



### Prayer to Our Mother of Perpetual Help

Mother of Perpetual Help,  
Today we face so many difficulties.  
Your picture tells us so much about you.  
It reminds us to reach out and help those  
in need.

Help us understand that our lives belong  
to others as much as they belong to us.

Mary, model of Christian love, we know  
we cannot heal every ill or solve every  
problem. But with God's grace, we  
intend to do what we can.

May we be true witnesses to the world  
that love for one another really matters.  
May our daily actions proclaim how fully  
our lives are modeled after yours, Mother  
of Perpetual Help.

Amen

## PAST ENDEAVORS

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Ways Perpetual Help has supported St.  
Teresa Parish, School, and Community:

Annual donations to the school and  
scholarships

Room parents and classroom parties

School picnic

Monetary gifts for school organizations

Gifts to St. Teresa teachers

First Communion and Confirmation  
Receptions and corsages for our school  
and PSR teachers

Monetary gift for the PSR program

Monetary gift to the youth group

Food Pantry/Summer Lunch Program

Monetary gifts to the local high schools  
after prom programs

Monthly donations to specific charities  
such as the Pregnancy Care Center and  
Cosgrove's Kitchen

*St. Teresa Parish  
Belleville, Illinois*

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# Perpetual Help

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*Our Mother of Perpetual Help  
Pray for us*

# ABOUT PERPETUAL HELP

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St. Teresa Perpetual Help is an organization for the women of St. Teresa Parish.

The members of Perpetual Help are dedicated to working with St. Teresa Parish and School both socially and spiritually. The organization offers social and spiritual activities for all age groups from children to senior citizens.

All women of the parish are welcome to become members.

Meetings: First Tuesday of the Month  
September-May  
(December Christmas party and  
January Social ~ locations TBD)

Time: 6:30 p.m.

Place: St. Teresa Parish Center  
1108 Lebanon Avenue  
Belleville, Illinois

*ANNUAL DUES ARE \$5*

# EVENTS AND ACTIVITIES

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For St. Teresa School Students

- Pumpkin Patch (October)
- Santa's Cottage (December)

For St. Teresa Parish and the Local  
Community:

- Holiday Game Night (November)
- Quilt Bingo (February)
- Everything Under the Sun/Rummage Sale (date TBD)
- Thursday Night Bingo (Perpetual Help members work one Thursday a month)
- Community Garden (seasonal)
- Donations to St. Vincent de Paul
- Donations to Interfaith Food Pantry
- Donations to Cosgrove's Kitchen

For St. Teresa and PSR Students:

- First Communion Gifts and Reception
- Confirmation Gifts and Reception

For the Worldwide Community:

- 40 Days for Life
- Praying for the Unborn

# COMMITTEES

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## OFFICERS

The Perpetual Help officers are President, Vice-President, Secretary and Treasurer.

## BOARD

The Perpetual Help Board Members consist of those serving on the organizations various committees.

## COMMITTEES

Bereavement  
Holiday Game Night  
Kitchen  
School  
Spiritual  
Quilt Bingo  
Quilters  
Welcoming/Hospitality

For more information, contact  
[ladiesofperpetualhelp@gmail.com](mailto:ladiesofperpetualhelp@gmail.com)

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St. Teresa Perpetual Help Women's Club