



RESURRECTION

CATHOLIC COMMUNITY

Dedicated to Growth in Christ and to the Challenges of Loving Service

OFFICE HOURS

Monday—Thursday: 8:30 am—12:30 pm;
1:30—4:30 pm by appointment
Friday: 8:30 am—12:30 pm

LITURGY SCHEDULE

Monday: Morning Prayer on Demand via YouTube
Tuesday-Friday: Mass 8:30 am
Friday: Holy Hour 9:00—10:00 am
Saturday: Mass 5:00 pm
Sunday: Masses 8:15 am & 10:15 am
(Sunday 10:15 am Mass live-streamed on Zoom & YouTube)

SACRAMENTS

Sacrament of Reconciliation: By Appointment
Sacrament of Baptism: Contact Deacon Patrick Conway to schedule a meeting and preparation classes.
Sacrament of Marriage: Bride & Groom must begin premarital preparation 6 months prior to date. Contact the Parish Office.
Anointing of the Sick: Contact the Parish Office to make an appointment

OUR LADY OF MT. CARMEL CEMETERY

Located next to the church
Contact Holy Cross Cemetery • 831-475-3222

MAILING ADDRESS:

P.O. Box 87, Aptos, CA 95001-0087
(Physical Address: 7600 Soquel Dr. Aptos)

PHONE: 831-688-4300 **FAX:** 831-688-6921

PARISH EMAIL:

resurrectionparish@sbcglobal.net

WEBSITE: <https://resurrection-aptos.org>



PARISH STAFF

Pastor: Rev. Romeo Evangelista
reevangelista@att.net

Pastoral Associate:
Deacon Patrick Conway
pfconway@sbcglobal.net

Administrative Manager:
Karen Victorino
kmvictorino@sbcglobal.net

Youth Minister:
Gabrielle “Gabe” Summers
gb-summers@att.net

Parish Secretary:
Jolene McFeely
jamcfeely@sbcglobal.net

Senior Resource Coordinator:
Erma Coty, RN • elcoty@att.net

Maintenance: Jose Rufino

Custodian: Leticia Enriquez

Welcome! Our warmest welcome to all who celebrate with us, whether long-time residents or newly arrived. If you are not registered, please fill out this form and place in the collection basket or mail to the parish office.

Name: _____ Address: _____
City: _____ Zip: _____ Phone: _____ ☐ Mobile or ☐ Landline
Email: _____ ☐ New Parishioner ☐ New Address ☐ New Phone Number
☐ Moving—Remove from List ☐ Please send contribution envelopes ☐ I would like to sign up for Electronic Giving

Take Up
Your Cross



Welcome to Resurrection Catholic Community

Twenty-Second Sunday in Ordinary Time

September 3, 2023

"Whoever wishes to come after me must deny himself, take up his cross, and follow me." - Matthew 16:24

UPCOMING EVENTS



LABOR DAY MASS: Monday, September 4 at 8:30 am. We thank God for the gift of work and our sharing in the creative, redeeming, and sustaining work of God. We pray for all workers and for greater respect for human dignity.

TAMALE FUNDRAISER TO BENEFIT REFUGEES



SEPTEMBER 9 & 10

Maria Elena and her family continue to work hard to support themselves, but their main source of income, farmwork, is not consistent. So they're offering their famous fresh tamales after all the masses on the weekend of September 9/10. Three delicious choices: Cheese & Green Chili, Chicken with Green Chili Sauce, Pork with Red Chili Sauce. \$4 each. **Please order in advance by September 5** at: nancy.kludt@gmail.com Payment (cash preferred) at pickup after the masses.

YOUR AMA DOLLARS AT WORK! This month has been a very busy month with repairs to the church. The windows are in the process of being replaced since moisture was between the panes (the front entrance & church conference room windows have already been done). The stained glass windows are being worked on now (the stained glass will not be removed just the clear glass behind them). There is scaffolding around the church since the fascia board is being repaired due to dry rot and other issues. These issues were discovered when the church was painted. Please pray that this is an easy fix! If you haven't given to the Annual Ministries Appeal (AMA) yet and want to contribute to help with the fascia repair, donation envelopes are available on the bulletin counter or you can go to <https://dioceseofmonterey.org/giving>. Be sure to choose Resurrection so that we received credit. Many thanks for your faithful and generous support of the parish. We are very grateful.

