

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
fromeo@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 Rufino

Custodian: Leticia Enriquez

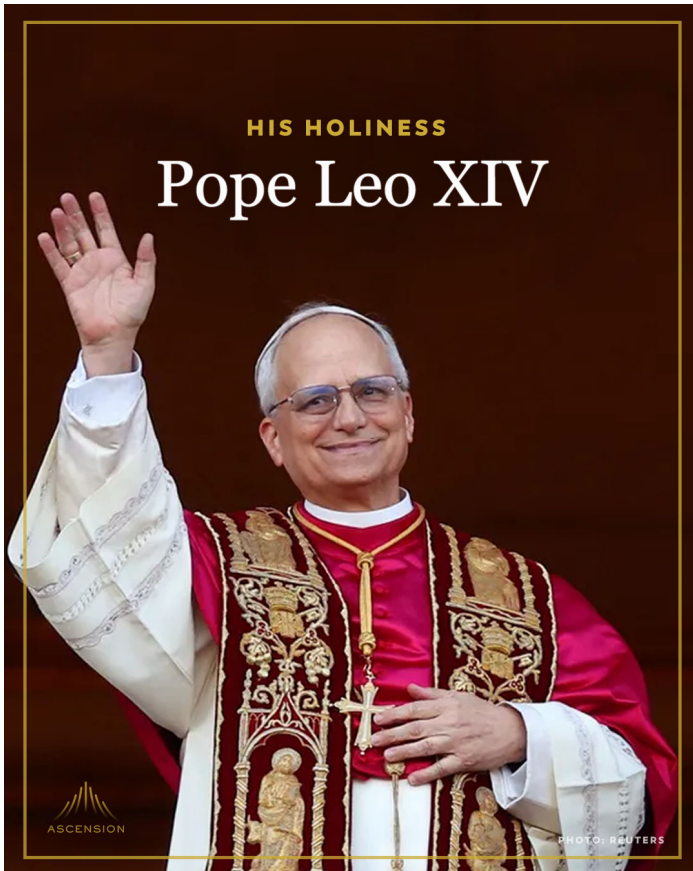
Welcome! Our warmest welcome to all who celebrate with us, whether long-time residents or newly arrived. If you are not registered, please fill out this form and place in the collection basket or mail to the parish office.

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



Welcome to Resurrection Catholic Community Fourth Sunday of Easter May 11, 2025

“My sheep hear my voice; I know them, and they follow me.” — John 10:27



HABEMUS PAPAM! WE HAVE A POPE!

UPCOMING EVENTS

SECOND COLLECTION: Next weekend, May 17 & 18 for Diocesan Seminarians & the Continued Education of Priests. This collection supports the education of seminarians preparing for the priesthood in the Diocese of Monterey, offers continuing education opportunities for our priests and supports the formation program for deacons. Thank you for your support.



LITURGY & SPIRITUALITY

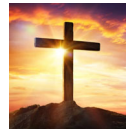
LITURGICAL MINISTERS NEEDED: LECTORS, EUCHARISTIC MINISTERS & GREETERS
Is God calling you to serve at mass in one of these ministries? If you have questions, want to find out more about the ministry, or to volunteer please contact Deacon Patrick at dcnpatrick@resaptos.org or 831-840-3750.

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 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](#)

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

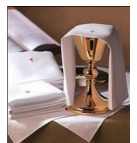


THE MASS NEVER ENDS—IT MUST BE LIVED!

We are invited to continue to reflect upon the Gospel reading (John 10:27-30) 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.

- When have you experienced being safe and protected by someone else?
- How do you make decisions? What inner or outer "voices" do you listen to? How do you decide which ones to listen to?
- Is it hard for you to be a follower? Do you prefer to be in control? Have you experienced Jesus as someone whom you can trust and follow?

ALTAR LINENS: We are looking for a volunteer to help launder and iron our altar linens. 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 at 688-4300 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.

