

The Parish Community of

St. Catharine R.C. Church

A Stewardship Parish

905 South Maple Ave., Glen Rock, New Jersey 07452

201-445-3703 (voice) 201-670-7149 (fax)

parishoffice@stcatharinechurch.org (e-mail)

www.stcatharinechurch.org (website)

Served by

Sunday, February 26, 2012

Rev. Thomas S. Wisniewski, Pastor
Rev. William F. Benedetto, Parochial Vicar
Rev. Joseph Kwiatkowski, Parochial Vicar

Leonard A. Minichino, Deacon
James A. Mueller, Deacon
John A. Sarno, Deacon
Joseph Castoro, Deacon



Mrs. Annette Gallagher, Parish and Family Life 201-612-4660
Mrs. Patricia Keenaghan, Principal 201-445-0622
Mrs. Roberta Maguire, DRE 201-444-5690
Mrs. Rosemary Miller, Youth Ministry 201-693-3743
Mrs. Sally Trahan, Music Director/Organist 201-445-3703

Mr. Patrick Duff and Mrs. Mary Anne Galati, Trustees
Mrs. Mary Alice Coghlan, Pastoral Council Chair
pastoralcouncil@stcatharinechurch.org

Eucharist

Saturday 5:30 p.m.
Sunday 7:30, 9:00, 10:30 a.m. and 12:00 noon

Daily Masses:

Monday-Friday 8:00 and 11:30 a.m.
Saturday 9:00 a.m.

All daily masses are held in the Ministry Center Chapel.

Penance

Saturday at 4:30 p.m. in Church or by appointment.

Baptism

The sacrament of Baptism will be celebrated at a ceremony following the last Mass on the following dates: April 22nd, May 20th, June 24th, and July 29th. Please call the rectory to schedule the Baptism. If this is your first child, please schedule several months in advance so that you can attend the pre-Baptismal class which takes place on a bi-monthly basis.

Rite of Christian Initiation of Adults - RCIA

A process for non-Catholics who wish to experience parish community and join the Catholic Church. Also for Catholics who wish to return to the Church or have not celebrated Eucharist.

Marriage

Arrangements must be made at the rectory ONE YEAR prior to date of Marriage.

Eucharistic Adoration

First Friday Exposition of the Blessed Sacrament is in the Ministry Center Chapel following the 8:00 a.m. Liturgy until Benediction at 11:00 a.m.

Anointing of Sick

Communal celebration as scheduled or individual Anointing at home by appointment.

Visitation to Homebound

Contact the rectory to arrange for a visit to home, hospital or nursing home.

The Word

Academy of Our Lady 201-445-0622
Pre-K-8th grade including before school and after school care.
Religious Education 201-444-5690
For children in grades K-8 who attend a public school.

Parish Registration

New parishioners and those not registered, please take a Welcome Packet from the Narthex. Please inform rectory when you move or change phone number.

Mission Statement

We, the parish community of St. Catharine, nourished and sustained by the Eucharist, are dedicated to spreading the Good News by word and example.

One Big Temptation

This first Sunday of Lent we traditionally hear about the temptations faced by Jesus while He was in the desert fasting for 40 days. Mark does not spell them out as Matthew and Luke later do in their Gospels. When you think about it, temptations manifest themselves to us in numerous ways. They change as we do depending on age and circumstances.

Yet, in many ways there is really only one big temptation which all of us must face. That is, are we going to go at this thing called "life" by ourselves or do we truly and daily enlist the help of God? Lent is not supposed to be some boring time when we do nothing. Rather it is a time when we are being invited to come ever closer with our Lord and Savior Jesus Christ. Avoid doing life alone - it's not what God intends.

That which challenges us comes about in a variety of circumstances. Maybe we are facing sickness and pain or that is happening to a loved one, maybe unemployment or financial hardship, maybe depression, loneliness, a feeling that makes us wonder does anyone care? These may seem scary and on some level they are unwanted but in all of them is a subtle calling by our God to come closer to rely on God and grace more. Lent is a holy season where we search out God's blessing.

When we were young we simply gave something up. That kind of sacrifice is OK when we first get on the journey. But like any relationship God is calling us to more. There is a wonderful depth to the readings chosen for all of Lent. That is not just Sundays but each day. I refer to them as our retreat to the people who attend Mass each day. If that is not possible you can read the word and reflection in your little black books given out this week.

