



St. Sabina Catholic Church Belton, MO



*November 8, 2015
Thirty-second Sunday in Ordinary Time*



Mary and Nick Patonai were married October 3rd at The Cathedral of the Immaculate Conception in Kansas City, Missouri. Mary is the daughter of John and Veronica Cisetti.

700 Trevis Avenue, Belton, MO 64012 Phone: 816-331-4713
www.stsabinaparish.org www.facebook.com/stsabinaparish

Fax: 816-322-6196 Office Hours: 9:00am - 5:00pm, Monday-Thursday and 9:00am - 1:00pm, Friday

Our Parish Staff

Fr. Jeff Stephan, Pastor	816-979-3157	X57	frjeff@stsabinaparish.org
Fr. Curt Vogel, Associate Pastor	816-979-3156	X56	frvogel@stsabinaparish.org
Deacon Dwayne Katzer			dwayne@stsabinaparish.org
Deacon Mike Gates			mikeg@stsabinaparish.org
Bridget Hernandez, Stewardship and Social Justice	816-979-3159	X59	bridget@stsabinaparish.org
Kris Larkey, Pastoral Associate	816-979-3151	X51	kris@stsabinaparish.org
Biagio Mazza, Pastoral Associate	816-979-3153	X53	biagio@stsabinaparish.org
Zuiri Pacheco, Receptionist & PSR Assistant	816-979-3150	X50	zuiri@stsabinaparish.org
Susan Ratigan, Liturgist	816-979-3158	X58	susan@stsabinaparish.org
Kirstie Roberts, Dir. of Religious Ed. and Youth Ministry	816-979-3155	X55	kirstie@stsabinaparish.org
Marta Roper, Pastoral Care Coordinator	816-979-3154	X54	marta@stsabinaparish.org
Jeff Shields, Finance Coordinator	816-979-3152	X52	jeffshields@stsabinaparish.org
Tracy Wheeler, Maintenance			tracy@stsabinaparish.org
Bonnie Kane, Diocesan Victim Advocate	816-392-0011		kane@diocesekcsj.org
Jenifer Valenti, Diocesan Ombudsman	816-812-2500		jeniferValenti@att.net

Weekend Mass Schedule

Saturday: 4:00pm (Confessions at 3:00pm - 3:30pm)
 Sunday: 8:00am and 10:30am in English, 12:30pm in Spanish

Wellness Center 816-979-3090

Jeannine Midgett 816-979-3093
 Patricia Moreno 816-979-3092

MASS SCHEDULE

INTENTIONS FOR NOVEMBER 9-13, 2015

Mon. 8am †Patricia Ruff
 Tues. 6pm †Pedro Roberto Miranda Ortiz
 Wed. 8am †Ella Hemmen
 10am †Loretta Hayes (Rehabilitation Center of Raymore)
 Thurs. 8am †Teresa Link
 Friday 8am †Loretta Hayes

SATURDAY, NOVEMBER 14, 2015

4:00pm Intentions of the Parish Family
 †Charles Bybee Jr.

SUNDAY, NOVEMBER 15, 2015

8:00am †Rita Miller
 †Pedro Roberto Miranda Ortiz
 10:30am †Charlie Carrollo
 †Carrie Carrollo
 12:30pm Spanish Intenciones de las Familias Parroquiales
 †Alfredo Garcia Rojas



WE NEED YOUR HELP

STUFF THE TURKEY

The Parents Lounge, a new parish group made up of parish parents, is sponsoring a "Stuff the Turkey" event. Parishioners are asked to join us donating nonperishable goods, a turkey, or just make a small cash donation. All collected donations would be given to the parish staff who will then identify needy parish families. We want to assure that all parishioners will enjoy a real Thanksgiving dinner. Please bring your donations to Mass next weekend, November 14th & 15th.

PARISH CALENDAR

Sunday, November 8 - Domingo, 8 de Noviembre

Fair Trade Sale
 Kids Liturgy
 9:00am Parish School of Religion
 9:00am Parents Lounge
 11:00am Escuela Parroquial de Religión
 11:00am Ensayo del Coro Hispano
 1:30pm Ensayo de la Obra de la Virgen de Guadalupe
 1:30pm Reunión del Comité Romero
 7:00pm Ensayo de Matachines - Gimnasio

Monday, November 9 - Lunes, 9 de Noviembre

5:30pm Marian Prayer Group
 6:00pm Cub Scouts
 7:00pm Boy Scouts - Gym

Tuesday, November 10 - Martes, 10 de Noviembre

4:30pm Confessions
 6:00pm Girl Scouts
 7:00pm Foundations for Living Stones
 7:00pm Green Team Meeting
 7:00pm Ensayo de la Obra de la Virgen de Guadalupe
 7:00pm Knights of Columbus Auxiliary
 7:00pm Taller de Oracion y Vida
 7:00pm The Power of Praying for your Adult Children

