

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

RESURRECTION PRAYER LINE

prayerline@resaptos.org

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:

resurrection@resaptos.org

WEBSITE: https://resurrection-aptos.org



PARISH STAFF

 Pastor:
 Rev. Romeo Evangelista

 frromeo@resaptos.org

Pastoral Associate:

Deacon Patrick Conway dcnpatrick@resaptos.org

Administrative Manager:

Karen Victorino karen@resaptos.org

Youth Minister:

Gabrielle "Gabe" Summers gabrielle@resaptos.org

Parish Secretary:

Jolene McFeely

jolene@resaptos.org

Volunteer Senior Resource Coordinator:

Rita Marseille rita@resaptos.org

Maintenance:Jose RufinoCustodian:Leticia Enriquez

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: _

□Moving—Remove from List

New Parishioner

□New Address □New Phone Number

Please send contribution envelopes I would like to sign up for Electronic Giving



Welcome to Resurrection Catholic Community Sixth Sunday in Ordinary Time February 16, 2025

"....Blessed are you who are poor, for the kingdom of God is yours." - Lk 6:20

UPCOMING EVENTS

THE 8th ANNUAL GREAT CHILI COOK-OFF

Faith Communities Turn up the Heat! Friday, February 28th, 6-8:30 PM Twin Lakes Church Featuring Many types of Chili, Cornbread, Dessert, **Beverages & Live Music** "Friendly" Chili Competition amongst the churches with professional judges and "People's Choice" awards All proceeds benefit



Showers & More

Sponsored by Faith Communities Mid-County Homeless Coalition midcountyhomeless@gmail.com

or 831-325-9615. Tickets are available at EVENTBRITE & by scanning the QR Code above or you can purchase at the door. Tickets \$20, Children under 12 free!

THE JOURNEY OF LENT! ASHES TO EASTER! A

TIME TO TURN! This is the theme for the Women's Guild Annual Retreat which will be held on March 10th at Villa Maria del Mar Retreat Center. The day, facilitated by Father Ron Shirley, will begin with coffee and scones at 9:30AM and end with liturgy about 3:30 PM. Father will develop the theme through the day with time for discussion and reflection. Lunch is included in the \$90 retreat fee. All women of the parish are invited to participate in the day. Please send your information (name, address, phone #, email address) and retreat fee to The Women's Guild, Resurrection Church, PO Box 87, Aptos, CA 95001. For more information, please call Pat 831-566 -8234 or Jeanne 831-236-1798.

SECOND COLLECTION—FAITH FORMATION: This



weekend, February 15 & 16 our second collection will be for our Faith Formation ministry, which provides catechetical instruction for people of all ages-children and youth in grades K-12, adults in our Christian Initiation and Confirmation pro-

grams, couples preparing for marriage and for parenthood. Thank you for your support of this ministry.



The Parish Office will be closed on Monday, February 17 in observance of Presidents' Day. We will return to the office on Tuesday, February 18 at 8:30 AM.

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 You Tube Channel.
- SUNDAY MASS, 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

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 dcnpatrick@resaptos.org or 831-840-3750.

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 dcnpatrick@resaptos.org

ALTAR LINENS: We are looking for a volunteer to help launder and iron our altar linens in 2025! This would require a one month commitment. Training will be provided. We need help in the month of **June**. Please contact Jolene at jolene@resaptos.org or call the parish office if you can assist with this ministry.



DAILY READINGS:

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



You can listen to or read the readings, and watch a reflection video. You can also sign up to get the readings emailed to you every morning.

The Knights of Columbus are selling **Delicious Home Baked Irish Soda Bread**

after all the masses this weekend for a suggested donation of \$5.00. There are

five varieties. All proceeds benefit the Scholarship Program & local kids charities. Thank you for your support.



THE MASS NEVER ENDS—IT MUST BE LIVED!

We are invited to continue to reflect upon the Gospel reading (Luke 6:17, 20-26) 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.

- The Greek word translated as "blessed" in this gospel can also be translated as "happy". What is happiness for you? What brings you happiness?
- Describe a time in your life when something that seemed bad happened that later turned out to be a blessing or at least bring a blessing.
- How can your life be simpler? How can you depend more on God for strength, support and joy? How can you share more of your blessings with the poor?

