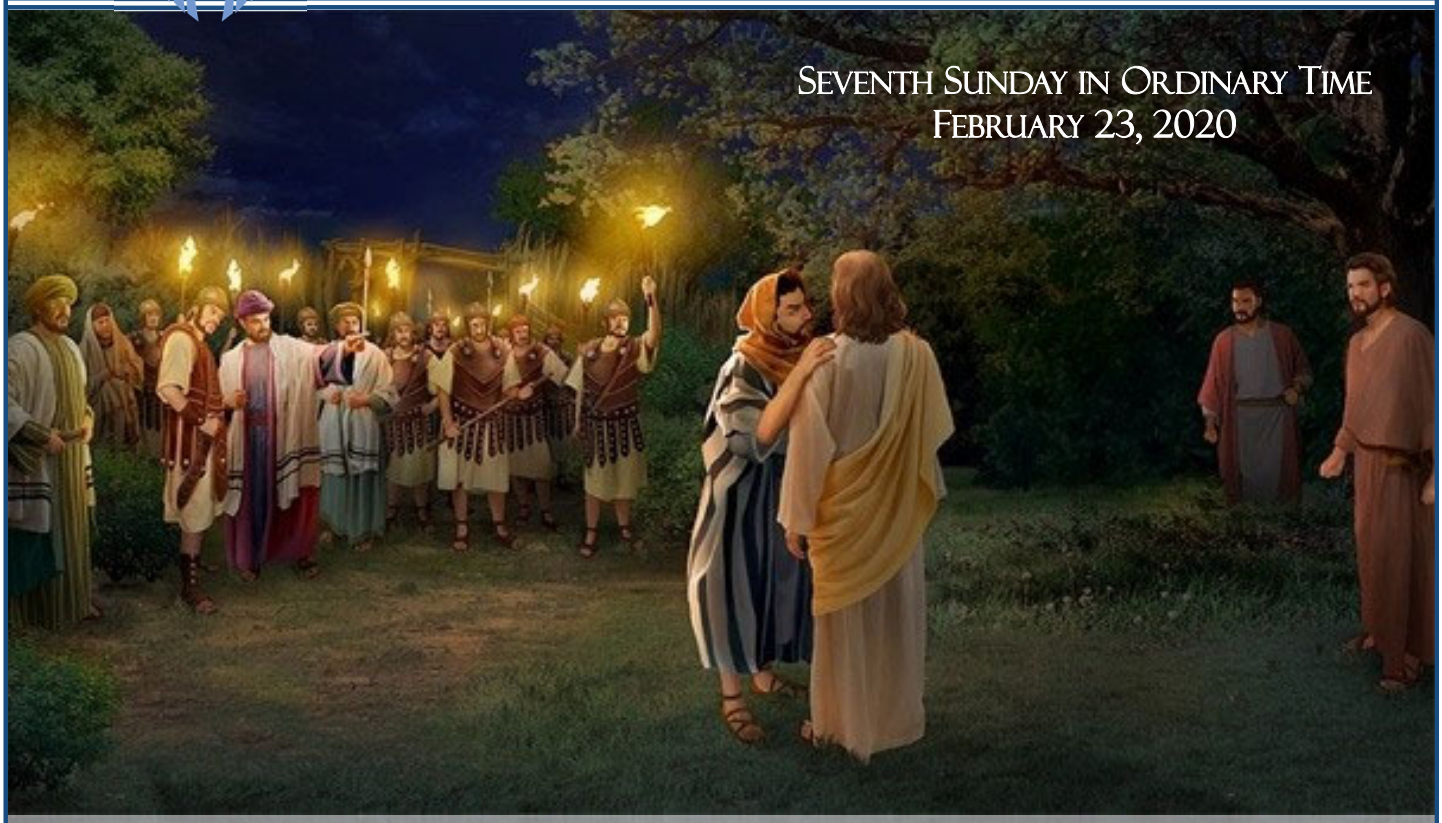
St. Michael's ⌖ Poway

SMPOWAY.ORG
15546 Pomerado Road, Poway, CA 92064 • (858) 487-4755



Seventh Sunday in Ordinary Time
February 23, 2020

Offer no resistance to one who is evil

love your enemies

and pray for those who persecute you

St. Michael's ✠ Poway

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15546 Pomerado Road, Poway, CA 92064
(858) 487-4755

Mass Schedule

Saturday: 5:30 p.m.
Sunday: 7:15, 9:00, 10:45 a.m.
12:30, 5:30 p.m.

