

THE
SOCIETY
OF

ST.
VINCENT
DE PAUL



FEED. CLOTHE.
HOUSE. HEAL.

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VINCENTIAN

CONNECTION

August 2014 Volume 50, Number 2 Newsletter of The Society of St. Vincent de Paul Phoenix Diocesan Council stvincentdepaul.net

A Summer of Action Heroes

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Giving Thanks to Our Heroes

During the six years I have been privileged to serve the Phoenix Diocesan Council as its president, my thoughts often turned to one of our greatest blessings: The strong and widespread support of the communities we serve which makes it possible for us to fulfill our mission.

We would not be the largest St. Vincent de Paul operation in the United States without the incredible generosity of our fellow citizens – our special heroes whose trust we are honored to have. It is an endless source of inspiration and motivation.

On the north lobby wall at our main campus in Phoenix is a significant sign bearing the words, “The Society of We’re All in This Together.” Everyone reading this message is part of that togetherness. The wonderful one-ness of caring and compassion it conveys inspires support from all segments of the community intended to alleviate the suffering of our brothers and sisters and give them a second chance at life.

If someone needs their faith in humanity restored, they should spend some time with our Vincentians, volunteers and employees whose compassionate spirit and selfless

service are born of innate goodness and generosity. They give not only their care but also their hearts. The power of their personal compassion has great impact on peoples’ lives. At St. Vincent de Paul that power is harnessed to the work of God in life-transforming ways on a daily basis as we feed, clothe, house and heal our neighbors in need.

I could not be prouder of what all our heroes do for the poor or more grateful for the personal sacrifices they make to show their love for those we serve. If I spent the next six years doing nothing but saying “thank you” and “God bless you” to the people who believe so strongly in our works of mercy it would not be nearly enough. To say I have great affection and admiration for them would be the understatement of my life. I will never forget their magnificent commitment to our common cause of caring and compassion which changes countless lives for the better and helps make our communities havens of hope.

Joseph J. Riley, *President,*
Phoenix Diocesan Council

VINCENTIAN CONNECTION

P.O. Box 13600, Phoenix, Arizona 85002-3600

Diocesan Council President
Joseph J. Riley

Executive Director
Stephen J. Zabalski

Chief Development Officer
Shannon Clancy

Editor/Writer
Mary Chou-Thompson

Editorial Assistant
Carol Jacobs

The Society of St. Vincent de Paul is an international non-profit organization dedicated to serving the poor and providing others with the opportunity to serve. The Phoenix Diocesan Council has been assisting central and northern Arizona families since 1946. Programs include services for the homeless, medical and dental care for the working poor, charity dining rooms, thrift stores, a transitional housing shelter and general assistance for individuals in need.

If you have a change of address, please call (602) 261-6814.
stvincentdepaul.net



FAMILY WELLNESS PROGRAM

DEVELOPS LEADING HEALTH EDUCATION PROGRAM



St. Vincent de Paul Family Wellness Program Director **Yolanda Konopken** was presented the Community Leadership Award during this year's Arizona State University Southwest Interdisciplinary Research Center Annual Conference. The prestigious award is presented to one community leader a year, who demonstrates deeply committed work in health equity, advocacy and social justice.

Childhood obesity remains a major problem locally and nationally even with increased efforts to create healthier food choices in schools and to promote the importance of exercise. St. Vincent de Paul is working to help solve this major health crisis.

SVdP's Virginia G. Piper Medical and Dental Clinic is currently conducting research and is on its way to developing a clinically proven strategy to address this issue. After a successful first round of research, the clinic is recruiting participants from throughout the Valley for a second study.

In partnership with Arizona State University's Southwest Interdisciplinary Research Center, College of Nursing and Health Innovation, and the YMCA, the clinic has been conducting scientific research over the last several years to develop culturally appropriate health education programs that can create lasting change in the lives of children and families.

The concern is especially high among Latino youth. According to the Centers for Disease Control and Prevention, up to half of all Latino youth born in 2000 will develop Type 2 diabetes in their lifetime. Latino youth have the highest rates of metabolic syndrome, obesity and pre-diabetes.

Despite these alarming statistics among Latino youth, surprisingly little has been done to study how health education can be tailored for the population.