Mass Intentions for February 15-23

Saturday, 2/15

5:00 PM (RE)	The People of the Parish, +Elaine McMenamy, +Dan Ardizzone, +Victor & Virginia Ardizzone
Sunday, 2/16 8:15 AM (RE)	+Gerri Morrissey
10:15 AM (RE)	+Dr. Robert Quinn, +Dee Feci, +Indianna Clark
Monday, 2/17 8:30 AM On-demand	Morning Prayer (YouTube)
Tuesday, 2/18 8:30 AM	+June Caballero
Wednesday, 2/19 8:30AM (RE) Thursday, 2/20	+Leonor Figueroa
8:30 AM (RE) Friday, 2/21	+Albina Grimsich, +Bruce Dunn
8:30 ÅM (RE) Saturday, 2/22	+Gus & Estelle Pozzi
5:00 PM (RE)	+Jean & Vince Rice, +Joe Walsh, +Jim Jackson
Sunday, 2/23 8:15 AM (RE)	The People of the Parish, Men & Women in the Armed Forces, those in harm's way and those wounded physically & spiritually
10:15 AM (RE)	+Anne Deutsch, +Dee Feci,

10:15 AM (RE) +Anne Deutsch, +Dee Feci, +Fidela Mercado

SATURDAY MORNING MEDITATION GROUP

Everyone 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 ses-



sion 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 enjoy other weekend activities. For more information, contact Pat O'Brien (831) 566-8234.



PLEASE PRAY for ALL THOSE in NEED OF HEALING

Marlene Avona Cross/Boettcher/ **Burghart families** Carlie Birch **Rick Braun** Wren Buse Mary Beth C.C. & Family Marion Cernac John Conway Tom Conway Monica Crowley Frank Dallman Sharon Dallman Nancy Daves Mary Donatoni Alicia Enriquez Irma Enriquez Karen F. Trent Feliss Greg Finegan Jennifer Fries Josue Garcia Jackie Gehring Kelly Jo Hebert Stephen Hedges Juliet Hoskins **Robert Higgins**

Rick Housouer Allan Hughes Francisco Jimenez Margaret Kain Geri Karleen Marion Kusanovich Michael Laflin Clara Lauck Joan Lawlor Franklyn Lopes, Sr. Donald Lowery Bobby Mallard Rob Mallard Stacy Mariani Dan Marcus Theresa Martin Jackie McDow Graham McFeely John McLeod Mary McMenamy Dianne Milburn Emilio Escoto Montagna George Mungai Marie Mungai Bonnie O'Clair Israel Plascencia

Heidi R. & Family Pablo R. Chris. Kavla & James Randolph Mary Repetti Chellie Roberts Jose Rufino Scotland Settle Dita Bou Sleiman David Smythe **Diane Spoto** Henry Sprenger Bob Stegner Greg Stewart Savannah Stocker Jim Van Lanen **Beverly Vigliecca** Gina & Rita W. & Family Megan Walsh Michael G. Walsh Stephanie Walsh Margaret Woolever Maggie Young

If you'd like to add a name to this prayer list or need to remove a name please contact the office at <u>resurrection@resaptos.org</u> or call 831-688-4300.



PRAYER LINE: If someone you know is in need of prayer, please email <u>prayerline@resaptos.org</u>

What is the Prayer Line?

It is a place for you to let us know your prayer requests and provide more details (if you like) rather than just a name in the bulletin. The list of names in the bulletin is separate from the prayer line.

DO YOU HAVE FIVE MINUTES?

Would you like to participate in a ministry but don't know what you'd like to do and you don't have a lot of extra spare time? We have a ministry that is availa-



ble to everyone. There are no meetings, you can participate whenever you have time from where ever you are. It requires no special skills except a willing and open heart to talk to God.

What is the ministry? Resurrection's Prayer Line What is the Prayer Line? It is a place for parishioners to let us know their prayer requests and provide more details (if you like) rather than just a name in the bulletin. The list of names in the bulletin is separate from the prayer line.

What do I have to do? Pray. Pray for the intentions that are received from parishioners. The office receives the emails through Resurrection's Prayer Line (prayerline@resaptos.org) and then we email the request



to all those who have signed up to be members of the Prayer Line. You become one of the "pray-ers" **How do I sign up?** Email prayerline@resaptos.org or call the parish office at 831-688-4300.

FAITH FORMATION

K-5 FAITH FORMATION

In-person classes for K-5 continue. Next class is on Thursday, February 20 from 3:45—5:00 PM. We meet in the church and then the children are dismissed to their classes. There is also a homeschool option. For more information please contact Deacon Patrick at 831-840-3750 or <u>dcnpatrick@resaptos.org</u>

MIDDLE SCHOOL (Grades 6-8): Next session will be Sunday, February 23 from 11:30 AM—1:00 PM.



