

Taste and see the goodness of  
the Lord. -Psalm 34:9

#### MASS SCHEDULE

##### Daily Mass

8 AM Monday - Saturday (Tues &  
Thurs in Spanish)

##### Saturday Vigil

5 PM, 7 PM (Spanish)

##### Sunday

7 AM, 8 AM (Spanish), 10 AM, 12  
PM, and 6:30 PM

#### RECONCILIATION

Confessions are available on  
Saturdays from 9-10 AM and by  
appointment. Afraid of going to  
confession? Or wonder why it's  
important? [Click here for insight](#)

#### ADORATION & PRAYER

Adoration of the Blessed  
Sacrament every Tuesday in the  
Church from 4 – 7 PM. Our Church  
is open daily until 7 PM, you are  
welcome to come for private  
prayer any day.

#### PASTOR

Rev. Paul Gawlowski, OFM Conv.

##### Associate Pastor

Rev. Carlos Morales, OFM Conv

#### PARISH OFFICE

244 Prospect Ave.

Hermosa Beach, CA 90254

(Corner of Prospect & Massey St)

Office Phone: [310-372-7077](tel:310-372-7077)

Phone Operator Hours:

Monday-Friday 8 AM - 4 PM & Saturday 9 AM - 1 PM

##### Summer Office Hours

August 16-August 24 8AM-12PM

#### Friars In-Residence

Rev. Peter Mallin, OFM Conv.

Rev. Joseph Kim, OFM Conv.

Br. John Flemming, OFM Con

#### SCHOOL INFORMATION

Principal April Beuder

320 Massey Street

Hermosa Beach CA 90254

310-372-7486

[Ourladyofguadalupeschool.org](http://Ourladyofguadalupeschool.org)

# WORSHIP & MEDITATION



## FIRST READING

He got up, ate, and drank;  
then strengthened by that food,  
he walked forty days and forty nights  
to the mountain of God, Horeb. (1 Kgs 19:8)



## PSALM

Taste and see the goodness of the Lord. (Ps 34)



## SECOND READING

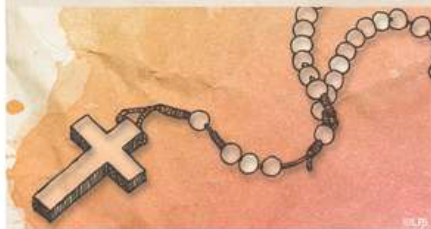
So be imitators of God, as beloved children,  
and live in love,  
as Christ loved us and handed  
himself over for us  
as a sacrificial offering to God  
for a fragrant aroma. (Eph 5:1-2)



## GOSPEL

"No one can come to me unless the Father  
who sent me draw him,  
and I will raise him on the last day." (Jn 6:44)

*Excerpts from the Lectionary for Mass ©2001,  
1998, 1970 CCD. The English translation of Psalm  
Responses from Lectionary for Mass © 1969, 1981,  
1997, International Commission on English in the  
Liturgy Corporation. All rights reserved.*



## Seeing Through the Lens of Faith

### GOSPEL MEDITATION

#### Encourage Deeper Understanding of Scripture

The lens through which we view life makes a difference. It also determines who we choose to learn from and what we allow to shape our thoughts and feelings. For many, life is simply what it appears to be, a given that either through evolution or some other means just came to be. There is no apparent rhyme or reason to things and things can be dissected and understood only in terms of what they empirically present. To the person using this lens, a tree is a tree and a flower is a flower. Their composition and existence can be understood only to the extent that current human knowledge allows. Through this lens, what gives life purpose and meaning? This lens has an essentially unknown beginning and definite end. Once those are accepted, the middle becomes some kind of pursuit of happiness, with values and principles being things that are self-created and found acceptable.

