



St. Thomas Catholic Church

PARISH & CAMPUS MINISTRY

SERVING CHRIST TOGETHER



•SUNDAY, AUGUST 13, 2023 19TH SUNDAY IN ORDINARY TIME •



19TH SUNDAY IN ORDINARY TIME



Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. - Mt 14:28-29

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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80 ST. THOMAS WAY • MONTEVALLO, AL 35115 • 205-663-3936
PARISH WEBSITE: <http://stthomascatholic.com>

WEEKEND MASSES

Saturday 5:30pm
Sundays 8:00am, 11:00am,
12:30pm (Español)

WEEKDAY MASSES

Wednesday 9:00am
Thursday 9:00am
Friday 9:00am
1st Saturday of Each Month 10:00am

COMMUNION SERVICE

Tuesday 9:00am

CATHOLIC CAMPUS MINISTRY MASS

Wednesday 5:30pm
(Student Center Chapel / During School Session)

HOLY DAY MASSES

Visit stthomascatholic.com or see the
monthly calendar for Holy Day Mass schedules.

SACRAMENT OF RECONCILIATION

Saturday 4:00pm-5:00pm
(or by appointment)

PRAYER & WORSHIP

MASS INTENTIONS

Saturday, 5:30 PM	Aug. 12 Mass for Ignatius Vetrano, deceased
Sunday, 8:00 AM 11:00 AM 12:30 PM	Aug. 13 Mass for Mary Ann McMyler, deceased Mass for Tony Champagne, deceased Misa para la Gente de la Parroquia
Tuesday, 9:00 AM 7:00 PM	Aug. 15 Mass for Nancy Higgs Misa para la Gente de la Parroquia
Wednesday, 9:00 AM	Aug. 16 Mass for Howard L Seller, deceased
Thursday, 9:00 AM	Aug. 17 Mass for Brian J Noto, deceased
Friday, 9:00 AM	Aug. 18 Mass for Rosa Maria Pena, deceased
Saturday, 5:30 PM	Aug. 19 Mass for Patrick Butcke, deceased
Sunday, 8:00 AM 11:00 AM	Aug. 20 Mass for Mary Sam Beth Watson, deceased Mass for Jim Adams, deceased

Monthly Altar Flowers

Aug. 13th & Aug. 14th

In memory/honor of 43rd Anniversary Rob & Sue Caliento

In memory/honor of

Aug. 19th & Aug. 20th

In memory/honor of Kevin Saplio

SUNDAY'S READINGS

First Reading—At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the LORD said to him, "Go outside and stand on the mountain before the LORD; (1 Kings 19:9a 11-13a)

Psalm—Lord, let us see your kindness, and grant us your salvation . (Ps 85:9 10,11-12 13-14)

Second Reading— I speak the truth in Christ, I do not lie; (Romans 9:1-5)

Gospel— "Lord, if it is you, command me to come to you on the water." He said, "Come." . (Matthew 14:22-33)

Readings for the week

Monday: Deuteronomy 10:12-22; Matthew 17:22-27

Tuesday 1 Corinthians 15:3-4 15-16 16:1-2; Matthew 14:22-36

Wednesday: Deuteronomy 34:1-12; Matthew 18:15-20

Thursday: Joshua 3:7-16a 11 13-17; Matthew 18:21 19-1

Friday: Joshua 24:1-13; Matthew 16:24-28

Saturday: Joshua 24:14-29; Matthew 19:13-15

Sunday: Isaiah 56:1:6-7; Romans 11:13-15,29-32; Matthew 15:21-28

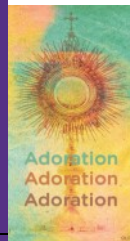
Everyone Has a Divine Vocation

"Jesus has a specific task in life for each and every one of us. Each one of us is hand-picked, called by name by Jesus! There is no one among us who does not have a divine vocation!