Wednesday, November 11 - Miércoles, 11 de Noviembre

Veterans Day
 9:00am Legion of Mary
 10:00am Mass at Rehabilitation Center of Raymore
 7:00pm Choir Practice (10:30am Choir)
 7:00pm Confirmation Sponsor Night
 7:00pm Walking with Christ Ignatian Prayer
 7:00pm Advocacy Team
 7:00pm Ensayo de Matachines - Gimnasio

Thursday, November 12 - Jueves, 12 de Noviembre

8:00am Mass
 9:30am Quilters
 6:30pm Cub Scout Committee Meeting
 7:00pm Baptism Prep
 7:00pm RCIA/RICA
 7:00pm Ensayo de la Obra de la Virgen de Guadalupe

Friday, November 13 - Viernes, 13 de Noviembre

8:00am Mass
 7:00pm Ensayo de Matachines - Gimnasio

Saturday, November 14 - Sábado, 14 de Noviembre

St. Joseph Table Holiday Craft Sale
 10:00am Platicas Pre-Bautismales
 10:00am Platicas Matrimoniales
 3:00pm Confessions
 4:00pm Mass

Sunday, November 15 - Domingo, 15 de Noviembre

St. Joseph Table Holiday Craft Sale
 9:00am Parent Support Group
 9:00am Parish School of Religion
 11:00am Escuela Parroquial de Religión
 1:30pm Ensayo de la Obra de la Virgen de Guadalupe
 7:00pm Ensayo de Matachines - Gimnasio

STEWARDSHIP

"A poor widow also came and put in two small coins worth a few cents. Calling his disciples to himself, he said to them, 'Amen, I say to you, this poor widow put in more than all the other contributors to the treasury. For they have all contributed from their surplus wealth, but she, from her poverty, has contributed all she had, her whole livelihood.' "

Mark 12: 42-44

The Lord parallels an oft-repeated stewardship saying, "Not equal giving, but equal sacrifice." It is not the size of our gifts of gratitude to God that matter; it is the idea that each of us as Catholics and Christians makes an equal sacrifice in our efforts to be good stewards. The Lord tells us, "For they have all contributed from their surplus wealth, but she, from her poverty, has contributed all she had, her whole livelihood." Although He does not say it specifically, what Jesus is declaring to us is, "She trusts Me." Do we? Do our sacrifices reflect that trust? — See more at www.catholicsteward.com/blog/

STEWARDSHIP OF TREASURE - NOV 1

Envelopes/Sobres:	\$23,057.28
Plate/Canasta:	\$ 1,077.66
Maintenance-Upkeep:	\$ 1,455.00
All Saints:	\$ 821.00

THANK YOU GARDENERS

1 Corinthians 12:7 "The Spirit's presence is shown in some way to each person for the good of all."

Thank you to the many people who shared their time and talents to work in the church gardens this year. There were many compliments on the gardens. I hope you will share your talents next year in this way.

-Jim Bornheimer



PASTORAL CARE

FROM DEATH TO NEW LIFE

DE LA MUERTE A LA NUEVA VIDA

† Leroy Garman, husband of Yvonne Garman

† Jack Albrecht, uncle of Lori Hoy

† Pedro Roberto Miranda Ortiz, cousin of Cristina Tracy

† Patricia Ruff, mother of Kim Dunn, Bobby Ruff and Melissa Ginther

† Loretta Hayes, mother of Patty Carr and Karen Poole

† Ella Hemmen, wife of Don Hemmen

MAY THEY REST IN PEACE. QUE DESCANSEN EN PAZ.

PRAYER REQUESTS PETICIONES DE ORACIÓN

Peg Agnew	Heather Dull	Melinda Pickens
Dick Anthony	Richard Estes	Brent Praiswater
Kelly Anthony	Butch Ford	Chuck Ramsey
Sheryll Bentley	Dick Garner	Mary Renfro
John Bidondo	Laverne Harlow	Marjorie Rhodes
Allie Biondo	Cherie Hatfield	Austin Richards
Nicky Biondo	Mary Ellen Hermann	Larry Schmidt
Gretchen Butler	Richard Hoedl	Patricia Smith
Chlorine Bunch	Kelly Jordon	Joe Stanley
Georgene Caoile	Don Kueck	Noah Stanley
Marvin Cohen	Vernita Linenberger	Teresa Starks
Joseph Coots	Beverly Little	Jean Tate
Tyler Corlew	Jo Locke	Bob Westfall
Donna Dailey	Gloria McLaughlin	Mary Westfall
Margaret Dellaguardia	Helen Muenks	Carmitia Yust
Margo Dellaguardia	Jerry Nowak	Berenice Zayas
Paul DeMar	Gary Palmer	Pablo Zayas
Frances DiGeorge	Thelma Palmer	
Sheila Donner	Leanna Peachey	

PRAYER REQUEST LIST

If you are ill or have a friend or family member who is ill you may request that name be added to our list. Please remember permission must be given by the individual before the name can be added. Names will remain on the list for 2 months and may be resubmitted upon request. To add or remove a name contact Marta Roper, 979-3154 or Zuiri Pacheco in the parish office, 331-4713.