If our whole parish, or most of us, could be about this Lenten journey together the ramifications for our community would be beyond compare. **I still invite any who can to join us Tuesday evenings at 7:30 in Community Hall to join with your fellow parishioners because I know where two or three gather in His name great things happen.** We will be out before 9 each and every week. All I can say as I always do, I love you and I wish you a truly Happy Lent!

Fr. Tom

Archbishops Annual Appeal

It's not too late to make a gift to the 2012 Archbishop's Annual appeal. Your participation helps many, including those desperately in need. Please make a generous pledge today and for those who have already made a gift, thank you for your support.



Archdiocese of Newark 2012 Lenten Regulations

The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted. Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

The time for fulfilling the Paschal Precept / Easter Duty* extends from the **First Sunday of Lent, February 26, 2012 to the Solemnity of the Holy Trinity, June 3, 2012.**

*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

Family Promise – Coming Soon!



St. Catharine will once again be hosting families in our Ministry Center working with Family Promise of Bergen County. Family Promise is an organization associated with various congregations in Bergen County to offer clean, safe overnight lodging for homeless families. **St. Catharine will be hosting families for two weeks - from March 18th to April 1st.**

There are many opportunities to participate – volunteering in the evening to interact with the guests, being an overnight volunteer (you can sleep!!), cleaning (before, during and after), shopping, setting up, doing laundry, and clean- up. There is also a list of needed items we hope can be donated.

To volunteer for one of the areas listed above or get a list of needed items, please contact Pam Biggs at psbiggs@optonline.net or call 201-670-8760.

For more information on the program or one of the volunteer opportunities, please contact Pam Biggs at 201-670-8760 or psbiggs@optonline.net or Father Joe at 201-445-3703, ext 303.



First Sunday of Lent

Your ways, O LORD, make known to me; teach me your paths.

– Psalm 25:4

MASS INTENTIONS

Saturday, February 25

5:30 p.m. William J. Huwyler *req. Tony & Evelyn De Sent*

Sunday, February 26

7:30 a.m. Genevieve Ehrentraut
req. Antoinette Schwarz

9:00 a.m. Frederick Zimmer
req. Mike & Christine Sebest

10:30 a.m. Mary Walsh *req. Veronica Moore*

12:00 p.m. Thomas Casey *req. Jim & Mary Beth Mueller*

Monday, February 27

8:00 a.m. All Parishioners

11:30 a.m. Millie Cianelli *req. Mineo Family*

Tuesday, February 28

8:00 a.m. Josephine Colabella *req. D'Angelo Family*

11:30 a.m. Bob & Marilyn Snow *req. Sue & John Evans*

Wednesday, February 29

8:00 a.m. Richard Hey, Sr. *req. Rotondaro Family*

11:30 a.m. Joseph Russo *req. Dave & Eileen Skinner*

Thursday, March 1

8:00 a.m. Mae Rita Lavezzo *req. Sydney Kobuskie*

11:30 a.m. Margaret Burbank *req. Peg & Brendan Loonam*

Friday, March 2

8:00 a.m. Margaret McCullough
req. Peg & Brendan Loonam

11:30 a.m. William J. Huwyler *req. Tony & Evelyn De Sent*

Saturday, March 3

9:00 a.m. William Hall *req. D'Angelo Family*

5:30 p.m. Martha & Michael Graziano
req. Mary Ann & Frank Mikos

Sunday, March 4

7:30 a.m. Genevieve Ehrentraut
req. Antoinette Schwarz

9:00 a.m. Eva Hansen *req. Debbie & Sean Emery*

10:30 a.m. William R. Wheatley *req. Dorothy Wheatley*

12:00 p.m. Mary O'Malley *req. Christine Stahman*

The CYO group will be celebrating a special Mass next Sunday night, March 4th at 7pm. This mass is open to all parishioners! Please join us after mass in Community Hall - a speaker from Darfur will be talking about his life in the Sudan and his journey to the United States.

ALL ARE WELCOME!

Lenten Retreat

We have a nice group forming for our Lenten Retreat with Fr. Tom on 5 Tuesdays beginning February 28th and ending March 27th. Sessions will take place in Community Hall beginning at 7:30 and lasting less than 90 minutes. If anyone still wants to join us, please leave your name and number at the rectory by Monday, February 27th.

