



# THE PARISH OF ST. VINCENT FERRER AND ST. CATHERINE OF SIENA

CHURCH OF ST. VINCENT FERRER: 869 Lexington Avenue, New York, NY 10065

CHURCH OF ST. CATHERINE OF SIENA: 411 East 68<sup>th</sup> Street, New York, NY 10065

www.svsc.info | (212) 744-2080 | email: parish@svsc.info

## February 21, 2021 — 1<sup>st</sup> Sunday of Lent

### PARISH COVID PROTOCOLS

We have resumed our regular Mass and confession schedule. The following guidelines should be observed while in church: masks are required throughout the Mass, practice social distancing as indicated by the markers, make frequent use of the hand sanitizer provided, and follow the instructions for the distribution of Holy Communion. The Churches are cleaned between Masses.

### STATIONS OF THE CROSS

The Stations of the Cross is prayed every Friday during Lent after the evening Masses: 6 PM at St. Vincent Ferrer and 5:15 PM St. Catherine of Siena.

### SUNDAY EUCHARISTIC ADORATION DURING LENT

Every Sunday during Lent, Adoration of the Most Blessed Sacrament will be offered at St. Vincent Ferrer following the 12 NOON Solemn Mass, with:

3 PM – Chaplet of Divine Mercy

4 PM – Preaching by Fr. Walter Wagner, O.P.

4:15 PM – Organ Recital by James Wetzell

5 PM – Benediction

Fr. Walter's Lenten program of preaching will focus on the Beatitudes (Matthew 5:3-12). The recital will feature music of one composer per week.

February 21: Blessed are the poor in spirit. / Music of Edward Elgar.

February 28: Blessed are they who mourn. / Music of Felix Mendelssohn.

These Sunday afternoon events will be livestreamed. There will also be Adoration from 3–5 PM on Sundays at St. Catherine of Siena as usual.

### CHAIR OF ST. PETER

Monday, February 22 is the Feast of the Chair of St. Peter. There will be a Sung Mass at 6 PM at St. Vincent Ferrer.

### WOMEN'S LENTEN RETREAT

*Blessed are they who hunger and thirst for righteousness  
Reflecting on the Lessons of Covid: the Gifts of Solitude and  
Neighborliness in Lockdown*

Saturday, March 6 is the annual Women's Lenten Retreat. It will be held in St. Vincent Ferrer Church starting at 10:30 AM, followed by Benediction of the Blessed Sacrament and Mass at 12 NOON. The event will also be livestreamed via the Parish website, [svsc.info](http://svsc.info).

In these uncertain times, this year's retreat is particularly relevant, helping us to put aside daily distractions, to reflect upon our relationship with God, and find spiritual renewal.

The retreat is hosted by the Visitation Circle. For additional information contact Catherine O'Rourke at [catherine\\_o\\_rourke@hotmail.com](mailto:catherine_o_rourke@hotmail.com) or email the Parish Office at [parish@svsc.info](mailto:parish@svsc.info). We look forward to seeing you there.

### MASS AND CONFESSIONS

#### ST. VINCENT FERRER

Weekdays: 8 AM, 12:10 PM\*, 6 PM

Saturday: 8 AM, 6 PM (VIGIL)

Sunday: 8 AM, 9:30 AM,  
12 NOON (SOLEMN)\*, 6 PM

#### CONFESSIONS

Weekdays: 5:20–5:50 PM

Wednesday: 7:15–7:55

Saturday: 5–5:50 PM

#### ST. CATHERINE OF SIENA

Weekdays: 7 AM, 5:15 PM

Saturday: 9 AM\*, 4 PM (VIGIL)

Sunday: 10 AM, 5 PM

#### CONFESSIONS

Weekdays: 4:40–5:05 PM

Saturday: 3–3:50 PM

\*Mass is livestreamed via [svsc.info](http://svsc.info).

