

956 S. 10th Ave., Kankakee, Illinois 60901 815-933-7683

WELCOME to the family ~ BIENVENIDO a la familia

OUR MISSION STATEMENT

Influenced by our patron,
St. John Paul II, we are a
faith-sharing family of
Catholic believers
who bring Jesus to everyone
and everyone to Jesus,
through discipleship, outreach
and the Holy Eucharist.

WEEKEND MASS SCHEDULE

St. John Paul II 907 S. 9th Ave., Kankakee, Illinois 60901

> SATURDAY 4:30 pm Vigil Mass 6:00 pm Misa de Vigilia en Español

SUNDAY 8:00, 9:30, 11:30 am 1:00 pm (Español) 3:00 pm (Latin) 5:00 pm

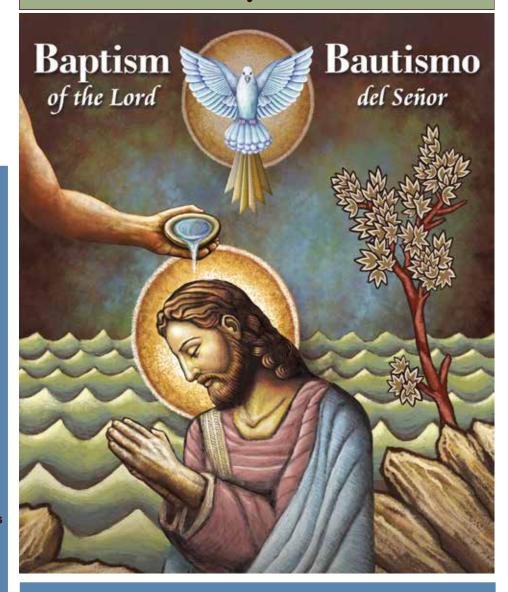
DAILY MASS SCHEDULE

MONDAY THRU FRIDAY
7:30 am
Artes/Tuesday
6:00 pm (Español)
SATURDAY
8:00 am
Wednesday/Friday 12:00 PM Latin Mass

CONFESSIONS

Conference Room

Saturday 3:30-4:30pm Tuesday/Thursday 5:00-5:45 pm **January 9, 2022**



"Bringing Jesus to Everyone and Everyone to Jesus"

A NOTE FROM THE PASTOR

UNA NOTA DEL PÁRROCO

Dear Brothers and Sisters in Christ,

This weekend we celebrate the Feast of the Baptism of the Lord. Baptism began Christ's mission to unite us all to God, and baptism opens for us the door of faith and begins our life with God, pouring forth the Holy Spirit upon us, washing our souls clean from the stain of original sin, uniting us to Christ and making us children of God. What a beautiful gift we receive through Baptism: new life in Christ, eternal life. I am grateful to my parents for bringing me to the church when I was three weeks old to receive such a sacred gift. It

is important to rediscover, acknowledge, and live according to the profound gift of baptism. We renew our baptism every time we recite the Creed and make the sign of the cross with holy water. The union with God that we receive through baptism is strengthened by Holy Communion and repaired in confession. I hope this following reflection by Pope Emeritus Benedict XVI on baptism and the objects used in baptism helps you to look into the depth and beauty of your own baptism:

"Then, there are the elements: water, the anointing with oil, the white garment and the flame of the candle. Water is the symbol of life: Baptism is new life in Christ. The oil is the symbol of strength, health and beauty, for it truly is beautiful to live in com munion with Christ. Then, there is the white garment, as an expression of the culture of beauty, of the culture of life. And I lastly, the flame of the candle is an expression of the truth that shines out in the darkness of history and points out to us who we are, where we come from and where we must go. Dear Godparents, dear parents, dear brothers and sisters, let us thank the Lord today, for God does not hide behind clouds of impenetrable mystery but, as today's Gospel said, has opened the heavens, he has shown himself, he talks to us and is with us; he lives with us and guides us in our lives." (January 8, 2006)

May we continue to deepen our friendship with Christ, which began in baptism, and may the Lord continue to bless you and your loved ones.