Monday to Friday
7:30 and 9:00 a.m.
Saturday 7:30 a.m.

Fr. Mel Monreal
Pastor

Fr. Brent Kruger, CSC
Associate Pastor

Msgr. Neal Dolan
Pastor Emeritus

Fr. Tom Kuzhippalayil
In Residence

John Charron
Deacon

Terry Hannify
Deacon

Parish Office
M-F: 8:00 a.m. to 4:00 p.m.
Closed 12:00 to 12:30 p.m. for lunch
Saturday & Sunday: 8:00 a.m. to 12:00 p.m.
(858) 487-4755 • stmikes@smpoway.org

St. Michael's School
Principal • Kathleen Mock
(858) 485-1303

Adult Education • Alice Beas
(858) 487-4755 x3154 aliceb@smpoway.org

Corporal Works of Mercy • Ana Alvord
(858) 487-4755 x3155 anaa@smpoway.org

Hospitality • Donna Bowersox
(858) 748-1071

Knights of Columbus • John Beauharnois
(619) 403-3111 wgk.stmikes@gmail.com

Mental Health Ministry
mentalhealth@smpoway.org

Music Director • Gene Regard
(858) 231-3751

Plant Manager • Jim Gase
(858) 487-4755 x3131 jimg@smpoway.org

RCIA/Adult Confirmation • Deacon John Charron
(858) 705-5114 deaconjohn@smpoway.org

Director of Catechetical Ministries • Kelli Salceda
(858) 485-1392 kellis@smpoway.org
Rel. Ed. Coordinator (K-8) • Heather Kostyzak
(858) 485-1392 heatherk@smpoway.org
Youth Ministry (Grades 9-12)
& Young Adults Ministry (ages 18-39)
• Elizabeth Fromm
(858) 485-9500 elizabethf@smpoway.org

Associate Pastor's Message

Be Holy!

Today we read in Leviticus that God gives a whole new set of laws that are predicated on holiness—specifically, our holiness. "Be holy!" God demands of his people. And the reason he gives for this mandate is that he himself is holy. Some people might hear this injunction, and think to themselves, "Well, God is supposed to be holy; but how can he demand such a high standard for me? I mean it's God's job to exist in holiness. But he surely must take into account that we constantly fall unto sin. Why so strict, God?" Indeed, God is all too aware that we are often sinful and wayward. It is this very reason that he gives this command. It is a reminder that humans are created in the image and likeness of God, and if that likeness is to be authentic, we will be holy as God is holy. God also wants the people who are representing him in the world to give him good PR. If we say we belong to God, yet go around cussing and hitting and judging and hating, what are other people suppose to think? Most likely, they'll say, "I don't want your God because of the way *you* act." So God's Holiness Code is not just a list of rules, it is mostly a commissioning for his people.

—Fr. Brent Kruger, CSC

Parish Services

Reconciliation (Confession)
Saturdays 4:00 to 5:00 p.m.
Baptisms & Marriages
Call the Parish Office to make Arrangements; 9 months preparation required for marriage
Eucharistic Adoration Chapel
Monday to Friday
8:00 a.m. to 8:00 p.m.
Saturday 8:00 a.m. to 5:00 p.m.
Communion to the Homebound
Call the Parish Office
Perpetual Help Devotions
Tuesdays immediately following 7:30 a.m. Mass
Sick Calls
Call the Parish Office day or night
Children's Services
Sunday Preschool
9:00 a.m. Mass only
for ages 3-4 in the Parish Center
Children's Liturgy of the Word
9:00 and 10:45 a.m. Masses
for Grades K-2
St. Michael's Gift Shop
Located in the vestibule
Open after all weekend Masses (closed during Mass) and Wednesdays 9:30-10:30 a.m.
Donate online at smpoway.org

Bulletin Submissions

Bulletin submissions are due by 5:00 p.m. Thursday 10 days before the Sunday in which the item should appear. Please send to **bulletin@smpoway.org**.
Shay McKinley • Bulletin Editor

Ash Wednesday Mass Schedule

Ash Wednesday, **Feb. 26**, is **NOT** a Holy Day of Obligation. Ashes will be distributed only during Mass. **Mass times are**: 7:30, 9:00, and 10:30 a.m. (School Mass), 5:00 and 7:00 p.m.

