

SAINT JOHN *the* EVANGELIST CATHOLIC CHURCH

*To Know, To Love, and To Serve God
in His Church and Our Community.*

the **EAGLE**

Merry Christmas from Saint John Join Us Year-Round for Activities and Events for All Ages

Saint John the Evangelist Catholic Church warmly welcomes all of you to our renewed church and our wonderful Parish Family. No matter if you are visiting for the first time or you are a daily Mass-goer, we are excited to provide enlivening activities and events for all ages. From our Catholic Youth Organization (CYO), with sports, artistic, and social programs for children and youth of the area, to our Catholic Adult Organization (CAO), providing the same types of activities only for everyone from 18 years old to 118, we have something for everyone! Please take a look through this bulletin, as well as our website, and we guarantee you will enjoy your time here at Saint John all year long.



A Prayer for World Peace

Dear God, thank You for all creation. In the spirit of Jesus of Nazareth and all teachers of peace who inspire the many faith traditions, help me and all the people of the world learn how to replace hate, war, oppression, and division with love, peace, freedom, and reconciliation. Help me to embody Your love in my relationships with my family, friends, strangers – even my enemies. I commit myself to this sacred task throughout my life. So let it be. Amen.

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Parish Information



MASS SCHEDULE AND INFORMATION

Sunday Masses:

7:00 a.m., 9:00 a.m., 11:00 a.m., 1:00 p.m. and
5:00 p.m. Contemporary Mass

Saturday Vigil Masses: 3:00 p.m., 5:00 p.m.

Daily Mass:

Monday-Friday: 8:30 a.m.

Saturday: 8:00 a.m.

If you are interested in volunteering with our Hospitality Ministry, contact Loretta Sullivan at loretta@sjecc.com or 239-566-8740.

Sacrament of Reconciliation:

Saturday 8:30 a.m. and 2:00 p.m. (until all are heard)

St. John the Evangelist Catholic Church

625 111th Avenue North, Naples, FL 34108

Phone: 239.566.8740 • Fax: 239.566.9117

www.sjecc.com

Administrative Office Hours:

Monday - Friday: 8:30 a.m. - 4:00 p.m.

Altar Flowers and/or Host & Wine. We have 2019 wine and host and flowers availability.

Stop by the parish office to offer the wine and host and/or the altar flowers in memory or in honor of your loved ones.

PARISH CLERGY AND MINISTERS

Fr. Tom Zalewski, Pastor

Fr. Paul D'Angelo, Associate

Fr. Arun Paul, Associate

Deacon Hal Brenner

Deacon Frank Paniccia, Senior Status

Altar Servers:

Kathy Bailie

servers@sjecc.com

Arts & Liturgical Environment:

Kay Sanfelippo

ksanfelippo@comcast.net

Eucharistic Ministry:

EMMinistry@sjecc.com

Mass:

Maureen Reed

Maureen@sjecc.com

Homebound:

Lisa Godlasky

lisa@sjecc.com

Hospital:

Mary Pat Salomone

marypat@sjecc.com

Lectors Ministry:

L. Philip Baier

lectors@sjecc.com

Youth Lector:

Call the Office

239.566.8740

Greeters & Ushers:

Bill Fuller

wfuller1@comcast.net

CONTACT INFORMATION

All Administrative Staff

239.566.8740

Business Manager

Jean-Paul Boucher: jp@sjecc.com

Parish Secretary

Deborah Marsh: deb@sjecc.com

Front Office Manager

Tricia Schwarz: tricia@sjecc.com

Pastoral Musician and Liturgist

Gary Prettyman: gary@sjecc.com

Artistic Director

Jennine Burkwit: jennine@sjecc.com

Sacristan & Martha's Guild

Lan Tran: lan@sjecc.com

Director of Family Mission

Jean-Paul Boucher: jp@sjecc.com

Parish Publications/Bulletin Editor

bulletin@sjecc.com

CYO Social and Spiritual Coordinator

Kyle VanDuser: kyle@sjecc.com

Memorial Garden

Karen Beebe: karen@sjecc.com

Bookkeeper

Karen Beebe: karen@sjecc.com

Divine Gift Boutique

Holly Violaris: holly@sjecc.com

Facilities

239.566.8740

Education Staff

Director of Religious Education

Natalie Campbell: natalie@sjecc.com

Coordinator, Adult Faith

Formation & RCIA

Jack Kindsvater: jack@sjecc.com

FOR OUR RECORDS

We need your help to keep our records current. If there are any births, deaths, marriages, moves, etc. in your family, please notify the front office at 239.566.8740

or email: info@sjecc.com.

Thank you!

PARISH REGISTRATION

Parish Registration Forms are available on the tables in the church narthex, in the parish office and on the website: www.sjecc.com.



Scan this tag with your smartphone to view our mobile website.

Mass Intentions



Mass for Deceased (+) and Special Intentions (SI)

Host and Wine for the week of 12/21/19 - 12/27/19

In Memory of Jose N. Arteta, requested by Rafael Arteta, Sarah Arteta and Patricia Canfield

Saturday, December 21, 2019

8:00 a.m. + Earl Pidgeon

Saturday Vigil Masses for Sunday

3:00 p.m. + Jerome Paul & Janet VanderHorst

5:00 p.m. + Herberta Maxine Thyen

Sunday, December 22, 2019

7:00 a.m. + Andy Sanfelippo

9:00 a.m. + Umberto & Alessandra Papa

11:00 a.m. + For Our Parishioners

1:00 p.m. + Matthew J. Downing

5:00 p.m. + Owen Murphy

Monday, December 23, 2019

8:30 a.m. + Jose N. Arteta

Tuesday, December 24, 2019 – Christmas Eve

8:30 a.m. + Anthony & Jean DeCesare

3:00 p.m. + Ozzie D'Addario

5:00 p.m. + Fred A. Lourenso

Midnight + Michael Liccardi

Wednesday, December 25, 2019 – Christmas Day

7:00 a.m. + Peter Avito

9:00 a.m. + Joe Reid

11:00 a.m. + Selma & Walter Bocwinski

1:00 p.m. + Eric F. Vierling

Thursday, December 26, 2019

8:30 a.m. + Joan Slocum

Friday, December 27, 2019

8:30 a.m. + Chuck Graney

Saturday, December 28, 2019

8:00 a.m. + Deacon Virgil & Marguerite Glocheski

Saturday Vigil Masses for Sunday

3:00 p.m. + Donald E. Devine

5:00 p.m. SI Linnae Family

Sunday, December 29, 2019

7:00 a.m. + Rev. Al Petersen

9:00 a.m. + Laura Endres

11:00 a.m. + John Wozniak

1:00 p.m. + Wilbur & Bernadine Siebert

5:00 p.m. + Helen Kirschner

Requested By

Mark Durkin

Jerry & Julie VanderHorst

John & Marilyn Thyen

Pat Bernetch

Hugo & Olivia Papa

Kim Woodyard

Mary Wheeler

The Family

Kay Reid

Janet D'Addario

Joanne Lourenso & Family

Bob & Freda Foley

Dorothy Hotz

Kay Reid

Elena & David Acerbi

Polly Vierling

Daniel Novakovich

Rae Graney

Pat & John McGuire

Diane Mascianica

Dick & Helen Fedeli

Chrys Fisher

SJE Adult Choir

Robert Rup

John & Marilyn Thyen

Nancy & Arthur Goldstein

Readings for the Week

Saturday, December 21, 2019

[Saint Peter Canisius]