ANOINTING OF THE SICK If you suffer from a chronic illness, the affect of advance dyears or have an upcoming surgery and wish to receive Anointing of the Sick, please let Fr. Jeff or Fr. Curt know at the Mass you attend and they will be happy to celebrate the sacrament with you. If you have questions or would like to schedule it ahead of time, please call Marta Roper in the parish office at 816-979-3154.

NURSING HOME MASS SCHEDULE

Nov 11	10:00am Rehabilitation of Raymore
Nov 18	10:00am Foxwood Springs
Nov 25	11:00am Carnegie Village

PARISH HAPPENINGS

Pictures from 8am mass on November 1st.



SOCIAL JUSTICE

LED CHRISTMAS LIGHT GIVEAWAY

The St. Sabina Green Team will be doing another free giveaway of LED Christmas Lights this year. Sign ups to enter the drawing will be the weekend of November 14-15.

OVER 55

NEW THEATRE RESTAURANT

The next show is Out of Order starring Gary Sandy on Wednesday, December 23rd at 6:00 pm (show will begin at 7:35). Tickets are \$49 each. If you would like to join us, please contact Bridget Hernandez at 816-979-3159 to RSVP for the show with the number of people who will be joining you by November 16th.

AREA INFORMATION

2016 ANNUAL CATHOLIC APPEAL

The 2016 Annual Catholic Appeal (in past years, the Bishop's Annual Appeal) is based on the beatitude, "**Blessed are the Merciful.**" When you give to the Appeal, you are Catholic Charities, parishes, and diocesan ministries helping those in need and those seeking a fuller life in the Body of Christ. Through you, lives are changed. Without you, fewer needs can be met. 100% of all funds collected by **the 2016 Annual Catholic Appeal** will go directly to support Catholic Charities, parish based ministry grants and ministries, programs and services throughout the Diocese.

Watch your mailbox the week of November 8th for a special edition of the Catholic Key with details of what your donations accomplish, an envelope for your gift and a full report on Bishop James Johnston's installation as the Shepherd of our Diocesan Catholic Community.

HEALING SERVICES

Our Diocese of Kansas City-St Joseph is reaching out to everyone who has been impacted by any sexual abuse by offering Healing Services. Services will be held:

- Nov 11 at Nativity of Mary, Independence at 7pm
- June 26 at the Cathedral of the Immaculate Conception in Kansas City at 2pm.

VETERAN ASSISTANCE

Are you or someone you know a veteran who needs assistance with housing, employment or other supportive services? Catholic Charities of Kansas City-St. Joseph is here to serve you. We help veterans find safe, stable housing first. Then, our case managers work one-on-one with you to guide you toward a successful transition to productive and healthy civilian living. Services include:

- Housing
- Life-skill coaching and case management
- Employment search and job skills
- Linkage to benefits
- Resource acquisition
- Temporary financial assistance

Catholic Charities has a long tradition of serving our nation's veterans. We're here to help you. Contact us today at 816.221.4377 for more information.

CALVARY CEMETERY PRAYER SERVICE

A scripture service and rosary for the faithful departed at Calvary Cemetery, 6901 Troost Ave., Kansas City, Missouri will be held at 2:00 p.m. on Sunday November 8th. The service will be celebrated by Fr. Robert Stewart. Please enter the main gate of the Forest Hill side of the cemetery and go past the office to the chapel up the hill to the back.

ADULT FAITH FORMATION

REFLECTION ON THE THIRTY-SECOND SUNDAY IN ORDINARY TIME, YEAR B

Psalm 146, the responsorial psalm for this Sunday focuses our attention on the theme running through the other readings. We are invited to praise the Lord because our God is a God of justice who “keeps faith forever.” God, who has entered into covenant relationship with us, asks us to live out that covenant love in the same way that God does.

The psalm specifies God’s love in terms of “justice for the oppressed...food for the hungry” and setting “captives free.” The psalm continues God’s job description as the God who “gives sight to the blind...raises up those who are bowed down...loves the just...protects strangers,” and sustains “the fatherless and the widow.”

