

# New technology saves time at the grocery store

At last, spring has sprung, just in time for the holidays. Asparagus is plentiful, and only 99 cents a pound in many area markets. Try the baby new potatoes. Jim Welch, owner of Fresh Approach market in Farmington said they're especially sweet this time of year.

Being the skeptical journalist that I am, I decided to find out for myself. He's right. I boiled my potatoes, peeled the skins, tossed in some chopped onions, a little parsley and butter. They were delicious.

HAS ANYONE tried the new "Self Checkout" system at the Farmer Jack Supermarket at 15 Mile and Orchard Lake roads? The first of its kind in Michigan, the system allows shoppers to "ring-up" their own purchases at one of six "Self Checkout" lanes and pay for their orders at one of two pay stations.

Designed as a shopper convenience that saves time, the "Self Checkout" lanes will always be open. The store also offers 12 conventional check-out lanes. A new automatic can and bottle return machine was also introduced. You feed the machine your empty beverage cans, glass and plastic bottles, take deposit receipt and use it as payment for groceries or redeem for cash at the checkout counter.

If you've tried the "Self Checkout" call me at 953-2105. Is it as easy as using your money card at the bank? "Self Checkout" and the automatic

## tidbits Keely Wygonik

can and bottle-machine aren't the only new things at the West Bloomfield Farmer Jack. The store was expanded from 35,000 to approximately 60,000 square feet. It also includes a new self weighing device with instant pushbutton price label in the produce department, separate kosher meat, deli and food departments, gourmet meat counter, flower shop, pharmacy, post office and bakery. Fifty new jobs were created by the expansion. The store is at 6685 Orchard Lake Road.

If you're a fan of the CBS televi-

sion show "Evening Shade," you'll get a kick out of its new cookbook. The book is comprised of recipes from the community of Evening Shade, Arkansas, Burt Reynolds, and the cast of "Evening Shade." Cookbook proceeds will fund a \$150,000 auditorium-gymnasium complex on the school campus in Evening Shade to replace a gym built in 1939. The old rock structure gym is thought to be one of only six such facilities still in use by the public schools in Arkansas.

Who knows, the book might even

become a collector's item. There's a Chicken and Rice Deluxe recipe by Hillary Rodham Clinton, who is married to Democratic presidential candidate Bill Clinton, governor of Arkansas.

The cookbook may be purchased for \$7 which includes shipping and handling, from the Evening Shade School Foundation, P.O. Box 36, Evening Shade, Arkansas 72532.

Here's Hillary Clinton's recipe from the book:

**CHICKEN AND RICE DELUXE**  
2 tablespoons butter  
2 tablespoons chopped green pepper

2 cups cooked chicken cut into bite-sized pieces.  
1 (6 oz.) package wild rice or long grain and wild rice, cooked  
1/2 cup mayonnaise  
1 (6 oz.) can French style green beans, drained  
1 (10 1/2 oz.) can cream of celery soup  
1/2 cup sliced water chestnuts  
1/2 teaspoon salt  
k Pepper to taste  
Juice of 1 lemon  
1 cup grated cheddar cheese

Sautee green pepper and onion in 2 tablespoons butter. Combine all

other ingredients and place in a greased 3-quart casserole dish. Bake at 350 degrees F., uncovered, for 25 to 30 minutes. Top with grated cheese and cook 5 more minutes or until cheese is melted.

Betty Crocker tip of the week: Canned beans are fully cooked when you buy them. They only need to be heated through in a conventional microwave oven to 140 degree F. Follow instructions on the package. If ham isn't labeled, "fully cooked," roast it to an internal temperature of 160 degrees F.

## Permanent Weight Loss

Dr. Ralph P. Keith, Ph.D.  
28336 Franklin Rd.  
Southfield, MI  
746-0844



If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

CALL 746-0844

All of Our Products are U.S.D.C. Inspected

### SEAFOOD JACK'S MARKET

Jack's Seafood Market is a quality-seeker's alternative to grocery store fish counters and other local markets.

## FREE CUSTOM FISH GRINDING FREE

Onions & Carrots added at cost!

<b>WEST COAST DOVER SOLE</b> \$4.69 LB.	<b>COD</b> \$3.85 LB.	<b>PIN BONED WHITEFISH</b> \$4.19 LB.
<b>BAY SCALLOPS</b> \$5.69 LB.		<b>SWORDFISH</b> \$7.99 LB.

31224 W. 12 Mile at Farmington Road  
Near Crowley's in the Kendallwood Center  
Monday-Saturday 10 am to 7 pm  
489-5750

## LEARN CPR, PLEASE.

American Red Cross

# Christ is Risen!

**Farmington First United Methodist Church**  
33112 Grand River (East of Farmington Rd.)  
Maundy Thursday - Communion 7:30 p.m.  
Good Friday Ecumenical Service - Noon - 1 p.m.  
Easter Sunday - 8:30 & 10 a.m.  
Identical Family Services  
Nursery & Child Care provided  
Rev. Richard J. Duncan, Pastor  
(746-6575)

**FARMINGTON AREA ECUMENICAL GOOD FRIDAY SERVICES**  
Noon - 1 P.M.  
at Farmington First United Methodist Church  
33112 Grand River  
(746-6575)

