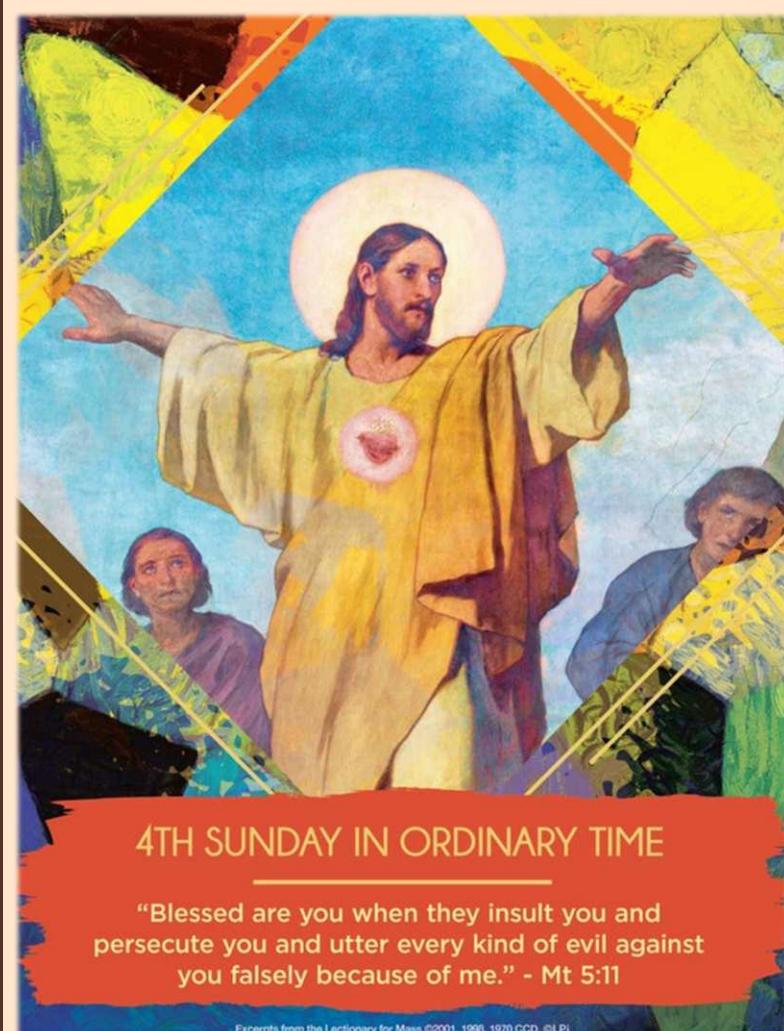


FOURTH SUNDAY IN ORDINARY TIME

FEBRUARY 1, 2026



SACRAMENTS

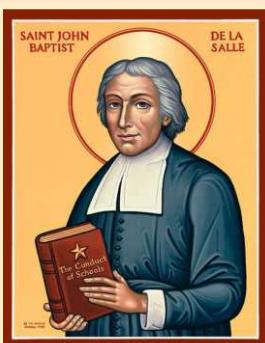
Baptism:
Please contact Ellen Mady at MOS or Joann Giuffre at St. John and St. Mary at the Parish Office four months before the birth of your child.

Reconciliation:
Saturdays at 12:00 NN at St. John;
Tuesdays at 5:00 PM at St. Mary;
OR by appointment.

Marriage:
Please contact Monsignor Michael Begolly in the Parish Office at least one year in advance for information and scheduling.

Holy Communion
for those who are homebound:
Please contact the Parish Office.

New members are always welcome.
Please call the Parish Office to register.



St. John Baptist de La Salle
497 Athena Drive
Delmont, PA 15626
(724) 327-0647



Saint Mary, Our Lady of Lourdes
5900 Kennedy Avenue
Export, PA 15632
(724) 327-0647



Mother of Sorrows
4202 Old William Penn Highway
Murrysville, PA 15668
(724) 733-8870

Saturday anticipated Mass 4:00 PM
Sunday Mass 11:00 AM

Sunday Mass 9:00 AM

Saturday anticipated Mass 4:30 PM
Sunday Masses 7:30, 9:30, 11:30 AM & 6:00 PM

Sunday, Feb 01, 2026

Who wants to inherit the Earth?

