St. Luke the Evangelist

CATHOLIC CHURCH COMMUNITY

St. Luke's Vision Statement:

Joyfully living the Gospel through sacraments, service, and love.

Weekend Mass Schedule: Saturday: 5:30 pm, Sunday: 8:30 am & 11:00 am

Daily Mass Schedule: Tues. 5:30 pm, Wed. 12:00 pm, Thurs. 8:30 am, Fri. 8:30 am, First Sat. 9:30 am.

Sacrament of Reconciliation: Friday 9:30 - 10:00 am, Saturday: 4:00 - 5:00 pm, Or by appointment

Parish Office Hours: Monday - Friday 9:00 am - 3:00 pm, Closed for lunch 12:00 - 1:00 pm

Bulletin Announcements: Due by Friday for the following Sunday bulletin: communications@stlrnc.org

Baptism: Parents must be active and registered in the parish for at least three months prior to the celebration of the Sacrament of Baptism. Please call the Parish Office 919-848-1533 for more information.

Sacrament of anointing: Conferred upon request prior to surgery or at any time of illness. Please call the Parish Office **919-848-1533** to set up an appointment.

Marriage: Catholic parties should be registered and active parishioners for at least six months before the wedding to allow enough time in the formation of the sacrament. Please contact Barbara Bower at weddingcoordinator@stlrnc.org for additional information.

Sacrament of Holy Orders: If anyone is discerning a call to the priesthood, please contact the Parish Office 919-848-1533 for additional information.



Pastoral Staff

Rev. Msgr. Jeffrey A. Ingham, V.F. Pastor Fr. David M. Chiantella, Parochial Vicar Deacon Mike Sanchez, Deacon mikejesanchez@gmail.com Peg Brizendine, Parish Secretary secretary@stlrnc.org Cyndy Aremia, Accountant accountant@stlrnc.org Rebecca Grant, Director of Faith Formation faithdirector@stlrnc.org

Conor Mulligan, Youth Minister
youth.ministry@stlrnc.org
Katja Mulligan, Faith Formation Assistant
faithassistant@stlrnc.org
Max Van Hecke, Director of Music
music@stlrnc.org
Facilities Manager
facilities@stlrnc.org
Alyssa Keister, Editor of Bulletin & Website
communications@stlrnc.org

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12333 Bayleaf Church Road, Raleigh, NC 27614 www.stlukesraleigh.org

MASS INTENTIONS



Watch our Live-Streamed Masses Here: stlukesraleigh.org

SATURDAY, MAY 11

5:30 PM Vigil Mass Pro Populo

SUNDAY, MAY 12 THE ASCENSION OF THE LORD, Mother's Day

8:30 AM Mass Pro Populo 11:00 AM Mass Pro Populo

MONDAY, MAY 13 Our Lady of Fatima

No Daily Mass Pro Populo

TUESDAY, MAY 14 St. Matthias, Apostle

5:30 PM + Tom Wallace

By Wallace family

WEDNESDAY, MAY 15 St. Isodore

12:00 PM + Anonymous Donor who gave life

to Bill Wolf

THURSDAY, MAY 16

8:30 AM + Rodger Pitstick

By Lyra Pitstick

FRIDAY, MAY 17

8:30 AM + Maria Cirillo

By Lambertus family

SATURDAY, MAY 18 St. John I, Pope and Martyr

5:30 PM Vigil Mass Pro Populo

SUNDAY, MAY 19 PENTECOST SUNDAY

8:30 AM Mass Pro Populo 11:00 AM Mass Pro Populo

Parish Weekly Calendar

SATURDAY, MAY 11

SPRING INTO FAMILY BINGO	.2:00 PM
RECONCILIATION	4:00 PM
ROSARY BEFORE MASS	5:00 PM
VIGIL MASS	. 5:30 PM

SUNDAY, MAY 12 THE ASCENSION OF THE LORD, Mother's Day

ROSARY BEFORE MASS......8:00 AM & 10:30 AM MASSES.....8:30 AM & 11:00 AM HIGH SCHOOL AND MIDDLE SCHOOL GROUP......12:15 AM