But there is a Divine lens that also exists and deserves mention. It is found when one stumbles upon faith and begins to see things differently. This lens is of God and reveals a Divine Energy and Life that flows through and in all things. Faith then shows us that all that lives come from this one Source of Love. This is the only true lens that can give human beings the purpose and meaning they desperately need. From this perspective, all of life is much more than what is immediately apparent! It now tells and reveals a story about God generous, creative, and unconditional love! The unfolding of the human story is the unfolding of God's story. What meaning our lives have when they are viewed as a part of God's love affair with humanity! We are indeed special.

The lens of our faith asks us to learn from Jesus Christ. Jesus, as the real Bread of Life, shows us our eternal destiny and completes and frames our lives. It is only in allowing ourselves to be taught by Jesus, that faith, hope, and love take on much greater importance. All the relationships in our lives are now structured and ordered using God's primary commandment of love. Jesus, then, is not just some man who lived at some point in history. Jesus is the incarnate Son of God who shows us the way, the truth, and the life. Using this lens changes things up a great deal. Looking at the creation that surrounds you and the special unique people you love, what is God trying to teach you about His love for you and the eternal life He wants you to have?

## LET'S PREPARE OUR HEARTS FOR MASS

### BEFORE MASS

Take time to read the Mass readings. Ask the Holy Spirit to open your mind and heart to hear the Word of God. [Click to read the full Mass Readings for \*\*Sunday, August 8\*\*](#)

### HELP YOUR FAMILY PREPARE FOR MASS

Franciscan Media offers a weekly Mass reading preparation guide for families and young people of all ages. [Click to access the \*\*Faith and Family for August 8: The Living Bread\*\*](#)

### AT MASS THIS WEEK

Ask God to help us quiet our minds and truly remember why we are at Mass. To receive the Eucharist is not to get something but to encounter someone. Because in the Eucharist, we enter into communion with Jesus himself. It is in this communion that the deepest desires and longings of our hearts find lasting fulfillment.

## Un mensaje del p. Carlos

### Introducción

Estamos ante una de las fiestas más populares en el pueblo cristiano. Por ello conviene matizar bien el significado que para el pueblo cristiano tiene la fiesta y no recargarla con desacertadas imágenes y significados que ahogan su espiritualidad. Lo que se celebra es la muerte y resurrección de la Santísima Virgen María, es decir, los misterios del final de su vida y su resurrección por la gracia de Dios que la asocia como compañera inseparable de su Hijo eterno en la vida eterna.

Debe prescindirse, en primer lugar, de toda imaginación simplificadora de ángeles que bajan y trasladan el cuerpo mortal de la Virgen al otro mundo sin pasar por el trance doloroso y denigrante de la muerte, como pasamos todos los mortales. Hacer así es lo mismo que negar la redención de Cristo y el motivo por el que él se encarnó. Hemos sido redimidos por la muerte de Cristo. Así, con todo el realismo. Una muerte ignominiosa y humillante, un derramar hasta la última gota de sangre que nos da la vida mortal y un ofrecer esa muerte en precio de nuestra salvación. A veces, parece que pasamos como de puntillas por esa muerte y solo interesa que ha resucitado, incluso en algunas celebraciones pascuales; no así la imaginaría cristiana que reservó siempre tallas admirables para recordar a Jesús muerto.

El realismo de la muerte es impronta necesaria de nuestra redención -hemos sido redimidos por una muerte humillante- y no podemos subrepticamente

