



# Immaculate Conception

Catholic Church † Mission of the Sacred Heart

865 Hatchell Lane (70726); P. O. Box 1609  
Denham Springs, LA 70727

## The Grapevine

Phone (225) 665-5359 • Fax (225) 665-4422

www.icc-msh.org • churchoffice@icc-msh.org

October 16, 2016

29th Sunday in Ordinary Time

Volume 39 • Number 43

### PASTORAL STAFF:

Rev. Frank M. Uter. . . . . Pastor  
Rev. Amal Raj, I.M.S. . . . . Associate Pastor  
Ronnie Dugas. . . . . Parish Administrator  
Mike Chiappetta . . . . . Permanent Deacon  
Peter Schlette. . . . . Permanent Deacon  
Rudy Stahl. . . . . Permanent Deacon

### MASS SCHEDULE

Saturday Vigil. . . . . 4:00 p.m.  
Sundays . . . 7 a.m., 9 a.m., 9a.m. (MSH), 11 a.m. & 6 p.m.  
Monday-Wednesday-Thursday-Friday-8:30 a.m.  
Tuesday . . .6:00 pm followed by Novena/Benediction  
Holy Days. . . . . As announced

### SACRAMENT OF RECONCILIATION

Tuesday . . . . . 5:30-5:45 p.m.  
Friday . . . . . 8:00-8:20 a.m.  
Saturday . . . . . 2:45-3:45 p.m.  
Other times as announced or by appointment.

**BAPTISMS:** Notify Parish Office during pregnancy. Instruction for parents and godparents is required.

**MARRIAGE:** Contact the Parish Office at least six months before desired date.

**PRAYER LINE:** (confidential ministry)  
Contact Ms. Pat Pastor at 664-1097.

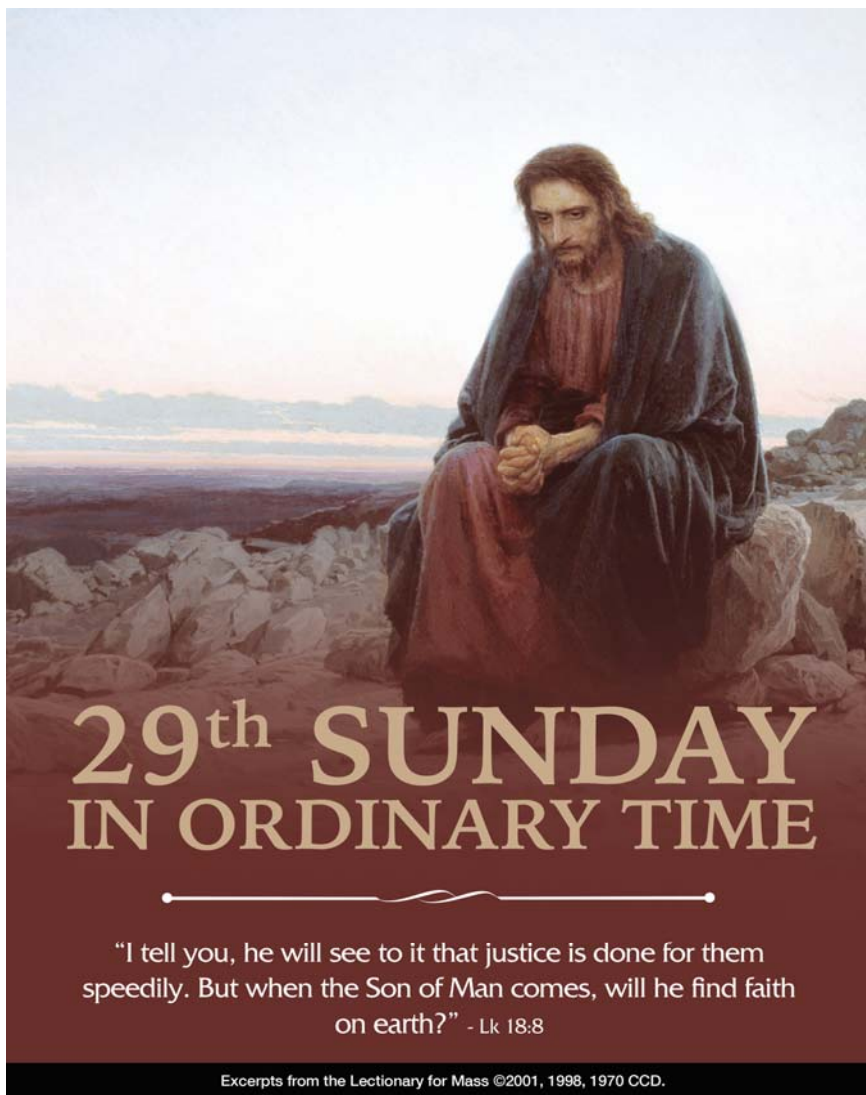
**CARE OF THE SICK:** Emergency calls answered immediately. Home visitation for the sick and shut-in weekly and upon request. Hospital visits weekly and upon request.