LITURGY & SPIRITUALITY

LITURGICAL MINISTERS NEEDED:

LECTORS, EUCHARISTIC MINISTERS & GREETERS

We especially need lectors for the 8:15 am mass. Is God calling you to serve at mass in one of these ministries? If you have questions, want to find out more about the ministry, or to volunteer please contact Deacon Patrick at pfconway@sbcglobal.net or 831-840-3750. **We are in particular need of lectors at 8:15 am Sunday mass.**

NEW ACOLYTES NEEDED!

CALLING ADULTS, YOUTH, & CHILDREN!

Acolytes are essential members of our weekend liturgical team, and we need more of them! Is God calling you to serve him and our community at the altar as an acolyte? If you'd like to learn more about this wonderful ministry that brings you closer to God, please contact Deacon Patrick at 831-840-3750 or pfconway@sbcglobal.net.

LIVE STREAM LITURGY SCHEDULE

- **SUNDAY 10:15 AM MASS via Zoom:**
<https://zoom.us/j/429472279> or open the Zoom app and join Meeting 429 472 279 or via our YouTube Channel.
- **ALL MASSES, NIGHT PRAYER, & MONDAY MORNING PRAYER** are available On-Demand on our YouTube Channel and can be viewed or prayed at any time.
- You Tube: [Resurrection Church, Aptos](#)

DAILY READINGS:

<https://bible.usccb.org/daily-bible-reading>

You can listen to or read the readings, watch a reflection video. You can also sign up to get the readings emailed to you every morning. There is also the option to read them in Spanish.



THE MASS NEVER ENDS—IT MUST BE LIVED!

We are invited to continue to reflect upon the Gospel reading (Matthew 16:21-27) and homily as we live out our Eucharist this week. Reflect upon it in your heart and mind, and discuss it with your family, friends and faith community members.

- Have you ever misjudged a person or situation? What did you learn?
- How do you resist the idea that a truly good life requires surrender, sacrifice and suffering?
- What have you learned through your surrender to Christ?



The parish office will be closed on Monday, September 4 in observance of Labor Day. We will return to the office on Tuesday.

SATURDAY MORNING MEDITATION GROUP

Anyone is welcome to attend the non-denominational mindfulness meditation group that meets each Saturday at 8:30AM in the Daily Mass Chapel. If you have thought about trying meditation, here is the opportunity you've been waiting for! People from several area congregations gather promptly at 8:30 AM each Saturday for a brief introduction to the meditation followed by 25 minutes of silent prayer. The session ends with a few words of "inspiration" for the week. There are no dues to pay nor tickets to buy—only peaceful silence to share. Please join us for a wonderful way to begin your Saturday with plenty of time left to get to Farmers' Market and to enjoy other weekend activities. For more information, contact Pat O'Brien (831) 566-8234. Blessings!



WOULD YOU LIKE A MASS OFFERED FOR A LOVED ONE? We are taking mass intention requests for daily masses and weekend masses. Please email Jolene at jamcfeely@sbcglobal.net and she will be happy to set up a date for you or come by the office during office hours. The donation per mass is \$10.00. You can mail in a check or pay with your credit card. Thank you!

Mass Intentions for September 2—10

Saturday, 09/02

5:00 PM (RE) +Michael Lorenzo,
+Mary Boyce Anderson,
+Jean & Vincent Rice

Sunday, 09/03

8:15 AM (RE) The People of the Parish,
+Jane Salm, +Louise Chiappetta

10:15 AM (RE) +George Rajkovich,
+Caylin Keebaugh,
+Indianna Mae Clark

Monday, 09/04

8:30 AM (RE) For all essential workers

Tuesday, 09/05

8:30 AM (DN) +Jean & Vincent Rice
Mary Jane Drinkwater (healing)

Wednesday, 09/06

8:30 AM (RE) +Lori Matusich
Steve Scagliotti (healing)

Thursday, 09/07

8:30 AM (RE) +Jean & Vincent Rice
Mary Jane Drinkwater (healing)

