



St. Priscilla Parish Family

St. Priscilla Parish Mission Statement

We are a diverse community of caring Christians who celebrate Eucharist and proclaim the Gospel by service to all in the community.

June 3, 2007

FR. JIM'S JOURNAL



THANK YOU VOLUNTEERS! Well over 500 volunteers share their time and talent here at St. Priscilla. There is absolutely no way that we could have all of the activities and programs that we have without all of our volunteers. Thank you for coming forward and sharing your gifts. We want to make sure that our parish family remains open to new people who want to participate in the life of our community. All are welcome here!

CONGRATULATIONS TO ALL OF OUR HIGH SCHOOL GRADUATES! This is an important transition in your life. As with all of life's transitions, they can be exciting and a little scary at the same time. This is a time for discovering who you are and where you want to go. Take some time to figure out your dream, and then set your general course to follow that dream. Leave some room for the creativity of the Holy Spirit. See what life offers. The spiritual journey is usually not a straight shot. There are usually many twists and turns along the way. Keep your eyes fixed upon Jesus along the way!

WE NOW HAVE SOME NEW PARISH PASTORAL COUNCIL MEMBERS AND OFFICERS! We have been accepting nominations for new Parish Pastoral Council members to replace those whose terms have expired. The following three new members were selected at random from those who were nominated on Pentecost Sunday at the 11:00 AM Mass:

Stewart Dunlap
Paul Wrosch
Mark Yokom

The following three alternates were selected just in case any of the Council members are unable to complete their full term. The alternates are:

First Alternate: Debbie Stotzen
Second Alternate: Sue Atherton
Third Alternate: Patricia Phillips

The Parish Pastoral Council met on Tuesday and selected new officers

(Continued on page 4)

Meetings/Events Of the Week

Mon-6/4-Adoration 8:30am-8:30pm
Social Comm-6pm (Earlier)
HS Youth mtg-7pm

Tues-6/5-STAFF MTG-10AM
Bingo-6:30pm

Education Comm-7pm

Wed-6/6-50+ Club-12:30pm
St. Vincent de Paul-6:30pm

Thurs-6/7-Bible study-7pm

Fri-6/8-PARISH OFFICE

CLOSED

Sat-6/9-Men's Fellowship-7:30am
ANOINTING OF THE SICK after
4:30 pm Mass

Sun-6/10-RCIA-10am



On Sunday, May 27th, 2007
Deacon Robert Fitzgerald
baptized the following
children. We welcome them
to our parish family.

Damien DiMarco, son of
Rachel B'Dair.

Reese Dawn, daughter of
Jennifer (Morrison) and
John Murray III.

Malia Ellen,
daughter of Jamie Gruich.

"...To everything there is a season
and a time to every purpose
under heaven..."



a time to be born.....

a time to love.....

a time to healLaura Murphy, Jack Young, Justen Richards, Kathleen Roegner, Marigold Szielega, Michael Pastucha, Linda (Statezny) Rogers, Harold Michnal, Marion Pertunnen, Amy Callaghan, Steven Wilson, Donald Hultquist, Carol Ducharme, Mattie Lassen, Dominic Lombardi, Msgr. Sherzer, Stu Dunlap, Vivian Kruk, Rita Maczka, Kaitlyn Dehaan, Leslie Rogers Turner, Bill Majeske, Janet Paquette, Lory Valuet, Mike Visca, Kelly Lomas, Delphine Whitesock, Eleanor Rakozy, Willard Mazure Jr., Loretta Adams, Bob Holderith, Andrea Blair, Claire Mazark, Dino Manolatos, John Wasilewski, Mark Nemeth, Patricia Diggs, Grace Rau, Audrey Koroly, Margaret Gehringer, Jean Alcala, Edward Haycock, David Lepler, Rita Sullivan, Mary Ann Keller, Jim Lamberts, Joyce Empson, Dave Dempsey, Steven Wilson, Mark Williams, Roger Snow, Ron Cross, William Bonanno, James Pongracz, Kati Fennimore, John Williams, Robert Selasky, Donald Johnson, Francis Vincent, Mary Woodall, Clara Barry, Mary Powers, Dick Noth, Kathleen Jess, Rosalie Roland, Rose Vincent, Ralph DeFranco, Vaughn Jenkins, George Jann, Eileen Kearfott, William Pertunen, Joann Corsi, Helen Parkin, Richard Fleck, Susan Citnar, Barry Broden, Catherine Dwyer, Mike Warner, Randy Magee, Ruth Kasenow, Elaine King, Mary Geuder, Beverly Ashmore, Nathaniel Adams, Audrey Negro, Jacqueline Schmeichel, Barb Phillips, Gertrude Johnson, Nancy Jones, Eva Contratto, Linda Engren, Judy Granata, Alexis Kujala, Barbara Schultz, Christopher Wood, Andrew Wood, Antonia DiPonio, Robert Greenwald, Nancy Trombley, Gladys & Pat Romano, Jack Young, Grace Irish and Mary Louise Griffin.

a time to die.....Especially June Rowlett.

