

**FOURTH SUNDAY IN ORDINARY TIME
JANUARY 28, 2018**



St. Thomas of Villanova is an Augustinian, Roman Catholic Community. As the Body of Christ, we share our time, talent and treasure to fulfill our Baptismal commitment. Following the example of St. Thomas of Villanova, our patron, we take as our challenge the mission of Jesus and strive to love and experience God through worship, social justice, education and evangelization.

Stewardship Thought for the Week

*"Brothers and sisters: I should like you to be free of anxieties."
1 Corinthians 7:32*

How much anxiety do we bring upon ourselves by constantly worrying about not having enough to attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this — use the word "pray" instead of the word "worry" in the future.

**Thank you for generosity for the weekend of
January 20 and 21, 2018:**

Number of Envelopes	338
Envelope Amount	\$13,522.00
Loose Cash	\$1,957.58
Electronic Offerings	\$4,382.38
Other	\$225.00
Total	\$20,086.96
10% Tithe	\$2,008.70
January 22, 2017	\$30,851.38

AUGUSTINIAN VOCATIONS

If you are interested in learning more about the Augustinian Order and what it means to be an Augustinian, please visit our website:
www.augustinianvocations.org



A Note from the Pastor:

AUTHORITY

Jesus amazed the people in the synagogue where he was teaching because of the way he handled a situation concerning a man possessed by an evil spirit. The Gospel says that his fame spread everywhere because he taught with authority. His words to the evil spirit were concise: "Quiet! Come out of him." So the authority they witnessed was more in line with how he went about this process. Scripture scholars tell us that in the religious culture of that time, if a person considered unclean like this man in the story were to wander into a synagogue, a holy place, he would be driven out. But Jesus doesn't do this. Instead, he ministers to the person and drives out the evil spirit possessing him. In doing so, he set himself apart from the religious authorities whose first priority would have been the law first, the person second. His authority came from his willingness to buck the established system in favor of a new way of doing things, out of compassion and respect for the human person. His willingness to stand up for what was the right thing to do caused others to take notice, and some of them followed him.

It seems that we are a nation in a stranglehold of lawmakers and politicians who, like the religious authorities of the time of Jesus, were focused first on the law. Every day we hear more and more stories of families being separated cruelly by immigration laws deporting good people because they didn't follow the letter of the law, some of them unknowingly affected when decisions were made by their parents who didn't follow the process of legalization. These lawmakers fancy themselves Christians, as do others who promote and encourage violence against anyone they judge to be different or dangerous. Jesus would not stand for this kind of behavior. There are many in our society nowadays who, like Jesus, have taken a stand against it. Each of us needs to ask ourselves what is the right thing to do. Yes, we need to have laws that protect our nation. But sometimes laws act as an arbitrary means of encouraging discrimination, a convenient means of bigotry disguised as patriotism. The top priority of the Gospel is always justice; Jesus did not tolerate the injustices of his time and neither should we. When the opportunity arises, we should act on behalf of those who, like the possessed man, need to be treated with respect and compassion, and participate in opportunities to do the right thing.

Mass for the Intentions Week

Mon., Jan. 29th 12:05PM-RMCH	Weekday Gregg Mervine - Connie Mervine
Tues., Jan. 30th 12:05PM-RMCH	Weekday Dennis Sweeney
Wed., Jan. 31st 12:05PM-RMCH	Saint John Bosco Anna Zane Mallon - Dr. Francine Mallon
Thurs., Feb. 1st 12:05PM-RMCH	Weekday John L. Roethlein
Fri., Feb. 2nd 12:05PM-RMCH	The Presentation of the Lord Thaddeus Bartkowski - Family
Sat., Feb. 3rd 9:00AM-RMCH 5:00PM-RMCH	Weekday; Saint Blaise; Saint Ansgar; Blessed Stephen Bellesini Peter Henkel - Kaper Family Conor Patrick Devlin
Sun., Feb. 4th 7:30AM-VNCH 9:00AM-RMCH 10:30AM-VNCH	Fifth Sunday in Ordinary Time Elizabeth George - Vithayathil Family For the Parishioners of St. Thomas Arthur Abner Ebenfield - Petrizzo Family