Some are called audibly by God, but the usual kind of call is internal, through the inner working of the Spirit." ~ *Homily by Pope Saint John Paul II*

Eucharistic Adoration

Come spend time with Jesus in Eucharistic Adoration on the 1st & 3rd Friday of each month. Friday adoration begins at noon and ends on Saturday at noon. There is a need for 1st Friday from 1pm-2pm and Saturday 4am-5am. For more information or to sign-up call Rose Marie Vetrano 205-620-0051 or cell 205-370-6618. *Adoration is held in the Chapel at the Student Center. Adoration will take place on August 18th*



		EUCCHARISTIC MINISTERS	LECTORS	ALTAR SERVERS	USHERS	SACRISTANS
Saturday Aug. 19th	5:30 PM	(1) Brenda Picou (2) Ed Angelini (3) Jean Graffo	Beth Taylor	Mary Katherine Shirley Angel Salgado	Mike Gerrells David Higdon Ron Hoff	Joanne Butcke
Sunday Aug. 20th	8:00 AM	(1) Sarah Burns (2) Lucy Mallery (3) Pat Dale (4) Tad Cairns (B) Mary Hester	Susan Lumpkin Susie Leckness	Ann Green(T) Hazel Navarro Lily Phillips Mary Martinez Mark Mathul Iker Cuenca	Loralyn Watson Phillip Watson Keith Brown	Angela Smith
	11:00 AM	(1) Angel Coyle (2) Shawn Howard (3) Judy Lemieux (4) Need Sub (B) Debra Levio	Lisa Dale Mary Lowery	Wes Evanko (T) (L) Elizabeth Hernandez (T) Salvador Hernandez Landon White Adrian Cesariou Angel Ocampo Fatima Zuniga	Marilyn Lane Casey Fondren Joe Vacarella	Judy Lemieux
	12:30 PM (Spanish)	(C) Andrea (C) Maria Pineda (S) Fernando (S) Juana (S) Graciela (S) Danny	(1)Vidal (S) Gregoria (2)Deyanira (P) Lucina	Fernando Castilla (T) Elizabeth Perez (T) (L) Isabella Angel Dulce Cruz Clarisa Duran	Heron	Magda Rivera, Lupe y Antonio

PARISH ANNOUNCEMENTS & INFORMATION

AUG. 13, 2023 TO AUG. 19, 2023

SUNDAY, AUG. 13
9:30AM-10:30AM

MONDAY, AUG. 14
8:30 AM-4:00 PM OFFICE OPEN

TUESDAY, AUG. 15
8:30 AM-4:00 PM OFFICE OPEN

WEDNESDAY, AUG. 16
8:30 AM-4:00 PM OFFICE OPEN

THURSDAY, AUG. 17
8:30AM-4:00PM OFFICE OPEN

FRIDAY, AUG. 18
8:30AM-12:00PM OFFICE OPEN
Adoration begins at noon

SATURDAY, AUG. 19
Adoration ends at noon
4:00-5:00PM Reconciliation
5:30PM Vigil Mass

St. Thomas Facebook

For any who cannot attend Mass due to health concerns, we stream the 5:30pm Saturday Mass on our Facebook page. The St. Thomas Parish Facebook page can be found by searching "St Thomas the Apostle Catholic Church, Montevallo, AL." with the picture of Saint Thomas. You can also find the Facebook link at the bottom of the church website.

Faith Direct

Looking for a convenient way to support our parish offertory and building fund? Faith Direct is the innovative solution that allows you to support our parish using electronic funds transfer from either a bank account or credit/debit card. If you would like an enrollment form, please call the parish Finance Office at 205-663-3936 ex.109. You can also enroll at www.stthomascatholic.com/donate

Pastoral Staff

<http://stthomascatholic.com/pastoral-staff-2/>

MAIN OFFICE (205) 663-3936

PASTOR

Rev. Brad Jantz Ext. 101

RETIRED PRIEST

Rev. Adrian L. Cook
alcook46@outlook.com

DEACON

David Hicks Ext. 105
dhicks@stthomascatholic.com

FINANCIAL SECRETARY

Jackie Lampton Ext. 109

HISPANIC COORDINATORS

Marisa Roan Ext. 100

Laila Garcia Ext. 113

CAMPUS MINISTRY COORDINATORS

Courtney Keeler, Matt Rankin,
Alyssa Wild, & Michael Whitfield
ccm@stthomascatholic.com

Mission Statement

We, the parish family of St. Thomas the Apostle Catholic Church, proclaim our belief in the message & mission of Jesus Christ. We are committed to sharing our time, talent & treasure through worship, spiritual formation & outreach.