Lenten Daily Masses

7:30 and 9:00 a.m. and 6:00 p.m. weekdays

Stations of the Cross

Every Friday of Lent at 5:30 p.m. in the Church

Lenten Regulations for Fasting & Abstinence

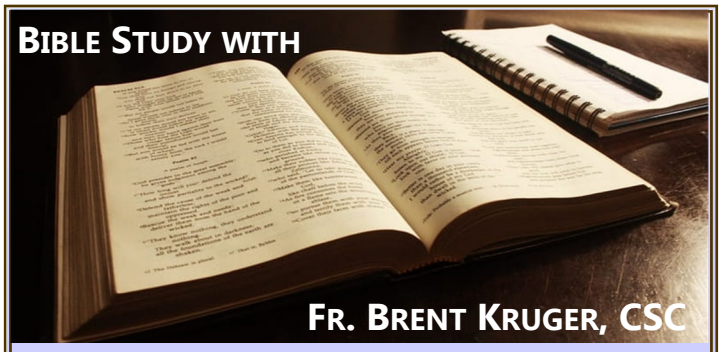
Abstinence from meat is observed Ash Wednesday, Good Friday, and all the Fridays of Lent by all Catholics 14 years and older. Fasting is observed on Ash Wednesday and Good Friday by all Catholics who are between 18-59 years old. Those bound by this rule may take only one full meal. Two smaller meals are permitted as necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. From its earliest days, the Church has urged the baptized and catechumens to observe the threefold discipline of fasting, almsgiving, and prayer as preparation for the great celebration of Easter.

Lenten Fish Bakes

Knights of Columbus Lenten Fish Bakes begin this Friday, **Feb. 28,** in the Holy Family Center and continue every Friday through April 3. Our menu includes baked fish (breaded or un-breaded/ seasoned), fish tacos, clam chowder, French fries, rice, mac and cheese, vegetables, salad, coleslaw, biscuits, dessert, and drinks. Tickets are available after Masses. Ticket prices are as follows:

	Advance	At the door
Children 3 and under	Free	Free
4-12 years old	$5	$7
13 years old and older	$10	$12
Family plan (2 adults & Immediate children)	$25	$30

Each week part of our **proceeds will go to a specific cause**: Feb. 28 is Coats for Kids.



Every Monday in the HFC

Bible Study on break until March 2
Homework: Luke Chps. 12-17
No Cost — No Reservations — Just Come!

Stewardship of Treasure

Weekly Parish Finance Report

Feb. 3 — Feb. 9

Total Registered Families 3,627

Total weekly cost of salaries and benefits, liturgies, sacraments, utilities, repairs, and ongoing maintenance): **$34,887**

	Amount Received	Total Contributing Households
Plate/Loose Collections	$2,895	
Envelope Collections	$17,431	503
Online Giving Collections	$12,080	235
Total Collections	**$32,406**	**738**

Online Giving

Thank you to all parishioners who give online at www.smpoway.org. Please pick up an "I give Online" laminated card located at the back of the church and place it in the offertory basket.

CWM Monthly Second Collections

The Corporal Works of Mercy second collections are held the first Sunday of each month. If you were unable to donate at Mass, please make an online donation! Upcoming collections are designated as follows. Thank you for your generosity.