Judging from the success of the Every Little Step Counts Program, the clinic's first program, ASU partnered with SVdP's health educators to develop a formula that has been clinically proven to be successful.

"We are not about changing someone's lifestyle overnight," said Yolanda Konopken, program director for SVdP's Family Wellness Program. "We present things in a culturally relevant way so that it's easy for a family to incorporate better foods and activities into their life. It's about making exercise a form of play and bonding for the family. It's about making positive imprints so that people have good experiences with healthy choices."

Cultural-relevancy is not a novel concept, but there are few health education programs in Arizona that are community-based and geared toward the Latino community. In fact, there are less than eight Registered Dietitians and

Certified Diabetes Educators in Arizona who speak Spanish and are specifically reaching Latino youth.

Yolanda hopes to use SVdP's Family Wellness Program as a training ground for guiding health educators in culturally relevant strategies.

"Being in the Southwest, we have an opportunity to lead in this area and make a significant difference in the health of our communities," Yolanda said.

The Family Wellness Program is recruiting for the second round of their study, Every Little Step Counts Program for Latino youth between the ages of 14-16 who meet the guidelines for obesity. [For more information, contact the Family Wellness Program at 623-850-1143.](https://www.stvincentdepaul.net)



Above: Graduates of Every Little Step Counts started a running club called Vinny's Kids. The group trains for and participates in 5K and 10K walks and runs to stay healthy year-round.

Top: Partners like the Children's Museum allow the Wellness Program to hold classes in fun and creative spaces. The partnerships are especially appreciated over the summer months, allowing families to have indoor space to meet and exercise.

**THE
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**FEED. CLOTHE.
HOUSE. HEAL.**

A Summer of Action Heroes: How Compassion Saves the Day

Every day, St. Vincent de Paul's community food pantries, also called Conferences, receive hundreds of calls from desperate families in Arizona, in need of a helping hand.

Many of the people who call for help are unsure of what to say. A mixture of embarrassment and desperation gives them no good place to begin their story. Do they begin by asking for what they need, or do they first explain the circumstances that led to their predicament?

According to Ling Patty, who is president of a Conference in Cave Creek and has years of experience answering calls for help, most people who call are feeling so hopeless and desperate that they need help identifying what exactly they need help with.

"We are their last resort," Ling said. "They call and say, 'I need help. I don't know where to begin.'"

SVdP's network of over 80 Conferences in central and northern Arizona receive these types of calls year-round, but the number of calls sharply increase over the summer months.

Summer is particularly challenging for families because electricity bills are higher than usual and children are out of school, without access to school lunch programs. Families that are already struggling to make ends meet often cannot provide the extra meals for their children over the summer, leaving them with the choice to go hungry themselves or having their children go

hungry. Many restaurant, construction and tourism-based businesses either close or cut hours over the summer to save costs, which means workers have fewer hours and smaller paychecks. Those looking for work have fewer opportunities.

"It's natural that people don't like asking for help. These families have tried everything to handle things themselves," Ling said. "By the time they call us, they've exhausted their options and it's become an emergency type of situation."



Every Conference acts as a resource center for its neighborhood. Volunteers network with other nonprofits and agencies to find the most efficient way to help people in need. The SVdP Conference in Cave Creek works closely with the Foothills Food Bank to provide food to hungry families. Many of our Conference volunteers also volunteer at the Foothills Food Bank. Two of the food bank's freezers were donated by St. Vincent de Paul!

BE A SUMMER ACTION HERO.

Help us provide basic needs to struggling families.

SummerRelief.org



THE SOCIETY OF
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Terry found herself in one of those situations recently. Even though her social security checks are barely enough to cover her bills, food and basic necessities, she took in her daughter and grandchildren at a time of crisis a few years ago. When Terry's daughter was able to work again, things got better, but when her work hours were cut recently, they fell behind again.

"It's a big help when St. Vincent de Paul brings us food boxes," Terry said. "They lift me up and give me hope."

In order to meet the increased need for help over the summer months, SVdP launched a special campaign to spread awareness and encourage the community to step up to help. The campaign is called "Be a Summer Action Hero".

"We don't need to wear a cape or have supernatural powers to be a hero. The real super power is compassion," said Shannon Clancy, chief development officer. "Each of us can be a superhero to someone in need by making a donation or hosting a food drive to replenish our food bank supplies."