**CHRISTIAN BURIAL:** Please make arrangements by calling the Parish Office.

### PERPETUAL EUCHARISTIC

**ADORATION CHAPEL:** **TEMPORARILY CLOSED**  
Open 24 hours a day, seven days a week.  
Contact Allison Renfrow at 665-1424.

Information or news for the Grapevine (published weekly) should be called in to the Parish Office at least two weeks prior to the event.



## 29<sup>th</sup> SUNDAY IN ORDINARY TIME

“I tell you, he will see to it that justice is done for them speedily. But when the Son of Man comes, will he find faith on earth?” - Lk 18:8

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

### MISSION STATEMENT

Immaculate Conception Church Parish and the Mission of the Sacred Heart is a welcoming community, centered in the Eucharist, rooted in faith, growing in fellowship, and sharing in unity the mission Christ entrusted to us.

—Directory—

**Church Office-665-5359; (Hours: M-F, 8 a.m. 5 p.m.)**

**Bookkeeper:** Mrs. Michelle Holmes; mholmes@icc-msh.org  
**Bulletin Editor/Website:** Mrs. Elaine Matherne; elamath@icc-msh.org  
**Receptionist:** Mrs. Denise Gibson; dgibson@icc-msh.org  
**Parish Nurse:** Mrs. Stephanie Gaudin; nurse@icc-msh.org

**Liturgy—665-5359**

**Liturgy Coordinator:** Deacon Rudy Stahl; deaconrudy@icc-msh.org  
**Liturgy Coordinator Assistant/Baptism Coordinator:**  
 Mrs. Sherry Leger; sleger@icc-msh.org  
**Adult Formation:** Deacon Rudy Stahl; deaconrudy@icc-msh.org  
**R.C.I.A. Coordinator:**  
 Mrs. Judy Graphia; jgraphia@icc-msh.org

**Maintenance Office—665-2281; ext. 206**

Mr. Harry Stelly; Mr. Fred Adams; Mrs. Joni Hebert; Ms. Kerry Brown

**Parish School of Religion Office—665-5926**

**Coordinator for Grades 1-6:**  
 Mrs. Barbara Normand; bnormand@icc-msh.org

**Coordinator for Grades 7-10:**

Mrs. Gwen Richard; gerichard@icc-msh.org

**Parish School of Religion Secretary/Site Child**

**Protection Officer:** Mrs. Jane Stahl; jstahl@icc-msh.org

**Youth Minister:** Mr. Kevin Acord; acordkp@gmail.com

**Early Learning Center—664-8968**

**ELC Director:** Mrs. Mandy Haley; elc@icc-msh.org

**Asst. Director:** Mrs. Karen Smith; elc@icc-msh.org

**St. Vincent de Paul—665-1623**

**Readings For The Week of October 16**

Sunday: Ex 17:8-13/Ps 121:1-8/2 Tm 3:14--4:2/Lk 18:1-8  
 Monday: Eph 2:1-10/Ps 100:1-5/Lk 12:13-21  
 Tuesday: 2 Tm 4:10-17b/Ps 145:10-13, 17-18/Lk 10:1-9  
 Wednesday: Eph 3:2-12/Is 12:2-6/Lk 12:39-48  
 Thursday: Eph 3:14-21/Ps 33:1-2, 4-5, 11-12, 18-19/Lk 12:49-53  
 Friday: Eph 4:1-6/Ps 24:1-6/Lk 12:54-59  
 Saturday: Eph 4:7-16/Ps 122:1-5/Lk 13:1-9  
 Next Sunday: Sir 35:12-14, 16-18/Ps 34:2-3, 17-19, 23/2 Tm 4:6-8, 16-18/Lk 18:9-14

**Parish News:**

**Flood Assistance Available:** Office hours for assistance: Tuesday, Wednesday, Thursday; 9:00 a.m. to 3:00 p.m. in Room 106 of the Faith Formation Center.