### LITURGY OF THE HOURS AND OTHER PRAYER

#### ST. VINCENT FERRER

Weekdays:

7:25 AM: READING AND LAUDS

5:30 PM: ROSARY AND VESPERS

Wednesday:

6:30 PM: EUCHARISTIC ADORATION

Saturday:

8:30 AM: READING AND LAUDS

5:30 PM: ROSARY AND VESPERS

Sunday:

8:45 AM: READING AND LAUDS

5:30 PM: ROSARY AND VESPERS

#### ST. CATHERINE OF SIENA

Weekdays:

4:50 PM: ROSARY

Thursday:

5:45 PM: EUCHARISTIC ADORATION

Sunday:

3 PM: EUCHARISTIC ADORATION

#### LIVESTREAM ROSARY

Weekdays: 9 AM

Saturday: 8:30 AM

## PARISH OFFICE

(212) 744-2080 | parish@svsc.info

### St. Vincent Ferrer

869 Lexington Ave, NY, NY 10065

Office Hours: Monday–Friday:

9 AM–1 PM and 2 PM–4 PM

### St. Catherine of Siena

411 East 68<sup>th</sup> Street, NY, NY 10065

Office Hours: Monday–Friday:

10 AM–3 PM

## PARISH STAFF

Very Rev. Walter Wagner, O.P.

*Pastor*

Rev. Joseph Allen, O.P.

*Vicar*

Rev. Joseph Hagan, O.P.

*Vicar for Formation*

Bro. Damian McCarthy, O.P.

*Sacristan*

Bro. Frassati Davis, O.P.

*Deacon*

Deacon John M. Powers

Lee Ann Rubino

*Business Manager*

James D. Wetzel

*Director of Music and Organist*

Lisa Harrelson

*Director of Religious Education*

Ginny McCusker

*Administrative Assistant*

Tony Hicks

*Church Custodian*

Tracey Hicks

*Church Custodian*

## ST. VINCENT FERRER HIGH SCHOOL

(212) 535-4680

Sr. Gail Morgan, O.P.

*Principal*

## DOMINICAN SHRINE OF ST. JUDE

(212) 249-6067

[jude.parish.opeast.org](mailto:jude.parish.opeast.org)

## DOMINICAN FRIARS HEALTHCARE MINISTRY OF NEW YORK

(212) 988-1351

[healthcareministry.org](http://healthcareministry.org)

## PARISH LENTEN RETREAT

*Blessed are the merciful*

*Reflecting on the Lessons of Covid:*

*Going the Distance with My Humanity and Yours*

Saturday, March 13 is the Parish Lenten Retreat in St. Vincent Ferrer. A morning conference will be given at 10:30 AM followed by Benediction of the Blessed Sacrament and Mass at 12 NOON. The retreat will also be livestreamed via the Parish website, [svsc.info](http://svsc.info). For more information, please email the Parish Office at [parish@svsc.info](mailto:parish@svsc.info).

## HEALTH CARE EMERGENCIES

For health care emergencies please call (212) 988-1351. The Dominican Friars Health Care Ministry of New York provides pastoral and sacramental care to patients and their families at Memorial Sloan-Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, and Hospital for Special Surgery. Please visit [healthcareministry.org](http://healthcareministry.org) to learn more about the Ministry.

## ONLINE GIVING

Fulfill your stewardship with an online service. Liturgical Publications (WeShare) allows you to make donations anytime, based on your personal schedule. Donations can be made with a credit card, debit card, or e-check. To enroll, visit [svsc.info](http://svsc.info) and go to "Donate."

## NEW TRANSLATION IN THE COLLECT

The Collect, also known as the Opening Prayer, is one of three "orations" sung by the Celebrant at Mass; the other two being the Prayer over the Gifts and the Post-Communion Prayer. These change daily, and the Collect particularly focuses the sacrifice of the Mass toward the specific liturgical occasion (e.g. Monday's Collect for the Feast of the Chair of St. Peter: *Grant, we pray, almighty God, that no tempests may disturb us, for you have set us fast on the rock of the Apostle Peter's confession of faith. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.*)

The Collect, as with most prayers, ends with a doxology, a concluding formula comprised of two elements. The first phrase names and lauds the members of the Holy Trinity, and the second speaks of the eternity of that praise, always with an "Amen" (meaning "so be it") attached.

Last May, the Congregation for Divine Worship and the Discipline of the Sacraments wrote to the English-speaking Conferences of Bishops and pointed out that the doxology's translation, concluding "...in the unity of the Holy Spirit, one God, for ever and ever," was incorrect. There is no mention of "one" in the Latin, and "Deus" in the Latin text refers to Christ. Therefore, the translation should simply be: "...in the unity of the Holy Spirit, God, for ever and ever." (English translations of the Missal prior to the Second Vatican Council used the correct translation; however, when the post-conciliar texts were published in English, the word "one" was added, against the recommendation of the International Commission on English in the Liturgy.)