Mass Intentions for May 10—18

Saturday, 5/10

5:00 PM (RE) +Mary Boyce Anderson,
+Harry Reichstein,
+Deceased members of the Albert
Welling Family

Sunday, 5/11

8:15 AM (RE) The People of the Parish,
+Lloyd & Elizabeth Graff,
+Michael Laflin



10:15 AM (RE) +Dee Feci, +Sherry Grassadonia,
+Jeanne Maurillo Sullivan

Monday, 5/12

On-demand Morning Prayer (YouTube)

Tuesday, 5/13

8:30 AM (JP) +Miguel Avelar, +Michael Laflin

Wednesday, 5/14

8:30 AM (RE) +Michael Laflin, +Dr. David Krigbaum

Thursday, 5/15

8:30 AM (RE) +Elaine McMenamy, +Dorris Brogan,
+Harriet Brogan

Friday, 5/16

8:30 AM (RE) +Marie Mungai, +Bill Warmerdam

Saturday, 5/17

5:00 PM (RE) +Vince & Jean Rice, +Marie Mungai

Sunday, 5/18

8:15 AM (RE) +Mills Ridgway, +Michael Laflin,
+Marie Mungai

10:15 AM (RE) The People of the Parish,
+John Feci, +Jake Bregante,
+Lloyd & Elizabeth Graff

Celebrants:

RE=Fr. Romeo Evangelista, JP=Fr. Joseph Paradayil

FAITH FORMATION

K-5 FAITH FORMATION

In-person classes for K-5 continue. Our classes will meet on Thursday, May 8 & 15 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 dcnpatrick@resaptos.org

MIDDLE SCHOOL (Grades 6-8): Classes have concluded for the year. Our 2025-2026 registration will begin in the fall. Check our website for details late August/early September.



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 dcnpatrick@resaptos.org



PLEASE PRAY for ALL THOSE in NEED OF HEALING



Carlos Raheem	Kelly Jo Hebert	Israel Plascencia
Marlene Avona	Stephen Hedges	Heidi R. & Family
Cross/Boettcher/ Burghart families	Juliet Hoskins	Pablo R.
Carlie Birch	Robert Higgins	Chris, Kayla & James Randolph
Rick Braun	Rick Housouer	Mary Repetti
Wren Buse	Allan Hughes	Chellie Roberts
Mary Beth C.C. & Family	Jeremy	Jose Rufino
Marion Cernac	Francisco Jimenez	Scotland Settle
John Conway	Margaret Kain	Dita Bou Sleiman
Tom Conway	Geri Karleen	David Smythe
Monica Crowley	Marion Kusanovich	Diane Spoto
Frank Dallman	Clara Lauck	Henry Sprenger
Sharon Dallman	Joan Lawlor	Bob Stegner
Carmella Dautoff	Franklyn Lopes, Sr.	Greg Stewart
Nancy Daves	Donald Lowery	Savannah Stocker
Daniel DeMonner	Rob Mallard	Jim Van Lanen
Mary Donatoni	Stacy Mariani	Beverly Viglicca
Alicia Enriquez	Dan Marcus	Gina & Rita W. & Family
Irma Enriquez	Theresa Martin	Megan Walsh
Karen F.	Graham McFeely	Michael G. Walsh
Trent Feliss	John McLeod	Stephanie Walsh
Greg Finegan	Mary McMenamy	Margaret Woolever
Jennifer Fries	Oliver Mendoza	Maggie Young
Josue Garcia	Dianne Milburn	
Jackie Gehring	Emilio Escoto	
	Montagna	
	George Mungai	
	Bonnie O'Clair	

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



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

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.

YOUTH MINISTRY

HIGH SCHOOL CONFIRMATION (YEARS 1 & 2)

- Confirmation classes have concluded for the year. Our 2025-2026 registration will begin in the fall. Check our website for details late August/early September.
- Contact Mrs. Gabe Summers at gabrielle@resaptos.org or 831-688-4300 x22

YOUNG ADULT MINISTRY

YOUNG ADULT GROUPS IN SANTA CRUZ & WATSONVILLE: The Diocese of Monterey invites all young adults ages 18-30 to gatherings in Santa Cruz or Watsonville. Come and meet other young adults in the area. Come for one meeting or all of them!

- Holy Cross, 210 High Street, Santa Cruz on the following Tuesdays: May 20.
- St. Patrick's, 721 Main Street, Watsonville on the following Thursdays: May 15, June 5.

OUTREACH

IF YOU ARE HOSPITALIZED OR HOMEBOUND:



If you or a member of your family are hospitalized or homebound, please call to let us know. We want to visit you in the hospital or home, but are often unaware of your situation. Due to HIPAA regulations, hospitals will not contact us unless

you specifically request it. In addition, if you would like to receive the Sacrament of the Anointing of the Sick please contact our office.

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 refreshments 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.