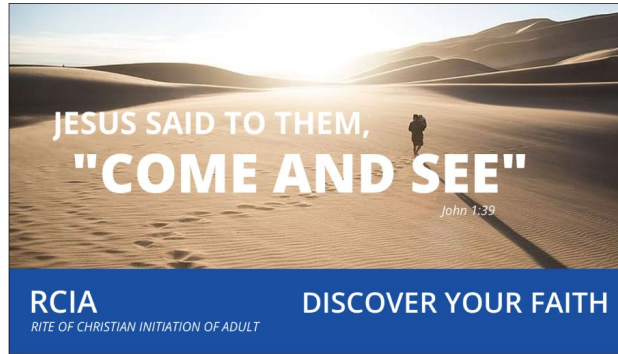
callarla o disimularla. Y también la vida de la Virgen santificada por esa redención tuvo que pasar por la muerte, con su sentido auténtico y universal de dejar para siempre la vida mortal, el cuerpo caduco con el que nacemos y olvidarse para siempre de las condiciones mortales que señalan nuestra vida: la convivencia con otros seres y las relaciones de amistad establecidas y los proyectos terrenos llevados a cabo. La muerte se ceba en todos nosotros arrancándonos jirones de la vida de amistad, convivencia y tareas terrenas. “Todos nosotros nos transformaremos... y lo mortal tiene que revestirse de inmortalidad” (I Cor 15,54) nos amonesta San Pablo.

Y en segundo lugar, pero ya fuera del tiempo, resucitar por obra de Dios para la vida nueva e inmortal. Así fue la muerte y resurrección de Cristo y es a la que configura la muerte y resurrección de su madre santísima. Lo contrario sería ocultar el sentido de la muerte de Cristo.

Se trata de recordar el misterio pascual de Cristo y afirmar cómo se vivió de una manera singular y excelente en su santísima Madre. Después de la Pascua del Señor celebramos la pascua de su santísima madre. Y, eso sí, lo hacemos llenos de esperanza en que también nosotros alcanzaremos nuestra pascua personal. En la fiesta de hoy anhelamos nuestra pascua por la gracia de Dios. Lo que para nosotros es espera, para la Virgen es realidad gozosa por estar asociada a la muerte y resurrección de su Hijo.



## OPPORTUNITIES TO GROW IN FAITH



Not a Catholic?  
Baptized in another faith?  
Thinking about becoming a Catholic?  
Like to know more about the Catholic Faith?

If yes, then you may be interested in exploring the teachings of Jesus Christ and the Catholic Church. The Rite of Christian Initiation (RCIA) is the Catholic Church's way of bringing new members into the community of faith. It can be looked at as the "formation program" for those entering the Church. We also invite those who have already received their sacraments of initiation and would like to learn more about their Catholic faith.

**RCIA 2021-2022 starts on September 16th, 2021.** [Click here for more information about RCIA](#)



### Do you have a child between the age of 3-8?

Children's Liturgy at Our Lady of Guadalupe is creating a program where kids ages 3-8 can go to a different room for parts of the Mass to receive simple explanations of the bible readings while adults stay in church and focus fully on the Word of God.

If you are interested in helping children understand the Mass Readings at their level, please contact the Church Office (310) 372-7077 or by email at [office@olgmail.org](mailto:office@olgmail.org) Free training is offered!

Visit our [Children's Ministry page](#) for children's prayers and parent resources

**Let's raise little disciples together!**

OLG Young Adult Ministry presents:  
Theology Thursday

## THE IMMACULATE HEART OF MARY



**WHAT:** Join us for an evening of hot cocoa and a discussion exploring why the Immaculate Heart is venerated in the Catholic Church during the month of August.

**WHEN:** August 12 6:00 P.M. in the Parish Hall.

## OUR LADY OF GUADALUPE CHURCH

Hermosa Beach, CA  
Young adults, college-aged & 20-30 somethings

### JOIN ONE OF THE CHOIRS AT OLG!

The music ministry is ready for a renewal. Be a part of an angelic choir to sing God's message into the world. Please contact Bobbi Lambert for details: [bl.lambert@la-archdiocese.org](mailto:bl.lambert@la-archdiocese.org)

## Family Faith Formation

Religious Education Programs  
For Grades Pre-K to 8th  
and their families

## Confirmation Classes & Youth Ministry

High School teens encountering  
Christ in a life-changing way

### **BECOME A PARISH MEMBER**

Please join us so that we can help serve you better. To get started, [click this link to complete our new member form.](#)