Sg 2:8-14 or Zep 3:14-18a/Lk 1:39-45 (197)

Sunday, December 22, 2019

The Fourth Sunday of Advent

Is 7:10-14/Rom 1:1-7/Mt 1:18-24 (10) Pss IV

Monday, December 23, 2019

[Saint John of Kanty]

Mal 3:1-4, 23-24/Lk 1:57-66 (199)

Tuesday, December 24, 2019 – Christmas Eve

Morning: 2 Sm 7:1-5, 8b-12, 14a, 16/Lk 1:67-79

(200)

Wednesday, December 25, 2019 – Christmas

The Nativity of the Lord

Solemnity [Holyday of Obligation]

Vigil: Is 62:1-5/Acts 13:16-17, 22-25/Mt 1:1-25 or 1:18-25 (13)

Night: Is 9:1-6/Ti 2:11-14/Lk 2:1-14 (14)

Dawn: Is 62:11-12/Ti 3:4-7/Lk 2:15-20 (15)

Day: Is 52:7-10/Heb 1:1-6/Jn 1:1-18 or 1:1-5, 9-14 (16) Pss Prop

Thursday, December 26, 2019

[Saint Stephen]

Feast

Acts 6:8-10; 7:54-59/Mt 10:17-22 (696) Pss Prop

Friday, December 27, 2019

[Saint John]

Feast

1 Jn 1:1-4/Jn 20:1a, 2-8 (697) Pss Prop

Saturday, December 28, 2019

The Holy Innocents

Feast

1 Jn 1:5—2:2/Mt 2:13-18 (698) Pss Prop

SACRAMENTS OF THE CHURCH

Sacrament of Baptism. The Diocese requires that parents seeking baptism for their child attend a baptism preparation class. To schedule a baptism class, please contact our Parish Secretary, Deborah Marsh: deb@sjecc.com or (239) 566-8740.

Sacrament of Matrimony. Those who wish to be married in our parish must complete the Marriage Preparation Program. The Diocese requires a six month notice. *Tricia Schwarz: tricia@sjecc.com.*

Anointing of the Sick/Funeral Arrangements. Call the parish office. If the office is closed the answering machine will provide an emergency phone number for you to reach a priest.

ASSISTED LIVING MASSES

Friday, December 27, 2019 – Bradford Square

9:00 a.m. + Claire D'Angelo

Tom Dillon

Ministries and Prayer



PARISH COUNCILS

Building and Grounds Council. The Buildings and Grounds Council provides future direction, advice, and insight for the physical plant of St. John the Evangelist, to include all buildings, the grounds, and all utilities therein. The Council meets quarterly to evaluate any long-term strategy planning that is required. *Council President: Bill Sjostrom: bsjost@yahoo.com or 815.670.3733*

Finance Council. The Finance Council exists to assist the Pastor by providing advice in regards to financial matters of the parish. It supports decision-making and serves to assist in the prudent administration of Parish resources. Council Chairman: Jim Culkar: *jrculkar@aol.com or 239.254.9510*

Pastoral Stewardship Council. The Pastoral Stewardship Council's mission is to create awareness of God's gifts of time, talent, and treasure, and to encourage their use to the best of one's ability for the good of the Parish. The Council has three major subcommittees: Hospitality, Sharing, and Time and Talent. *Council President: Rick Beebe: psc.sjecc@yahoo.com or 239.566.8740*

MEET OUR MINISTRIES

Arimatheans. Arimatheans attend funeral Masses and memorial services to provide support and compassion. *Anne Petrillo: gapetrillo41@gmail.com or 239.248.2189*

Companion Driving Ministry. Offers transportation to church services regardless of age, infirmity, marital, or socioeconomic status. To sign up for a ride or to become a volunteer driver: *Beth Lucci: sjeride@gmail.com or 239.877.6254*

Divine Gift Boutique. (located in the church). Hours: Tuesdays and Thursdays after morning Mass; Saturdays 2:00-5:00 p.m. and Sundays 8:00 a.m. - 1:00 p.m. We are in need of volunteers! If you are interested, please contact *Holly: holly@sjecc.com or 239.228.3921*

Divorced and Separated Support Group. Provides support and guidance for divorced/separated Catholics through our shared spiritual journey. We meet Thursdays at 6:30 p.m. in the Alexandria Room. Please call for more information *Lhara Echeverria: 239.293.3694 or lhara@sjecc.com or Beth Lucci: 239.877.6254*

Grief Support Ministry. Grief facilitators hold support groups as needed to give support to those suffering a loss. *Gerilyn Poletti: 239.455.2655 ext. 107*

Jamaica Outreach Program. JOP provides goods, food, medical-vision-dental services, education, and basic support to improve the lives of the poor in Jamaica. We welcome new volunteers. For more info: *Jeanne Stamant: 239.248.3248 or info@jamaicaoutreach.org*

Knitting & Crocheting. Meets year-round on Tuesdays at 10:00 a.m. in Classrooms 3 & 4 in the Parish Activity Center. No experience necessary. Make baby and children's items, prayer shawls, nursing home and elderly blankets. *Sharon Camp: 239-438-7867 or sharon@naples.net. https://*

stjohnknitandcrochet.wordpress.com/

Ladies of Charity. Volunteer in Imnokalee schools, the Guadalupe soup kitchen, and clothing bank. The Ladies also visit local nursing homes to assist residents who want to attend Mass. In addition, they are available to provide friendly visits and to perform simple errands for the elderly and homebound. Meets the second Friday of every month. **Homebound:** *Marie Elaina Mullin: 239.273.1702. To join: Carole Mancini: frog lady505@gmail.com 239.597.3078*

Marriage Ministry: Together Forever. Couples gather: 1) To share and know; 2) To grow and love; and 3) To listen and serve and to celebrate our healthy marriages. All married or engaged couples are welcome to join us. Meets monthly on Saturday evenings at 6:30 p.m. *Rachel Baier: 239.498.4197*

Social Ministry. Organizes events, prepares meals, and provides staff and support for a multitude of parish and parish-related functions. Monthly meetings 6:00 p.m. on the first Tuesday. *Social: JD DeSousa: 239.877-2950 or sousa2net@aol.com; Millie Lucanegro: 239.566.9854; or besunnyinflorida@gmail.com*

Respect Life. Helps Catholics understand, value, and become engaged with supporting the God-given dignity of every person - which naturally leads to protecting the gift of every person's life. *Mary Thompson: respectlife@sjecc.com or 239.273.6472*

