

## ST FRANCIS OF ASSISI, DERWOOD

### Mass Intentions

**September 18 - September 24**

|                        |  |
|------------------------|--|
| <b>Monday, 9/18</b>    | 9:00 a.m. Fr. Ivan Almodovar   |
| <b>Tuesday, 9/19</b>   | 9:00 a.m. Martin Almodovar   |
| <b>Wednesday, 9/20</b> | 9:00 a.m. Edward O'Sullivan<br>7:30 p.m. Rita Arias  |
| <b>Thursday, 9/21</b>  | 9:00 a.m. Bridit Joseph  |
| <b>Friday, 9/22</b>    | 9:00 a.m. Catherine Dillon Bullen  |
| <b>Saturday, 9/23</b>  | 9:00 a.m. Margaret Noone<br>5:00 p.m. Fred Biasini   |
| <b>Sunday, 9/24</b>    | 8:00 a.m. Gloria Branscum<br>9:30 a.m. William Vermont<br>11:15 a.m. Christos Nicholson<br>5:00 p.m. <i>Pro populo</i> |

#### + In Memoriam Aeternam +

In your charity, please pray for the repose of the soul of Reverend Auxentius V. Panares, Retired, Archdiocese of Washington.

*Please pray for the sick*....Fatimah Seyed-Ali, Barbara Sposato, Millie Cosman, Madelyn Cabatic, Evelyn Haddad, Carolyn Speaks, Bart Trickett, Katrina Schmidt, Bienvenido Delrosario, Kathy Denchfield, Jackie Roebuck King, Bob Coyne, Jeni Stepanek, Debbie & Roger Petrocelli. *(Names will remain on this list for four consecutive weeks, but can be repeated by calling the*

#### Readings for the Week of September 10, 2017

|                     |  |
|---------------------|--|
| <b>Sunday:</b>      | Sir 27:30--28:7/Ps 103:1-4, 9-12/Rom 14:7-9/<br>Mt 18:21-35        |
| <b>Monday:</b>      | 1 Tm 2:1-8/Ps 28:2, 7-9/Lk 7:1-10                                  |
| <b>Tuesday:</b>     | 1 Tm 3:1-13/Ps 101:1b-3ab, 5-6/Lk 7:11-17                          |
| <b>Wednesday:</b>   | 1 Tm 3:14-16/Ps 111:1-6/Lk 7:31-35                                 |
| <b>Thursday:</b>    | Eph 4:1-7, 11-13/Ps 19:2-5/Mt 9:9-13                               |
| <b>Friday:</b>      | 1 Tm 6:2c-12/Ps 49:6-10, 17-20/Lk 8:1-3                            |
| <b>Saturday:</b>    | 1 Tm 6:13-16/Ps 100:1b-5/Lk 8:4-15                                 |
| <b>Next Sunday:</b> | Is 55:6-9/Ps 145:2-3, 8-9, 17-18/<br>Phil 1:20c-24, 27/Mt 20:1-16a |

### *Scripture Corner*

#### FORGIVE!

In today's Gospel (Matthew 18:21-35) Jesus teaches that God is always willing to forgive, but at times some Christians are not willing to forgive. This is an extremely important teaching! We see God's willingness to forgive in the first words of Jesus from the cross. "Father, forgive them, they know not what they do." (Luke 23:34) At that point in the passion Jesus is offering forgiveness to all sinners!

Our Lord went into his suffering with full knowledge of what will be involved. Anticipating the terrible death on the cross together with the scourging and crowning of thorns, Our Lord would cry out in the Garden of Gethsemane, "Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will." (Mark 14:36) Jesus willingly accepted the Father's will, asking him to take up the cup.

Accepting suffering is expected of all Christ's followers. Also expected is the willingness to imitate Jesus in forgiving those who offend us. The Old Testament reading today (Ben Sira 27: 30-28:7) has a strong example.: "Forgive your neighbor the wrong done to you; and when you pray, your own sins will be forgiven." (Ben Sira 28:2)

In the Lord's Prayer which we recite at every Mass, we pray, 'Forgive us our trespasses as we forgive those who trespass against us.' (Matthew 6:12) Many changes have occurred in the translation of the liturgy over the years. The Our Father has been retained in its present form since it is the earliest English translation that is available.

