

WELCOME!

Our Lady of the Mountains and All Saints Catholic School



1425 Yaqui Street Sierra Vista, AZ 85650
(520) 378-2720 Fax: (520) 378-6825
Email: office@olmaz.org www.olmaz.org
School: (520)-378-7012 www.ascsz.org

Office Hours

8:30am~12:30pm, 2:00pm~5:00pm Mon~Fri

Staff

<u>Pastor</u>	Fr. Michael Bucciarelli
<u>Business Manager</u>	Teresa Mullen
<u>Parish Secretary</u>	Donna Parsons
<u>Religious Ed</u>	Kathleen Shilson
<u>Youth Ministers</u>	Andrew & Amy Kjolsrud
<u>Maintenance</u>	Joe Laird
<u>School Principal</u>	Kathy Chandler
<u>School Secretary</u>	Loretta Sommerhauser

Deacons

Jose Huerta-Nunez,
Rodger Miller,
Reynaldo Romo, Jim Schaff,
Gene Tackett

Pastoral Council

President	Gary Imdieke
Vice President	Keith Mullen
Secretary	Cathie Milkie

Finance Council

Chairman	Andrew Kjolsrud
Co-Chairman	George Adames
Secretary	Vacant
Members	Patrick Ledger,
Fernando Valenzuela &	Sergio Velasquez
Business Manager	Teresa Mullen
ASCS Principal	Kathy Chandler

Board of Directors

President	Fr. Mike
Vice President	Msgr, McCarthy
Secretary	Doug Shough
Treasurer	George Adames
Director	Bishop Kicanas

February 21, 2016

Second Sunday
of

Lent

The Lord God said to Abram,
"Look up at the sky and
count the stars, if you can.
Just so shall your descendants be."

Genesis 15:5

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Mass

Monday, Tuesday, Thursday & Friday 8:00am
Wednesday 5:30pm
Saturday Vigil 5:00pm
Sunday 7:30am, 9:30am, 11:30am (Spanish) & 5:00pm (Youth Mass)

Holy Day of Obligation: Varies see inside

Other Sacraments

Anointing of the Sick ~ By appointment

Baptism ~ By appointment only. Registration & Baptism classes required. Please call Parish Office.

Marriage ~ Minimum 4 months advance notice.
Please call Parish Office.

Confessions ~ Saturday 4p.m. or anytime by appointment.



February 20, 2016 ~ Saturday

5:00p.m. Int. for the St. Vincent de Paul Society

February 21, 2016 ~ Sunday

7:30a.m. ✠Richard Casper by Edelgard Casper

✠Maria Waldmann by Betty Jans

9:30a.m. For the people of the Parish

11:30a.m. ✠Josefa Andrade by Nicolas & Esperanza Avitia

5:00 p.m. For the intention of the Pastor

February 22, 2016 ~ Monday

8:00a.m. ✠Eduardo Amaya by Maria Amaya

February 23, 2016 ~ Tuesday

8:00a.m. ✠Bill Loesch, Cliff Bondarek & Luanne

Kritzberg by Grace Loesch

February 24, 2016 ~ Wednesday

5:30p.m. ✠Eduardo Amaya by Maria Amya

✠Bailey Ward by Richard & Karen Ward

February 25, 2016 ~ Thursday

8:00a.m. ✠Eduardo Amaya by Maria Amaya

February 26, 2016 ~ Friday

8:00a.m. ✠Maria Waldmann by Nathan & Cathy Lowe

✠Eduardo Amaya by Maria Amaya

February 27, 2016 ~ Saturday

5:00p.m. ✠Bill Whitlock by Monica Whitlock

February 28, 2016 ~ Sunday

7:30a.m. ✠Issa Ayoub by Sylvia Espaldon

Int. for Rita Pender by The Ladies Group

9:30a.m. For the people of the Parish

11:30a.m. For the deceased of the Parish

5:00p.m. ✠William Brashear by Rick & Jean Robidoux

Saints and Special Observances

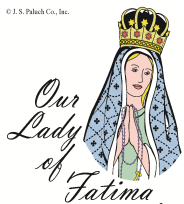
Sunday: Second Sunday of Lent

Monday: The Chair of St. Peter the Apostle;
Washington's Birthday

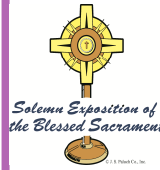
Tuesday: St. Polycarp

Friday: Abstinence

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The **Statue of Our Lady Of Fatima** will be at the home of Carmen Sodies until Feb. 28th.