SCRIPTURE REFLECTION SESSION

The parish offers weekly Scripture Reflection Sessions on Tuesday mornings (10:00am) and evenings (7:00pm). These sessions are conducted by Fr. Michael and Ginny Neumer. The sessions are based on the Sunday scripture readings for the following week's Mass. The object of these sessions is to enhance and heighten the worship experience of those participating in the sessions by reflecting on and discussing the weekly readings prior to the Eucharistic celebration.

All are welcome! You are even encouraged to bring a friend or two.

Schedule of Event for the week of: January 28, 2018 Recitation of the Rosary after the daily Liturgy.



<u>Monday, January 29, 2018</u>	
Centering Prayer-RMCH	7:30AM
Golden Living Ministry	10:15AM
Art Class PC1	11:00AM
<u>Tuesday, January 30, 2018</u>	
Bible Sharing - PC2	10:00AM
SFC Mentors	1:00PM
Bible Sharing - PC2	7:00PM
Finance Council Mtg - PC1	7:00PM
<u>Wednesday, January 31, 2018</u>	
Women's 11th Step Spirituality Meeting	6:00AM
Food Addicts in Recovery - Café	9:30AM
Exercise - Aud	10:00AM
Honickman Ministry	10:15AM
Religious Education Classes	4:45PM
<u>Thursday, February 1, 2018</u>	
Walking With Purpose - Aud	9:00AM
Preschool Trike-a-Thon	
Walking With Purpose - Aud	7:00PM
<u>Friday, February 2, 2018 — FIRST FRIDAY</u>	
Mass is followed by Reconciliation, Exposition of the Blessed Sacrament and Benediction	
<u>Saturday, February 3, 2018</u>	
<u>Sunday, February 4, 2018</u>	
Religious Education Classes	10:10AM
RCIA	10:15AM
Rosemont Village Eucharistic Prayer Service	10:30AM
Souper Bowl of Caring	11:00AM
Baptism-VNCH	12:00PM

St. Cyprian Catholic Church
525 Cobbs Creek Parkway
Philadelphia, PA 19143

January 8, 2018

Dear Parishioners:

I hope you had a joyful Christmas! As the New Year unfolds I wish you a peaceful and blessed New Year!

Thank you so much for supporting the families who needed assistance at Christmas. Your faith community is extremely kind to St. Cyprian. Through your generosity, many families who find it difficult to keep ahead of bills find solace in your thoughtful remembrance.

Please know that you are in our parish prayers and especially in the prayers of those you help!

Your generosity keeps hope alive in this sector of the city!

Gratefully,
Sister Mary Catherine Chamberlain



We wish a warm welcome to the newest members of our parish:

Jonathan Green of Conshohocken
Christopher & Megan Klobedanz of Bryn Mawr
Robert & Mallory Stanko & Family of Philadelphia

Congratulations to the newly Baptized members of our Parish:

Olivia Rose, daughter of Christopher & Brooke Bell

Remember those in need of our prayers, especially:

Frank, Jr. and Richard Beston, Katherine Breck, Jennifer Greenberg, Patricia Ann Harley, Bridget Kelly, Angele Kuchukian, Pamela LaMonaca, Patrick McCabe, Bert Rodgers, Marie Scenna, Annie Sears, and Robert J. Wahl.

Please pray for our soldiers assigned in Afghanistan and in other parts of the world. Please also pray for the soldiers who are returning from their assignments, especially the wounded.

**You are invited to
become a Volunteer Tutor
of English (ESL)**

Information Session

Date: Thursday, February 8th
Time: 7:00pm to 8:00pm
Place: St. Thomas Parish Center—1st Floor

Speakers: Donna Dello Buono, Program Outreach Coordinator
Susan DiGiorgio, Program Coordinator
(www.volunteerenglish.org)

What is required of a tutor?