It is clear that God expects us to forgive. But it is also clear that forgiveness does not come easily. At times it may be better to think of forgiveness as a process and we try to promote the process by prayers to our loving Savior.

*Fr. Ralph*

#### MARTHA/MARY WOMEN'S GROUP

Just as Martha opened her home in service to Jesus and Mary sat at His feet to learn, our women's group opens the door to you to join us twice a month to learn and discuss how we, too, can move closer to Jesus. We meet at 7:30 p.m. every other Wednesday, in the Youth Room of the Rectory. We are currently reading the book, Open the Door: A Journey to the True Self by Sr. Joyce Rupp. It is a very casual women's group, and we always welcome newcomers. Our next 2 meetings: September 20 and October 4.. Questions: Email Linda Call at [dcal194080@aol.com](mailto:dcal194080@aol.com) or Marie Yeast at [Mffy313@aol.com](mailto:Mffy313@aol.com)

## The Twenty-fourth Sunday in Ordinary Time

### QUESTION OF THE WEEK

*Who needs my forgiveness? How might I start a “ripple of forgiveness” that could expand to a global tidal wave of unending forgiveness?*

### FOLLOW-UP TO BISHOPS’ LETTER TO CONGRESS

On July 4<sup>th</sup> weekend, parishioners of St. Francis signed a statement of support to the US. Catholic Bishops who had sent a letter to Congress on May 19. The letter voiced concerns about the proposed federal budget. The bishops stated that the budget is a moral document which should be judged by the criteria of how well it promotes the common good of all, especially the most vulnerable. A report of that action can be found at [www.wearesaltandlight.org/success-stories-learn/](http://www.wearesaltandlight.org/success-stories-learn/). A staff member of the Department of Justice, Peace and Human Development wrote the report, based on a phone interview, and titled it, **“Parish Uses Bishops’ Letter on Budget, to Educate, Advocate.”**

### SIGN UP NOW FOR A SMALL GROUP

It’s not too late to sign up for a Small Group at St. Francis. Small Groups provide a way to make our big St. Francis community more intimate by helping parishioners explore their faith together. In a home setting, participants gather weekly in groups of five to 10 to reflect on readings, offer insights, listen to others’ experiences and discuss how learnings can be applied to one’s life.

Sign up this weekend in the Gathering Space to join an established Small Group, such as the Martha/Mary Women’s Group or the Saturday Morning Spiritual Reading Group, or join a new one. St. Francis is launching some of the following new Small Groups, including:

- *Sunday Mass Preparation Small Group*, where groups will meet weekly over a six-week period or longer to read and discuss the coming week’s readings and be better prepared for Mass.
- *Pivotal Players Small Group*, where members will delve into Bishop Robert Barron’s film series about The Pivotal Players – a handful of saints, artists, mystics and scholars, who, not only shaped the life of the Church, but changed the course of civilization.
- *Psalmody*, a small group of parishioners who pray through ensemble singing and instrument playing. An ability to sing is not required – just a desire to join with others in song as a means of prayer.
- *Catholic Perspectives on the Vietnam War*, where parishioners will gather to watch Ken Burns’ 10-part documentary series on the Vietnam War and discuss their personal experiences of how the war impacted them and their family, Catholic social teaching on war and peace as a path of reconciliation and healing. All views are welcome and accepted on this subject.

Most small groups will begin meeting in October and will meet weekly for six to eight weeks or weekly, bi-weekly or monthly throughout the year and take off holidays or the summer. For more information about joining or starting a small group, please e-mail Small Group Coordinator Alice Welanetz at [awelanetz@gmail.com](mailto:awelanetz@gmail.com) or call her at (301) 351-6706.