ADORATION

I WAIT FOR YOU

Adoration is the Thursday before First Friday of each month. Please join us for an hour or two and spend time with our Lord.



WEEKLY CALENDAR

Hispanic Prayer Group	Sunday	12:30p.m.
Strengthening Our Faith	Monday	6:00p.m.
Blanket Ministry	Monday	1:00p.m.
Prayer Group	Monday	6:30p.m.
Confirmation Class	Monday	6:30p.m.
Cursillo	Tuesday	6:00p.m.
Hispanic Catechism	Tuesday	6:00p.m.
Evening Mass	Wednesday	5:30p.m.
7 Sins Series	Wednesday	6:15p.m.
Divine Mercy	Thursday	2:00p.m.
Pastoral Council Mtg	Thursday	6:30p.m.
Stations of the Cross	Friday	6:00p.m.
Soup Night	Friday	6:45p.m.
Confessions	Saturday	4:00p.m.

Planning Calendar

March

March 5 ~ K of C Blood Drive

March 7-9 ~ Parish Lenten Mission

March 9 ~ Lenten Penance Service

March 7 ~ 11 School Spring Break

March 25 ~ Good Friday Parish Office CLOSED

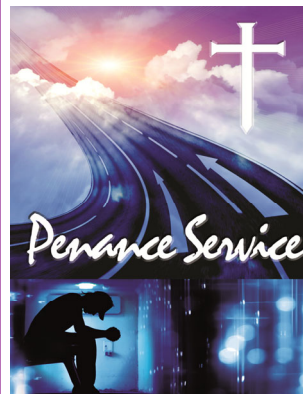
April

April 1 ~ Parents Night Out

April 9 ~ K of C Yard Sale

April 16 ~ Variety Show

April 23 ~ K of C Fundraiser Dinner



Our Lenten Penance Service will be on Wednesday, March 9th at 6:30pm. This will be the conclusion of our Parish Mission.



Schedule for Next Weekend

Feb 27/28

Altar Servers

- Sat, 5:00p.m.** Brigid, Sean & Michael Ledger
Sun, 7:30a.m. Bryon Spartz, Judith Gordon, Ivan Rivera
Sun, 9:30a.m. Heart Silmaro, Barry & Tess Nelson
Sun, 5:00p.m. Paul & Gabby Fletcher, Joseph Valenzuela

Lectors

- Sat, 5:00p.m.** (1) R. Loomis (2) D. Sims
Sun, 7:30a.m. (1) A. Lee (2) S. Dobis
Sun, 9:30a.m. (1) P. Ledger (2) T. Quirk
Sun, 5:00p.m. (1) M. Lobner (2) J. Hernandez

Eucharistic Ministers

- Sat, 5:00p.m.** Joel Childs, James Kirkpatrick, George & Mitzi Kirmse
Sun, 7:30a.m. Bess Banister, Mary Helen France, Laura Vander-Heyden, Audrey Ventura
Sun, 9:30a.m. Daryl Lynn Funke, Jean Malone, Sandra Torborg, Carmen Sodis
Sun, 5:00p.m. Chuck & Debby Everding, Keith & Teresa Mullen, Gerald Wertis

Ushers

- Sat, 5:00p.m.** Jim & Leona Smith
Sun, 7:30a.m. Pablo Minjares, Frank & Linda Smith
Sun, 9:30a.m. Alicia Rackers, Manny & Robin Garcia
Sun, 5:00p.m. Lisa Locke, Mo Pryor