## CHURCH CALENDAR

Here are a few weekly highlights. [Visit our website for a complete calendar.](#)

### MONDAY

- + **Rosary Prayer Group** in the church at 5:30 PM
- + **Young Adult Men's & Women's Bible Study Groups** For more details contact Natalie Mejia [nataliemadonnamejia@gmail.com](mailto:nataliemadonnamejia@gmail.com) or Long Do at [longhoangdo@gmail.com](mailto:longhoangdo@gmail.com)
- + **Teen Prayer Workshop** 6:30 PM (ZOOM)
- + **Baptism Preparation Class in Spanish** on August 2 at 7 PM in Room 3.

### TUESDAY

- + **Music Prayer Jam w/ Bobbi** (livestream) 12 noon
- + **Adoration of the Blessed Sacrament** in the Church from 4:00 – 7:00 PM
- + **Scripture Faith Sharing Group** from 7-8 PM via Zoom. Read and discuss the upcoming Sunday Mass readings. All adults are welcome. Contact Carlos Diaz [scripture@olgmail.org](mailto:scripture@olgmail.org)
- + **Teen Prayer Workshop** 6:30 PM inside the Hall.
- + **Choir Practice for 10 AM Mass** at 7:15 PM

### WEDNESDAY

- + **Choir Practice for 6:30 PM Mass** at 6:30 PM
- + **Choir Practice for 8 AM Spanish Mass** at 7:15 PM

### THURSDAY


- + **Music Prayer Jam w/ Bobbi** (livestream) 12 noon
- + **Social Justice Monthly Meeting** (Zoom), contact Jan at [olgsocialjustice@gmail.com](mailto:olgsocialjustice@gmail.com)
- + **Theology Discussion with Young Adults** on August 19 at 6PM in the Hall contact Natalie at [nataliemadonnamejia@gmail.com](mailto:nataliemadonnamejia@gmail.com)

### SATURDAY

- + **Confessions** available on Saturdays from 9-10 AM
- + **Men's Breakfast Group** at Tommy's in Lawndale on the 1st and 3rd Saturdays at 7 AM contact Chris Barnes, 310-686-2314



**OUR LADY OF GUADALUPE CHURCH**  
**YOUNG ADULT MINISTRY**



*Events*

**HOLY HOUR & SOCIAL**  
TUES. 8/10 @ 6 PM  
EUCCHARISTIC ADORATION OCCURS IN THE CHURCH EVERY TUESDAY FROM 4-7 PM. FOR THE LAST HOUR, LET'S ATTEND TOGETHER AS A GROUP. AFTERSWARDS, WE WILL GRAB A BITE TO EAT!

**THEOLOGY THURSDAY**  
THURS. 8/19 @ 6 PM  
JOIN US IN THE HALL FOR HOT CHOCOLATE, A TALK, AND A DISCUSSION

**MASS, COFFEE, & DONUTS**  
SUN. 8/22 @ 10 AM  
MASS STARTS @ 10, STOP BY THE HALL AFTER MASS AND ENJOY SOME COFFEE & DONUTS AND CHAT WITH FELLOW PARISHONERS. \$1 DONATION

Hermosa Beach, CA | Young adults, college-aged & 20-30 somethings

**SAFE GUARD THE CHILDREN**

**VIRTUS® Training**

All adults working with or around children in our church and school are required to attend the 3-hour "Safeguard the Children" class (also known as VIRTUS training) and be live scan fingerprinted. Contact the OLG Church Office for training dates.

**Archdiocese of Los Angeles Live Scan Fingerprinting** happening at OLG on Aug 28 and Sept 25.

All parish/school personnel and volunteers who work regularly with children or youth must be fingerprinted. Call the OLG Church Office to register for a time.