The simplest way to think of humility may be “knowing one’s limitations.” Don’t be more—or less—than you are. For Christians, though, humility means something deeper than practicing a virtue; it’s a matter of putting others first, and “others” include God, people, and all of creation. The monk Thomas Merton wrote, “. . . the right of another . . . is the expression of God’s love and God’s will.” Why follow this crazy-sounding advice? “Because Christ emptied himself. . . . he humbled himself” (Philippians 2:7). As he did, and does, so we are to do: give of ourselves for the good of others. The stories of the saints reveal such humility. Their first thought was of God and the needs of those around them, not themselves. It’s a tall order, but humble attitudes and actions can connect you to God in your everyday life.

FOURTH SUNDAY IN ORDINARY TIME

Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a (70). *“Blessed are the meek, for they will inherit the land.”*

Monday, Feb 02, 2026

Open the gifts children bring

Like most parents, Mary and Joseph wanted the best for their child. They were faithful Jews and desired their son to be raised in the faith that had sustained them. They took Jesus to the Temple to be consecrated and presented to God, where they met Simeon and Anna, elders of the community. The elders immediately recognized Jesus as the Messiah, the fulfillment of God’s promise to Israel, a light to the whole world. What can you do this day to call forth the gifts of a child and encourage them to use those gifts to give light to the world?

FEAST OF THE PRESENTATION OF THE LORD

Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32 (524). *“The child grew and became strong, filled with wisdom; and the favor of God was upon him.”*

Tuesday, Feb 03, 2026

God has a hand in healing

Many stories of healing in scripture are of the miraculous variety; they’re “supernatural”—“above” nature—and on God’s power over everything, including natural things like illness. While such miracles seem rarer today, one of the keys to healing remains trust: in God, whether the outcome is an actual cure or the acceptance of one’s situation. Either way, suffering eases. “Grace does not destroy nature but perfects it,” says Saint Thomas Aquinas. Let the grace of faith bring some healing to your life.

2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43 (324). *“Your faith has saved you. Go in peace and be cured of your affliction.”*

Wednesday, Feb 04, 2026

When familiarity breeds contempt

“Well, who do they think they are?” neighbors wonder as they gossip about the behavior of other neighbors and make decisions like “they’ve grown too big for their britches.” In traditional societies—today and in the time of Jesus—such criticism tells people that the priorities of the community to fit in and get along are valued over priorities of the individual. But judging the personal lives of others can create conflict and cause jealousy. Indeed, “Envy is the mother of murder,” says Saint John

Chrysostom. Do you indulge in character assassination? If so, why? Take time to think about your motivations.

2 Samuel 24:2, 9-17; Mark 6:1-6 (325). *“A prophet is not without honor except in his native place and among his own kin.”*

Thursday, Feb 05, 2026

In solidarity with saints

When facing challenges, we can turn to the saints for help. The church raises up women and men who are in solidarity with us, including saints who have experienced some of the same horrors that people today have. As we fight for human dignity and the protection of life, we can look to saints like Saint Agatha, who knew personally the terror of sexual assault and torture, or to Saint Josephine Bakhita, who was sold into slavery at the age of 7 and eventually won her freedom and became a Canossian sister, or to the saints among us, including many contemporary Catholic sisters, who are at the forefront of the struggle against human trafficking. Play your part in protecting the dignity and freedom of all people.

