps 22:8-9, 17-20, 23-24; Phil 2:6-11; Lk 22:14 -- 23:56 [23:1-49]

Eucharistic Ministers

SATURDAY, APRIL 13

5:00 pm Cindy Koch, Brad Koch, Pat Norcik, Kathy Wall

SUNDAY, APRIL 14

8:00 am Mary Wyler, Barb Daly, Rob Sierzega, Sr. Kathryn Stimac, Hallie Burhoe

10:30 am Chris Lincoln, Carlos Barragan, Debra Novak, Sarah Millar, Jana Ashbeck, Richard Ashbeck

On Palm Sunday, there is a 10:30 am Combined Mass in lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses.

Altar Servers

SATURDAY, APRIL 13

5:00 pm Jesse Devitt, Henry Jacobson, Luke Kaufmann

SUNDAY, APRIL 14

10:30 am Isabel Stoltz, Fiona Reynolds, Josephine Stoltz

On Palm Sunday, there is a 10:30 am Combined Mass in lieu of the 9:30 am (St. Gertrude East), 10:00 am, 10:30 am (Gym), and 11:30 am Masses.

Milestones



Please Pray for Our Parishioners and Friends

Carlene Lorys

Geraldine Clark

Helen Stryczek

Robert Howe

Maria Hertl

Joan Harrington

Maggie Callaway



New Parishioners

The Farrell Family



Rest in Peace

Jonathan Nichols

James Nithman

PARISH STAFF

Rev. Richard J. Prendergast, Pastor
Brenda K. Arreloa, Heart to Heart Office Staff
Mary Clare Barker, Minister of Music
Art Blumberg, Director of Parish Management and Facilities
Jane Callahan-Moore, Director of Parish Social Services
Kevin Cheers, Pastoral Associate
Laurie Hasbrook, Office Staff
Amanda Kvasnica, Office Staff
Jim Pothast, Family Minister
Tracy Shields, Minister of First Impressions/Communications
Sr. Judith Zonsius, Office Manager

OTHER PASTORAL STAFF

Rev. Michael Bradley, Resident
Rev. Dominic Grassi, Retired Pastor
Rev. William Kenneally, Pastor Emeritus
Carol Beatty, St. Gertrude East Music Director

WEEKLY MASS SCHEDULE

Sunday: 8:00 am, 10:00 am, 11:30 am
9:30 am St. Gertrude East (Sacred Heart School/Sheridan and Granville)
10:30 am Mass in the Gym (except summer months)
Monday through Friday: 7:30 am (Thursday is a Communion Service.)
Saturday: 7:30 am and 5:00 pm (Sunday Vigil)

LOCATIONS:

Rectory: 1420 W. Granville Ave., Chicago, IL 60660 Phone: 773.764.3621
Website: www.stgertrudechicago.org
E-mail: stgertrude1420@stgertrudechicago.org
Ministry Center: 6214 N. Glenwood Ave., Chicago, IL 60660
Social Services Phone: 773.973.5464.
Social Hall: 1401 W. Granville Ave., Chicago, IL 60660

RECTORY BUSINESS HOURS

Monday - Friday: 8:30 am to 7:30 pm
Saturday: 9:00 am to 5:00 pm
Sunday: 8:30 am to 1:00 pm

HEART TO HEART

Senior outreach and social services connection: 773.973.5464

PARISH SCHOOL

Northside Catholic Academy: 773.743.6277
www.northsidecatholic.org

BAPTISM

Baptisms take place on the second and fourth Sundays of each month. Additionally, baptisms will be incorporated into one of the weekend Masses each month, with a different Mass having a baptism each month. Call the Rectory to make arrangements to have a child baptized, and to RSVP to attend a parent preparation meeting, held the first Monday of each month at 7:00 pm.

INTERESTED IN BECOMING A CATHOLIC?

We have an enriching program called the R.C.I.A. (Rite of Christian Initiation for Adults). Contact the Rectory for details.

MARRIAGE

Arrangements begin by setting up an appointment with the Pastor. Preparations are to begin at least four months prior to the desired date.

MINISTRY OF CARE AND COMMUNION

Trained ministers will gladly visit and bring communion to those who are sick or homebound. Please call the Rectory to make arrangements.

NEW PARISHIONERS

You are most welcome and are invited to stop in at the Rectory to introduce yourself and register, or register with one of the greeters before or after any Mass. Registration is also available online at www.stgertrudechicago.org.

RECONCILIATION

Individual: Saturday from 4:15-4:45 pm and by request.

COMMUNITY MEETINGS HELD AT ST. GERTRUDE

Al-Anon: Sundays at 7:00 pm in the Ministry Center
Open AA: Tuesdays at 7:30 pm in the Ministry Center, and
Thursdays at 7:00 pm in the school cafeteria.
Caris Pregnancy Center, pregnancy support, free pregnancy
tests, and post-abortion help: 312.229.5700.
Makko ho (Japanese yoga): Saturdays at 10:00 am in the
Ministry Center