Parish Office Hours

Mon-Thurs | 8:30 a.m.-4:00 p.m.
Friday | 8:30 a.m. - 12:30 p.m.

Parish Telephones

Parish Phone: 205-663-3936
Fax: 205-663-0657

STEWARDSHIP OF TREASURE

Collection for July 2023 (5 weeks)

	BUDGET	ACTUAL	DIFFERENCE
Offertory	\$53,000.00	\$51,367.02	\$1,633.18
Building Fund	\$38,000.00	\$26,992.90	\$11,007.10
Total	\$91,000.00	\$78,359.92	\$12,640.28

Year-to-Date Collection 07/01/23—Present

	BUDGET	ACTUAL	DIFFERENCE
Offertory	\$53,000.00	\$51,367.02	\$1,633.18
Building Fund	\$38,000.00	\$26,992.90	\$11,007.10
Total	\$91,000.00	\$78,359.92	\$12,640.28

With the advice of the Parish Finance Council, Saint Thomas Parish does financial planning according to a fiscal year rather than a calendar year. Our current fiscal year began 7/1/23.

Baptisms

Please contact Fr. Jantz at 205-663-3936 for Baptismal Preparation.

Marriage

Parish Membership and a six month preparation period are required. For weddings, please contact Father Jantz at 205-663-3936.

Ministry of the Sick & Homebound

Please contact the office at 205-663-3936 if someone is in need of Holy Communion at home/hospital/nursing home.

Membership in the Parish

All Catholic adults 18 and older who regularly participate in the Liturgy here are strongly encouraged to register in the parish. Those who enroll in Faith Formation programs or request Baptism or Marriage in our church should already belong to our parish family. To register, please contact the Parish Office. If you are moving from another parish, please let us know.

PARISH ACTIVITIES

Interested In Becoming Catholic? 8/13

You may have been coming to the Catholic Church for a long time with a family member or with a friend, but you had not thought about the possibility of becoming Catholic. Maybe now is the time to consider that possibility. Would you like to learn more about the Catholic Church to help with your decision? If so, please consider attending an Inquiry meeting. The meetings will be available the second Sundays during the summer months at 9:30 – **August 13th**. They will be held in the modular building behind the administrative offices. These sessions will help those interested to prepare for the upcoming RCIA Process which begins the week of Sept. 10, 2023. For more information, please call Fr. Jantz or Jackie Lampton at 663-3936.

Dear Brothers and Sisters in Christ,

We're coming to the home stretch of the summer! It never feels quite like things are fully back in swing until Labor Day, but schools already are back in session, and even the university will be starting out its academic year soon. But we still have one major summer celebration ahead of us: the Feast of the Assumption.

This ancient feast day (dating back at least to the 400s) commemorates when Mary was taken into heaven at the end of her earthly life—a singular gift acknowledging her unique role in our salvation, as Jesus' mother. In many countries, this feast day marks the last days of summer, when people's minds start turning from the lighter schedule of summer to the work of the fall harvest.

This feast is a Holy Day of Obligation. These are days when Catholics are normally expected to attend Mass on days other than Sunday, and they include: January the 1st (Mary, the Mother of God); November the 1st (All Saints); December the 8th (Immaculate Conception); and December the 25th (Christmas). Catholics come faithfully to Mass on these days, because they touch on major aspects of our salvation.

As we observe this special feast in honor of the Blessed Mother, I invite to join us for this special day. We'll have a Mass in English at 9am and a bilingual Mass at 7pm. These days of obligation are fundamentally days of opportunity: chances to praise God for his mighty deeds in the life of Mary. Through the intercession of Mary, our Lady of the Assumption,

Eucharist Ministers Needed

St Thomas is still in need of new Eucharistic Ministers for Holy Communion at the 11:00am masses. We have two vacancies to fill at the 11am mass. Please consider volunteering for this liturgical ministry as a way of giving back to God for blessings received. See Deacon David for more information or if you are interested.

Solemnity of the Assumption of the Blessed Virgin Mary 8/15

Tuesday, August 15 we will celebrate the Solemnity of the Assumption of the Blessed Virgin Mary. The Masses will be celebrated at 9 AM and 7 PM (bilingual).