### THE MUSINGS OF THE PASTOR

On May 4, 2017 Pope Francis announced that Father Solanus Casey, a beloved Capuchin friar who had ministered for many years in Detroit would be named “blessed.” The beatification will take place during a Mass in Detroit on November 18, 2017. Born Bernard Casey in Oak Grove Wisconsin in 1870, he was the sixth of sixteen children born to Irish immigrants. He enrolled in St. Francis High School Seminary near Milwaukee when he was twenty-one, but because of academic limitations he was advised to enter a religious order. Praying before a statue of the Blessed Virgin Mary, he felt the urging “to go to Detroit.” There he met the Capuchin friars. After he had joined the Capuchin Franciscans in 1897, he was given the religious name Solanus. Although he continued to struggle academically—he could not master Latin—, Friar Solanus was ordained in 1904 by Milwaukee Archbishop Sebastian Messmer as a “simplex priest,” meaning he could celebrate Mass but he could not preach doctrinal sermons nor hear confessions. After serving in various churches and friaries in New York for two decades, Father Solanus was transferred back to Detroit where he began working as porter, or doorkeeper, at St. Bonaventure Friary.

In this assignment in Detroit Father Solanus became well known for his compassion and holiness. As the porter he would greet those who came to the monastery doors, he came to know those who were ill or in need of assistance. In time Father Solanus conducted well-attended services for the sick. Indeed he was highly sought after throughout his life in part because of the many physical healings attributed to his blessings and intercession. In 1929 he helped to establish the Capuchin Soup Kitchen to feed hungry people during the Great Depression. That work of mercy continues even to this day.

Even in his 70’s Father Solanus remained active and would often join the younger friars in a game of tennis or volleyball. He died from erysipelas, a skin disease, on July 31, 1957 at the age of eighty-seven. In some ways, then, it is ironic that the miracle needed to raise Father Solanus to blessed involved a woman with an incurable genetic skin disease. The woman was visiting friends in Detroit and stopped by the tomb of Father Solanus to pray for the intentions of other relatives, friends, and acquaintances. After she finished her prayers, she felt a strong urging to ask for the intercession of Father Solanus for herself. After she did this, she received an instant and visible healing. The miraculous nature of her healing was confirmed by doctors in her native land, in Detroit, and in Rome. All were agreed that there was no scientific explanation for what had happened to her.

Detroit Archbishop Allen H. Vigneron ought to have the final word here. “The beatification of Father Solanus Casey is an incomparable grace for the church in the Archdiocese of Detroit and for the whole community of Southeast Michigan. He is an inspiration to all of us Catholics—and to all—of the power of grace to transform one’s life.”

Until next week,  
*Fr. John Dillon*

**LAMB OF GOD PRAYER MEETING** Join the Lamb of God Prayer Group for worship and the study of Scripture on Tuesday, September 19, 7:30 p.m., St. Clare's Chapel in the Rectory. For details, please call Louise, (301) 977-5217.

**POOR BOX DONATION** – The donations for next weekend will go to the Prison Ministry Outreach Program. *Thank you for your generosity.*

**ST. FRANCIS OF ASSISI PRAYER CHAIN** If you have a prayer request, please contact Marianne Bullen, (301) 963-3420 or [mariannebu@comcast.net](mailto:mariannebu@comcast.net) with your requests.

### ROSARY FOR PRIESTS

Every Wednesday evening at 6:45 p.m. we pray the rosary for our priests before the 7:30 p.m. Mass.

### HOLY HOUR FOR THE DYING

On Thursday evenings in the St. Clare Chapel in the Rectory, a prayer group meets at 7:00 p.m. to pray for the dying. This is a Holy Hour Devotion for the Dying. As a central work of our Catholic faith, we are called to pray for the dying, especially for those who may die suddenly, unprepared to face God. For additional information, please call the Parish Office, (301) 840-1407.

### ROSARY CENACLE OF OUR LADY, QUEEN OF PEACE

Cenacle of Our Lady, Queen of Peace to pray for priests and vocations, 2:00 p.m. in the St. Clare's Chapel (Rectory) every Sunday. Please join us.