Three evenings of training training (6:00pm to 9:00pm) and a bi-weekly tutoring session with a student. Come and attend this information session to see if this ministry is for you.

Please RSVP for this Information Session by calling Cathy Van Kula at the Parish Center 610-525-4801 or email service@stvparish.org

CHRISTIAN SERVICE

PRAYERLINE

The parish prayer line is waiting for your prayer request. Please contact stvprayerline@gmail.com or Millie Seeds at 610-353-2025 to activate the parish prayerline. We have parish teams available for your special intentions.

PROJECT HOPE

This is a transportation ministry for our Parish. If you need a ride to your medical appointments or to food shop this week, please call Pat Herbison at 610-527-3556. Please give at least 3 days notice.

DINNERS TO THE DOORSTEP

This ministry is for parish families who are in crisis or for parish couples welcoming a new baby. Homemade dinners are delivered. Two parish coordinators keep a list of volunteers who are called as needed. If you are in need of this delicious community support, please call Maria Gunn at 610-291-7205.

ST. FRANCIS INN

Volunteers are needed to serve the midday meal at the St. Francis Inn in Kensington on Sunday, February 18th. The Inn tries to meet the immediate daily needs of the poor and homeless people they serve with food, clothing and hospitality. This ministry is open to anyone 16 years or older. For more information and to sign up, contact our parish coordinator, Sheila Holst at 610-659-5828 or hagan1126@verizon.net.

HELP AT HOME MINISTRY

Do you have a small household repair that you need done? A bigger job that needs assessment? General repairs such as: Plumbing (faucet / toilet repairs); Electric (fix a light); Mechanical (AC and heat, appliance); Structural and cosmetic (threshold, window repair, patching) Are you unable to physically perform the job? Not sure where to begin? Cannot afford to get it fixed? Contact: Parish Coordinator, Jim and Ann Colizzo Jim at 908-797-6228 jcolizzo@gmail.com; Ann at 484-883-4019 annortenzi@comcast.net or Anne Murphy, Parish Staff at 610-525-4801, pastoral@stvparish.org.

MOTHER AND NEW FAMILY SUPPORT MINISTRY

Parishioner and Nurse Practitioner Volunteer offers support to new moms around navigating the complexities of being a new mom. Contact Suzanne Foley at 610-952-0147 or suzannefoley@yahoo.com or Anne Murphy at pastoral@stvparish.org.



St. Thomas of Villanova Preschool Celebrates



Activities for Catholic Education Week January 29th - February 2nd, 2018

Monday
January 29, 2018

Open House - 8:30am – 9:30am

Tuesday
January 30, 2018

Open House - 8:30am – 9:30am
Share Your Profession Day-9:30 – 10:45am - auditorium

Wednesday
January 31, 2018

Open House - 8:30am – 9:30am
Poly the Magician – 10:15am
Prayer Service – 11:00am - Chapel

Thursday
February 1, 2018

Open House - 8:30am – 9:30am
STV Preschool Trike-a-Thon - 9:45am
Wear **Green** Today for the E-A-G-L-E-S

Friday
February 2, 2018

Open House - 8:30am – 9:30am

***All the activities this week will be held in the Preschool, unless listed differently on the above schedule.**

Please come and see what the children are doing at St. Thomas of Villanova Preschool.

Fun Facts about STV Preschool

- * Fr. Joe Genito, O.S.A. is the Pastor
- * Fr. Michael Hughes, O.S.A. is the Parochial Vicar.
 - * Miss Mary Kurek is the Director
- * STV was the second Parish to open a Catholic Preschool on the Main Line.
 - * STV Preschool opened September 1981.
 - * The first class enrolled 11 students.
- * The preschool moved from the Parish Center to the present facility during the blizzard of 1996.
- * Over 2000 children were taught at STV Preschool.
 - * Fr. William Krupa, O.S.A. was the first Pastor.
 - * 2 teachers have taught at the Preschool for more than 25 years
- * Since 1999, the preschool has collected \$31,128.00 for St. Jude Children's Hospital for the annual Trike-a-thon which has helped over 71 children in Pennsylvania.