Sewing Ministry. Meets to sew for needy children of Collier County on Wednesdays 12:30 p.m. - 3:30 p.m. in the Parish Activity Center, rooms 1 and 2, from October to May. If you like to sew, we encourage you to come see what we're all about. All are welcome! To volunteer or donate: *Phyllis Crivelli: jandpcrivelli@gmail.com or 239.594.1148 or Barbara Arthur: bka1678@hotmail.com or 239.250.4162*

St. Vincent de Paul. Helps the poor, specifically people in zip codes 34108, 34109, and 34110. Members work in teams making home visits to those in need. Meets first and third Tuesdays after 8:00 a.m. Mass. *Carl Monticelli: (SVdP Office): 239.775.1667*

Vocations Ministry. What is your vocation? Help the Parish Family educate and identify vocations through prayer and activities. *Kyle VanDuser: kyle@sjecc.com or 239.566.8740*

Women of the Word (WoW). We welcome any woman of any age to study our faith using the Bible and other Catholic writings in a non-judgmental, supportive community. Thursday 9:30 a.m. *Nancy Bouchard: 443.498.8452 or wow@sjecc.com*

Knights of Columbus Councils:

Knights of Columbus Arthur J. Corr Assembly 3308. Meetings are held the fourth Thursday of the month in the Rome Room. Officers meet at 6:30 p.m. with the business meeting at 7:00 p.m. All visiting Sir/Knights welcome. *Paul McPherson Faithful Navigator: 443-807-3436 or pmcp77@gmail.com*

Knights of Columbus St. John Council 11281. Worldwide Catholic men's fraternal organization founded on the principles of Charity, Unity, Fraternity, and Patriotism. St. John's Council provides regular financial support for our seminarians and our parish. Knights also conduct a wide variety of activities to enhance and strengthen family life in the parish. Meets first Monday of the month. Officers at 6:30 p.m.; business meeting at 7:15 p.m. Visiting Knights are welcome. *Grand Knight Joseph Hemrick: jhemrick21@gmail.com or 239.566.8740*

Check the Event Sheets on the building doors for the meeting location of the group. Groups do not always meet in the same location.

Ministries and Prayer



SOCIAL GROUPS

Boy Scout Troop 226 – St. John the Evangelist. Prepare boys to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law. Meets on Mondays at 6:45 p.m. in the Alexandria Room. scoutmaster@troop-226.com

Cub Scout Pack 226 – Chartered at St. John the Evangelist. Provide families with an opportunity to raise their young boys in the way of Jesus and through the formative values of Scouting. Meets on Mondays at 6:30 p.m. joanne116@mac.com or 239.919.2265

Habitat for Humanity. Kouloheras:nick@hfhcollier.com

Mahjongg. Wednesday Play. Lanelle Bishop: 239.352.1860

SUPPORT GROUPS

AA Robert: 239.287.2442

Adult Children of Alcoholics Tom Mooney, 239.287.0195

Al-Anon For meeting locations and times, call 239.263.5907 or visit www.NaplesAl-Anon.org

Food Addiction Support Group Maryann Scandiffio, 239.784.2682

Sunset Coast NA 239.451.3275

Gambler's Anonymous 855.222.5542

Recovering Couples Anonymous Britta: 239.348.5031 or Roger: 239.250.6888

PRAYER GROUPS

Pray the Rosary & the Chaplet of Divine Mercy – Rosary and Chaplet of Divine Mercy are recited every day starting 50 minutes before Mass begins, Monday through Saturday. Summer Schedule at 7:40 a.m., Winter Schedule at 7:10 a.m. Maria Desa: 239-529-7611 or Carol Swank 757.559.4761

Cenacle of Life Prayer Group – Rosemary Erickson: 239.250.0432

Divine Will Prayer Group – Gorana Saner: 239.293.1765

Centering Prayer/Lectio Divina – Mondays at 5:30 p.m. and Wednesday morning after the 9:00 a.m. Mass in the Parish Library. Kathleen Dunne: kadunne61@aol.com, 901.574.2947

Liturgy of the Hours

Call the Office: 239.566.8740

PRAYER FOR THE MILITARY

Please pray for our loved ones who are serving in the military:

Adam Decker

Nick Detloff

Sgt. Douglas Hennessy

Marine Colonel Brian Howlett

Lt. Col. Scott Huber – USAF

PV2 Alexander McMickle – Ft.

Eustis, VA

Col. Brian Murphy

Lt. Col. Jill Murphy

Sgt. Larry Oldenburg – U.S. Army, Iraq

Cpl. Derek Perez – U.S. Marine Corps

Austin Spagnola

Staff Sgt. Andrew Zecchino – USAF, Turkey

Lt. Stephen English – Iraq

We remember those who have died recently. May they rest in eternal peace.

Joseph Cassata, Marshall Hoffman, James Miller, Rita Mulligan, and Sallustio "Sal" Rizzi

PRAYER LIST

Baby Declan Aigner
Theresa Allingham
Di Di Arpaia
Paschal Arpaia
Paul Arpaia
Aurise Bain
Florence Ballachio
Jean Balliro
Agatha Barczynski
Jennifer Basile
Beagan Family
Lynn Becker
Mark Benson
Paul Bishop
Liselotte Bluem
Gallen Boardman
Sue Boyle
Kent Brase
Steve Brase
Lori Breyman
Kyle Brune
Elaine Buscemi
Connie Cahill
Ed Carsky
Rosalie Castro
Corinne & Children
Lauren Carr
Frank Christopher
August Cimmino
Merlyn Comeriato
Monica Connors
Tony Corvelo
Lizabeth Cuenya
Marge Cullen
Brad Cunningham
Cutler Family

Mark DaBronzo
Danielle
Eileen DaSilva
Donald Demski
Florence Demski
Sally Detloff
Melissa Diamantini
Julie Dieter
Dee Donnelly
Donovan Family
Leon Doughty
Robyn Hyland Doyle
Peter Durso
Katy Esquivel
F.W.
Carolyn Felner
Feroce Family
Scott Fewell
Tiffany Fiedler & Family
Don Fitzgerald
Sandy Flaig
Tara Follese & Family
Sandy Frania
Debbie Fritts
Patty Gahan
Carol Gaskill
Jeff Gatt
Julia Giblin
Fr. Tom Glackin
Marie Gleason
George Gonsler Jr.
Phyllis Gryskiewicz
Randy Harrison
Rosie Heyen
Amy Hilliard
Ashleigh Hodges

Mary Ann Holt
Edward Hommel
Judy Howe
D. K.
Yvonne Keenan
Theresa Keller
Elyse Kristinik
Rene Lacoste
Lorraine Leclerc
Carrie Lehmann
Peter Lemon
Laurie Lind
Mel Lisser
Teresa Lozano
Pat Lozon
Jean Lydon
Margie Lynch
M.M.
Andrew Mager
Joan Maier
Robin Malone
Diane Maloney
Margaret
Maria and Family
Ron Marlow
Barb Marsh
Jackie Mascolo
Donna Masse
Angelo Mastrotillo
Kathy Maxwell
Kevin McKee
Jack McGrory
Paul McIntyre
Alley McKee
Cynthia McLemore
Carlos Mendelzon