The United States Conference of Catholic Bishops has now officially corrected the translation and the change was implemented on Ash Wednesday.

## MUSIC NOTES

Next week, for the Second Sunday of Lent, the Schola will sing music of two of the greatest Franco-Flemish composers of the Renaissance.

*Missa Si ambulavero* – Philippe de Monte (1521-1603)

*Confitemini Domino* – *Ipse castigavit nos* – Orlando di Lasso (1532-1594)

**MASS INTENTIONS  
ST. VINCENT FERRER**

SUNDAY, FEBRUARY 21  
6:00 PM (Vigil) Geraldine Young (D)  
8:00 AM Robert Burke (D)  
9:30 AM Trinidad Cabahug  
12 NOON Elizabeth M. Yerkes (D)  
6:00 PM Mary & Garvey Meade (D)

MONDAY, FEBRUARY 22  
8:00 AM For the Deceased of the Parish & the Order  
12:10 PM Edward C. Perry (D)  
6:00 PM Mary Meade (D)

TUESDAY, FEBRUARY 23  
8:00 AM Sr. Judith Savard, RSHM & the Deceased Members of the RSHM Community (D)  
12:10 PM Charles H. Drew (D)  
6:00 PM Kathleen Redmond (D)

WEDNESDAY, FEBRUARY 24  
8:00 AM Joseph & Stephen Stack (D)  
12:10 PM Rene Concepcion (D)  
6:00 PM Joan M. & Salvatore Carvo (D)

THURSDAY, FEBRUARY 25  
8:00 AM David Bloom  
12:10 PM Soledad Ibarra (D)  
6:00 PM Plunkett Foye (D)

FRIDAY, FEBRUARY 26  
8:00 AM Mary Cunningham Luby (D)  
12:10 PM Rev. Barnabas Gorski, OFM (D)  
6:00 PM John Patrick Foye (D)

SATURDAY, FEBRUARY 27  
8:00 AM Kristian Serrano (D)  
6:00 PM (Vigil) Livia Andreotti (D)

**MASS INTENTIONS  
ST. CATHERINE OF SIENA**

SUNDAY, FEBRUARY 21  
4:00 PM (Vigil) Mary Lynch (D)  
10:00 AM For the People of the Parish  
5:00 PM Nancy & Luke Foye Sr. (D)

MONDAY, FEBRUARY 22  
7:00 AM For the Province of St. Joseph  
5:15 PM Thanksgiving to Our Lady of the Rosary

TUESDAY, FEBRUARY 23  
7:00 AM Norman Anderson (D)  
5:15 PM In Thanksgiving for God's Mercy and Love

WEDNESDAY, FEBRUARY 24  
7:00 AM Patrons of the Shrine of St. Jude  
5:15 PM Pietro & Mimma Spani (D)

THURSDAY, FEBRUARY 25  
7:00 AM Franziska & John Koestner (D)  
5:15 PM In Thanksgiving to St. Joseph

FRIDAY, FEBRUARY 26  
7:00 AM For the Purgatorial Society of St. Catherine of Siena  
5:15 PM Mr. & Mrs. Oettinger (D)

SATURDAY, FEBRUARY 27  
9:00 AM Margaret Costello (D)  
4:00 PM (Vigil) David Gale (D)

**PARISH PRAYER  
INTENTIONS**

*Contact the Parish Office to add a name to this list.*

August Arace, Roseann Connelly, Andrew Fraser, Maggie Heath, Rosie Mann, Maurice A. Murphy, David Olivier, Alicia Repeczky, Adolfo Sardina, Blair Scribner, and Gary West.

Please pray for the repose of the souls of Samantha Bing, Maria Coutinho, Sue Crissy, Nancy Falconer, Kathy Mendlinger, Matthew Martinez, Marie O'Brien, Juan de Jesus Piraquive, Rosa Sabio, Lucille Witty and the souls of all our recently deceased.

We continue to pray for the sick, the dying, and their families in Memorial Sloan Kettering Cancer Center, NewYork-Presbyterian Hospital, the Hospital for Special Surgery, Rockefeller University Hospital, and the Intentions of the Dominican Friars Health Care Ministry.