**Early Learning Center Preschool UPDATE:** Due to classrooms not ready in time, classes will begin on Monday, October 24th instead of October 17th! Classes will resume in the T-buildings until original classrooms are finished.

**St. Vincent de Paul News:** Due to the flooding of so many in our community and of our facility in Denham Springs, we are not able to provide the Holiday Gift Basket/ Toy Drive Program this year. Our building located on Tower Drive in Denham Springs is now open for food distribution on the first and third Mondays of the month from 7:30 a.m. to 9:00 a.m.

—Worship—



**Memorial Service For the Deceased**

The Feast of All Saints and All Souls Day is a special time when we remember in prayer not only those great saints and martyrs of the past but also our own loved ones who have died believing in Jesus. Our Bereavement Ministry is sponsoring a special Memorial Service on **Sunday, October 30, 2016, immediately following the 11 a.m. Mass**, in memory of those family members who have died this past year from **October 2015-October 2016**.

When we are informed of the death of a loved one, we send out a condolence letter to the family members of our parish. If you have lost a loved one this past year and have not received a condolence letter, **please call the Church office by October 24** so your loved one's name will be listed on the program for the Memorial Service. Because of the enormous growth of our parish, we can only provide a candle to the families of those who were buried from our parish.

—Administration—

**October 8/9, 2016**



Identified offertory givers: ..... \$ 15,381.00  
 Visitors/unidentified: ..... \$ 2,234.90  
**Total Collected: \$ 17,615.90**

**JULY 1, 2016 TO DATE**

**ACTUAL INCOME: ..... \$ 374,970.24**

**JULY 1, 2016 TO DATE**

**ACTUAL EXPENSE: ..... \$ 351,475.57**  
**Surplus/Deficit ..... \$ 23,494.67**

St. Vincent de Paul: ..... \$ 56.00  
 Building & Maintenance: ..... \$ 775.00  
 Propagation of the Faith: ..... \$ 5.00

If you would like to sign-up for WeShare online giving, follow these simple steps:

- Go to [icc-msh.weshareonline.org](http://icc-msh.weshareonline.org).
- Click on any collection or event.
- Select your donation amount and frequency.
- Enter your account and payment information.
- WeShare will immediately send you an email with a temporary password which you may reset.
- You now have access to WeShare through our website, computer and our future parish app on your phone or tablet. **It's safe. It's simple. It's convenient.**



**NOTE: WeShare now has Special/Second Collections listed for your convenience.**



## CONSIDERATION OF OUR CHRISTIAN COMMITMENT: ORDINARY TIME BEGINNINGS

**St. Paul in our second reading today tells us:** “Remain faithful to what you have learned and believed...All Scripture is inspired by God and is useful for teaching, for refutation, for correction and for training in righteousness, so that the one who belongs to God may be competent, equipped for every good work.”

**When you receive this bulletin, our Parish School of Religion will have begun.** It began later than planned and with a new format because of the flooding and many issues that resulted from it. However, it also gave us an opportunity to put our feet in the water (pardon the pun!) and try out a few things we had in the back of our minds.

**On Sunday afternoon, October 2<sup>nd</sup> we had a workshop in the Faith Formation Center for small group leaders.**



This will be an important aspect of our religion classes for our Middle School and High School PSR (6<sup>th</sup>-10<sup>th</sup> grades) who will meet once a month for 90 minutes. These meetings will include prayer, a presentation, small group discussions and a reflection on the Gospel of the day. At the end of the sessions, two lessons will be sent home with the students to be completed at home which will form the basis of the prayer, presentation, group discussions and activities the following class. These classes will meet once a month on Sunday, 6<sup>th</sup> grades from 12:30 till 2:00 and 7<sup>th</sup> and 8<sup>th</sup> grades from 2:30 till 4:00; on alternate Sundays, the 9<sup>th</sup> grade will meet once a month from 12:30 till 2:00 and the 10<sup>th</sup> grade from 2:30 till 4:00. **Pizza or lunch will be served following the 11:00 Eucharist or before class beginning around noon.**

**Our Middle School and High School classes began last Sunday, October 9<sup>th</sup>.** There is a lot to be said for the possibility of having the students have a lesson as normal, but also have the opportunity, in small groups, to discuss the lesson and also the Gospel of the day which they probably had heard already or will hear at the evening Eucharist. It seems to be a format that includes many things we had heard about, spoken about and prayed about, but the floods forced us, as it were, to move ahead with this format and see how it works. We thank all the dedicated teachers, small group leaders as well as parents and students who are giving our

PSR year a good beginning.



