

St. Jerome Catholic Church

As parishioners of St. Jerome and as Catholic disciples of Jesus Christ, we respond to our Lord's invitation to walk with Him in the Sacraments and prayer, to deepen our faith through lifelong formation, to serve those in need, and to invite others to the fullness of the Catholic faith through His Holy Word and the teaching of His Church.

PASTORAL TEAM

Rev. Tom Morgan
Pastor

Rev. Robert Cadrecha
Parochial Vicar

Deacon Fred Kunder
Permanent Deacon

Sr. Lucia Brady, OSC
Pastoral Care / Outreach
Life Long Formation

RETIRED

Msgr. Brendan Muldoon
Pastor Emeritus

Msgr. Dacian Dee
Assisting Priest

FORMATION TEAM

Lisa Brett-Reeves
Coordinator of Catechesis
of the Good Shepherd

Tina Bowen
Youth and Family Coordinator

ADMINISTRATIVE TEAM

Cindi Munroe
Karen Kurt

MUSIC TEAM

Tom Kurt, Music Director
Erica DiCeglie, Asst. Music Director

BETHLEHEM CENTRE

Joanne Biamonte, Coordinator
727-596-9394

EARLY CHILDHOOD CENTER

Denise Roach, Administrator
727-596-9491

FACILITIES

Chris Grevenites, Manager
facilities@stjeromeonline.org

Parish Office Hours:

Monday - Friday,
9:30 am-4:30 pm

Address:

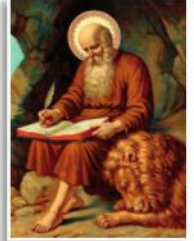
10895 Hamlin Blvd,
Largo, FL 33774
Tel: (727) 595-4610
Web: www.stjeromeonline.org
receptionist@stjeromeonline.org

Saturday Vigil Mass: 4pm & 5:30pm
Sunday Mass: 7:30am, 9am, 10:45am, 12:30pm & 5pm



The 12:30pm Mass on the 1st Sunday of each month will be the Country Mass with our Country/Bluegrass Ensemble.

Daily Mass: Monday – Friday at 7am & 9am, and Saturday at 9am

Holy Family Chapel open 24 hours every day;
Confessions, Saturday: 3pm - 3:45pm; **Anointing of the Sick**, last weekend of the month Saturday 9:30am & Sunday 1:30pm;
Holy Hour and Benediction, 1st & 3rd Friday 9:30am – 10:30am



March 10, 2019

Almsgiving  Praying  Fasting

LENT

Week One  Luke 4: 1-13

Dear St. Jerome Parish Community,

After twenty-six years, as the administrator of St. Jerome Early Childhood Center, and a total of forty years in Catholic Education, I will be retiring at the end of this school year.

I have been abundantly blessed to serve the children, families, staff, and parish of St. Jerome's. I could never express in this short message, all the experiences that have made my time here so special. I have had the support of two amazing pastors and have had the opportunity to grow in faith with our families and teaching staff. I have witnessed: our children being baptized; successes of our ECC alumni; second generation preschoolers enrolled in our program; families dealing with challenging situations and loss; and the dedication of abundant faith-filled educators. I could not have wished for, or imagined, every opportunity and blessing God had planned for me through the years.



I am also very excited to share with you a bit about your new Early Childhood Director, Phyllis Steele. I know our community will welcome her back to St. Jerome ECC and parish with great support and love. I can see God's hand in every step along this journey and I am so grateful for Phyllis' willingness to serve as your new Early Childhood administrator. You will be in exceptionally good hands.

Sincerely in Christ,
Denise Roach, Administrator
St. Jerome Early Childhood Center



St Jerome Early Childhood Center

Phyllis' message to our community:

My name is Phyllis Steele and I am honored to join the St. Jerome community as the new director of your Early Childhood Center. My husband and I were very pleased to send our four children to this wonderful school. I also had the pleasure of teaching here as a VPK instructor for two years. I have a master's degree in Education and have spent my entire career dedicated to teaching. Most recently, I have taught for eight years at Morning Star Catholic School in Pinellas Park. My experiences in Early Childhood and Special Education have been a true blessing in my life. I intend to use my energy, professional knowledge and Catholic faith to uphold the standards of excellence which have been established by your current director, Denise Roach.