March — *Colombia Sin Fronteras* student sponsor fair
April — Mexico Mercy Prosthetics
May — Corporal Works of Mercy Fund

Rite of Christian Initiation for Adults

ST. MICHAEL'S CATHOLIC CHURCH, POWAY
RCIA
RITE OF CHRISTIAN INITIATION OF ADULTS

Join us at the **10:45 a.m. Mass March 1** as our Catechumens become Elect in this special Rite:

Rite of Election/Rite of Sending

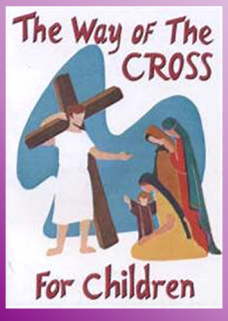
Please continue to pray for the Elect and Candidates as they journey toward the Sacraments of Initiation.

Ushers Needed

If you've been wondering how to give back to our parish and meet people at the same time, think about becoming an Usher at the Mass you regularly attend each week. We are always looking for parishioners, like you, to join our teams and become part of this very fulfilling ministry. We are in need of ushers for all Masses, but especially the 5:30 p.m. Sunday Mass. For info, please contact Head Usher, Dan Chadkewicz, at stefychad@yahoo.com.

Children's Stations of the Cross

Friday, March 13
at 5:30 p.m. in the Church
All families are welcome to attend
Daily Mass immediately following at 6:00 p.m.



Student Volunteers Needed
to be station readers
and station holders
To volunteer,
please contact Kelli Salceda
at kellis@smpoway.org
or (858) 485-1392

Save the Date
Women's Retreat 2020

March 27-28
in the Holy Family Center

Religious Education K-8 & High School Youth Ministry

Help Wanted — Volunteers to teach are needed for the following classes; training provided:

- Wednesdays at 4:00 p.m.
- Sundays at 9:00 a.m.
- Children's Liturgy of the Word

If interested please contact Kelli Salceda at (858) 485-1392 or kellis@smpoway.org.

You are Invited! Come and Join Us!

Students Grades 3 to 12 are invited to sing in St. Michael's Children's Choir (SMCC)

There will be an **orientation meeting for new singers and their parents** this Thursday, **Feb. 27**, in the church cry room from 5:15 to 5:45 p.m. Please make plans to attend! We have an exciting event to share with you!

SMCC is a complete musical training program. SMCC participates in several events throughout the year including the Annual Fall Festival, the 4:45 p.m. Christmas Eve Mass, the 10:45 a.m. Christmas Day Mass, First Holy Communion, and our exciting Summer Show! Students must be able to attend weekly Thursday evening rehearsals from 6:00 to 7:15 p.m. and the 10:45 a.m. Sunday Mass. Please contact Margie Bell, SMCC Administrator, at singsmcc@gmail.com for further information and registration forms. *No previous experience is needed*, however please come by after the 7:15, 9:00, and 10:45 a.m. or 12:30 p.m. Mass to meet Ms. Mawanay, Director.

St. Michael's Food Group

...is in need of volunteers to help pick up food from local grocery stores. You would work one day with another volunteer, either Friday or Saturday, from 8:00 to 10:00-10:30 a.m. If you are able to help families in need, please call Tom Kenney at (858) 487-4944.

HE'S BACK!

Fr. Leo Patalinghug

Parish Lenten Mission & Fat Tuesday Dinner

Lenten Mission

Sunday & Monday

Feb. 23 & 24

7pm to 8:30

St. Michael's Church

Poway

No Cost, No RSVP

Open Seating in Church

Fat Tuesday Dinner

Tuesday

Feb. 25

5pm Fr. Leo Cooks!

6pm Dinner Served

6:45 Dessert Winner!

Holy Family Center

Ticket Info Below

Sunday Mission:	*'Theology of Beauty'*	Beauty Tips for the Modern World
Monday Mission:	*'Relationships'*	Healthy & Holy Relationships

Fat Tuesday Dinner: *'Faith as Food for the Soul & Fajitas'*

Fr. Leo will prepare for ALL of us his WINNING dish on the cooking competition *'Throw Down with Bobby Flay'*

Fr. Leo's Funky Fusion Steak Fajitas, Holy Guacamole & Screaming Sour Cream with Sauteed Vegetables, Dirty Rice & Tortillas (Drinks included)

$25 - Adults **$20 - Age 15-7** **$1 - Age 6 & Under**

Dinner Tickets Available at www.smpoway.org or contact Alice (858) 487-4755

BRING A DESSERT TO SHARE!

