

Like Mary said:  
You want miracles  
in your life?  
“Do what He  
tells you.”



So, What does He tell you?  
Well, for starters, how about:

- † Join the Church I founded
- † It's the one with the Pope as my earthly Vicar
- † Eat my body and drink my blood
- † Convert all nations
- † Get to Confession for Reconciliation
- † Teach all nations everything I taught
- † Venerate my Mother
- † Love your neighbor as yourself
- † Pray always ...

**Mon. 01/21**     **A Day of Prayer for Victims of Cancer**  
*Feast*             Saint Agnes, virgin and martyr  
8:00 AM Mass     Theresa M. McCall, M/M Jay Bistline

**Tues. 01/22**     **A Day of Prayer for Victims of Heart Diseases**  
*Feast*             US Day of Prayer for the Legal Protection of the unborn  
8:00 AM Mass     Denise Keagy, *Bernie & Peggy McLucas*

**Wed. 01/23**     **A Day of Prayer for Victims of Arthritis**  
*Feast*             Saint Vincent, Deacon and Martyr  
8:00 AM Mass     Poor Souls in Purgatory, *Carol Smith*

**Thur. 01/24**     **A Day of Prayer for Victims of Nervous Disorders**  
*Feast*             Saint Francis de Sales, Bishop and Doctor of the Church  
8:00 AM Mass     Marguerite Frederick, *Theresa & Don Bernard*

**Fri. 01/25**     **A Day of Prayer for Victims of Emotional Disorders**  
*Feast*             The Conversion of Saint Paul the Apostle  
8:00 AM Mass     Helen Kasun, *Maria Czarnik*

**Sat. 01/26**     **A Day of Prayer for Victims of Diabetes**  
*Feast*             Third Sunday in Ordinary Time  
4:30 PM Mass     Elizabeth Greinader, *Paul and Adaline Cassarly*

**Sun. 01/27**     **A Day of Prayer for Victims of Addictions**  
*Feast*             Third Sunday in Ordinary Time  
9:00 AM Mass     Liv/Dec Members of Our Lady of Fatima Parish  
11:00 AM Mass     Healing of Sons of Dr. and Mrs. Fred Petrunak, *Family*

*Lord  
Jesus  
Christ  
Son  
Of  
God  
Have  
Mercy  
On  
Me  
A  
Sinner*

**Happy Birthday:**

01/22 Karen Conrad  
BeBe Milliron

01/24 Joe Ianniello

01/25 Steve Kasun  
Lisa Smith

01/27 George Barry

01/28 Dana Smith

FRIED FISH AND SHRIMP DINNER FUNDRAISER  
Friday, January 25th 4:00 — 7:00 p.m.  
St. Vincent DePaul Soup Kitchen  
2201 Union Avenue  
Tickets \$6.00 TAKE OUTS ONLY  
Includes Fried Fish, Fried Shrimp, Baked Macaroni,  
Green Beans, Cake, Roll  
Tickets may be purchased at the Soup Kitchen  
Monday — Friday 8:00 a.m. - 11:00 a.m or at the door

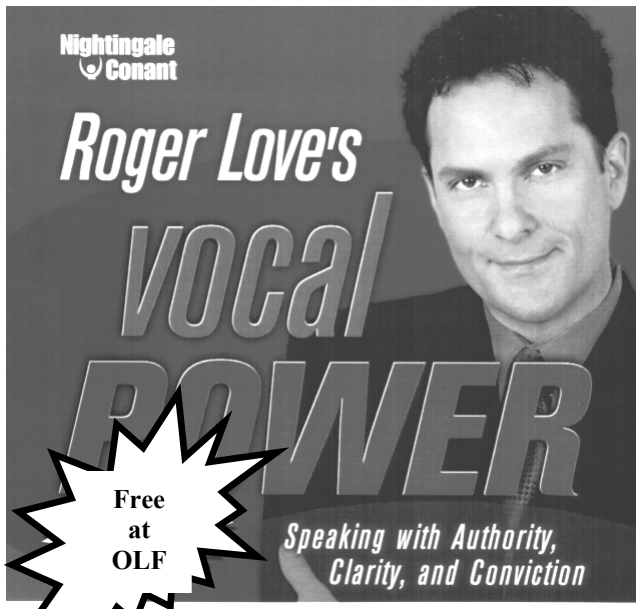
**MONEY MATTERS**

**The Baptism of the Lord, (Sunday, January 13, 2013)**

205 people Celebrated Liturgy at O.L.F. contributing \$ 2,347.05 of which \$ 205.05 accounted for non-envelope contributions.