EUCCHARISTIC ADORATION



This coming Friday is the first Friday of the month and our day for Eucharistic Adoration.

This ancient custom of spending time in prayer—to praise, thank, petition God – before the Eucharistic presence of the Lord is celebrated on the first Friday of each month.

All are invited to the Ministry Center chapel following the 8:00 a.m. liturgy until Benediction at 11:00 a.m.



“Whatsoever you do for the least of my people, that you do for me...”

Our special monthly food collection for the hungry poor of Resurrection Parish/St. Boniface Church will take place at **all Masses** the weekend of **March 10th & 11th**. Please remember the hungry as you shop and bring a bag filled with your generosity in Jesus' name to Mass on March 10th & 11th. If you need one, “Emergency Food Closet Needs” cards are available on the table in the Narthex.

Thank you for your generosity.

2012 Men's Cornerstone

The St. Catharine Men's Cornerstone will take place on **Friday, March 9th and Saturday, March 10th** (Friday evening to Saturday evening).

Cornerstone is a 26-hour retreat that provides you with the opportunity to reflect, renew and strengthen your faith while meeting other members of our community. The retreat is hosted at our Ministry Center by parishioners who have enjoyed the fruits of past Cornerstone retreats

For more information, contact Ted Burke at 201-447-1948 or Brrkee@aol.com, or Tom Kramer at 201-445-0020 or tfkramer@optonline.net.

Archdiocesan Catholic Men's Conference



Come, Follow Me! The third annual Catholic Men's Conference will be held on **Saturday, March 10th** at Seton Hall University in South Orange, NJ. Come join the expected 3,000 men for this prayerful, spirit-filled, life changing event! The day begins at 8AM and ends around 4PM.

A dynamic line-up of speakers is scheduled, including author and radio show host, Allen Hunt, as well as Rev. James Martin, SJ. Mass will be celebrated by Most Reverend Archbishop John J. Myers along with local Bishops and Priests con-celebrating.

The ticket prices are \$25 for adults and \$20 for students and senior citizens. Admission includes breakfast and lunch. For registration, please visit the web site at www.rcan.org/menscommission or contact George Carbone at geocarbonate@aol.com or 201-670-1372. You may also contact the Archdiocese directly at 973-497-4545 or CatholicMen@rcan.org.

A Latin Mass

Please join us on Sunday morning, **March 4th at 7:30 a.m.** for a special Latin Mass. The hymns, Kyrie, and Liturgy of the Eucharist will all be sung/chanted in Latin.

Anniversary Masses for the 2013 Mass Book

If you would like an Anniversary Mass in memory of a deceased loved one for 2013, please fill out the form below and drop it in the collection basket or mail it to the rectory (905 S. Maple Ave., Glen Rock, NJ 07452 Attn: Mass Book) with your check. The following are Mass times for 2013:

Weekdays

8:00 a.m. and 11:30 a.m.

Saturdays

9:00 a.m. and 5:30 p.m.

Sundays

7:30 a.m., 9:00 a.m., 10:30 a.m. and 12 Noon

July & August

7:30 a.m., 9:00 a.m., 11:00 a.m.

In memory of _____

From: Name _____

Phone# _____

Date & Time of Mass Requested

1st Choice _____

or

2nd Choice _____

One mass only please - Amount enclosed: \$10

**payment by check to St. Catharine Church or exact cash payment is appreciated

Adult Education

St. Luke Parish in HoHoKus and Guardian Angel Parish in Allendale are offering weekly presentations on "A Quick Journey Through the Bible" **through March 14th**. Weekly presentations at St. Luke's will be on Wednesdays at 10:00 - 11:30am and 7:30 - 9:30pm. Weekly presentations at Guardian Angel will be on Thursdays at 7:30 - 9:30 pm. Please call St. Luke's Church at 201-444-0272 for more information.

ACADEMY OF OUR LADY

Building the Kingdom...One Child at a Time

Faith. Academics. Service.

Catholic Schools

At Academy of Our Lady all teachers are state-certified and dedicated to the academic, social, and faith formation of our students. Academy of Our Lady curriculum blends state of the art technology with traditional methods incorporating multiple intelligences based on the New Jersey Common Core Standards and Newark Archdiocesan Guidelines in a Christ-centered faith environment.