**FRANKLIN COMMUNITY CHURCH**  
42278 Nominally Road  
Franklin, Michigan  
Pastor: Rev. George C. Walker  
Easter Services  
9:00 A.M. Worship Service  
Nursery Available  
11:00 A.M. Sunday School, Sunday School  
"A House from Galilee" - 11:30 a.m.  
Ministry: St. Barbara's of Dearborn  
Rev. George C. Walker  
Rev. Douglas C. Parker

**ST. ELIZABETH'S EPISCOPAL CHURCH**  
20451 W. CHICAGO RD. (HIGHLAND MI)  
(413) 935-2880  
**HOLY WEEK SERVICES - APRIL 16-19, 1992**  
Maundy Thursday 7:30 p.m.  
Holy Eucharist & Office of Lamentation 7:30 p.m.  
Good Friday - Words from the Cross 1:00 p.m.  
Stations of the Cross 1:00 p.m.  
Holy Saturday  
Easter Vigil and Lighting of the Paschal Candle 7:30 p.m.  
Easter Day - Holy Eucharist 8:30 & 10:30 a.m.

**Saint John's Episcopal Church**  
574 South Sheldon Road - Plymouth 453-0190  
Worship Services:  
10:00 A.M. Holy Eucharist  
11:00 P.M. Holy Eucharist  
Maundy Thursday:  
8:00 P.M. Service of Holy Eucharist  
9:00 P.M. Service of Holy Eucharist  
Good Friday:  
12:00 P.M. Service of Holy Eucharist  
Easter Sunday:  
8:00 P.M. Service of Holy Eucharist  
9:00 A.M. Holy Eucharist  
11:00 A.M. Holy Eucharist  
Nursery and Child Care provided

**First United Methodist Church**  
1589 West Maple Rd.  
Birmingham  
**EASTER SERVICES**  
8:30 9:30 11  
Children's Program at 9:30 a.m.  
Pastors: Robert Paul Ward, Bruce M. Deaton, Juanita J. Ferguson, Charles H. Beynon

**Clarecville United Methodist**  
20500 Middlebelt Rd. - Livonia  
48151-1444  
7:00 p.m. Maundy Thursday (Holy Week) Service - Rev. James Kuntz preaching "The Miraculous Feeding of the 5,000" (John 6:1-14) at the 10:00 p.m. of Holy Week  
1:00 p.m. Good Friday Service - Rev. James Kuntz, The Passion Story  
6:00 p.m. Easter Service - Rev. James Kuntz, The Resurrection  
7:00 a.m. Easter Sunrise Service - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Easter Sunrise Service - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 p.m. Holy Eucharist  
12:00 p.m. Holy Eucharist - 12:00 p.m. and 1:00 p.m. Holy Eucharist  
1:00 p.m. Holy Eucharist - 1:00 p.m. and 2:00 p.m. Holy Eucharist  
2:00 p.m. Holy Eucharist - 2:00 p.m. and 3:00 p.m. Holy Eucharist  
3:00 p.m. Holy Eucharist - 3:00 p.m. and 4:00 p.m. Holy Eucharist  
4:00 p.m. Holy Eucharist - 4:00 p.m. and 5:00 p.m. Holy Eucharist  
5:00 p.m. Holy Eucharist - 5:00 p.m. and 6:00 p.m. Holy Eucharist  
6:00 p.m. Holy Eucharist - 6:00 p.m. and 7:00 p.m. Holy Eucharist  
7:00 p.m. Holy Eucharist - 7:00 p.m. and 8:00 p.m. Holy Eucharist  
8:00 p.m. Holy Eucharist - 8:00 p.m. and 9:00 p.m. Holy Eucharist  
9:00 p.m. Holy Eucharist - 9:00 p.m. and 10:00 p.m. Holy Eucharist  
10:00 p.m. Holy Eucharist - 10:00 p.m. and 11:00 p.m. Holy Eucharist  
11:00 p.m. Holy Eucharist - 11:00 p.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:00 a.m. and 2:00 a.m. Holy Eucharist  
2:00 a.m. Holy Eucharist - 2:00 a.m. and 3:00 a.m. Holy Eucharist  
3:00 a.m. Holy Eucharist - 3:00 a.m. and 4:00 a.m. Holy Eucharist  
4:00 a.m. Holy Eucharist - 4:00 a.m. and 5:00 a.m. Holy Eucharist  
5:00 a.m. Holy Eucharist - 5:00 a.m. and 6:00 a.m. Holy Eucharist  
6:00 a.m. Holy Eucharist - 6:00 a.m. and 7:00 a.m. Holy Eucharist  
7:00 a.m. Holy Eucharist - 7:00 a.m. and 8:00 a.m. Holy Eucharist  
8:00 a.m. Holy Eucharist - 8:00 a.m. and 9:00 a.m. Holy Eucharist  
9:00 a.m. Holy Eucharist - 9:00 a.m. and 10:00 a.m. Holy Eucharist  
10:00 a.m. Holy Eucharist - 10:00 a.m. and 11:00 a.m. Holy Eucharist  
11:00 a.m. Holy Eucharist - 11:00 a.m. and 12:00 a.m. Holy Eucharist  
12:00 a.m. Holy Eucharist - 12:00 a.m. and 1:00 a.m. Holy Eucharist  
1:00 a.m. Holy Eucharist - 1:0