MONDAY, MAY 13 Our Lady of Fatima

MAGNIFICAT MOMS PLAYGROUP......10:00 AM LEGION OF MARY.......6:30 PM

TUESDAY, MAY 14 St. Matthias, Apostle

WEDNESDAY, MAY 15 St. Isodore

THURSDAY, MAY 16

MORNING MASS.......8:30 AM WOMEN'S BIBLE STUDY......12:30 PM

FRIDAY, MAY 17

SATURDAY, MAY 18 St. John I, Pope and Martyr

SUNDAY, MAY 19 PENTECOST SUNDAY

ROSARY BEFORE MASS.......8:00 AM & 10:30 AM MASSES.......8:30 AM & 11:00 AM IGBO CATHOLIC COMMUNITY MASS......1:00 PM

Attention:

Bulletin announcements are due by Friday for the following Sunday bulletin.

Thank you.

Go and teach all nations, says the Lord; I am with you always, until the end of the world.
- Mt. 28: 19a, 20b . VII

REMEMBER IN YOUR PRAYERS



Those Who Are Sick:

Letty Phillips, Martha Sinclair, Ashleigh Lucas, Peggy Kearney, John Loeffler, Erin Bower, Tom Zebrak, Jerry Zebrak, Garrett Garris, Joy Boyette, Mary Prevatt, Barbara Loiacono, Gretchel Leathers, Barbara Lucas, Barbara Osolinski, Christine Constable, Joan Morris, Anna Weiss, Michael Stringham, Dorothy Kanop, Esther Pomroy, Milo Orzol, Kathleen Pitz, Mary Boulanger, Barry Herchenrober, Peter Kraehenbuehl, Agnes Synowiez, Bill Shultz, Mitch Galligan, David & Diana Herbek, Kelly Rose, Emma Sepúlveda, Hilda Irrizary, William Michael Schultz, Sue Schultz, Lou Schultz, Walt Ostack, Charlotte Boland, Luke Galligan, Bill Wolf.

Repose of the Soul:

Joseph B. Kupec Jr., Dennis Moya, Terry Rodabaugh, Joseph Cornell, Alice Cornell, Paul Phillips, Robert Beyer.

Those Who Are Actively Serving In The Military:

Madeline Chafin, Nico Muzo, James Boland, Caroline Todd.

Please Pray For Our Family, Friends & Our Parish

If you would like to have someone's name added or removed from our prayer list, please email: communications@stlrnc.org or contact the Parish Office.

Names will be kept on the list for 3 weeks. If they need to remain longer or if a name has been removed in error please contact the parish office. Thank you.

Mary's Corner



"O wonderful mercy of our God, who in order that we might not fly on account of the sentence that might be pronounced against us, has given us his own Mother and the patroness of graces to be our advocate"

