

I am interested in joining the Health Ministry of St. Paul Catholic Church.

Name: \_\_\_\_\_ (please print clearly)  
Address: \_\_\_\_\_, CA \_\_\_\_\_ (zip code)  
Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_-\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_-\_\_\_\_  
Email address: \_\_\_\_\_  
The Mass I usually attend is \_\_\_\_\_. I speak the following languages \_\_\_\_\_

### Parish Staff

Rev. Vicente Teneza, Pastor  
Rev. Felipe Paraguaya, Priest in Residence  
Sister Kathy Quidlat, D.R.E.  
Sister Armida Ortega, Spanish CFF Coordinator  
Rev. Antonio Ramirez, Deacon  
Shirley Brown, Administrative Assistant  
Bob Benton, Sacristan  
Rebecca Sliwa, Housekeeper  
Frank Farrell, Custodian

916.381.5200  
saintpaulcatholic@comcast.net

Office Hours  
Monday—Friday  
8:00 a.m.—4:00 p.m.

### Health Ministry

Clara Heimericks, R.N., Chair  
916.689.3932

Grace Bati, RN  
Paz Cajucom, RN  
Dana Dinh, RN  
Norv Latreille  
Patti Morrow, RN  
Hank Morrow, RN  
Lottie Munsayac, RN  
Judy Niedzwiedz  
Monica Parker, LVN  
Ramona Parks, RN  
Bernie Silla, RN  
Rhonda Vrchoticky, RN

Regular Meetings

Third Thursday—7 p.m.  
Rectory Office Conference Room

*Jesus challenged his disciples to  
follow him as messengers  
of hope and healing.*

## St. Paul Health Ministry



St. Paul Catholic Church  
8720 Florin Road  
Sacramento, CA 95828  
www.stpaul-florin.org

# St. Paul Health Ministry

## Emphasizing the wholeness of body, mind and spirit

### Our Mission

The Health Ministry of St. Paul Catholic Church, inspired by the love of Jesus Christ, promotes healing, wellness and disease prevention of body, mind and spirit by providing information and resources to our entire community.





### Who We Are

We are St. Paul parishioners who are committed to promoting the Church as a healing place. We emphasize the wholeness of body, mind and spirit of our church, our parishioners, and their families.

Jesus challenged his disciples to follow him as messengers of hope and healing; so too, do we strive to meet that challenge.

### What We Do

We, the Health Ministry of St. Paul Catholic Church:

-  Help our community identify those services and activities that will promote healing, wellness and disease prevention of body, mind and spirit.
-  Provide information, workshops and resources that meet those needs including free blood pressure clinics.
-  Maintain and manage a free medical equipment lending program for parishioners
-  We work closely with the Social Justice Committee of St. Paul Catholic Church and the other caregiving, philanthropic, catechetical and liturgical ministries.

### How You Can Join Us

If you are a R.N. or L.V.N. and can give one hour a month or more, you can help us with blood pressure screenings or other activities and events.

You need not be a medical professional to join us. Many of our duties include non-medical duties such as helping set up for events and activities, manning tables or booths at any of our events, paperwork, making telephone calls, and other duties. Anyone with a desire to share time and talents is welcome.

If you are interested in joining us in the Ministry please fill out the form on the reverse and return it to the rectory office, place it in the collection basket, or mail it to St. Paul Catholic Church, P.O. Box 292280, Sacramento, CA 95829. You may also contact the rectory at 916.381.5200 or speak to any Health Ministry Team Member.