Friday, 09/08

8:30 AM (RE) +Dave & Sally Boggini
+Doll Drimmer

Saturday, 09/10

5:00 PM (RE) +Jake Bregante, +Harry Reichstein
+Jean & Vincent Rice

Sunday, 09/11

8:15 AM (RE) +Lucy Banducci, +Terry Terndrup
+Anna McViet Nguyen

10:15 AM (RE) +Jake Bregante, +Caylin Keebaugh
The People of the Parish

Celebrants: RE=Fr. Romeo Evangelista,
DN=Fr. Dat Nguyen

PART TIME PAID MINISTRY POSITION

Resurrection Church is seeking a
SENIOR RESOURCE COORDINATOR

- Part-time paid position (8 hours per week) to work with our senior parish members & families to provide information, referrals & support.
- This person will also train volunteers for this ministry.
- All qualified applicants will be considered.
- Applicants should have a certificate, Bachelor's or Master's degree in an age-related field (i.e. Gerontology, social work, health science).
- To apply please submit a resume to the parish office at kmvictorino@sbcglobal.net, or mail it to Resurrection Church, Attn: Job Position, PO Box 87, Aptos, CA 95001.
- A job description is available on our website at <https://resurrection-aptos.org>, Resource Center, Other, as Senior Resource Coordinator Job Description.
- Salary Range: \$28.00—\$32.00 per hour



FAITH FORMATION



REGISTRATION FOR K-5, FIRST EUCHARIST & CONFIRMATION COMING SOON! Watch your email for registration materials. They will be available the beginning of September.

K-5 FAITH FORMATION & FIRST EUCHARIST

In-person classes for K-5 begin on Thursday, September 21 from 3:45—5:00 PM. There is also a homeschool option. First Eucharist is open to children in Second Grade or older who have had a previous year of religious education. There will be an information meeting on Sunday, October 1st at 11:30 AM in the church for 1st Eucharist. Preregistration is requested. For information please contact Deacon Patrick at 831-840-3750 or pfconway@sbcglobal.net

MIDDLE SCHOOL (6-8th Grades)

In-person gatherings will be held on Sundays, starting in September. Stay tuned for more information!

BOOK CLUB: The next book club meeting will be **September 7 at 2:00 PM** in the Daily Mass Chapel. Our book for the September meeting will be "Enjoy the Ride", by Steve Gilliland. For more information, please contact Maria at 831-588-7934.

IS GOD CALLING YOU TO BECOME A CATHOLIC?

If you'd like to explore this possibility, please contact Deacon Patrick at 831-840-3750 or pfconway@sbcglobal.net

YOUTH MINISTRY



HIGH SCHOOL CONFIRMATION PROGRAM: Classes begin in the fall.

PARENT INFORMATION MEETING FOR CONFIRMATION ON ZOOM: Thursday, September 21 at 7:30 PM.

Zoom Log-in: [us02web.zoom.us/j/5471586562?](https://us02web.zoom.us/j/5471586562?pwd=K2paaGxIR2JCQVZseIVzUUxtNHU3Zz09)
[pwd=K2paaGxIR2JCQVZseIVzUUxtNHU3Zz09](https://us02web.zoom.us/j/5471586562?pwd=K2paaGxIR2JCQVZseIVzUUxtNHU3Zz09)
Meeting ID 547 158 6562

Contact Mrs. Gabe Summers at gb-summers@att.net or 831-688-4300 x22

OUTREACH

COMMUNION MINISTRY TO THE SICK & INFIRM: Our ministries to those at home and in care residences have fully resumed! If you'd like to learn more about bringing Jesus in Communion to those in need, please contact Deacon Patrick at pfconway@sbcglobal.net or 831-840-3750. Communion is brought to the homebound on weekdays at your convenience, and communion services are celebrated at Aegis at 11:15 AM on Wednesdays. We'd also like to resume our services at Hearts & Hands Nursing Facility at 10:00 AM on Sundays, but we need more volunteers. Training provided! Each volunteer serves once a month or so.