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 <u>dcnpatrick@resaptos.org</u>

YOUNG ADULT MINISTRY

LENTEN RETREAT FOR YOUNG ADULTS: Spirituality & Humanity in My Christian Life on Saturday, March 22 from 10:00 AM—4:00 PM at Shrine of St. Joseph, 544 W Cliff Dr, Santa Cruz. The speaker is Fr. Christian Melendez (priest & psychologist from the Diocese of Yakima, WA. This is a free event but registration is requested. Email gespinosa@dioceseofmonterey.org

NEW YOUNG ADULT GROUP IN WATSONVILLE

The Diocese of Monterey invites all young adults ages 18-30 to a gathering in the Serra Center at St. Patrick's Church, 721 Main Street on the following Thursdays at 7:00 PM. February 13 & 27, March 13 & 27. Come and meet other young adults in the area. Come for one meeting or all of them!

YOUTH MINISTRY

HIGH SCHOOL CONFIRMATION (YEAR 1 & 2)

- **Confirmation Year 1:** Next meeting, Sunday, March 9 begins with the 10:15 AM mass and concluding at 1:00 PM in the youth center.
- **Confirmation Year 2:** Sponsor Retreat, Sunday, March 2 from 1:00 PM to 5:30 PM.
- Contact Mrs. Gabe Summers at gabrielle@resaptos.org or 831-688-4300 x22

OUTREACH

FOOD PANTRY NEEDS: The food pantry is in need of brown paper grocery bags to prepare food bags for those who come to our door. You may bring the bags to the office during office hours (Monday-Friday from 8:30 AM-12:30 PM) Thank you.

SERRA MINISTRY CONFERENCE

"HERE I AM LORD" March 14-15 Sacred Heart School 123 W Market St, Salinas

Register now, \$35 for one day or \$45 for both days, prices go up on February 18.

Friday features two tracks in English—one for Catholic Schools and one for parish staffs, clergy & anyone in ministry

Saturday features two tracks—one in Spanish & one in English. Both are for anyone in ministry.

Speakers: Fr. Chris Bennett, Nancy Bird, Steve Botsford, Julianne Stanz, Dr. Joseph White, Rose M. Hernandez, Padre Juan Pablo Matilla, Ernesto Vega.

Music: Jessica and Korin Ruiz and the Monterey Diocesan Choir. Mass with be celebrated in the morning on Saturday with Bishop Daniel E. Garcia.



To Register & View the Conference Brochure:

https://www.gfwebservices.com/monterey/

MEN'S GRIEF SUPPORT GROUP: If

you have lost a loved one and need support, you are welcome to attend a men's discussion and grief support group. The group meets every other week at the home of Mike Moriarty here in Aptos, from 6:30 to 8:00 PM. Coffee and re-



freshments will be served. Those interested please contact Mike at 831-713-7636 for directions.

CARE FOR OUR COMMON HOME

We are working with other faith communities to learn how we can work together to make better choices and to advocate for better policies and practices in our region to reduce our human impact on climate change. We can all be more conscious of how our individual, daily choices either increase greenhouse gases or reduce them, and then choose to reduce them for the sake of those most vulnerable to climate change and for future generations.

WINGS NEEDS HELP!

Wings Homeless Advocacy is a wonderful local non-profit that we have supported for many years. It provides loving support for those transitioning from homelessness into permanent housing, not only with emotional support, but also with practical assistance and household goods. Unfortunately, the Wings storage facility was recently broken into and around \$10,000 worth of goods were stolen. If you'd like to help Wings replace the items you can make a donation to them or donate the needed goods. Please visit www.wingsadvocacy.org for more information.

ANNOUNCEMENTS

RESURRECTION WOMEN'S GUILD MEETING

The next Resurrection Women's Guild meeting will be held on Monday, February 24th at 1:00 PM. Our featured speaker this month will be Angela DiNovella, CEO of Catholic Charities of Monterey. Please join us at the Community Foundation of Santa Cruz County, 7807 Soquel Drive, Aptos, for this informative presentation. All are welcome, so bring a friend! For more information, contact President Jeanne Beck at 831-236-1798 or jeannebeck22@gmail.com

BOOK CLUB: Please join us to discuss the book that was given out in church this Christmas, **33 Days to Eucharistic Glory**. Our book club is meeting on February 20 at 2:00 PM at Pacific Coffee Roasting in Aptos. All are welcome. Free copies of the book are available in the church entrance and in the parish office. Questions? Contact Maria at 831-588-7934.