MEMORIAL OF AGATHA, MARTYR

1 Kings 2:1-4, 10-12; Mark 6:7-13 (326). *“They anointed with oil many who were sick.”*

Friday, Feb 06, 2026

A fruitful rain continues to nourish

Brother Paul Miki, a Jesuit and a native of Japan, is the best known among the 26 martyrs who died in Japan in 1597. As he died on a hill in Nagasaki he said, “After Christ’s example I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain.” Indeed, it did. Centuries later, missionaries returned to Japan to find thousands of Christians who had quietly preserved the faith underground until it was legalized. Let your life’s work also be a fruitful rain, nourishing all with whom you come into contact.

MEMORIAL OF PAUL MIKI AND COMPANIONS, MARTYRS

Sirach 47:2-11; Mark 6:14-29 (327). *“I want you to give me at once on a platter the head of John the Baptist.”*

Saturday, Feb 07, 2026

Give it a rest

Is the weekend a time to relax for you? Saturday will find some of us on the job, for sure—someone’s got to keep those stores, restaurants, and theatres open. But even those of us who don’t go into work will still keep plenty busy over the weekend, driving the kids around, catching up on laundry, getting groceries, and doing everything else put on hold from Monday to Friday. Jesus invites his friends to step aside and “come away” from all that once in a while to rest our bodies and our spirits. Reserve a bit of Saturday for leisure.

1 Kings 3:4-13; Mark 6:30-34 (328). *“He said to them, ‘Come away by yourselves to a deserted place and rest a while.’”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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STAFF DIRECTORY

Monsignor Michael J. Begolly, DMin., Pastor
mbegolly@dioceseofgreensburg.org

Father David Slusarick, Parochial Vicar
dslusarick@dioceseofgreensburg.org

Jacob Gindhart, Regional Director of Youth Ministry
jgindhart@dioceseofgreensburg.org

Father Jay Jacinto, Parochial Vicar
jjacinto@dioceseofgreensburg.org

Karen Munson, Finance Manager
kmunson@dioceseofgreensburg.org

Linda Kuchar, Safe Environment Coordinator
lkuchar@dioceseofgreensburg.org

Tom Octave, Director of Liturgy and Music
toctave@dioceseofgreensburg.org

Pastoral Council

Chuck Bell, Dennis Coffen, Dina Colangelo, A.J. Fikejs, Shawn Lynch, Kirra Mediate, Erin Patterson, Kate Stevens, Marie Telford, Nancy Trabucco & Linda Wakefield

MOTHER OF SORROWS

Ellen Mady, Pastoral Associate for Faith Formation & Mission Integration
emady@dioceseofgreensburg.org

Brooke Tognarina, Communications Coordinator & Office Manager
btognarina@dioceseofgreensburg.org

Matt Russo, Maintenance
mrusso@dioceseofgreensburg.org

Mother of Sorrows Finance Council
Holly Magister, Christine Pacifico, Paul Rockar & Lloyd Wolf

Office Hours

Monday through Thursday 8:30 AM-4:00 PM
Friday 8:30 AM-3:00 PM

Mother of Sorrows Outreach

724-594-5297 or *mos4outreach@gmail.com*

ST. JOHN AND ST. MARY

Joann Giuffre, Pastoral Associate for Faith Formation and Parish Life
jgiuffre@dioceseofgreensburg.org

Debbie Coffen, Parish Receptionist
dcoffen@dioceseofgreensburg.org

Dee Caldwell, Custodian

Jason Eperesi, Facilities Maintenance
jeperesi@dioceseofgreensburg.org

Marybelle Weber, Liturgical Music Assistant
mweber@dioceseofgreensburg.org

St. John Finance Council

David Alderson, David Bauersox, & Linda Livengood

St. Mary Finance Council

Bill McHugh, Jerry Soles & Diana Tranchini

Office Hours

Monday through Thursday 9:00 AM-1:00 PM



Mother of Sorrows Regional Catholic School

Darcie Gatti, Principal

dgatti@mosschool.org

724-733-8840

TOPS scholarships available:
www.catholicschoolsguide.org





We commend to your prayers Sue Beer and George Lehoucq, who died recently.

May God welcome them to the joys of Paradise and bring comfort and peace to their families.