Preschool News

Preschool registrations are now being taken for the 2018-2019 School Year.

Classes are available for 2, 3, 4 and 5 year olds. Children must be 2, 3 or 4 by October 1, 2018 for their perspective classes. Full and half day options are available.

If interested, please call the Preschool Office at 610-525-7554 and be sure to visit the website at www.stvpreschool.org.



ST. THOMAS OF VILLANOVA
PARISHIONERS HELP US
REPLENISH THE
FOOD PANTRY AT
ST. CYPRIAN'S

tacklehunger.org

Bring your donations to tackle hunger
in our Community.

Please drop off your donations
in the back of both the Church and Chapel
the weekends of January 27-28,
February 3-4 or drop off at the Parish
Center beginning the week of January 28th.

Items most needed are: powdered milk, canned
fruit, 100% fruit juice, peanut butter, jelly, tuna, canned
sardines, cold cereal, oatmeal, pasta, pasta sauce,
rice, stew, chili, and soup.

Youth parishioners will deliver items to
St. Cyprian's parish on February 4, 2018.

For more information, call 610-525-4801 or
email: fl-youth@stvparish.org.

You are invited to participate in

Protecting Your Brain 11 Steps You Can Take Now to Protect Your Brain and Reduce your Risk of Alzheimer's

Sessions on
February 5th, 12th, 26th,
March 5th, 12th, 19th
(12:45pm - 2:45pm)
In the Parish Center - PC1
St. Thomas of Villanova Parish



Please RSVP to Mary Kate McCauley,
Parish Nurse, 610-525-4801, ext. 209

SAINT THOMAS OF VILLANOVA BLOOD DRIVE



*The need is constant.
The gratification is instant.
Please give Blood!!*

**Tuesday, February 20, 2018 —
2:00pm to 7:00pm
in the St. Thomas of Villanova
Rosemont Auditorium**

To make an appointment, please
visit www.redcrossblood.org and
enter sponsor keyword: St. Thomas
Rosemont

WALK INS ARE WELCOME!
For questions about eligibility:
call 1 800-RED-CROSS

NEW! "COMMITTEE AGAINST RACISM"

*"There is neither Jew nor Greek, there is neither
slave nor free person, there is not male and female,
for you are all one in Christ Jesus." (Gal. 3:28)*

- The United States Conference of Catholic Bishops (USCCB) has created a "Committee Against Racism" and is preparing a document on this subject which will be available approximately in November. How might we prepare ourselves to reflect on this document?
- The Peace and Justice Committee has begun a new sub-committee, the "Committee Against Racism".

You are invited to meet together with Catholics from St. Thomas of Villanova and other parishes to plan initiatives such as:

- * Education
- * Dialogue
- * Interfaith Service
- * Prayer
- * Worship

Monday, February 12 - 7:30PM till 9:00PM
St. Thomas of Villanova Parish Center
Questions: anne.minicozzi@villanova.edu

**"Share the Journey" – An Evening Discussion of Immigration and Refugee Protection
through the Lens of Catholic Social Teaching
Tuesday, February 6, 2018 – 7:00pm – Rosemont Auditorium**

Professor Michele Pistone, Director of the Clinic for Asylum, Refugee and Emigrant Services (CARES) at Villanova University Charles Widger School of Law, co-author of the book, *Stepping Out of the Brain Drain: Applying Catholic Social Thought in a New Era of Migration* and Associate Editor of the *Journal on Migration and Human Security* will join us for a discussion of immigration and refugee protection through the lens of Catholic Social Teaching.

Villanova Law's CARES legal clinic provides pro bono representation to refugees fleeing persecution. Michele will be accompanied by some refugee clients and law students who have provided legal representation to refugees.

