

# *St. Gertrude*

## **ALL ARE WELCOME**

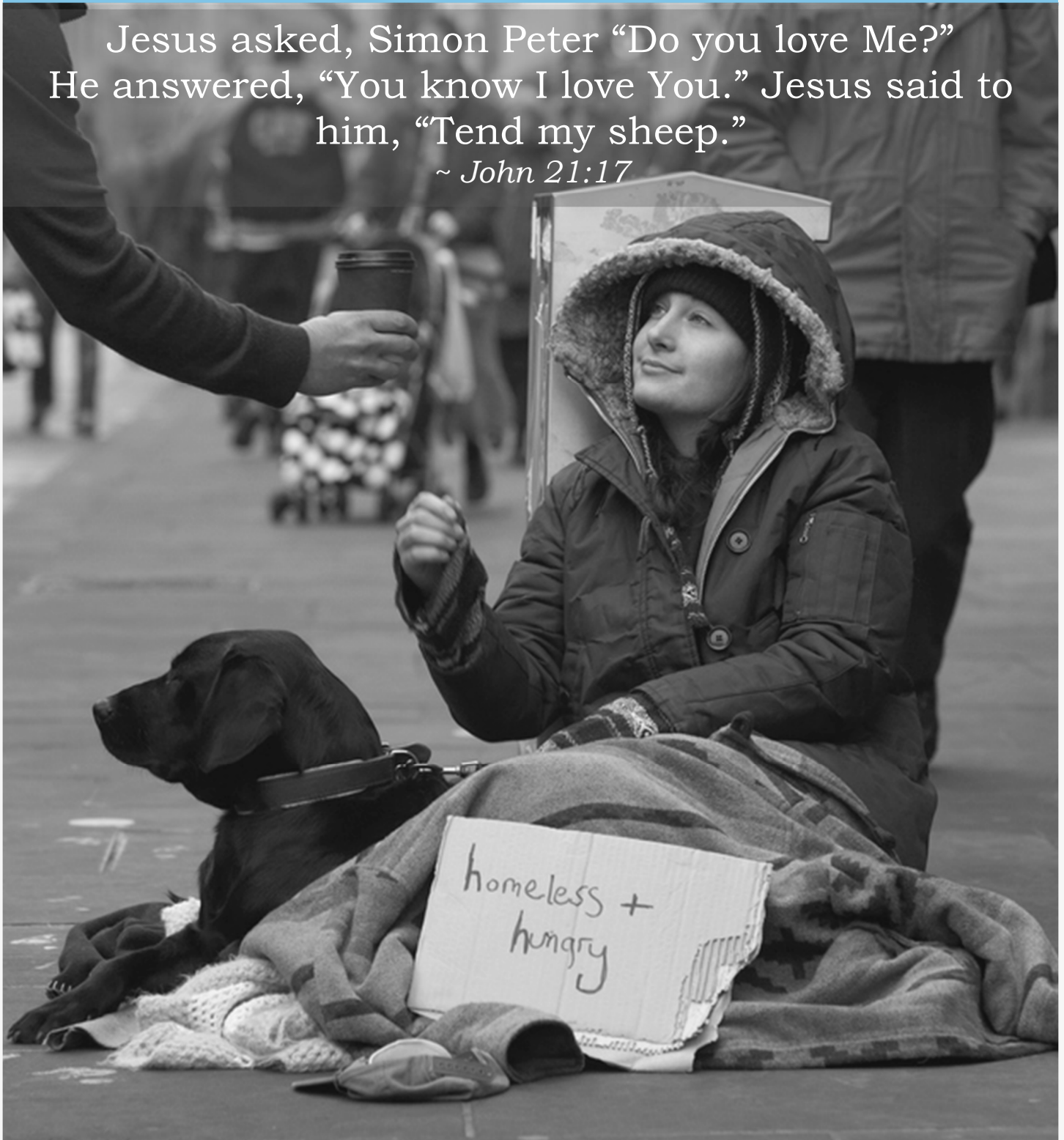
1420 W. Granville Avenue, Chicago, Illinois 60660

[www.stgertrudechicago.org](http://www.stgertrudechicago.org) • 773.764.3621

**Third Sunday of Easter • May 5, 2019**

Jesus asked, Simon Peter “Do you love Me?”  
He answered, “You know I love You.” Jesus said to  
him, “Tend my sheep.”