ANOINTING OF THE SICK

We will celebrate the Sacrament of Anointing of the Sick on **Sunday, February 8** after the 11:30 AM Mass at **St. John**

Church. If you are planning to have surgery, are experiencing health problems or facing the challenges of aging, you are welcome to celebrate the sacrament.

FAMILY FAITH FORMATION

The next Family Faith Formation session will take place **Sunday, February 1** at 4:00 PM in **St. John Church**. If you are unable to attend, please contact Ellen Mady at emady@dioceseofgreensburg.org.

CHRISTIAN MOTHERS AND LADIES GUILD

The Christian Mothers and Ladies Guild will meet on **Wednesday, February 4** at noon, weather permitting, at the Knights of Columbus Hall, which is located in Blood Bought Church, on the corner of Sardis and Logans Ferry Roads in Murrysville.

MIDDLE SCHOOL YOUTH MINISTRY

Middle School Youth Ministry will meet **Wednesday, February 4** from 6:00 to 8:00 PM in the MOS Social Hall.

MOS CONSTRUCTION PROJECT AND PARISH SCHEDULES

As work begins on the construction project in the church, we will need to make a few modifications to our weekly schedule:

- Eucharistic Adoration continues at St. Mary Parish on Tuesdays from 12:00 NN – 6:00 PM
- From January 26 - March 27**, there will be **NO MASS** held at MOS. The weekend schedule for **all three parishes** will be as follows:
 - St. John - Saturday 4:00 PM, Sunday, 9:30 AM, 11:30 AM and 6:00 PM**
 - St. Mary - Sunday 7:30 AM and 9:00 AM.**Daily Masses will alternate between St. Mary and St. John Churches at 8:30 AM.
- FUNERALS** will be scheduled at either St. Mary and St. John Church through March 26.
- CONFESIONS** will be held at St. Mary Church on Tuesdays at 5:00 PM and at St. John Parish on Saturdays at 12:00 Noon.

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1951 2026
Diocese of Greensburg

Questions? Andrea at 724-858-5271 or FFD@DioceseofGreensburg.org

OUR WEEKLY NUMBERS

January 24 and 25

MOTHER OF SORROWS

Attendance 503
Offertory \$ 26,691.11
Outreach \$ 1,715.00



Repairs to Mother of Sorrows School roof:

\$ 72,750.00

ST. JOHN

Attendance 300
Offertory \$ 4,494.63



ST. MARY

Attendance 50
Offertory \$ 7,876.00



SECOND COLLECTION

The collection for the Church in Central and Eastern Europe will take place **this weekend**. Proceeds from this collection will help the Church to overcome challenges of rebuilding after decades of atheistic communist rule, bringing light to twenty-nine nations in Central and Eastern Europe.

The citizens of Central and Eastern Europe have been freed from the evil of communism for over thirty years, but much work still remains to accomplish the restoration of the Church in this part of the world.

Because of the generous response in past years, the Bishops of the United States were able to provide aid when war and other forms of oppression brought suffering to the people of Central and Eastern Europe. Our goal is to continue to respond to the cry of the poor in these nations. Thank you for your support of this collection.

A PEEK AT THE WEEK...

Sunday	February 1	
8:30 AM	MOS	Faith Formation for those with special needs, Ave Maria Room
4:00 PM	SJ	Family Faith Formation, St. John Church
4:30 PM	SJ	Becoming Catholic, St. John Social Hall
7:00 PM	MOS	High School Youth Ministry, Social Hall
Monday	February 2	
6:30 PM	MOS	Cub Scouts, Social Hall
Tuesday	February 3	
10:00 AM	MOS	Staff meeting, Conference Room
6:30 PM	MOS	Spaghetti Dinner meeting, St. John Social Hall
Wednesday	February 4	
12:00 NN		Christian Mothers and Ladies Guild, Knights of Columbus Hall
6:00 PM	MOS	Middle School Youth Ministry, Social Hall
Thursday	February 5	
8:30 AM	MOS	M.O.S.E.S. Group, Office Conference Room
7:00 PM	MOS	Walking w/moms, Madonna Room
Friday	February 6	
9:00 AM	MOS	Centering Prayer, Madonna Room
Saturday	February 7	
7:00 AM	SM	Catholic Men's Fellowship, Social Hall
9:00 AM	MOS	Men's Renewal Group, Social Hall
5:00 PM	SJ	Couples Night Out, St. John Social Hall
Sunday	February 8	
8:30 AM	MOS	Faith Formation for those with special needs, Ave Maria Room
4:30 PM	MOS	Becoming Catholic, Ave Maria Room
7:00 PM	MOS	High School Youth Ministry, Social Hall