Regulations on Fasting and Abstinence

The dual disciplines of fasting and abstinence have a long history in the Catholic Church. Going back to the early Church, the purpose behind the custom of self denial is not punishment; it is

to simplify our lifestyles so that we create a certain emptiness. In this way, freed from all distractions, we are able to hear and respond to God's continued call to conversion and holiness.

- **Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 to 59 years (inclusive). On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.
- **Abstinence** from meat is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, all the Fridays of Lent, and Good Friday are days of abstinence. "Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance." (Canon 1252)

The Catholic Church requires her members to fast on Good Friday (see exceptions on next page), and encourages her members to continue this Paschal Fast until the Easter Vigil, but she does not require this prolongation by law. Catholics are also required to keep the Eucharistic Fast every time they receive Holy Communion, including during the Paschal Triduum. "Let the Paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, as a way of coming to the joys of the Sunday of the Resurrection with uplifted and welcoming hearts." (Ceremonial of Bishops, n. 295; see *Sacrosanctum Concilium*, n. 110)

Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self denial that are suitable to their condition.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

Mass Intentions

Saturday, March 9

Vigil for the First Sunday of Lent

4:00 pm **All the People of the Parish** Fr. Cadrecha
 5:30 pm † **Nicholas Circelli** Fr. Tom

Sunday, March 10

The First Sunday of Lent

7:30 am † **Paul Palmer Ballard** Fr. Tom
 9:00 am † **Barbara Roadarmel** Fr. Waters
 10:45 am † **Don Gray** Fr. Cadrecha
 12:30 pm † **Walter Winston** Fr. Cadrecha
 5:00 pm † **Jack Meloche** Msgr. Muldoon

Monday, March 11

7:00 am † **Michael Rea** Fr. Cadrecha
 9:00 am † **Walter Winston** Fr. Tom

Tuesday, March 12

7:00 am **Special Intention Sr. Kathleen Keller, SNJM** Fr. Cadrecha
 9:00 am † **Tania Creek** Fr. Cadrecha

Wednesday, March 13

7:00 am † **Dylan Gambler** Fr. Cadrecha
 9:00 am † **Mary Ellen Downey** Fr. Tom

Thursday, March 14

7:00 am † **John McAnaw** Fr. Tom
 9:00 am † **Barbara Misiewicz** Fr. Cadrecha

Friday, March 15

7:00 am † **Mary Zadrozny** Msgr. Muldoon
 9:00 am † **John DeVarti** Fr. Tom

Saturday, March 16

8:45 am **Novena** Msgr. Muldoon
 9:00 am † **Jack Watts** Msgr. Muldoon

Saturday, March 16

Vigil for the Second Sunday of Lent

4:00 pm † **Weber & Herold Families** Msgr. Muldoon
 5:30 pm † **Mary Geary** Fr. Cadrecha

Sunday, March 17

The Second Sunday of Lent

7:30 am † **Liberta Guarini** Fr. Cadrecha
 9:00 am **Intentions of Carl Abbott** Fr. Tom
 10:45 am † **Joseph O'Daly** Fr. Waters
 12:30 pm † **Teresa Biittner** Fr. Tom
 5:00 pm † **Joseph O'Daly** Fr. Cadrecha

**Priest Schedule subject to change. **If there is a Mass intention error, please contact Pat Cummings in the Parish Office.*



Scripture Readings

Prepare & Pray the Word of God



Today's Readings: March 10, 2019
First Sunday of Lent
Dt 26:4-10; Ps 91; Rom 10:8-13;
Lk 4:1-3