GET ON THE BUS: Our parish would like to sponsor a bus full of children journeying to Soledad on August 2 to visit their Fathers who are at the Correctional Training Facility & Salinas Valley State Prison in Soledad. The cost to sponsor one bus is **about \$7,000.00. As of today \$450 has been donated.** Whatever we receive will be sent to Get on the Bus even if we are unable to fund an entire bus. Donations can be made payable to Resurrection Church and can be mailed to PO Box 87, Aptos, CA 95001, or dropped in the collection. Please use one of the Outreach envelopes available on the counter above the bulletins. Please indicate that it is for "Get on the Bus". You can also go directly to our website and make an online donation. Choose Outreach and type in "Get on the Bus". Thank you for your generosity. **All donations must be received by June 15.**

To see what a trip for the children look like: go to <https://www.youtube.com/watch?v=03AAhdSRTOE> and <https://www.youtube.com/watch?v=uokuZrMidDk>

ANNOUNCEMENTS

PLEASE SUPPORT OUR BULLETIN ADVERTISERS!

This week we are giving a shout out to: Salesian Elementary & Junior High School, 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! Please support them and let them know you saw their ad in our bulletin!



IT'S TIME TO ACT! SEEKING BULLETIN

ADVERTISERS If you would like to advertise your business in the church bulletin, the deadline for the next quarter (July/August/September) 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 **May 15**. Thank you!

AN INVITATION TO DEEPEN YOUR UNDERSTANDING OF CHURCH MUSIC—"MUSIC OF THE CHURCH"

The Diocese of Monterey's Pope Francis School of Ministry is sponsoring this presentation (part one of three) exploring liturgical music during Ordinary Time, Christmas & Easter.



Title: Music of the Church-In Ordinary Time

Date & Time: Thursday, May 22 from 6:00—8:00 PM

Where: Our Lady of Refuge, Castroville

Speakers: Laura Schwingel—DMA (Director of Music & Liturgy, Carmel Mission Basilica) & Tiffany Hoffman (Basilica Organist/Pianist). Cost: \$10.00

Contact Ann Ventura at 831-645-2848 or

aventura@dioceseofmonterey.org to register.

BOOK CLUB: All are welcome to join the book club on May 30 at 2:00 PM at Pacific Roasting in Aptos. We will be discussing *Humble Pie: St. Benedict's Ladder of Humility* by Carol Bonomo. According to Amazon, "Take a quick look around - politicians, entertainers, sports figures, and even our own circles of family and friends: Humble pie is not on the menu. It's a me-first society that turns pride into a virtue and humility into a vice...." Questions? Contact Maria at 831-588-7934.

VILLA MARIA DEL MAR invites you to a **Day of Reflection with Ann Naffziger**, on Monday, May 19 from 9:30 AM—3:00 PM.


As we continue to live the joy of new life throughout the Easter season, come & renew your spirit in nature through scripture, reflection, conversation, and lunch. Cost is

\$50.00 per person & includes lunch. To register: <https://villamariadelmar.org> or for information contact Sr.

Michelle at 204-688-1785 or vmdmretreats@snjmuson.org



CAMP AUXILIUM: SUMMER ADVENTURE FOR GIRLS AGES 6-14: June 22—July 19, 2025 Camp Auxilium in Corralitos, CA offers the perfect setting for a summer of faith, friendship, and fun! Camp Auxilium is run by the Salesian Sisters with the support of camp counselors who are in high school and college. We offer all of the much desired camp activities such as arts and crafts, archery, swimming, sports, dancing and campfires! We do this in a uniquely Catholic setting which includes daily Mass, the rosary, and a Good News message each day. Girls ages 6-14 are invited to join us for day camp or residential camp. Email campauxiliumcalifornia@gmail.com for further information or go directly to the website at <https://www.salesianschool.org/summercamp> for details and registration forms.



WORLD DAY OF PRAYER FOR VOCATIONS

2025 marks the 62nd anniversary of the World Day of Prayer for Vocations. Join the Universal Church today in observing the World Day of Prayer for Vocations, as we ask the Lord to send laborers into His harvest! This day is a reminder to pray for and support those discerning priesthood, religious life, and other vocations in the Church. Here are three simple ways you can participate:

- Pray: Offer a Rosary or a personal Holy Hour for an increase in vocations.
- Encourage: Take a moment to affirm someone who may have a vocation to priesthood or religious life.
- Special Intention at Mass: Offer your Mass intentions for priests, seminarians, and all those discerning their vocations.