The biblical image of the widow is powerful in terms of a person who, in a patriarchal culture, had no economic, political or social status. Since she had no male to provide for her, her daily existence was harsh, especially in terms of economic needs. Widows were also powerless, having no one to speak on their behalf and therefore were readily taking advantage of by the greedy and the powerful.

The psalm, along with Elijah in the first reading and Jesus in the gospel, exhort us to pay extremely close attention to the needs and concerns of such people as the widow. Not only are we to help in meeting their needs, but they too have much to teach us about faith, trust and the risk necessary in becoming God’s disciples.

In the first reading from 1 Kings we encounter an unnamed widow who, despite her need for food for herself and her son, is willing to share their last morsel of food with a stranger. She is a Gentile who does not know the Jewish God, nor Elijah the prophet. Yet, that does not stop her from sharing from her complete poverty. She has almost nothing. Yet, she is open and concerned enough for a stranger that

she is willing to share even the little she has. Her risk in sharing, along with her care and concern for a stranger, depict her as a woman of faith and trust in the face of almost insurmountable odds. Such human giving and manifest care for others is rewarded hundredfold by God, who supplies our needs beyond all expectations.

The letter to the Hebrews pictures Christ in the same mode as the widow. Christ was willing to give completely of himself for others. In so doing, God greatly exalts him and blesses all of humanity through him by making Christ the vehicle of God’s love relationship with all humanity for all eternity. Like the widow, Christ is our model of the faith, trust and complete giving of self for others that is the true sign of any disciple.

Mark’s gospel contrasts the attitude of arrogance, superiority and power of some scribes, with the risk taking, faith and trust of a poor nameless widow. While they seem to lord it over others, she gives not one but two small coins out of her complete poverty. While they “devour the house of widows,” she gives in complete trust, expressing her care and concern for others. Like Jesus and the other widow, she becomes, for Mark, the ultimate example of true discipleship.

A true disciple has faith in God’s loving care for us, along with having a clear understanding of our responsibility to care and be concerned for others. Reflect on how you can be a source of life to people like the widow. At the same time pay close attention to what people like the widow can teach us about faith, trust and risk-taking on our journey to God.

**Biagio Mazza,
Pastoral Associate**



SCC

READINGS FOR SUNDAY, NOVEMBER 8, 2015

1st Reading: 1 Kings 17:10-16

Psalm: Psalm 146:7, 8-9, 9-10

2nd Reading: Hebrews 9:24-28

Gospel: Mark 12:38-44

READINGS FOR SUNDAY, NOVEMBER 15, 2015

1st Reading: Daniel 12:1-3

Psalm: Psalm 16:5, 8, 9-10, 11

2nd Reading: Hebrews 10:11-14, 18

Gospel: Mark 13:24-32



BIBLE STUDY

BIBLE STUDY AND SUNDAY READINGS

Catholics are mostly exposed to the Bible through the Sunday Lectionary Readings. In order to help us all enter into the Bible through the Sunday readings, we are offering study sessions that will provide an opportunity to read, to study background to the readings, and to reflect on how to apply the readings to our lives. **We will gather on November 8th and 22nd at 10:30am.** All are welcome. Bring a Bible and a friend. To register for these sessions, please call Biagio at 816-979-3153.

YOUTH MINISTRY

JUNIOR HIGH YOUTH!

Our next meetings will be November 18th and December 2nd, from 7-8:30pm in the Parish Hall.

HIGH SCHOOL & CONFIRMATION YOUTH

Our next meetings are November 15th and December 6th from 7-8:30pm.

CONFIRMATION SPONSOR NIGHT

Each Confirmation candidate must have a sponsor. A sponsor is someone who is a confirmed Catholic adult, not the candidate's parent, and in good standing with the Catholic Church. Think of an aunt, uncle, grandparent, godparent or other awesome person in your life who you know well and with whom you would love to spend time. Each month we have a meeting for the candidate and their sponsor to attend which is the preparation class for the sacrament. Your next meeting will be November 11th in the Parish Hall from 7-8:30pm. If your sponsor is unable to attend the meeting, you must still be present. If you need help finding a sponsor, please call Kirstie in the Youth Office. She knows people.

HARVESTERS! This local food bank provides food to needy families around the KC area. Volunteers are needed to help sort food donations and pack weekend food bags for kids to help fight hunger in our community. We will be taking a group of 5 people on the third Thursday of each month. If you would like to volunteer, call or email Kirstie in the Youth Office to sign up. This ministry is open to all ages! Our next date is November 19th from 6-8pm.

UPLIFT COOKS!