### KNIGHTS OF COLUMBUS - COUNCIL 2323

The Knights of Columbus are actively pursuing new members. Our council incorporates members from St. Francis, St. Mary's and St. Martin's. Though best known for our many charitable projects, we also have a lot of fun with dinners, fund raisers, family nights and many other fraternal social occasions. If interested in learning more, please contact Gary Palmer, (301) 948-6494 or e-mail [gtdbpalmer@verizon.net](mailto:gtdbpalmer@verizon.net).

### KNIGHTS OF COLUMBUS CAR RAFFLE

Representatives from Montgomery Council 2323 of the Knights of Columbus will be selling tickets for the Maryland State Council Annual Car Raffle after all Masses this weekend. The tickets are \$1.00 each. Montgomery Council 2323 receives \$.60 for each ticket sold, and the entire proceeds will benefit the Pope John Paul II Seminarians. Last year, one of our parishioners won the \$200 gift card. Please support this worthy cause.

### CONTEMPORARY FOLK GROUP SEEKING NEW MEMBERS

Are you new to the parish and would you like to meet more people? Have you been a parishioner for years and have thought about being in a music group but just never joined? Come praise the Lord with us in song! If you like to sing or you play an instrument, then come join the **Contemporary Folk Group**. We lead music at the 11:15 a.m. Mass on Sundays and practice on Tuesday evenings at 7:30 p.m. Share your talents and join us in serving Christ and his church. We are an intergenerational group and welcome people of all ages. Any children interested should be nine years old and older. For more information, e-mail Sue Madison at [musikal76@msn.com](mailto:musikal76@msn.com) or call her at (301) 977-6854. You can also contact John Ryan at (301) 977-2690.

### MINISTRY SPOTLIGHT: NEIGHBOR-TO-NEIGHBOR TEAM

The Neighbor to Neighbor Team is a new ministry focused on reaching out to people moving into areas around St. Francis of Assisi Church, letting them know about our parish, and inviting them to join us in worship.

As we can all see, new homes are popping up in the area, including around Magruder High School and the Shady Grove Metro Station. Permits are being requested for townhomes off Redland Road across from Redland Local Park. In neighborhoods, young families are buying homes as the original or second owners are downsizing or moving to retirement locations.

Fr. John asked the Pastoral Council to look at various programs and focus on **"How do we get them in the door?"** The Neighbor-to-Neighbor Team will help the council plan and execute an effort to engage these new neighbors, as well as inactive members of our parish. This will be a highly strategic ministry, as its members will be asked to think deeply about the various audiences we intend to engage and form an understanding of what could motivate them to join our parish or participate more. Parish members with interest or experience in advertising/marketing, event planning, public relations, communications strategy, or who have been part of a similar ministry are highly encouraged to volunteer. If it is something you just feel called to do, then come join us.

Members of the team will have a chance to study other programs focused on this objective, discuss what will work best for St. Francis, and then develop a program for review and approval. Once this is complete, the Neighbor to Neighbor ministry will proceed to execute the plan.

The goal of the ministry is to make sure people in the area around St. Francis know about us, because we hear all the time about the welcoming feel of St. Francis. At New Parishioner Welcome Receptions, a constant answer to the question of what brought you to St. Francis is "We attended mass at various parishes in the area and St. Francis was so warm and welcoming." So, if we just "get them in the door" the expectation is that they will want to come back and become active members of our parish.

- *Volunteer roles:* members of the team
- *Monthly time commitment:* Variable, but availability for meetings at least once a month
- *Required training/pre-requisites:* Experience in advertising/marketing, event planning, public relations, communications strategy, or have been part of a similar initiative to promote an entity to new people.
- *Benefits:* Help build up our church and its parishioner base.
- *Contact:* Deacon Dan Finn at [deacondan-finn@gmail.com](mailto:deacondan-finn@gmail.com) or (240) 393-8180.