**It was great using the large hall for the first time last Sunday for our first Middle and High School of Religion classes of the year.** The painting of the walls has been completed, the new floor installed, and most of the ceiling tiles replaced.

**Work continues on the rest of the campus.** As I write this, the walls and shelving have been restored in the storage building and it is ready to receive that which was salvaged during the cleanup. This way the meeting room will be free to have work begin in it. Work is nearly completed in the T-buildings behind the Early Learning Center and classes should begin shortly. The Adoration Chapel is nearly ready for painting, all walls in the Administration Building and Offices are ready for painting and painting is about complete in the sacristy. We are waiting now for trim, doors, and cabinet work. We continue to move ahead, and I hope that our movement ahead parallels what is happening in your homes and neighborhoods.

**Many donations have been received to assist us in many ways.** Two Legatus (a catholic organization) Chapters have sent generous donations, one group asking to assist in the restoration of the Adoration Chapel. St. Andrew's Parish in Moor, Oklahoma, sent us a check for \$15,000 to help us in giving assistance to parishioners and their neighbors in the restoration of their homes. Their pastor told me over the phone that when they were hit with a tornado last year a New England Parish sent them a generous donation, and now they felt it was time to return the favor. We have tried to assist all who come to us as word spread through the Grapevine. If you need help, please let us know and we will see what we can do.

Let us keep one another and all who share in our journey in prayer. Love,

Immaculate Conception Church October 16 — October 29, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 7:00 AM - 8:00 AM Mass/C 9:00 AM - 10:00 AM Mass/C 9:00 AM - 10:00 AM Mass/MSH 11:00 AM - 12:00 PM Mass/C 12:30 - 2:00 PM PSR-9 Grade/ FFC/MH 2:30 - 4:00 PM PSR-10 Grade FFC/MH 6:00 PM - 7:00 PM Sunday Mass/C 7:00 PM - 8:00 PM Respect Life Rosary/C	<b>17</b> 8:30 AM - 9:00 AM Mass/C 12:00 PM - 1:00 PM AA Meeting/ FFC-112 4:30 PM - 5:30 PM PSR-1-5 Grade 6:30 PM - 7:30 PM PSR-1-5 Grade 6:30 PM - 8:00 PM Catholic Daughters/MH	<b>18</b> 12:00 PM - 1:00 PM AA Meeting/FFC -112 5:30 PM - 6:00 PM Reconciliation/C 6:00 PM - 6:30 PM Mass/C 6:30 PM - 7:00 PM Nov/Bene/C 7:00 PM - 8:00 PM Adult Choir/C	<b>19</b> 8:30 AM - 9:00 AM Mass/C 12:00 PM - 1:00 PM AA Meeting/FFC- 112 4:30 PM - 5:30 PM PSR-1-5 Grade/ FFC 6:30 PM - 7:30 PM PSR-1-5 Grade/ FFC 6:30 PM - 8:00 PM PSR 1-8/MSH	<b>20</b> 8:30 AM - 9:00 AM Mass/C 12:00 PM - 1:00 PM AA Meeting/FFC- 112 7:00 PM - 9:00 PM RCIA Session/ FFC-211 6:30 PM - 8:00 PM RCIA-C/FFC-105	<b>21</b> 8:00 AM - 8:25 AM Reconciliation/C 8:30 AM - 9:00 AM Mass/C 12:00 PM - 1:00 PM AA Meeting/FFC -112 7:00 PM - 9:00 PM Charismatic Prayer/C	<b>22</b> 12:00 PM - 1:00 PM AA Meeting/FFC-112 2:45 PM - 3:45 PM Reconciliation/C 4:00 PM - 5:00 PM Sunday Mass/C
<b>23</b> 7:00 AM - 8:00 AM Mass/C 9:00 AM - 10:00 AM Mass/C 9:00 AM - 10:00 AM Mass/MSH 11:00 AM - 12:00 PM Mass/C 12:15 PM Baptisms Church 12:30 - 3:00 PM PSR-11 Grade/ FFC/MH 6:00 PM - 7:00 PM Sunday Mass/C	<b>24</b> 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/TBldgs. 12:00 PM - 1:00 PM AA Meeting/ FFC-112 4:30 PM - 5:30 PM PSR-1-5 Grade 6:30 PM - 7:30 PM PSR-1-5 Grade 7:00 PM - 9:00 PM Ministers Litur- gical Training/C	<b>25</b> 9:15 AM - 2:00 PM ELC/TBldgs. 12:00 PM - 1:00 PM AA Meeting/FFC -112 5:30 PM - 6:00 PM Reconciliation/C 6:00 PM - 6:30 PM Mass/C 6:30 PM - 7:00 PM Nov/Bene/C 7:00 PM - 8:00 PM Adult Choir/C 7:00 PM - 8:00 PM Men/s Club/SH	<b>26</b> 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/TBldgs. 12:00 PM - 1:00 PM AA Meeting/FFC- 112 4:30 PM - 5:30 PM PSR-1-5 Grade/ FFC 6:30 PM - 7:30 PM PSR-1-5 Grade/ FFC 6:30 PM - 8:00 PM PSR 1-8/MSH	<b>27</b> 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/TBldgs. 12:00 PM - 1:00 PM AA Meeting/FFC- 112 7:00 PM - 9:00 PM RCIA Session/ FFC-211 6:30 PM - 8:00 PM RCIA-C/FFC-105	<b>28</b> 8:00 AM - 8:25 AM Reconciliation/C 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/TBldgs. 12:00 PM - 1:00 PM AA Meeting/FFC -112 7:00 PM - 9:00 PM Charismatic Prayer/C	<b>29</b> 12:00 PM - 1:00 PM AA Meeting/FFC-112 2:45 PM - 3:45 PM Reconciliation/C 4:00 PM - 5:00 PM Sunday Mass/C