May we all be open to God's call in our own lives! If you or someone you know is discerning a vocation to the priesthood, please contact Fr. Louie Bellen, vocations director, lbellen@dioceseofmonterey.org, or (831) 312-8739. Diocese of Monterey Vocations, (831) 373-4345 vocations@dioceseofmonterey.org


MOTHER'S DAY PRAYER

Lord, bless all mothers today and every day. Grant them strength, patience, and overflowing joy in their roles as caregivers.

Father, we lift up all mothers, including the remarkable grandmothers among us.

We celebrate their wisdom, their strength, and the unconditional love they pour into our lives.

AMEN





Annual Ministries Appeal (AMA) "Opening the Door to Christ"

It is a pleasure to invite you to participate in the 2025 Annual Ministries Appeal. I encourage you to consider making a meaningful gift to this year's AMA, as we continue to lift up our Catholic community throughout our Diocese. Your support maintains the ministries and parish communities that contribute to our vibrant spiritual life.

We have reached our Diocesan goal of \$40,800! Now all gifts will be returned to our parish to help us reach our total goal of \$85,000 so we can change our lighting system in the church to LED, replace the flooring inside the rectory, to help support our parish and ministries, and ongoing maintenance costs. (These were some of the projects that we wanted to do complete last year but we didn't have the funds to do them all.

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: <https://dioceseofmonterey.org/giving> Be sure to indicate that your gift is for Resurrection.

Thank you for your generosity & prayerful response.

Bishop's Annual Ministries Appeal as of April 30, 2025		
# of households participating	Amount Pledged	% of total goal
87	\$47,800	56%



GRADUATING HIGH SCHOOL SENIOR SCHOLARSHIP OPPORTUNITIES

ATTENTION COLLEGE-BOUND HIGH SCHOOL STUDENTS:

Resurrection Council of the Knights of Columbus will award a \$1000 scholarship to a qualified student who is a member of Resurrection Parish and is graduating from high school this year. **Application forms are due by June 1st**, and are available from the parish office, parish website (www.resurrection-aptos.org, under Resource Center, under Events) and from Larry Young, 831-818-5083, lyoungaptos@gmail.com.



\$1,000.00 SCHOLARSHIP



Are you an **Aptos High senior... a Catholic...going on to higher education...interested in a \$1,000.00 scholarship** from the Italian Catholic Federation? If your answer is yes, contact Dottie at 831-254-7168 by **June 1st**.

WHAT'S HAPPENING THIS WEEK:

Sunday, 5/11

- HAPPY MOTHER'S DAY!
- 10:15 AM—11:30 AM May Crowning (church)

Tuesday, 5/13

- 7:00 PM—8:30 PM OCIA (DMC)

Thursday, 5/15

- 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 Faith Formation (CCR, DMC, Church Entrance, YC, OCR)

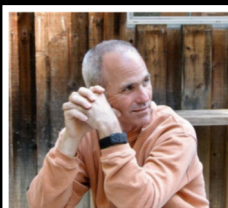
Friday, 5/16

- 9:00 AM—10:00 AM Holy Hour (DMC)

Saturday, 5/10

- Idaho Mission Trip speaker/fundraiser after mass
- 8:30 AM—9:00 AM Meditation Group (DMC)

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



"TWO EVENINGS WITH CYPRIAN CONSIGLIO"

Popular composer, musician, and Camaldolese monk Father Cyprian Consiglio will return to Santa Cruz for two evenings in May. On Thursday, May 15th, at Holy Cross Hall he will share his latest insights in a talk entitled "Let us Come to a Common Word." On Friday, May 16th, he will present a concert of "New Songs" in the church. Both events begin at 7:30 PM. All are invited!



IDAHO MISSION TRIP June 8—16, 2025

This year, 19 of our teens, young adults, and chaperones will be heading to Lapwai, Idaho for an annual mission trip. This will be the thirteenth year that Deborah & Hal Rovick have led our youth and made the journey via car, train, and van to help serve the Nez Perce Tribe. Over the years they have developed a relationship of trust with the native people. Our youth will be working on several projects this year. In the past, we have constructed handicap ramps for the elders of the tribe, rebuilt the Trading Post, assembled a play structure, painted homes, replaced floors and built and raised 2 shade/weather structures.

How can you help? You can participate in our trip in several ways, without leaving home!