SPIN (Socks for People In Need) is a program sponsored by the AFC. SPIN collects new socks throughout the year and distributes them to people in need. Our biggest need right now is for women's socks – preferably white of other light colors. You could place these or any NEW socks in the Sock Box in the church entrance. Every pair helps!! If you have any questions, please contact Pat Lorenzo (831-708-2068). Thank you

CARE FOR OUR COMMON HOME

It has been eight years since Pope Francis published his ground-breaking encyclical *Laudato Si – On Care for Our Common Home*. In it he laid out the moral imperative for all Catholics and for all of humanity to make changes in our lives to lessen the effects of our behavior on climate change, for the sake of the vulnerable now, and for the sake of generations to come. We can all be more conscious of how our individual, daily choices either increase greenhouse gases or reduce them. This can all seem overwhelming and hopeless at times. What difference can I make? We need to work together to educate and encourage one another in the moral imperative to change our ways. Our longtime friends at Temple Beth El and other local faith communities have invited us to join with them in this work. As we have seen in our other collaborations with faith communities (AFC, COPA, Mid-County Homeless Coalition), when we join together with other people of faith and good will, good things happen!

We have a Zoom meeting on the third Wednesday of each month at 7:00 PM (next meeting September 20th) and discuss how we can work together to make better choices

and to advocate for better policies and practices in our region. For the meeting link or for more information contact Deacon Patrick at pfconway@sbcglobal.net

ANNOUNCEMENTS

PLEASE SUPPORT OUR BULLETIN ADVERTISERS!



This week we are giving a shout out to: Resurrection Stewart's Floral, Marzo Design & Summers Real Estate & Property Management. See the attached advertising page for all our advertisers. We are grateful for our advertisers continued support of the parish.

GARDENING AT THE PARISH TUESDAYS

10:00 AM—12:00 PM: Come when you can! Bring your gardening gloves and clippers and a willingness to make the church grounds beautiful. We always need to weed but there are other things that can be done without having to sit or kneel on the ground. Thank you!



Retrouvaille Marriage Help – Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? This program has helped more than 150,000 couples experiencing marital difficulty at all levels including disillusionment and deep misery. For confidential information about or to register for the program beginning with a weekend on Sept 15-17 call 831-479-1260 or email: Monterey@RetroCA.com or visit the web site at www.HelpOurMarriage.org All inquiries are held in the strictest confidence. Or register with this QR Code:



ITALIAN CATHOLIC FEDERATION BRANCH 227



APTOS FUNDRAISER, Saturday, September 23, Resurrection Church Hall, 7600 Soquel Drive, Aptos. "To Go" dinner pick up from 5:00 PM to 6:00 PM. "Sit Down" dinner from 6:00 PM to 8:00 PM. Menu: Spaghetti and Meatballs, Salad, Garlic Bread, Dessert, Drinks will be sold separately. Cost is

\$20.00. Children 12 & under \$10.00. Raffle Prizes.

Reservations due by September 18. Let us know how many are coming and if you would like "to go" or "sit down". Email Jkotila2@gmail.com or call Jane Kotila at 831-359-9479. A portion of the proceeds will benefit ICF local charities and Resurrection Church Hall Remodel.

PRC WALK/5K RUN—Saturday, September 30. This walk/run benefits the Pregnancy Resource Center (PRC). They serve women, babies, youth & families in Santa Cruz County. The race will be at the Shrine of St. Joseph at 544 West Cliff Dr, Santa Cruz. For more information & to register go to www.prcwalk.org or call 831-475-9255.



| Stewardship of Treasure PLATE COLLECTION August 26 & 27, 2023 | |
|--|---|
| Weekly Plate Collection: • All Masses/Mailed In • Electronic • Total | \$15,237.00 \$2,876.00 \$18,113.00 |
| Weekly Plate Collection Need (Budget) | \$11,922.00 |
| Plate Collection Average Fiscal YTD | \$11,489.00 |
| YTD Plate Collection Deficit (Fiscal Year) | -\$21,629.00 |

THANK YOU FOR YOUR FAITHFUL SUPPORT!



Your donation can be mailed to the parish office at
P.O. Box 87, Aptos, CA 95001-0087
or securely via our website
<https://resurrection-aptos.org>, click on "Donate Now"
or click on the QR Code to the left.
Thank you!!!

PRAYER LINE PRAISE REPORT!



Have your prayers been answered? Have you experienced a sign of God's love? Please let us know so that we can give thanks and praise to God with you! You can email us or send your praise report to our PO Box 87, Aptos, CA 95001.