- St. Bonaventure

	Liturgy & Prayer				
Adoration	Mary Kate Travers	919-528-1068			
Altar Flowers	Carol Blando	919-427-3865			
Altar Linens	Joan Beebe	316-347-9060			
Altar Preparers	Beverly Weiland	919-294-4398			
Altar Servers	David Sofra	919-847-9978			
Eucharistic Ministers	Virginia Todd	vtodd1789@gmail.com			
Family Rosary	Savage Family	919-431-9883			
Mass Coordinator	Randi Ostack	919-559-7745			
Minsters of Hospitality	Luke Masinick	919-971-8155			
Prayer Line	Teres Scofield	919-412-6542			
Readers	Jim Mooney	510-774-5613			
Live Streaming	Joe Jacobs	919-400-6327			
	Outreach				
Bereavement	Parish Office	919-848-1533			
Catholic Parish	Ken Low	919-397-4018			
Outreach	Dennis Jacobs	408-823-4865			
G.I.F.T.S.	Grace Benigno	919-426-7874			
Habitat for Humanity	Randy Giggard	919-637-1893			
Hospital Ministry	Winnie Lewis	919-263-8102			
Nursing Home Ministry	Rick Beebe	919-418-0845			
Reception Committee	Allison Agnelli	919-244-3149			
Respect Life	Diane Masinick	919-971-7792			
St. Luke's Parish	Community Life &	Facilities			
God's Housekeepers	Diane Johnston	919-847-2488			
Knights of Columbus	Chris Taurence	919-349-9851			
Parish Kitchen	Missy Savage	919-431-9883			
Parish Library	Allison Coates	612-418-8201			
Wedding Coordinator	Barbara Bower	919-841-2202			
	Evangelization				
Legion of Mary	TBD	919-744-6998			
RCIA Coordinator	Mike Sanchez	mikejesanchez@gmail.com			
Pastoral Council					
Dave Olechovsky	stlukepc@gmail.com	919-420-7410			
	Finance Council				
Andy Kleitsch	akleitsch@gmail.com	919-274-9766			





Reflection on the Ascension of the Lord

The Solemnity of the Ascension of the Lord commemorates the fortieth day after the Resurrection when Jesus ascended body and soul into Heaven and took His seat at the right hand of His Father. The Ascension is believed to have occurred less than a mile east of the Old City of Jerusalem. The event is found in the Gospels and Acts (Mark 16:19-20; Luke 24:50-53; Acts 1:6-12) and is alluded to in John 6:62; Ephesians 4:7-10; 1 Timothy 3:16; and 1 Peter 3:21-22.

The Ascension marks the completion of Jesus' earthly mission. He first united His divine nature with human nature through the Incarnation at the moment of the Annunciation. Saint Thomas Aguinas teaches that from that moment on, Jesus, the Son of God, experienced three types of knowledge. First, being God, He had beatific knowledge, that is, a direct knowledge of His, the Father's, and the Holy Spirit's essence. Second, He had the perfection of infused knowledge, that is, a bestowal of all truths given to the angels in Heaven, especially those truths necessary for the completion of His divine mission. Third, He began to acquire learned knowledge, or experiential knowledge. This was the form of knowledge attained through His human nature from the senses and His human reason.

Source: My Catholic Life!, The Ascension of the Lord-Solemnity (Short Version), Thursday of the Sixth Week of Easter or on the Seventh Sunday of Easter, 2024.

Weekly Readings, May 12th - May 19th

Sunday: Acts 1: 15-17, 20a, 20c-26/Ps 103 (102): 1-2, 11-12, 19-20ab . VIII/1 Jn 4: 11-16/ Jn 17: 11b-19

Monday: Acts 19: 1-8/Ps 68 (67): 2-3ab, 4-5acd, 6-7ab/Jn 16: 29-33

Tuesday: Acts 1: 15-17, 20-26/Ps 113 (112): 1-2, 3-4, 5-6, 7-8/Jn 15: 9-17

Wednesday: Acts 20: 28-38/Ps 68 (67): 29-30, 33-35a, 35bc-36ab/Jn 17: 11b-19

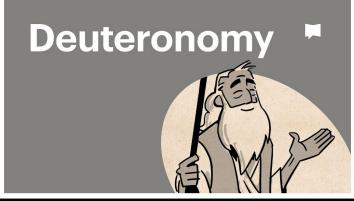
Thursday: Acts 22: 30; 23: 6-11/Ps 16 (15): 1-2a, 5, 7-8, 9-10, 11/Jn 17: 20-26

Friday: Acts 25: 13b-21/Ps 103 (102): 1-2, 11-12, 19-20ab/Jn 21: 15-19

Saturday: Acts 28: 16-20, 30-31/Ps 11 (10): 4, 5 and 7/Jn 21: 20-25

Next Sunday: Acts 2: 1-11/Ps 104 (103): 1, 24, 29-30, 31, 34. VIII/1 Cor 12: 3b-7, 12-13/Jn 20: 19-23





FORMED THE CATHOLIC FAITH.