Linens

Rosario Urrea



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MINISTRIES AND CONTACTS

- Adoration**, Liz Nelson 378-6836
Phyllis Ballard 378-3192
All Saints Catholic School 378-7012
Altar Servers, Judith Gordon 803-0673
Arts & Environment, L. Fletcher 910-578-7906
Loretta Sommerhauser 480-201-2049
AVE Neighbor, Jan Ross 378-1754
Baptism Class, Steffani Hays (En) 678-6739
Dcn. Reynaldo Romo (Sp) 559-2400
Bereavement, Dcn. Jim Schaff 378-2332
Blanket Ministry, Phyllis Ballard 378-3192
Bulletin Folding, Pat Jensen 803-1052
Compliance Officer, Dcn. Jim Schaff 378-2332
Charismatic Prayer, Dcn. Bob Sadorf 378-1527
Cursillo, Spanish, Jesus De La Rosa 378-1056
Dancers Etc., Doris Sims 417-0092
Divine Mercy Cenacle, Liz Nelson 378-6836
Eucharistic Ministers, Dave Gilcreest 458-7135
Justa Valles 378-1837
Gift Shop, Millie Dalton 459-3889
Hispanic Spiritual Dir, Dcn. Romo 559-2400
Hospital Euch. Ministers, Joel Childs 378-9415
Jail Ministry, Dcn. Gene Tackett 378-6501
Knights of Columbus, Mark Lobner 458-5609
Lectors, Mark Lobner 458-5609
Mayra Velasquez 236-7134
Monica McCall 559-639-3704
Linens, Laura Gilcreest 458-7135
Marriage Preparation,
Dcn. Jim & MaryAnn Schaff 378-2332
Money Counters, Barbara Wedge 378-7086
Music Ministry, Jo Merritt 241-8337
Parish Project Mgr., Keith Mullen 266-4230
Prayer Garden, Doris Sims 417-0092
Religious Education, Kathleen Shilson 378-2720
Rite of Christian Initiation of Adults (RCIA)
Dcn. Jose & Leonor Huerta-Nunez 459-1967
St. Vincent de Paul 378-2720
Strengthening Our Faith, Mo Pryor 335-6056
Ushers/Greeters, Deb Scott 236-3985
Gloria Dutton 378-3486
You Are Not Alone, Suzanne DeRosier 458-6903
Young at Heart, Pat Wagner 803-0722
Youth Group, Andrew & Amy Kjolsrud 459-2188



NEIGHBORHOOD NEWS...

If we become Available and Vulnerable,
we can Expect great things!

We welcome the addition of names of parishioners and family members who are HOSPITALIZED or CRITICALLY ILL. Names of CHRONICALLY ILL PARISHIONERS and FAMILY are in the back of the church. You and your loved ones are in our prayers daily.

Julie Bannan (daughter of Tom & Carol Bannan) #116, Frank Romero Jr. (brother of Barbara Adric) #116, Deacon Rodger Miller #112, Robert "Bob" Lusignan #105, Cesaer Nicolas Herrera (grandson of Esperanza & Nicolas Avitia) #107, Mary Alice Adamczyk #109, Delores Martins #110, John Kimbell #101, Debbie Griffin #111, Joe & Nina Borroz #115, Judy Carroll #111, Lorene Shough #116, Amy Kjolsrud #102, Wayne & Rebecca Becraft, Anita Garcia (friend of Mary Lou Esquivel), Paul Curran #105, Anna Moore (granddaughter of Palmer & Bunnie Drews #118)



Marriage Tip of the Week

Sometimes we can become irritable over small things. Next time this happens with your spouse, try taking a deep breath and responding with a "gentle love."

YOUR ATTENTION IS NEEDED:



We are always updating our Parish roster and notice that there are many families who have either disconnected/ changed their phone number or have a change of address. Please contact the Parish office 378-2720 if anything has changed. This information is important especially when it

comes time to reach people for either soup night, when we need food for funeral receptions & do any mailings. If you are new to the Parish please stop by to register.

The **Heavenly Treasures Gift Shop** is looking for one or two new volunteers to help at 5:00 pm Mass on Saturday night. If you would like to join our ministry and can help keep the gift shop open for the 5:00 Mass please contact Millie Dalton at 459- 3889. The gift shop has just received a new shipment of things to help on our Lenten journey as well as some beautiful new gift items. Stop by after Mass to take a look.