**CANDLE INTENTIONS**

*St. Vincent – Sanctuary Lamps*  
Nancy Falconer (D); Michael Griffin (D); Ramon & Fernando Gonzalez (L); Special Intention; Intention of Donor; Souls in Purgatory; The People of the Parish.

*St. Vincent – Sanctuary Madonna*  
Jack Ryan Keegan

*St. Vincent – Pieta Lamp*  
Well being of Christians in the Middle East

*St. Catherine – Sanctuary Lamp*  
Maria Marta Litrenta  
*St. Catherine – Purgatorial Candle*  
Renato S. Ventigan (D);  
Rosa J. Silan (D)

*St. Catherine – Rosary Altar Candle*  
Maria Marta Litrenta;  
Intention of Donor

*St. Catherine – Blessed Mother Candle*  
Priscilla Ventigan

*St. Catherine – St. Martin de Porres Candle*

Maria Marta Litrenta

*Mass Intentions and Candles may be reserved in the Parish Office Monday–Friday, 9 AM–1 PM and 2 PM–4 PM, and in the Church Office of St. Catherine of Siena Monday–Friday, 10 AM–3 PM.*

## CASTING OUT THE LEAVEN OF MALICE

*By abstaining forty long days from earthly food,  
he consecrated through his fast the pattern of our Lenten observance,  
and, by overturning the snares of the ancient serpent,  
taught us to cast out the leaven of malice,  
so that, celebrating worthily the Paschal Mystery,  
we might pass over at last to the eternal paschal feast.*

These are words from the “proper Preface” of today’s Mass. This initial section of the Eucharistic Prayer precedes the Sanctus and states the reason we are thankful at this particular Mass. At every Eucharist we give thanks, so even funerals feature a preface, giving a reason to be grateful in grief. The text for today ties our gratitude to the word “paschal” and to its favorite settings, “paschal mystery” and “paschal feast.” Perhaps this sounds obscure, but if you read “Passover” wherever it says paschal you will have something to carry with you for the ninety days it will take us to reach Pentecost.

On this First Sunday of Lent we give thanks for passing over (Pasch or Pascha). This is a movement only secondarily of distance: it describes the passage from one state of affairs to another. Just ponder the number of passovers in our Passover:

The Angel of the Lord passes over the houses of the Israelites marked with the blood of the Passover lamb and spares their first born.

The Israelites pass over from slavery to freedom –  
across the Red Sea on dry land,  
through the desert to the Promised Land.

Jesus passes over from death to life.

The angel of death passes over the baptized who are marked with his blood;  
thus we too pass over from this life to a promised place where Christ is,  
and so Christ is “Our Passover.”

Our catechumens will pass over to a new, sacramental life in Christ through Baptism.

Through the observance of Lent you and I will pass over to Easter, Ascension, and Pentecost and a deeper perception of our destiny in Christ, and of our Spirit-led walk toward that ascended place.

Leaven plays a crucial role in Passover by its absence. Moses bans it from the Passover bread, and from the very house. (Exodus 12:13) Passing over demands an immediate response: the Israelites must leave slavery without taking time to comfort themselves with more filling bread. The prohibition still retains force and spiritual potency as Jews celebrate Passover to this day. For us too: on Easter morning you will hear St. Paul bring this abstinence into the Christian life as he writes to the Corinthians, “For our paschal lamb, Christ, has been sacrificed. Therefore, let us celebrate the feast, not with the old yeast, the yeast of malice and wickedness, but with the unleavened bread of sincerity and truth.” (I Corinthians 5:6b-8 – elements of this passage will also make up the chant that accompanies your Easter Communion.) Per the preface, if I want to celebrate Easter, and enter heaven, I must get the “leaven of malice” out of my bread. Okay, what is this malicious yeast?

Well, in the literal sense leaven makes my bread rise so that it goes further, so spiritually it must refer to the things I do to make myself go further, inclusive of opportunities, resources, reputation. Perhaps today social media functions as a yeast by which I magnify the impact of my doings, my opinions, and my image. The example shows how “leavening” demands a moral choice, and it may be for the good. Jesus likens the Kingdom of God to a woman who kneaded dough until the whole loaf was leavened (Matthew 13:33). But St. Paul and the preface tell me that leavening may also deepen and widen evil.