**Weekly Collection for August 1, 2021**

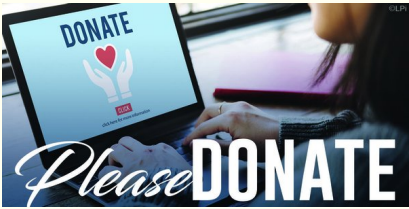
- Envelopes Mailed: \$1355
- Mass Collection: \$5825
- Online: \$3100.46
- Total Collection \$10,280.46**

**Thank you for your financial contributions!**

Giving with a cheerful heart is one of the ways we show our obedience to God and demonstrate our recognition that we are only stewards of our earthly possessions. God gives to you so He can give through you.

**SECOND COLLECTION - SUNDAY AUGUST 8 The National Needs Combined Collection.** Donations help support some of the poorest

Please consider giving online for your church offering. Your offering to Our Lady of Guadalupe makes a difference in our parish and throughout our local community. Thank You.



**Preparation Infant Baptism**

It is a cause of great joy and celebration to baptize your child (or children) into the Catholic Church, especially here at Our Lady of Guadalupe Church. Taking this step is an integral part of your faith, the beginning of your promise to raise your child in the teachings of Christ and the Catholic Church. For more information, visit the Baptism Page on our website or contact the parish office. If your child is over 5 years old, our team will provide you with additional information on the baptismal preparation process.

**Become a Catholic**

For adults who would like to receive Baptism, Eucharist, or Confirmation or just want to learn more about the Catholic faith, please register for the Rite of Christian Initiation for Adults (RCIA) [click here](#).

**Marriage Preparation**

To begin the marriage preparation process contact the parish office at least six months before the date you wish to get married. Please do not plan on a specific wedding date until you have had your first meeting with the Priest who will marry you. For a great resource to help you plan your Catholic Wedding, click this link.



# WEEKLY PRAYER

## READINGS FOR THE WEEK OF AUGUST 8, 2021

- Sunday:** 1 Kgs 19:4-8/Ps 34:2-3, 4-5, 6-7, 8-9 [9a]/Eph 4:30—5:2/  
Jn 6:41-51
- Monday:** Dt 10:12-22/Ps 147:12-13, 14-15, 19-20 [12a]/Mt 17:22-27
- Tuesday:** 2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9 [5]/Jn 12:24-26
- Wednesday:** Dt 34:1-12/Ps 66:1-3a, 5 and 8, 16-17 [cf. 20a and 10b]/  
Mt 18:15-20
- Thursday:** Jos 3:7-10a, 11, 13-17/Ps 114:1-2, 3-4, 5-6/Mt 18:21—19:1
- Friday:** Jos 24:1-13/Ps 136:1-3, 16-18, 21-22 and 24/Mt 19:3-12
- Saturday:** Jos 24:14-29/Ps 16:1-2a, and 5, 7-8, 11 [cf. 5a]/Mt 19:13-15
- Next Sunday:** *Vigil:* 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14 [8]/  
1 Cor 15:54b-57/Lk 11:27-28 *Day:* Rv 11:19a; 12:1-6a, 10ab/  
Ps 45:10, 11, 12, 16 [10bc]/1 Cor 15:20-27/Lk 1:39-56

## OBSERVANCES FOR THE WEEK OF AUGUST 8, 2021

- Sunday:** 19<sup>th</sup> Sunday in Ordinary Time
- Monday:** St. Teresa Benedicta of the Cross, Virgin and Martyr
- Tuesday:** St. Lawrence, Deacon and Martyr
- Wednesday:** St. Clare, Virgin
- Thursday:** St. Jane Frances de Chantal, Religious
- Friday:** Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs
- Saturday:** St. Maximilian Kolbe, Priest and Martyr
- Next Sunday:** The Assumption of the Blessed Virgin Mary

Daily Mass readings available on [bible.usccb.org/](http://bible.usccb.org/)

Saint of the Day on [franciscanmedia.org/saint-of-the-day/calendar](http://franciscanmedia.org/saint-of-the-day/calendar)