In Christ, Fr. Matt





Queridos hermanos y hermanas en Cristo:

Este domingo celebramos la fiesta del Bautismo del Señor. El bautismo comenzó la misión de Cristo de unirnos a Dios y el bautismo nos abre la puerta de la fe y comienza nuestra vida con Dios, derramando el Espíritu Santo sobre nosotros, limpiando nuestras almas de la mancha del pecado original, uniéndonos a Cristo y haciéndonos hijos de Dios. Qué hermoso regalo recibimos a través del bautismo: ¡nueva vida en Cristo, vida eterna! Estoy muy agradecido a mis padres por llevarme a la iglesia cuando yo tenía tres

semanas para ser bautizado. Este regalo tan precioso debe ser redescubierto, reconocido y vivido. Renovamos nuestro bautismo cada vez que recitamos el Credo y hacemos la señal de la cruz con agua bendita. La unión con Dios que recibimos a través del bautismo es fortalecida con la Sagrada Comunión y es reparada en la confesión. Espero que la siguiente reflexión del Papa Emérito Benedicto XVI sobre el bautismo y los objetos utilizados en el bautismo les ayude a conocer la profundidad y la belleza de su propio bautismo:

"Luego están los elementos: el agua, la unción con el óleo, el vestido blanco y la llama de la vela. El agua es símbolo de la vida: el bautismo es vida nueva en Cristo. El óleo es símbolo de la fuerza, de la salud, de la belleza, porque realmente es bello vivir en comunión con Cristo. El vestido blanco es expresión de la cultura de la belleza, de la cultura de la vida. Y, por último, la llama de la vela es expresión de la verdad que resplandece en las oscuridades de la historia y nos indica quiénes somos, de dónde venimos y a dónde debemos ir. Queridos padrinos y madrinas, queridos padres, queridos hermanos, demos gracias hoy al Señor porque Dios no se esconde detrás de las nubes del misterio impenetrable, sino que, como decía el evangelio de hoy, ha abierto los cielos, se nos ha mostrado, habla con nosotros y está con nosotros; vive con nosotros y nos guía en nuestra vida." (8 enero 2006).

Que sigamos viviendo en amistad con Cristo, que comenzó en el bautismo, y que el Señor siga bendiciéndoles a ustedes y a sus seres queridos.

En Cristo, Padre Mateo



Sunday Vespers & Benediction

Every Sunday, 6:30pm - 6:50pm

Vespers (Evening Prayer) consists of praying with psalms and scripture. It ends with Benediction with the Blessed Sacrament.

Year of the Eucharist Talk

6:50pm-7:20pm

During our parish's Year of the Eucharist (June 1, 2021-May 31, 2022), vespers is followed by a brief talk on the Eucharist, the Mass, and other rituals and devotions of our Catholic Faith.

Topic this Week: January 9
Candlemas: The Feast of the Presentation of the Lord



Time, Talent & Treasure

Fostering Stewardship as a way of life In gratitude of God's gifts of time and talent to us we gratefully acknowledge and salute

Live Stream Ministry

Sunday Offering/Ofrenda del Domingo January 2, 2021

> \$9,601.26 (158 Envelopes)

(Includes \$1,578 from Online Giving added above)

In an effort to keep you more informed, this information is being provided to the parishioners.

Monthly School Subsidy to Bishop McNamara: \$5.833.34

Monthly Diocesan Assessment: \$3,584 Monthly Contribution Envelope Cost: \$435

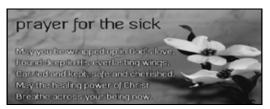
Our goal each week to cover our expenses is:

Nuestra Meta por Semana para cubrir los gastos es de:
\$10,770.00

THANK YOU GRACIAS



Call the
Parish Office to
request your
Tax Statement
for
donations made to the
parish in 2021.