# Envelopes In Circulation	190	# Used	94	# Unused	96
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**Collection for March for Life-this Weekend. Be generous.**



*Finally, a practical Lenten program which will produce observable and measurable results in six weeks!*

Father Z originally designed this program for OLF's present and future Lectors. That is still the main focus although the more he thought and prayed about it the more he came to realize that today, perhaps more than ever before, we need articulate lay Catholics in the market place [management and labor] and in the political sphere.

More and more Catholics (especially at OLF) are getting smarter and smarter. But most of them are too chicken to speak up. Gallop does a poll every couple of years and it always comes out the same. Most people would rather die than speak in public. Our recorded professor, Roger Love, right in the first session, asserts and proves "all speaking is public speaking." He is an expert in helping almost anybody courageously confront and creatively channel that fear of Public Speaking into memorable speeches.

In the short run Fr. Z expects this program to help our already good Lectors become better, while increasing their number. In the *longer* short run he expects to see it inspire our parishioners to become Civic officials, Union leaders, Business entrepreneurs, Church spokesman, and Model citizens.

Come to OLF every Wednesday (including Ash Wednesday) in Lent to learn, encourage, support, practice, be inspired and have fun – 6:30 to 8ish.

Fr. Z would like to offer everybody a money-back-guarantee. But ... it's free! **Google: Roger**

By listening to this program and practicing Roger's simple techniques, you will learn:

- How to focus your voice, mind and body to create the kind of star presence that will magnetize support for your ideas and keep your teams motivated.
- How to master the power of breathing to create a level of communication that possesses authority, clarity, and conviction.
- How to successfully re-direct any negative inner dialogue into positive thoughts.
- How to care for and feed your voice, separating folklore from fact.
- **How to finally overcome your fear of speaking in public.**
- How to maintain excellent posture, gesture correctly, and make a much more memorable connection with your audience.

Vocal Power will change you from the inside out. Improving your voice enhances the way you feel and the way other people feel about you. As you learn to communicate the clarity, certainty, and emotion that your heart feels, the resulting energy is positively charismatic.

# **Roger Love's vocal POWER**

## **Speaking with Authority, Clarity, and Conviction**

### **CLASS ONE Session 1: Understanding Influential Communication**

1. All speaking is public speaking
2. Some interesting research
3. Developing star quality
4. A secret understanding of the human voice
5. An exercise to get started

### **CLASS ONE Session 2: Exercises for Vocal Power**

6. Where it all starts — breathing
7. The two types of breathing techniques
8. How your vocal cords work
9. Getting past stomach tension
10. Three breathing exercises

### **CLASS TWO—Session 3: Your Chest, Middle, and Head Voices**

1. An explanation of chest, middle, and head voices
2. Don't be trapped in a voice
3. The zipper effect
4. The male goog and gug exercises
5. The female goog and gug exercises

### **CLASS TWO Session 4: The Six Voice Types**

6. The larynx
7. The low larynx exercise
8. The Nutty Nasal Professor
9. The Rocky Balboa
10. The Squeaky Hinge
11. The Marilyn
12. The Big Brass and the Husky Voice

### **CLASS THREE—Session 5: The Building Blocks of Voice: Volume and Melody**

1. Volume
2. Controlling two key variables
3. Melody
4. The Sing-Song and Happy Birthday exercises
5. Use the News

### **CLASS THREE Session 6: The Building Blocks of Voice: Pitch, Tone, and Pace**

6. Pitch
7. Tone
8. The Nay exercise
9. The no low larynx exercise

### **CLASS FOUR Session 7: Overcoming Stage Fright for Life**

1. Stage fright— a fabulous thing
2. A visualization exercise
3. Breathing by the Numbers
4. The key — preparation

### **CLASS FOUR Session 8: The Inner Sounds of Success**

5. Redirecting the negative voice
6. Developing inner confidence
7. The End Game
8. The Sound Wave

### **CLASS FIVE—Session 9: Diet, Myths, Dos, and Don'ts**

1. The number one thing to do to keep your voice in shape
2. Nodes and nodules
3. How other kinds of drinks affect the voice
4. Sugar, acids, and alcohol
5. Dairy products, hot drinks, and red meat
6. Lozenges, throat sprays, and humidifiers
7. Smoking