In September 2017 Pope Francis launched a global campaign to support immigrants and refugees around the world called "Share the Journey." Our brothers and sisters often make perilous journeys, leaving their homelands because they are forced to flee their homes to escape conflict, poverty, persecution and violence. There are more refugees and internally displaced people now — over 65 million — than at any other time in recorded history. Our faith calls us to "love our neighbor," to see Christ in those who are in greatest need, and to welcome newcomers seeking the security, peace and opportunity they cannot find in their home countries.

We invite you to join Pope Francis and the Catholic Church around the world by "sharing the journey" of our fellow children of God. Join us on February 6th at 7:00pm and learn more about the "Share the Journey" global migration campaign at www.sharethejourney.org.

**YOU ARE INVITED TO A
BROWN BAG LUNCH**

***Wednesday - February 28TH
at 12:45pm in the
Rosemont Auditorium***



Topic: "A Presentation on Purging and Organizing Your Home."

Presenter: Elizabeth Stahl

The task of purging, organizing and down-sizing your stuff can be overwhelming.

Listen to Elizabeth Stahl of Simple Paths (www.mysimplepaths.com) who will give us a practical and sensible approach to tackle this major project in the next 6 months so by the time summer arrives, you will be totally organized.

Bring your Lunch!
Dessert and drinks available!

**ADVOCATES CORNER
CATHOLIC SOCIAL TEACHING**

Rights and Responsibilities/Solidarity

The U.S. Conference of Catholic Bishops (USCCB) published "Seven Themes of Catholic Social Teaching" on their website (usccb.org). This article considers two Themes, "Rights and Responsibilities" plus "Solidarity". USCCB writes: "The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities — to one another, to our families and to the larger society."

About Solidarity, USCCB writes: "We are one human family whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers' and sisters' keepers, wherever they may be. Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Pope Paul VI taught that "if you want peace, work for justice." The Gospel calls us to be peacemakers. Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict."

To learn how these Themes apply in advocating for the poor and hungry during this current critical budget process time, contact Ann Rafferty raffertyannh@gmail.com.

IHM CONFERENCE / RETREAT CENTER

Event: Evening of Reflection for Those Recovering from Addiction and Those Who Support Them.

Description:

This evening is designed for those recovering from addictions and for those who support them. It will include reflections/presentations and quiet time in the beautiful setting of Wooten.

When: Friday February 2, 2018 - 6:00-9:00pm

Where: IHM Conference Center
401 S. Bryn Mawr Avenue
Bryn Mawr, PA 19010
(Mansion on St. Aloysius Academy Grounds)

Presenter: Father Mark Hushen, OSFS

Fr. Mark has been president of Ashley (a drug treatment center in Maryland) since 2007. He is a Catholic priest and a recovering alcoholic and addict. Fr. Mark brings a wealth of experience in the areas of 12-step Spirituality and alcohol and drug addiction treatment.

Stipend: Donation

PLEASE REGISTER ONE WEEK IN ADVANCE.

Phone - 610-581-0120
Email: mdgipprich@gmail.com

WOMEN'S 11TH STEP MEDITATION –
each **Wednesday from 6:00am to 6:45am**
in the Parish Center

Step 11 – Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out. Join us, even if you are not part of “program”, for a great way to start our day as “we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.” Page 86 of AA Big Book

Centering Prayer Silent Meditation

Would you like the gift of prayer?

Centering Prayer presents ancient Christian wisdom teachings in an updated form. It is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. Centering Prayer is a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with him. Join us Mondays at 7:30am in the Rosemont Chapel.



A Cradles to Crayons Parish Team is needed to roll up their sleeves and work at the Giving Factory at 30 Clipper Road, Conshohocken, PA on Tuesday, February 13th — 6:00-8:00pm

We will sort clothing, clean and repair toys, and prepare gift bags for needy children all over the Delaware Valley. Middle school students and older are welcome.

