FOR YOUR INFORMATION:

The Parish Nurses Say: Knowing how to read food labels can help you make healthy choices. Check the serving size. Pay attention to the caloric content. Check the protein value. Check for sugar and fibers. Know the fat and sodium content of what you are eating. Check the bulletin board for information on how to read food labels.



KNIGHTS The Knights of Columbus OF COLUMBUS Council 5480 is sponsoring a Kid's Movie Night Friday 23

March. Enjoy juice, Domino's pizza, and the movie Big Hero 6 for free! Gluten-free pizza will be available. Council 5480 is located at 12742 Nettles Drive. Newport News. Doors open at 6:00 PM and the movie start at 6:30 PM. Direct all inquiries to Jason Southworth at 740-876-1154 or JSSouthworth@hotmail.com.

YOU'RE INVITED! Peninsula Catholic High School is having its "Potential Knights Meet and Greet" on Monday, April 16. Join us at 5:30 p.m. for a school tour and refreshments with the administration. The road to college starts here, serving grades 8-12. For questions, or to RSVP, contact Shaylyn Baker, Director of Enrollment, at sbaker@peninsulacatholic.com or you may call 757-596-7247 x106. Check out our school at peninsulacatholic.com

TV MASS FOR THE HOMEBOUND: Is someone you love unable to join us at church during this holy time of Lent and Easter? For the faithful at home or in healthcare settings, the Heart of the Nation Sunday TV Mass brings spiritual comfort and the blessings of joy-filled hope in our Risen Savior. Please invite anyone you know, who cannot get to church, to tune in Catholic Mass on TV or watch online: PALM SUNDAY AND EASTER TV MASS WTVZ channel 33 (MyTVZ) at 7:00 a.m.

Mark your calendars for the 10th Annual Richmond VA French Food Festival, held Friday, April 27th, 4:00pm-8:00pm, AND Saturday, April 28th, 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 vou 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 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!

Prayer is the easiest but, the hardest thing to do.

MASS INTENTIONS FOR MARCH 27-APRIL 1, 2018

Santos & Rosenda Belmonte ** Mar 27, Tuesday Mar 28, Wednesday Dez Castro (Sp. Int.) Mar 29, Thursday Theresa Song ** Mar 30, Friday Tomas & Emerenciana Asuncion **

Rosenda Belmonte ** Mar 31, Saturday Santos Belmonte T Apr 1, Sunday 7:00 9:00 Anna Vu Thi Quy T Anthony Udugama T 12:00

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READINGS FOR MARCH 26-APRIL 1, 2018

Mar 26, Monday Is 42:1-7, Ps 27:1-3, 13-14, Jn 12:1-11 Mar 27, Tuesday Is 49:1-6, Ps 71:1-4A, 6-6AB, 15, 17,

Jn 13:21-33, 36-38

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Mar 28, Wednesday Is 50:4-9A, Ps 69:8-10, 21BCD-22, 31

33-34, Mt 26:14-25

Mar 29, Thursday Is 61:1-3A, 6A, 8B-9, Ps 89:21-22, 25 27, Rv 1:5-8, Lk 4:16-21, Ex 12:1-8, 11-

14, Ps 116:12-13, 15-16C, 17-18, 1 Cor

11:23-26, Jn 13:1-15

Mar 30, Friday Is 52:13 - 53:12, Ps 31:2, 6, 12-13, 15-

17, 25, Heb 4:14-16; 5:7-9, Jn 18:1 -

19:42

Mar 31, Saturday Gn 1:1 – 2:2 or 1:1, 26-31A, Ps 104:1-2, 5-6, 10, 12-14, 24, 35 or Ps 33:4-7,

> 12-13, 20, 22, Gn 22:1-18 or 22:1-2, 9A 10-13, 15-18, Ps 16:5, 8-11, Ex 14:15 -15:1, (Ps) Ex 15:1-6, 17-18, Is 54:5-14 Ps 30:2, 4-6, 11-13, Is 55:1-11, (Ps) Is 12:2-3, 4-6, Bar 3:9-15, 32 - 4:4, Ps 19: 8-11, Ez 36:16-17A, 18-28, Pss42:3, 5; 43:3-4, (Ps) Is 12:2-3, 4BCD, 5-6 or Ps

51:12-15, 18-19, Rom 6:3-11, Ps 118:1-2

16-17, 22-23, Mk 16:1-6

Apr 1, Sunday Acts 10:34A, 37-43, Ps 118:1-2, 16-17, 22-23, Col 3:1-4 or 1 Cor 5:6B-8, Jn 20:

UPCOMING EVENTS FOR MARCH 26-APRIL 1, 2018

Mar 26, Monday Chrism Mass/Sacred Heart Cathedral – Richmond 6:00pm Mar 27, Tuesday Divine Will Mercy Group 8:00am Holy Week Rehearsal/Elect 6:30pm Mar 28, Wednesday Youth Group Music Practice 7:00pm

Holy Thursday/Evening Mass Mar 29, Thursday The Lord's Supper 7:00pm

St. Francis/Mass 11:00am Mar 30, Friday

Good Friday

Passion of the Lord 3:00pm Stations of the Cross 7:00pm

Holy Saturday Mar 31, Saturday

Liturgy of Hours/Morning Prayer 7:00am

Easter Vigil Mass 8:30pm Reception of Sacraments/RCIA

Apr 1, Sunday Easter Sunday-7AM, 9AM, noon The Resurrection of the Lord

NO Religious Education Classes

CHURCH:

UPDATE: RECONCILIATION will be held on Saturday, March 24, 2018 3:30 to 4:30pm as usual. March 31st is Holy Saturday; there will NOT be reconciliation on Holy **Saturday.** Thank You!