Faith Formation

We have finished Faith Formation classes for the year. They will pick up again in September. Registration dates are August 6th and 13th, Sundays between masses.

Altar Flowers 2023

St. Thomas has a sign-up sheet for Altar Flowers in honor of a loved one or in memory of a loved one are available in the gathering space. Thank you for your assistance in having flowers for the altar. Altar flowers are \$45.

Rosary on Sunday Mornings

The Sunday Morning Rosary will be in the Adult Faith Formation room in the back after the 8:00am Mass.

Youth Group 8th—12th grade

The youth group meets in the St. Anthony classroom each Wednesday at 7:00pm. Please join us. If you have any questions, contact Maria Maldonado at 205-517-0604.

Young Adult Group

The young adult group from ages 18 years old to 35 years old meet on Thursday's at 7:00PM. All are welcome to attend. For more information contact Bianca at 205-612-3698 or Maria at 205-517-0604.

K of C Monthly Meeting

The St Thomas Knights of Columbus meet in the modular building behind the church office at 7PM on the 2nd Tuesday of each month. The 4th degree meeting is immediately after the Council meeting, at about 8PM. There is usually food available at 6:30 before the meeting.

Saturday Morning Mass 9/2

The St. Thomas Parish will have Mass at 10am on the **first Saturday** of every month in honor of Our Lady. The Next Saturday morning Mass will be on September 2nd.

Padre Pio Prayer Group 8/19

The Padre Pio Prayer group will meet on Saturday, August 19, at 10am at Our Lady of Sorrows Catholic Church in Homewood, AL. All are welcome to join us for an hour of prayer/rosary/adoration and Holy Mass led by Fr. Jim Hedderman. For more information, contact Angela Kolar at angkolar@att.net or 205-410-2033. "Pray, Hope, and Don't Worry!" Padre Pio... pray for us!

Welcome to St. Thomas!

St. Thomas Parish is happy to welcome all people to our faith community. If you live in this area, we invite you to register as a parishioner. Registration forms in both English and Español are available in the Gathering Area of the church.

PARISH ACTIVITIES

Sacristans Needed

Sacristans Needed: St Thomas has an immediate need for additional sacristans for the 11am masses. Sacristans are responsible for setting up the credence table before mass, lighting the altar candles, clearing the credence table after mass, and resetting the credence table for the next mass. Based on the number of volunteers, scheduling would be once every 3-4 weeks. Please see Deacon David for more details.

Annulment Advocates

St Thomas parish currently has two diocesan tribunal certified advocates for the marriage annulment process. Deacon David and Ann Hicks are available to serve as advocates for parish members that may have questions about the annulment procedures or may be considering the annulment process. Please contact Deacon David or Ann Hicks if you have questions or need further assistance.

Faith Formation Registration

There is one date left: August 13th for new registration for Faith Formation for 2023-2024. If this is your first year in coming please bring your **child's baptism certificate**. Please, keep in mind that you **must be registered as a member here at St. Thomas**. If your child is receiving Sacraments **make sure their baptism certificates are on file** in the office of Faith Formation. If any information is needed please contact the Director Magda Rivera at 205-643-2659.

Faith Formation Teachers Needed

We are in need of teachers for our Faith Formation classes and helping Magda Rivera in the reception area and running errands while Faith Formation is in session. If you are interested in volunteering as a teacher or helping in the office please contact Magda at 205-643-2659.

Faith Formation Teachers Luncheon Meeting 8/20

Calling all Teachers of Faith Formation there will be a luncheon meeting on Sunday, August 20th in the Parish Hall at 2:00PM. We will be discussing several important issues and if you have any questions feel free to bring them up at that time. If any of you would like to decorate or rearrange your classroom just let Magda know. Welcome back and thank you, here goes another year.

Primetimers - Sept. 12th, 11:00 am

Guadalupe Radio Network 8/24



The Guadalupe Radio Network in Alabama invites you to the 5th Annual "Fishers of Men" Dinner on Thursday, August 24 at the Vestavia Country Club. Doors Open and Social Hour at 6 p.m. Program and Formal Dinner at 7 p.m. Nationally renowned retreat director, parish mission preacher, and author, Fr. Bill Casey of the Fathers of Mercy will be the Keynote Speaker. This year's honorees for the "Fishers of Men" Catholic award for their tireless work in Catholic evangelization are Laney and Gary Gagnon. For further information and/or to register, contact General Manager, Marty Matulia at Marty@GRNOnline.com or at 832-971-9240. You can also register and purchase tickets or a table online by going to www.GRNOnline.com or by scanning the QR code.

