# 181 SUNDAY OF LENT

SUNDAY FEBRUARY 21, 2021

# BELIEVE

Repent, and believe in the gospel.

MARK 1:15

#### First Sunday of Lent

#### Parish Staff

Msgr. Raphael Peprah Pastor

Rev. Mr. Lito Magsombol Deacon/Business Manager

Rose Marie Rivera Admin. Assistant Patty Trail Pastoral Care

Ginny James Religious Education Marie Weber Music Coordinator

Jean Malbas Bookkeeper

#### Finance Council

Suzanne Rufh - Chair

Regina Gomez Flory Lizan Bill Mackiewicz Lina Valencia

#### **Building Committee**

Chuck Eastman Deacon Lito Magsombol Mark Libonate Suzanne Rufh

Ministries

Mary Marcelo	471-4736
Suzanne Rufh	286-1512
Fredilynn Lansangan	581-0794
Chuck Eastman/	
Mars Marcelo	471-4736
Kevin McNulty	416-0338
Norman Wood	675-7504
Henry Kabigting	822-9693
Francis Lansangan	348-6838
	471-0628
Marie Weber	479-9676
	427-5776
Ginny James	406-0935
Office	427-5776
Ryan Holland	427-5776
Jim Newsham	635-2582
	Fredilynn Lansangan Chuck Eastman/ Mars Marcelo Kevin McNulty Norman Wood Henry Kabigting Francis Lansangan Myrna Nario Marie Weber Ginny James Office Ryan Holland

#### Groups & Organizations

	Alliance of the		
•	Two Hearts	Josie Dabu	420-3581
-	Eucharistic Adoration	Bene & Deacon Lito	427-0606
		Magsombol	
	Filipino Commission	Myrna Nario	471-0628
(	Grupo de Oracion	Júlia Alcazar	822-4220
	Knights of Columbus	Francis Lansangan	348-6838
-	Ladies Auxillary	Mavis Varella	271-8899
,	Small Christian	Maria Rallos	
(	Community		
,	Women's Ćlub	Lina Valencia	430-8298

Sacrament of Baptism - Parents must be members of the parish and attend a preparation class required prior to the Sacrament of Baptism. Call the office to register for Classes Godparents must be Confirmed and practicing Catholics. Baptisms are held on the 3rd Saturday of the month in English, and the 4th Saturday of the month, except during Advent and Lent.

**Sponsor Letters** - A letter to be a sponsor for Baptism or Confirmation can be issued only to registered members of St. Luke Parish who have received the Sacrament of Confirmation, attend Mass and receive Holy Communion regularly. If they have children, their children must attend Religious Education classes or a Catholic School, If Married, the marriage must be in conformity with the regulations of the Catholic Church.

Sacrament of Marriage - Couples planning to be married in the Catholic Church are asked to notify the Pastor at least six months prior to the anticipated celebration and before setting a date.

Sacrament of Reconciliation - by appointment by calling the office, and Wednesday evening at 4-5:30PM.

Sacrament of Anointing of the Sick - If you or a family members are ill or facing surgery and would like to be anointed, please contact the Parish Office prior to the day of the procedure or surgery or when they are in the hospital for an Illness.

Pastoral Care Ministers visit community members who are unable to attend Liturgy due to illness or advanced age. Taking the Eucharist to those hospitalized or homebound is a key part of this ministry. Contact the Parish Office to arrange a visit.

Rosary - The rosary is prayed Tuesday thru Thursday at 8:30AM before the 9:00 AM Mass.

#### Masses for the Week

Saturday, Feb 20	4:30 PM	St. Luke Parishioners
Sunday, Feb 21	9:00 AM LS	+Encarnación Ordona
	12:00 PM LS	+Estefa Medina
		+Bresia Suarez
Tuesday, Feb 23	9:00 AM LS	+Moises Mina, Sr. &
		+Lourdes Mendez
Wednesday, Feb 24	9:00 AM LS	Msgr. Raphael's Intentions
	6:00 PM LS	+Ileen Gonzalez
Thurs. Feb 25	9:00 AM LS	Msgr. Raphael's Intentions
Saturday, Feb 26	4:30 PM	Msgr. Raphael's Intentions

