



THE CATHOLIC CHURCH OF THE
ASSUMPTION
OF THE BLESSED VIRGIN MARY

Holy Mass

SUNDAY

8:30 am Extraordinary Form

11:00 am

4:30 pm Syro-Malabar Rite

WEDNESDAY

6:00 pm

HOLY DAYS OF OBLIGATION

6:30 pm

CONFESSIONS

before Mass and by appointment

Directory

Pastor

Rev. Jerry Strange 244-4093

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jrost@assumptionchurchnashville.org

Director of Religious Education

Margaret Simpson 767-9656

Organist

Albennia Ladieu 876-2779

Choir Director

Cassandra Saval (629) 777-6116

csaval@assumptionchurchnashville.org

Schola

Justin Adams 615-400-1204

Wedding Coordinator

Karen Pagan 730-2987

Church of the Assumption Nashville



www.assumptionchurchnashville.org

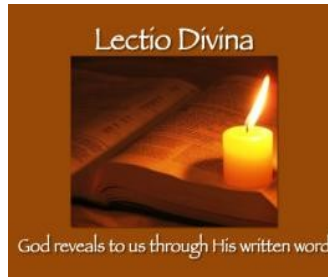
FOURTH WEEK OF ORDINARY TIME

JANUARY 31, 2016

The Assumption Women's Group will be holding a Luncheon TODAY, after the 11:00 a.m. Mass. Come and join us for fellowship in Father Bernard Hall. The Assumption Women's Group will provide two kinds of chili, and breads. Come and join in food and fellowship!



Nashville Diocesan Council of Catholic Women is sponsoring a Spring Retreat at Bethany Retreat House April 1 & 2. Deadline for registration is March 1. Cost for Fri. & Sat. is \$100 members & \$105 non-members; for Sat. only \$30 members & \$35 non-members. The theme is Peace & Mercy. Please register with Becky Graef, Spirituality Commission Chair, 780 Antioch Rd., Dover, TN 37058, [931-232-7628](tel:931-232-7628) bgraef@mac.com



Lectio Divina: Join us for a time to read, meditate, pray and contemplate. We will meet again **February 6th at 10am** in the Germantown Abbey. For more information please contact Cassi Frazier: cass615@gmail.com, 615-516-4554 or Shannon Ryan 480-766-2305, shannon-roseryan@gmail.com

WEEKDAY MASS- We invite you to join us this week. Adoration will be held from 5pm-6pm with the celebration of Mass following at 6pm.

The Last 6 sessions for the Bible Study, Matthew: The King and His Kingdom. The sessions will be held on Mondays at 6pm, February 1st -March 7th at St. Pius X. If you have any questions, please contact Cindy Catignani 615-883-4589

World Marriage Day Mass (February 7), 1:45 p.m., Cathedral, 2015 West End Ave., Nashville. Bishop Choby invites all couples married 25 and 50 years. Mass will be celebrated at 2 p.m. Couples are asked to arrive at 1:45 for a group photo. Please contact your parish office for your invitation if you are celebrating 25 or 50 years of marriage in 2016.

Cursillo is a weekend retreat experience of spiritual growth that begins on Thursday evening and ends on Sunday evening. It helps develop an understanding of what it means to fully live a Christian life in your everyday situation. Cursillo provides a method to transform your life through prayer and small Christian communities. Weekends are held at Camp Marymount in Fairview. **(Mens' Cursillo, February 18-21; Womens' Cursillo, March 3-6).** Info: Deacon Marty Deschenes, modesch@aol.com or (615) 352-2473



JPII Gala&Auction "A Knight on the Town": Save the Date for our Annual Gala and Auction at the Hutton Hotel, February 6th. For more information or to make a reservation please contact Celeste Duzane at celeste.duzane@jp2hs.org

Camp JPII 2016 Registration Open. Camp JPII offers summer fun for kids 5-18 and runs June 6-July 1, Monday-Friday in two sessions, 9 a.m. -noon and 12:30 p.m.-3:30 p.m. Before and after care available. Info/registration: [visitwww.jp2hs.org/CAMP](http://www.jp2hs.org/CAMP) or paul.saboe@jp2hs.org.