PRAYING WITH INTENTION FOR THE SICK

Barrett, Rita	Beedle, Jim	Bialas, Margaret
Blue, Vicki	Boswell, Cheryl	Brandon, Linda
Burson, Kelli	Butler, Mike	Call, Kathy
Clocksin, Bill	Clocksin, Mary	Crane, Pat
Dechenne, Kathy	Dytkiewicz, Susan	Emling, Kenneth
Goselin, Eula Mae	Griffiths, Kathy	LaPierre, Jonette
LaRoche, Jackie	Lenzi, Robert	Licon, Arthur
Martinez, Sylvia	Norgaard, Ardelle	Pagono, Agnes
Paquette, Donna	Raut, Francis	Robinson, Craig
Saindon, Jim	Salazar, Magdalena	Schultz, Steve
Smith, Jackson	Torres, Teresa	Turner, Debbie
Wulffe, Daniel	Wulffe, Matthew	Vazquez, Josefina

*** The Intention of this list is to pray for the seriously ill. Please help us keep the list updated by calling the parish office with any changes. Thank You!

THIS WEEK AT JP2

Monday, January 10

2:00pm Adoration of the Blessed Sacrament

7:00pm Charismatic Group

7:00pm Year of the Eucharist Meeting

Tuesday, January 11

10:00am Fatima Rosary

11:00am Living Word Bible Study

5:00pm Confessions 6:00pm FFP Classes

7:00pm Living Word Bible Study

7:30pm RCIA

Wednesday, January 12

6:00pm FFP Classes

Thursday, January 13

5:00pm Confessions 6:30pm NO GIFT 7:00pm Choir Practice

Friday, January 14

9:00am Food Pantry-East Campus 9:00am Clothing Closet @ Lisieux 10:00am Prayer Shawl Ministry 6:00pm 12 Step Program @ Lisieux

Saturday, January 15

3:30pm Confessions

Sunday, January 16

9:00am Pescador de Hombres Bible Study (Men)6:30pm Year of the Eucharist Vespers/Teaching

UPCOMING EVENTS

Jan. 22 FFP Family Retreat

Jan. 30 Catholic Schools Week Begins

Feb. 20 CCW Winter Bingo

Please Note: Times/Events subject to change as needed.
Visit our website at jp2kankakee.org to
view the most current calendar.

Homebound & Nursing Home Parishioners

HOMEBOUND: Barbara Ciaccio, Rose Kaminsky, Rosemary Dicarlo,

Bob Granger

ASBURY SUPPORTIVE LIVING: Rosalyn Szymborski LUTHER PLACE: Leola Mulvihill, Thrasilla Janczak PRESENCE HERITAGE Lodge: Dick Keethers, John Hagan

Village:

BICKFORD: Lavonne Linneman

RIVERSIDE SENIOR LIFE/MEMORY CARE:

Miller Rehab. Center: Rita Morris

Butterfield Court: Muffy Stamper, Colette Cheffer **Senior Care:** Ardel Norgaard, David Africano

Westwood Oaks: Eileen Dupuis Manteno Veterans Home:

St. John Paul II Directory

Phone 815-933-7683 Fax 815-933-7692 Parish Office Hours

Mon.—Thurs. 9 am—4 pm Fri. 9 am—1 pm Horario de la Oficina Hispana

Martes a Jueves 9am-4pm Viernes 9 am-1 pm

Pastor

Very Rev. Matthew Pratscher ext. 402 frmatt@jp2kankakee.org Parochial Vicar

Rev. Roy Jacob, CMI, ext. 403 frroy@jp2kankakee.org
In Residence

Rev. John Horan ext. 412 frhoran@jp2kankakee.org
Deacons

David Marlowe, Greg Clodi, & Rocco Busato

In case of a death or a near death emergency and you need a priest, please call the parish office, 815-933-7683 and PRESS the # button

Business Manager:

Kathy Griffiths ext. 406 kgriffiths@jp2kankakee.org Pastoral Secretary/Bulletin Editor:

Kathy Dummer ext. 408 kdummer@jp2kankakee.org

Please email bulletin requests to the above address no later than the previous Friday before the weekend requested.