OLM MONTHLY STEWARDSHIP REPORT

February 2016

February 6/7	\$8,541.50
February 13/14	\$4,761.00
	\$
	\$
	\$
Online contributions (as of 2/17/16)	<u>\$2,950.00</u>
*Total Church Contributions	\$16,252.50
OLM Special Contributions-online 2/17/16	
Building Maint Fund/Capital Imp.	\$833.95
Rectory Building Fund	\$200.00
Support Our School	\$70.00
**Other Church Contributions	\$1,348.40

FISCAL YEAR STEWARDSHIP REPORT

Fiscal Year: July 1, 2015 – June 30, 2016

* Total Church Contributions	\$211,383.91
** Total Other Church Contributions	\$16,963.65
Total Parish Activities/ Other Income	<u>\$12,572.03</u>
Total YTD Contributions/Income	\$240,919.59
YTD Expenses	<u>\$221,098.81</u>
Total year to date income	\$19,820.78
Annual Fiscal Year Goal	
Monthly: 35,000.00 X 12=	\$420,000.00
Contribution % to date of goal	57.36

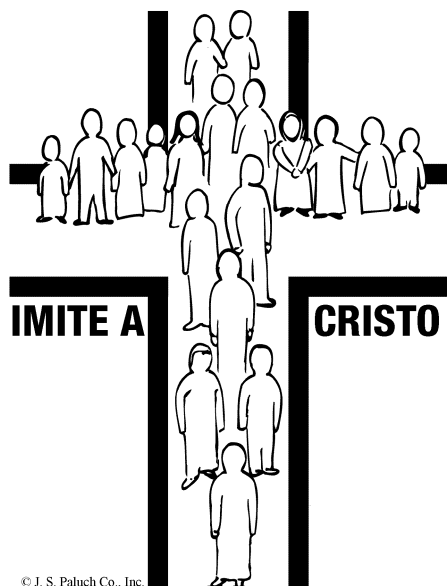
Current No. of OLM Families: 996

JMJ

Weekly Readings, 22 – 28 Feb 2016

Monday:	The Chair of St. Peter the Apostle 1 Pt 5:1-4; Mt 16:13-19
Tuesday:	St. Polycarp, Bishop Is 1:10, 16-20; Mt 23:1-12
Wednesday:	Jer 18:18-20; Mt 20:17-28
Thursday:	Jer 17:5-10; Lk 16:19-31
Friday:	Gn 37:3-4, 12-13a, 17b-28a; Mt 21:33-43, 45-46
Saturday:	Mi 7:14-15, 18-20; Lk 15:1-3, 11-32
Sunday	3rd Sunday of Lent Ex 3:1-8a, 13-15; Ps 103:1-4, 6-8, 11; 1 Cor 10:1-6, 10-12; Lk 13:1-9





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*Segundo domingo de
Cuaresma
21 de febrero de 2016*

Hispanic Ministry Contacts

Acolitos	Esperanza Avitia	249-4623
Lectores	Mayra Velasquez & Monica McCall	236-7134 559-639-3704
Cursillos	Jesus De La Rosa	378-1056
Bienvenida	Gloria Dutton	378-3486
Coro	Maria Acuna	378-2319
Eucarista Ministres	Justa Valles	378-1837

Para El Proximo Fin De Semana Programa De Acolitos

Jesus Acuna
Monica Acuna
Austin Hedglen

Programa De Ministerios De Eucarista

Luis y Patricia Galindo
Monica Humphrey
Elvia Romo

Programa De Lectores

Monica McCall y Paty Parra



In today's Gospel, Jesus overcomes the temptations to wealth, power and esteem. As we begin Lent, may we open our hearts to the grace of prayer, fasting and almsgiving.

Your gift to St. Vincent de Paul will help the poor to celebrate the grace of God's love this Easter.

Our Conference welcomes new members: Paul Angelo, Willy Boyer, Janet & Roger Rech

Our St. Vincent de Paul Society will hold its Stations of the Cross on Tuesday, Feb. 23 at 4:30p.m in the church. All are invited to come.



OLM COUNCIL 10799

Grand Knight, Mark Lobner 458-5609

Every Friday during Lent the Columbian Hall, 156 W Kayetan Drive, will host a fish fry. Basic cost is \$8.00 per person. For more information, go to the website: www.koc4584.org Assembly business meeting is scheduled for Monday, 22 February – Rosary @ 7:00 pm, meeting @ 7:30. All Sit Knights are welcome and invites to attend.



Deacon Gene and Mary thank all who prayed for them during Gene's recent bout with Pneumonia. He is better now, and growing stronger. Thanks also to those who filled his Deacon duties.