Register for Father Ryan's 2016 Summer Camps, on their campus, 700 Norwood Dr., Nashville. Includes sports, drama, and art programs for rising K-12th graders. www.fatherryan.org/camps.

Father Ryan Legacy Gala (February 20), 6 p.m., Omni Nashville Hotel. Info: www.fatherryan.org/gala

St. Cecilia Academy Admissions Fireside Chat for parents (Feb. 4), 12-1 p.m., SCA school library, 4210 Harding Rd., Nashville. Lunch will be provided. Discuss academics, the college choice process, service, extra-curricular activities, and more. Principal Sr. Anne Catherine, O.P., V.P. of Academics Sr. Julia Marie, O.P., and current students will be on hand. RSVP: stcecilia.edu/FiresideChat.

Registration is open for Camp St. Cecilia with a number of offerings for girls to experience the school's athletic, academic, and fine arts programs. Camp sessions run June 6-July 1 and July 11-23, with 70 camps for ages 4-18. Info: www.stcecilia.edu or scacamp@stcecilia.edu or 615-293-1625.

Stay Positive for Better Health

Try the following strategies to help you maintain a positive outlook for better health and relationships, as well as a longer life. **Learn to forgive**— its often difficult to let go of resentments, but scientific evidence indicates that letting go of grudges can lower stress levels and strengthen mental health. Making an effort to get over feelings of anger and resentment can have a positive impact on mood and overall well being.

Break negative thinking habits— Instead of allowing yourself to become mired in negative thoughts, try accentuating the positive view.

Make good choices— When we help others and support causes we believe in, we generally feel good about ourselves and others. But many feel remorse if they do something that goes against their personal moral code. Cutting corners, lashing out at someone in anger, or even breaking a traffic law can make people feel bad about themselves. Anticipating potential consequences of decisions helps build self-esteem and optimism.

Be more outgoing— Pessimists tend to focus inward and often feel that they have no impact on others. Making a conscious effort to be more extroverted and energetic will create a sense of empowerment and connection with others. Spending time with positive people helps you feel more positive, and reaching out to others will bolster your mood.



By Agnes Grider

SUN 1/31 Fourth Week of Ordinary Time

- 8:30am **Mass –Extraordinary Form**
People of Assumption
- 9:45am Legion of Mary
- RECTORY**
- 9:45am Religious Education (Youth and Adult)
RECTORY, FR BERNARD HALL, GERMANTOWN ABBEY
- 10:00am Choir Practice
CHOIR LOFT
- 11:00am **Mass**
Wanda Dixon
- 12:00pm All Parish Brunch
FR BERNARD HALL
- 3:30pm Syro-Malabar Catechism
FR BERNARD HALL
- 4:30pm Syro-Malabar Rite
- 5:30pm Syro-Malabar Supper
FR BERNARD HALL

MON 2/1 Fourth Week of Ordinary Time

- 5:30pm Mary Kay Regional Meeting
GERMANTOWN ABBEY

WED 2/3 Fourth Week of Ordinary Time

- 5pm-6pm Eucharistic Adoration
- 6:00pm **First Friday Mass**
+Leon Strange

FRI 2/5 St. Agatha

- 9:00am Blue Knights Little Flowers
FR BERNARD HALL
- 10:00am **Adoration**
- 11:00am **Mass**
+Mary Jo Beavin

ministries

find your place

LEGION OF MARY

Bob Scherrer robert.scherrer@vanderbilt.edu

KEITH SEARCY MEMORIAL THANKSGIVING MEAL & PARISH COUNCIL

Gerry Searcy (Parish Council Chair) gjsearcy@aol.com

MUSIC MINISTRY

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WOMENS GROUP

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