



Msgr. Jim Vlaun
Executive Producer
www.religionandrock.com

Dear Friend of “*Religion and Rock*” and our television shows on *Catholic Faith Network*,

Thanks for promoting our shows and for your help in our communication ministry! The weekly themes for “*Religion and Rock*” are below along with a suggestion for weekly publication in your bulletin or website.

We have included a bulletin announcement which includes our affiliate, *Sirius Radio, Channel 159, the Catholic Channel*.

Again, a sincere thanks for your longtime support!

Msgr. Jim Vlaun, Host

January 2024

7 **Being Excited**
14 **Life’s Struggles**
21 **Unity**
28 **Searching for a Meaning**

February

4 **Forgiveness**
11 **Sacrifice**
18 **Leadership**
25 **Relationships**

March

3 **Commitment**
10 **Renewal**
17 **Traditions**
24 **Coping**
31 **Easter**

April

7 **Community**
14 **Spirituality**
21 **Issues in Life**
28 **Poverty**

May

5 **Prayer**
12 **Parenting**
19 **Boredom**
26 **Remembering**

June

2 **Relaxing**
9 **Moving On**
16 **Being Joyful**
23 **Special Days**
30 **Nature**

SUGGESTED COPY FOR WEEKLY PUBLICATION:

Tune into “*Religion and Rock*” with Msgr. Jim Vlaun on Sunday from 7:00 AM- 8:00 AM on WBAB 102.3 FM or 95.3 FM on Long Island’s East End. Listen on Saturdays at 11:00 PM on *Sirius Radio, Channel 159, the Catholic Channel* and at 11:00 PM on XM Satellite, Channel 117.

Next Sunday’s theme is _____, don’t miss it! To listen online or receive more information regarding *Religion and Rock* go to www.ReligionandRock.com or at “*Religion & Rock*” on ITUNES.

Don’t forget to tune into CATHOLIC FAITH NETWORK, Cablevision Channel 29/137 or Verizon FIOS 296 or visit www.cfntv.org !

To receive this announcement electronically, please email aayroso@cfntv.org

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