NATIONAL & UNIVERSAL SECOND COLLECTIONS-

forms & donations due by February 28: All registered parishioners were mailed a letter from Fr. Romeo regarding our annual 2nd collection schedule for national & universal collections. Please take a moment to read his letter and respond by returning the form which was enclosed with your donation. This is the only time you will be asked for funds for these collections. All forms and donations are due by February 28. You can choose to give via credit card, bank account, check or cash. We will still continue to have second collections for parish and dioce-

san needs, although you do have the option to pay them all at one time instead of waiting for the collection day. A form was enclosed on the reverse of Fr. Romeo's letter These will happen about once a month. Thank you for your continued generosity. If you have



any questions, please contact Karen Victorino in the parish office at <u>karen@resaptos.org</u> or 831-688-4300 x10. Here's the link to letter and the forms:

https://resurrection-aptos.org/wp-content/

uploads/2025/01/2025-Combined-2nd-Collection-Letterforms-for-website.pdf

IT'S TIME TO ACT!

If you would like to advertise your business in the church bulletin, the deadline for the next quarter(April/May/June) is coming up.

And YES, we do have space for YOUR AD! Reasonable rates are as follows:

Grand Slam: \$455 per quarter Home Run: \$375 per quarter Triple: \$310 per quarter Double: \$230 per quarter Single: \$130 per quarter



"Memorial" space: \$230 per quarter

Payments can be electronically deducted each month or you can pay quarterly. We are happy to work with you to design an attractive and effective ad (no additional cost for this). If you have any questions about advertising or know of a business that might be interested in advertising contact Karen Victorino, 831-688-4300 x10, karen@resaptos.org by March 1. Thank you!

PLEASE SUPPORT OUR BULLETIN ADVERTISERS!

This week we are giving a shout out to: Salesian Sisters Elementary & Junior High, St. Francis High School, St. Francis High Bingo Nights. See the attached advertising page for all our advertisers. We are grateful for our advertisers continued support of the parish.

THE ANNUAL MINISTRIES APPEAL (AMA) HAS BE-

GUN: It is a pleasure to invite you to participate in the 2025 Annual Ministries Appeal: "Opening the Door To Christ". I encourage you to consider making a meaningful gift to this year's AMA, as we continue to lift up our Catho-

lic community throughout our Diocese. Your support maintains the ministries and parish communities that contribute to our vibrant spiritual life. If you have given to the appeal in the past you should have received a letter from Bishop Daniel Garcia. A follow up letter



from Fr. Romeo will be sent to all registered parishioners in March. Thank you for your prayerful response and generosity. You can return the envelope you received directly from the Diocese via mail to the Diocese, return it to Resurrection by placing it in the collection basket or dropping it off at the office. You can also make an online give by going to: <u>https://dioceseofmonterey.org/giving</u> Be sure to indicate that your gift is for Resurrection Church so that we receive credit.

GRADUATING HIGH SCHOOL SENIOR SCHOLARSHIPS OPPORTUNITIES



WOMEN'S GUILD SCHOLARSHIP - ATTENTION **GRADUATING HIGH SCHOOL GIRLS:** Resurrection Women's Guild is accepting applications for their Annual Scholarship. The scholarship will be awarded to a high school senior girl, who is a member of Resurrection Catholic Community. Are you involved in your parish, school and/or community, have good grades (honor roll not a requirement), and committed to entering college (including community college) in 2025? If you answered "Yes," you may be in line for this Resurrection Women's Guild Scholarship Award. Applications are due March 25, 2025 and may be acquired on our parish website: https://resurrection-aptos.org under "Resource Center -Events". For more information contact Resurrection Women's Guild Scholarship Coordinator, Kathi Melville at (831) 464-8316 or mkathimelville@gmail.com

ITALIAN CATHOLIC FEDERATION (ICF) IS OFFER-ING \$400.00 COLLEGE SCHOLARSHIPS FOR GRAD-UATING SENIORS AT APTOS HIGH, SOQUEL HIGH & ST. FRANCIS HIGH:

Criteria: 1. Roman Catholic; 2. Italian Descent OR ICF Member OR Child/Grandchild of an ICF Member; 3.Cumulative GPA of 3.2 (from Grade 9 to 1st quarter/ semester of Grade 12)

For more information and an application please see your school couselor, call the ICF Office at 1-888-423-1924 or visit ICF's website: <u>www.icf.org/scholarships</u> Application deadline is April 1, 2025.





