

SEPTEMBER MASS SCHEDULE:

5P SAT: OLPH
8:30A SUN: OLPH
10:30A SUN: SJ

Fall Dinner at St
Jude's in September is
CANCELLED this year!

isaiah 22:15, 19-23; psalms 138:1-2, 2-3, 6, 8; romans 11:33-36;
matthew 16:13-20

Tips for Mask Use and Cleaning

With face masks used and required throughout various areas of the United States, it is important to know how to use and maintain your face masks.

The Center for Disease Control and Prevention (CDC) has made recommendations for the proper use and maintenance of face masks.

Use of Face Masks

Proper use of face masks starts with when to use them. The CDC recommends that all people 2 years and older wear a face mask when in a public setting and when around people who don't live in your household.

The exception to using a face mask is:

- children younger than 2 years of age.
- anyone who has trouble breathing.
- anyone who is unconscious, incapacitated, or otherwise unable to remove a mask without assistance.
- people engaged in activities where the masks may get wet. A wet mask can be difficult to breath through.
- anyone engaged in high-intensity activities such as running.
- people working in a setting in which wearing a mask may increase the risk of a heat related illness or cause safety concerns such as mask straps getting caught in machinery.

Along with using face masks, it is also important to wear them correctly.

- Wash your hands before putting your face mask on.
- Put it over your nose and mouth and under your chin. Many people uncover their nose and this makes the face mask useless.
- If you touch your mask, make sure to wash your hands or use hand sanitizer.



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Religious Education Classes are scheduled to start:
OLPH: Wed Sept 9
St Jude: Sept 30
These are scheduled dates, but we are in a situation with the pandemic that this could change as directed by the state and Diocese of Fargo.

Adoration on Tuesday Evening from 5pm to 9pm at OLPH

Our Lady of Perpetual Help
Rectory—(701) 847-3096
Rectory Address: POB 68, 421 Sanborn St.
Reynolds ND 58275-0068

St. Jude's
(701) 599-2574
POB 305, 329 Broadway
Thompson ND 58278-0305

Email address: OLPH.stjude@gmail.com
Website address: www.olphsj.org
jcavanaugh2952@gmail.com or
john.cavanaugh@fargodiocese.org



mass intentions

august 2020

- 22 OLPH +Millie Leddige by Jim Weber
- 23 SJ Mass for the people
OLPH +Carla Sletten by L/M Austreng
- 25 OLPH +Kate & Clemens Adam by R/L Schumacher
- 26 SJ +Tom Meagher by his dad
- 27 OLPH +Lois Zidon by FS Argenziano
- 28 SJ +Millie Leddige by L/V Knipping
- 29 SJ +Donna Weber by her family
- 30 SJ Mass for the people
OLPH +Carla Sletten by Missy Tabery



Cleaning and Maintaining Your Face Mask

The CDC has guidelines on how to clean and maintain your face masks.

- Your face mask should be washed after every use.
- You can wash your face mask with regular laundry, using regular laundry detergent at the hottest temperature possible for the material used to make the mask.
- If washing your mask by hand, prepare a bleach solution by mixing 1/3 cup household bleach per gallon of room temperature water or 4 teaspoons of household bleach per quarter of room temperature water. Soak the mask for 5 minutes in the bleach solution and rinse thoroughly with cool or room temperature water.
- Dry your mask at the highest temperature possible and leave in the dryer until completely dry. If air drying, lay the mask flat and allow to completely dry. If possible, lay the mask in direct sunlight.

While there are some other methods of cleaning face masks posted on the internet such as placing the mask in the microwave, oven, or a pot of boiling water, these methods are not as effective as laundering the masks.

Offertory 2020-08-16 OLPH—\$1123.00 Online—\$222.43 / St Jude—\$799.00 Online—\$1003.72