Monday, March 11
 Lv 19:1-2, 11-18; Ps 19; Mt 25:31-46

Tuesday, March 12
 Is 55:10-11; Ps 34; Mt 6:7-15

Wednesday, March 13
 Jon 3:1-10; Ps 51; Lk 11:29-32

Thursday, March 14
 Est C:12, 14-16, 23-25; Ps 138; Mt 7:7-12

Friday, March 15
 1 Pt 5:1-4; Ps 23; Mt 16:13-19

Saturday, March 16
 Dt 26:16-19; Ps 119; Mt 5:43-48

Next Sunday's Readings:
March 17, 2019

Second Sunday of Lent
Gn 15:5-12,17-18; Ps 27; Phil 3:17-4:1;
Lk 9:28b-36

First Reading — The Lord made a covenant with Abram (Genesis 15:5-12, 17-18)

Psalm — The Lord is my light and my salvation (Psalm 27).

Second Reading — Our citizenship is in heaven (Philippians 3:17 — 4:1 [3:20 — 4:1]).

Gospel — Atop a mountain, Jesus was transfigured before Peter, James, and John (Luke 9:28b-36).

Question & Mission of the Week:

Question: What are the issues you are struggling with as you approach the Lenten desert? How will your Lenten practices help you to meet these challenges?

Mission: Make the Gospel personal to you. Tell what the life and message of Jesus has done for you. Tack it up where you can review it often during Lent.



WELCOME TO OUR ANNUAL
ST. PATRICK'S / ST. JOSEPH'S DAY DINNER
SUNDAY MARCH 17TH 2019 AT 2:00 P.M.
DOORS OPEN AT 1:30 P.M.

PLEASE JOIN US FOR AN AFTERNOON OF
FUN, FRIENDSHIP & SING-A-LONG
TRADITIONAL IRISH DINNER
ALONG WITH GREAT ENTERTAINMENT
TICKETS GO ON SALE FEB. 23RD
AND WILL BE SOLD AFTER ALL MASSES

AS WELL AS IN THE PARISH OFFICE UNTIL MARCH 10TH
NO TICKETS SOLD AT THE DOOR
THE MENU WILL CONSIST OF

CORNED BEEF & CABBAGE, CARROTS & POTATOES
AND ASSORTED ITALIAN DESSERTS
CHILD'S MENU IS CORN DOGS AND CHIPS


BEER FOR THE SUGGESTED DONATION OF \$3.00 PER SERVING
IRISH COFFEE FOR THE SUGGESTED DONATION OF \$3.00 PER CUP

DONATION FOR DINNER TICKET IS \$15.00 EACH
AND \$5.00 FOR CHILDREN UNDER 12



Gift Shop: The gift shop has many gifts to increase your prayer life. Come check out our prayer books and devotionals and many other religious articles and books. We now also carry a line of Pets 4 Christ merchandise. The gift shop is open every Sunday from 8:30am – 12:30pm.

The Little Black Book for Lent is now available in the Gathering Space and Gift Shop. Pray Lent in 6 minutes a day! We also have books by Sister Ann Shields in stock.



Coffee and Donuts:

Please join us every Sunday from 8:30 am to 12:30 pm. Volunteers needed to serve! Please contact John Francks at jjf1151958@yahoo.com.



If you are a caregiver and would like a little time for yourself please consider availing of our trained respite volunteers who would provide respite for a few hours each week on a regular basis giving you a little time for yourself. These volunteers have undergone background checks and maintain confidentiality regarding the family. They become a friend to the caregiver. If interested please contact the parish office at 727-595-4610.



The Bethlehem Centre invites all of our senior parishioners and friends to join in the activities listed below in the Education Building. For info on classes or to register, contact Joanne Biamonte at 727-596-9394.



Bingo is a fun, social and good time every Thursday in the Parish Center. Doors open at 10am.

Early bird begins at 12pm followed by the regular games, ending around 3pm.