### **CLASS SIX Session 10: Physiology, Hand Movement, Body Movement**

8. Parallel gestures
9. An exercise in parallel gestures
10. Your mouth
11. Eye contact
12. Posture

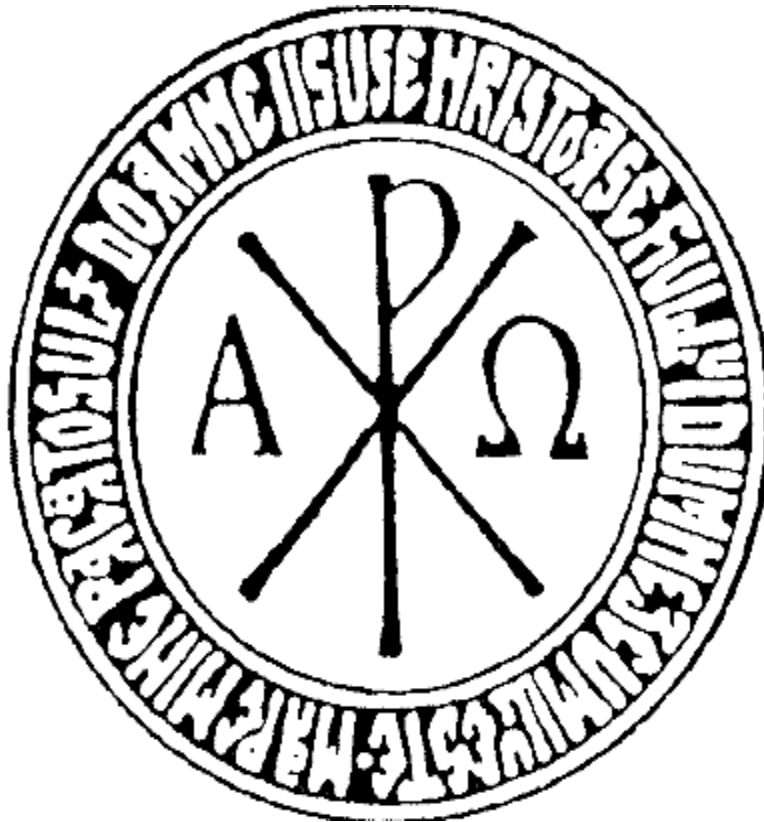
### **CLASS SIX—Session 11: Essential Extras**

1. Never lose your voice again
2. The goog and gug exercises
3. What to do if you're hoarse
4. Fed up with fillers
5. Intermittent virus
6. Practicing a speech and using a microphone

### **CLASS SIX Session 12: Intentional Changes for Intentional Results**

7. Matching your voice to your message
8. Some sample profiles
9. Acing a job interview
10. Asking for a raise
11. Recording your voicemail message
12. Embracing passion and change

# What does it mean to pray always?



## **Christogram (labarum) with Jesus Prayer in Romanian.**

Jesus Prayer in Romanian Doamne Iisuse Hristoase, Fiul lui Dumnezeu, miluieste-ma pe mine pacatosul.

**English translation = Lord Jesus Christ, Son of God,  
have mercy on me, A sinner.**

The prayer has been widely taught and discussed throughout the history of the Eastern Churches. It is often repeated continually as a part of personal ascetic practice, its use being an integral part of the eremitic tradition of prayer known as Hesychasm (Ancient Greek: ἡσυχάζω, hesychazo, "to keep stillness"). The prayer is particularly esteemed by the spiritual fathers of this tradition (see Philokalia) as a method of opening up the heart (kardia) and bringing about the Prayer of the Heart (Καρδιακή Προσευχή). The Prayer of The Heart is considered to be the Unceasing Prayer that the apostle Paul advocates in the New Testament. St. Theophan the Recluse regarded the Jesus Prayer stronger than all other prayers by virtue of the power of the Holy Name of Jesus.

Our Lady of Fatima Pleaded That we pray the Holy Rosary Daily  
At O.L.F. before each Mass and privately from 8:30am to 7:00pm