Our March Fundraiser will be two-fold this year. We are holding our annual Online Auction in addition to Dining for Dollars at local restaurants throughout the month of March.

Auction items are needed no later than February 28.

If you have a new item to donate please contact Karen Victorino in the parish office. We don't have a lot of space to store items so please make sure you call.

Suggested auction items: gift baskets, weekend getaways, vacation home, sports memorabilia, if you belong to a gold club consider donating a round of golf, wine, a service to offer, (maybe you are a great baker, gardener, photographer, etc.), something you'd like to bid on.

Dining for Dollars

Mark your calendars to enjoy a night out with your family & friends at the restaurants below. A portion of the proceeds will be donated to Resurrection. Flyers will more details about what you need to do to participate & additional restaurants coming soon.

- Mountain Mike's Pizza in Aptos on Thursday, March 13
 - Bittersweet Bistro on Thursday, March 27
 - The Hideout—date to be announced

We will be holding our Online Auction from Wednesday, March 5 through Saturday, March 8.

Questions? Contact Karen Victorino 831-688-4300 x10 or <u>karen@resaptos.org</u>

Stewardship of Treasure PLATE COLLECTION February 8 & 9, 2025	
 Weekly Plate Collection: All Masses/Mailed In Electronic Total 	\$10,242.34 <u>\$5,736.00</u> \$15,978.34
Weekly Plate Collection Need (Budget)	\$12,140.00
Plate Collection Average Fiscal YTD	\$11,597.00

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 <u>https://resurrection-aptos.org</u>, click on "Donate Now or click on the QR Code to the left. Thank you!!!

Update

MARKEY COMMUNITY CENTER PROJECT UPDATE 2-13-25

We are getting closer to starting construction. We are still ironing things out with our

insurance company. The process has taken much longer than we thought. Once construction begins it will take a least a year. Please keep the project in your thoughts & prayers so that we can begin soon. We appreciate your patience and your flexibility. We will let everyone know when construction begins.

WHAT'S HAPPENING THIS WEEK: Sunday, 2/16



- Soda Bread sales after mass
- 10:15 AM OCIA (OCR)
- 11:30 AM—12:00 PM Iglesia Baptism (church)

Monday, 2/17

- Presidents Day—Parish Office Closed *Wednesday, 2/19*
- 9:15 AM—12:30 PM Welcoming Network Food Distribution (church entrance)
- Thursday, 2/120
- 9:30 AM—10:30 AM Staff Meeting (OCR)
- 11:30 AM—12:15 PM Seated Tai Chi (church entrance)
- 1:00 PM—1:45 PM Standing Tai Chi (church entrance)
- 3:45 PM—5:00 PM K-5 Faith Formation (CCR, DMC, Church Entrance, YC, OCR)

Friday, 2/121

- 9:00 AM—10:00 AM Holy Hour (DMC) *Saturday, 2/15*
- 8:30 AM—9:00 AM Meditation Group (DMC)
- 11:00 AM—11:30 AM Young Baptism (church)
- 3:30 PM—4:00 PM Contreras & Cabrera Baptisms (church)

CCR=Church Conference Room; DMC=Daily Mass Chapel OCR=Office Conference Room; YC=Youth Center

enior Resource Ministry

Our Resurrection Parish supports a Senior Resource Ministry with a volunteer coordinator, Rita Marseille. Rita can be reached at <u>rita@resaptos.org</u> or 831.688.4300 x 17. This Ministry exists to provide information about Senior assistance that may be available; referrals to agencies for transportation needs, or to hire someone for small repairs or caregiver services. Another resource for referrals is The Senior Network Services which is a local community nonprofit agency providing assistance to Seniors. It can be reached at 831.462.1433, the website is <u>seniornetworkservices.org</u>.

TAI CHI CLASSES—SEATED & STANDING

New Location: Church Entrance



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



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

Tai Chi Participants: Please bring a water bottle to stay hydrated during and after the class. We will provide a pitcher of water/cups and a light snack after classes.

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

UPCOMING MUSIC EVENTS

ENSEMBLE MONTEREY CHAMBER ORCHESTRA

A Dream of Tomorrow

- Saturday, March 22 at 7:00 pm
 First Presbyterian Church 501 El Dorado Street, Monterey
- Sunday, March 23 at 7:00 pm
 Peace United Church of Christ, 900 High Street, Santa Cruz

www.ensemblemonterey.org

