

Sentinel 1-10-19

EMHC TRAINING



New Year's Resolution? How about one to become more involved with your Parish Community? Of the many opportunities to serve the people of St. Mary's, becoming an Extraordinary Minister of Holy Communion (EMHC) is the simplest, least time-consuming. After the initial EMHC and VIRTUS training, there are no further burdens on your time. You'll be usually assigned to serve at two Masses a month. AND, that accomplishes two things at once: your Sunday obligation and service to your Parish Community. If you have an irregular schedule, there's a solution for that, too. You serve when are available as a

permanent substitute. There is nearly always an open slot every weekend. The next training class will be held in the Office Conference Room after the 8:30 a.m. Mass on Saturday, 2 Feb 2019. Deacon Mike and I look forward to seeing you there. Please contact one of us if you would like to attend.

Judy Carroll jcdogladly@yahoo.com Deacon Mike headeagle@btes.tv

Announcement from the Parish Nurse

Blood pressure screening at St. Mary's is cancelled for January, February, March. However, Johnson City Senior Center at Memorial Park Community Center offers BP checks and screenings Mondays - Thursdays, 8am to 2pm. Address: Memorial Park Community Center, 510 Bert Street, Johnson City, TN 37601. Tel: 423.434.6237. If you have any questions, please contact the Interim Parish Nurse at maria.macariola@stmarysjc.org or 423.282.6367



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MLK

UNITED FOR CHANGE UNITY WALK
DAY OF SERVICE & CELEBRATION

JAN 21 AT GREATER LOVE CHURCH FROM 12:30PM TO 2PM

Come join us as we honor the life and legacy of Dr. Martin Luther King by building partnerships, strengthening communities, bridging barriers, and helping those in need!

130 Garden Drive, Johnson City, TN 37604