Deuteronomy | Old Testament: Book Overviews | The Bible Project

Watch our overview video on the book of Deuteronomy, which breaks down the literary design of the book and its flow of thought. In Deuteronomy, Moses gives final words of wisdom and warning before the Israelites enter the promised land, challenging them to be faithful to God.

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish Scan the QR code to download the FORMED app to your phone



PARISH FINANCE & FACILITIES REPORT

May 12, 2024

Our Parish website: www.stlukesraleigh.org

2nd Collection - This Weekend Catholic Communication Campaign

Today we take up a collection for the Catholic Communication Campaign (CCC). Your support helps the CCC connect Catholics with Christ in the US and around the world using the internet, television, radio, and print media. Half the funds we collect remain here in the Raleigh Diocese to support

www.usccb.org/ccc.

Offertory Counting Ministry -Volunteers Needed!

We are looking for parishioners to join our count teams! Our volunteers in a teams of 3 or 4 sort, count, and record weekly offertory collections. The time commitment is small but the support to St. Luke's Parish and staff is Huge! We have two teammates looking for a third. Could that be you?

Team Counting
Sunday Mornings
One weekend per month or less if we can
get a few more teams trained.

If you are called to help, please contact Cyndy Aremia at:

Accountant@stlrnc.org

or call between 9 a.m. and 3 p.m. weekdays at 919-848-1533 Thank you for your prayerful consideration to join our team.

2024 BAA @ St Luke

Goal: \$132,899.24

Givetobaa.org



Mother's Day Mass Intention envelopes are in the Gathering Space and Parish office.

FY23-24 Weekly YOY					
March	787,086.66	March	688,006.49		
Current Yea	Current Year (FY 2024)		Prior Year (FY 2023)		erence
Apr	Total 2024	Apr	Total 2023	\$ YOY/WK	% YOY
7th	18,917.88	2nd	13,467.63	5,450.25	40%
14th	13,449.38	9th	16,035.13	(2,585.75)	-16%
21st	17,538.88	16th	12,456.63	5,082.25	41%
28th	10,731.13	23rd	32,747.43	(22,016.30)	-67%
29-30	5,541.43	30th	14,356.50	(8,815.07)	-61%
Total	66,178.70	Total	89,063.32	(22,884.62)	-26%
Thru 04.2024	853,265.36	Thru 04.2023	777,069.81	76,195.55	9.81%

	Budget Comparison		
	Mo Budget	77,860.00	
Through	Actual	66,178.70	
04/30/24	Over Under	(11,681.30)	
	YTD Budget	778,600.00	
	YTD Actual	853,265.36	
	Over/Under	74,665.36	
	Budget	9.59%	



ELEMENTARY FAITH FORMATION

2024-25 Registration for SANCTI SIMUS is open! Elementary Faith Formation Grades K-5

osvhub.com/stlukesraleigh/forms/2024-25--sancti-simus

YOUTH SACRAMENT PREPARATION

- RCIC (Rite of Christian Initiation for Children) For children ages 7-18yo not baptized Catholic
 - First Holy Communion Years 1 & 2 Grades 1-11 may register for Year 1 Grades 2-12 may register for Year 2
 - Confirmation Years 1 & 2 Grades 9-11 may register for Year 1 Grades 10-12 may register for Year 2

There is no online registration for Sacrament Preparation, and we are not currently registering for Sacraments.

Families may register in person at one of our Sacrament Family Meetings. These will take place in July, August, and September, and meeting dates will be communicated to the parish in mid-to-late-June.

RCIA

Rite of **C**hristian **I**nitiation for **A**dults

If you are (or someone you know is) seeking to learn more about Catholicism or to enter the Church, welcome!