Consider the Academy of Our Lady Advantage!

Academy of Our Lady is accredited by the Middle States Association of Colleges and Schools. We offer morning and after-care for Pre-Kindergarten 2 year old students through Grade 8, indoor & outdoor play areas, a full-time School Nurse and several after school enrichment activities.

Come and see the Academy of Our Lady advantage! Personalized tours or "Buddy Day" visits (available for students entering Grades 1-8) are easily arranged.

For further information please call 201-445-0622 or visit our website at www.academyofourlady.org.

Religious Education

CCD classes resume this **Monday, February 27th and Tuesday, February 28th** at the usual time.

1st Communion Interviews will be this **Saturday, March 3rd**. Please consult your individual letters for your child's time for his/her interview.

CYO Tonight - Karaoke!

(if you can't sing - come for the laughs!)

Next week - 7pm Mass & Challenge Night

Call Mrs. Miller at 201-693-3743 with any questions

Academy of Our Lady Presents

A Concert of Irish Music
Featuring Broadway stars
Ciaran Sheehan & Kimilge Bryant

Friday, March 16th 7:30 pm

at Our Lady of Mt. Carmel Church

Don't miss this wonderful evening of Irish music to benefit Academy of Our Lady!

Please visit www.academyofourlady.org for ticket information.



Parish & Family Life News

Annette Gallagher 201-612-4660 / ParishFamilyLife@stcatharinechurch.org

Spring Bereavement Group

The parishes of St. Catharine, Our Lady of Mt. Carmel, and St. Gabriel are jointly sponsoring a spring Bereavement Support Group which will meet on **Wednesday mornings from 9:30-11:30am** in the Ministry Center Meeting Room. You need not be a parishioner to attend. The group will run for eight consecutive weeks **beginning on April 18th** and ending on June 6th.

The intent of these meetings is to support one another during the beginning stages of the grief process. Only those people who are presently going through grief or have experienced loss can relate. Being a part of a grief group is a way of helping others which can contribute to our own healing. In this group, we stress confidentiality and mutual support. There are no "shoulds" in grief. We let others who have gone through the grief process help us understand and deal with our grief. We learn suggestions for helping ourselves move through grief. We learn to be patient and gentle with ourselves by not rushing the process. Our body, mind and heart need energy to mend. We learn to ask for and accept help. So much hurt and pain goes unheeded during grief because we do not want to bother others with our problems. We learn to lean into our pain. It cannot be outrun. We cannot go around it, over it, or under it. We need to go through it; we need to be good to ourselves, putting balance into our lives through prayer, reading, resting, relaxation and work. Grief takes time. Unrealistic expectations undermine the healing process.

'Blessed are those who mourn, for they shall be comforted.'
For further information on the group, and/or to register, please contact Annette Gallagher at 201-612-4660 or parishfamilylife@stcatharinechurch.org.

Lenten Small Faith Sharing Group

Beginning this **Monday, February 27th**, our Lenten Small Faith Sharing group will meet for six Mondays from 10-11:20am in the Ministry Center first floor meeting room. We'll be working with the series 'Disciples on the Journey'. Please contact Annette at parishfamilylife@stcatharinechurch.org to register.



M.O.T.H.E.R.S.

Mothers Organized to
Help, Educate, Recreate & Support

Mother's Winter Yoga Session - Classes are held every Tuesday at 7:30pm and are open to all parishioners. Please contact Mary Ann for more information at 201-739-7300 or at thefourmbees@yahoo.com.

Food Resources for the Parish & School Community

The St. Catharine's community is not immune from the economic slowdown. In an effort to help those who may be struggling, St. Catharine's now has the opportunity to provide families in need with food and provisions - either on a short-term basis or to help meet a greater need.

If you or someone you know is in need of groceries, please call or text Mary at 201-661-3651. All calls and inquiries will be kept strictly confidential.