Website: stlukevabeach.org

Facebook: St Luke Va Beach

Parish App: inourparish (23456-St Luke)

To register for Mass:

Email: office@stlukevabeach.org

Text only: (757) 383-4983

#### SUNDAY'S READINGS

#### FIRST READING:

I will establish my covenant with you,

that never again shall all bodily creatures be destroyed by the waters of a flood;

there shall not be another flood to devastate the earth. (Gn 9:11)

#### PSALM:

Your ways, O Lord, are love and truth to those who keep your covenant. (Ps 25)

#### SECOND READING:

Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. (1 Pt 3:18)

#### GOSPEL:

The Spirit drove Jesus out into the desert, and he remained in the desert for 40 days, tempted by Satan. (Mk 1:12-13)

Excepts from the Lectionary for Mass 62001, 1998, 1970 CCD.

The English translation of Psaim Responses from Lectionary for Mass 6 (1969, 1981), 1997, international Commission on English in the Liturgy Corporation All rights reserved.

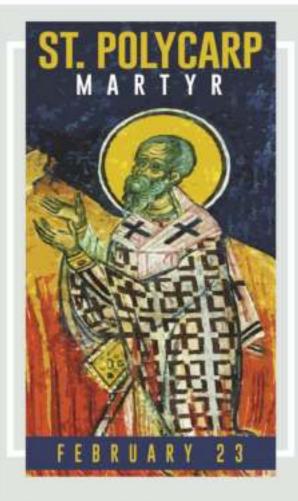
#### **OBSERVANCES FOR THE WEEK OF FEBRUARY 21, 2021**

Sunday: 1st Sunday of Lent

Monday: The Chair of St. Peter the Apostle Tuesday: St. Polycarp, Bishop and Martyr

Next Sunday: 2nd Sunday of Lent





#### REFLECT

#### FIRST READING

God promises Noah to use a "bow in the clouds" (a rainbow) as a sign and symbol of His divine pledge to never again allow a world-wide flood to devastate the earth. This is the Bible's first recorded covenant between God and humanity. What do you think of when you see a rainbow?

#### SECOND READING

Peter teaches that Jesus preached to both the living and the dead — those dead dating back to the days of Noah — and connecting us through baptism. What do you find intriguing about this idea?

#### GOSPEL READING

We hear about Jesus' temptation in the desert and his inaugural gospel message to those living in Galilee. Jesus saw repentance as necessary to believe his good news. As we begin the Lenten journey, what aspects of your life require repentance?



#### Saturday Morning Church Cleaning

Join us on Sunday Morning at 9:00 AM as we join together and Clean the Church for the Weekend Liturgies

### Fundraising Events

We are currently selling tickets for chance for a
Dewalt Power Tool Set for \$10 each
And a set of Cookware & Bakeware, Air Compressor and
Smoker for \$5 each
In addition, we are selling Ties for \$5 each

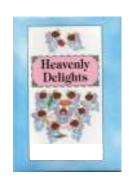
and used books for a donation.
there will be other items for raffle in the
future



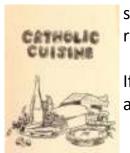


#### PARISH COOKBOOK

St. Luke's fundraising team is looking to create a "St. Luke Parish Cookbook" using recipes you provide. We are looking for family recipes, not from the Internet or other cookbooks as we don't want to violate copyright laws. The size will be 8.5x11 inch and will contain your

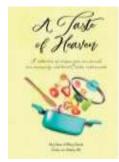


recipe(s) as well as pictures, if you have them. Before we can start, we need to know if you are interested in providing one or more recipe. The book will be separated by appetizers,



soups, meats, desserts, salads, etc., and we will provide recipes in English, Filipino, and Spanish, if received that way.

If you are interested, please send Norm Wood an email at <a href="mailto:wnzmmrw@gmail.com">wnzmmrw@gmail.com</a>, and he will send the specifics.





Attention: Amazon Shoppers
You can now support St. Luke by shopping on Amazon

Sign up for AmazonSmile then select: St. Luke Catholic Church, Virginia Beach

#### REDISCOVER THE BEAUTY OF THE MASS THIS LENT





# Sign up at: Relevantradio.com

Also listen to a "Pep talk for your Lenten Journey"



#### What will you do for LENT? What about this?

This Lent, let's not focus on what we give up. Let's focus on who God wants us to become. We can do that by joining BEST LENT EVER @ Dynamic Catholic. Beginning Ash Wednesday all thru Lent, you will receive an email and a short video based on the book "I Heard God Laugh".