Anyone who would like to help prepare a meal for the homeless is welcome to join our team on the 4th Monday of each month at 10am in the gym. It's recommended that you bring a good cutting knife and vegetable peeler. Our next cooking day will be November 25th as we prepare a huge Thanksgiving meal for 300 homeless.

UPLIFT ORG. needs volunteers! If you would like to bring meals to the homeless on the 4th or 5th Monday of any month, please contact Kirstie Roberts to sign up! This ministry is open to all parishioners age 14 and older. Volunteers must report to the Uplift Warehouse by 5pm and will be finished around 9:30pm.



SCHOOL OF RELIGION

PROTECTING GOD'S CHILDREN is a workshop that all adults who wish to volunteer with children and youth in our Diocese must take. We will have a session on Tuesday, November 17th at 7pm in the Conference Room. Please sign up by calling Kirstie Roberts in the Youth Office.

CHILDREN'S LITURGY SUNDAY

Children from our parish are invited to be Lectors, Ushers, Greeters and Gift Bearers at a Mass each month. Our next Mass date is December 6th at the 10:30am Mass. Please contact Kirstie Roberts if your child would like to sign up for this ministry.

FIRST RECONCILIATION

If you missed the parent meeting, please contact Kirstie Roberts as soon as possible to get the information you missed and your parent book for the home prep.

FORM FOR COMMUNICATION WITH MINORS

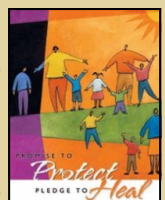
Parents and guardians must now sign a form giving permission for St. Sabina staff, specifically the Youth Director, Kirstie Roberts to respond to text messages, emails and phone calls from the youth of the parish. These forms are available in the back of the church with the PSR registrations and in the Youth Office.

All volunteers with youth and children must attend one Protecting God's Children workshop, submit to a background check and sign the policy on Ethics and Integrity in Ministry, (EIM).

CHILD SAFETY

The Diocese of Kansas City-St. Joseph is committed to combatting sexual abuse in the Church. If you are a victim of sexual abuse, or if you *observe or suspect* sexual abuse:

- 1) Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and
- 2) Contact your local law enforcement agency or call 911, and
- 3) After reporting to these civil and law enforcement authorities, report suspected *sexual abuse of a minor or vulnerable adult* to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or JeniferValenti@att.net, if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph.



The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate Bonnie Kane at 816.392.0011 or kane@diocesekcsj.org for more information.

PARISH HAPPENINGS

THANKSGIVING DAY MASS Our Thanksgiving Mass will be celebrated on Thursday, November 26th at 9am. Please plan on joining us to give our loving God thanks for all the blessings in our lives.

PARENTS LOUNGE Are you looking for a group that offers discussion on "parent-generated" topics, socialization, and participation in creating family friendly events at the parish? If you answered yes to any of these, then Parents Lounge is for you! We meet Sundays from 9-10am (during PSR) in the Juan Diego room. Stop in, check it out, and enjoy some coffee and donuts while your kids are in class.

ECUMENICAL THANKSGIVING SERVICE

The Belton Ministerial Fellowship will host their annual ecumenical Thanksgiving Prayer Service on Thursday, November 19th at St. Mary Magdalene Episcopal Church, 16808 Holmes Rd, at 7pm. A collection will be taken for Heart-n-Hand. Please come and join in this celebration of thanks with our fellow Christian brothers and sisters in the Belton and Raymore communities.

EL SALVADOR DELEGATION - 2 SPOTS LEFT

We only have 2 openings remaining for our 2016 delegation to El Salvador. During this trip, delegates will learn more about the scholarship program and will have the opportunity to meet and visit with our scholarship students and their families. We will travel to Cinquera and also to El Mozote. El Mozote was the site of one of many massacres that occurred in El Salvador during their Civil War. Our trip is scheduled for January 5-12. If you are interested or would like more information, please contact Kris at 816-979-3151 or kris@stsabinaparish.org.



Pictured above are our Scholarship Students in Cinquera, El Salvador.

HOLIDAY CRAFT SALE - NOV 14-15

Our St. Joseph Table Committee is hosting a Holiday Craft Sale and Chili Supper on the weekend of November 14-15. This event will be open to the public and it will be held in the parish gym. Craft sale hours will be November 14 from 10am-5:30pm and November 15 from 9am-2pm. If you would like to rent space, please contact Gabe Mitsdarffer at gab212mits@gmail.com.



THANK YOU TRUNK OR TREAT VOLUNTEERS

Thanks to all those who decorated their trunks at this year's Trunk or Treat. Also thanks to all those who came out with their families and everyone who passed out candy to the children.



PARISH HAPPENINGS

HAPPY BIRTHDAY! ¡FELIZ CUMPLEAÑOS!