### THE ST. FRANCIS BREW CREW

The St. Francis Brew Crew is back to serve you coffee, juice and donuts with a smile after the 9:30 and 11:15 Masses. This is a great way to meet new parishioners. If you would like to be a member of the St. Francis Brew Crew please contact Sylvia Jones at 301-762-6564. It is a small commit with many rewards.

## RELIGIOUS EDUCATION NEWS/EVENTS

### RELIGIOUS EDUCATION CLASSES BEGIN THIS WEEK!

- **Pre-K/K Classes** begin Sun., September 17, 11:10-12:15 pm  
(Preschool classes are for children age 3 or 4 by September 1)
- **Gr. 1-5 Classes:**  
Sunday Session begins Sun., September 17, 9:20-10:35 am  
Monday Session begins Mon., September 18, 4:45-6:00 pm
- **Gr. 6-7-8 Classes:**  
Monday Session begins Mon., September 18, 6:45-8:00 pm  
Tuesday Session begins Tues., September 19, 6:45-8:00 pm

### **Children must be registered before they can begin classes.**

Space is still available in most classes and children are welcome to start classes once registration is received and processed. Registration forms can be found in the Gathering Space, the Parish Offices, and also on the parish website. Please call the Religious Education Office if need more information: 301-258-9193.

### **Registering for Sacramental Preparation**

Sacramental preparation for Reconciliation, Eucharist, Confirmation, and Christian Initiation for Children/Teens (CIC/CIT) is not grade specific and involves preparation in addition to grade level Religious Education classes. At minimum, children are expected to have participated in religious education in the year prior to preparing for a sacrament. (Please note: students preparing for the Sacrament of Confirmation will attend their grade-level Religious Education classes as well as monthly Confirmation sessions.)

Families requesting sacramental preparation for their child are asked to mark their registration form accordingly so that additional information can be provided. **Families requesting sacraments for a child attending Catholic School are also asked to complete and return a religious education registration form as soon as possible.** Additional details about sacramental preparation will be provided at parent meetings in October. If you have any questions, please call the Religious Education Office at 301-258-9193.

### **Catechists Needed**

Please consider whether you can serve as a catechist for our children and young people. Additional catechists are always welcome and much needed, especially for our Monday afternoon elementary program, and Monday and Tuesday evening middle school program. We need your help to keep our class sizes small. If you would like to learn more about this important ministry, please contact Susan Anderson, Director of Religious Education, at 301-258-9193.

### **Catechetical Sunday**

Today we celebrate **Catechetical Sunday** with the Blessing of Catechists at all Masses. In the Blessing of Catechists, those who have been designated by the community to serve as catechists are called forth to be commissioned for this important ministry. Please pray for our catechists, our students and all families as together we teach and share the faith this year!

### **Catechesis for Children and Youth with Special Needs**

Our parish offers catechetical sessions specifically designed for children and youth with special needs and their families. Our first class meets Sunday, September 24 from 3:30-4:30 pm in the St. Clare Room. If you would like to learn more about these sessions, or if you are interested in serving as a catechist or aide for children with special needs, please call Susan Anderson, Director of Religious Education, at 301-258-9193.

## YOUTH MINISTRY NEWS/EVENTS

### ST. FRANCIS YOUTH MINISTRY

### Upcoming Events

### FRED

### SEPTEMBER

17 FRED Kickoff - "Escape Rooms"  
24 FRED

### GET SOCIAL

"FRED - SFA Youth Ministry" Page on Facebook  
"St. Francis of Assisi Catholic Church" page on Facebook

### 270CATHOLICS (Young Adults) UPCOMING EVENTS

On **Saturday, September 23rd**, join young adults (20s and 30s) at DC United's fall faith night! The evening begins at 5 pm with musical performance by The Restless and a meet & greet with a DC United player and team chaplain. Game to follow at 7 pm against San Jose Earthquakes. Tickets are \$25. Visit <https://www.facebook.com/270Catholic/events> or email: [270Catholic@gmail.com](mailto:270Catholic@gmail.com) for more info.