MOS, ST. JOHN AND ST. MARY LITURGICAL SCHEDULE

Saturday 1/31

12:00 NN SJ **Sacrament of Reconciliation**

4:00 PM SJ For the Parish

Sunday 2/1 Fourth Sunday in Ordinary Time

7:30 AM SM † Helen Disora (*Val Disora*)

9:00 AM SM † Anthony Mediate (*Mediate Family*)

9:30 AM SJ † Rosalie Lesser (*MOS Christian Mothers & Ladies Guild*)

11:30 AM SJ † Kliche & Gurski Parents (*Chris & Joe Gurski*)

6:00 PM SJ For the Parish

Monday 2/2

8:30 AM SM † Allison Brayton (*Crokus Family*)

Tuesday 2/3

8:30 AM SJ † Ricardo Robbibaro (*Kathleen Robbibaro*)

12:00 NN SM Eucharistic Adoration

5:00 PM SM **Sacrament of Reconciliation**

6:00 PM SM Benediction and Reposition

Wednesday 2/4

8:30 AM SM † Living and Deceased members of the Federline & Hannon Families
(*Raissa Federline*)

Thursday 2/5

8:30 AM SJ For the Parish

Friday 2/6

8:30 AM SM † Gilda Thompson (*Wally & Kathy Armitage*)

Saturday 2/7

12:00 NN SJ **Sacrament of Reconciliation**

4:00 PM SJ † George Coffen (*Jim Dunn*)

Sunday 2/8 Fifth Sunday in Ordinary Time

7:30 AM SM For the Parish

9:00 AM SM † Sophia Trzos Yandora (*Brian & Sherri Cavanaugh*)

9:30 AM SJ † Living and Deceased Members of the Pikus Family (*Brodbeck Family*)

11:30 AM SJ † Eric Ferri (*Patrick & Karen McDonough*)

12:30 PM SJ **Sacrament of Anointing of the Sick**

6:00 PM SJ † Bertha Hoffman (*Sobek Family*)

SUPPORT MINISTRY

Support Ministry welcomes recent widows or those who have been widowed for many years.

All widows are invited to join us on **Tuesday, February 10** at 1:00 PM at Dick's Diner in Murrysville. Please RSVP to Sandy Martin at sandymartin112@gmail.com or 724-787-9305 or by February 5.



LITURGY OF THE WORD WITH CHILDREN

All children 4 years old through 2nd grade are invited to join us for Liturgy of the Word with Children during the 9:00 AM Mass at St. Mary on **February 8 and February 22**.

EUCCHARISTIC ADORATION

Eucharistic Adoration at St. Mary will take place on **Tuesdays** from 12:00 NN until 6:00 PM.

SPAGHETTI DINNER KICK-OFF MEETING

The Spaghetti Dinner kick-off meeting has been rescheduled for **Tuesday, February 3** at 6:30 PM in the St. John Social Hall.



ALTAR SERVERS UNITE!

Serving at Mass isn't just helping, it's leading. Be close to the altar. Be part of something bigger. Become an Altar Server. All altar servers, along with students in grades 2-11 that are interested in learning more about altar serving are invited to join us for Servers Unite on **Friday, February 6** from 5:30 to 8:30 PM at St. John Church.