Going to Confession:

- 1. The priest gives a blessing or greeting.
- 2. Make the sign of the cross and say, "Bless me "Father, for I have sinned. My last confession was..." (give weeks, months, or years)
- 3. Confess all sins to the priest. (If you are unsure or uneasy, tell him and ask for help.)
- 4. Say "I am sorry for these and all my sins."
- 5. The priest gives a penance and may offer advice to help you become a better Catholic.
- 6. Say an Act of Contrition, expressing your sorrow for your sins.
- 7. The priest, acting in the person of Christ, then absolves you from your sins.

Holy Week Schedule:







Holy Thursday - Thursday, March 29

7:00 p.m. - Mass of the Lord's Supper with Washing of the Feet.

Good Friday - Friday, March 30 3:00 p.m. – Celebration of the Lord's Passion

Easter Vigil - Saturday, March 31 Mass will be at 8:30 p.m.

Easter Sunday - Sunday, April 1 (Masses 7:00 am - 9:00 am - 12 Noon)



EUCHARISTIC ADORATION is held every first Thursday of the month. The next one will be held on Thursday, April 5th beginning at 8:30 a.m. to 7:00 p.m. All are invited to spend time with Him.

Please join us for our next Coffee and Snack weekend on April 7th and 8th in the Fellowship Hall after all the Masses. Please bring your favorite snack to share. Healthy snacks are always welcome.



PLEASE PRAY FOR OUR MILITARY WHO SACRIFICE FOR OUR FREEDOM: IT Jeffery Espiritu, Maj. Garrett McGowan, Sgt. Robert McDaniel, SFC Robert Allison III, T/Sqt. 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, 2nd Lt. Ryan Bare, SFC Chris Whelan, CPO Nino Villamor, SPC Jonathan J. Belmonte, S/Sgt. Christopher Woynicz.

CHRISTIAN FORMATION:

The Nursery will be closed on Easter Sunday, 1 April. It will reopen the following week, April 8. We apologize for any inconvenience this might cause.

New Health and Literacy (HEAL) classes will be offered in March. Do you know someone that might struggle with reading or speaking English? Do you know someone that would benefit from learning how to communicate with health professionals and how to understand basic health information? Students do NOT need to be St Jerome parishioners and classes will benefit any immigrant or refugee whose weak. English skills are Please margie@stjeromennva.org for more information and how to register.

Announcement: Sunday, March 25, there are Christian Formation Classes for all ages. On 1 April and 8 April, there are NO classes due to Easter and Spring Break. See you on 15 April!

Save the Date: St. Jerome Volunteer Appreciation Dinner will be held on Saturday, April 21. information to follow.

BAPTISMAL SCHEDULE:



The next Baptism Class will be held on Sunday, April 15, at 10:30 a.m. in the second floor classroom #10 in the Faith and Life Parents and Godparents must Center. A Nursery will be SIGN-UP to attend! Please call St. Jerome office to available. register for the class at (757) 877-5021.

PLEASE PRAY FOR THE SICK OF OUR PARISH:

Serena V. Tran, Barbara Massey, Frances Manoia, Naureen Sanford, Sun King, Michael Freda, Joe Yungbluth, Cristina Gloria, Reco Cotton, Deifilia Lazo, Herman Barretto, Olga Iris Barretto, Taylor Bowman, Annette Lang, Rhett Leonard, Anna Blood, Yvonne Holmes, Ruby Baggett, Jackie O' Neil, Restituto Obis, Nick Butler, Joan Cawthon, Bobby Martinez, Margaret Johnson, Tim Benavidez, Linda

Smith, Buddy Williams, Margaret Luedtke, Joel Rivera, Judith Otto, Florence Bischof, Harold Przygocki, Marciana Dayrit, Esther Vaughn, Bailey Ann Schaffer, Tiffany Brickhouse, Dorothy Woodward, Therese Reiley, Jon Kenneth Salangsang, Marvin Alba, Fess Balina, Chris Whelan, Angelica Chabo, Imelita Wright, Phil Pace Sr., Joseph (Jo-Jo) Goodwin, Nick Frankie, Blanca O' Brien, Herminia Platon, Richard Matlock, Judy Pace, Margaret Laurent, Alessandrea Elefante, Adrienne Gonzalo.