Cynthia Mendelzon
Patrick Metro
Eileen Miner
John Montana
Lorrie Morrison
Tom Morse
John Nickerson
Jack Noonan
Emma O'Rourke
Katie Oelslager
Joan M. Oliver
Jane Oraziotti
Patricia Orris
Sean Osterman
David P.
Eric Parker
Ronald J. Parker
Francesca Pearo
Anne Perrino
Ann Petrillo
Timothy Pollard
Rachel Polt-Holmes
Olivia Prawiradilaga
Carolyn Pulte
Lee Redman
Gil and Renee Rake
Pete Renner
Henrietta Reynolds
Tom Riley
Ellen Roberts
Katie Roberts
Joanne Roddy
Racheal Romine
Terre Rozin
Sterling C. Rutherford
Peggy O'Neil Saba

Lloyd Sample
Lisa Sanfelippo
Shelia Scaduto
Gary Schutebach
Fritz Simacek
Marian Simacek
John Smith
Josephine Soto
Sr. Colette Stevenson
Nancy Stewart
Jane Sullivan
Brad Tanner
Rita Taranto
John Tenerow
William J. Teplica
Janice M. Thomas
Isaiah Thompson
Marilyn Thyen
Helen Thornburg
Jerome D. Tomasso, Jr.
Louis Torretta
Albert Treichel
Richie Twiefel
Denny V.
Kari Van Tol
Mike Walsman
Arthur Warburton
Eileen Warburton
Dan Ward
Baby Benedict Wardein
Warner Family
Frank Westerbeke, Sr.
Kirsten Wills
Nancy Wise
Brandon Woods
Carolyn Wootton
Michael Zielinski

Christmas Mass Times



Mass Times – Christmas 2019 and New Year 2020

Tuesday, December 24, 2019

Vigil of The Nativity of the Lord (Christmas Eve)

3:00 p.m., 5:00 p.m. (featuring the Children's Choir and the Christmas Pageant)

Tuesday/Wednesday, December 24/25, 2019 – MIDNIGHT MASS

The Nativity of the Lord (Christmas Night)

12:00 a.m. (Music starts at 11:30 p.m. featuring the Adult Choir and String Quartet)

Wednesday, December 25, 2019

The Nativity of the Lord (Christmas Day)

7:00 a.m., 9:00 a.m., 11:00 a.m., 1:00 p.m. (No 5:00 p.m. Mass)

Tuesday, December 31, 2019

Vigil of Mary, the Holy Mother of God

5:00 p.m.

Wednesday, January 1, 2020

Solemnity of Mary, the Holy Mother of God

8:00 a.m., 10:00 a.m., Noon



**High School Youth Group
Wednesday 6-7p**

Pizza, Fellowship and Bible study

“ABLAZE” - Praise and Worship afterwards



Car Raffle to Benefit SJE CFA Goal and Community



Lord God, be well disposed to our prayers, and bless + this vehicle with your holy hand. Appoint your holy angels as an escort over it, who will always shield its passengers and keep them safe from accidents...

– Roman Ritual for Blessing of Things Designated for Ordinary Use / Automobile or Other Vehicle

We are tremendously blessed to have a partnership with Audi Naples for our brand-new car raffle, which has just kicked off! They have provided a beautiful, white 2020 Q3 SUV with all the trimmings. You will be able to see the vehicle outside of the church and at all our activities this coming year as we drive towards our goal of 10,000 raffle tickets sold. Each ticket is only \$20, or \$100 for a pack of 6 tickets. Come to the front office or visit the tables near the car when we are selling raffle tickets at our events.

Please be aware that the winner will be responsible for the fair market value taxes, registration, title, and other costs associated with the vehicle.



Finish the Church Goal: \$1.8 Million

Gifts from 12/8/19: \$36,530.00

Total Gifts as of 12/8/19: \$552,613.88

Percentage of Goal Achieved Already: 30.7%

Weekly Calendar: Dec. 22-29



Sunday, December 22

No Events

Thursday, December 26

9:00 a.m. – Zumba in the Gym
9:00 a.m. – Bocce in the Bocce Court

Monday, December 23

6:00 p.m. – Christmas Eve Children's
Nativity Rehearsal

Friday, December 27

6:00 p.m. – Happy Hour in the 5 Saints Cafe

Tuesday, December 24

Merry Christmas! – No Activities

Saturday, December 28

9:00 a.m. – Bootcamp in the PFLC Boneyard
9:00 a.m. – Bocce in the Bocce Courts

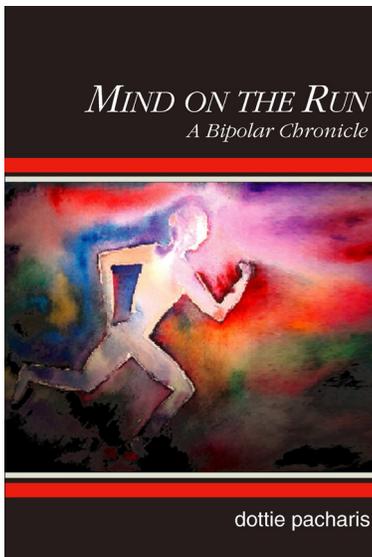
Wednesday, December 25

Merry Christmas! – No Activities

Sunday, December 29

No Events

Mind on the Run



Please join us for a special lunch and learn seminar at 11:30 a.m. on Wednesday, January 22, in Rome, with Dottie Pacharis, author of *Mind on the Run – A Bipolar Chronicle*, a book about her son's 13-year struggle with bipolar disorder and her family's efforts to help him obtain treatment. As a result of her personal experience, she has become a mental health advocate working to eliminate barriers to treatment and improve the care for individuals suffering from severe mental illness. She has been a speaker at many mental health and community organizations and churches, and has written numerous editorials about mental illness that have been published in major newspapers in this country and in the UK. Dottie will talk about her personal experience dealing with her son, the Florida Baker Act for involuntary treatment of individuals with serious mental illness, the new Florida laws restricting gun purchases following the tragic mass shooting at Parkland High School, support groups available for families and individuals dealing with mental illness, and important resources for assisting mentally ill individuals in crisis.



Gospel Reflections with Father Tom

There are people who fear, maybe even dread, the approach of Christmas. It's not Christmas, itself, that causes this fear – I mean the religious side of it. The source of this fear lies elsewhere.

For some, it's the hassle and the extra work that makes them fearful. For others, it's the strain put on their already overstretched finances by the Christmas splurge. For others, it's fear of the conflicts that sometimes occur in families at Christmas time. And for others, it is the fact that Christmas reawakens painful memories – the memory of a death or a tragedy that occurred around this time.

Also, where there has been a loss during the year, that loss is felt again, intensely, at Christmas. The sight of others surrounded by loved ones reopens a wound that perhaps was beginning to heal. The result is an intense loneliness. Finally, one's fears may result from advancing age, with the infirmities and sense of mortality this brings with it.