HOLY LIVES, HOLY MARRIAGES

Take the opportunity to attend a morning **retreat for married couples on March 10th** from 9:30-noon at Our Lady of Mercy, 40 Sullivan Drive in Jersey City. The retreat will focus on St. Monica - the mother of St. Augustine, Blessed Louis Martin and Blessed Maria Azelia Guerin -the parents of St. Therese of Lisieux. Presenters are Rev. Douglas J. Milewski, S.T.D, Associate Dean for Undergraduate Programs and Associate Professor of Theology and Gregory Y. Glazov, D.Phil. (Oxon.), Associate Professor of Biblical Studies.

The retreat is open to the general public. A free will offering will be taken. Light refreshments are included. Pre-registration is strongly encouraged - contact Kristine Hudak at 973-761-9633 or kristine.hudak@shu.edu.

HEALTH AND WELLNESS MINISTRY UPDATE

Blood Pressure Screenings Next Sunday!

Come have your blood pressure checked from 8-12 next Sunday, March 4th in Community Hall

March is National Nutrition Month - This year's theme is "Get your plate in shape".

Learn how to develop sound eating & physical activity habits by visiting www.eatright.org.

JUBILEE PLANNING COMMITTEE

Next year, St. Catharine will be celebrating its 60th anniversary. If you'd like to be on the committee to plan the events for the year, please come to our **kick-off meeting on Thursday, March 1st** at 7:30pm in the Faith Room. If you can't make that day, but would still like to be involved, please contact Annette at parishfamilylife@stcatharinechurch.org or 201-612-4660.



for Coffee & Community after Sunday Masses!

Peace and Justice Corner

Please see the important insert in this bulletin from the United States Conference of Catholic Bishops regarding the HHS mandate that violates the conscience rights and religious liberties of all participants in our nation's health care system.

Movie Night at St. Anne's Church

Please join us on **Friday, March 2nd at 7pm** for a special viewing:

BUDRUS: *An award-winning documentary that follows a Palestinian leader who unites Fatah, Hamas and Israelis in an unarmed movement to save his village from destruction. Success eludes them until his 15-year-old daughter jumps into the fray.*

Elizabeth Ann Seton Faith Center at St. Anne's Church, Fair Lawn (lower concourse in the rectory) **Don't miss this one!**

Considering Counseling?



Then your light will break forth like the dawn, and your healing will quickly appear! - Isaiah 58:8

Have you considered counseling, but are not sure if it's right for you? In order for counseling to be effective, you must find a counselor that you are at ease with, and whom you feel you can trust. Please feel free to call to discuss your concerns and inquire about how I work. Day and evening hours are available. Experienced with individuals, couples, families, children and adolescents. Insurance reimbursable with most carriers, sliding scale fee for uninsured.

Ginnie Smith Bailey M.S.M.F.T. Certified Gestalt Therapist 201-445-3703 x 347

St. Catharine's Cooperative Parish Nursery

The Nursery is open to children ages 1-3 during the **10:30am Sunday Mass**. For more information, contact Chris Sapienza at Chris@marksapienza.com.

Children's Liturgy of the Word

We welcome children ages 4 1/2 through 4th grade to participate in our Liturgy of the Word for Children program. No pre-registration is required. Simply attend the 10:30 Mass on the following dates, and children will be led out of church after the opening prayers by the teachers of the program. Children will return to their parents in church after the Homily and Prayer of the Faithful.

Upcoming Dates: March 4th, 11th, 18th and 25th



St. Catharine Association of Mature Parishioners

Our next General Meeting will be at **2:00 p.m. Thursday, March 15th in the Community Hall. Please use the Bell Tower entrance.** For entertainment we will have The Irish Dancers from Academy of Our Lady. We invite eligible parishioners, i.e. those fifty years or older, who are interested in joining to come to this meeting. If anyone is in need of transportation to the meeting please call Ronnie Fleissner at 201-447-4580.

Activities: **St. Patrick's Day at the Royal Manor, Garfield, NJ on Tuesday, March 13th.** Festivities start at 11:30 a.m., which features Jimmy Welsh and the Black Velvet Band, also comedian Dale Grand. The cost is \$45. Call Mary Wilson at 201-791-3812 for reservations.



Sharing the Gift of Treasure

"After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." - Mark 1:14

Do you ever think about how difficult it must have been for Jesus to come into Galilee, knowing that John had just been arrested for teaching the same message that Jesus was proclaiming. It must have taken great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, following a life of stewardship takes great love and trust from us. We must be willing to surrender completely to God, trusting that God will always give us all that we need to fulfill His plan for us.

