



# 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

### 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  
**Maintenance:** Jose Rufino  
**Custodian:** Leticia Enriquez

**W**elcome! 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



# Welcome to Resurrection Catholic Community

## Second Sunday in Ordinary Time

### January 14, 2024

“...Behold the Lamb of God” — John 1:36



The Parish Office will be closed on Monday, January 15 in observance of Martin Luther King, Jr. Day. We will return emails and phone messages on Tuesday, January 16.

## LITURGY & SPIRITUALITY

### 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.
- **SUNDAY 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](#)

### **CALLING ADULTS, YOUTH, & CHILDREN! NEW ACOLYTES NEEDED!**

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](mailto:pfconway@sbcglobal.net).

### **LITURGICAL MINISTERS NEEDED: LECTORS, EUCHARISTIC MINISTERS & GREETERS**

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](mailto:pfconway@sbcglobal.net) or 831-840-3750.

### **SATURDAY MORNING MEDITATION GROUP**

Anyone is welcome to attend the non-denominational mindfulness meditation group that meets each Saturday at 8:30 AM 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!



### **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 (John 1:35-42) 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.

- As Jesus said, "What are you looking for?"
- Jesus says, "Come, and you will see." What have you found in Jesus?
- How do you "stay" with Jesus?

### **Mass Intentions for January 13—21**

#### **Saturday, 1/13**

5:00 PM (RE) +Jack Verutti, +Thomas Urbani, +Gerry Dibelka

#### **Sunday, 1/14**

8:15 AM (RE) The People of the Parish, +Vince Spoto, +Ron Pello

10:15 AM (RE) +Orlanda Santos, +Patricia Rodman, +Lesley Dennis

#### **Monday, 1/15**

On-demand Morning Prayer (YouTube)

#### **Tuesday, 1/16**

8:30 AM (RE) +Vince & Jean Rice

#### **Wednesday, 1/17**

8:30 AM (RE) +Lori Matusich

#### **Thursday, 1/18**

8:30 AM (RE) +Harry Reichstein

#### **Friday, 1/19**

8:30 AM (RE) +Vince & Jean Rice

#### **Saturday, 1/20**

5:00 PM (RE) +Gerry Dibelka, +Carla Case, +Jacob Rogers

#### **Sunday, 1/21**

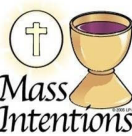
8:15 AM (RE) +Ron Pello, +Otto Ambiel, Men & Women in the Armed Forces, those in harm's way and those wounded physically & spiritually

10:15 AM (RE) +Gerry Morrissey, +Orlanda Santos, The People of the Parish



Celebrant: RE=Fr. Romeo Evangelista  
JP=Joseph Paradayil

**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](mailto: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. Please note we are booking up fast. We can only accept 3 names per mass. Thank you!



Mass Intentions

## THE SYNOD

**THE SYNOD – COMMUNION, PARTICIPATION, MISSION:** On the Feast of Saint Francis of Assisi (October 4), Pope Francis convened the Universal Phase of the Synod on Synodality in Vatican City. The Synod process started in October of 2021 with the “listening” phase as Catholics around the world gathered in our parishes to reflect on the blessing of the Church in people’s lives and on how the Church might be called to grow in service and mission. These reflections were summarized into a document that was studied and discussed in October at the Universal Synod in Rome by 294 bishops and 70 other women and men (lay people, clergy, and religious) appointed by Pope Francis from around the world.



**The Synod assembly has published a summary report of their discussions (read it [HERE](#)). They will reconvene next October to resume their discussions and to make recommendations for Pope Francis to consider.**

Our parish Synod report was sent to you (via a link to our website) in May of 2022. (Click [HERE](#) to read the report).

Here are the Diocesan, National, and North American Continental Summary reports:

[Diocese of Monterey Summary Report](#)  
[USCCB National Summary Report](#)  
[North American Continental Report](#)

These five documents are on our website under <https://resurrection-aptos.org>, under Resource Center, under “Other”.

