

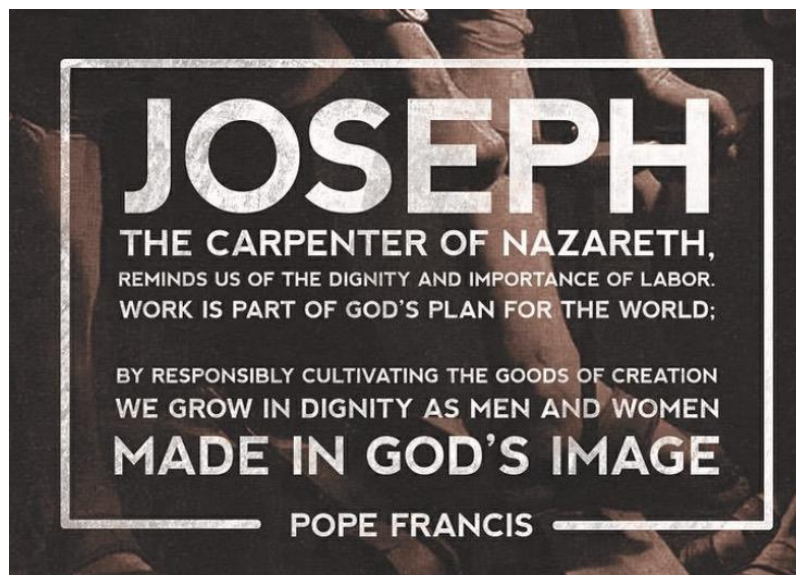
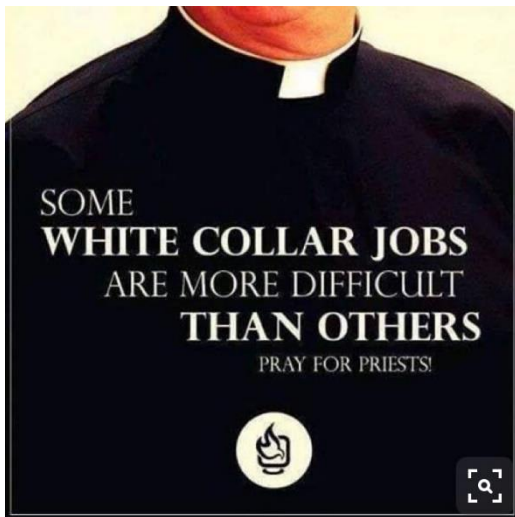
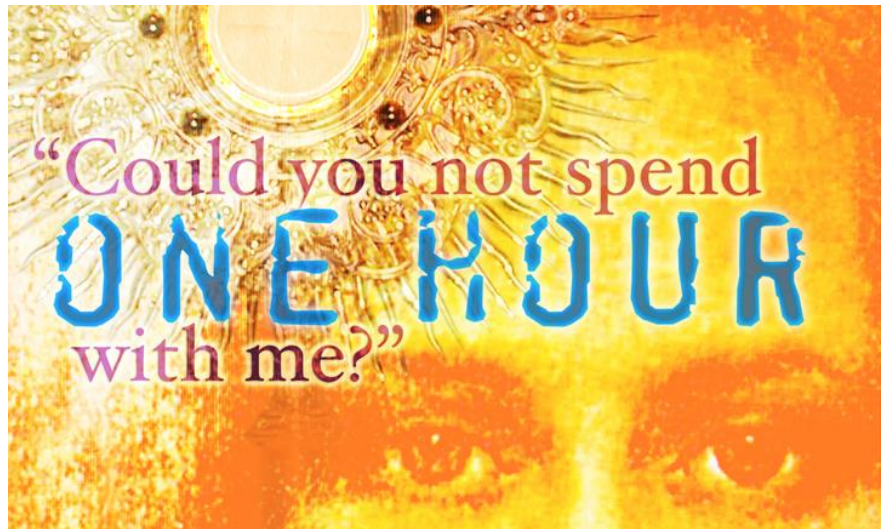
Sentinel 8-24-17

HOLY HOUR

Sunday, August 27

5 to 6 PM adoration,
potluck at 6 PM.

*“Elevate: God makes
all things new”*



Sentinel 8-24-17

Murv and Rita have inspired us youth!
We are going to join other young
People in January and MARCH FOR LIFE!
Sign ups are the next three weeks
After all Masses!
Don't miss this chance
To fight for life!!!



Parishioners welcome!
Come on St Marys!!!! Let's do this
Together!!!

Sentinel 8-24-17

MENTAL BENEFITS OF THE ROSARY:

- Increased focus and attention.
- Mental clarity; clears the mind of distractions and negative thoughts.
- Better thought control and less intrusive thoughts.
- Fights depression.
- Improved memory (short term and long term).
- Decreased anxiety and fear.
- Positive thinking and better outlook on life.
- Stress reduction.
- Increased ability to relax and unwind.
- Powerful sleep aid; promotes a restful night's sleep.
- Increases overall sense of well-being.