

**FOR YOUR INFORMATION:**

**The Parish Nurses Say:** Learning to eat better can improve your health and lower your risk of disease. Eat less but better. Make healthy food and drink choices. Balance the calories you take in with your physical activity. Reduce solid fats, added sugars and salt. Avoid sugary drinks such as sodas. Eat more fruits and vegetables. Check the bulletin board for Dietary Guidelines for Americans.



Mark your calendars for the 10th Annual RVA French Food Festival, held Friday, April 27th 4:00pm-8:00pm AND Saturday, April 28th, 2018, 11:00am – 8:00pm! For a DECADE the festival has been serving up the best of French culture and cuisine in a fun, family-friendly atmosphere, and we're not stopping now! We're working on a fabulous line-up and a better-than-ever festival experience for our 10th anniversary, and it's sure to be one you don't want to miss! Headliner Master Chef Paul Elbling's authentic French cuisine will be featured on Friday and Saturday, with a variety of other offerings from some of the best chefs Richmond has to offer. Presented by Page Auto Group, all proceeds from the festival go to the Little Sisters of the Poor and the elderly residents entrusted to their care. Please visit [www.rvafrenchfoodfestival.com](http://www.rvafrenchfoodfestival.com) or call (804) 377-4629 for more details on the menu, live entertainment, vendors, and children's games. Want to be part of the fun? There are many volunteer spots available – go to our website to register online. SEE YOU THERE!

“Not as man sees does God see, because man sees the appearance, but the LORD looks into the heart.” Let our eyes be opened to the love of God in our marriages by participating in a **Worldwide Marriage Encounter (WWME)** weekend. The next weekends are: Aug 3-5, 2018 in Chapel Hill, NC and Sep 21-23, 2018 in Herndon, VA. Early sign up is recommended. For more information visit our website at: <https://renewmarriage-vasouth.org> or contact us at [applications@renewmarriage-vasouth.org](mailto:applications@renewmarriage-vasouth.org) or 757-690-1369.



**PLEASE PRAY FOR OUR MILITARY WHO SACRIFICE FOR OUR FREEDOM:**

IT Jeffery Espiritu, Maj. Garrett McGowan, Sgt. Robert McDaniel, SFC Robert Allison III, T/Sgt. Patrick Garvin, PFC Keith Moore Jr., CE1 David Maguire, Capt. Brian Wensel, Lt. Michael Yuenguert, LTC Troy D. Agostino, Maj. John Ferguson, Lt. Cmdr. Jeffrey Alan Dellapenta, Capt. Robert Belkowski III, Capt. Mark

Belkowski, SFC Wilbert J. Torres, S/Sgt. Trey Ravenscraft, 1Lt. Jerry Feehery, Lt. Jeremy C. Topp, LTJG Marriane Topp, Capt. Jimmy Thoms, LTC Robert Salire, Capt. Mike Hayes, 2<sup>nd</sup> Lt. Ryan Bare, SFC Chris Whelan, CPO Nino Villamor, SPC Jonathan J. Belmonte, S/Sgt. Christopher Woynicz.

**MASS INTENTIONS FOR MARCH 13-18, 2018**

Mar 13, Tuesday		Dominador Umali †
Mar 14, Wednesday		Crispulo Umali †
Mar 15, Thursday		Joe Walsh †
Mar 16, Friday		Anthony Udugama †
Mar 17, Saturday		Michael Marr †
Mar 18, Sunday	7:00	Ann Bastyr †
	9:00	Anna Vu Thi Quy †
	12:00	Everne Hope Gonzales †



**READINGS FOR MARCH 12-18, 2018**

Mar 12, Monday	Is 65:17-21, Ps 30:2, 4-6, 11-12A, 13B Jn 4:43-54
Mar 13, Tuesday	Ez 47:1-9, 12, Ps 46:2-3, 5-6, 8-9, Jn 5:1-16
Mar 14, Wednesday	Is 49:8-15, Ps 145:8-9, 13C-14, 17-18 Jn 5:17-30
Mar 15, Thursday	Ex 32:7-14, Ps 106:19-23, Jn 5:31-47
Mar 16, Friday	Wis 2:1A, 12-22, Ps 34:17-21, 23, Jn 7:1-2, 10, 25-30
Mar 17, Saturday	Jer 11:18-20, Ps 7:2-3, 9B-12, Jn 7:40-53
Mar 18, Sunday	Jer 31:31-34, Ps 51:3-4, 12-15, Heb 5:7-9, Jn 12:20-33, or, Year A Ez 37:12-14 Ps 130:1-8, Rom 8:8-11, Jn 11:1-45 or 11:3-7, 17, 20-27, 33B-45



**UPCOMING EVENTS FOR MARCH 12-18, 2018**

Mar 12, Monday	Bingo/The Gardens 2:00PM
Mar 13, Tuesday	Divine Will Mercy Group 9:30AM CDA/OLPH#2206 5:30PM
Mar 14, Wednesday	Chocolate Covered Easter Egg Making in the Kitchen 6:00PM Financial Pace University Class 7:00PM Youth Music Practice 7:00PM
Mar 15, Thursday	Chocolate Covered Easter Egg Making in the Kitchen 6:00PM Parish Council Meeting 6:30PM <b>NO</b> Adult Choir Music Practice
Mar 16, Friday	Stations of the Cross 6:00PM Soup Supper/Justice & Peace
Mar 17, Saturday	Chocolate Covered Easter Egg Making in the Kitchen 9:00AM Men's Reconciliation at St. Bede 9:00AM
Mar 18, Sunday	Confirmation Service Day Divine Will Mercy Group 9:00AM Lenten Family Retreat 10:15 AM Adult-Children Religious Education Classes 10:15 AM Baptismal Class 10:30 AM Third Scrutiny 12Noon Women's Bible Study 6:00 PM



**PLEASE PRAY FOR THE DECEASED:**

Guido Cavone (Father of Angelo Cavone)