Contact:

Rebecca Grant (FaithDirector@STLRNC.org) or Cecile Hosey (cawalc@gmail.com) - Inquiry

RCIA weekly meetings will restart in September.

Community of Young Catholics

Catholic young adults in their 20s and 30s who desire meaningful, Christ-centered friendships

Upcoming Dates:

May TBD

To stay updated on events, please join our GroupMe: St. Luke's CYC.

Adult Bible Studies

Please continue checking for other 2023-2024 opportunities!

Opportunities for men and women to grow in Christian maturity through ongoing conversion to Jesus, active membership in Christian community, and preparation to be Christ's missionaries to the world

walking with purpose

Enabling women to know Christ personally through Scripture

New studies begin in September 2024!

There's always an open chair for youl

JOURNEYMEN

Strengthening men as disciples of Christ through prayer, spiritual formation, and brotherhood 1st/3rd Sat. mornings from 8-9am in the Holy Family Room

Tuesday Morning Bible Study Tues. mornings from 9:15-11am in the Holy Family Room

Stay tuned for our next study!

Stay tuned for our next study!

Wednesdays in the WORD

Wed. evenings from 6:30-8pm

Stay tuned for our next study!

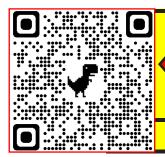
Rebecca Grant

Director of Faith Formation FaithDirector@STLRNC.org **CONTACT US!**

Katja Mulligan

I INTO THE BREACH

Faith Formation Assistant FaithAssistant@STLRNC.org



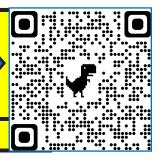
YOUTH GROUP (6TH-12TH)

■ Join for Free! Signup for Our Email List **■**

Questions? Contact our Youth Minister

Conor Mulligan @ Youth.Ministry@STLRNC.org

NO MEETING: 5/12





VACATION BIBLE SCHOOL

JUNE 17-21, 2024

Camper Registration Closed

<u>Interested in Volunteering?</u>

Our Goal: 35 Adult & 45 Youth Volunteers Current: 27 Adult & 27 Youth Volunteers



Sun. 6/9
Baccalaureate Mass
{11am Mass}

Please check back for more events!







Confirmation

April 28th, 2024

Be sealed with the gift of the Holy Spirit.







Congratulations to our youth who received the Sacrament of Confirmation on Sunday, 4/28!

" H<mark>ayden " Charlie " Kyla " Sa</mark>m "

Congratulations to our youth who received the Sacrament of First Holy Communion on Saturday, 5/4!

" Charles " Rory " Anna " Ella " David " Grace " Dustin " Johnathan " Juliana " Jackson " Nate " Nico





Wedding Ministry Volunteers Needed

The Wedding Ministry is looking for volunteers to help with upcoming weddings at the church. If you are interested, please contact Barbara Bower at 919-841-2202 or weddingcoordinator@stlrnc.org.

What are the Qualities of True Sacred Music? #2: Goodness of Forms

Last week, we covered Pope Pius X's first quality of true sacred music: **sanctity**. This week, we will go over the second quality: **goodness of forms**.

"It must be true art, for otherwise it will be impossible for it to exercise on the minds of those who listen to it that efficacy which the Church aims at obtaining in admitting into her liturgy the art of musical sounds" (Pius X, Tra le Sollecitudini, \S 2)

Goodness of forms (sometimes translated as "goodness of form") means the music must be well-crafted and beautiful, i.e. true art. Music that is trivial, sloppy, or banal does not have the kind of depth needed to communicate the mysteries of the Faith in all their importance.

Much like sanctity, goodness of forms can include both the **musical composition** and **musical performance**. The composition must be well-crafted and beautiful, and so too the performance.

