

### FAMILIES WITH ADULT CHILDREN

Your children have now been “launched” into their independent lives and you find yourselves starting to adjust as a couple again. You may now start to think about the role you will take in caring for aging parents and making health and faith a priority in your life.

ADULT CHOIR: Sings at the 9:15 am mass on Sundays. Please contact Ron Brown at [music4ronb@aol.com](mailto:music4ronb@aol.com).

MEN’S CHOIR: Young adult to adult men sing at 11:00 am mass on Sundays. Please contact Ron Brown at [music4ronb@aol.com](mailto:music4ronb@aol.com).

ADULT FAITH FORMATION AND SOCIAL JUSTICE has many programs for all age adults. Please review website or contact Christy Cosgrove at [christycoz3@comcast.net](mailto:christycoz3@comcast.net).

LITURGY AND WORSHIP: There are many ways to serve in the Mass at Holy Family. Please review website or call the office (301)261-7399.