Liturgy Associate:

Lori Ciaccio ext. 405 Iciaccio@jp2kankakee.org

Director del Ministerio Hispano:

Alex Quezada ext. 404 aquezada@jp2kankakee.org

Receptionists:

Silvia Barajas ext. 410 sbarajas@jp2kankakee.org
Silvia Esparza ext. 409 SEsparza@jp2kankakee.org

Sacramental Recording Secretary

Faith Formation Office: 815-932-7911

Sister Evangeline srevangeline@jp2kankakee.org

Music Director:

Christopher Wilcox cwilcox@jp2kankakee.org

Coros Hispanos: Caitlyn Segura

Building & Grounds:ontop60@msn.comRende Langlois815-693-0253

Parish Media Links Website:

Website: Facebook jp2kankakee.org St John Paul II

Kankakee

YouTube: St. John Paul II Kankakee

Parish Council Members

Julie Busken Chairperson Cathy Langlois-Co-Chair

Deb Groth-Secretary

Marc Nichols Gabriel Mendez
Maria Pizano-Calderon Bob Kerness

Finance Council Members

Mark O'Connor- President Cheryl Walsh-Secretary
Sonda Clocksin Amy Anderson
Mickey Kreissler Alicia Saldivar Tom Martin

*Did you move?

*Do you have a new mailing address?

*Did you get rid of your landline?

*Did you get a new Cell Phone #2

*Do you have an email address you would like to share?

WE DON'T WANT YOU

Please call the office with updates, 815-933-7683.

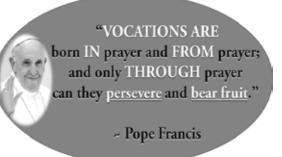
The Baptism of the Lord January 9, 2022

Isaiah 40:1-5, 9-11 Titus 2:11-14; 3:4-7 Luke 3:5-16, 21-22

Prayer

Jesus himself is baptized by John. Then he prays. In his praying, the Spirit comes and the Father speaks words of possessive pleasure.

- How will I pray this last day of the Christmas season?
- When I am guiet enough, what do I hear God say?
- What mercy works does the Spirit empower me to do?



VOCATION PRAYER CALENDAR

For an increase in vocations to the priesthood, diaconate and religious life especially in the Diocese of Joliet.

Jan. 10 Sr. Camino Fernandez, Sr. Mary Grace Kuppe,

Sr. Carmen Miravalles, Sr. Mary Villar OSA

Jan. 11 Fr. Vernon Arseneau,. Fr. Lee Bacchi

Jan. 12 Fr. Daniel Bachner, Fr. Raed Bader

Jan. 13 Sr. Mary Bratrsovsky, Sr. johanna Choi, Sr. Jo Anne Form OSB

Jan. 14 Seminarian Andrew Bogusz

Jan. 15 Sr. Judith Ann Heble, Sr. Irene Jasien, Sr. Lois Jean Jensik OSB

Jan. 16 Dcns. Michael Barrett, Gary Bednar, Donald Berkey, William Bevan III, Ralph Bias

READINGS FOR THE WEEK

Mon. Jan. 10

1 Samuel 1:1-8 Mark 1:14-20

Tues. Jan. 11

1 Samuel 1:9-20 Mark 1:21-28

Weds. Jan. 12

1 Samuel 3:1-10, 19-20

Mark 1:29-39

Thurs. Jan. 13

1 Samuel 4:1-11 Mark 1:40-45

Fri. Jan. 14

1 Samuel 8:4-7 Mark 2:1-12

Sat. Jan. 15

1 Samuel 9:1-4, 17-19; 10:1

Mark 2:13-17

Sun. Jan. 16 Second Sunday in Ordinary Time

Isaiah 62:1-5

1 Corinthians 12:4-11

John 2:1-11



Baptism:

Call the parish office for Pre-Baptismal requirements and scheduling. Call 815-933-7683.