These must also be well-suited to their places in the Mass. For instance, a *Gloria in excelsis* should be composed differently than a *Requiem aeternam* (from a funeral Mass), the *Gloria* leaning more joyful and the *Requiem* tending more somber. As for performance, the *Gloria* will typically

be sung louder and faster than the *Requiem* aeternam, which would often be slower and quieter. There's room for creativity here, of course, but it brings into focus the kind of compositions and performances that are suitable.

Next week, we cover the third and last quality: **universality**.



Pope St. Pius X (r. 1903-1914)

Catholic Parish Outreach

April Feed-A-Family Food Drive Donations

"...I was hungry and you and you gave me food...

'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.'"

-Mat. 25:35-40

\$15,845—MONETARY DONATIONS!

1,068—POUNDS OF FOOD!

THANK YOU for your awesome generosity!

St. Luke's Month-long Targeted Food Drive

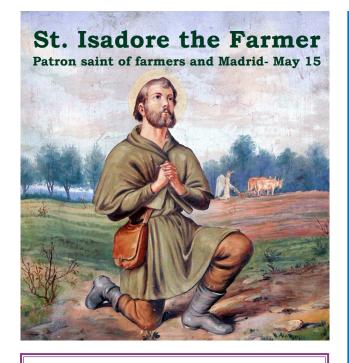
MAY'S FOOD TARGET:



Bags of Dried Beans

(1-2 pound bags preferred)

A donation box is in the lower gathering space.



Altar Flowers Sign-Up

Sign up to donate flower arrangements in memory of someone, for an anniversary, or for a special

occasion to adorn our Altar. There are a few dates still available! The sign up board is located next to the elevator.

For more information, contact Carol Blando at cbblando@gmail.com or 919-427-3865.



St. Matthias was chosen as the twelfth apostle as a replacement for Judas. The criteria was the replacement had to have been a disciple from the beginning and baptised by John. The apostles cast lots and Matthias was chosen. Matthias! Matthias!

Assisted Listening Devices:

As part of our continued effort to make sure everyone has a good listening experience during Mass we wanted to make you aware that we now have several new Assisted Listening Devices.

They are very easy to use.

You basically put the earpiece on your ear, turn the little device on, and adjust the volume to your liking. Several parishioners have also found that their personal earbuds plug into the devices and work really well.

They are available at each Mass by simply asking one of our Ministers of Hospitality to get one for you.

We have had several parishioners test these, including some of our seniors. They tell us that the earpieces provide excellent enhanced sound.

Please let us know if you would like to try one!





Week of May 12, 2024



Deuteronomy | Old Testament: Book Overviews | The Bible Project

Watch our overview video on the book of Deuteronomy, which breaks down the literary design of the book and its flow of thought. In Deuteronomy, Moses gives final words of wisdom and warning before the Israelites enter the promised land, challenging them to be faithful to God



The Book Swap | Episode 1 | Benjamin Cello

It's time to read a book! Benjamin Cello, Annie Appleseed, and Miss Gretchen, the Music Teacher, go to the Bookendless Book Tower for a book swap party, hosted by Professor Wordsworth and the Bookworms. Along the way they explore classics of literature and the one Holy Book that stands above all others, the Book that can change your life forever.



Finding Fatima

Produced by the award-winning filmmakers of the highly acclaimed feature film The 13th Day, this powerful and in-depth documentary combines archival footage, dramatic reenactments, original interviews with Fatima experts, and stunning visuals to tell the whole story of the apparitions of Our Lady of Fatima.

Our parish has a FORMED subscription.

Visit signup.formed.org and select our parish name.

Around the Diocese



SATURDAY, MAY 18TH, 2024

NCRTL RALLY & MARCH FOR LIFE

STAND UP FOR LIFE IN NORTH CAROLINA!