Just visit BestLentEver.com and register!

We have a limited number of copies of the book "I Heard God Laugh" available for those who would like them. See Patty to get one.

#### Lenten Reconciliation Services

Star of the Sea	Wednesday, March 2	7:00pm
Holy Spirit	Thursday, March 3	7:00pm
Holy Family	Tuesday, March 9	7:00pm
St. Nicholas	Wednesday, March 10	7:00pm
St. Gregory	Monday, March 15	6:30pm
Ascension	Wednesday, March 17	7:00pm
St. John	Tuesday, March 23	7:00pm
St. Luke	Wednesday, March 24	7:00pm

#### February 21, 2021



Please pray for: Jordan Pfohl, Denise Diver, Amy Kabigting, Jude Luke, Wanda Corley, Ace Flores, Mike Zueger, George Daria, Roger Carranza, Chris Kohan, Fr. Brian Rafferty, John Richardson, Gayle Coxford, Robert Trail, Bret Schonecker, John Viola, Rodolfo Sevilla, Daisy Richardson, Nancy Hugland, Pat & Ted Dumont, Shirley Ehrstein, Filomenia Germenia, Gary Gabor, Patricia Martin, Paula Krug, Jack Rolo, Jess Dabu, Angie Haddock, Paul

Hipolito, Maria Torres, Nicanor Parocha Jr., Rey Lizan, Jessica Raymond, Marcelina Callanta, Tito Torres, Rosario Rogando, Ligia Chacon, GT Trentini, Jeanne Morris, Michael Lynn, Ann Miller, Christina Loftis, Cora Magbanua, Vivian Rodriguez, Anthony Martinez, Lucas Thorpe, Wilfredo Rodriguez Segovia, Cathy Molton, Erwin Arellano, Bill Elings, Joel Rivera, Irving Ferguson, Rick Carmazino, Karen Schachtner, Mary Ann Lee, Kellyn Schachtner, Ricky Muiño, Angelito Valencia, Karen Christensen, Richard Wengle, Sharon Costa, Devon Calwell, Marilou DeLeon, Cynthia Long, David Rose, Teresita L. Sevilla, Irene Gonzalez, Newsham Family, Paniagua Family, Fernandez Family

If you would like to have someone remembered in prayer, please call the office

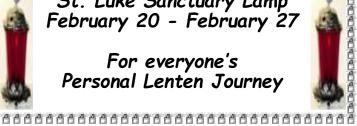
#### Financial Report Data from February 14 (rounded to the nearest dollar)

Regular Offertory Regular Collection E-Giving	-	2,976 2,099		
Total			\$ !	5,075
<b>Building Fund</b>				
Regular Collection	\$	120		
E-Giving	\$	847		
Total			\$	967
Building Fund Fundraising				
Tiles & Bricks			\$	470
Tiles & Bricks (e-giving)			\$	1,898

Funtraising 2020-21 (donations & e-giving) \$



st. Luke Sanctuary Lamp
February 20 - February





#### BUILDING FUND SECOND COLLECTION

We will be having a monthly second collection for the Building Fund on the first weekend of each month

#### Upcoming Second Collections

March 7, 2021	Monthly Building Fund
March 14, 2021	Catholic Relief Services
April 4, 2021	Monthly Building Fund



Thank you to everyone who signed up for Parish Giving, your donations are greatly appreciated as always but especially during these uncertain times. Those who haven't signed up please do for the convenience or you can send them



**Framed Picture Ticket Sales** 

Sacred Heart of Jesus Ticket Sales

**Chainsaw #2 Ticket Sales** 

We will LIVE-STREAM our Sunday & Weekday Liturgies (not the Saturday @ 4:30pm)

Live on Facebook - St Luke Va Beach

En Vivo en Facebook - St Luke Va Beach

1st Sunday of Lent 4:30 PM Saturday 9:00 AM Sunday Primer Domingo de Cuaresma 12:00 PM Domigo