WHAT'S HAPPENING THIS WEEK:

Monday, 9/4

- Labor Day—Parish Office Closed

Tuesday, 9/5

- 3:00 PM Shower the People! (parking lot)
- 5:00 PM Faith Community Shelter (MCC)
- 6:00 PM Knights of Columbus Officer's Meeting (CCR)
- 6:30 PM Knights of Columbus General Meeting (CCR)

Wednesday, 9/6

- 6:15 PM COPA Meeting (hall)

Thursday, 9/7

- 9:30 AM Staff Meeting (lounge)
- 2:00—3:00 PM Book Club (DMC)

Friday, 9/1

- 9:00 AM—10:00 AM Holy Hour (DMC)

Saturday, 8/26

- 8:30 AM—9:00 AM Meditation Group (DMC)
- 11:30 AM Shower the People! (parking lot)
- Tamale Fundraiser—pick up pre-ordered tamales after mass (hall)



PLEASE PRAY for ALL THOSE in NEED OF HEALING



| | | |
|---------------------|----------------------|-------------------|
| Marlene Avona | Alicia Enriquez | Olivia |
| Cross/Boettcher/ | Irma Enriquez | Leo Olson |
| Burghart families | Terry Erwin | Teresa Orosco |
| Lorenzo Abeyta | Dee Feci | Connor Paulbitski |
| Gregory Ackerson | Trent Feliss | Dave Peasley |
| Marc Adato | Greg Finegan | Anita Perry |
| Javier Anaya | Mark Emmet Fisher | Pauline Persley |
| Baby Luke | Tony Fusini | Gabe Ponce |
| Debi B. | Andre Grier | Oliver Potts |
| Becki Bailey | Lita Hebert | Heidi R. & Family |
| Emi Baldenegro | Kelly Jo Hebert | Pablo R. |
| Adeline Bautista | Robert Higgins | Chris Randolph |
| Maria Bernstein- | Debra Hightower | Dawn Renz |
| Brumbaugh | Bea Holmes | Mary Repetti |
| Jeraldine Boger | Rick Housouer | Josie Bua Rhea |
| Vera Borroel | Barbara Howley | Suzette & Soraya |
| Dita Bou-Sleiman | Patrick Howley | Rios |
| Tracy Boyd | Linda Hreno | Joel Rivera |
| Judy Boylan | Allan Hughes | Chellie Roberts |
| Rick Braun | Jim Jackson | Suzie Roberts |
| Joe Brechel | Francisco Jimenez | Jose Rufino |
| Michelle Brown | Johnathan | Valerie Ruschke |
| Betsy Burrows | Ariel Johnson | Steve Scagliotti |
| Wren Buse | John Jones | John Sargetis |
| Carlos C. | Monika Jones | Joseph Saucier |
| Mary Beth C.C. & | Tracy Jones | Anna Seely |
| Family | D.B.K. | Kim Sessa |
| Tony Cacache | Margaret Kain | Kelly Scott |
| Dante Calcagno | Geri Karleen | Therese Skrenes |
| Ardith Campbell | Dylan Kinion | Alisha Smith |
| Delores Carano | Kathy Klapheke | William Smith |
| Marion Cernac | Mary Klaus | Diane Spoto |
| Lucy Chacon | Joshua Kobinski | Henry Sprenger |
| Chelsea & Family | Marion Kusanovich | Bob Stegner |
| Mary Church | Michael Lafin | Greg Stewart |
| Libby Conway | Matt Lane | Donald Tavares |
| John Conway | Clara Lauck | Sharon Turner |
| Tom Conway | Sophia Lauwers | Amy V.F. |
| Trish Cronin | Joan Lawlor | Mark Vaught |
| Ralph Cross | Eric Lee | Vlad |
| Edith Cuevas | Carrie Levin | Lawrence W. |
| Joe D'Angelo | Franklyn Lopes, Sr. | Franco Walsh |
| Frank Dailman | Donald Lowery | Megan Walsh |
| Sharon Dallman | Matthew Ludlow | Michael G. Walsh |
| Nancy Daves | Danny Lucas | Stephanie Walsh |
| Larry Davis | Rob Mallard | Maureen Wright |
| Carrie deHart | Stacy Mariani | Patrick Wright |
| Tavish deHart | Jackie McDow | Tannis Welch |
| Lynnette Delgadello | Graham McFeely | Thom Windsor |
| Nicole Dennis | Connie McGill-Fergus | Maggie Young |
| Ralph Desmond | John McLeod | Jianzhe Yu |
| Mary Donatoni | Mary McMenamy | Rosemary Zamora |
| Sharon Dougan | Elaine McMenamy | Lanxiang Zhen |
| Mark Duggan | Emilio Escoto | |
| Robert Duggan | Montagna | |
| Wyatt Duino | George Mungai | |
| Dr. Bruce Dunn | Marie Mungai | |
| Pat Emard | Joleen Munoz | |
| Sophia Emmons | Judy Navarro | |
| Peter Empson | | |