Catholic High School Information Night and Open House

Young men in the 8th grade and their parents are invited to attend an Information Night at Catholic High School on October 23 from 7:00 p.m. to 9:00 p.m. in the Catholic High School Gym. Young men in grades 6-8 and their parents are invited to the Open House at Catholic High on November 10. Tours begin at 5 p.m. For additional information, visit their website at [www.catholichigh.org](http://www.catholichigh.org).

St. Michael High School Open House

17521 Monitor Avenue  
 Baton Rouge, LA 70817



St. Michael High School will be hosting their Open House on Thursday, October 27th, from 4:30 p.m. to 7:00 p.m. for 6th, 7th, and 8th grade students and parents. For additional information, please call 225-753-9782 or visit the school's website at [www.smhsbr.org](http://www.smhsbr.org).

**PMASS (10/15/16-10/23/16)**  
**INTENTIONS**

**Saturday: 10/15/16—4 p.m.** Aaron Armond†; Lavon O'Neal†; Karen Matherne†.  
**Sunday: 10/16/16—7 a.m.** Bill Collier†; Donald Lavigne and Jeremy Berthelot†; Lloyd deGeneres†. **9 a.m.**—Mary Guidry†; Butch Calmes†; Mark Andrew Smith†; Lucille O'Neill†; Phillip John Bilski†. **9 a.m.**—(MSH) Robert & Bobby Vigil†; Victor Silvio†. **11 a.m.** Parishioners. **6 p.m.** Open Intention.  
**Monday: 10/17/16—8:30 a.m.** Barbara Fossier†.  
**Tuesday: 10/18/16—6 p.m.** Ewell C. Bencaz†.  
**Wednesday: 10/19/16—8:30 a.m.** Alex Theriot, Jr.†.  
**Thursday: 10/20/16—8:30 a.m.** M/M Jim Bossom†.  
**Friday: 10/21/16—8:30 a.m.** Lucille O'Neill†.