RSVP to: Cheryl Gibson at 8gibson@comcast.net or Cathy Van Kula at service@stvparish.org.

MEN'S GOSPEL REFLECTION GROUP

Do you desire a richer connection to the Word of God? Are you looking for a way to share your faith with other men of faith? Would you like to re-enforce your faith while navigating your daily life?

If any of these questions caused you to pause and think, then you might enjoy our weekly men's Gospel Reflection Group. We gather weekly in the Parish Center to discuss the coming Sunday's Gospel. Join us on Thursday mornings from 6:30am to 7:30am in the Parish Center next to the Rosemont Chapel.

TABLETS AND/OR IPADS NEEDED!!

Tablets or iPads Needed: If you have an iPad or tablet that you are no longer using, please consider donating it to the **Honickman Learning Center** in North Philadelphia. The staff at the Honickman Center will ensure that all donated items are “cleaned” so that any old data is removed from them and that they are secure. Please bring your donations to the Parish Center and our Honickman volunteers will deliver them. Thank you.

Local School News

SACRED HEART ACADEMY

Please join us Saturday February 3rd, 2018 (Snow date Saturday February 10, 2018) at Sacred Heart Academy Bryn Mawr for our Open House and Scholarship Exam. Please visit www.shabrynmawr.org for details and registration information.



St. Thomas of Villanova proudly begins our HUGS FOR HEROES

January 6th through February 11th

This year we are again sending donated items to our local soldiers deployed in Afghanistan, as well as to those who have returned from war and are readjusting to the civilian world through the Philadelphia Veterans Educational Multi-Service Center.

ITEMS NEEDED FOR OUR SOLDIERS DEPLOYED:

Cards and Letters of Encouragement

Individual toiletries: toothpaste, toothbrushes, deodorant, shampoo, conditioner, baby powder, foot powder, body wash, eye drops, razors, Chapstick, sunscreen, shaving cream, Kleenex, packaged snacks and candy, playing cards and puzzles.

ITEMS NEEDED FOR OUR VETS:

Cards and Letters of Appreciation

Toiletries: Larger size of above suggestions, NEW: Undershirts, socks, pajamas, shirts, large print crossword puzzles, shower curtain liners, any new or used kitchen items, gift cards for haircuts, and used service jackets.

**Drop your donations off at the Parish Center during the week or
at the Rosemont Chapel on weekends (around Liturgies).**

**All Contributions will be sent to our soldiers and Vets before
Valentine's Day.**

For questions, contact Bonnie Cotter: 610-715-9591 or bonnie.cotter@verizon.net

Parishioners: If you have a family member serving outside of the United States, please let us know so we can include them when shipping special Hugs for Heroes gifts.

RETROUVAILLE ... a lifeline for Marriages Rediscover the Love in Your Marriage!

Is your marriage going down the right road ... or is it a little off track? Life can be difficult, and so can the challenges you face in marriage.

Does the distance between you seem wide? Are you already separated? Looking for a better way? **Retrouvaille** can help and offers hope for a better relationship. **Retrouvaille** is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy and heal. It is Christian-based, and Catholic in origin, but welcomes couples of all faiths as well as non-religious couples. It can help get your relationship back on track. The next 2 programs coming up in the Family Life Center in Malvern, PA are on February 16-18 and April 13-15. For more information, or to register for one of our weekends, visit www.HelpOurMarriage.org or call 1-800-470-2230. All inquiries are kept strictly confidential.

Readings for the Week:

Monday: 2 Sm 15:13-14, 30, 16:5-13;
Mk 5:1-20
Tuesday: 2 Sm 18:9-10, 14b, 24-25a,
30:19-3; Mk 5:21-43
Wednesday: 2 Sm 24:2, 9-17; Mk 6:1-6
Thursday: 1 Kgs 2:1-4, 10-12; Mk 6:7-13
Friday: Mal 3:1-4, Heb 2:14-18;
Lk 2:22-40 or 2:22-32
Saturday: 1 Kgs 3:4-13; Mk 6:30-34
Sunday: Jb 7:1-4, 6-7;
1 Cor 9:16-19, 22-23;
Mk 1:29-39

**WOULD YOU LIKE TO BE AN
AUGUSTINIAN VOLUNTEER?**

DISCOVER.... community. service. spirituality.