Please let the office know when a name can be removed from this prayer list. Thank you.

PRAYER LINE: If someone you know is in need of prayer, please call Rosalie Flores-Aguon (831-359-9799) or email resurrection.aptos.prayerline@gmail.com



Pope Francis in the News August 2023

Pope Francis is writing a second part of Laudato Si' which should be published by October 4th. The Director of the Holy

See Press Office says the second part of the Laudato Si' encyclical letter which Pope Francis will focus on the recent climate crises. Pope Francis said the second part of his Laudato Si' encyclical will update it to reflect current conditions. The document addresses issues such as climate change, care for the environment, and the defense of human life and dignity.

"We must never forget that the younger generations have the right to receive a beautiful and livable world from us, and that this implies that we have a grave responsibility towards creation which we have received from the generous hands of God," said the Pope.

<https://www.catholicnewsagency.com/amp/news/255138/pope-francis-writing-a-second-environmental-document-after-laudato-si>

In other news from the Vatican, Pope Francis emphasized that Jesus is a living and relevant figure in our lives. The Pope said, "we are not alone on the path of life, because Christ is with us and Christ helps us to walk, as he did with Peter and the other disciples."

"Let us not be discouraged if at times the summit of the Christian life seems too high and the path too steep," he added.. "Let us look to Jesus — look to Jesus always — look to Jesus who walks beside us, who welcomes our frailties, shares our efforts and rests his firm and gentle arm on our weak shoulders. With him close at hand, let us also reach out to one another and renew our trust: with Jesus, what seems impossible on our own, with Jesus we can go forward."

<https://www.catholicnewsagency.com/news/255136/pope-francis-christians-are-invited-to-be-open-to-change>

UPCOMING MUSIC EVENTS

Santa Cruz Symphony:

Echos of Empire
Strauss: Till Eulenspiegel
Hristo Yotsov: Drumset Concerto
Respighi: Pines of Rome



Saturday, September 23 at 7:30 pm—Civic Auditorium, Santa Cruz
Sunday, September 24 at 2:00 pm—Henry J. Mello Center, Watsonville

<https://santacruzsymphony.org/concerts-events>

TAI CHI CLASSES—SEATED & STANDING

Markey Community Center



SEATED Tai Chi Thursdays
11:30 AM— 12:15 PM



STANDING Tai Chi Thursdays
1:00 PM— 1:45 PM

Certified Instructor Pam Mensah invites you to come learn an easy, fun, and gentle form of tai chi. Tai Chi for Arthritis Program improves flexibility, muscular strength, balance, and fitness. Donations are welcome.

- **All participants must be vaccinated unless medically contraindicated. Masks are required for all as the class will be held indoors in Markey Center.**
- The class is free to all members of Resurrection. Participants are asked to wear loose, comfortable clothing and well-fitted shoes. **Please contact your physician FIRST, if you are unsure if you are medically able to take this class.**

Pam: pamluvschi@gmail.com or for more information about Tai Chi for Arthritis Program: <https://taichiforhealthinstitute.org/>

REMINDER: THERE WILL BE NO TAI CHI CLASSES on SEPTEMBER 7TH

Interesting Health Updates

The following article discusses the effect of taking medications at the same time that folks are enjoying a cup of coffee. The article reviews the effects of coffee on a list of meds commonly used by many seniors. The primary concern seems to be learning to take meds properly. Especially important is timing. Using coffee instead of water to help swallow a pill may affect the potency of a drug. So read the article if you like. And definitely discuss the best way to take your meds with a qualified medical provider or with a pharmacist.