The Magnificat Prayer Breakfast 8/26

The Magnificat Prayer Breakfast will be held at St. Elias Maronite Church in the Parish Hall on Saturday, August 26th from 9:30 a.m. to 12:30 p.m. Our speaker, Jennifer Molina, is the author of "Grandma Taught Me to Love Mary." Tickets are \$20 and includes a catered breakfast. They are available online at <http://BirminghamMagnificat.org> or by contacting Lucy at (205) 529-0259 or from Alpha Church Supply. No tickets are sold at the door or after August 20th.

K of C Pancake Breakfast 9/3

The Knights of Columbus provide a pancake breakfast on the First Sunday of each month from 8:30am to 10:30am. Please plan to join us. **Next Breakfast is September 3rd.**

Immaculee Ilibagiza Retreat on Friday-Saturday September 29-30, 2023

Immaculee is a survivor of the 1994 genocide in Rwanda and is now regarded as one of world's leading speakers on faith, hope, and forgiveness. This retreat includes Immaculee's witness of the power of prayer, miracles of the Rosary, and inspirational music. It will be held at Our Lady of the Valley Church in Birmingham. For more information, please visit the following website: <https://www.immaculee.com>.



19TH SUNDAY IN ORDINARY TIME

Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. - Mt 14:28-29

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD

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Registro de Formación de FE 8/13

La fecha es hoy el 13 de Agosto el ultimo domingo para registrar a tus hijos en formacion de fe para el ciclo 2023-2024. Si este es su primer año por favor traiga el **certificado de bautismo de su niño**. Si su niño **recibe Sacramentos** se aseguran que **sus certificados de bautismo** están en el archivo en la oficina de la Formación de Fe. Por favor, tenga presente que usted **debe estar el registrado como un miembro active de Santo Tomás**. Si necesita mas informacion por favor comuniquate con Directora Magda Rivera en 205-643-2659.

Grupo de Oración 8/18

El grupo de oración en español de Santo Tomás tendrá Adoración con el Santísimo el 18 de Agosto a las 7:00 p. m. hasta las 9:00 p.m. Todos son bienvenidos a venir y pasar tiempo con Jesús.

Defensores de Anulación

La parroquia de Santo Tomás actualmente tiene dos defensores para el proceso de anulación de matrimonio. El diácono David y Ann Hicks están disponibles para ayudar miembros de parroquia que pueden tener preguntas sobre los procedimientos de anulación o están considerando. Por favor póngase en contacto con el Diácono David o Ann Hicks al 205-663-3936 si usted tiene preguntas o necesita ayuda adicional.

Grupo de Alcoholicos Anonimos

Si crees tener un problema con tu forma de beber alcohol. No estas solo hay una solucion te invitamos a nuestras reuniones de informacion a cerca del la Iglesia de Santo Tomás a las 7pm a 8:30pm, los Lunes, Martes, y Jueves. Para mas informacion llamar a:

Victor— 205-223-3676; Jose — 205-230-6634;
Benjamin 205-586-5812

LECTURAS DEL DOMINGO

Primera Lectura: Sal de la cueva y quédate en el monte para ver al Señor, porque el Señor va a pasar. (I Reyes 19: 9a. 11-13a)

Salmo: Muéstranos, Señor, tu misericordia. (84: 9ab-10, 11-12. 13-14)

Segunda lectura: los de mi raza y de mi sangre, los israelitas, a quienes pertenecen la adopción filial, la gloria, la alianza, la ley, el culto y las promesas. (Romanos 9, 1-5)

Evangelió: "¡Es un fantasma!" Y daban gritos de terror. Pero Jesús les dijo enseguida: "Tranquilícense y no teman. Soy yo". (Mateo 17: 1-9)

