

**Health Ministry Education**  
**2020 Third Quarter:**  
**Gathering Emergency Supplies II**

This quarter's Health Ministry education is a continuation of "gathering emergency supplies." It focuses on one "vital" step we can take to prepare ourselves mentally and spiritually in these perilous times!

When gathering our supplies let's reach for those tools that lift us up to deepen our Faith. Pack your spiritual suitcase with sacramentals, holy water and the rosary, just to name a few.

As we journey and face these challenging times, we can't go it alone and must turn to Our Divine Physician, but also must look to MARY! We can give it all to her.

As Bishop Siegel has invited us to join in the 33-day Consecration to MARY, this is the surest and quickest way to Jesus! It is also the surest and quickest way to strengthening our mental and spiritual health.

Another tool that you will find in the narthex is a "Divine Mercy" image and description of how Jesus will defend and protect us and our family. Seal your doorpost with this BLESSED image!

Let's all deepen our Faith by setting our hearts on fire for Jesus through Mary. We urge you to unite together in this 33 Day Consecration to Mary!

—Health Ministry Team