## MASS INTENTIONS

### SUNDAY, AUGUST 8

- 7 AM** Int of Letecia Carillo (Carlota)
- 8 AM** Thanksgiving in honor of Domingo Diaz and Family (AnaRosa Diaz) **10 AM** OLG Parishioners
- 12 PM** Int of Jorge Figueroa Sr (Chantel & Chelle)
- 6:30 PM (+)** Nancy Moore (Walker Family)

### MONDAY, AUGUST 9

- 8 AM (+)** Francisco Lee, Jr. (Family)

### TUESDAY, AUGUST 10

- 8 AM** Int of Molly Girard (Dixie Girard)

### WEDNESDAY, AUGUST 11

- 8 AM** Int of Marie Conte (Dixie Girard)

### THURSDAY, AUGUST 12

- 8 AM (+)** Ricky Bocanegra (Frank & Aida Hernandez)

### FRIDAY, AUGUST 13

- 8 AM (+)** Aurora Rivera (bretney)

### SATURDAY, AUGUST 14

- 8 AM (+)** Maria Vu Mung, (+) Joseph Cao
- 5 PM** Int of Bernice Blandres (Birthday) (Linda Fournier)



**Clare**, whose name means “light” or “bright,” has indeed been a brilliant source of light for the Franciscan Order and the Church. [Click to read more about St. Clare and her story...](#) [Click for a Novena to St. Clare of Assisi](#)



## Pope Francis: ‘The Lord wants a loving relationship with us’

“We are not able to do this on our own. But the Lord wants a loving relationship with us: before the things we receive and do, there is Him to love. There is a relationship with Him that goes beyond the logic of interest and calculation.” [Read more from CNA/Angelus News](#)

**The sick and homebound** Please remember to pray for God’s tender mercy be upon those members of our parish. Deborah Portzer, Janet Marquez, Piedad Garbalosa, Josephine Jaimes, Maureen Russell, Aileen Connoy, Martha Vidal, Alfred Beck, Luzmila Alcalá, Charlie Baumann, Maggie Baumann, George Anderson, Karen Anderson, Nieves Gonzales, Senaido Vargas, Arturo Veiga, and Jorge Figueroa Sr.

## IN OUR COMMUNITY



### Diaconate Virtual Information Day

Hosted by the  
**Diaconate Formation Office**  
Sunday, August 15, 2021  
2pm—4pm

**Presentaciones son en inglés y español.**

To register send your name, parish & pastor's name to  
Deacon Melecio Zamora at:

[dmz2011@la-archdiocese.org](mailto:dmz2011@la-archdiocese.org)

**My soul proclaims the greatness of the Lord**

### UPCOMING AT MARY & JOSEPH RETREAT CENTER

**This Is The Life: Finding Grace in Each Moment  
with Rev. Terry Hershey**

6:00 pm Fri, August 27 to 1:30 pm Sun August 29

What makes your heart come alive today? Let us  
relish the sacred in the ordinary. For details  
visit: <https://maryjoseph.org/event/this-is-the-life-with-rev-terry-hershey/> For a calendar of more Mary &  
Joseph events and retreats visit [www.maryjoseph.org](http://www.maryjoseph.org)

**Beginning Experience®: “Beginning Experience  
Weekend” for Separated, Divorced, and Widowed**  
Friday, August 13 - Sunday, August 15, 2021 at Holy  
Spirit Retreat Center in Encino

Beginning Experience(R) is an international lay  
ministry serving men and women who have  
experienced the loss of a spouse through death,  
divorce, or separation. This structured program helps

a person move from the darkness of grief into the  
light of a new beginning with renewed hope.

Beginning Experience(R) is recognized by the Office  
of Marriage and Family Life. To register & more  
information Contact Maria Rojas (& bilingual-Spanish)  
at 310-365-0186 or email to:

[beginningexp.losangeles@gmail.com](mailto:beginningexp.losangeles@gmail.com)

**SCRC is Proud to Announce:**



**Saturday, September 4, 2021 \* 10:00am-6:00pm**  
Burbank High School Auditorium \* Burbank, CA  
Details To Come



**More Details to Come...**

Check [SCRC.org/regather](http://SCRC.org/regather) when details become available.