Terry unpacks a food box from her local Conference. With four grandchildren to take care of, she makes every ingredient stretch as far as she can. She says that the home visits are a great help, since her only means of transportation is a bicycle.

CORPORATE HEROES

In addition to individual donors and drive hosts, our friends in the business community stepped up in big ways! Several businesses hosted food drives or gave donations to support our efforts. We are grateful for the partnership of the business community!



One of the most creative water drives we've seen is Yelp's "non-water drive." Instead of collecting water donations, Yelp's Phoenix offices decided raise money by not stocking its cafeterias with bottled water for one week. The company then donated the money it would've spent on water that week to our food bank!

Special thanks to Erica Gallos Alliot, Yelp's vice president of local sales for making this amazing idea happen!

Left to right: Laurie Bassett, SVdP volunteer services manager; Norma Carrillo, SVdP volunteer coordinator; Lauren Conway, Yelp sales support-lead; Rachael Leland Drummond, Yelp lead account executive; Shannon Clancy, SVdP chief development officer.



The very first business to come on board was 25th Street Automotive! The first day of the campaign launch, Bill contacted us to tell us that he'd like to collect food donations and collect monetary donations for us.

In the photo, Bill Coniam of 25th Street Automotive presents a final donation check to Mary Jo West, SVdP community liaison.

The Journey of a Food Donation

Do you ever wonder exactly what happens to the food collected at food drives? Here, we take you behind the scenes to the journey of a food donation, from a collection box to a family's dinner table.



Food donation bins are delivered to businesses and individuals who wish to host a food drive. Once the bins are full, we pick up the donations to take back to the food warehouse for quality control.



Volunteers sort through the donations, check expiration dates and open boxes. We make sure that every can and box meets quality standards before they're sent to one of our 80 food pantries throughout Arizona.



Pantry volunteers receive calls for help from their community. Based on the needs of the families, volunteers pack boxes that include pantry staples as well as "extras" like diapers, paper products and toiletries.



In pairs, trained volunteers deliver food boxes directly to the homes of families in need. In the privacy of their homes, families can talk to our volunteers about their situation and other needs. While the food box is vital, sometimes it's these moments of friendship and compassion that truly lift the spirits of struggling families.



SVdP Conferences have limited funds to help pay for rent and utility bills in emergency situations. Volunteers are also trained to refer families to other services that can provide additional help.



Help us provide food and hope to families in need. Your help is specially needed now, as our food bank supplies have dwindled over the summer months.

To make a donation or to host a food drive, visit us online at SummerRelief.org or call us at 602-266-GIVE (4483).

DAMIEN'S STORY:

Homeless to Job Coach, Through the Power of Compassion



After years of crippling depression, alcoholism and broken family relationships, Damien spent his first night on the streets of Phoenix. He had been unsuccessful in finding steady work after losing his job. He was ashamed of being unable to support his wife and child. His extended family had closed their doors on him. He didn't want to continue his drinking habit, but it was the only way to escape all of his troubles, if only for a little while, until the buzz wore off. He was trapped with his thoughts and depression. He needed a clean slate, but had nowhere to turn.

"The first night almost felt like a fresh start," Damien said. "But soon, very soon, the reality sank in. The world was not a friendly place, and it didn't care about you."

His first weeks on the streets were a blur. Date and time melted together as he struggled to just meet his basic needs every day. Eventually Damien found Central Arizona Shelter Services and St. Vincent de Paul's dining room down the street.

"Every day, there was a line, like a mile long, of people who were hungry. I was one of them," Damien said.

At the dining room, Damien learned about St. Vincent de Paul's main campus, which provides showers, clothing, food and counseling.

"Being out there on the streets, I had on the same clothes, day in and day out. I wanted to be presentable to people who knew me, because I didn't want anyone to know I was homeless," Damien said. "It wasn't until I visited the main campus for showers, clothes and a clean shave, did I start feeling better."

Damien remembers meeting with staff and volunteers who gave him guidance and encouragement.

"I may not remember their names, but I'll never forget their faces and the kind things they said to me," he said.