Andres Aguirre, Kelly Anthony, Liliana Arellano, Feliziano Arroyo, Anita Barton, Brad Blanchard, Luis Caldera, Vanesa Canchola, Michael Capper, Roy Carlock, Ailyn Chavez, Yesenia Chavez, Victor Clemente, Vanessa Contreras, Jordan Coots, Pedro Cortez, J.R. Deeter, Paul Donnelly, Kevin Duncan, Anne Dvergsten, Hannah Earhart, Mary Emry, Maricela Enriquez, Lupe Flores, Fernando Giron, Isela Gomez, Maria Guzman, Lexi Heffley, Pete Henry, Norma Herrera, Jacob Herzog, Breanna Hoyt, Edgar Keesoon, Charles Lautner, Ric Loveless, Maria Mancha, Jenifer Martinez, Judy McDonald, Belem Medina, Lorena Medrano, Mario Mejia, Jonathan Mendez, Charles Mercier, Naty Perez, Rosa Perez, Roman Prieto, Pauline Pritchett, Trenton Putis, Sergio Ramos, Byron Rayos, Connie Read, Jay Renfro, Dylan Reyes, Joanna Ripley, Reece Ripley, Melissa Rodriguez, Diana Rosales, Dominick Ruiz, Rosie Sandoval, John Shern, Mattie Steinline, Jan Stella, Madilyn Swenson, Mike Tonovitz, Curtis Wathor, Carol Welborn, Richard Zans



HAPPY ANNIVERSARY! ¡FELIZ ANIVERSARIO!

Francisco & Zuir Pacheco	3 Years!	11/10/2012
Nick & Serena Persaud	4 Years!	11/12/2011
Florencio & Liliana Arellano	7 Years!	11/08/2008
Aaron & Jennifer Henke	10 Years!	11/12/2005
Dave & Megan Avila	11 Years!	11/11/2004
Pedro & Blanca Bonilla	30 Years!	11/09/1985
Bill & Emma Beaver	36 Years!	11/10/1979

Happy Anniversary



WELLNESS CENTER

EVERYDAY FOOD: MUSHROOMS AND BELL PEPPERS

Mushrooms - For years, fungi have been thought to be heart healthy and immunity boosting. Now science shows that they may even help prevent breast cancer by lowering estrogen levels. Dr. Shiuan Chen, PhD professor found that when postmenopausal women consumed 13 grams of mushroom powder per day for three months, their estrogen production dropped by 27 percent. Sounds like a lot of mushrooms but the point is to always choose to consume a wide variety of foods.

Bell Peppers - Researchers have long known that smokers have a lower risk of developing Parkinson's, a disease characterized by a loss of brain cells that make dopamine. No doctor would encourage lighting up, but there may be another way to get the benefit: peppers. They're a safe source of nicotine, which may protect dopamine – producing cells, as reported by Susan Searles Nielsen, PhD, whose study was published in the Annals of Neurology. She found that eating peppers, (mostly bell peppers, but spicier varieties count, too) twice a week or more was associated with at least a 30 percent reduced risk of Parkinson's. Variety, variety, variety in our diet is key to health and well-being.

The Wellness Center will close early on Wednesday November 25th at 3:00pm and reopen following the Thanksgiving Holiday on Monday, November 30th at 8:30am.

St. Sabina Wellness Center 816-979-3090.
Be safe and enjoy your loved ones!

WELLNESS CENTER CLASS SCHEDULE

Monday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Yoga 6:00 - 7:00 pm
Tuesday:	Strength & Stretch 1:00 - 2:00 pm Gentle Stretch & Strength 2:00 - 3:00pm
Wednesday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Restorative Yoga 6:00 - 7:00 pm
Thursday:	Stretch & Strength 1:00 - 2:00 pm Gentle Stretch & Strength 2:00 - 3:00pm ReFit Cardio Class 5:00 - 6:00 pm
Friday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Stretch & Strength 5:00 - 6:00 pm
Saturday:	Open Workout 8:30 - 12:30 pm ReFit Cardio Class 10:00 - 11:00 am



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INFORMACION

PLATICAS MATRIMONIALES

Platicas Matrimoniales ofrecerán los sábados, 14 y 21 de Noviembre a las 10am-3pm en el cuarto de conferencia en el abajo del templo chico. Todas las parejas necesitan asistir los dos platicas. Para mas información, llame Martina y Abelardo Arreola a 816-269-4956 o Kris a 816-979-3151.

PLATICAS PRE-BAUTISMALES – 14 DE NOV

Normalmente cada Segundo Sábado del mes de las 10 am a 1 pm (Sólo para Niños de 0-6 años) Salón de juntas. Sótano de la Parroquia. Para niños mayores de 7 años requerirán una formación especial.