Please hold our Service men and women in your prayers ...Kyle Wroblewski, Jessie Stevens, Eric Hudzinski, Grady McElhinney, Sean Redigan, Bobby Wentworth, Steve Reynolds, Justin Boomgaard, Samantha Ciaramitaro, Peter Herrmann, Griffin Schager, Byron Hemphill, Vance J. Nannini, Rachael Brown, Robert Albro, Michael Lanctot, Richard Bastien, Robert E. Oldani, Seth Janisse, Christopher Masel, Ryan Masel, Robert Uren, Jr., Fletcher Armstrong, III, Michael Goodrow, Tanya Dudek, Nicole Pawlowicz, Nicholas Michelle, Ryan Bierschbach and Marc Hudzinski.

⌘⌘ **Handmaids** ⌘⌘

- JUNE 14** Dolores Murphy
21 Marge Kelley
Barb Beauchamp
28 Jean Socolovitch
Sherry Concatto



Weekly Mass Intentions

Sunday, June 3rd, 9:00 AM

Deceased members of the Vettrano, Fragnolli, Morelli & D'Agostino families
Umberto & Giacinda Tartaglia by Family
Rose Lloyd by Pamela & Michael Pavlichek
Henry Wyess by Mr. & Mrs. Gerald Juronoc
Jane Paval by husband, John

11:00 AM

Joseph Barany by Family
Dorothy Hendrick by Bartus Family
Andrew Marinko by Christina Nutt
Bill Collins by Dorothy Monette
Edward Manikowski by Peggy Contway

Monday, June 4th, 8:00 AM

Theresa & Jim Joyce by Peggy Contway

Tuesday, June 5th, 8:00 AM

Edward Manikowski by Sylvia DeBrincat
Kathy Jess by Family

Wednesday, June 6th, 8:00 AM

Ed Potocki by Greg & Dorothy Dwyer

Thursday, June 7th, 7:00 PM

Fr. Jim McNulty-Anniversary of Ordination
Mary Alberti by Jerold & Betty McDonald

Friday, June 8th, 8:00 AM

Ed Contway by wife, Peggy
Edward Manikowski by Ralph & Rosemary Skrzynski

Saturday, June 9th, 4:30 PM

Deceased Ushers
Barbara Dohring by Ralph Dohring & Fam.
Mary Alberti by Joann Nyeste & Lucille Kolis
Eugenio & Marianna D'Aguanno by the Arciero Family

Edward Manikowski by Parish Family

Sunday, June 10th, 9:00 AM

Ruth Campeau by husband, Gary
Betty Monendo by Linda & Bill Gronski
Rose Lloyd by Family
Bob Everest by Pat Petriches
Leander Mattes by Roseann Morrison
Carol McDonald by Jerold & Betty McDonald

11:00 AM

Italo Serra by wife, Aurora
Andrew Marinko by Katherine Matson
Marianna & Eugenio D'Aguanno by Pete & Gloria Arciero
Edward Potocki by Parish Family

DATE	LECTOR	EUCCHARISTIC MINISTERS	ALTAR SERVER
June 10 4:30PM	S. Atherton J. Nannini	C. Zupanich, T. Jones, D. Judd, M. Keith, S. Konal, B. Pumo, P. Stebbins	J. McDougall, N. Pepper, A. Lebbos, K. Palleschi
June 11th 9:00 AM	L. Flaherty R. Clemak	M. Lyman, M. Bogarett, K. Tuttle, M. Tuttle, M. Burns, J. Goode, L. Goode	H. Sullivan, J. McHahwar, M. Barill, Matt Dreier
June 11th 11:AM	Y. Nemeth J. McCallion CLW- J.Dzwonkowski	D. Carignan, B. Bouchard, R. Landis, C. Lark, J. Konopacki, J. McLellen, K. Kermodé	T. Schmidt, D. Webster, L. & M. Brenton

Please remember to find a substitute if you are unable to attend.

JUNE USHERS - TEAM B

BINGO Team 1

Floor Operator: Bill Statetzny, Beverly Holderith, Ellen Bishop,
Lue Jarrett, Dick Schmidt, Alec Yorkchak, Mary Kay Lebourdais and Jake
Subatch.

Door Captain: Peggy Contway, Bernice Pawlowicz, Louise Bridgeman.