*~ John 21:17*



## *From Father Rich*

There is a world of difference between being “full” and being “satisfied.” Being full simply indicates we have filled the hole in our stomachs and can move on to the next thing. While being satisfied usually indicates not only that whatever meal we have eaten has given us enough to go on with the tasks of the day, it also indicates what we have eaten was delicious and enjoyable. Our satisfaction is not just that we are no longer hungry, but we are happy with how we are feeling.

Throughout the Gospels and in the Acts of the Apostles, we encounter scene after scene in which crowds of followers, or sometimes just the disciples themselves, discover their hungers were satisfied. In that satisfaction, there is also a constant mention of abundance. In today’s Gospel passage, some of the disciples were fishing when they get some advice from a stranger (who turns out to be Jesus) to change their direction. When they follow the advice, their nets are filled to the breaking point. The catch was so large, a specific number is mentioned, “153 large fish”. Why this number? Scholars have speculated about some possibilities of the number. Perhaps it indicated all the known types of fish in the world—equating this “catch” with those to whom the apostles would be proclaiming the good news of salvation. It was meant for everyone!

The other common denominator in so many of these stories is that there was always not just enough to satisfy those who were gathered, but there was also plenty of leftover food. The distinction is an important one. I am reminded of visiting one of my sisters with her young children one day who were asking, “Mom, when are we gonna have lunch? We’re starving!” To which she immediately responded, “You are NOT starving! You may be hungry.” Especially in a consumer society such as ours, we have been trained to focus on what we don’t have. Media is a constant source of advertisements for stuff we are assured we absolutely have to have. Unless we are careful, we begin to look at all reality through the lens of “what DON’T I have?” quickly followed by, “And how can I get it?” Whereas what the Gospels tells us repeatedly is that with the Lord, there is always not only enough, there is more than enough! There are even leftovers! Which leads us to the challenge to be people of gratitude instead of people of what’s lacking.

What connects abundance, or insufficiency, with what is going on in our lives and in our faith is the same notion mentioned above—it is the distinction between being filled and being satisfied. In any of the things which perish, there will always be a lack of satisfaction—even if it appears, for a brief time, that now I am completely happy. (Think, for example of a new outfit or a new car or some other important purchase.) Quickly, it becomes clear that was just a passing feeling. Satisfaction is on a spiritual plane. It is the profound sense that I am okay and loved and will be fine. Temporary setbacks are not fun, but they also do not rob me of that sense of belonging and value.

With the trees and plants blossoming and blooming, and the abundance of celebrations the month of May brings to our lives, we are afforded so many opportunities to marvel at what we have and to be grateful. Or we can focus on what we don’t have. It is always our choice. But we would probably be wise to take counsel from the scriptures. When the Lord is part of the picture, there is always not just enough, there is abundance and leftovers even after everyone has been satisfied!

Next weekend, we celebrate First Communion on Saturday, May 11 at 10:00 am. Sunday, May 12 is Mother’s Day and we will celebrate with a May Crowning at a Combined 10:30 am Mass. All the children who celebrated their First Communion on Saturday are invited to come to this 10:30 am Mass in their First Communion outfits. All the children, and anyone else, are invited to bring some fresh flowers to present to Mary for the May Crowning ceremony at the conclusion of the Combined Mass.

~ Father Rich



## *Growing in Faith: Some Nights Have Names*

families went to bed  
 in ordinary time  
 the night unnamed  
 not an eve, nor equinox  
 nor solstice, closing  
 their eyes on the last  
 hours of clear lines  
 between inside and outside  
 neighbor and enemy  
 law and crime  
 not knowing this night  
 would be named  
 for breaking glass  
 waking them with strange  
 music almost beautiful  
 cascades of brittle bells

and for crazed shards cracking  
 reflections into tinier facets  
 as if the weight of witness  
 drove to suicide

windows mirroring terrible  
 fists beating the fragile  
 and the strong alike  
 into the ground

Kristallnacht is named  
 for this and for  
 all that shattered  
 without a sound