In keeping with the generosity of our church, if you bring in a can or a box of food for the poor, we will give you a free bingo card for a special game. One card per can every week!

Bethlehem Centre

Art (Acrylic)	Fr	10:00 am - 2:00 pm	Rm 5/6
Art (Watercolor)	Tu	10am – 2pm	Rm 5/6
Bridge	Tu, Fr	11:45 am - 3:00 pm	Hall
Exercise	Tu, Fr	9:00 am - 10:00 am	Hall
Pinochle	Tu, Fr	12:00 pm - 3:30 pm	Lounge
Spanish	Tu	10:00 am - 11:00 am	Rm 8
Tai Chi	Tu & Fr	10:30 am - 11:30 am	Hall
Yoga	We/Fr	10:30 am - 11:30 am	Lounge
Zumba	We	9:00 am - 10:00 am	Hall

Bethlehem Centre Senior Lunch Program

Please join us in the Parish Center on Tuesdays from 11:30am – 12pm (salad and beverage are available at 11:15am) Come early to meet old friends and make new ones. Donation \$6.00.

3/12 Swedish Meatballs/Gravy, Au Gratin Potatoes, Red Cabbage & Apples, Salad, Roll/Butter, Beverage, Pie Al a Mode
 3/19 Shepherd's Pie, Cauliflower Alfredo, Salad, Mini Corn Muffins, Beverage, Ice Cream/Crème de Mint



Our next Martha and Mary Guild Mass is Sunday, April 7th at 10:45am. Please meet in the Gathering Space by 10:30am. All women of the Parish are welcome to join us.

Wednesday, April 3rd is our next Martha and Mary Guild meeting in the Parish Center at 11am. Our April Speaker will be Tess Crowder, an Inspirational Speaker. All women of the Parish are invited to attend.

The Martha and Mary Guild is a Social Ministry which donates money to St. Jerome through our fundraisers.



Mommy & Me Playgroup: Join us in our Mommy & Me Playroom in the Education Bldg. on Friday mornings from 9:00-11:00 on the dates noted below. Caregivers and their children, ages four and under, are invited to enjoy the classroom environment with activities and the opportunity to engage with other young children. No registration required. Open to all. \$5 per morning. Contact the ECC at 596-9491, email Preschool@stjeromeecc.org or visit our website at stjeromeearlychildhoodcenter.org for more info. Mar. 15, 22, 29; Apr. 5, 12.

SHARE: THANK YOU FOR YOUR SACRIFICE!

Offertory Collection - February 25, 2019

Offertory Envelopes	\$	12,893.00
Loose Cash	\$	6,680.00
Loose Checks	\$	3,274.00
e-giving.....	\$	2,372.00
Total Offertory	\$	25,219.00



Thank you for your faithful stewardship to our parish!

Annual Pastoral Appeal Update as of March 1, 2019

2019 Goal	\$267,573.00
Paid.....	\$ 37,707.00
Remaining balance:.....	\$229,866.00
# Participating Families:	160



We appreciate all who made pledges to the 2019 Annual Pastoral Appeal. Thank you!

USHERS AND GREETERS NEEDED – ST JEROME HOSPITALITY

Help make our Visitors and Parishioners feel welcome!

Thanks to all who have been involved in Hospitality/Welcome Ministries at St Jerome. We are at this time endeavoring to expand our Greeter and Usher Ministry and would very much welcome individuals, couples or families who would like to be involved in this very important ministry. This is a wonderful way to meet new people, get involved in our parish family and do YOUR part to make St Jerome parish a welcoming place to worship.

If you would like to learn more about this ministry please sign up at the Welcome Desk or Call the parish office at 727-595-4610. Please consider being part of this very important ministry. God bless you and thank you for your support of St Jerome Parish!



Tax Free Charitable Distribution from your IRA Account at age 70 ½! Congress has permanently enacted qualified charitable distributions from your traditional IRA accounts. These distributions can be used to satisfy all or a portion of your Required Minimum Distribution. These distributions are free of federal and state income tax. Additionally, these gifts help you avoid the Medicare high income surcharge and can help to reduce taxes on your social security benefits. Distributions must be made directly from your IRA account to St. Jerome.

