



THE CATHOLIC CHURCH OF THE  
**ASSUMPTION**  
OF THE BLESSED VIRGIN MARY

**Holy Mass**

SUNDAY

10 am & 12 pm

SYRO-MALABAR RITE

First Saturday 11 am

Sunday 4:30 pm

HOLY DAYS OF OBLIGATION

6:30 pm

CONFESSIONS

40 min before Mass and by appt

**Directory**

**Pastor**

Rev. Jerry Strange 244-4093  
[jstrange@assumptionchurchnashville.org](mailto:jstrange@assumptionchurchnashville.org)

**Office Manager**

Jerilyn Rost 256-2729  
[jrost@assumptionchurchnashville.org](mailto:jrost@assumptionchurchnashville.org)

**Choir Director**

Jerry Strobel 297-1373

**Director of Religious Education**

Margaret Simpson 767-9656

**Organist**

Albennia Ladieu 876-2779

**Schola Director**

Justin Adams 400-1204

**Wedding Coordinator**

Karen Pagan 730-2987

[www.assumptionchurchnashville.org](http://www.assumptionchurchnashville.org)

**EIGHTEENTH WEEK OF ORDINARY TIME**  
**AUGUST 2, 2015**

**NEW SERVICE TIMES**

On August 9th, the Extraordinary Form of the Mass (Latin Mass) will begin. It will be offered every week at **8:30am**. It has been decided that the second Mass on Sunday will be at **11:00am** to allow for adequate education time.

**Extraordinary Form Q&A with Fr. McGowan on August 9th:** Fr.

McGowan will give a presentation and answer questions regarding the Extraordinary Form of the Mass in the Germantown Abbey immediately following the 8:30 Mass on August 9. Refreshments will be served and childcare will be available in Fr. Bernard Hall. For additional resources for learning about the Extraordinary Form, visit <http://nashvilletlm.wordpress.com>



**Altar Servers and Ushers are needed** for Extraordinary Form Mass every Sunday at 8:30 a.m. If you are a young man and you have made your First Holy Communion, you are encouraged to assist at the altar. If you have already learned to serve at the Ordinary Form of the Mass, you are welcome to learn to serve the Extraordinary Form. If you have never served before, you too are also welcome to learn! A few good men are also needed to act as ushers and assist in taking up the collection at the Offertory of the Mass. **No previous experience and no knowledge of the Latin language is necessary to serve in either of these ministries.** Contact Karen Pagan at [kpagan@catholicweb.com](mailto:kpagan@catholicweb.com) or 615-730-2987.

**40 Days for Life:** We are planning for our fall campaign, Sept. 23 - Nov. 1 with prayer vigil at Planned Parenthood. Two plan-

**ministries** find your place

ning meetings will be coming up! We need new people to help us plan on Tuesday, August 11th from 7 - 8:30pm at Aquinas academic bldg. Now, more than ever, we need to spread the Truth! Call Marilyn at 615-766-4119.

**LEGION OF MARY**

Bob Scherrer [robert.scherrer@vanderbilt.edu](mailto:robert.scherrer@vanderbilt.edu)

**KEITH SEARCY MEMORIAL THANKSGIVING MEAL**

Geraldine Searcy [gjsearcy@aol.com](mailto:gjsearcy@aol.com)

**MUSIC MINISTRY \*\*see directory**

**40 DAYS FOR LIFE**

Bill and Marilyn Cox 615-766-4119 [marilyn.e.cox@me.com](mailto:marilyn.e.cox@me.com)

**WOMENS GROUP**

Diana Miller

Kay Bulzacchelli

**NOW HIRING**

Assumption is looking to hire a musician to create and maintain a choir. This person should be trained in

Eng. and Lt. Church music and be able to assist with the English and the E. F. Masses. The individual should also be able to cantor, train other cantors and coordinate the existing men's and girl's scholas and organist. Send resumes to the Assumption business office.



**Many Hands Make LIGHT Work**

**Still Needing Volunteers:** We need your help with general organization/clean up in some of our campus buildings, grounds and rooms. This is a great opportunity for high school service hours! Please contact Jerilyn Rost: [jrost@assumptionchurchnashville.org](mailto:jrost@assumptionchurchnashville.org) if interested

Religious Education will begin, Sunday, **August 30th** at 9:30am, between the Masses.



**LAST WEEK'S COLLECTION**

**\$4827**

**Daily Readings and Reflections can be found at: [www.usccb.org](http://www.usccb.org)**

## Calendar

THIS WEEK

**SUN 8/2 Eighteenth Week of Ordinary Time**

8:30am Legion of Mary  
GERMANTOWN ABBEY

10:00am Mass  
*People of Assumption*

12:00pm Mass  
*Dignity of All Human Life*

3:30pm Syro-Malabar Catechism  
FR BERNARD HALL

4:30pm Syro-Malabar Mass

6:30pm Syro-Malabar Supper  
FR BERNARD HALL

**MON 8/3 Eighteenth Week of Ordinary Time**

6:30pm Mary Kay Weekly Regional Meeting  
GERMANTOWN ABBEY

**FRI 8/7 Eighteen Week of Ordinary Time**

10:00am Adoration

10:30am Confession

11:00am First Friday Mass

12:00pm First Friday Luncheon

FR BERNARD HALL

*Dignity of the Sacrament of Marriage*

7:00pm Glory Nights

GERMANTOWN ABBEY

**healthnotes** 

By Agnes Grider

5 Reasons to Consider Fasting

Decreased cardiovascular disease risk

Decreased cancer risk

Lower diabetes risk

Improved cognitive function

Protection against some effects of Alzheimer's and Parkinson's diseases

Intermittent fasting, or IF, refers to repeatedly going without solid food for longer periods than is typical on a daily breakfast-lunch-dinner schedule. Variations are endless. Fasting periods accelerate the clearing out of waste left by dead and damaged cells, or autophagy. \*\*Not recommended for teens, pregnant or lactating women.