## FAITH FORMATION

**K-12 & SACRAMENTS:** Please contact Deacon Patrick for more information at 831-840-3750 or [pfconway@sbcglobal.net](mailto:pfconway@sbcglobal.net)



**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](mailto:pfconway@sbcglobal.net)

## YOUTH MINISTRY

**HIGH SCHOOL CONFIRMATION (YEAR 1 & 2)**  
 Sessions held on Sundays. Contact Mrs. Gabe Summers at [gb-summers@att.net](mailto:gb-summers@att.net) or 831-688-4300 x22

## **MIDDLE SCHOOL & CONFIRMATION UPCOMING SCHEDULE:**



- **Sunday, January 21** from 10:15 AM—1:00 PM **Confirmation 1st Year**
- **Sunday, January 21** from 11:30 AM—1:00 PM **Middle School**
- **Sunday, January 28** from 10:15 AM—1:00 PM **Confirmation 2nd Year**
- **Sunday, January 28** from 11:30 AM—1:00 PM **Middle School**

## OUTREACH

### **CARE FOR OUR COMMON HOME—LAUDATO DEUM**

Pope Francis recently published a follow-up to his ground-breaking 2015 encyclical *Laudato Si, Laudato Deum* “Praise God”. (Read *Laudato Deum* [HERE](#). It is located on our website <https://resurrection-aptos.org>, under Resource Center under Faith Formation.) In it Pope Francis reiterates 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 each month and discuss how we can work together to make better choices and to advocate for better policies and practices in our region.

**We are also looking to form a group of concerned people who can help with raising awareness here at Resurrection.** For the meeting link or for more information contact Deacon Patrick at [pfconway@sbcglobal.net](mailto:pfconway@sbcglobal.net)

**“EARTH CARE ACTIONS.** Each month, your Dayenu Interfaith Climate Action Team will be encouraging you to take a few quick actions that will benefit our planet and future generations. These actions are happening across many faith organizations in Santa Cruz County, and you are part of a large interfaith effort! Here’s how you can make a difference:

- **Explore New Ideas.** Engaging in climate action can spring forth from any area of your life that you are already passionate about! [How to Find Joy in Climate Action](#) (10 min)
- **Urge President Biden to [Declare a Climate Emergency](#).** By doing so, Biden can unlock presidential powers to streamline changes to address the climate crisis, create green jobs, and move to sustainable energy with fewer barriers.



- **Write Governor Newsom:** [Transition Off Of Fossil Fuels](#). The United Nations Climate Meeting, COP28, has concluded that the world must transition away from fossil fuels in a just, orderly, and equitable manner. **As people of faith, we urge you to take moral action to have California lead the way."**
- For questions and more information contact Donna Cavaille at 831-335-2359.

**COMMUNION MINISTRY TO THE SICK & INFIRM:** Our ministries to those at home and in care residences have 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](mailto: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. Training provided! Each volunteer serves once a month or so.

#### RESURRECTION CARD-CRAFTERS:



The card crafting group will be selling hand-made Valentine cards **after the 5:00 PM mass on Saturday, February 3 & 10 and 10:15 AM mass on Sunday, February 4 & 11. There will also be a variety of assorted cards for sale (Birthday for all ages, New Baby, Anniversary, etc).** Cards are \$4.00 each or 3 for \$10. If anyone is interested in making cards with our small group, please contact Pat Lorenzo for further information: e-mail at [pat.lorenzo336@yahoo.com](mailto:pat.lorenzo336@yahoo.com) or phone (831)708-2068. As always, materials are donated, so all of the profits from card sales go to support the Faith Community Shelter at Resurrection.

**MANTLES OF CARING:** The Mantles of caring ministry is looking for new members. We are a group of ladies who love to knit or crochet. We make prayer shawls, hats, baby items...any item that the community may need. We supply all the yarn. If you are interested in joining this ministry, please contact Joyce Dinakar at (914) 330-2975.

## ANNOUNCEMENTS

**RESURRECTION WOMEN'S GUILD MEETING, Monday, January 22 at 1:00 PM.** All women of the parish are cordially invited to attend the Resurrection Women's Guild meeting which will be held on Monday, January 22nd at 1:00 PM in Markey Center. This month's speaker will be a representative from the Santa Cruz County Sheriff's Department to discuss home safety. For further information, you may call Annemarie Tomafsky at 215-264-7251. Hope to see you there!



#### DONUT/HOSPITALITY/FELLOWSHIP

We'd like to resume our Sunday morning Coffee & Donuts! We need volunteers to pick up the donuts and prepare the coffee/tea each week, and we need sponsors to cover the cost of the donuts. We also need someone to coordinate this ministry. If you would like to volunteer to coordinate this ministry, sign up to assist with this ministry or would like to sponsor donuts, please contact Jolene McFeely in the parish office at [jamcfeely@sbcglobal.net](mailto:jamcfeely@sbcglobal.net) or 831-688-4300.