The encouragement and support Damien received through St. Vincent de Paul helped him survive the streets and gave him a start to working out of homelessness. "Once I was cleaned up and presentable, people weren't afraid of me anymore," he said.

Damien went through rehab to kick his drinking and found help for his depression through a mental health services provider.

He received Social Security benefits, housing and case management. His life was stabilized and he had a roof over his head, but he was unsatisfied.

"It didn't suit me, because I wasn't doing anything with my life," Damien said. "I needed to work."

"Someone at the clinic told me I was smart," he added. "And I believed him."

From there, he took classes at South Mountain Community College and enrolled in recovery programs. He gained a sense of self-worth. He met a peer-support specialist whose journey was similar to his own.

"His story was almost identical to mine," Damien said. "I realized that if he could succeed, I could too."

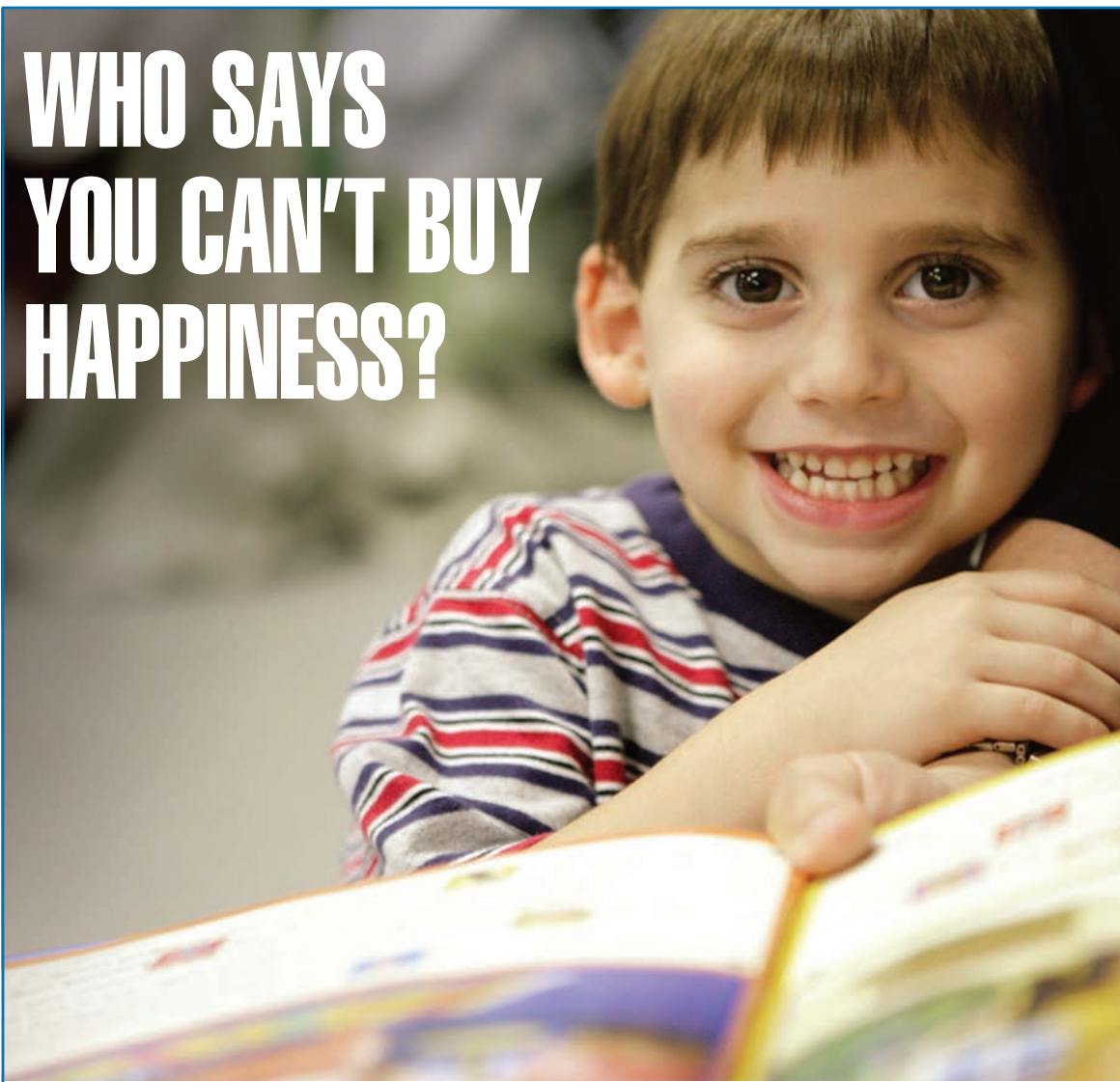
Damien did succeed. He is an employment coach at an organization that helps people recover from crises situations and get back on their feet. He has since remarried and reconciled with his child.