58

140

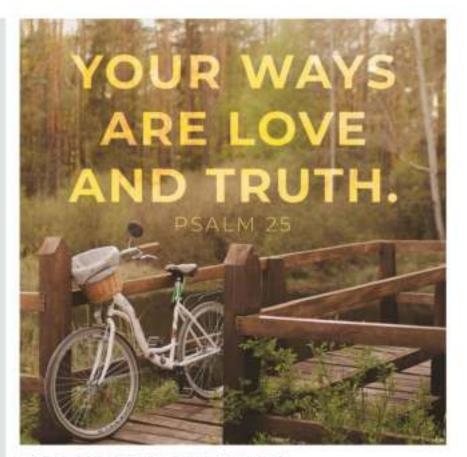
215

330

#### LIVE THE LITURGY

INSPIRATION FOR THE WEEK

Throughout history God has given His people signs. Our season of Lent offers us God's sign that it is time to stop the ordinary routines of our lives, create some desert space, and listen more attentively for God to reveal His presence. We are asked to unplug from our attachments, compulsions, obsessions, addictions, routines, and busyness to clear the slate and take stock in who we have become. We are asked to remember the ancient sign of God's covenant with humanity in which He vowed to nurture, sustain, and protect the relationship He has with His people. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. Even though some good solid self-denial is the order of the day, greater happiness and wholeness will be the fruit of our labors. Pleasant journey through the desert!



#### PLEASE CONSIDER ONLINE GIVING

Our parish is grateful for your continued support at this time. Thank you!



#### 1ST SUNDAY OF LENT





#### THE UNLIKELY SUSPECTS

Have you ever taken a nature walk? Have you leisurely strolled through a forest or field, with no real destination in mind and your only objective being receptivity to and observation of all God's creation?

Sometimes, Scripture readings can feel like a nature walk. All of salvation history plays out against the backdrop of the natural world, with all elements of God's creation — plants and animals and the dust of the earth itself — turning in a supporting performance. How about Jesus in the hot and dusty desert, tempted, living "among the wild beasts?" Noah departed from his ark with the animals he rescued, observing God's sign in the very clouds of the sky. Even God Himself, offering us salvation from original sin through the waters of baptism.

How often do we remember that God speaks to us through all of His creation, even in the unlikeliest suspects?

Let's go back to the nature walk. It sounds like a lovely way to pass an afternoon, amongst wildflowers and butterflies, but don't forget the beating hot sun, mosquitos, and threat of rain on the horizon. Remember, we're not in heaven yet. Here on earth, God may be present in His creation, but that doesn't mean it's always easy to endure.

Lent is, essentially, a time to listen for the voice of God in places we may not expect; the mild irritations you experience when you're craving the chocolate you gave up, or the dull pangs of hunger during the Ash Wednesday fast. It's a golden opportunity to see the divine hand in all of creation, even those unlikely suspects.

—Tracy Earl Welliver, MTS

#### DOES IT MATTER WHAT LEG YOU KNEEL ON WHEN GENUFLECTING?

Genuflection is an act of devotion that literally means "to bend the knee." For many Catholics, it's an almost automatic gesture that we perform

before entering our pew or row of seats at Mass. But, like many of the symbols and gestures of our faith tradition, genuflecting can also be an invitation for deeper reflection.

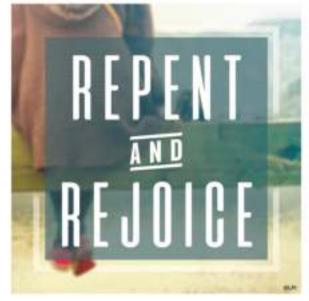
The practice of "bending the knee" is an ancient way of recognizing the presence of someone greater than we are. It has been said that the practice dates back to the time of Alexander the Great, but it became a common part of etiquette in the royal courts of the Middle Ages, From

throne rooms and palaces, it was a small step to genuflecting, becoming part of the devotional lives of Christians who used this secular gesture as a way of recognizing the presence of the One who is King of Kings, especially in the Eucharist. In our tradition, although many have been taught or prefer to genuflect by placing their right knee on the ground, there is no prescribed way to genuflect. This is especially important to keep in mind if physical

limitations or age make certain movements difficult for us.