#### CHRISTMAS FLOWER DONATION:

In memory of Roger Hoy by Jan Hoy

#### PLEASE SUPPORT OUR BULLETIN ADVERTISERS!



This week we are giving a shout out to: Guadalupe Pregnancy Outreach, Jim & Cameron Jackson & Growing Up in Santa Cruz. See the attached advertising page for all our advertisers. We are grateful for our advertisers continued support of the parish.

**ANNUAL RESPECT LIFE MASS 2024** celebrated by Most Reverend Bishop Daniel E. Garcia will take place on Tuesday, January 16 at 7:00 PM at Madonna del Sasso Pro-Cathedral, 320 E. Laurel Drive, Salinas. Bishop Garcia invites all parishioners in the Monterey Diocese to come and attend this annual mass.



**HOLY CROSS WOMEN'S MINISTRY** is starting a new study, Friday, January 12, 2024, **Winning the Worry Battle: Life Lessons from the Book of Joshua**, by Barb Roose. We meet in person AND we Zoom, 9:00 AM—10:30 AM at Holy Cross Pastoral Center. No experience necessary. Questions? Call Kathy 831-818-3034.

#### SERRA MINISTRY CONFERENCE DIOCESE OF MONTEREY:

Join hundreds of Catholic educators and ministers from throughout the Diocese of Monterey for fun, learning and worshipping together at the 1<sup>st</sup> Annual Serra Ministry Conference.

**Friday & Saturday, March 1-2, 2024**

**9:00 AM –3:30 PM both days**

**Notre Dame High School in Salinas!**

With "Glorify the Lord by Your Life" as our guiding theme, we'll have top presenters offering reflections on

- Catholic spirituality and traditions
- Teaching our faith in the classroom and with our lives
- Ministering to our neighbors, brothers and sisters

For more information and to register, go to <https://www.tmconferenceservices.com/serra> Registration is now open. \$30.00 for one day, \$45.00 for both days. Registration includes lunch.

See the website for more information about the schedule and for the list of presenters and topics. There is something for everyone. There are sessions in both English & Spanish.

There are a few registration booklets on the table in the church entrance.



<b>Stewardship of Treasure</b> <b>PLATE COLLECTION</b> <b>January 6 &amp; 7, 2024</b>	
<b>Weekly Plate Collection:</b> <ul style="list-style-type: none"> <li>• All Masses/Mailed In</li> <li>• Electronic</li> <li>• Total</li> </ul>	<b>\$14,705.00</b> <b>\$3,203.00</b> <b>\$17,908.00</b>
<b>Weekly Plate Collection Need (Budget)</b>	<b>\$11,950.00</b>
<b>Plate Collection Average Fiscal YTD</b>	<b>\$12,244.00</b>

### 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!!!

### 2023 CONTRIBUTION STATEMENTS will be emailed



*Annual  
Giving  
Statements*

this year no later than January 31. If you'd prefer a hard copy mailed to you please let me know. (If we don't have an email address for you, it will be mailed to you.) If you would like your statement mailed please call Karen Victorino at 831-688-4300 x10

or email [kmvictorino@sbcglobal.net](mailto:kmvictorino@sbcglobal.net)

### WHAT'S HAPPENING THIS WEEK:

*Sunday, 1/14*

- 10:15 AM—12:00 PM RCIA (lounge)
- 1:00 PM—John McGuire funeral (church)

*Monday, 1/15*

- Parish Office Closed in Observance of Martin Luther King Jr. Holiday

*Tuesday, 1/16*

- 10:00 AM—12:00 PM Gardening (outside)
- 3:00 PM Shower the People! (main parking lot)
- 5:00 PM Faith Community Shelter (MCC)

*Wednesday, 1/17*

- 9:00 AM—12:30 PM Welcoming Network Distribution (hall)
- 7:00 PM—8:00 PM 1st Eucharist Parent Meeting (DMC)

*Thursday, 1/18*

- 9:30 AM—10:30 AM Staff Meeting (lounge)
- 11:30 AM—12:15 PM Seated Tai Chi (hall)
- 1:00 PM—1:45 PM Standing Tai Chi (hall)
- 3:45 PM—5:00 PM K-5 Faith Formation (MCC/youth center)

*Friday, 1/19*

- 9:00 AM—10:00 AM Holy Hour (DMC)

*Saturday, 1/20*

- 8:30 AM—9:00 AM Meditation Group (DMC)
- 11:30 AM Shower the People! (main parking lot)



### PLEASE PRAY for ALL THOSE in NEED OF HEALING



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



**Resurrection Church  
February "Fun"draiser  
Taste of Italy—Italian Dinner  
February 17, 2024  
6:00 PM—Markey Community Center**

Come enjoy a scrumptious Italian dinner! We will be serving homemade minestrone soup, pasta with a choice of sauces, meatballs, salad, and garlic bread. And dessert too!