Homemade Pie, Cake & Cookie (REORGANIZED) Contest

Fr. Leo picks the dessert contest winner & presents them with a special prize!

Drop off desserts between 4pm & 5pm

$5 RAFFLE TICKETS AVAILABLE FOR ONSTAGE SEATING WITH FR. LEO. 10 WINNERS
DOORS OPEN TUESDAY @ 4PM. OPEN SEATING. ***ADDITIONAL $80 FOR RESERVED PREMIUM TABLES OF 8***
Questions? Contact Alice Beas aliceb@smpoway.org (858) 487-4755 ext. 3154

Vacation Bible Study "Wilderness Escape" Needs You!

VBS will be held at St. Michael's **June 22-26**. The team needs an adult to coordinate "Moses' Tent," a rotation through which the children experience the Israelites' escape from Egypt and travel to parts unknown. If you can help, please contact Heather Kostyzak at heatherk@smpoway.org or (858) 485-1392.

2020 Annual Catholic Appeal

St. Michael's Parish is pleased to participate in the 2020 "Gratitude in Action" Annual Catholic Appeal. **Our parish goal this year is $119,500**. This appeal supports charitable needs throughout the Diocese of San Diego. Your gifts make possible the work that impacts so many in our diocese: those who attend Catholic school, formation of new priests, and care for our retired priests, evangelization and accompaniment of Young Adults, and the consoling presence of Christ for those imprisoned. Please make your intention to the Annual Catholic Appeal. You can make your contribution at giving.sdcatholic.org, or by picking up a combo brochure/response card here at the parish. You can view a video detailing the ACA on our website, www.smpoway.org, under the "Stewardship" then "Annual Catholic Appeal" tab.

Mental Health Ministry Seeking Support for "988"

Mental Health Advocates are lobbying for the suicide hotline to be changed from a 10-digit number to a three-digit number, "988." They reason that when a physical emergency happens you know to call "911" right away. A person with suicidal thoughts needing to talk is more likely to dial "988" than a 10-digit number. Please reach out to your elected officials and let them know you are in favor of the three-digit suicide hotline.

Colombia Student Sponsorship Fair

Illary and Gleider attend *Colombia Sin Fronteras* School every day. They are learning to read and write at a young age to give them a head start. They receive a foundation in our Catholic faith, eat the only hot meal that they will have that day, and learn and play in a safe environment within a very perilous region.

Next weekend, **Feb. 29** and **March 1**, the Corporal Works of Mercy Ministry will hold a child sponsorship fair for the children of *Colombia Sin Fronteras*. For only $180, you can ensure that a child receives education assistance, a daily hot meal, opportunities to play sports, and a community center for spiritual guidance. Younger children learn to read and write here before they even begin school. Children that have fallen behind, and some that never learned to read at all, get the individualized help and attention they need. The older children receive daily tutoring help with homework. With your help, we can continue to support these very vulnerable and at-risk children. Please see us in March to sponsor and help one of the 200 children, just like Illary and Gleider, at *Colombia Sin Fronteras*.

"Education is the most powerful weapon which you can use to change the world."—Nelson Mandela

Seniors Save the Date!

Easter Luncheon & Mass

Wednesday, April 1
11:00 a.m. to 1:00 p.m.
Holy Family Center
$8 at the door
RSVP to Alice Beas
at (858) 487-4755 or aliceb@smpoway.org

40 DAYS FOR LIFE
THE BEGINNING OF THE END OF ABORTION

You can help save lives in Mira Mesa
Feb. 26 to April 5

Please join us to pray and fast for the unborn and be a peaceful, prayerful, lawful witness for life with other prayer champions in front of the Mira Mesa Planned Parenthood, 10717 Camino Ruiz, San Diego, 92126, where medical abortions are committed Monday through Saturday.

Our goal is **constant vigil from 7:00 a.m. to 7:00 p.m. daily for the 40 days of Lent** but we need YOU to make that happen. Please go to www.40daysforlife.com/sandiego and click on "Sign Up for Vigil Hours." Consider making it a weekly sacrifice for Lent.