Our love and prayers for our whole parish.

Gene & Mary Tackett

Marriage Encounter, March 5, 2016

Marriage Enrichment - LIVING OUR CALL TO INTIMACY If you've lived a Worldwide Marriage Encounter weekend recently, or years ago, come and join us for a day of discovery, fun, laughter and food!

Learn about the different levels of intimacy, and how to keep that intimacy alive and growing in your marriage. Allow God to strengthen, renew, rekindle and even transform your marriage sacrament.

This day-long enrichment will be held Saturday, March 5, 2016, from 9:30 AM - 4:30 PM, at Most Holy Trinity Catholic Church in Tucson, and is presented by Worldwide Marriage Encounter. For details and registration, visit <http://catholicmarriageintimacytucson.eventbrite.com>, or call 520.477.2121.



Consejo Matrimonial de la Semana

A veces podemos llegar a ser irritables por cosas pequeñas. La próxima vez que ocurra esto con su cónyuge, trate de tomar un respiro profundo y responda con un "amor gentil."



All Saints Catholic School News

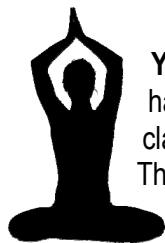
Registration is being accepted for the 2016-2017 school year. Please stop by the school office to enroll. Space is available for preschool (half and full day) through 8th grade. Some grade levels are expected to fill quickly so don't wait to enroll! Tours are available if you would like to see what All Saints has to offer. We also offer financial aid.

Congratulations to our 2nd graders who participated in their First Reconciliation this weekend! Our students have been preparing with Ms. Genevieve Polakowski and Mr. Tom Quirk who have been helping the students to reflect as they seek forgiveness for their sins. On April 30th the 2nd graders will also be making their First Communion.

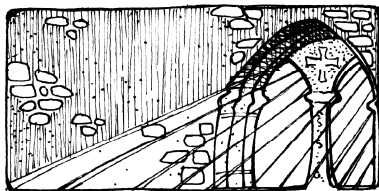


Youthfest will be held March 11th and 12th at the Tucson convention center. Please submit your registration forms soon. It's a wonderful opportunity to grow in your faith.

The teens will be leading the Stations of the Cross, Friday, March 4th. Please mark your calendars.



Yoga Classes will be offered in the parish hall beginning on Monday, March 7th. The classes will be held on Mondays and Thursdays from 4:00-5:00 p.m. Students can purchase a punch card with 10 classes for \$50.00. Drop in fee for a single class will be \$10.00. A percentage of the proceeds will be donated to the OLM parish. Please wear loose clothing, bring a yoga mat and a good attitude. Other necessary props and equipment will be provided. Classes will be offered by White Feather Yoga, LLC, owners Kathy and Eric Krebs. For additional information please feel free to contact Kathy Krebs at 227-0192.



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The Lord is my light and my salvation.



GOSPELS AND QUESTIONS OF THE WEEK

2nd Sunday in Lent, Luke 9:28b-36

Transformed By Christ

February 21

Adults: *How are your priorities affected by your faith in Jesus Christ?*

Children/Youth: *When you have important choices to make, do you and your family pray to make the right choice?*

Next Week's Gospel Preparation

3rd Sunday in Lent, Luke 13: 1-19

Tempered With Humility

February 28

Why does fasting matter? I am sure you have heard that prayer, fasting, and almsgiving are long standing practices in our Catholic faith, frequently cited throughout the centuries as means to deepen our spiritual life.(CCC1438, for more info) Many Christian writers and saints have offered descriptions of how acts of self-sacrifice can be helpful to the soul. Why do they argue that something as simple as giving up video games can make a difference in your life? The reason is quite simple: Self-denial helps us get somewhere. A couple of illustrations might help.

Jarrod plays the tenor drums in the marching band .Every fall he practices with the band for two and a half hours, twice a week. He attends special all day sessions, takes private lessons, and takes part in competitions and shows on weekends. He sacrifices the weekend trips to the movies and playing video games with his friends. He gives those up to hone his skills as part of something bigger than himself: a close- knit group of musicians who develop a remarkable show together.