Today, Catholics are asked to genuflect in the presence of the Blessed Sacrament (whether in the tabernacle or exposed on the altar during eucharistic adoration). So, while it has become second nature to genuflect before entering your seat in church, we should pay attention to where the Blessed Sacrament is kept in each church or chapel we visit. and genuflect in the direction of the tabernacle where the Blessed Sacrament is kept. In churches or chapels in which

the tabernacle is in a separate space, we are invited to simply bow toward the altar.



#### GOSPEL MEDITATION

#### ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

St. Oscar Romero said, "Aspire not to have more, but to be more." These powerful words provide the perfect framework for a conversion oriented Lenten experience. God is giving us this Lenten sign to stop being concerned about what you have and focus on who you are. This requires that we create a desert space and listen more attentively for God to reveal His presence. It is all so wonderfully simple on the one hand and so incredibly challenging on the other. The message is simple: love God, neighbor, and self. Those simple words make great sense, but we struggle translating them into reality. Our attachments, compulsions, obsessions, addictions, routines, and busyness all anchor us to the "idol of the self," keeping us mired in our compulsive need for self-aggrandizement. It's not about us!

God vowed, long ago, to nurture, sustain and protect the relationship He has with His people. He called us into being, nurtures us in being, and sustains us in being. Without the Loving Divine Presence, all life would cease. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. In short, we will see our myopic short sightedness and figure out how



we can better share the Divine Fire within with others. Lent isn't just about giving stuff up for forty days and indulging again at Easter. We need to push things much farther and wrestle with the question of how we can be more. "Being more" means becoming more fully alive and in touch with the holiness of life and the divinity that lives in and empowers all beings and things. It is realizing that the "quality" of our presence is crucial to being an effective witness and herald of God's unconditional love.

The illusion we have bought into causes us to believe that the wrong things and systems matter. We tirelessly fight to keep things the way they are, to return to the former ways of doing things or restore some nostalgic fantasy memory of "life in the good old days." Lent isn't about maintaining what we have or returning to something that is gone. It's about becoming something new. It's about being more focused, centered, convicted, and grounded so that we can be a person who truly loves and treasures being made in the image of God. The secret to Gospel living is not found in accumulating anything for ourselves, even merit points for heaven. Gospel living means learning how to live with less so that others can live with more. The thought of permanently giving something up makes us feel uncomfortable. Truth often does.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15

Excerpts from the Lectionary for Mass 82007, 7998, 7970 CCD

# SUPPORT OUR ADVERTISERS

Local businesses and sponsors that advertise on bulletins need you now more than ever before. Please encourage and remind others to show their support during this time.

# Religious Education Update

Grades 2 - 8 will not have class on Monday, February 15

Grades K & 1 now have class on Monday at 6:30pm

Confirmation Students will not have class on Sunday, February 14th

High School Students not have class on Sunday, February 14th

Please be sure to pick up your K-8 child's new books for Religious Education Class

INOURPARISH St. Luke has an app that you can download for free. Go to your app store, search for InOurParish. After you download the app, put in 23456. You can view bulletins, get updates and messages through push notifications, see our calendar, go to our website, make a prayer request and much more.

Please be sure to register for Mass We want to be sure we have space for every one Asegúrese de registrarse para la misa.

Queremos estar seguros de que tenemos espacio para todos.

By email / por correo electrónico: office@stlukevabeach.org

By text: # for text only (757) 383-4983
Por texto: # solo para texto: (757) 383-4983
By calling the office: (757) 427-5776
Por llamando a la oficina: (757) 427-5776

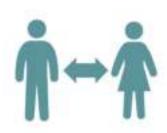
#### **3 EASY STEPS**

#### TO KEEPING YOURSELF & OTHERS HEALTHY!

We are cautioned to be especially careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.