During meetings with his clients, he often remembers his experience on the streets and the refuge he found in the compassion of St. Vincent de Paul staff and volunteers. He draws on his experiences and shares his story with clients to help them develop their own paths to success.

"When you are really struggling, you look for someone who is kind," Damien said. "When your own family doesn't have sympathy for you, it makes you feel worse. The stranger is the one who is kind. I'll never forget that at St. Vincent de Paul."

The encouragement and support Damien received through St. Vincent de Paul helped him survive the streets and gave him a start to working out of homelessness.

WHO SAYS YOU CAN'T BUY HAPPINESS?



Every thrift store purchase benefits those who need it most.

Shopping at a St. Vincent de Paul thrift store is always an adventure. From hidden treasures to the most practical items, you're bound to find something that will make you smile. We have 20 locations throughout central and northern Arizona to serve you. And, when you're happy, we're happy.

Your purchases help fund our programs for those in need. So get shopping!

THRIFT STORE LOCATIONS:

Apache Junction
2540 W. Apache Trail
(480) 380-4515

Bullhead City
780 Marina Blvd.
(928) 758-5251

Chandler
2051 N. Arizona Ave.
(480) 812-1156

Cottonwood
2101 E. Fir St.
(928) 639-3000

Flagstaff
2113 N. East St.
(928) 779-4353

Glendale
7018 N. 57th Ave.
(623) 931-9901

Kingman
218 E. Beale St.
(928) 753-4399

Lake Havasu City
761 N. Lake Havasu Ave.
(928) 453-1399

1850 Commander Dr.
(928) 453-5414

1851 Commander Dr.
(928) 453-3125

Mayer
10376 S. Highway 69
(928) 632-9521

Mesa
2352 W. Main St.
(480) 644-0887

Payson
1006 S. Beeline Hwy
(928) 474-4476

Phoenix
8231 N. 7th St.
(602) 861-2634

2945 E. Bell Rd.
(602) 493-8126
420 W. Watkins Rd.
(602) 261-6824

Prescott
935 Fair St.
(928) 771-9696

Surprise
12845 W. Bell Rd.
(623) 875-5004

BOUTIQUE LOCATION:
Ozzie's Furnishings
3927 E. Indian School Rd.
Phoenix
(602) 955-1460

**SAVINGS FOR YOU.
HELP FOR OTHERS.**

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The Society of a Thousand Thanks

One of the greatest privileges of serving in Arizona is being able to work with a generous community of people who care about the well-being of our state. Our friends not only host food drives and send volunteers, they donate generously to support our work.

Celebrating the Freedom to Serve

Fortnight for Freedom is an annual event organized by the US Conference of Catholic Bishops to draw attention to religious liberties. In its third year, the theme is "Freedom to Serve." On July 4, volunteers from Catholic Charities, the Catholic Diocese of Phoenix and Knights of Columbus celebrated all of our "Freedom to Serve" by helping out in our dining rooms from breakfast to dinner. Bishop Eduardo Nevares and a group of volunteers served lunch and celebrated Independence Day with hundreds of guests in our downtown Phoenix dining room.



Rattlers Partnership a Season-Long Success

The Arizona Rattlers hosted a season-long community outreach campaign to collect food, clothing, shoes and toiletries to benefit families in need. In addition to collecting donations at every home game, Arizona Rattlers visited our main campus to volunteer during their off days. The team helped us assemble hygiene packs, sort donations, served meals and spent quality time with children who come to our family dining room.



The Society of a Thousand Thanks

POP into Reading

The Arizona Avengers, The Dune Sea Garrison and Justice League Arizona helped us kick off a special summer literacy program in The Dream Center. All summer long, children who come to the family dining room participated in educational activities designed to improve their literacy skills. It's all part of a year-long effort to enhance our educational programs for families.