On **Tuesday, September 26th**, young adults (20s and 30s) are invited to St. Mary's Historic Chapel (520 Viers Mill Road, Rockville, MD) from **7:30-8:30** for a music-infused hour of adoration (option of confession). Join us after for fellowship in the basement of the rectory. For more information visit <https://www.facebook.com/270Catholic/events>.

### FRANK RUNYEON TO PERFORM

### "SERMON ON THE MOUNT"

### AND

### "HOLLYWOOD VS. FAITH"

Even if you're already well-versed on the Lord's Prayer and the Beatitudes, there is always new meaning to be found in reflecting on these powerful Scripture verses from Jesus' Sermon on the Mount. At 7:00 p.m. Saturday, September 30, come see TV actor Frank Runyeon depict the apostle Matthew during his one-person hit show, "Sermon on the Mount" at the church.

Runyeon sets the famous sermon in a revealing new setting: as told by Matthew to the church in Antioch, shortly after the Roman army burned Jerusalem to the ground. Bringing Scripture to life, Runyeon moves around the church and shares the story, filled with surprising humor and dramatic transitions.

After "Sermon on the Mount," Runyeon will end the evening with "Hollywood vs. Faith," where he discusses the very difficult values the media is teaching us and the choices we face daily as Americans and people on faith.

For more information contact Fr. Jack Berard, [jberard@sfadw.org](mailto:jberard@sfadw.org) or Susan Anderson at [sanderson@sfadw.org](mailto:sanderson@sfadw.org).

**DC UNITED HOSTS FAITH NIGHT** - Join Fr. Jack Berard and other St. Francis parishioners on Saturday, Sept. 23 at RFK Stadium in Washington DC, as DC United hosts Faith Night. Christian Band Restless will perform during a pre-match concert at 5 p.m., followed by player testimonial and kickoff at 7 p.m. against the San Jose Earthquakes. Some reserved discounted tickets (\$25) can be purchased at the following link: <https://www.fevo.com/edp/Faith-Night-with-DC-United-NA>. For more information, contact Fr. Jack at [sfayouth@sfadw.org](mailto:sfayouth@sfadw.org).

**BANQUET AND CONCERT TO BENEFIT THE  
HAITI MEDICAL MISSION TO TAKE PLACE  
SEPTEMBER 22 AND OCTOBER 28**

Two events to benefit the Haiti Medical Mission are quickly approaching. Please mark your calendars for the following events and plan to attend one or both.

- **Haiti Medical Mission Charity Banquet:** September 18 is the deadline to buy advance tickets for this fun-filled evening at 6:30 p.m. Friday, Sept. 22, at New Fortune Restaurant in Gaithersburg. Come join your fellow parishioners in enjoying a multi-course dinner and great entertainment, including a silent auction, dance performances and karaoke. Tickets are \$35 in advance and \$40 at the door. For tickets, contact Hoai-an Truong at [htruong@umes.edu](mailto:htruong@umes.edu) or call him at (240) 401-4284.
- **Haiti Benefit Concert:** Come see former St. Francis of Assisi Music Director Verena Anders and her husband, Will Buthod, perform a concert steeped in Haitian culture and tradition at 7 p.m. Saturday, Oct. 28, at St. Francis. Their program for the Haiti Benefit Concert will feature music reflecting Haiti's cultural identity. This will include the historical occupations of Spain and France, Haiti's complicated relationship with the United States, and the country's own unique and independent identity as a nation.

The concert program will include keyboard and vocal works from the aforementioned countries as well as music from Haiti itself. The program will also feature the debut of *Three Quotes*, an original short-work composition by William Buthod based on three short quotes by Haitian descendant Alexander Dumas.

Tickets are \$20 and will be available for purchase in the Parish Office on Monday, Sept. 18. Children under 12 will be admitted for free. Tickets will also be on sale in the Gathering Space after Mass the weekends of October 7/8 and October 21/22. For more information, contact St. Francis Music Director Deirdre Sweet at [sfadwmusic@gmail.com](mailto:sfadwmusic@gmail.com).