~ KC Conway for  
*Growing in Faith*



*This poem memorializes the horror of human hatred. In November 1938, over a two-day period, 30,000 Jews in Nazi Germany and Austria were moved to concentration camps and 1,500 synagogues were pillaged and partially destroyed. For more information, visit <https://simple.wikipedia.org/wiki/Kristallnacht>.*

## *Parish Calendar*

### **Sunday, May 5**

- After Mass ~ Loom artists in the back of Church
- 8:30 am ~ Last Religious Ed classes of the school year
- 6:00-8:00 pm ~ W.O.W. teens gathering in the balcony of the Gym

### **Monday, May 6**

- 7:00 pm ~ Baptismal preparation class in the Rectory (Registration is required)

### **Wednesday, May 8**

- 6:30 pm ~ First Communion rehearsal in Church

### **Saturday, May 11**

- 10:00 am ~ Sacrament of First Communion (Children should be brought to the NCA cafeteria by 9:30 am)

### **Sunday, May 12 *Mother's Day***

- 10:30 am ~ Combined Family Mass and May Crowning (in lieu of the 9:30 am St. Gertrude East, 10:00 am, 10:30 am Gym, and 11:30 am Masses)
- Second Collection for Catholic Charities

### **Monday, May 13**

- 7:30 pm ~ Good Books in the Ministry Center

### **Tuesday, May 14**

- 8:00 am ~ NCA's middle school campus' May crowning
- 2:00 pm ~ Ignatian Volunteer Corps meeting in the Ministry Center

### **Sunday, May 19**

- 10:00 am ~ Last Kids Word session until September

### **Monday, May 20**

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

### **Monday, May 27 *Memorial Day/Rectory closed***

- 9:00 am ~ Mass on Memorial Day

### **Sunday, June 9 *Pentecost***

- 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)

### **Sunday, June 16 *Father's Day***

- 10:30 am ~ Last Gym Mass until September

## *First Communion*

This coming Saturday, May 11, children in our parish will be making their First Communion. Together, we offer our congratulations and express our joy for the faith of these young people. Please hold them in your prayers as they experience the unfolding mystery of the Sacrament of Communion.

- |                     |                      |                      |                      |
|---------------------|----------------------|----------------------|----------------------|
| • Valentino Aguilar | • Henry Cunningham   | • Gideon Keating     | • Dino Pasic         |
| • Ella All          | • Spencer Dumas      | • Masi Khosho        | • Troy Shalaveyus    |
| • Lily All          | • Joseph Dunne       | • Darlene Kollar     | • Colin Siebenaler   |
| • Noah Auffant      | • Emilia Eichenseer  | • Alexander McKenna  | • Jael Tovar         |
| • Amelie Banazek    | • Henry Ferrell      | • Amelia Morrow      | • Ryan Ulmer         |
| • Daniel Brennan    | • Szymon Galbas      | • Sebastian Negrillo | • Victoria Venegas   |
| • Jasmine Camacho   | • Gabrielle Garcia   | • Maeve O'Brien      | • Evelyn Voukides    |
| • Patricia Conway   | • Sebastian Gonzalez | • Emma Ochoa         | • Molly Walker       |
| • Owen Craft        | • Maeve Gray         | • Chukwunonso Okoye  | • Caitlyn Wilczynski |
| • Declan Cunningham | • Eleanor Jacobson   | • Chimamanda Okoye   | • Ava Zawada         |

## *Support Catholic Charities*

Dear Sisters and Brothers in Christ,

ARCHDIOCESE OF CHICAGO



In the Gospels, Jesus teaches us to be a living expression of God's kindness, showing the light of God's goodness and mercy to all of our brothers and sisters, but especially to the poor, the vulnerable, and those facing challenging circumstances. Each year on Mother's Day, Catholic Charities invites us to be a living expression of God's goodness through our gift to the Catholic Charities Mother's Day Collection. With our support, Catholic Charities carries out the important work of the Church to help the poor and vulnerable in the Archdiocese of Chicago.

People often come to Catholic Charities at the most difficult times of their lives—hungry, afraid, hurting, alone, homeless, helpless, hopeless. Catholic Charities cares for people at these desperate times, helping them rebuild their lives and restoring hope for the future.