But those who fear the approach of Christmas can take heart and hope from the story of the first Christmas. There was plenty of fear present in it, too. In fact, all of the main characters in it were afraid at one time or another.

Joseph was afraid when he found that Mary was expecting a child even though they hadn't yet lived together. But an angel appeared to him in a dream and said to him, "Joseph, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit" – words we hear in today's Gospel. Joseph, the just man, trusted God, and so overcame his fear and did what was right.

Mary was afraid on hearing the greeting of the angel Gabriel. But the angel said to her, "Mary, do not be afraid; you have won God's favor." The angel went on to tell her that she was to conceive and bear a son by the power of the Holy Spirit, and she must name him Jesus. Mary trusted God, and so overcame her fear and said "Yes" to what He was asking of her.

And the shepherds were afraid. The Gospel says that when the angel of the Lord appeared to them, and the glory of the Lord shone around them, they were terrified. But the angel said, "Do not be afraid. Listen, I bring you news of a great joy... Today a savior has been born to you; He is Christ the Lord." And they trusted God, went to Bethlehem, saw the Child, and returned to their flocks glorifying and praising God.

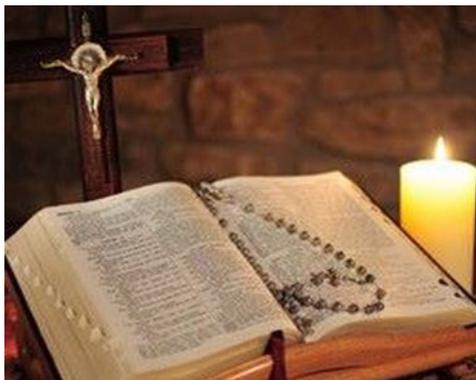
All of us are touched by fear. But we must not allow our fears to cripple us. What we have to do is move from fear to faith. Trust is the thing that enables us to turn fear into faith. And here is where Christmas can be a great help. Somehow it's easier to trust in God at Christmas than at any other time, because we feel that God is very close to us and very loving towards us at this time. In Jesus, God comes to us in the form of a child.

And surely no one can be afraid of a child?

Christmas challenges us to enter into an intimate relationship with God, trusting that we will receive love, and

always more love. By all means, let us do whatever we can to improve our situation. But having done that, let us leave what is outside our control in the hands of God. We must take courage. Fear can be an opportunity, even a grace. It can force us to trust in God rather than in ourselves.

My dear friends, this Christmas, I pray that the Lord may help us to make the leap of faith so that we may experience some of the great joy of this season. This will give us new heart as we journey towards the heavenly Bethlehem, where we shall see Him face to face, not as an infant, but in His glory.



Merry Christmas,

Fr. Tom



Merry Christmas!

We wish you all a very Merry and Blessed Christmas! Thank you for entrusting your children to our care and for all of your support! Our Faith Formation Office will reopen from the Christmas Holiday on January 2nd, 2020. We look forward to seeing you all in the New Year and hope you enjoy this time with family and friends.



Celebrating Advent as We Prepare for Christmas



This Week in Faith Formation ~ December 22-28, 2019

We will not have Faith Formation Classes this week.
We wish you all our Faith Formation Families a very
Blessed and Merry Christmas!



Have a Blessed and Merry Christmas



May the love that came that holy night
Light all your days with hope and joy!
The Adult Faith Formation Team of St. John the Evangelist parish

*Michael Viola, Dee Schwartz, Christine Reinhard, Jean Kechejian, Jack Kindsvater
seated; Susan Hamilton, Nancy Bouchard, Deborah Simon
too soon for a photo: Laura Huggett and Deacon John Sebastian who join in January*

The Work of Christmas

When the song of the angel is stilled;
When the star in the sky is gone;
When the kings and priests are home;
When the shepherds are back with their flocks.
The work of Christmas begins . . .

To find the lost,
To feed the hungry,
To release the prisoner,
To rebuild nations,
To bring peace among people,
To make music in the heart.

— Howard Thurman

We look forward to welcoming you to a program this winter.
The full schedule will be in the January 5th Bulletin.
Be sure to check it out.

If you have not experienced Adult Faith Formation at St. John the Evangelist,
decide 2020 is the year you will begin.
If not now – when?



Information on Upcoming Music and Arts Events

Events

Open Mic Night - January 2, 2020 - 7:00 p.m. at the 5 Saints Cafe!

Adults and youth welcome! Music, comedy, poetry all welcome! Come out and support our local musicians! 7:00 p.m. at the 5 Saints Cafe! New cafe ambiance! We need an audience! Come out and support our local musicians! Free beverage for all performers!



2019-2020 Concert Series - An Evening of Pop, Rock, and Disco - Jan. 9, 2020 - 7:00 p.m. - \$30

Join our parish family for a night of pop, rock, and disco with The Gypsy Lane Band and guests, Johnny Tarangelo, and Marie Rotunda! The Gypsy Lane Band boasts former band members of The Village People, the O'Jays the Richie Family and Patti La Belle. They will rock the house, best group you will ever hear!



**Bring your family and friends and enjoy!
Register online at sjecc.com/concertseries**

Saint John's Children's Choir Updates:

Children's Choir will be singing at the 5:00 p.m. Christmas Eve Mass on December 24, 2019. Any child interested in joining this wonderful group is welcome! Rehearsals are in the choir room at 5:15 p.m. (before Faith Formation). Email jennine@sjecc.com for more information.



Paint and Wine Night - Jan. 30, 2020 - 6:30 p.m. - \$20

Register online now for our next Paint and Wine night! \$20 includes all your supplies and a beverage. 6:30 p.m. at the 5 Saints Cafe!

Calling all Shepherds and Angels!

It's that time of year again where we need all the children of the parish to come together again for our Christmas Eve 5:00 p.m. Mass Nativity! Rehearsals will be on December 19, at 6:00 p.m. and December 23, at 6:00 p.m. in the church. Email Jennine Burkwit at jennine@sjecc.com with your child's name, age, and role they are interested in.



Join us for our next Encounter on the Mountain: A Holy Hour of Praise and Adoration

Thursday, January 23, 2020, at 6:30 p.m. in the church. Our 5:00 p.m. Mass band, Rise, will play beautiful worship music during this powerful holy hour with confessions available throughout the night and a reflection.



Classes

CYO February 2020 Classes begin February 22nd! Register by Wednesday, February 19th, to ensure your class is offered! (see CAO Newsletter for Adult classes)

Beginner Piano Class - Saturdays @ 11:00 a.m. - Nazareth North - \$100 - eight-week session

Intermediate Piano Class - Saturdays @ 10:00 a.m. - Nazareth North - \$100 - eight-week session

Guitar Class - Saturdays @ Noon - Nazareth North - \$100 - eight-week session

Voice/Cantor Class - Tuesdays @ 5:00 p.m. or Fridays @ 4:30 p.m. - Music Room - \$100 - eight-week session

Acting/Theatre Class - Saturdays @ 10:00 a.m. - Alexandria Room - \$100 - eight-week session

Painting Class - Mondays @ 5:00 p.m. - Nazareth North - \$150 - eight-week session

Private lessons available for guitar, piano, and voice!