A Hole-in-One for Charity

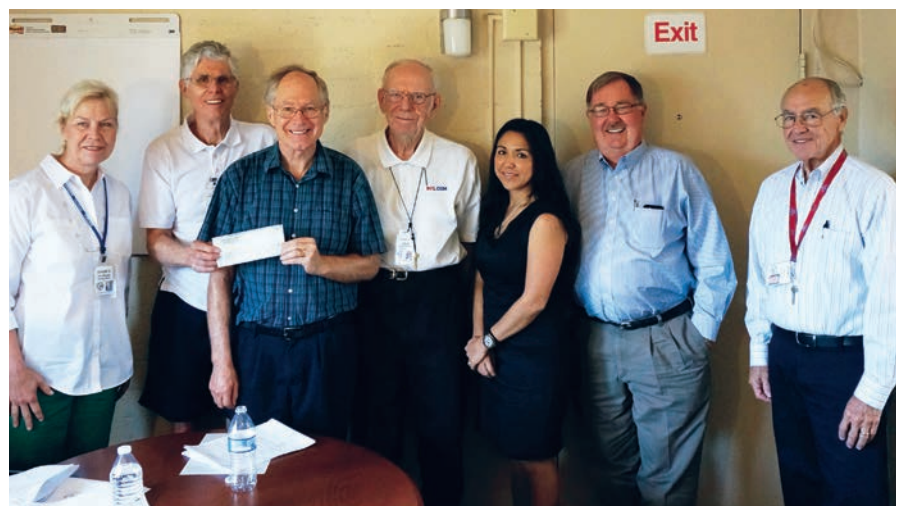
The Our Lady of Joy Council of the Knights of Columbus hosted another successful Golf-Fore-Charity event at Troon and Desert Highlands country clubs. A total of \$125,000 was raised in one day!

Left to right: Event Chair Jerry Dale, SvDP Executive Director Steve Zabilski, Committee Members Rich Jedlowski and Jim Trinchintella.

Order of Malta Supports Ozanam Manor

A supporter of Ozanam Manor for many years, the Order of Malta continues to donate generously and volunteer to host special events to encourage our residents. The Order of Malta recently gave a \$17,000 grant to support the shelter.

Left to right: Jeanne O'Brien, Ray Daoust, Mike Bell, Jack Ryan, Monica Greenman, Owen Cotton and John Sack.





Super Bowl Sends Super Volunteers

The Arizona Super Bowl Host Committee sent dozens of volunteers to help sort donations and prepare hundreds of hygiene packs. We are so thankful to these volunteers who gave us their Saturday morning to help out!

“...truly, every little bit counts to help us feed, clothe, house and heal people in need.”

Summer Sack Lunch Drive

Our friends at 12 News, Bashas' and Food City joined forces in July to promote a statewide food drive to help replenish our food bank. The community was invited to make donations at Bashas' and Food City all month long. The kick-off event was held in our family dining room. James Quiñones from 12 News spent the morning with us as he reported the event live. Chefs from Bryan's Black Mountain Barbecue, Federal Pizza and Flancer's showed us delicious dishes that can be made out of simple, affordable ingredients and Food Bank Bags that were available to be purchased and donated at Bashas' locations.



Walgreens Hosts Health Fair

In addition to hosting a health fair for volunteers and Ministry to the Homeless guests, Walgreens is collecting monetary donations for SVdP at all 40 of its Valley locations! Throughout the month of August, Walgreens customers will have the opportunity to round up their bill to donate to SVdP. It may be a cliché, but truly, every little bit counts to help us feed, clothe, house and heal people in need.





THE VINCENTIAN ANNUITY

**Supporting
St. Vincent de Paul
not just for a lifetime,
but forever.**

A gift through the Vincentian Annuity will give you the security of a fixed income over your lifetime and provide support for St. Vincent de Paul that will last forever.

As an example, Helen, an 80-year-old widow and St. Vincent de Paul volunteer, recently established a \$50,000 Vincentian gift annuity. For her age, the annuity rate is 6.8%, meaning she'll receive \$3,400 annually for the rest of her life. And, she may take an income tax deduction of about 50% of her gift this year. Best of all, her gift will support St. Vincent de Paul's work for generations to come. Annuity gifts start at \$10,000.