#### WASH YOUR HANDS

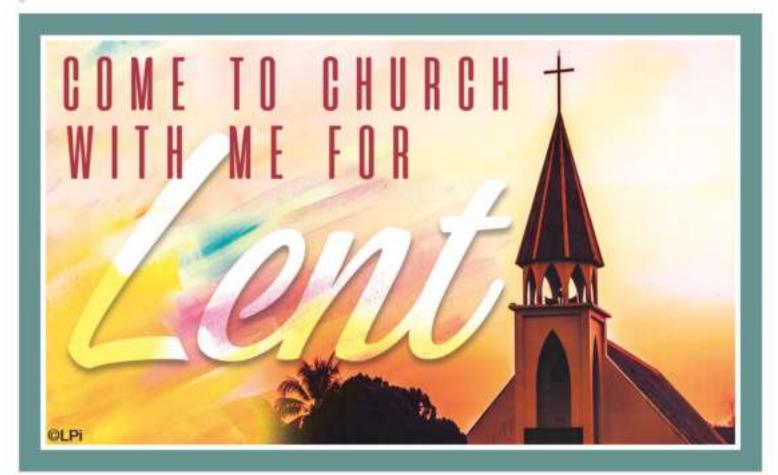
Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.

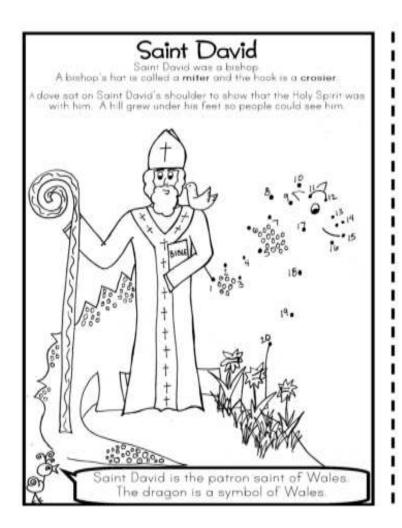
#### DON'T TOUCH YOUR FACE

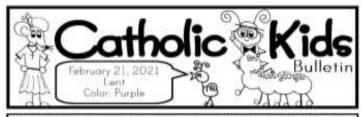
Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.

#### KEEP YOUR DISTANCE

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.







#### PWLYOURPWAYSPWOLORDP

Your ways, O
Lord, are love
and truth to
those who keep
your covenant.

#### PTRUTHPTOPTHOSEPWHOPKEEPO

Do you remember that the priest wore purple during Advent? That was when we were waiting for Jesus to be born at Christmas. The priest is wearing purple again while we wait for Jesus to come at Easter.



Gospel

Jesus lived in the desert for 40 days! The devil tried to tempt him to turn the rocks into bread when he was hungry. Jesus got help from the angels and knew that He could wait. He didn't listen to the devil.

# Kids Corner Gospel & Color



Every day turn back to God. If your bedroom is messy, straighten it up. If you push your sister off her bike, help her get up and ride again. If you tear down your brother's blocks, help him build something new. If you disobey your parents, go and do the right thing right now. Ask God to help you stay close to him today. Then you will be close to him in heaven forever.

#### PRAYER

Holy Spirit, help me remember to obey you every day.

#### MISSION FOR THE WEEK

I will be a builder, not a wrecker.

#### Primer Domingo de Cuaresma

#### **Contactos del Ministerio Hispano**

Pastor: Capellán: Diácono: Coordinador: Vice-Coordinador:

Vice-Goordinador: Lectores: Ministros de Eucaristía:

Visita a los Enfermos: Coro: RICA:

Ujieres: Bautizos:

Ministerio de Arte y medioambiente: Ministerio de los Jardines: Servidores del Altar Ministerio de Familias : Grupos de Oración: Ministerio Social: Msgr. Raphael Peprah Rev. Edwin Montañez Rev. Mr. Lito Magsombol

Angel Rivera Ángel Rivera Mike Rivera Ángel y Marta Rivera

Marta Rivera Regina Gómez Edwin Burgos

Irene y José Gonzalez y

Carmen Alicea Julia Alcázar

Marcial Meza Salvador Guardado

Julia Alcazar Alicia Guardado, Mirna Arevalo e Irene Gonzalez



Los domingos, la Misa publica, comieza a las 12pm en punto. Si desea venir a la Misa, necesita llamarmos a la oficina ó mandar texto a: 757/383-4983 .Los miércoles tenemos la Misa Privada a las 6pm y la puede ver en live stream en facebook. Gracias