Catholic Charities provides a broad range of services to people of all ages and at every stage of life, regardless of religion or background. Whether it's helping young mothers with pregnancy and parenting services; offering educational and support programs for at-risk children and teens; counseling those facing addiction, mental illness or grief; delivering emergency assistance to families coping with homelessness and hunger; or providing affordable housing and a variety of in-home services for seniors. Catholic Charities brings Christ's love and mercy to the people and the places that need it most.

We each have an important role to play in the Church's sacred mission to care for those in need. Please accept my sincere gratitude for your past support of the Catholic Charities Mother's Day Collection, and please consider being as generous as you can again this year. Contributions can be made during the second collection on Mother's Day, anytime at [www.catholiccharities.net/donate](http://www.catholiccharities.net/donate). or mail your gift to Catholic Charities, 721 N. LaSalle Street, Chicago, IL 60654. May God bless you and those you love this Mother's Day and always. With every good wish, I remain,

Sincerely yours in Christ,

*Blase Cardinal Cupic*

Archbishop of Chicago

## Parish News

**TODAY—Loom is at St. Gertrude!** Loom is a social and economic enterprise of Catholic Charities where refugee women come together to use their creative skills to bring in extra income and build community. The women gather weekly in the Loom studio to weave their creativity and cultural traditions together, teach each other skills, welcome new artisans, and enjoy the company of other brave, creative, and enterprising women.

Loom artisans create hand-made products, including knit items, jewelry, naturally dyed silk scarves, leather products, and more, designed in collaboration with local Chicago artists.

The Loom sale will be held today, Sunday, May 5 after Masses in the back of Church. Stop by to take a look at the spring line these talented women are working on!



**TODAY—Religious Ed for the School Year Comes to an End:** The Religious Education program will meet for its final session today, Sunday, May 5. The last Kids Word session for the 2018-2019 school year is Sunday, May 19.

**TODAY—W.O.W. Gathering:** Teens are welcome to attend our W.O.W. get-together today, Sunday, May 5 from 6:00-8:00 pm in the balcony of the Gym.

**Baptismal Class:** The next baptismal prep class will be held on Monday, May 6 at 7:00 pm in the Rectory. Registration is required. Call the Rectory at 773.764.3621 to sign up for the class.

**First Communion Information:** The Sacrament of First Communion will be held this Saturday, May 11 at 10:00 am. Children making their First

Communion should be brought to the NCA cafeteria by 9:30 am. A rehearsal for the event will be held on Wednesday, May 8 at 6:30 pm in Church.

**Combined Mass Next Sunday, May 12:** On Mother's Day, there will be a 10:30 am Combined Family Mass and May Crowning in lieu of the 9:30 am St. Gertrude East, 10:00 am, 10:30 am Gym, and 11:30 am Masses.

Families are encouraged to bring flowers for our altar. Children who made their First Communion on May 11 are welcome to wear their outfits to Mass.

**Good Books & Poetry Pilgrims:** The next book club meeting will be Monday, May 13 at 7:30 pm in the Ministry Center. We will discuss *Snow Flower and the Secret Fan* by Lisa See.

Poetry Pilgrims will meet on Monday, May 20 at 7:30 pm in the Ministry Center. For a list of poems that will be read, contact Mary Grover at [mary@marsgrover.com](mailto:mary@marsgrover.com).

**Rectory Closed on Memorial Day:** The Rectory will be closed on Monday, May 27 for the Memorial Day holiday. Morning Mass will be held at 9:00 am.

**Summer Combined Mass Schedule:** As mentioned last fall, this year we will be experimenting with a summer combined Mass schedule. Summer is generally a time of vacation for many of our parish families, and many of our helper priests are Jesuits from Loyola following an academic schedule.

For the summer months when school is not in session, June 23 to August 11, we will follow this Mass schedule:

- Saturday: 5:00 pm
- Sunday: 8:00 am
- Sunday: 9:30 am – Sheridan Road
- Sunday: 10:30 am – Combined Mass

The 10:30 am Combined Mass will be in lieu of the 10:00 am and 11:30 am Masses. The 10:30 am Gym Mass will be on its annual summer hiatus which runs from the Sunday after Father's Day to the Sunday after Labor Day.

## Teen Summer Service Trip 2019



## 2019 Summer Service Trip for Teens in the Parish *Pine Ridge Reservation, South Dakota* **July 26 - August 4, 2019**

Join us for a jam-packed week of service, friendship, fun, and so much more!