Weddings:

Marriage Preparation begins at least 6 months in advance. Call the parish office for date confirmation before finalizing other wedding plans.

PROCEDIMIENTO PARA SACRAMENTOS

Bautismo

Llame a la oficina parroquial por lo menos dos meses antes, para curso pre-bautismal y requisitos . Llame 815-933-7683.

Bodas:

La preparación comienza seis meses antes. Llame a la oficina parroquial para confirmar la fecha antes de finalizar otros planes de su boda.



The candle in the sanctuary is burning for Marjorie Messerle

Messerle Family & Friends



Prayer Line Information

For your prayer requests, please call or email the number/address below. Thank You

Ann Wheeler 815-932-7938
Barb Jepson Wbjepson69@gmail.com

MASS INTENTIONS FOR THE WEEK

Saturday January 8, 2022

8:00 a.m. † Joan Schultz (Friends & Family)
4:30 p.m. † Stanley & Mary Magiera (Son Mike)
6:00 p.m. † Eloisa Sanchez (Chano Perez)

Sunday January 9, 2022

8:00 a.m. Bilderback Family (Matthew Malicki)
9:30 a.m. † Marjorie Messerle (Lynn & Joe Marino)

All Deceased Members of the Prayer Line (Prayer Line)

11:30 a.m. † Ron Brosseau (*Teddy Brosseau*)
1:00 p.m. For All The People of St. John Paul II
3:00 p.m. Sr. Perpetua (*Martha Aune*)
5:00 p.m. † Paul Marczak (*Family*)

Monday Janaury 10, 2022 7:30 a.m. For the sick of our parish

Tuesday January 11, 2022

7:30 a.m. Missionary Sisters of the Holy Family (JP2 Family)

6:00 p.m. † Luis Francisco Llanos (Alicia Gomez)

Wednesday January 12, 2022

7:30 a.m. Servants of the Holy Heart of Mary (JP2 Family)

12:00 p.m. For The Intentions of the Priest

Thursday January 13, 2022

7:30 a.m. † Marjorie & Richard Messerle (Mark & Linda Messerle)

Friday January 14, 2022

7:30 a.m. † Phil Czernik (Jeanne James & David Savoie)

12:00 p.m. For The Intentions of the Priest

Saturday January 15, 2022

8:00 a.m. Pam Bierbaum (Friends)

4:30 p.m. † George Faber (Joe Davis)

6:00 p.m. For All The Parishioners of St. John Paul II

Sunday January 16, 2022

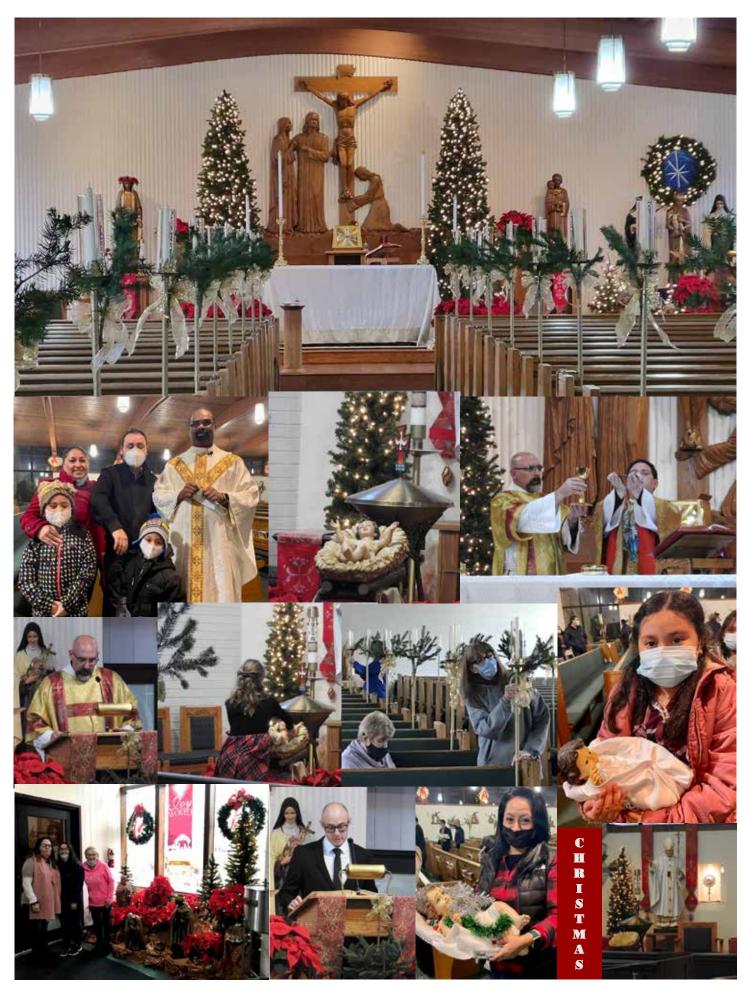
8:00 a.m. † Charles "Bucl" Birr (Joanne Riberdy) 9:30 a.m. † Molly Rose Ciaccio (Lori Ciaccio)