Malice refers to the intention or desire to do evil: intention separates malicious deeds from evils we do by accident or fatigue, ignorance or compulsion. So I think the leaven of malice describes a disposition to “spread” oneself by evil means. Malice permeates my life, as yeast does a loaf, and in consequence I act like a bacterium, permeating my environment in ways that corrupt.

What an unappealing image! It leaves me reeking of sleaziness and criminality, and so how could it possibly be true? Ah! But invisibility gives bacteria its power. St. Paul alludes to the “microscopic” seed of evil so embedded in me as to shape my habits. What is it that I do all the time, in each area of my life, that impacts my world? My answer: blame. I make others responsible for why I have habits of sin, for what went wrong in projects, for the failure of relationships, and for the state of my family and community, of my parish and Church, of the environment and the world. All of the above would be better but for...

When you and I agree on the but for..., then we have ingested the heady drug of alliance, and we shelter in a fellowship created by our shared opponent, who has become our scapegoat. If malice demands intention, we do not usually intend harm to our foe, but to preserve ourselves at any cost. Once I name this, I see it. When something goes wrong on my watch, I look for who else to hold responsible. After a national tragedy I watch over successive days of the news cycle as tendrils of blame become a web around a person or group. About such people I gain permission to feel righteously offended and morally superior. "I may be bad, but at least I am not like them."

Thus I build a positive self-image on the defects of others, and I may redirect the reproach of others onto a more obvious target. If Mass attendance is down, who is at fault; if the community runs a deficit, someone has to take the rap; and if social patterns change there must be a villain. I of course am unavailable to answer any of these charges.

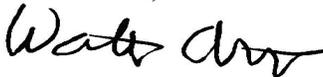
We will perceive the pervasiveness and import of the leaven of malice if we recognize that it killed Jesus. St. John's Gospel places the collusive intent on the lips of the High Priest, Caiaphas, who says to the Sanhedrin, "You know nothing, nor do you consider that it is better for you that one man should die instead of the people, so that the whole nation may not perish." (John 11:49-50) As we read the Passion on Palm Sunday and Good Friday, I can see more and more people wanting to put the crown of guilt on Jesus, so that the cries of "Hosannah" turn into volleys of "crucify him."

Such behaviors emerge from our instincts because of comparison. We can live with ourselves if we perceive that we are better, or better off, than someone else. Jesus endures his passion because he stands on different ground. His self image rests entirely on the fact of his relationship to the Father: the fact of being created and sustained in life by God enables him to love himself and us. So he is able to be worse off than everyone around him without fighting back.

Lent renews Jesus' invitation to "pass over" to the way he lives, and we do this by countering blame with responsibility. I can counter the leaven of malice by making up my mind to acknowledge my own contribution; to the distress in my body and mind, to the pain in my family and community, to the waste of goods and resources, to the divide in culture and politics, to the fracture of relationships. When I do this I stand on the honest ground of being a sinner, and with each taking of responsibility I knead myself with a new leaven until the whole of me is truthful.

Telling the truth about myself enables me to perceive the truth about God, who loves sinners. Habitués of the confessional know this truth more and more as it progressively sets them free. Living in the truth seems hard, until I realize how it unburdens me of practicing defense and opens me to this moment, and to the life beyond moments. I will be thankful this Lent for a new chance to hear this call and to set off in haste for the freedom awaiting me on the other side of every true word I say.

Blessed Lent,



Fr. Walter

#### **LENTEN FASTING AND ABSTINENCE**

*According to the Current Discipline:*

##### **Laws of Days of Abstinence:**

For all aged 14 and older, obligatory abstention from flesh meat on Ash Wednesday and Fridays of Lent.

##### **Laws of Days of Penance:**

Applies to all the Faithful during the entirety of Lent and Fridays outside of Lent.

##### **Laws of Days of Fast:**

For all aged 18 to 59, inclusive, one full meal permitted and two other meals, which, when combined, are less than a full meal, on Ash Wednesday and Good Friday.

##### **Law of the Eucharistic Fast:**

Complete fast from all food and drink (excluding water and medicine) for one hour before the reception of Holy Communion. This applies throughout the year.

#### **LENTEN LITURGICAL OBSERVANCES**

The penitential season of Lent (from the Old English meaning 'spring' and also known as *Quadragesima* in Latin, meaning 'fortieth') begins on Ash Wednesday.