Teens currently in 8th grade to high school seniors are eligible to participate!

Contact Jim Potthast for more information at [jpotthast@stgertrudechicago.org](mailto:jpotthast@stgertrudechicago.org).



## The Archdiocese of Chicago is Hiring

Are you seeking an opportunity to draw closer to our Lord through your work? Consider applying your professional strengths and experience at the service of sharing Christ with others.

The Archdiocese of Chicago is in the midst of exciting changes as we renew our local Church. With competitive salary and benefit packages, the Archdiocese provides many opportunities for professional and personal growth and development.

For the listing of current openings please visit [archchicago.org/careers](http://archchicago.org/careers) or follow us on LinkedIn.

The Archdiocese of Chicago, pastored by Cardinal Blase J. Cupich, has more than 15,000 employees that serve more than 2.2 million Catholics in Cook and Lake Counties.

## In Care of our Common Home

From today's readings: *"From the shore, Jesus called out to the apostles, 'Have you caught anything to eat?' They answered, 'No'. He said, 'Cast the net over the side of the boat and you'll find something.' They did so and were not able to pull it in because of the number of fish."*

Remember that God will provide. Most Americans consume much more than they need. In *Laudato Si*, Pope Francis asks us to "help care for God's creation by taking steps toward using only our fair share of resources" (no more than what we need) - regarding our homes, food, energy, and clothes.

This week's tip - when exiting a room turn the lights out.

~ Debbie Kern, NCA Green Team

### Parish Stewardship

*“Sing praise to the Lord, you his faithful ones, and give thanks to his holy name.” ~ Psalm 30:5*

As we journey through the Easter season, let us remember that, before all else, God is our foundation. Let us sing joyfully to the Lord.

Sunday Collection April 27-28	\$5,736.95
Budgeted Collection	\$7,725.00
<b>Underage</b>	<b>(-) \$1,988.05</b>
Easter Collection YTD *	\$24,249.58
Budgeted Collection	\$30,000.00
<b>*Donations still being accepted.</b>	<b>(-) \$5,750.42</b>



*~ Art Blumberg,  
Director of Parish  
Management  
and Facilities*

### Mother’s Day Cards

Mother’s Day cards for honoring living and deceased mothers during the Masses said on Mother’s Day and throughout the year are available at the doors of Church.

Please complete the information on the large (outer) envelope, place your donation in the envelope, and drop it in the Sunday collection or drop it off at the Rectory.

Take the card and envelope with you to give to your mother or for your own remembrance.



### Ignatian Volunteer Corps

Semi-Retired? Retired? Open the doors of your heart! Join the Ignatian Volunteer Corps! Members of this Jesuit service program volunteer in poor and marginalized communities two days per week (September-June), grow deeper in their Christian faith by reflecting and praying in the Ignatian tradition, and meet monthly with other IVC members and a spiritual reflector. IVC members serve as tutors, employment counselors, food pantry volunteers, elderly companions, hospital chaplains, and more! Detailed information is online at [www.ivcusa.org](http://www.ivcusa.org)

Please attend an information session to learn more and meet current IVC volunteers on Tuesday, May 14 at 2:00 pm at the Ministry Center. Register by contacting Jacqueline Fitzgerald at 312.961.6206 or [jfitzgerald@ivcusa.org](mailto:jfitzgerald@ivcusa.org).

### NCA News

**Apply for 2019-20 Admissions:** NCA is still accepting applications for the 2019-20 school year. Apply at [www.northsidecatholic.org](http://www.northsidecatholic.org) or call 773.743.6277 to schedule a tour of our primary or middle school campuses.

At NCA, you’ll find a challenging and diversified curriculum that includes Spanish, technology, art, music, and physical education. Our early learning center offers a child-centered approach focused on learning through play and hands-on activities. Every day, NCA teachers inspire students to grow in character, intellect, and faith, while fostering a love of learning. Our commitment to educating the whole child instills values like kindness, service, teamwork, creativity, curiosity, respect, responsibility, and leadership that will last a lifetime.

Parishioner and sibling tuition discounts are available, as well as need-based Guardian Angel Scholarships.

*~ Shakira Morrisette,  
Director of Marketing & Admissions, NCA*

## Our Parish at Prayer

### MONDAY, MAY 6

7:30 am Helen Stryczek †

† Indicates person listed is deceased.