Mark your calendar for a great night of faith, fellowship and fun! If you will be attending please email Joann at jgiuffre@dioceseofgreensburg.org.

We don't want you to miss a thing!
Sign up for Flocknote for updates
from St. John & St. Mary

Text JBM to the number 84576 or visit stjohnstmaryparishes.flocknote.com





Our Ministry of Care visits and brings the Eucharist to over 40 individuals who are unable to attend Mass.

This is a vital part of our parish mission and ministry. These elderly individuals contributed to the vitality of our parish and have made it the strong community that it is today.

Please consider joining this ministry so that we can continue to stay connected to this essential part of our parish body. We receive referrals every week and need additional volunteers so we can keep up with the need. If you would like to accompany a minister on a visit to get a sense of the ministry, please contact Brooke Tognarina at tognarina@dioceseofgreensburg.org.

Ash Wednesday Liturgy Schedule

7:30 AM St. Mary Parish
Liturgy of the Word with distribution of ashes

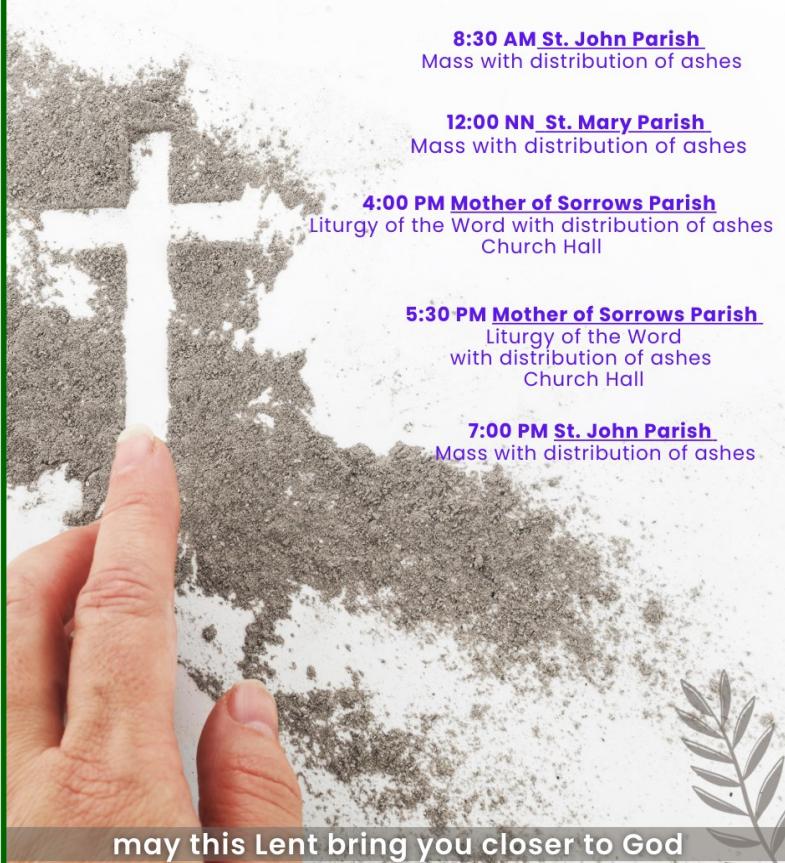
8:30 AM St. John Parish
Mass with distribution of ashes

12:00 NN St. Mary Parish
Mass with distribution of ashes

4:00 PM Mother of Sorrows Parish
Liturgy of the Word with distribution of ashes
Church Hall

5:30 PM Mother of Sorrows Parish
Liturgy of the Word with distribution of ashes
Church Hall

7:00 PM St. John Parish
Mass with distribution of ashes



may this Lent bring you closer to God

THE THEOLOGY OF MINISTRY FOR LITURGICAL MINISTERS

Workshops for ALL readers, extraordinary ministers of Holy Communion, greeters and ushers from our three parishes are scheduled during the Lenten season. Two sessions are offered for each ministry, but you only need to attend one. We will spend some time in prayer reflecting on our call to liturgical ministry and then review some of the practical details for each of the ministries. Current ministers AND those who signed up at the recent Ministry EXPO are urged to attend. All sessions will be held at St. John Church.