11:30 a.m. † Julia Bajt (Karen Bajt)

1:00 p.m. For Vocations to the Priesthood3:00 p.m. For The Intentions of the Priest

5:00 p.m. For the Benefactors of our Parish





Liturgical Schedule	Saturday January 15 4:30 pm	Saturday January 15 6:00 pm Español	Sunday January 16 8:00 am	Sunday January 16 9:30 am	Sunday January 16 11:30 am	Sunday January 16 1:00 pm	Sunday January 16 5:00 pm
Lector	Ryan Carter	Marcela Andrade	Linda Kerness	Sr. Evangeline	George Arocha	Maria Trinidad Garcia	Julie Koerner
Ushers Ujieres	Bob Thrasher Laura Carter S/U Tracy Douglas	Jennifer Sanchez Norma Sanchez Eloisa Ayala Jose Ayala	Bob Koerner Bilderbacks Bob Thrasher	Annie Syrstad David Montague Bob Thrasher W:Kathy Griffiths	Beth Arocha Silvia Barajas	Rosalina Tonacatl Jose Hernandez Eva Muniz Aydee Palma	Bob Thrasher
Disinfecting Limpieza	Not Needed	Jennifer Sanchez Norma Sanchez	Not Needed	Not Needed	Beth Arocha Silvia Barajas	Not Needed	Not Needed

Weekday Ministers/Ministros de la Semana and Linen Cleaning Schedule

January 10-15: Daily Mass: Lector: Cathi Willi Sacristan: Sharon Jackson January 17-22: Daily Mass: Lector: Cheryl Heldt Sacristan: Ema Elvir

Martes Noche Misa Española:

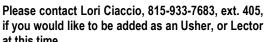
January 11: Lector: Marcela Andrade Sacristan: Antonio & Angelica Serna January 18: Lector: Serafin Lopez Sacristan: Daniel Varela, Ema Elvir

Linens: January 2/9: Mickey Kreissler January 16/23: Sharon Jackson



Liturgy Needs: Saturday, 4:30 pm mass Lectors and Lectors and

Ushers for the Sunday, 5:00 pm mass.





FAITH FORMATION

Adoration of the Blessed Sacrament



Every Monday/Cada Lunes 12-5pm

First Friday of the month/ Primer viernes del mes 8:00 am-6:00 pm

Primer Sábado del mes / First Saturday of the month Adoración Nocturna/Nocturnal Adoration

8:00 pm-5:00 am

ANNULMENT SUPPORT DAY

A DAY OF SUPPORT AND REFLECTION

DATE: Saturday, January 22, 2022 TIME: 9:00 AM - 12:00 PM Blanchette Catholic Center Crest Hill, IL.