SAMPLE ANNUITY RATES

	SINGLE LIFE	TWO LIVES
AGE 60	4.4%	3.9%
AGE 70	5.1%	4.6%
AGE 80	6.8%	5.7%
AGE 90	9.0%	8.2%

**HELP US FEED. CLOTHE. HOUSE. HEAL. THOSE IN NEED
ACROSS ARIZONA.**

P.O. Box 13600 Phoenix, AZ 85002
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For more information or to discuss various giving options please contact Shannon Clancy at (602) 261-6814 or email plannedgiving@svdp-phx-az.org.

TRIBUTES

Gifts received March 1, 2014 – June 30, 2014

IN HONOR OF

Dr. Larry Allen
Jenny Norton

All Souls in Jesus' Name
Irene B. Wiley

All the Mothers in my Family on Mother's Day
Bridget A. Price

Tom Altieri
Thunderbirds Charities

Terry Anderson - Birthday
David and Lisa Grant

Jackie Askin - 60th Birthday
Helen Burland

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Keith Auzenne

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Gordon and Carol Ray

Mary Bernstein
Joe and Kathy Ryan

Joanne Bonfilio - Birthday
Stephanie M. Bonfilio

Virginia G. Bowley and Virginia E. Bowley
Barbara J. Jennings

Brenda
Donna O'Neil

Recovery of my niece, Carol
Jeanette Kraemer

Gloria Chrusial
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Alfred and Mary Clemens
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Mary Ann D'Alotto - Get Well Fast!
Bob and Sarah Maresco

John and Sandra Dickmann - 50 years of marriage
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Family Prayers
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Raymond P. Najjar

Douglas Gangi - Happy Birthday
Clarence S. and Madeleine C. Summers

Linda Gibson - Happy Birthday
Sarah Peterson

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Kishore Narayan

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Shannon M. Clancy

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Joseph and Margaret A. Granio

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Paula and Phil Garlick
Bill and Elaine Myers

Jeff Hatch-Miller - Birthday
Anita Hatch-Miller

Cooper and Max Henry - Happy Birthday
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Michael McQuail and Gail Keith - Many Happy Years Together
Steven VanDuyn

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Charles Schwab Foundation - Employee Matching Gifts Program

Maria E. Miller - Mother's Day
Remedios Eudela

Rose Mofford - 92nd Birthday
Larry and Helen Burland

Mmgr. Richard Moyer - Golden Jubilee of Priesthood
Gary and Deborah Brown

Tina Mulhern - Birthday
Anita Hatch-Miller

Karen Munson - Marrying Me
Edward F. Daniszewski

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Joanna M. Murphy

William O'Connell - 90th Birthday
Janice and Jim Marshall

Joseph Palmeri
Lucille Thomas

Hillary Peck
Paula and Phil Garlick

The People at the Family Wellness Program
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Poppy Cup
Vera Kleven

Frank Rader
Jim and Susan Hall

Blinn Rider
William and Barbara Rider

Donna Rodgers
Matthew Giesting

Mike and Madeline Rose - Wedding Anniversary
Jeffrey M. and Anita R. Hatch-Miller

Charlene Sante
Naomi Mosre-Jolly

Julie Savard - Birthday
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Sister Barbara Higgins - Benedictine Sisters

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St. Vincent de Paul
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Mark and Lorraine Shwer

Deacon Emidio B. Vera and Alexandrina D. Vera
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Paul Zabalski

IN MEMORY OF

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Arnold Cohen

Basilio Aja
Rudy L. Echeverria

Socorro de Alcazar and Rafael D. Alcazar
Rita Kurtzman

Liborio Alessi
Martha Albano

All my Kindred in Jesus' Name
Irene B. Wiley

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TRIBUTES

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 Joe and Kay Lindner
 Ronald L. and Judy A. Pieper
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Charlotte O'Flannigan
John J. O'Flannigan

O'Flannigan Family
John J. O'Flannigan

Jeffrey Edward O'Donnell
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Fr. Francis Peacock
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The Arizona Biltmore

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There is no charge to attend this event. However, seating is limited.
If interested, please contacts us as soon as possible.