**Saturday: 10/22/16—4 p.m.** Edward Andy Anderson†; Lindell Gill, Sr.†; Brooklyn LeBlanc†; Ralph Stowe†; Karen Matherne†; Nick Tullier. **Sunday: 10/23/16—7 a.m.** Lloyd deGeneres†; Donald Lavigne & Jeremy Berthelot†. **9 a.m.**—Pauline Hebert†; Laura Diaz†; Mary Guidry†; Kenneth Badeaux†; Phillip John Bilski†; Bob Fennell, Sr.†; Brad Garafola†; **9 a.m.**—(MSH) Juanita Torres†; Dewitt Lott†; Suzanne Aydell†. **11 a.m.** Garrett Minard†; Dane Bananno†; Lucille O'Neill†; Ashley Nicole Purpera†; Butch Calmes†; Toney Stikeleather†. **6 p.m.** Parishioners.

**CHURCH SANCTUARY LAMP: 10/16/16—10/22/16**  
 burns in memory of **JOHN GENTILE**.





Would you like to be an R.C.I.A. Sponsor? The sponsorship begins November 26 when you will be assigned to a specific person. There will be two weeks when you and your candidate will attend 9:00 a.m. Mass, then we will break for the Christmas season and resume every Sunday at the 9:00 a.m. Mass beginning in January. You will participate in the faith-sharing sessions which follow after Mass in the Main Hall. This will continue through the Easter Vigil services and end May 21, 2017. It requires a small sacrifice on your part but the rewards are endless. You are welcome to attend the R.C.I.A. sessions on Thursday evening at 7:00 p.m. if you feel God is calling you to be a part of this wonderful ministry. Contact Judy Graphia at 665-5359.



Louisiana Youth Pilgrimage to the  
**March for Life**  
From Womb to Tomb - We Stand for Life

Calling All  
High School Students  
(10th-12th Grade)  
January 24-28, 2017

Check out the website at [www.youthmarchforlife.com](http://www.youthmarchforlife.com) for detailed information. To reserve your spot, **\$100 deposit is due**

**October 20, 2016.** Please Note: If you have a desire to go and are financially unable, please contact Jessica Cowart at 225-347-3999. Please call the Church Office at 665-5359 as soon as possible if you are interested. IF ANYONE WOULD LIKE TO SPONSOR A YOUTH (\$520), PLEASE CALL ELAINE AT 665-5359.

## Stump the Deacon!

**Why does God punish us for our sins, I thought we were forgiven?**



Even though Jesus has won forgiveness for our sins, we continue to sin and there are still consequences from our sin. In fact sin has double consequences for us. If it's serious enough it could have eternal punishment attached to it, cutting us off from God for all eternity. All sin has some temporal (think temporary) punishment attached to it. For one, God's justice demands it from us. More over, if there were no consequences to our sins, we would have no incentive to stop sinning. I don't think it is God punishing us so much as it is Him allowing us to suffer the consequences of our sin. The example I like to use is this:

Suppose I am drinking a cup of coffee at your house and I spill that coffee on your brand new white Persian rug? You may, if you are a really good person, find it in your heart to forgive me. But that rug would still be stained and need to be cleaned. More importantly, our relationship would never be the same.

Yes, God can forgive us perfectly, but even then we must be cleaned and purged of attachment to sin that is in us so that we can love God completely and perfectly in His heavenly kingdom.

—Deacon Rudy Stahl

Got questions? e-mail [deaconrudy@icc-msh.org](mailto:deaconrudy@icc-msh.org)!

## Schedule for Blessing of the Graves

Sunday, October 30, 2016

Old/New Red Oak—10 a.m.  
Denham Springs Memorial—2 p.m.  
Beech Ridge—3 p.m.  
Milton/Palmetta—3:30 p.m.  
Evergreen Memorial—4 p.m.



Congratulations and prayers to the children who were baptized recently:

*Jerry Rudolph Koppental, IV*  
*Emma Pearl Ross*

1st Annual ISM Bring a friend!

Spooktacular

**HALLOWEEN PARTYS**

Costume prizes!

Saturday October 29th

from 6pm-8pm in the ISM room!