Please also join us for the **Kick-off Event this Sunday**, **Feb. 23**, at the vigil location from 2:15 to 3:15 p.m., with recitation of the Divine Mercy Chaplet at 3:00. Thank you and God bless!

Knights of Columbus Membership Drive

The Knights of Columbus will conduct their Spring Membership Drive after all Masses **March 28** and **29**. Stop by and talk to a Knight after Mass or visit our table on the patio and learn how to become a Knight and better serve your parish and church community. Council members will be available to discuss with you the many benefits of becoming a Knight. Last year, St. Michael's Knights of Columbus Council devoted more than 12,000 volunteer hours to church, community, pro-life, and youth activities. Come and learn how you can be part of this world-wide Catholic Fraternal Organization. For more information, please contact Bill Uberti, membership chairman, at (858) 842-4000 or cdrbilluscg@earthlink.net.

Saints & Special Observances

Sunday: Seventh Sunday in Ordinary Time
Wednesday: Ash Wednesday; Fast and Abstinence

Day in the Desert
Silent Lenten Retreat

Facilitated by Fr. Brent Kruger, CSC

"Be Still and Know that I Am God"

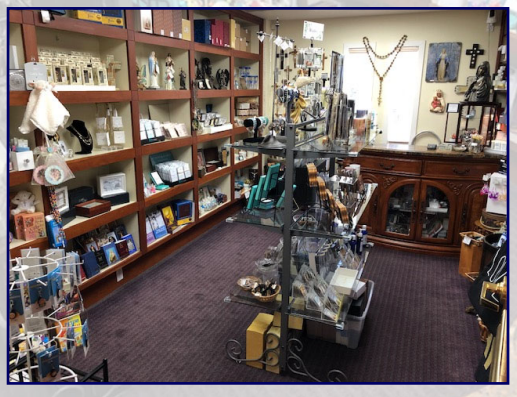
Saturday, March 14
8:00 a.m. to 3:00 p.m.
Cost: $20 (includes bus ride, snacks, and water)
Bring: Bible, sack lunch, lawn chair, sunscreen, walking shoes, jacket, sun hat, and water bottle
Registration: Online at www.smpoway.org

Join in a special day of reflection during Lent
Meet in the Holy Family Center;
Fr. Brent will speak on "The Silent Retreat"
and then the bus will travel to the
Wilderness Garden Preserve near Pala for
a day of quiet prayer and reflection in nature.
Bus will return to the Holy Family Center for a recap.
Questions: Alice Beas (858) 487-4755 or
aliceb@smpoway.org

St. Michael's Gift Shop

Sacramental Patio Sale
Sunday, March 22
10:00 a.m. to 2:00 p.m.

Mark your calendars!
Great gifts for First Communion, Confirmation, Baptism, Weddings, and all occasions
There's no need to shop anywhere else:
We carry great products from names you know like Roman, Ganz, My Saint My Hero, Tiny Saints and more!



Mass Intentions for the Week

Sunday, Feb. 23
7:15 a.m. Chunmei Zhang †
9:00 a.m. Jerome Family INT
10:45 a.m. Charles Grotz †
12:30 p.m. Kevin & Michael Rowan †
5:30 p.m. Matthew Herriman †

Monday, Feb. 24
7:30 a.m. Vincent Vu †
9:00 a.m. Peggy Punch INT

Tuesday, Feb. 25
7:30 a.m. Celedonio & Remedios Layon †
9:00 a.m. Deacon Terry Hannify INT

Wednesday, Feb. 26
7:30 a.m. Josephine De Russo †
9:00 a.m. Moore Family INT
10:30 a.m. Tran & Hoang Families INT
5:00 p.m. Josefa Baligod †
7:00 p.m. Donald Patera †

Thursday, Feb. 27
7:30 a.m. Innocencio Eder, Jr. †
9:00 a.m. Martin Norris †
6:00 p.m. Harold Stevick †

Friday, Feb. 28
7:30 a.m. Elizabeth Aguilar Contreras †
9:00 a.m. Lorenza Laberinto †
6:00 p.m. Donna Bustria †

Saturday, Feb. 29
7:30 p.m. Patricia Henry †
5:30 p.m. Carol Goergen †

Please note: in order to have Masses available throughout the year, we cannot schedule more than one Mass per month for the same person/intention. Also, an individual cannot schedule two Masses the same day, even if it is for two different intentions. We are happy to send extra requests to our retired priests.