St. Jerome Legacy Society

Consider naming St. Jerome as the beneficiary of one of your life insurance policies or adding as a contingent beneficiary to an existing policy. Beneficiaries can also make Stock or Bond Gifts. For complete details, contact Roger Swaine at 727-444-2485. Consider naming St. Jerome the beneficiary, or contingent beneficiary of one of your IRA accounts. For owners of a single IRA account, consider adding St. Jerome as a percentage beneficiary.

A **Charitable Gift Annuity** enables interested individuals to support the ministry of St. Jerome Parish through an irrevocable gift. By doing so you receive fixed payments at a rate higher than standard bank products and obtain substantial tax savings. To learn more, call Meegan Wright at the Diocesan Stewardship Office 727-341-6825.

Proper Method for Naming the Church in Your Will. Please ask your attorney to use the following terminology:

"I give devise, and bequeath (amount, article, stock, etc.) to Gregory Parkes, as Bishop of the Diocese of St. Petersburg, and his successors in office, a Corporation Sole, for the use of St. Jerome Catholic Church, 10895 Hamlin Blvd., Largo, FL 33774."

**Online Giving:
Easy. Convenient.
Secure.**



Please consider taking advantage of St. Jerome's Online Giving. Not only will you help reduce envelope waste and paper checks, you also have the ability to schedule and manage your giving online. You can conveniently use your credit/debit cards or checking account.

We want to thank our **over 88 families** that are now using our Online Giving service. Their support for the basic operations of the parish is never missed, even while on vacation.

Please sign up for Online Giving at:
give.stjeromeonline.org.



If you would like to explore the possibility of becoming Catholic or if you are Catholic and want to better understand your faith, we invite you to join us on a journey of discovery. We journey together and that is exactly what the RCIA is all about, journeying together toward a deeper relationship with Christ and a deeper understanding of our Catholic Faith.

For more information contact Deacon Fred Kunder at the office 727-595-4610 or visit our website at: <http://www.stjeromeonline.org/rcia.html>

SUNDAY BIBLE STUDY



All are invited to the Bible discussion and study group focusing on the Gospel of John with an emphasis on reflection:

How does the gospel speak to you?
How does it relate to your spiritual journey?

The Sunday Bible Study Group continues on Sundays from 10:30 – 11:45am in the Ed Kilroy Outreach Center.

You may purchase the Ignatius Catholic Study Bible at the Gift Shop or choose to bring your own bible.

Call the Parish Office with any questions and leave a message for Pat Minucci, the Facilitator, 727-595-4610.



The object of the Legion of Mary is the Glory of God through the holiness of its members developed by prayer and active cooperation in Mary's and the Church's work. The Legion sees as its priority the spiritual and social welfare of each individual. The members participate in the life of the parish through visitation of families, the sick, both in their homes and in hospitals, nursing facilities, ALFs, and through collaboration in apostolate and missionary works sponsored by the parish. Every Legionary is required to carry out a weekly apostolic work in the spirit of faith and in union with Mary. We meet weekly in the Ed Kilroy Center on Thursday at 10am. For more info call Rhea Gasway 727-815-6400 or Elrita Basak 727-421-7894.

Bible Study Every Thursday 10-11am



Please join us for Bible Study in the Education Building every Thursday.

Encounter Lent



Encounter Lent
Encounter Norma
In Guatemala, we encounter Norma, who as a young mother, supports her family and shares

her skills with her community. Reflect on the importance of family in your life. How can you contribute to support families in your community? Visit crsricebowl.org for more.

Alcoholics Anonymous



AA meets weekly on Monday, Tuesday and Friday at 8pm in the Ed Kilroy Outreach Building. All Meetings are Open.

Al-Anon meets every Monday at 1pm in the Ed Kilroy Outreach Building.