Readers

Sunday, February 15 4:30PM - 5:30 PM or Tuesday, February 17 7:00 - 8:00 PM

Extraordinary Ministers

Sunday, February 22 4:30PM - 5:30 PM or Tuesday, February 24 7:00 - 8:00 PM

Ushers and Greeters

Sunday, March 8 4:30PM - 5:30 PM or Tuesday, March 3 7:00 - 8:00 PM

ST. BLASE

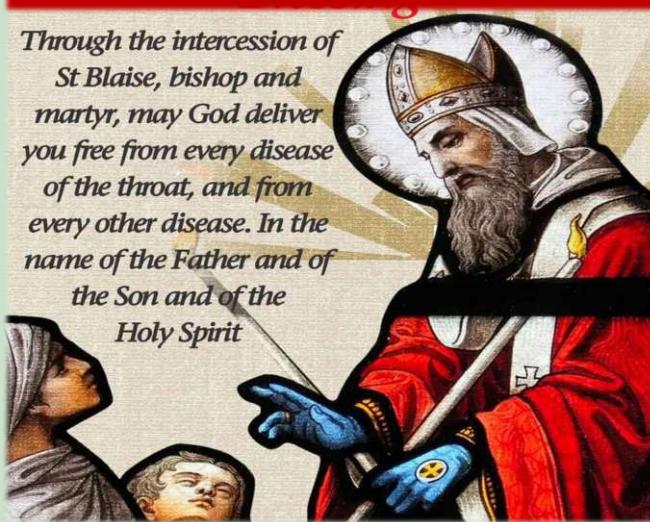
Blase was the bishop of Sebaste in Armenia. He was martyred during the persecution of Christians by the Roman emperor Lucinius. He is said to have been a physician as well as a bishop. A legend tells that Blase saved the life of a boy who was choking on a fish bone. He is now the patron saint of all who have diseases of the throat.

On his feast day in many parishes, people have their throats blessed. It's no surprise that this custom coincides with the peak of the sore throat and flu season! Before the discovery of penicillin, a person could die from complications of a sore throat.

The tradition of blessing throats began at a time when the church's calendar was filled with blessings for the saints' days. Many of these are no longer practiced, but somehow the custom of blessing throats survived. Two candles are held in the shape of a cross, and the candles are touched to our necks. We will celebrate the blessing of throats after all Masses this weekend.

Saint Blase

Through the intercession of St Blaise, bishop and martyr, may God deliver you free from every disease of the throat, and from every other disease. In the name of the Father and of the Son and of the Holy Spirit



FORMED



Mother of Sorrows, St. John and St. Mary Parishes are now subscribed to FORMED, a Catholic Streaming Platform, and now so can you!

Go to formed.org/individuals and simply enter your email address, search for "Mother of Sorrows," and you will have access to countless hours of movies, documentaries, Bible studies, devotionals, children's TV shows and more.

This week on FORMED:

The Presentation The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

The Martyrs | Littlest Saints

When a young Christian girl is arrested and imprisoned in ancient Rome, she hears stories of martyrs like St. Catherine of Alexandria and St. Lawrence the Deacon—will she find the strength to make the ultimate sacrifice for her faith?

Martyrs and Monastics

Dr. Ben Akers sits down with Dr. Elizabeth Klein, Professor of Theology at the Augustine Institute Graduate School, to discuss her Short Course: Martyrs and Monastics. Who are the early Church martyrs? What fueled their witness to the faith? How did monasticism develop? These questions and more are addressed in this show.

CONGRATULATIONS

Congratulations to the Duco Family, the Flaherty Family, the Halter Family, the Lanzendorfer Family, the MacLeod Family and the Milko Family on the baptisms of their children. May these beloved children of God grow strong in their faith and always follow the voice of Jesus, the good and loving shepherd.