#### Lecturas de la Semana

Lunes: IPedro 5:1-4; Mateo 16:13-19
Martes: Isaías 55:10-11; Mateo 6:7-15
Miércoles: Jonás 3:1-10; Lucas 11: 29-32
Jueves: Esther C:12, 14-16,23-25; Mateo 7:7-12
Viernes: Ezequiel 18:21-28; Mateo 5:20-26
Sábado: Deuteronomio 26:16-19; Mateo 43-48

**Domingo:** Génesis 22:1-2,9a, 10-13,15-18; Romanos 8:31b-34;

Marcos 9:2-10

**Bautizos para infantes:** Los requisitos para bautizar niños menores de 7 años son: que los padres estén inscritos en la Iglesia, asistan a la misa dominical, completen la solicitud de bautismo y que asistan a la clase requerida, un (1) mes antes del bautizo. También es necesario que los padrinos sean católicos. Para más información comunícarse con la oficina ó vea el formulario.

**Unción de los enfermos:** Si usted o un miembro de su familia está enfermo o va a tener una operación quirúrgica y desea ser ungido, por favor contáctarse con la oficina. Si no es una emergencia, por favor hágalo antes de ir al hospital. El sacerdote hará la unción en la capilla, después de la misa.

**Matrimonios:** Se require que las parejas que planean contraer matrimonio notifiquen al párroco por lo menos 6 meses antes de la celebración del sacramento y antes de haber decidido la fecha de la celebración.

#### Horario de clases de formación religiosa:

Grados de Kinder a 8vo, lunes de 6:30 pm a 7:30 pm.(San Lorenzo) Grados de 9 al 12, domingos de 6:30 pm a 8:00 pm. (San Lucas)

**Confesiones:** Se puede confesar el primer vienes de cada mes después de la misa de la 7:00 p.m. ó por cita. Los miércoles de 6 - 6:30pm con Pd. Edwin.

**Inscribase en nuestra parroquia:** Si asiste a misa en San Lucas es muy importante que se haga miembro oficial de nuestra iglesia Los formularios están disponibles a la entrada de la Iglesia.

#### BAUTIZOS en Español son los cuartos (4) sábados del

mes a las II:30am. Por favor llegue a mas tardar a las II:15am. Las clases serán anunciadas. Necesita completer la aplicación de bautsmo. Inscribirse para las clases por lo menos seis (6) semanas antes del bautizo. EL PROXIMO BAUTIZO será anunaciado Para mas información llame a la oficina ó contactarse con Carmen Alicea, Providencia Acevedo o Irene y Jose Gónzalez.





#### **DONACIÓN ELECTRÓNICA (On line)**

Vaya a nuestra página web ó InOurParish App Busca el logo Parish Giving y siga las instrucciones.

Si necesita ayuda llame a la oficina en hora de oficina.

Gracias por su apoyo y generosidad!!



Necesitamos voluntarios para limpiar la Iglesia

TODOS los Sábado de 9am a 10:30am

#### **CUARESMA**

VIA CRUCIS : Los viernes a las 3pm. DEBEN inscribirse para asistir. También será transmitido en vivo.

RECONCILIACIÓN CUARESMAL: Marzo 24 a las 7pm

El grupo de recaudación de fondos de St. Luke está buscando crear un "St. Luke Parish Cookbook "usando las recetas que usted proporcione. **Buscamos recetas familiares, no de Internet u otros libros de cocina,** ya que no queremos infringir las leyes de derechos de autor. Antes de que podamos comenzar, necesitamos saber si está interesado en proporcionar una o más recetas. El libro estará separado por aperitivos, sopas, carnes, postres, ensaladas, etc., y proporcionaremos recetas por idiomas, si se reciben de esa manera. Si está interesado, envíe un correo electrónico a Norm Wood a wnzmmrw@gmail.com, y él enviará los detalles.

757-456-5018 marian-manor.com

5345 Marian Lane Virginia Beach, VA 23462

Beyetad Hop Memory Care

757-495-4211 ourladyperpetualhelp.com On Swint 4560 Princess Anne Rd.

Virginia Beach, VA 23462 Extensive Assisted Living Norwing Core





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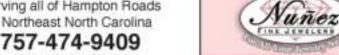
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