Working on annulment papers alone without support can be emotionally overwhelming and frustrating. Papers may be placed in a desk drawer and/or not completed. In an effort to help petitioners complete their part of the process, the Office for Family Ministry, in collaboration with the Joliet Diocesan Tribunal, is once again offering an OPTIONAL Day of Support for Annulment Petitioners on Saturday, January 22, 2022 from 9:00 am to 12:00 pm In-person at the Blanchette Center for a \$15 fee.

This workshop is designed for divorced persons who have already started the annulment process by petitioning the Diocesan Marriage Tribunal, have submitted their Matrimonial Fact Sheet and have a current case in process but have not yet completed the Marriage Summary Long/Questionnaire. Catholics and non-Catholics are welcome to attend, whether remarried or not.

The day will include time for prayer and reflection, a witness talk, and time for questions related to the long questionnaire. Pre-registration is required by January 17. Please register online at https://bit.ly/2Bv0drA.

The Office of Family Ministry (815) 838-5334 familyministry@dioceseofjoliet.org

PRAY TO PROTECT HUMAN LIFE!

JANUARY 19-27, 2022

9 Days for Life is a novena for the protection of human life. Each day's intention is accompanied by a short reflection and suggested actions to help build a culture of life.



Join today at www.9daysforlife.com!

3 WAYS TO JOIN







9DaysforLife.com

Join thousands of Catholics nationwide praying the annual 9 Days for Life Novena,
January 19-27th.
Sign up today at 9daysforlife.com



FAITH BUDDIES

Prayer and Religious Education for students with special needs, including but not limited to

- Social/emotional (including Autism)
- Physical
- Intellectual
- All other disability categories, such as ADHD or TBI

NEXT DATE IS FEBRUARY 5, 2022



MINISTERIO HISPANO

Director del Ministerio Hispano: Alex Quezada

815-933-7683 ext. 404

aquezada@jp2kankakee.org

OCIA: Ordero de Iniciación Cristiana para Adultos: Ema & Antonio Elvir 815-304-9158

Azzarelli Outreach Clinic Clinica Medica Semana de Enero 10-14

Vean los anuncios afuera de la clínica para detalles actualizados o llame a la clínica al 815-928-6093.

Santa Eucaristía

REFLEXIÓN CON PADRE MATT & PADRE ROY

EL PRIMER VIERNES DE CADA MES @ 7:00PM

Oraciones al Sagrado Corazón de Jesús Seguidas por platicas sobre la misa

1 de Octubre

4 de Febrero

5 de Noviembre

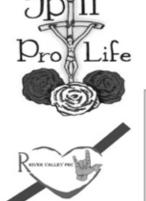
4 de Marzo

3 de Diciembre

1 de Abril

7 de Enero

6 de Mayo



CENTRO DE RECURSOS PARA EMBARAZOS DE RIVER VALLEY BOTTLE DRIVE

El Comité Pro Vida y los Ministerios Hispanos están patrocinando colecta de biberones en beneficio del Centro de Recursos para el Embarazo de River Valley. A partir del fin de semana del 1 de enero habrá botellas disponibles en la entrada y salida de la iglesia. Puede recoger su botella después de las misas, poner su cambio en ellas y traerlas de regreso antes del último fin de semana de enero. ¡Esta es una gran actividad para involucrar a sus hijos!



Adoration of the Blessed Sacrament



Every Monday/Cada Lunes 12-5pm First Friday of the month/ Primer viernes del mes 8:00 am-6:00 pm Primer Sábado del mes / First Saturday of the month Adoración Nocturna/Nocturnal Adoration

8:00 pm-5:00 am

Divina Misericordia/Divine Mercy

Cada 2do Sábado del mes

6:30-8 pm @ St. John Paul II

Para más information llame/for information call Maria Toledo 815-935-8359



Se resará el rosario cada sábado a las 5:40 pm antes de la misa de Español.