Quinn Dorothy and Benjamin Louis
Duco and Family



Maisel Rae and Sadie Marie
Flaherty and Family



Isabelle Anne and Lillian Jeanne
Halter and Family



Dillan Kay Lanzendorfer and Family



Innis Finley MacLeod and Family



Oliver Patrick Milko and Family

OPEN TO MIDDLE SCHOOL STUDENTS - BRING A FRIEND!

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Diocese of Greensburg

4:30PM Mass with Bishop Larry J. Kulick Families Welcome!

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Delmont Area Churches

Feb 26
March 5
March 19
March 26

More Info: 724-327-0647

BOOMERS AND BEYOND



Join us on **Tuesday, February 10** at 11:30 AM in the Mother of Sorrows Parish Social Hall for a presentation on "Understanding Social Security" presented by AARP volunteer Michael Rosenberg.

Do you understand how Social Security works? Have you wondered who is eligible for Social Security payments? Join AARP's free "Understanding Social Security" workshop. This workshop focuses on building a basic understanding of Social Security, exploring how claiming decisions affect payments and identifying resources that can help you along the way. It can help you build confidence in making the right decisions for your personal situation.

Boomers and Beyond is a ministry serving the 'baby boomers' and all adults of Mother of Sorrows Parish and the surrounding communities. Lunch and learn sessions are held on the second Tuesday of each month. Topics are varied and reservations are not required. Participants gather at 11:30 AM and are encouraged to bring a 'brown bag' lunch and a friend. Presentations follow from 12:00 - 1:00 PM.

HIGH SCHOOL YOUTH MINISTRY



Last Sunday, thirteen of our youth attended the March for Life in Washington, D.C. to speak out for the unborn.

Please join us on **Sunday, February 1**, when we begin our study of the Sacraments with an overview of these seven signs of grace that were instituted by Christ and entrusted to the Church. We will discuss what sacraments are, how they work, and why we should receive them as frequently as possible, since they are the surest way to heaven! We will meet in the lower narthex from **7:00 to**

9:00 PM for faith, fun, food, and friends!

We will not meet on **Sunday, February 8**, because of the Superbowl, but on **Sunday, February 15**, we will have our first Night of Encounter for the semester when the topic will be "Healthy relationships and Breaking up." We will meet from **7:00 to 9:00 PM** in the lower narthex for good conversation and an opportunity for adoration, praise, and confession. Please come and bring a friend!



LIVING STATIONS OF THE CROSS 30TH ANNIVERSARY CELEBRATION

This year marks the 30th year that MOS Youth Ministry will be presenting the Living Stations of the Cross, and we invite all former cast members years past to join us on **Friday, March 27 at 7:00 PM** in the school for this anniversary presentation.

There will be a reception afterward for all with light refreshments and a photo retrospective of the Living Stations from the past 30 years. If you know of any former cast members, please invite them to join us if they can. Please RSVP to jgindhart@dioceseofgreensburg.org if you plan to attend.

Mother of Sorrows Family Fellowship Presents

COUPLES NIGHT OUT

If you had fun at last year's "Not So Newlywed Game Night," then you won't want to miss

MINUTE-TO-WIN-IT GAME NIGHT

\$30/couple
Register today!

St. John, Delmont
Saturday, February 7th
Following the 4:00 PM Mass

Scan the QR code to register and for more information
Questions? email Erin Patterson: erinmaepatterson@gmail.com




MOTHER OF SORROWS CATHOLIC SCHOOL



OPEN HOUSE

Visit Mother of Sorrows School to see all the exciting things our students are doing!

Take a tour on **Sunday, February 8.**

Please join us from 10:00 AM to 1:00 PM.



Mrs. Bentley's 6th graders constructed seismic safe towers out of spaghetti and marshmallows employing their knowledge of earthquake safety features used in real buildings. Teams brainstormed, drew blueprints, and built. The towers were tested in 4 rounds of increasing severity.



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