Hannah has never run competitively before. She wants to run in the Boston Marathon. She quickly discovers that she will never realize this dream if she stays at the same level as when she ran on her college track team. With the help of a mentor who has run the race, she learns the art of long distance running. On Saturdays she replaces her morning leisure over a good book and a cup of tea with pounding the pavement and gradually developing longer and longer runs. She suffers with sore joints, achy muscles and the cost of many pair of shoes on the way to her first marathon.

Spiritual sacrifices throughout Lent and the rest of the year lead us to something even deeper than a fantastic concert or successful marathon. Our goal is heaven and spiritual communion with our God. Every spiritual sacrifice helps us to focus our energies on someone greater than ourselves. The message is summed up in Romans 12:1-2: "I urge you therefore, brothers, by the mercies of God, to offer your bodies as living sacrifice , holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect." (Chris Weber, Catechist Magazine)



KNIGHTS OF COLUMBUS
Our Lady of the Mountains Council
10799 Educational Grant Program
School Year 2015-2016

Our Lady of the Mountains (OLM) Knights of Columbus Council 10799 has established an **Educational Grant Program** aimed at providing financial assistance to high school seniors or students in college and members of OLM Parish and Holy Family Catholic Community that are pursuing higher education. This school year, it is our pleasure to announce that the Council intends to award **two \$1,000.00 grants** to selected applicants. The Application Packet, which includes selection criteria and application details, can be obtained at the OLM office or from the Program Chairman. (**Please, contact the Program Chairman if you would like to receive an electronic copy of the Application Packet**) Application Packets must be postmarked (address below) or hand delivered to the OLM Parish Office (520-378-2720) no later than **8 April 2016**. Note that **application packets received or postmarked after that date may not be considered.** Information furnished in the application packet, or given at any time during the selection process, will be held in strict confidence and will not be returned. Address for Application Packet submittal is as follows:

Knights of Columbus, OLM Council 10799
 ATTN: Educational Grant Program
 1425 E. Yaqui Street
 Sierra Vista, Arizona 85650

Please, contact Mr. Manuel Garcia, Program Chairman, at 520-378-0332 or mhgarcia7@msn.com with any questions you may have. We extend our best wishes to all graduates and students, specifically to all applicants, and we pray you have a very successful graduation.



PROJECTS

Alleluia the confessional is done!

We will be installing the new K of C storage container out back.

A PARISH MISSION CELEBRATING THE CHURCH JUBILEE YEAR OF MERCY AND THE 25TH ANNIVERSARY OF OUR LADY OF THE MOUNTAINS PARISH

The Name of God is Mercy (Pope Francis)

In three weeks our Church will hold a prayerful and thought-provoking Parish Retreat. We have invited Fr. Bob Perry, O.P., a Dominican Priest, to lead us in this grace-filled three day Lenten experience Mar 7-9.

Fr. Bob has preached for many years throughout the United States, Canada and parts of Africa. He speaks in ordinary, everyday language about who we are and who God is. His preaching is faith-filled, insightful, and sprinkled with humor, as he explores our everyday lives and struggles. He speaks of God as an "everyday God for everyday people living everyday lives."

Make plans now to participate in this Parish Retreat (March 7-9) and experience your relationship with God in a new and unexpected way that is filled with Spirit and Hope.

Come to a Mission of Mercy and Peace. March 7-9 (Time to be determined).



HUNGERING TO GIVE BACK

This week, CRS Rice Bowl takes us to Laos, where Hongkham is using her love of cooking to provide for her family—and feed an entire school. How do we use our passions and gifts for the betterment of those we meet? Visit crsricebowl.org for more.

Position Openings, Diocese of Tucson

Schools:

- **Santa Cruz Catholic School, Tucson, AZ – Math and Science Teacher Grades 6-8.**
- **Immaculate Heart School, Tucson, AZ – Computer Teacher**
- **St. John Catholic School, Tucson, AZ – Cafeteria Dishwasher (Part-time)**

Diocesan Quarterly Capital Campaign Report

Quarter Ending December 31, 2015

Pastor: Rev. Michael Bucciarelli
Parish Name: Our Lady of the Mountains Parish
City: Sierra Vista
Parish ID: 0048

Block: 1

Parish Campaign Totals

Parish Goal: \$435,200
Number of Gifts: 253
Pledge Total: \$490,198
Rebate Earned By Parish To Date: \$92,231

