



“You ask me whether I am in good spirits. How could I not be so? As long as Faith gives me strength I will always be joyful; every Catholic cannot but be joyful. Sadness ought to be banished from Catholic souls.”

—Blessed PIER GIORGIO FRASSATI

**Young Adult (18-35)?
Interested in the Catholic Faith?**

You are invited to the...

Capital Region Frassati Chapter

Meetings: Wednesdays @ 7 pm
(FOLLOWING THE 6:30pm MASS)

St. Francis Chapel
145 Wolf Road, Albany, NY

Join us for

**PRAYER, DISCUSSION,
SOCIALIZATION, & LEARNING**

**PLUS:
FREQUENT HIKES & SERVICE PROJECTS!**

FOR MORE INFORMATION AND UP-TO-DATE SCHEDULE:

CRFrassati.wordpress.com

(THAT'S TWO S's & ONE T!)