St. Jerome Early Childhood Center

Denise Roach, ECC Administrator
preschool@stjeromeecc.org

Tel: 727-596-9491
stjeromeearlychildhoodcenter.org



St. Jerome Early Childhood Center will host its Spring Family and Alumni Picnic on Saturday, March 23, from 11:00am till 2:00pm on the ECC Playground. Families (current, former, future, and visitors) are invited to join us for this annual get-together. Bring your favorite dish to share along with place settings for your family.

Families are asked to call 596-9491, email preschool@stjeromeecc.org or visit our website at stjeromeearlychildhoodcenter.org for additional information. We look forward seeing you!



St. Jerome Catechesis of the Good Shepherd All About the Atrium

Purple is for preparation.....

What does this season of preparation mean for our children and families? Why purple? Related to the season of Lent, the effort we put into these 40 days will make the celebration of Easter a richer and fuller encounter with the Lord. In both the Old and New Testament, purple is found to be a rare and valuable color symbolizing royalty, wealth and status. In ancient times, the dye used to create purple was not only very expensive to produce, but it was also labor intensive. It was considered a great luxury. In the Hebrew Scriptures, it was worn by kings, used in curtains and carpets in the tabernacle, adorned the altar in the temple and was repeatedly shown to be a costly linen. In the gospels, the Roman soldiers dress Jesus in a purple robe before he begins his walk to Calvary. Each Lent, we are called as his disciples, to walk with him on this journey. How do we speak of this to the children? We know that young children are very sensitive to and have a great interest in colors. When they are small, children enjoy identifying their favorite color. They take great delight in finding their favorite color in the clothes they wear, the food they eat and items discovered in their environment. For the very young child, colors help offer shape and identity. In the Atrium, we speak about purple as the color for waiting and preparing. Through the presentations of the Liturgical Colors, and later The Liturgical Calendar, the child discovers that the season of Lent is a time of preparation for the great feast of Easter. Through these presentations, along with the solemn changing of the color of the cloth on the prayer table, the children come to participate in the liturgical life of the Church.

Purple on your table –

- The Prayer Table – a small table adorned with a purple cloth, votive candle and a Bible resting on a small pillow. Are there other images that you would add to this sacred space? Allow your children to spend time at the prayer table alone, and then gather as a family to offer prayers of thanksgiving.
- The Art Table – offer your children purple paper and/or purple colored pencils on the art shelf.

**How do we prepare as a family?
What work of preparation can we do as a family?
How do we help our children enter this sacred time?**

YOUTH, YOUNG ADULT & FAMILY MINISTRY

Tina Bowen, youthandfamily@stjeromeonline.org

Tel: 727-595-3100, ext. 302

Every choice we make leads us one way or another – and not all decisions are black & white! Join us at **EDGE** next week, 3/17 as we continue exploring morality and the gift of free will. **There is NO class 3/10 – enjoy your Spring Break!**

Soon we will begin rehearsals for **Living Stations of the Cross**. Many youth are needed to make this performance a success - Please consider sharing your gifts to help us recreate the Lord's Passion.

Have you considered attending a **Catholic summer camp**, retreat, conference or mission trip? ** Good Samaritan Project ** Good Counsel Camp ** Steubenville Conference Orlando ** There are so many great ways to deepen your faith this summer.

Antioch Retreat: Youth and Young Adults (age 13-21) are invited to an Antioch Retreat experience **Friday, March 22nd – Sunday, March 24th** at Mary Help of Christians retreat center in Tampa. Cost: \$75 Value: **Priceless**.

Be Strong, Take Heart. Tampa Bay Young Adult Retreat, featuring Sarah Koger and Dom Quaglia, March 30th, \$35 hosted by St. Lawrence Church. **TICKETS AVAILABLE:** www.stlawrence.org. Contact Tina Bowen 727-595-3100 ext.302 for more information about youth & young adult events. Follow us on Instagram @ **st.jeromeyouth** or on Facebook @ **St. Jerome Youth Ministry**.