PRÓXIMOS BAUTISMOS: llamar Kris al 816-979-3151. Favor de llenar su aplicación antes de asistir a las platicas. **No se ofrece cuidado de niños.**

MISA DE DIA DE ACCIÓN DE GRACIAS

Nuestra Misa del día de Acción de Gracias se celebrara el Jueves, 26 de Noviembre a las 9am. Por favor acompáñenos a darle gracias a nuestro Dios por todas sus bendiciones en nuestras vidas.

SERVICIO DE ACCIÓN DE GRACIAS ECUMÉNICO

El Ministerio de Compañerismo de Belton tendrá su Servicio de Oracion Anual de Acción de Gracias ecuménica el día Jueves, 19 de Noviembre en la Iglesia St. Mary Magdalene Episcopal Church, 16808 Holmes Road, a las 7pm. Se tomara una colecta para Heart-n-Hand. Por favor venga y acompáñenos en esta celebración gracias a nuestros hermanos y hermanas Cristianos en las comunidades de Belton y Raymore.

LECTURAS

LECTURAS DEL DOMINGO, 8 DE NOVIEMBRE

Primera Lectura: 1 Reyes 17:10-16

Salmo: Salmo 145:7, 8-9a, 9bc-10

Segunda Lectura: Hebreos 9:24-28

Evangelio: Marcos 12:38-44

LECTURAS DEL DOMINGO, 15 DE NOVIEMBRE

Primera Lectura: Daniel 12:1-3

Salmo: Salmo 15:5, 8, 9-10, 11

Segunda Lectura: Hebreos 10:11-14, 18

Evangelio: Marcos 13:24-32



JUSTICIA SOCIAL

VENTA DE COMERCIO JUSTO - 7 Y 8 DE NOV

Nuestra venta anual de comercio justo será el fin de semana del 7 y 8 de noviembre después de cada Misa. Tendremos café, té, chocolate, decoración de Navidad, bufandas, joyas, y mucho, mucho más para la venta! Todos estos artículos fueron de comercio justo lo que significa que todos los artesanos que los hicieron a mano y los trabajadores que cosecharon los ingredientes se les pagó un salario justo. Tenga esto en cuenta al hacer compras de Navidad este año y apoye el comercio justo!

RIFA DE LUCES NAVIDEÑAS LED

El Equipo de Ecología de Sta. Sabina hará otra rifa gratis de Luces Navideñas de LED. Usted puede inscribirse para la rifa el fin de semana del 14-15 de Noviembre.

CORRESPONSABILIDAD

TIEMPO Y TALENTO:

RECICLAJE DE METAL

Nuestro evento semi-anual del reciclaje de metal estuvo muy exitoso este otoño. Pudimos llenar dos contenedores con metal. Imagine todo lo que no se botó en un basurero! Gracias por reciclar su metal y sigamos trabajando juntos para ser mejores administradores de la creación de Dios!

ESCUELA DE RELIGION

JOVENES DE HIGH SCHOOL O CONFIRMACION

Sus próximas juntas serán el Domingo, 15 de Noviembre y el 2 de Diciembre en el salón Parroquial de 7-8:30pm.

NOCHE DE PADRINOS DE CONFIRMACION

Su proxima noche de Padrinos de Confirmación será el Miércoles, 11 de Noviembre de 7-8:30pm. Un padrino de Confirmación es un adulto Confirmado en la fe Católica, que no sean los padres del joven y que estén en buenos términos con su Iglesia.

JOVENES DE JUNIOR HIGH

Sus próximas juntas serán el Miércoles, 4 y 18 de Noviembre de 7-8:30pm.

PRIMERA RECONCILIACION

Si usted faltó a la junta de padres, por favor comuníquese con Zuiri o Kirstie en la oficina para su libro de padre y información sobre la Primera Reconciliación de su hijo/a.

INFORMACION

SERVICIOS DE SANIDAD

Nuestra diócesis de Kansas City-St. Joseph esta haciendo un llamado a todos aquellos quienes han sido afectados por cualquier tipo de abuso sexual, ofreciendo servicios de sanidad. Los servicios se llevaran a cabo:

- 11 de Noviembre en la Natividad de María, en Independence, MO a las 7pm.
- 26 de Junio en la Catedral de la Inmaculada Concepción en Kansas City a las 2pm.

2016 DELEGACION A EL SALVADOR

Solo tenemos espacio para dos personas mas para nuestro viaje al Salvador del 2016. Durante nuestro viaje a El Salvador, nuestros delegados aprenderán mas sobre el programa de becas allí y tendrán la oportunidad de conocer a nuestro estudiantes becados y a sus familias. Viajaremos a Cinquera y a El Mozote. El pueblo de Mozote fue uno de los muchos donde ocurrieron masacres durante la Guerra Civil en El Salvador. Nuestro viaje esta programado para el 5-12 de Enero del 2016.