Readings of the Week

Monday: Jas 3:13-18; Ps 19:8-10, 15; Mk 9:14-29
Tuesday: Jas 4:1-10; Ps 55:7-11a, 23; Mk 9:30-37
Wed: Jl 2:12-18; Ps 51:3-6ab, 12-14, 17; 2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18
Thursday: Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25
Friday: Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15
Saturday: Is 58:9b-14; Ps 86:1-6; Lk 5:27-32
Sunday: Gn 2:7-9; 3:1-7; Ps 51:3-6, 12-13, 17; Rom 5:12-19 [12, 17-19]; Mt 4:1-11

Liturgical Ministers Schedule

Schedule for Lectors and Eucharistic Ministers for Masses Feb. 29 — March 1

Saturday 5:30 p.m.
Lectors: Richard Ewens, Jacquelyn Slack
EMs: Donna Bowersox, Cindy Keane, Jeff Rohling, Sara Rohling, Robin Swank, Tracey Turgeon

Sunday 7:15 a.m.
Lectors: Manuel L. Garcia, Christopher Vaughan
EMs: Jose Cervantes, Brian Falkowski, Cris Garcia, Karen Meloling, Denise Ott, Tony Potente

Sunday 9:00 a.m.
Lectors: Suzette Lam, Kevin Calkins
EMs: Linda Aguilera, Mike Gaylord, Jeanne Lucia, Joan O'Sullivan, Chrison Sarmiento, Joan Serrano, Maria Velloze, Linda Walior (choir)

Sunday 10:45 a.m.
Lectors: Nathan Desautels, Alan Cox
EMs: Deacon John Charron, Gene Marzo, Jolie Marzo, Suzanne Obnamia, Juliet Paul, Prince Paul, Mike Bartholomew (choir)

Sunday 12:30 p.m.
Lectors: Sean Sigarlaki, Linda Gattenio
EMs: Deacon Terry Hannify, Vanessa Allen, Christine Evans, Suzanne Hanson, Terri Moore, Jerome Santiago

Sunday 5:30 p.m.
Lectors: Luz Uzzell, Stevan White
EMs: Deacon Terry Hannify, Caroline Capasgordo, William Daley, Mary Hannify, Jackie Serena, Gustavo Serena

If you have arranged for a substitute, please notify the Parish Office. **Please note**: this schedule may not reflect the most recent substitution changes. Thank you!

Have You Seen Our New Website?

St. Michael's has a brand new website, check it out at www.smpoway.org. Our website has everything you need to know about our parish: Sacraments, faith formation, events, activities, calendars, social media, and more. Stop by and visit today!

Baptisms

Welcome to the newest members of our faith community through the Living Waters of Baptism
Braden Patrick Biundo
Kaidyn Ander Gachalian

Deceased

In your charity, please remember those who have recently died
Lois Cain
May her soul, and all the souls of the faithful departed, through the mercy of God, rest in peace.

Prayer Quilt Ministry

Our ministry is part of a larger organization called Prayers & Squares. People of all faiths have chapters whose goal is to help others through the gift of hand-tied quilts that contain prayers for their health and well being. Knots are tied in the quilt threads while prayers are offered for the person. The prayers the quilt contains make it unique and affirm our belief in God and the power of prayer. **You can request a Prayer Quilt** for a loved one or friend by picking up a request form in the Parish Office or downloading one from smpoway.org. **If you would like to help** us provide these quilts to those in need, please join us at our meetings, we meet every month the fourth Tuesday (**Feb. 25**), from 10:00 a.m. to 12 Noon and the second Thursday (**March 12**), from 7:00 to 9:00 p.m. in Parish Center Room A. For info, contact Karlene Blackburn at karblackburn@yahoo.com or (858) 494-0154.