Payments Received Totals

Funds Received: \$445,582
Percent of Pledge Total Received: 91%

Parish Quarterly Statistical Bulletin Update

Our Faith, Our Hope, Our Future

STRENGTHENING THE MISSION OF CHRIST
IN THE DIOCESE OF TUCSON

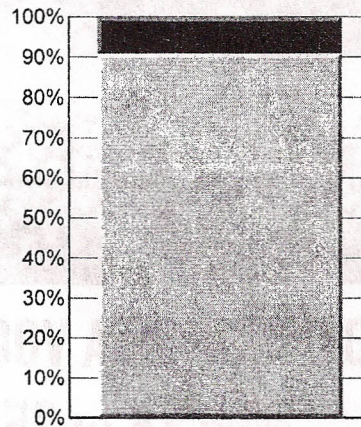
Our Diocese

Pledge Total: \$34,899,344
Funds Collected to Date: \$31,514,674
Percent Collected to Date: 90%

Our Parish

Parish Goal: \$435,200
Pledge Total: \$490,198
Funds Collected to Date: \$445,582
Percent Collected to Date: 91%
Rebate Earned By Parish To Date: \$92,231

Our Parish



Rebate values are based upon 20% up to goal, 50% over goal.

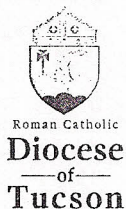
Friday, February 5, 2016

Who Will Fill These Shoes?



INVITATION TO CONSIDER A VOCATION TO THE PRIESTHOOD
Men 16 to 35 years old

Mar. 19th | Tucson, Sts. Peter & Paul Church | 12:30 p.m. – 2:30 p.m.



Register online at diocesetucson.org/vocations

Follow us on Facebook at facebook.com/vocationstucson

American Red Cross

Blood Drive +

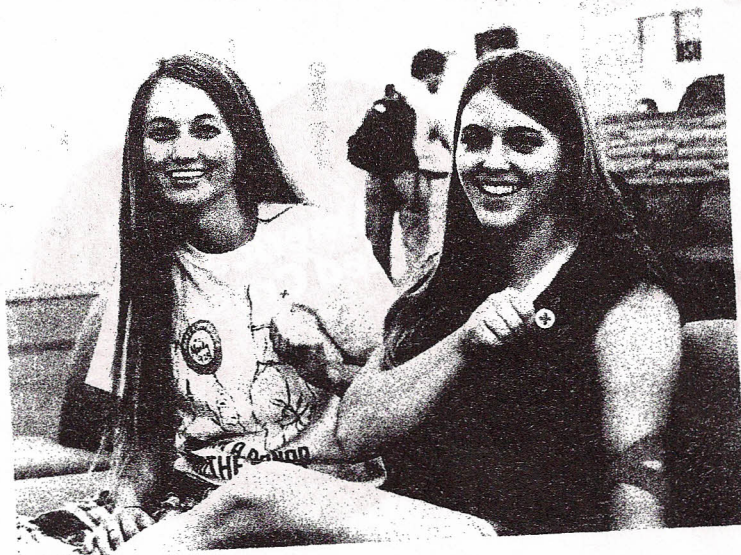
Knights of Columbus

1425 Yaqui St. - Church Social Hall

Saturday, March 5, 2016

7:00 AM - 12:00 PM

To schedule your appointment or for more information, contact Charles Everding
520-234-4120 or cdeverding@msn.com or log on to redcrossblood.org and enter
sponsor code: olm



redcrossblood.org | 1-800-RED CROSS
(1-800-733-2767)



Use your smartphone to scan the
QR code at left, or go to
redcrossblood.org/social
to follow us on Facebook and Twitter.

Identification is required to donate.

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Cruz Roja Americana

Donación de Sangre



Caballeros de Colón

1425 Yaqui St. - Salon Social

Sabado, Marzo 5, 2016

7:00 a.m. – 12:00 p.m.

Para programar una cita de donación de sangre, porfavor llame

a Charles Everding at 520-234-4120 or cdeverding@msn.com

visite redcrossblood.org codigo del patrocinador: olm

Por favor done sangre.