MOPS is a place for ALL moms. Join us! Monday, April 1st, 6:00 – 7:30pm. Education Building. Register at: <https://www.mops.org/groups/stjeromecatholicchurch>. *Free childcare provided – please RSVP.*

Daily Rosary

The Holy Rosary is prayed Monday through Saturday at 7:30am in the Holy Family Chapel. Every Wednesday after the Rosary join us for the Divine Mercy Chaplet. Every Friday after the Rosary we will have the Stations of the Cross.

Weekly Rosary

The Holy Rosary is prayed every Wednesday at 7pm in the Holy Family Chapel for Vocations to the Priesthood & Religious Life.

Morning Prayer

You are welcome to join us for Morning Prayer in the Liturgy of the Hours Monday through Friday at 8:40am.

Mother of Perpetual Help Novena

The Mother of Perpetual Help Novena is held every Saturday at 8:45 am.



GRIEF SHARE

Grief Share is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. Our sessions are Thursdays and are held in the Education Building TV Lounge from 10am – 11:30am every Thursday. We look forward to you joining our group and feeling the support and compassion we experience in our meetings. If you have any questions, please call Nancy Selak 727-415-8742.

Lifeline

is continually in need of the following non-perishable food items which can be left in the LIFELINE bins in the church:



- boxed macaroni and cheese
- pasta/spaghetti
- boxed mashed potatoes
- beef stew
- heartly canned soups
- canned pork and beans
- peanut butter and grape jelly
- canned vegetables (corn, beans, carrots)
- pasta sauce
- canned fruit
- canned tuna
- rice (2 lb. bag)
- cereal

Thank you for your generosity!

Lifeline is open on Wednesday mornings and the last Saturday morning of each month.

This month Lifeline is open Saturday, March 23rd. Please call 727-351-4756 to request assistance.

The Homeless Ministry ...

Thanks to the generosity of St. Jerome parishioners. The Homeless Ministry is pleased to be able to feed approximately 200 dinners to residents at Pinellas Hope. Each dinner includes a healthy variety of main courses, such as beef stew or chicken cacciatore. In addition, vegetables, stuffing, deviled eggs, bread and pastries are provided. PB & J sandwiches and fruit are also distributed for a future need. Volunteers prepare at the Parish Center during the day each Monday and serve at Pinellas Hope for 7pm dinner. We do not cook or serve the last Monday of each month.

Please contact Pat or Rich Jennings 727-289-7550 for more information. Monetary donations are greatly appreciated!



FEEDING THE HOMELESS



50+ Singles: Come join us for fun & fellowship on Tuesday, March 26th at 6:30pm in the Education Building TV Lounge. There will be sign up sheets available there for events in March. For more information, contact Barbara Austin, coordinator, at 727-459-7664.

FR. CADRECHA'S 12 WEEK COURSE IN CHRISTIAN PRAYER

Fr. Cadrecha is presenting an Ignatian 12 Week Course in Prayer every Tuesday, 10am session in the church and 7pm session in the chapel. Join him and your fellow parishioners as you grow deeper in your prayer life. Every week will have a different theme which is based on Scripture tradition.

Childcare will be provided for the 7pm session. If you need childcare, please sign up ahead of time with Tina Bowen at youthandfamily@stjeromeonline.org or by calling 727-595-4610.

St. Jerome Healthy Ministry

For more information on the St. Jerome Health Ministry and its programs, please call or email Dr. Shyler Neveaux D.O.M., Chairman at 727-386-9877 or stjeromehealthministry@gmail.com.

For the parishioners of St. Jerome our Faith Community Nurses are providing **Blood Pressure Readings** Sundays, 8:30am - 11am in the Parish Center. Volunteer Nurses wanted! Call or email Beth or Pat at 727-386-9783 or stjeromenurses@gmail.com.