Si usted esta interesado o quiere mas información, por favor comuníquese con Kris al 816-979-3151 o por correo electrónico, kris@stsabinaparish.org.

OBRA DE LA VIRGEN DE GUADALUPE

Si a usted le gustaría formar parte de nuestro elenco para la Obra de la Virgen de Guadalupe, por favor comuníquese con Raúl Félix al 816-309-1919. Los ensayos comenzaron la semana pasada.



INTENCIONES DE LA MISA

Es una antigua costumbre (que data los tiempos del Antiguo Testamento) orar por los que han muerto. La Iglesia sigue esta costumbre, sobre todo cuando se celebra la Eucaristía. Además de oración por todos los difuntos, una intención particular puede ser incluida por el sacerdote para una o más personas a solicitud de cualquier persona. Esa persona puede ofrecer una donación (sugerido \$10). Dicha ofrenda tradicionalmente se ha proporcionado para el apoyo del clero. En nuestra diócesis, el clero decidió hace años para todas las misas que las remuneraciones se entregaran a la parroquia. Si usted desea ofrecer una Misa para uno de sus seres queridos, por favor comuníquese con Zuiri en la oficina parroquial.

ATADO A SU CASA DEBIDO A ENFERMEDAD O VEJEZ?

Si usted o un miembro de su familia esta atado a su casa debido a enfermedad crónica o vejez y le gustaría recibir la Sagrada Comunión por favor póngase en contacto con María Palomares al 816-838-1138 o con Kris Larkey en la oficina parroquial al 816-979-3151 o kris@stsabinaparish.org.

HOSPITALIZADO Si usted esta hospitalizado y le desea hacernos saber, por favor llame o que un miembro de su familia se comunice con nosotros. Llámeme a María Palomares al 816-838-1138 o con Kris Larkey en la oficina parroquial al 816-979-3151 o por correo electrónico: kris@stsabinaparish.org. Debido a las leyes de privacidad, los hospitales no pueden contactarnos.

GUADALUPE MATACHINES

Los ensayos para los Matachines ya comenzaron. Si a usted le gustaría unirse a nuestro grupo de Matachines este año, por favor comuníquese con Juan Lopez al 816-382-7005 o con Gerardo Arenivas al 816-719-7563.





La Parroquia Católica de Santa Sabina Belton, MO



8 de Noviembre del 2015
32° Domingo del Tiempo Ordinario



Felicidades a Axel Geovany, hijo de Osman y Nubia quien fue bautizado el mes pasado. En esta foto aparece con sus padres y sus padrinos Allan Medina y Zaida Cruz.

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Personal de la Parroquia

Rev. Jeff Stephan, Pastor	816-979-3157	X57	frjeff@stsabinaparish.org
Padre Curt Vogel, Pastor Adjunto	816-979-3156	X56	frvogel@stsabinaparish.org
Diácono Dwayne Katzer			dwayne@stsabinaparish.org
Diácono Mike Gates			mikeg@stsabinaparish.org
Bridget Hernandez, Corresponsabilidad y Justicia Social	816-979-3159	X59	bridget@stsabinaparish.org
Kris Larkey, Asociada Pastoral	816-979-3151	X51	kris@stsabinaparish.org
Biagio Mazza, Asociado Pastoral	816-979-3153	X53	biagio@stsabinaparish.org
Zuiri Pacheco, Recepcionista y Escuela de Religión	816-979-3150	X50	zuiri@stsabinaparish.org
Susan Ratigan, Liturgista	816-979-3158	X58	susan@stsabinaparish.org
Kirstie Roberts, Dir. de Religión y Pastoral Juvenil	816-979-3155	X55	kirstie@stsabinaparish.org
Marta Roper, Coordinadora Pastoral	816-979-3154	X54	marta@stsabinaparish.org
Jeff Shields, Coordinador de Finanzas	816-979-3152	X52	jeffshields@stsabinaparish.org
Tracy Wheeler, Mantenimiento			tracy@stsabinaparish.org
Bonnie Kane, Diocesan Victim Advocate	816-392-0011		kane@diocesekcsj.org
Jenifer Valenti, Diocesan Ombudsman	816-812-2500		jeniferValenti@att.net

Horario de las Misas del fin de semana

Sábado: 4:00pm (Confesiones de las 3:00pm - 3:30pm)

Domingo: 8:00am, 10:30am en Ingles, 12:30pm Misa en Español

Centro de Salud - 816-979-3090

Jeannine Midgett 816-979-3093

Patricia Moreno 816-979-3092