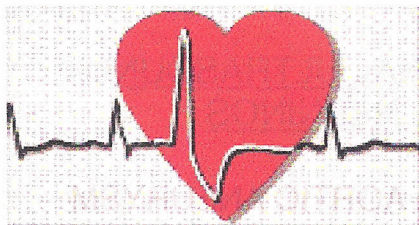
redcrossblood.org | 1-800-RED CROSS
(1-800-733-2767)



Utilice su teléfono inteligente para escanear el código QR de la izquierda, o visite redcrossblood.org/social para seguimos en Facebook y Twitter.

Se requiere la identificación del donante antes de donar sangre.

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Is Your Health At Risk?

Heart Disease, Stroke, Cancer

THIS SCREENING COULD SAVE YOUR LIFE!

Learn if you are at risk with RightPath Health Screenings' Options:

ABDOMINAL ULTRASOUND SCREENINGS

**Liver
Kidney
Gallbladder
Pancreas
Spleen
Abdominal Aortic Aneurysm**

CARDIOVASCULAR SCREENINGS

**Heart Ultrasound
Atrial Fibrillation
Stroke Screening
(Carotid Artery Ultrasound)
Thyroid Ultrasound
Peripheral Arterial Disease
(PAD)**

All 11 screenings for only \$200.00!

Blood Pressure, Pulse and Blood Oxygen Saturation Level are included FREE with all health screenings.

Comparable screenings in a clinical setting would cost \$2-3,000

RightPath is more comprehensive than most other screenings that are offered. Dare to compare!

Don't miss out – only opportunity this season

Tuesday, March 8th, 2016

Our Lady of the Mountains Catholic Church

(Social Hall)

*RightPath Health Screenings has
been providing options in
preventive health care since 1986.*

**Appointment Necessary
Call 800.770.0240**

www.cathedralhealthservices.org/screenings.htm

*RightPath Health Screenings
is a program of Cathedral Health
Services, a nonprofit organization.*

"During a screening a 7½ cm aortic aneurysm was found. The surgeon credited the detection and subsequent surgery with saving my life. Get checked. Don't be caught by surprise by afflictions that can rob you of the quality of life you take for granted." Bob C. Glendale, AZ

RightPath
HEALTH SCREENINGS

Now you know.



CARDIOVASCULAR SCREENINGS

HEART ULTRASOUND

Screening visualizes the heart valves, measures systolic function, the motility of the left ventricle, ejection fraction and dimensions of the atrium and ventricles.

ATRIAL FIBRILLATION

Atrial Fibrillation is a heart rhythm problem found in almost one in every 150 people causing palpitations, shortness of breath, fatigue and risk of stroke.

STROKE SCREENING

(CAROTID ARTERY ULTRASOUND)

Stroke is the most common cause of long term care admissions in the US. This screening visualizes the level of plaque buildup in the carotid arteries.

THYROID ULTRASOUND

Screening detects cysts, nodules and other abnormalities that may indicate signs of thyroid disease.

PERIPHERAL ARTERIAL DISEASE

(PAD)

Peripheral Arterial disease (PAD) is a condition where blood circulation is restricted in the legs. It affects over 8 million Americans. This screening detects signs of circulatory problems in the lower extremities.

ABDOMINAL ULTRASOUND SCREENINGS

ABDOMINAL AORTIC ANEURYSM

Aneurysms form as a result of weakening in the arterial wall. This ultrasound screening detects aneurysms in the aorta which is the largest artery in the body.

LIVER

The screening scans for cysts, nodules, masses and texture/density/size changes in the liver.

KIDNEY

The screening scans for cysts, nodules, masses, stones, fluid and other abnormalities.

GALLBLADDER

The screening scans for stones, sludge, wall thickening and other abnormalities

PANCREAS

The pancreas is an important organ providing essential hormones and digestive enzymes. This screening detects small lesions, abnormalities and other signs of disease.

SPLEEN

The spleen is an essential organ to the immune system and red blood cells. The screening detects any enlargements and other abnormalities.

ALL 11 SCREENINGS FOR ONLY \$200.00

Appointments are required, Please call 602-254-7130 or toll free 800-770-0240
Please wear a two piece outfit. A minimum 4-hour fast is required with the Abdominal Package.
A confidential report is immediately provided.



Right Path Health Screenings is a
program of Cathedral Health
Services and is a 501 C3 Non-profit
Organization
www.cathedralhealthservices.org