In service to the greater Los Angeles area

### **Ignatians West is looking for a few good people!**

Are you a mature adult with some free time? Your lifetime of experience can be turned into service for others. Ignatians West will match your interests and talents with the needs of children, adults, and seniors in a variety of non-profit settings. Volunteers serve in schools, food pantries, hospitals, and social service centers 1 or 2 days a week. In addition to service, Ignatians West volunteers meet monthly to reflect on the Ignatian tradition. This Jesuit affiliated ministry invites you to assist those in need, work for a more just society, care for the earth and grow deeper in your faith. Check us out at [www.ignatianswest.org](http://www.ignatianswest.org) For information contact Anne Hansen 310-338-2358 [ahansen@ignatianswest.org](mailto:ahansen@ignatianswest.org)



## **CATHOLIC SCHOOL SCHOLARSHIPS**

Catholic school students are now back in the classroom – on the road toward graduation and becoming the future leaders of tomorrow! The Catholic Education Foundation of Los Angeles has received a \$50 million gift to provide financial support to new elementary and high school students enrolling in an Archdiocesan school in Los Angeles, Ventura, and Santa Barbara counties. Families interested in the Archdiocese of Los Angeles Catholic schools are encouraged to visit [lacatholicschools.org](http://lacatholicschools.org) or call (213) 637-7070 for more information and access to financial assistance. Schools are enrolling now for the Fall. Catholic education is affordable and tuition assistance is available!

Los estudiantes de escuelas católicas ahora están de regreso en el salón de clases, ¡en camino hacia la graduación y a convertirse en los futuros líderes del mañana! La Fundación de Educación Católica de Los Ángeles ha recibido una donación de 50 millones de dólares para dar apoyo financiero a los nuevos estudiantes de primaria y secundaria que se inscriban en una escuela arquidiocesana en los condados de Los Ángeles, Ventura y Santa Bárbara. Se anima a las familias interesadas en las escuelas católicas de la Arquidiócesis de Los Ángeles a que visiten [lacatholicschools.org](http://lacatholicschools.org) o llamen al (213) 637-7070 para obtener más información y acceso a asistencia financiera. Las escuelas están inscribiendo ahora para las clases que comienzan en el otoño. ¡La educación católica es asequible y hay asistencia disponible para la matrícula!



### **The importance of being a good example**

Parents often have an easier time enforcing rules if they are setting good examples for their children. When it comes to drinking, drug use, and other risky behaviors, it is not always enough to tell your children these behaviors are forbidden. Parents should model the behavior they want to see. Drinking in moderation and abstaining from drug and nicotine teaches children about boundaries and responsible behaviors and reinforces the message that dangerous substances really are dangerous. For more information, request a copy of the VIRTUS article “Ten prevention practices you may not have considered,” at <https://lacatholics.org/did-you-know/>.

### **La importancia de ser un buen ejemplo**

A los padres de familia a menudo les resulta más fácil hacer cumplir las reglas si están dando un buen ejemplo a sus hijos. Cuando se trata de beber bebidas alcohólicas, consumir drogas y de otras conductas riesgosas, no siempre es suficiente decirle a sus hijos que estas conductas están prohibidas. Los padres de familia deben modelar el comportamiento que ellos quieren ver. Beber con moderación y abstenerse de drogas y nicotina les enseña a los niños sobre los límites y los comportamientos responsables, y refuerza el mensaje de que las sustancias peligrosas son realmente peligrosas. Para obtener más información, solicite una copia del artículo de VIRTUS en inglés, “Ten prevention practices you may not have considered” (Diez prácticas de prevención que quizás no haya considerado) en <https://lacatholics.org/did-you-know/>.