- You can pray for the group and the people of the Nez Perce Tribe. Each workday at noon the group will be praying The Angelus.
- **You can participate in our fundraiser after the masses on May 17 & 18**, by leaving a donation and putting your name on a rock or a nail, which will be used in the projects that we will work on during our mission trip.
- You can also help sponsor one of our youth. We ask each participant to pay for part of their trip. They pay \$500. The actual cost to send one person last year was \$700. Donation envelopes are available on the counter above the bulletins.
- You may also make an online donation on our website by going to <https://resurrection-aptos.org> and click "Donate Now" and choose "Idaho Mission Trip".

Thank you for supporting this mission trip!

Find us on Instagram

Our handle is: resaptos

Or search for Resurrection Church



MARKEY COMMUNITY CENTER PROJECT UPDATE 5-8-25

Update

The insurance company approved the plans & the budget. Construction will begin soon! Once construction begins it will take a least a year. Stay tuned for further updates. We appreciate your patience and your flexibility.

Stewardship of Treasure PLATE COLLECTION May 3 & 4, 2025	
Weekly Plate Collection:	
• All Masses/Mailed In	\$6,258.00
• Electronic	\$6,689.00
• Total	\$12,947.00
Weekly Plate Collection Need (Budget)	\$12,140.00
Plate Collection Average Fiscal YTD	\$11,992.00

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!!!

Santa Cruz Shakespeare 2025 Summer Festival

- **A Midsummer Night's Dream, July 16, 8:00 PM preview:** Perhaps, the greatest comedy ever written. Midsummer is a perfect evening of theatre, filled with magic, love, and wild laughter. In a moonlit forest fleeing lovers and earnest workmen stumble into a fairy kingdom. Hijinks ensue, but by morning, all is set aright.
- **Pericles, Prince of Tyre, July 29, 2:00 PM preview:** Shakespeare's rarely performed late romance follows Prince Pericles' incredible journey through multiple kingdoms, a love affair and a shipwreck. Then some fourteen years later, Pericles' daughter, Marina, must survive her own trials until she is finally reunified with her father and her miraculously reborn mother.
- **Details:** For the 8:00 PM evening preview we will meet in the Resurrection's youth center at 5:00 PM for a pre-play discussion, and then at 6:00 PM carpool to the Audrey Stanley Grove for a picnic supper. For the 2:00 PM matinee preview we will meet at 11:00 AM in Resurrection's youth center for a pre-play discussion, and then at 12 noon carpool to the Audrey Stanley Grove for a picnic lunch.
- **Seating, Reservations & Payment:** Seating is reserved premier in the shade (with cushions) close to the stage. Tickets are pay what you will \$5 to \$25. To reserve your tickets, place an envelope in the collection basket with cash or check to Resurrection Church (memo: Midsummer or Pericles) **before** the June 30th deadline. For more information and to sign up contact Kevin Kolp, kkolp@comcast.net, 831-227-0865.
- **Deadline for signups is Monday, June 30th.** Don't miss out!



Senior Resource Ministry

WHAT IS SENIOR RESOURCE MINISTRY?

Our Resurrection Parish supports a Senior Resource Ministry with a volunteer coordinator, Rita Marseille. Rita can be reached at rita@resaptos.org 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 seniornetworkservices.org.

TAI CHI CLASSES—SEATED & STANDING

Church Entrance



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



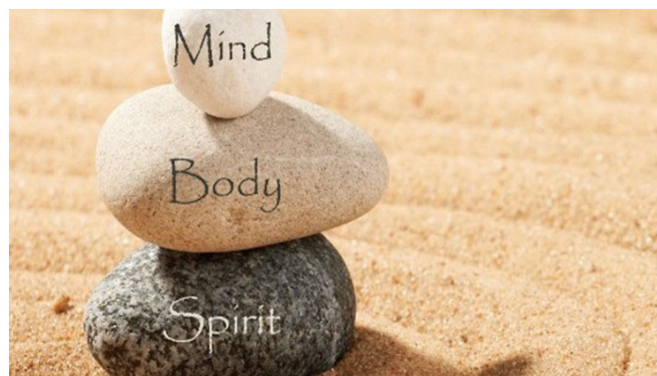
STANDING Tai Chi Thursdays
1:00 PM— 1:45 PM

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



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About the Bulletin

This advertiser page is effective April - June 2025. If you are interested in future advertising contact Karen Victorino, karen@resaptos.org, 831-688-4300, by May 15th. Information on ad rates and sizes is available at: <https://resurrection-aptos.org>

Please Support our Bulletin Advertisers


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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.