Wine & Beer will be available for purchase.

Tickets are \$25.00 each; \$5.00 for children 12 and under

Pre-Order Take Out Available

Tickets will not be sold at the door.

Dinner reservations can be made online and after mass  
beginning January 20 & 21.

Win some raffle prizes at the dinner!

Raffle tickets will only be sold at the dinner.



**As part of our February "Fun"draiser  
We will be holding an **Online Auction**  
from Wednesday, February 14 through  
Saturday, February 17.**

Auction items are needed. If you have a new item to donate  
please contact Karen Victorino in the parish office.

Suggested auction items: gift baskets, weekend getaways, sports  
memorabilia, a round of golf, wine, a service to offer (maybe you  
are a great baker, gardener, photographer, etc.)

Questions? Contact Karen Victorino  
831-688-4300 x10 or [kmvictorino@sbcglobal.net](mailto:kmvictorino@sbcglobal.net)





# Senior Resource Ministry

## THANK YOU TO ERMA COTY SENIOR RESOURCE COORDINATOR



We are grateful for the gifts that Erma has shared with the parish, especially with our seniors, over the past 6 years. Erma has retired and we wish her God's Blessings as she begins the next part of her journey. Thank you, Erma!

We welcome Rita Marseille as our Volunteer Senior Resource Coordinator. Rita will begin soon. Watch this space for further details.

## A MATTER OF BALANCE FALLS PREVENTION TRAINING



The Volunteer Center is hosting A Matter of Balance: Falls Prevention Training

Meets Wednesdays & Fridays  
January 17- February 9  
10:00 am-12:00 pm  
Midtown Santa Cruz (location provided upon registration)

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

A Matter of Balance can help people improve their quality of life and remain independent. Designed to reduce the fear of falling and increase activity levels among older adults, participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

**Advance registration is required.** A workbook is provided and refreshments will be served. **Please call Bridget to find out if the program is right for you: 831-427-5070 x118.**

## FYI: Here is a link that lists new laws in California for 2024:

<https://abc7.com/new-california-laws-2024-ca-minimum-wage-sick-leave-can-i-get-fired-for-smoking-pot/14145334/>



## 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](mailto:pamluvschi@gmail.com) or for more information about Tai Chi for Arthritis Program: <https://taichiforhealthinstitute.org/>

## UPCOMING MUSIC EVENTS

Link to Visual and Performing Arts events at Cabrillo College. Spring events not yet posted.

<https://www.cabrillo.edu/vapa/ticket-info/>

The Santa Cruz Symphony events are posted. Remember to check the website or get on the email list to learn about free dress rehearsals that are offered.

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

### Symphony Concert

Daphnis & Chloe

Saturday, January 20, 2024 at 7:30 PM, Civic Auditorium

Sunday, January 21, 2024 at 2:00 PM, Henry J. Mello Center

Mahler: Adagio from Symphony No. 10

Jean Ahn: Ja-Jang, Ja-Jang for Gayageum & Orchestra

Ravel: Daphnis et Chloe 2nd Suite

### Symphony Family Concert

Carnival Of The Animals

Sunday, February 25, 2024 at 2:00 PM, Civic Auditorium

Camille Saint-Saëns: Carnival of the Animals

Carnegie Hall's LinkUp Program "The Orchestra Moves"

Cabrillo Faculty Concert—Sampler Recital Hall  
Suor Angelica by Puccini

February 23 & 24 at 7:00 pm

General admission \$20/Senior & Student \$10

Elyse Coty (one of our Resurrection cantors) will be performing in the opera

Ann Fitts 818-1417  
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 stewartstfloral.com

## About the Bulletin

This advertiser page is effective January – March 2024. If you are interested in future advertising contact Karen Victorino, 831-688-4300, kmvictorino@sbcglobal.net, by March 1st. Information on ad rates and sizes is available at <https://resurrection-aptos.org/>

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