In Lent, violet vestments are worn and the *Gloria* and *Alleluia* are omitted. According to the *General Instructions of the Roman Missal*, the document governing the celebration of the Ordinary Form of the Mass, the organ is to be used only "to give necessary support to the singing." Thus, as much as possible, the Mass is sung *a cappella*, the hymn accompaniments are subdued, and the organ voluntaries are omitted.

As the Church strips herself of festal trimming entering into the spiritual desert, her faithful are likewise called to a heightened order of penitence, fasting, abstinence, and almsgiving. Making a good confession, attending daily Mass, and praying the Office, Stations, and Rosary are all worthy resolutions.

# THIS WEEK OF GRACE

February 21–27, 2021

## General Intentions for Lent

- Pray for our Elect, those preparing for Baptism.
- Pray for our Candidates for Communion.
- Pray for those who seek to make a change of life.

## N. B.

- During these days of Lent, when there are fewer feasts of the saints, we will focus on the Entrance Antiphon of the Mass. Chosen to provide a perspective for each day's Mass, these passages of Scripture can inform our prayer.

## February 21

### The First Sunday of Lent

- *When he calls on me, I will answer him; I will deliver him and give him glory. I will grant him length of days.* Psalm 90:15-16
- Today every diocese throughout the world celebrates the Rite of Election at its Cathedral, or at another significant place. At this event the Bishop enrolls those catechumens judged ready for Baptism at Easter.
- Pray for the Elect, their Sponsors, and their Catechists.
- The mitigation of Lent
- Every Sunday honors the Resurrection and is a day of joy. Therefore it is not a fast day.
- The self-discipline of Lent never loses sight of God's ultimate victory over sin and death.

## February 22

### The Feast of the Chair of St. Peter

- Since the Bishop's Chair (*Cathedra*, hence Cathedral) represents his teaching authority, this feast celebrates the singular teaching authority of St. Peter established at Rome when he moved there from Antioch, and passed on to the Popes.
- This Feast, along with St. Joseph and the Annunciation, and in our Archdiocese, St. Patrick, is celebrated instead of the Lenten weekday. All other feasts yield to Lent or are celebrated by concession in cases of singular devotion.
- Pray that the Holy Spirit would guide Pope Francis in the "Petrine" ministry. Pray for all the Bishops as they exercise the office of chief teacher of the faith in their dioceses.

## February 23

### Tuesday of the First Week of Lent

- *O Lord, you have been our refuge, from generation to generation; from age to age, you are.* Psalm 89:1-2

## February 24

### Wednesday of the First Week of Lent

- *Remember your compassion, O Lord, and your merciful love, for they are from of old. Let not our enemies exult over us. Redeem us, O God of Israel, from all our distress.* Psalm 24:6, 2, 22

## February 25

### Thursday of the First Week of Lent

- *To my words give ear, O Lord; give heed to my sighs. Attend to the sound of my cry, my King and my God.* Psalm 5:2-3

## February 26

### Friday of the First Week of Lent

- *Set me free from my distress, O Lord. See my lowliness and suffering, and take away all my sins.* Psalm 24:17-18

## February 27

### Saturday of the First Week of Lent

- *The law of the Lord is perfected; it revives the soul. The decrees of the Lord are steadfast; they give wisdom to the simple.* Psalm 18:8

# FOOD DRIVE

## FEBRUARY 13 THROUGH MARCH 14



## MOST WANTED ITEMS

DONATE TO SUPPORT WELLBEING

### SHELF-STABLE ITEMS

- 1** CANNED OR DRY BEANS  
15oz or 1LB PLANT-BASED PROTEIN



- 2** CANNED FRUIT & VEGETABLES  
VEGETABLES- LOW SODIUM, NO SALT  
FRUIT - IN ITS OWN JUICE



- 3** CANNED TUNA, SALMON,  
OR CHICKEN  
PACKED IN WATER



- 4** GRAINS  
BROWN OR WHITE RICE, PASTAS, BARLEY, QUINOA



- 5** PEANUT BUTTER  
NATURAL WITH ONLY  
PEANUTS AND OILS IN  
INGREDIENT LISTS



- 6** SHELF-STABLE MILK  
LOW-FAT MILK, ALMOND, NUT  
OR OAT MILKS



- 7** SUGAR-FREE  
HOT & COLD CEREALS  
OATS, CORN FLAKES, FARINA,  
OR GRITS



Bins are at the back of the church for your donations.  
Thank You from the Social Concerns Committee