Thank you for your generosity to St. Catharine

Next Weekend's Presiders

-always subject to change-

Saturday	3/3	5:30 p.m.	Fr. Benedetto
Sunday	3/4	7:30 a.m.	Fr. Benedetto - <i>Latin Mass</i>
		9:00 a.m.	Fr. Joe
		10:30 a.m.	Fr. Tom
		12:00 p.m.	Fr. Tom

READINGS FOR THE WEEK

Monday:	Lv 19:1-2, 11-18; Mt 25:31-46
Tuesday:	Is 55:10-11; Mt 6:7-15
Wednesday:	Jon 3:1-10; Lk 11:29-32
Thursday:	Est C:12, 14-16, 23-25; Mt 7:7-12
Friday:	Ez 18:21-28; Mt 5:20-26
Saturday:	Dt 26:16-19; Mt 5:43-48
Sunday:	Gn 22:1-2, 9a, 10-13, 15-18; Ps 116; Rom 8:31b-34; Mk 9:2-10



You're invited to a
St. Patrick's Day Party

Wear your green!

Saturday, March 3rd
7-11pm in Community Hall

Live Music by The Connolly Brothers
(Irish and otherwise!)



Corned beef, cabbage, potatoes & soda bread to eat –
BYOBeverages (beer, wine, soda) – Ice will be provided

\$20 per person

Last names A-G; bring a dessert to share

Last names H-O, bring a cold appetizer to share (veggies, cheese/crackers)

Last names P-Z; bring a hot appetizer to share

Reservation Form – Deadline: February 28th

Name: _____ Phone #: _____

Address: _____ Town: _____

Attending: _____ I'd like to sit with _____

Please include a check for \$20 per person made out to St. Catharine Church.

Tables of 8 can be reserved with all forms/checks in one envelope.

Please drop-off or mail your envelope to the Rectory (905 S. Maple Ave., Glen Rock, NJ 07452)

Call Lothene Fahey at 201-445-7260 with any questions.



United States Conference of Catholic Bishops

3211 FOURTH STREET NE • WASHINGTON DC 20017-1194 • 202-541-3103 • FAX 202-541-3166

Conscience Rights, Religious Liberty Violated by Sweeping HHS Contraceptive Mandate

On January 20, the U.S. Department of Health and Human Services (HHS) reaffirmed a rule that virtually all private health care plans must cover sterilization, abortifacients, and contraception.

The exemption provided for "religious employers" is so narrow that it fails to cover the vast majority of faith-based organizations, including Catholic hospitals, universities, and service organizations that help millions every year. Ironically, not even Jesus & his disciples would have qualified, because of their commitment to serve others.

On February 10, President Obama stated that he would retain HHS's nationwide mandate of insurance coverage of sterilization and contraception, including some abortifacients, and then he announced some changes in how that mandate will be administered, which is still unclear in its details.

This does not change the urgent need for legislation to correct the mandate's threats to religious liberty and conscience rights. The Respect for Rights of Conscience Act has been introduced in Congress (H.R. 1179, S. 1467) to ensure that those who participate in the health care system "retain the right to provide, purchase, or enroll in health coverage that is consistent with their religious beliefs and moral convictions." It is more important than ever that Members of Congress be urged to co-sponsor this measure – or thanked if they are already co-sponsoring the bill. For the list of current co-sponsors, please check **H.R. 1179** and **S. 1467** at: thomas.loc.gov.

ACTION: Contact your U.S. Representative by e-mail, phone, or FAX letter:

- Call the U.S. Capitol switchboard at: 202-224-3121, or call your Members' local offices.
- Send your email to congress through www.usccb.org/conscience.
- Additional contact info can be found on Members' web sites at: www.house.gov and www.senate.gov.

MESSAGE: "Please co-sponsor the Respect for Rights of Conscience Act (H.R. 1179, S. 1467) and help enact it into law. The Obama administration's decision to mandate coverage of sterilization and contraceptives, including drugs that can cause an abortion, makes passage of this measure especially urgent. Please ensure that the rights of conscience of all participants in our nation's health care system are respected."

WHEN: Now is the time to build co-sponsors and support. Please act today! Thanks!

For more background information, go to www.usccb.org/conscience.