### TUESDAY, MAY 7

7:30 am Living and deceased mothers and fathers of St. Gertrude parishioners

### WEDNESDAY, MAY 8

7:30 am Karen Jensen †

### THURSDAY, MAY 9

7:30 am Communion Service

### FRIDAY, MAY 10

7:30 am Purgatorial Society

8:30 am NCA school Mass

### SATURDAY, MAY 11

7:30 am Parishioners of St. Gertrude

10:00 am First Communion

5:00 pm Patricia McKee †

### SUNDAY, MAY 12 *Mother's Day*

8:00 am Living and deceased mothers of St. Gertrude parishioners

10:30 am Living and deceased mothers of St. Gertrude parishioners

*On Mother's Day, May 12, there will be a 10:30 am Combined Family Mass and May Crowning in lieu of the 9:30 am St. Gertrude East, 10:00 am, 10:30 am Gym, and 11:30 am Masses.*

## Ministers of the Word

### SATURDAY, MAY 11

5:00 pm Pat Reardon, Steve Matre

### SUNDAY, MAY 12

8:00 am Hallie Burhoe, Mark Kollar

10:30 am Ruth Ott, Troy McMillan

*On Mother's Day, May 12, there will be a 10:30 am Combined Family Mass and May Crowning 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:** Acts 6:8-15; Ps 119:23-24, 26-27, 29-30; Jn 6:22-29

**Tuesday:** Acts 7:51 -- 8:1a; Ps 31:3cd-4, 6, 7b, 8a, 17, 21ab; Jn 6:30-35

**Wednesday:** Acts 8:1b-8; Ps 66:1-3a, 4-7a; Jn 6:35-40

**Thursday:** Acts 8:26-40; Ps 66:8-9, 16-17, 20; Jn 6:44-51

**Friday:** Acts 9:1-20; Ps 117:1bc, 2; Jn 6:52-59

**Saturday:** Acts 9:31-42; Ps 116:12-17; Jn 6:60-69

**Sunday:** Acts 13:14, 43-52; Ps 100:1-2, 3, 5; Rv 7:9, 14b-17; Jn 10:27-30

## Eucharistic Ministers

### SATURDAY, MAY 11

5:00 pm Roman Reyes, Joan Harrington, Tim Harrington, Kathleen Dawson, Michelle Kuehlhorn

### SUNDAY, MAY 12

8:00 am Barb Daly, Hallie Burhoe, William Mitchell, Mary Wyler

10:30 am Christine Curran, Carlos Barragan, Kathy Dunne, Troy McMillan, Steven Monti, Ruth Ott, Gail Smith

*On Mother's Day, May 12, there will be a 10:30 am Combined Family Mass and May Crowning 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, MAY 11

5:00 pm Casey Cancilla, Norah Moran, Brendan Moran

### SUNDAY, MAY 12

10:30 am Ariella Gehl, Alexandra Healy, Miriam Itta

*On Mother's Day, May 12, there will be a 10:30 am Combined Family Mass and May Crowning in lieu of the 9:30 am St. Gertrude East, 10:00 am, 10:30 am Gym, and 11:30 am Masses.*



## Milestones



Ed & Ester Bugler  
Mary Fitzgerald

### *Please Pray for Our Parishioners and Friends*

Geraldine Clark  
Maria Hertl  
Joan Harrington  
Mary Ferguson  
Maggie Callaway



### *Baptisms*

Sophie Jean Caden  
Laila Gail Jacob Mascarenhas  
Hailey McKenzie Oruga-Ramos



### *New Parishioners*

Neil Simonton  
& Colleen Vitt



### *Rest in Peace*

Helen Stryczek, mother of  
Allen Stryczek  
  
Dianne L. Hannett

## Parish Information

### 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 Potthast, 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](http://www.stgertrudechicago.org)  
E-mail: [stgertrude1420@stgertrudechicago.org](mailto: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  
Email: [heart2heart@stgertrudechicago.org](mailto:heart2heart@stgertrudechicago.org)

### PARISH SCHOOL

Northside Catholic Academy: 773.743.6277  
[www.northsidecatholic.org](http://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. This schedule will change in the summer months. 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](http://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