Email Jennine at jennine@sjecc.com for more information about any of our Music and Arts programs.

2020 Futsal Season

REGISTRATION OPENS JANUARY 15TH!

BOYS AND GIRLS 5-15

\$50 FOR THE 8 WEEK SEASON

BEGINS FEBRUARY 25TH - MAY 2ND

**TUESDAY NIGHT &
FRIDAY NIGHT GAMES**



**St. John the Evangelist Catholic Church
625 111th Ave. N. Naples, FL. 34108**

**Register online at sjecc.com
kyle@sjecc.com for more information**

Audition Notice for: **The Saint John's Passion Play**



Calling all performers and volunteers! Adults and Older Youth!

Your parish needs YOU to once again bring our incredibly moving Passion Play to life! Our Passion Play this year will be our parish's Good Friday service. This is a powerful way to spend your Lent as you partake in bringing to life The Passion of Our Lord, Jesus Christ.

Please email our Artistic Director, Jennine Burkweit at jennine@sjecc.com to schedule your 10 minute audition. All of last year's cast members are encouraged to participate again and will not be required to audition. Simply send an email stating your interest.

Date: January 15, 2020

Time: By Appointment

**Where: Pulte Family Life
Center Music Room**



CAO News

January 2020

Catholic Adult Organization at Saint John the Evangelist Church (CAO)

Have you been away? There are a lot of new and exciting programs for adults at SJECC.

“YOUR” St. John the Evangelist Catholic Adult Organization (CAO), is entering the second full year of exciting programs, which provide an option and enjoyment to every adult from the age of 18 to 118. The CAO is the accompanying program of the Youth Organization (CYO) here at St. John’s. It began as we progressed the building of the Pulte Family Life Center and other improvement/repairs to the entire Campus Facilities. This has been an incredible initial year rollout and utilization of dozens of new programs and activities. Here are some of the highlights:

Social and Spiritual Events and Outreach

- SJECC working to provide mentors for future leaders of our community.
- The “We Served” program is supporting our Veterans and their families with monthly programs and support systems to provide them with access to Veteran’s Benefits and Assistance.
- Theology on Tap – Free social event where individuals and couples can come together to discuss faith and religion in a relaxed, open, and inclusive environment.
- Monthly “Bingo” is started and growing. Parishioners and community members can socialize and have fun in this friendly game of chance.
- Other programs and outreach have included a technical series of seminars on using digital phones; Spanish 101 for those who want or need to learn basic Spanish Conversation; and English as a Second Language is also offered to the Parish and community to help improve use and understanding of the English language.
- Friday “Happy Hour” is also a big success. Individuals and groups attend each Friday to enjoy live music, food, drink, and making new friends.



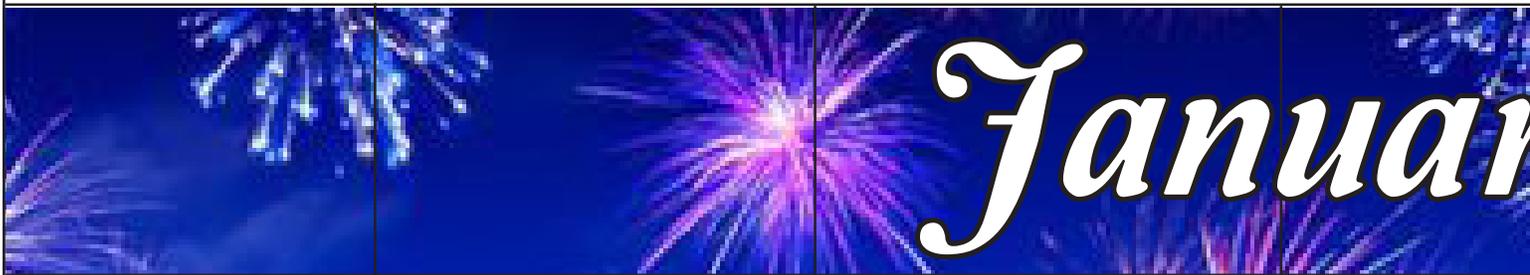
Continued on Page 4

Sunday

Monday

Tuesday

Wedn



			<p>9:30 a.m. – Golden Fit</p> <p>6:00 p.m. – Bootcamp</p> <p>7:00 p.m. – Pick Up V</p>
5		6	7
		<p>9:00 a.m. – Zumba in the Gym</p> <p>7:00 p.m. – Pick-up Basketball in Gym</p>	<p>9:30 a.m. – Golden Fit</p> <p>6:00 p.m. – Bootcamp</p> <p>7:00 p.m. – Pick Up Vo</p>
12		13	14
	<p>9:00 a.m. – We Served: Veteran Get Together in 5 Saints Cafe</p>	<p>9:00 a.m. – Zumba in the Gym</p> <p>7:00 p.m. – Pick-up Basketball in Gym</p>	<p>9:30 a.m. – Golden Fit</p> <p>6:00 p.m. – Bootcamp</p> <p>7:00 p.m. – Pick Up Vo</p>
19		20	21
		<p>9:00 a.m. – Zumba in the Gym</p> <p>7:00 p.m. – Pick-up Basketball in Gym</p>	<p>9:30 a.m. – Golden Fit</p> <p>6:00 p.m. – Bootcamp</p> <p>7:00 p.m. – Pick Up Vo</p>
26		27	28
		<p>9:00 a.m. – Zumba in the Gym</p> <p>7:00 p.m. – Pick-up Basketball in Gym</p>	<p>9:30 a.m. – Golden Fit</p> <p>6:00 p.m. – Bootcamp</p> <p>7:00 p.m. – Pick Up Vo</p>

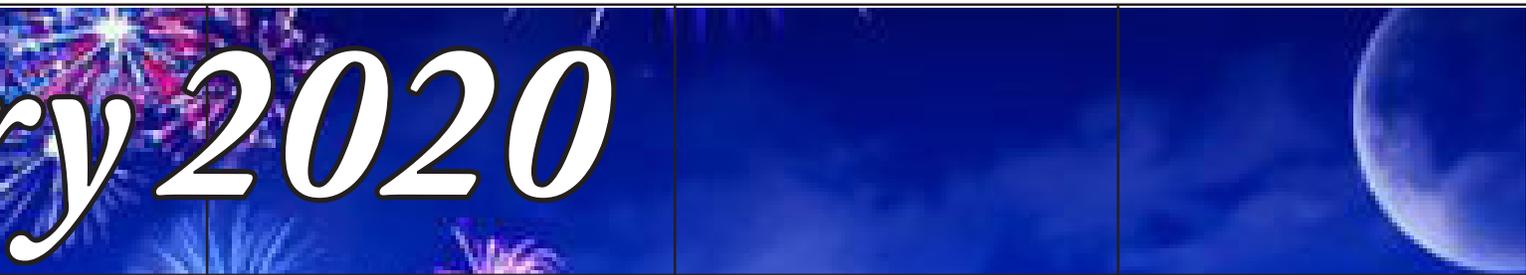
Church Staff:

Father Tom Zalewski – Pastor
 Jean-Paul Boucher – Business Manager
 Rick Beebe – President, Pastoral Stewardship Council

CAO Staff:

Jennine Fuentes – Arts and Music Director
 Kyle VanDuser – Sports and Activities Director
 Bill Warvel – CAO Coordinator

Wednesday *Thursday* *Friday* *Saturday*



1	9:00 a.m. – Zumba in the Gym 9:00 a.m. – Bocce in Bocce Court 7:00 p.m. – Open Mic Night in 5 Saints Cafe	2	6:00 p.m. – Happy Hour in 5 Saints Cafe	3	9:00 a.m. – Bootcamp in Boneyard 9:00 a.m. – Bocce in Bocce Court	4
8	9:00 a.m. – Zumba in the Gym 9:00 a.m. – Bocce in Bocce Court 7:00 p.m. – Concert Series: An Evening of Pop, Rock, and Disco in the PFLC	9	6:00 p.m. – Happy Hour in 5 Saints Cafe	10	9:00 a.m. – Bootcamp in Boneyard 9:00 a.m. – Bocce in Bocce Court	11
15	9:00 a.m. – Zumba in the Gym 9:00 a.m. – Bocce in Bocce Court	16	6:00 p.m. – Happy Hour in 5 Saints Cafe	17	9:00 a.m. – Bootcamp in Boneyard 9:00 a.m. – Bocce in Bocce Court	18
22	9:00 a.m. – Zumba in the Gym 9:00 a.m. – Bocce in Bocce Court 12:30 p.m. – Bingo in the PFLC 6:30 p.m. – Encounter on the Mountain: A Night of Praise and Adoration	23	6:00 p.m. – Happy Hour in 5 Saints Cafe	24	9:00 a.m. – Bootcamp in Boneyard 9:00 a.m. – Bocce in Bocce Court	25
29	9:00 a.m. – Zumba in the Gym 9:00 a.m. – Bocce in Bocce Court 6:30 p.m. – Paint and Wine Night at the 5 Saints Cafe	30	6:00 p.m. – Happy Hour in 5 Saints Cafe	31		



Program Highlights

Sports and Wellness

A combination of light sports and more active games are offered to all adults.

- Bocce is catching on and has regular players on Saturday and Thursday mornings. Although a sport for all ages, it can be competitive and challenging, no matter what physical condition you may be in.
- Basketball is enjoyed by all ages in a world-class facility.
- Exercise classes include ZUMBA, which is a more vigorous exercise activity for more cardio and body conditioning.
- Pickle Ball, Volleyball, and more!



Arts and Music

From monthly concerts to professional plays, open mic nights, to paint and wine nights, St. John's Music and Arts offers a wide variety for all ages:

- Open Mic Nights every 1st Thursday of the month at 7:00 p.m. from August-May
- CAO Concerts Series every 2nd Thursday of the month from October-June
- CAO Paint and Wine Nights every 5th Thursday of the month
- CAO Annual Passion Play on Palm Sunday and Good Friday
- Music and Arts Classes (see below for schedule)



Upcoming Music and Arts Classes

- Adult Piano Class – Saturdays @ 2:00 p.m. – Nazareth North Room – \$100 8-week session – Begins February 22
- Guitar Class – Saturdays @ 1:00 p.m. – Nazareth North Room – \$100 – 8-week session – Begins February 22
- Painting Class – Mondays @ 6:00 p.m. – Nazareth North Room – \$150 – 8-week session – Begins February 24
- Voice/Cantor Class – Fridays @ 5:30 p.m. – Music Room – \$100 – 8-week session – Begins February 28
- Private Voice Lessons – Weekday Evenings – Music Room – \$240 for 8 weeks

Register online at sjecc.com/CAO or email Jennine at jennine@sjecc.com for more information.

CAO CONCERT SERIES



Saint John the Evangelist Catholic Church
All concerts begin at 7pm

Concert Series Schedule

October 10, 2019- Smokin' (An Eagles, Boston, Styx Tribute Band)- \$30 per person

November 14, 2019-Paul ToddSr.&Jr.-\$25 per person

December 12, 2019- Saint John's Annual Christmas Concert- Free

January 9, 2020- An Evening of Pop, Rock, and Motown- \$30 per person

February 20, 2020*- Paradise Coastman Barbershop- \$15 per person

March 12, 2020- JOP Ave Maria Concert -A Night of Opera, Sacred, and Choral Music- \$25 per person

April 16, 2020- Bryl Cream Concert- \$20 per person

May 14, 2020- Dan Miller-Dan Heck Quartet Jazz Concert - \$25 per person

June 11, 2020- Angela Massey present a Flute and Harp Recital- \$15 person

Register online today at sjecc.com/cao or pay at the door
For inquiries, please email jennine@sjecc.com
Complete Concert Series Package Available. Registratoin for individual concerts are available 6-8 weeks prior to the concert date.

625 111th Ave N, Naples, FL 34108





Knights of Columbus Free Throw Competition

Boys and Girls, Age 9-14.
CHAMPION AT EACH AGE AND GENDER.

**LOCATION: ST. JOHN THE
EVANGELIST CATHOLIC CHURCH IN
THE PULTE FAMILY LIFE CENTER
GYM.**

DATE: JANUARY 25TH, 2020

TIME: REGISTRATION BEGINS AT 9AM

SPONSOR: COUNCIL 11281

**CONTACT: KYLE VANDUSER AT
KYLE@SJECC.COM**

CAO Pickleball

BEGINNING FEBRUARY 11TH, 2020

Mondays & Fridays 8am - 1pm

**Open Play for \$5/Day, or
\$25/Month.**

**ST. JOHN THE EVANGELIST
CATHOLIC CHURCH**

625 111TH AVE N.

NAPLES, FL 34108

Contact: kyle@sjecc.com

(Life Center Membership Required)





Hymns for the Fourth Sunday of Advent December 21 and 22, 2019

Readings	Page 42	
Entrance Hymn:	38	O Come, O Come, Emmanuel
Preparation Hymns:	82	Lo, How a Rose E'er Blooming
	53	See How the Virgin Waits
Communion Hymns:	71	Creator of the Stars of Night
Closing Hymn:	40	People Look East (Verses 1 and 4)

Hymns for the Nativity of Our Savior December 24 and 25, 2019

Readings	44 (3 & 5 PM), 47 (Midnight), 50 (7 AM), 51 (9, 11, & 1)	
Prelude Song:	96	Hark! The Herald Angels Sing
Entrance Hymn:	97	O Come, All Ye Faithful (Verses 1, 4 (Latin) - Adeste Fideles, 2 & 3)
Pageant Hymn: (5pm)	84	Joy to the World
Preparation of Gifts:	95	Away in a Manger
	92	O Little Town of Bethlehem
	76	It Came Upon the Midnight Clear
Communion Hymns:	89	Of the Father's Love Begotten
	82	Lo, How a Rose E'er Blooming
	81	Silent Night
Closing Hymns:	98	Angels We Have Heard on High -or-
	84	Joy to the World

Merry Christmas! From the entire Saint John the Evangelist Music Department, we wish you a very Holy and Blessed Christmas Season. Thank you for your support of our music, your kind words, and most of all for lending your voices in worship of the God we all serve. We count ourselves very fortunate to be able to serve our Lord Jesus and His Church as we offer this wonderful gift of music. May the peace found at the manger be yours in abundance! Now, let's make 2020 an even more praise-filled year!