Are you a recent or soon-to-be college graduate looking for an experience that will change your life? So you want to spend a year living with your peers, serving those in need, growing in your faith and learning more about yourself? This might be just what you are looking for!

How do Augustinian Volunteers serve?

Volunteers serve in parochial schools as teachers, coaches, tutors, mentors and teacher aids, in high schools and colleges as campus ministers, and in social services as case managers, legal aids, advocates, nurses and a variety of other roles.

Applications are currently being accepted for the 2018-2019 volunteer year for our sites in Chicago, IL, Lawrence, MA, Philadelphia, PA, San Diego, CA, Ventura, CA and Chulucanas, Peru.

Length of service: Domestic volunteers serve on-site from August 2018 through June 2019. International volunteers serve on-site from January 2019 through Mid-December 2019.

Are you ready for more?

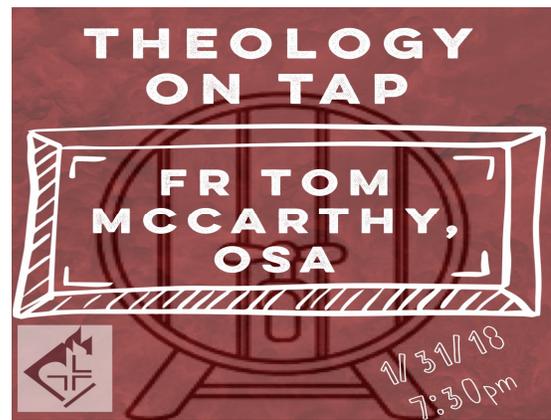
Visit our website www.osavol.org or get in touch: osavol@gmail.com — 610-527-3330, ext. 291, 214 Ashwood Road, Villanova PA 19085.

EXERCISE PROGRAM AT ST. THOMAS

Ageless Exercise, Inc. presents a unique exercise program for the young at heart consisting of range of motion, strength training, weight bearing exercises, balance challenges; all done to upbeat fun music. Therapy bands, hand free weights, and balls are used for strengthening and stretching muscles and attaining range of motion movement. Weight bearing exercises to strengthen bones and the skeletal structure as well as aerobic endurance are included in the weekly class.

The class is led by a Certified American Counsel on Exercise (ACE) Instructor. Come join us and learn about your body, have fun, and strengthen muscles and bones.

Where: The St. Thomas of Villanova Auditorium
When: Every Wednesday from 10:00am to 11:00am
Cost: \$10 a month – checks made payable to **Ageless Exercise, Inc.**



**JOIN US FOR
THEOLOGY ON TAP**

**Fr. Tom McCarthy, O.S.A.
Wednesday, January 31st at 7:30PM**

**The Restless Journey of Life
Am I embracing it or running away?**

**Kelly's Taproom, upper floor,
1107 E Lancaster Ave — Bryn Mawr**

RSVP: stvyoungadults@gmail.com

 **[@stvyoungadults1](https://twitter.com/stvyoungadults1)**

Career Opportunity

The Knights of Columbus is seeking a candidate for a career opportunity representing their insurance program. We offer a complete benefits package with this full-time position. In order to qualify, one must be eligible for membership in the Knights of Columbus. For more information, please contact, Joseph Grayeske, General Agent, at 215-362-2469 or Joseph.Grayeske@ofc.org.

**FLAME OF LOVE EVENT
Friday, February 2, 2018
At St. Charles Seminary
Begins at 6:00pm**

**Adoration, Holy Rosary, Holy Mass
"Bring a Friend"**

**Celebrant and homilist
Father James Blount, SOLT
www.flameoflove.us**