YOUTH RALLY: 12:45PM

General Rally Halifax Mall 1:30PM





FOR DETAILS:

WWW.NCRTL.ORG/RALLYANDMARCH



The 4th Degree Knights of Columbus, Memorial Day Director, is inviting all of you to honor our fallen service members. Since 2005, St. Francis has collected the names of our loved ones that have passed on and placed them into a Roll Call book and held a Memorial Day Ceremony each year. One of our biggest honors is identifying a fallen service member that did not receive their flags at the time of their death. I am opening this to not just the United States military but to all Countries.

If you would like your loved one to be honored in our Roll Call Book, please use the provided QR code for easy sign up.

Respectfully, Sir Knight David Van Nett



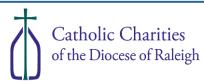
Ayuda Matrimonial - Retrouvaille

Ayuda Matrimonial - Retrouvaille (pronunciado retro-vi) ha ayudado a decenas de miles de parejas en todas las etapas de desilusión o miseria en su matrimonio. Este programa también puede ayudarte a ti. Para obtener información confidencial o inscribirse en el programa de verano en español que comienza con un fin de semana del 19 al 21 de julio, llame al 305-915-4607 (español e inglés) o envíe un correo electrónico a: retrouvailleraleigh@gmail.com o visite el sitio web en HelpOurMarriage.com.



Courage is a Roman Catholic apostolate which ministers to persons, both men and women, who experience same-sex attractions and desire support to live the Catholic Church's teaching on chastity. The local chapter of Courage in the Diocese of Raleigh can be reached at courage@couragenc.org, or 984-900-3212.

EnCourage is a related program for the loved ones – parents, siblings, spouses, or children – of persons who experience and act on same-sex attractions. These chapters meet separately from Courage chapters, but with similar aims to devote their whole lives to Christ and the life of grace, and so to be a good example to their loved ones and to the world. The local chapter of EnCourage meets monthly and can be reached at encourage@couragenc.org, or 984-900-3212.



Providing Help-Creating Hope-Serving All

Durham Bulls Tickets for Catholic Charities

Pitch in for Charity and support Catholic Charities of the Diocese of Raleigh by coming out and cheering on your Durham Bulls at the Durham Bulls Athletic Park on **Tuesday**, **June 25th**, **at 6:35 p.m**. A portion of every ticket purchased through the Catholic Charities link will support our efforts to provide help, create hope, and serve all our neighbors in need.

For more information, please visit http://www.catholiccharitiesraleigh.org/

BullsPitch4Charity or contact Malcolm Nicol at (984) 900-3116 or at Malcolm.Nicol@ccharitiesdor.org.

Purchase tickets by scanning the QR code. Tickets are \$20.







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May is the Month of Our Lady

In addition to the myriad feast days honoring Our Lady under her many titles and virtues, the entire month of May is especially given to her praise. In the words of Pope Paul VI, May is "a month which the piety of the faithful has long dedicated to Mary, the Mother of God ... For this is the month during which Christians, in their churches and their homes, offer the Virgin Mother more fervent and loving acts of homage and veneration; and it is the month in which a greater abundance of God's merciful gifts comes down to us from our Mother's throne."

from The Catholic Company, in the Morning Offering

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Text: 919-607-6332 www.healthyme-nc.com

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for Ladies, Gentlemen, and Children

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Use of safe ingredients with patented technology to minimize residual organic contaminants and toxic substances

2. Omega 3 concentration technology selective crystallization technology (US 8,957,231 B1 / Korea 10-1506412)

(*Omega 3: Containing EPA and DHA)

Contact May for more info or to place your order.

Call / text: 919 607 6332

or email: healthyme1368@gmail.com

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* Rubber Stamps

* Decals

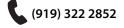
- * Booklets/Books
- * Postcards
- * Banners

- * Letter Head & Envelopes
- ψ**3**7 1Ω'
- * T-shirt

- * Embossers & Notary Seals
- * Yard Signs
- * Design

* Wedding Invitations

Contact us for more info:



(919) 271 1126



info@tmcprinting.com



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