Advent/Christmas Music Worship Aid

Mass of Divine Promise



Kyrie eleison (Lord Have Mercy)

Based on 'Conditor Alme Siderum' (Creator of the Stars of Night)

Gary Prettyman

Cantor Ky-ri-e e-le-i-son. Lord - have mer - cy.

Cong. Ky-ri-e e-le-i-son. Lord - have mer - cy.

Cantor Chri - ste e - le - i - son. Christ - have mer - cy.

Cong. Chri - ste e - le - i - son. Christ - have mer - cy.

Cantor Ky - ri - e e - le - i - son. Lord - have mer - cy.

Cong. Ky - ri - e e - le - i - son, Lord - have mer - cy.

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Sanctus (Holy)

Based on 'Veni, Veni Emmanuel' (O Come, O Come, Emmanuel)

Gary Prettyman

1 Ho-ly, Ho-ly, Ho - ly Lord God of hosts. Hea - ven and earth are

4 full of Your glo - ry. Hea - ven and earth are full of Your glo - ry. Ho -

7 san - na, ho-san - na in the high - est, ho - san - na in the high - est.

11 Bless - ed is He - who comes, who comes - in the name of the Lord. Ho -

15 san - na, ho - san - na in the high - est, ho -

17 san - na in the high - est, ho - san - na, ho - san - na

20 in the high - est, ho - san - na in the high - est!

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Advent/Christmas Music Worship Aid

Mass of Divine Promise



Mystery of Faith #2

When We Eat This Bread and Drink this Cup

Based on 'Conditio Alme Siderum' (Creator of the Stars of Night)

Gary & Terri Prettyman

When we eat this Bread and drink this Cup, we pro-claim - Your
death, O Lord, un - til You come a - gain.

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Amen

Based on 'Veni, Veni Emmanuel' (O Come, O Come, Emmanuel)

Gary Prettyman

A - men, A - men, A - men, A - men, A - men!

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A Prayer for World Peace

Dear God, thank You for all creation.

In the spirit of Jesus of Nazareth and all teachers of peace who inspire the many faith traditions,

help me and all the people of the world

learn how to replace hate, war, oppression, and division

with love, peace, freedom, and reconciliation.

Help me to embody Your love in my relationships

with my family, friends, strangers – even my enemies.

I commit myself to this sacred task throughout my life.

So let it be. Amen.





5:00 p.m. Mass Music Worship Aid – Sunday, December 22, 2019 The Fourth Sunday of Advent

Opening Song 714 **The King of Glory** arr. Willard Jabusch

Preparation Song 56 **Emmanuel** **Vince Ambrosetti**

Communion Song **The Heart of Worship** **Matt Redman** CCLI Song No. 2296522 © 1999
Thankyou Music (Admin. by EMI Christian Music Publishing). Matt Redman. 3rd Verse by Tom Oram. All rights Reserved. Used with permission. Reprinted under CCLI License # 2008891.

Verse 1)

When the music fades, all is stripped away
and I simply come; longing just to bring
something that's of worth, that will bless your heart

Verse 2)

King of endless worth, no one could express
How much you deserve; Though I'm weak and poor,
all I have is yours, ev'ry single breath.

Pre-Chorus)

I'll bring you more than a song,
for a song in itself is not what you have required.
You search much deeper within,
through the way things appear—
you're looking into my heart...

Chorus)

I'm coming back to the heart of worship,
And it's all about you, all about you Jesus.
I'm sorry Lord, for the thing I've made it,
When it's all about you, all about you, Jesus.

Verse 3)

And as I receive your Body and your Blood, given up for me;
Take me as I am, call me to the Feast—say the word, I'm healed—





Communion Song

Hungry

Kathryn Scott

CCLI Song No. 2650364 © 1999 Vineyard Songs (UK/Eire)

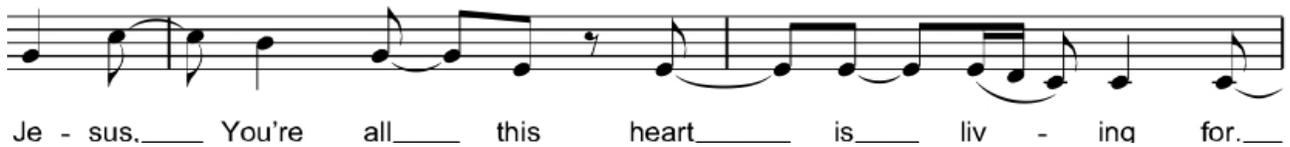
(Admin. by Vineyard Music UK). Kathryn Scott. All rights Reserved. Reprinted under CCLI License No. 2008891.

Verse 1)

Hungry I come to you for I know you satisfy
I am empty but I know your love does not run dry
And so I wait for you; so I wait for you (chorus:)

Verse 2)

Broken I run to you for your arms are open wide
I am weary, but I know your touch restores my life
And so I wait for you; so I wait for you (chorus:)



Closing Song

38

O Come, O Come Emmanuel (verses 1, 6, & 7)

Traditional

Special Bridge after Verses:

Rejoice, again I say rejoice! For unto us is born the Savior of the world.

Take heart, O weary world, take heart! For help is on the way and holy is His name.

Get Started with Boot Camp to Kick in Your New Year's Resolution – Saint John the Evangelist Catholic Church

We are continuing to provide Boot Camps for free as part of the Pulte Family Life Center membership to assist all our Parish Family and the larger community with their health: body, mind, soul, and spirit. The Boot Camp instructors tailor their programs to all capabilities and participants. Please join us every Wednesday evening at 6:00 p.m. and every Saturday morning at 9:00 a.m.



CAO Strong by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines **body weight,**

muscle conditioning,
cardio and **plyometric**
training moves synced

to original music that has been specifically designed to match every single move.

Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more.



Max Flex Fitness

CAO Strong by Zumba will occur Tuesday and Thursdays at 6p. This class is available with membership for an extra \$40 a Month (8 Classes), or \$10 per class.

CAO Fitness Bootcamp

Come try out the high-energy exercise regime called Boot Camp for free when you sign up to the Life Center! Burn Build Blast (Burn Fat, Build Muscle, Have a Blast) is a total body circuit training program designed to focus on balance, agility, strength, flexibility, and power. For all ages 18 and up. 50 min class.

FITNESS
BOOT
CAMP

CAO Boot Camp is every Wednesday at 6pm, and Saturdays at 9am in the Cardio room or Boneyard.