**Spotlight on St. Jude Regional Catholic School  
Catch our Spirit  
[www.StJudeRockville.org](http://www.StJudeRockville.org)**

*Dear St. Francis of Assisi Community,*  
Welcome Back!!! The first week has been great; I thank you for your enthusiasm and support. The children have come back rested and ready, even though some of our middle schoolers are reluctant to admit it. The summer was incredibly busy with the installation of new floors in several classrooms and the completion of our interactive projector project! We will continue to improve this year, targeting further improvements of our classrooms and physical plant. We have come so far in the past six years, I am very anxious to see where lucky year seven is going to take us.

We continue building on our financial stability. Many thanks go to all of you who continue to support this school and entrust us with your children. St. Jude is on a great path, and I look forward to the journey with you. I hope to see you at our School sponsored events.

*Live Jesus in our hearts..... Forever!*  
Glenn J. Benjamin  
Principal  
St. Jude Regional Catholic School  
[Glenn.Benjamin@stjuderockville.org](mailto:Glenn.Benjamin@stjuderockville.org)

**SFA HEALTH MINISTRY**

*Encouraging healing in body, mind and spirit*

**Healthy You Challenge: Are You Ready to Challenge Yourself!**

This five-week series will promote wellness for you and your family.

**DATE:** Tuesdays, September 12 through October 10  
**TIME:** 6:00pm-8:00pm  
**PLACE:** Holy Cross Germantown Hospital,  
19801 Observation Drive, Germantown, MD  
20876

**TO REGISTER:** 301-754-8800; space is limited.

For further information See flyer on the Information Table in the Gathering Space.

**Living Well Program**

Sponsored by Holy Cross Community Health and Montgomery County Health and Human Services, LIVING WELL is an evidenced based program developed by Stanford University. Join this free six-week workshop to show you how LIVING WELL allows you to enjoy a healthier life despite ongoing health problems such as: heart disease, asthma, high blood pressure, diabetes, obesity, arthritis. Learn to successfully manage your symptoms, improve your quality of life and become your own health-care advocate.

**WHO:** Anyone with a long-term health condition, their family members, friends and caregivers.

**LOCATION:** North Potomac Community Center,  
13850 Travilah Road, Rockville, MD 20850

**DATE:** Thursdays: Sept. 14 – Oct. 19 (9/14, 9/21, 9/28, 10/5, 10/12, 10/19)

**TIME:** 10:00 am – 12:30 pm

**REGISTRATION:** Call Holy Cross Health at 301-754-8800.

**VACCINATION UPDATE**

- Last year, 70 people from 16 states were reported to have measles.
- Mumps is no longer as common in the United States as it once was, but cases can range annually from a couple hundred to a couple thousand. Forty two states and the District of Columbia reported 2,570 mumps cases from Jan. 1 to April 22, 2017. In 2016, 5,311 cases were reported to the CDC.
- Up to date immunization records are required for entry into public schools.
- This year's flu vaccine is currently available in many retail locations such as CVS, Giant and Safeway

**HELP LEARN HOW TO PREVENT PHYSICIAN-ASSISTED SUICIDE THROUGH DOCUMENTARY SCREENING**

- St. Francis parishioners are invited to attend a screening of the documentary "The Euthanasia Deception," a look at what transpired in Belgium after physician-assisted suicide (euthanasia) became legal in that country, from 7-9 p.m. Tuesday, Sept. 26, at St. Raphael Catholic Church in Rockville. This film screening in the church's Trumpet Room is particularly relevant in Maryland, as the General Assembly plans to reconsider legislation to legalize physician-assisted suicides. Hosted by the Maryland March for Life, the film will help facilitate a discussion on how to help prevent physician-assisted suicide from becoming a reality in Maryland. For more information, contact Social Concerns Minister Tony Bosnick at [abosnick@sfadw.org](mailto:abosnick@sfadw.org) or Sandy Shamburek at [sshamburek@straphaels.org](mailto:sshamburek@straphaels.org).