RSVP on the Google form on Instagram, Facebook and Remind

## —Outreach—



Kyle Blouin	Timothy J. Loucks, LCpl
Jacob Bolton, PVT	Jay Robert Lueckel, Jr., PVT
Charles Breaux, 1st Lt.	Eric Luneau
Quentin Buquoi, Major	Jacques A. Madere, Cpl
Julia Buquoi, Major	Jean-Aubert P. Madere, P.F.C.
Chris Burch, Major	Tony Mancuso
Brian Canepa, Sgt.	Logan McCarthy, Navy
Chad Louis Cheney	Matthew Melancon
John Paul David, Air Force	Ben Marshall, Sgt.
Tyler Davis, Airman	Zachary Mattson, Spc. Sgt.
John Dirksmeyer	Gerard O. Miller
Grant Distefano, U.S.M.C.	David Palmer, S/Sgt.
Colby Doiga, Army	Michael Partin
Doug Ducote, Sgt.	Robert L. Patt, Jr., PVT
Cory Dugas, LCpl	Ray Bernard Portier, LT
Tyler Davis Freeman, Airman	Adam S. Rider, LCPL
Morgan Gaudin, SN, Coast Guard	Timothy Russell, Capt.
Chance Gaudin, PV1, Army	Caleb Savant, Spc.
Clare Gaudin, SN, Navy	William Sedlak, Sgt.
Martin Gehling, IV, Airman	Matthew Shelden, Army
Jeffrey Giering	D. J. Simpson, Air Force
Casey Gilbert, Sgt.	Jacob Simpson
Kevin Gleason, Jr., PFC	Richard Threadgill
David Francis, S/Sgt., Marines	Lance Corporal Chandler
Travis Horner, 1st Lt., USMC	Venable, USMC
Angie Hutchinson, Mst. Sgt.	Shane Ware, CMSgt.
Andrew Ilgenfritz, A1C, USAF	Mark Ware, Major
Marc E. Johnson, Mjr.	David Wayne Watts, Corpsman
Lt. Brady A. Labello, U.S.N.	William B. Webster, 1st Lt.
Corey W. Langlois, Marine	Derrick Welsh, Army Combat
F. R. Adam Letourneau	Zack Woodcox, Marines
Robert Brett Lewis, LCpl	Jonathan Zalfen, LCpl

Please keep our military and their families in your prayers asking the Blessed Mother's intercession in keeping them safe and from all evil.



We express our sympathy and prayers to Robert Alello on the death of his wife, **KATHY ALELLO**; to Linda Barkmeier on the death of her mother, **LAURA DIAZ**; to Terril and Fran Lemoine on the death of their daughter, **LACEY LEBLANC**; and to Christopher and Sherry LeBlanc on the death of their daughter and grand daughter, **BROOKLYNN LEBLANC**.

The Respect Life Committee  
Invites you to pray a  
*Rosary for Life with Us!*



Sunday, October 16, 2016 at 7:00 pm; by the Sacred Heart Statue at ICC (weather permitting).



## Save the Date

Flu shots will be available after all Masses on October 23<sup>rd</sup>. They will be available in the Faith Formation Center. Unfortunately due to the construction, we will not be having a Health Fair this year.

Boo! Bones! They are not as scary as we think. The bones in our bodies provide structure, protect organs, hold the muscles and store calcium. We learned it's important to build strong and healthy bones during childhood and adolescence, but there are still steps to take during adulthood to protect bone health, too.

Bones are continuously changing. New bone is made and old bone is broken down. Of course when we're young, our body makes new bone faster than it breaks down old bone, and so bone mass increases. Bone mass peaks around age 30. After that, bone growth continues, but you lose slightly more than you gain.

How likely are you to develop osteoporosis (a condition that causes bones to become weak and brittle)? That depends on how much bone mass you attain by the time you reach age 30 and how rapidly it is lost after that. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age.

A number of factors can affect bone health. These may include: physical activity, tobacco and alcohol use, gender, age, race, family history, hormone levels, calcium in your diet and certain medications. Reba McEntire, the singer and actress said: "To succeed in life, you need three things: a wishbone, a backbone and a funny bone." For us to be successful with our health here are a few simple ways to prevent or slow bone loss.

Simple steps to prevent or slow bone loss include:

- ◆ **Plenty of calcium in your diet.** Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, and sardines.
- ◆ **Pay attention to vitamin D.** Good sources of vitamin D are oily fish, such as tuna and sardines, egg yolks, and fortified milk. Sunlight also contributes to the body's production of vitamin D.
- ◆ **Physical activity in your daily routine.**
- ◆ **Avoid substance abuse.**

*"His bones are tubes of bronze; His limbs are like bars of iron." Job 40:18*

## QUESTION OF THE WEEK

Luke 18:1-8

What do you think the parable of the persistent widow tells us about God?