Lecturas Para La Semana

Lunes : Deuteronomio 10:12-22; Mateo 17:22-27

Martes: 1 Corintios 15:3-4 15-16 16:1-2; Mateo 14:22-36

Miercoles: Deuteronomio 34:1-12; Mateo 18:15-20

Jueves: Josue 3:7-16a 11 13-17; Mateo 18:21 19-1

Viernes: Josue 24:1-13; Mateo 16:24-28

Sabado: Josue 24:14-29; Mateo 19:13-15

Domingo: Isaías 56:1-6-7; Romanos 11:13-15,29-32; Mateo 15:21-28

Queridos hermanos y hermanas en Cristo:

¡Estamos llegando al final del verano! Las cosas no serán completamente en marcha hasta Labor Day, pero las escuelas ya están en sesión, e incluso la universidad comenzará su año académico pronto. Pero todavía tenemos una gran celebración de verano por delante: la Fiesta de la Asunción.

Este antiguo día de fiesta (que se remonta al menos a los años 400) conmemora cuando María fue llevada al cielo al final de su vida terrenal, un regalo singular que reconoce su papel único en nuestra salvación, como madre de Jesús. En muchos países, este día de fiesta marca los últimos días del verano, cuando la mente de la gente empieza a pasar del horario más ligero del verano al trabajo de la cosecha de otoño.

Esta fiesta es un Día Santo de Precepto. Estos son días cuando los católicos debemos asistir a Misa (más allá del al domingo), e incluyen: el 1 de enero (María, la Madre de Dios); 15 de agosto (la Asunción de la Virgen); 1 de noviembre (Todos los Santos); el 8 de diciembre (Inmaculada Concepción); y el 25 de diciembre (Navidad). Los católicos asisten fielmente a Misa en estos días porque tocan aspectos importantes de nuestra salvación.

Mientras observamos esta fiesta especial en honor de la Santísima Madre, los invito a unirse a nosotros en este día especial. Tendremos una misa en inglés a las 9 am y una misa bilingüe a las 7 pm. Estos días de

La Asunción de la Santísima Virgen María 8/15

El martes 15 de agosto celebraremos la Solemnidad de la Asunción de la Santísima Virgen María. Las Misas se celebrarán a las 9 AM y 7 PM (bilingüe).

MINISTERIO HISPANO

HORARIO: OFICINA DEL MINISTRO HISPANO

LUNES– JUEVES: 8:00 AM-4:00 PM Y

VIERNES: 8:00AM-12:30PM

Padre Brad Jantz al 205-663-3936

Horario de la Misa Español

los Domingos 12:30 p.m.

Primer Sábado Misa Mensual 8/5

Nuestra próxima misa mensual será el 5 de Agosto a las 10:00 AM.

Platicas Prebautismales 8/7

Deben registrarse antes del bautismo en el libro situado en el espacio a la entrada de la Iglesia.

Lunes Agosto 7 a las 6:00pm. Para las clases con Magda Guerrero al 205-663-3936.

Catequesis para niños

Domingos | 9:30 A.M.-10:45 A.M.

Hora Santa

Viernes | 6:00pm-7:00pm cada 1er y 3er en la capilla en Montevallo

Estudio Bíblico

Los Martes| 6:30pm

Grupo De Oración

El Viernes a las 6:45pm

Adoración (Santisimo) el 21 de Julio

Grupo de Jóvenes

Los Miercoles a las 7:00pm

Grupo de los Jóvenes Adultos

Los Jueves a las 7:00pm

Preparaciones para los adultos

Marisol Millan | 205-432-8940

Preparaciones para quinceañeras

Magda Rivera | 643-2659

RosaMaria Angel | 205-901-0470

Necesitamos Ministros y Lectores

Como una comunidad nosotros tenemos que venir juntos y apoyar el uno al otro y nuestra Parroquia. El Ministerio hispano ha crecido tanto, hay una necesidad de más personas para servir. Necesitamos a personas para ayudar siguientes ministerios como Lectores, Ministros Eucarísticos, y con acontecimientos especiales. Póngase en contacto con la Directoras Magda Rivera, Laila Garcia o Marisa. para más información o si usted está interesado llame a la oficina 205-663-3936.

Si usted tiene una pregunta sobre clases de bautismo, o cuando los bautismo son, y si usted necesita al sacerdote por favor llame la oficina al 205-663-3936 con Laila o Marisa sería feliz ayudarle.