<https://www.health.com/medications-to-not-mix-with-coffee-7561446>

Nutrition tips

One of things I have noticed as I have gotten older is a decrease in appetite. Of course it is not accompanied by appropriate weight loss, but that is another problem all together. Getting proper nutrition, especially protein and vegetables, can be difficult. I think this is especially true for proteins. So, the following article was especially helpful. It lists high protein plant based foods. I found there are many deli soups and salads that are available at my local grocery store that I can turn to for a high protein meal or snack.



<https://www.health.com/high-protein-vegetables-7551191>
https://www.medscape.com/viewarticle/979992?ecd=mkm_ret_230828_mscpmrk_endo_pb_dietsrm_etid_5783221&uac=95931AT&impID=5783221



\$10,000 RAFFLE IS COMING SOON!

As of August 28 we have sold 154 tickets!

Thank you so much for your support!

Our goal is to sell 405 tickets.

- Our **annual \$10,000 Raffle Drawing** will be held on **Sunday, November 5.**
- All registered parishioners were mailed one raffle ticket.
- We will be having an **Early Bird Drawing for \$500.00** in cash on Sunday, October 8.
- Tickets are \$100.00 each.
- The raffle benefits our parish & our ministries.

How Can you Help?

1. **Purchase a raffle ticket** (or several). Tickets can be paid via cash, check, or credit card. You will need to call the office if you'd like to purchase tickets with your credit card or fill out the form on the back of the letter.
 2. **Donate a new raffle prize.** This could be something as simple as a cash prize in memory or honor of a loved one, gift cards to your favorite restaurant or store, gift baskets, entertainment items (movie tickets, round of golf, etc.), something that you would be happy receiving. (New items only)
 3. **Pray for the success of this endeavor.** This raffle is our major fundraiser for the year which supports the parish and all of our ministries.
 4. At this time we are not selling tickets after mass so we have provided a mail back envelope in the letter for your convenience. You can mail it back, drop it in the collection or drop it by the office during office hours.
- **Questions?** Contact Karen Victorino, 831-688-4300 x10, or kmvictorino@sbcglobal.net

Raffle Prizes to date:

- ♦ **Gift Cards:** Erik's Deli, Shadowbrook, Manuel's Mexican Restaurant, Gayle's Bakery & Rosticceria, Bookshop Santa Cruz, Fandango, Persephone, Trader Joe's, Deluxe Foods, Aldo's Harbor Restaurant, Safeway, Applebee's, McDonald's, Beck's Shoes
- ♦ Soquel Vineyards—12 reserve wine tastings
- ♦ 2 Wire Sculpture - Tree & Bird
- ♦ Basket of Homemade Jams
- ♦ 14K gold Mary Medallion Pendant
- ♦ \$150 Cash Prize in Memory of Todd Schouten
- ♦ \$150 Cash Prize in Memory of Tim Freitas
- ♦ Wine!
- ♦ Bargetto Vineyards—La Vita Wine
- ♦ Preece Family Vineyards—2022 Chardonnay
- ♦ Golf bag, club, shoes & clothing
- ♦ Blessed Statue of Pope John Paul II at the Wailing Wall
- ♦ Crab Dinner for 8 People
- ♦ Starbuck's 24 oz cold cup & 1 lb. Siren's Blend Coffee
- ♦ Ninja Professional Blender 1000
- ♦ Med Center Monthly Pill Organizer & Med Center Talking Alarm Clock & Medication Reminder
- ♦ 8 Piece Photo Frames Set
- ♦ Annieglass Platters

Ann Fitts 818-1417
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WELCOME
to
**Resurrection
Catholic Community**

Established in 1966 as a mission of
St. Joseph's of Capitola, Resurrection
officially became its own parish in the
Diocese of Monterey in 1968.

Resurrection serves over 1000 families
in the greater Aptos area and hosts many
Catholic families who visit the beaches
and resort areas of the county.

We strive to be a community of faith
where all are welcomed, nourished, and
empowered to be Christ for others.