OUTREACH MINISTRIES

Outreach Coordinator: Teri O'Connor 815-693-9152 oconnor.teri@gmail.com

Our Shepherd's Clothing Closet 371 N. St. Joseph Ave., Kankakee

Azzarelli Outreach Clinic: Judy Busato/Kathy Wade 815-928-6093 azzarelliclinic@yahoo.com

Kankakee Catholic Food Pantry: Nancy Godin 815-933-7683 Ext. 417
Lisieux Pastoral Center Director: Kathy Wade 815-939-2913

Hearts of Hope Youth Group: Michelle & Ken Barrie 815-382-8130

Azzarelli Outreach Medical Clinic Week of January 10-14

PLEASE LISTEN TO THE ENTIRE MESSAGE FOR INFORMATION! Call 928-6093

For the days that the clinic is open.





Azzarelli Clinic is looking for Clerical and RN Volunteers. Please contact Judy Busato at 630-390-9820





KANKAKEE CATHOLIC FOOD PANTRY HOURS: FRIDAYS FROM 9-11:00



Thank you to all our parishioners and Kensing Company for helping us fulfill the gifts for our giving tree.

We helped 7 families from JP2, 5 women at Harbor House, many Seniors with Catholic Charities and 3 new men at KCTC.



Lisieux Outreach Center hosted Christmas Dinner for Christmas Day, Inc. We served 110 dinners to those who had no one to share Christmas with and in need. Thank you to Bennett Curtis for supplying all the food and Kathy Wade and her family for setting up everything for the day. We all want to thank all our volunteers who spent their afternoon helping out. We are Blessed to have such a giving community.

Fit 'n' Healthy Challenge



Join us for the Fit 'n' Healthy Challenge! Enjoy this FREE 10 week program. If you're serious about making a lifetime commitment to health, the Fit 'n' Healthy Challenge is for you!



ST. MARY'S HOSPITAL KANKAKEE

January 11 - March 15 Lisieux Center 371 St Joseph Ave Kankakee, IL 60901

Initial Weigh In: Tuesday, January 11, 2022 4:00pm - 6:00pm (Pre-registration required) Exercises Classes: Tuesdays and Thursdays

5:30pm - 6:30pm (1/13/22 - 3/10/22) Weigh Out: Tuesday, March 15, 2022 4:00pm - 6:00pm (appointment required)

Participants will receive:

- Pre and post screening which includes body weight, body fat percentage and blood pressure
- Twice-weekly exercise
- instruction by Joseph Begley
- Receive nutritional info and healthy recipes
- Yoga mats and resistance bands will be given to each participant at first exercise

Participants should expect to give:

- 100% commitment to the challenge
- Attend workout sessions weekly

For optimum success the participants should:

- Incorporate healthy eating habits
- Increase physical activity

Dr. Mark Ryan, DDS

'hand weights are not required but will be beneficial to have for some workouts

To advertise in this space call 815-932-6432

SCANLON COLLISION SPECIALISTS, INC. Sandblasting - Frame Straightening Semi-Tractor Repairs Complete Auto Body Repair 815/426-2178 9392 W. Rte. 115 Herscher, IL 60941

McCOLLY Rosenboom **Real Estate** mccolly.com

Leading

Sandy Girard, Broker 685 Main St. NW, Bourbonnais, IL 60914

Fax: 815.933.9326 • Home: 815.933.7943 realtorsandyg@comcast.net sandygirard.com 815.592.0567



RYAN FAMIL DENTISTRY 9 Briarcliff Professional Cente Bourbonnais, Illinois 60914 815-932-9695

Please patronize our advertisers who patronize our church.

To advertise in this space call 815-932-6432



Bickford of Bourbonnais 100 Jones Dr. • 815-936-9500 enrichinghappiness.com

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Larry D. Serene & Associates Larry Serene • Deanna Carlson Webb

Attorneys at Law

One Dearborn Square, Suite 429, Kankakee, IL 60901 Office 933-8715 • Res. 932-9798 • Iserene762@aol.com

RICHARD S. NICKLAS

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