Whispering Winds Family Camp

St. Michael's Weekend: July 10-12

Does your family need to get away for just a little bit? Has your life become so busy you don't have time to sit? Does God keep tugging at your heart, "Please come and rest with me?" We have a place to do just that, Whispering Winds is the place to be. For more info about the St. Michael's weekend, contact parishioner Michelle Headley at Michelle_headley@yahoo.com. There is also a **Special Needs Family Camp July 24-26** for families with a child with developmental disabilities. Please visit whisperingwinds.org for more information.

Ladies Day of Recollection

On **Feb. 27**, at the Prince of Peace Abbey in Oceanside, a Ladies Day of Recollection is scheduled from 9:00 a.m. to 3:00 p.m. This event is open to all ladies of parishes around North San Diego County. A Mass will be celebrated at 11:00 a.m., followed by lunch in the Retreat House. Confessions are available as well. Call (760) 975-5369 for more information.

Advertiser of the Week

Thanks to our advertisers who sponsor this bulletin.
Kindly support them with your business.
The Advertiser of the Week is:
Catholic Cruises and Tours

Always in My ♥ Miscarriage Ministry

"Always in My Heart" is a ministry whose mission is to support those who have lost a child in pregnancy or infancy. If you or someone you love has suffered from the loss of a child during pregnancy or infancy, our ministry is here to support you during this difficult time. Our goal is to walk beside you and let you know that you *are not* alone. We have a team of women who understand the pain, because we, too, have suffered it. We are here to help! Conversations can be part of the healing process, contact us to talk, text, or e-mail with someone who has gone through this pain. Commemorate your child by placing a remembrance stone in our Garden of Angels. For more info, contact Lili Husseman at Lili_Husseman@hotmail.com or (858) 519-7406. You can also visit emptycradle.org or www.catholicmiscarriagesupport.com.

Membership in the Parish

All Catholic adults living within the parish, and regularly participating in the Liturgy here, are to register in the parish. Church attendance alone does not make you and your family registered members. Registration is required for Baptism, Confirmation, Marriage, First Communion and First Reconciliation preparation, and enrollment in the Religious Education programs. To register, please contact the parish office at (858) 487-4755.

NAME_____
ADDRESS_____
CITY_____ZIP_____
PHONE_____
E-MAIL_____
_____NEW IN THE PARISH
_____CHANGE OF ADDRESS
_____MOVING OUT OF THE PARISH

Please help us keep our records current by filling in the above form and dropping it in the collection basket or send to the Parish Office.

American Haitian Foundation Thrift Shop

(858) 486-6848 • 12845 Poway Rd., Poway, 92064
Hours: Monday to Saturday 9:30 a.m. to 4:00 p.m.
***Please Note**: The Thrift Shop is operated by the AHF and is not affiliated with St. Michael's Parish*

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Certified Public Accountants
TAXES - Individuals, Trusts & Estates
Jeff Heiting, CPA
Tom Heiting, CPA, Retired
13525 Midland Road, Suite D, Poway
748-1040 **www.heiting.com**

Nazareth House
A Catholic Assisted Living Community located in Mission Valley. For more information or a tour please call **619.563.0480** or visit **nazarethhousesd.org**
Lic. #372000400

Donald J. Janiuk, OD
Doctor of Optometry
(858) 748-6210
12845 Poway Rd. Ste 209

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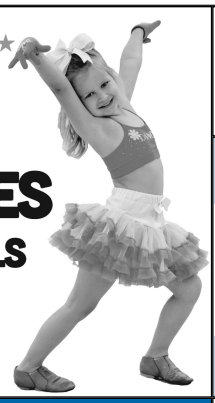

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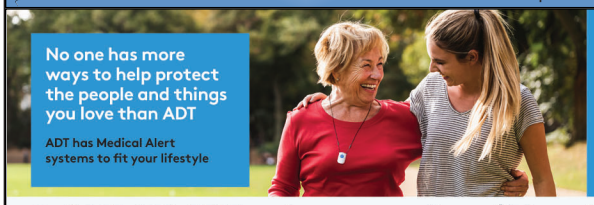
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