"I came so that they might have life and have it more abundantly." Jn 10:10

HEALTH TIPS

Save your Vision! Constant looking at Digital devices can negatively affect your vision! When you are using any device or computer, make a conscious effort every day to take a 20-second break and look away from the screen, every 20 minutes and view something 20 feet away! Learn more about overexposure to blue light at <https://www.aoa.org/optometrists/tools-and-resources/toolkits-and-practice-resources/public-education-and-campaign-materials/2017-save-your-vision-month?sso=y>

Diabetes Alert!

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, so, you may have it and not know it. You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range. Research shows that you can lower your risk for type 2 diabetes by 58% by: Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds), Exercising moderately (such as brisk walking) 30 minutes a day, five days a week. Reference: <http://www.diabetes.org/diabetes-basics/diagnosis/?loc=db-slabnav>

Sleep

Did you know that when you don't sleep well, your body makes fewer cytokines? Cytokines are a type of protein that targets infection and inflammation. Cytokines are both produced and released during sleep. Therefore, if you don't sleep well, your immune system becomes compromised. Chronic sleep loss even makes the flu vaccine less effective by reducing your body's ability to respond! So, stock up on naps and practice smart stay-healthy strategies such as washing your hands with soap regularly, avoiding close contact with people who are obviously under the weather, and talking with your doctor about getting an annual flu shot. Reference: <https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>

'ROUND THE DIOCESE



Your community ecumenical group of over 40 congregations for action for Pinellas County residents in the areas of youth concerns and affordable housing invites all in the St.

Jerome parish to attend the last Rally on Monday, March 18th, 7 – 9pm. On Monday, April 8th, 7pm at Tropicana field join the largest group at the Annual Nehemiah ACTION where we meet with our public officials to support the local need for youth and housing. St. Jerome Bus and Car Pools will be provided for both events. Please join us and call to be included: Carla Rollandini, FAST network member and St. Jerome parishioner 727-595-1891.

Marian Eucharistic Congress/Consecration Renewal — Bishop Parkes has granted approval for the Diocese of St. Petersburg's First Annual Marian Eucharistic Congress, which will be held on Saturday, May 11, 2019 at the Cathedral of St. Jude the Apostle. This will be an opportunity for our Diocese and for individuals to renew their consecration to the Immaculate Heart of Mary. For those preparing for the consecration using Father Michael Gaitley's book, 33 Days to Morning Glory, the start date is Monday, April 8, 2019.

Statewide Stewardship Day — On Saturday, May 4, clergy and lay representative from the seven dioceses of Florida will gather to explore how we can implement stewardship through PRAYER, FORMATION, HOSPITALITY and SERVICE at our second Statewide Stewardship Day, "Engaging the Family through the Four Pillars of Stewardship." This incredible day of formation will take place in the Archdiocese of Miami, and will include a concelebrated Mass with Archbishop Wenski, the Bishops of the Province and priests in attendance. The event will also include two keynote speakers, 12 nationally recognized presenters (in both English and Spanish) who will focus on providing inspirational and practical methods to facilitate stewardship as a way of life in our parishes. Please see the attachment for more details.

Catholic Days at the Capitol: Make the Trip and Make a Difference! March 26-27 (returning March 28). This two-day event provides the opportunity to put into action our faith's call to political responsibility and allows us to strengthen the presence of our Catholic values in the public square. We will also be joined by Bishop Parkes! Legislative briefing, office visits with elected officials, Red Mass and more. Visit <https://www.dosp.org/life/upcoming-events/> or contact Sabrina at sab@dosp.org; 727-344-1611. Deadline is March 12, 2019.

Annual Lenten Fish Fry. Kid's movie & music by Randy Reese. St. Patrick Church Msgr. McCall Hall, 1501 Trotter Road, Largo, 5:30 – 7:30 PM. PRESALE: \$9 Adult /\$5 Children. AT DOOR: \$10 Adult/\$6 Children. Take out available. (Cheese Pizza available for non-fish eaters.)

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