Cashier: Judy Waling

Bookkeepers: Jackie Bender and Bernie Paquette.

Kitchen: Anita & Rita Pastucha, Jean Socolovitch, Evalina Bryant,
Richard & Sherri Orell, Yolanda Kiel.





RELIGIOUS EDUCATION

Joni Benson, DRE
dre@stpriscillalivonia.org

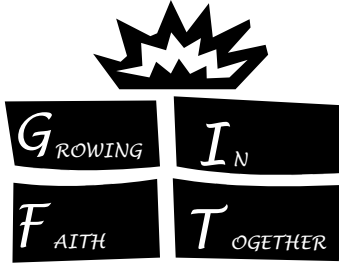
During the summer months the Religious Education Office will be open Tues, Wed, and Thur from 9:30 AM to 4:00 PM. You can always leave a message on our voice mail or E-Mail us and we will get back to you during office hours.

GIFT

Are you interested in working on a "Design Team" for future *GIFT Sessions*?

Each Design Team will have 4 specific tasks:

1. Educate themselves on the topic through readings, discussions, videos and on-line resources. The parish staff will help you find resources to use.
2. Work with the Education Commission to establish learning outcomes or objectives. (*What do you hope learners will know after attending this session?*)
3. Decide on the learning format and work with the Implementation Team Coordinators to design learning activities, prayer experiences, and Faith At Home Activities.
4. Promote the GIFT Session.



We will have 5 different Design Teams working throughout the year. Volunteers can choose which Team they want to be part of by the theme or the time of year. GIFT Sessions are scheduled for October, December, January, March, April and June. Next week we will talk about the topics.



RCIA

Our final Mystagogy session will be on June 10th at 10 AM.

Do you know anyone interested in becoming Catholic or completing the sacraments of initiation? Bring them to an Inquiry Session.

New Inquiry sessions will be held on the third Wednesday of the month, June 20, July 18 and August 15 at 7:00 PM. At the Inquiry Sessions we will explain what the RCIA process is about, answer questions and give some simple explanations about what it means to be a Catholic. No commitment needs to be made at this time. The sessions will be very informal and friendly. Anyone with questions about the Catholic faith is invited to attend. For further information please call Joni Benson at 248-476-4702.



The staff from Catholic Book Store, will be here on Saturday and Sunday, June 16, & 17th with a display of Books, bibles, religious articles, music, etc. Please stop after Mass and pay them a visit, they will be glad to assist you in any way they can.

What a special gift idea for Father's Day?

A Family Perspective by Bud Ozar

Jesus sounds like a parent when he says "I have much to tell you, but you can't hear it now." Parents thoughtfully balance how much to say and when to say it. Because our children "Will speak what they hear," our "telling" and timing are critical.



Football Registration

Redford Catholic football will hold it's second registration night on Monday, June 4th, 7-8PM at the Our Lady of Loreto gym. Athletes in grades second through eight that attend the following schools or parishes are eligible to play football this fall for Redford Catholic: Our Lady of Loretto, St. Valentine, St. Roberts, Christ the King, St. Priscilla, St. Genevieve, and St. Maurice. Questions can be directed to Myra Black at 248-943-7460.

for the coming year. They are as follows:

- Chair Person: Lee Flaherty
- Vice Chairperson: Barb Matestic
- Secretary: Mark Yokom

Continuing Members at Large are:

- James Rehlund
- Jim Kremer
- Lorna Mattson
- Marge Marino

Thank you all for coming forward to help set the big picture direction for the parish.

WE ARE GOING TO TRY HAVING A THURSDAY EVENING MASS AT 7:00 PM DURING THE SUMMER. I surveyed the congregation on Sunday, and quite a few people indicated that they may be interested in attending a Thursday evening Mass. I asked for a vote on the time, and 7:00 PM was a clear preference. So we will try it for the summer, beginning June 7th, and see how it goes.

Love and Peace,
Fr. Jim

For Widowed Men & Women

Widowed men and women are welcome to join us for a bus trip to the Motor City Casino for a few hours of gaming, lunch and meet new people on Monday, June 25th. Cost is \$15 per person for the shuttle bus. You will receive \$15 slot play credit and a \$5 complimentary food voucher. Meet in front of K-Mart; 7 Mile & Farmington Rds. Reservations due before June 20th by calling Chet at 734-459-4316.

CSA MINUTE

Sacred Heart Major Seminary

Last Saturday, May 26, at Blessed Sacrament Cathedral, Cardinal Adam Maida ordained Fr. Anthony Camilleri to the priesthood in the Archdiocese of Detroit.

Fr. Camilleri studied for the priesthood at Sacred Heart Major Seminary where a significant portion of your gifts provide financial support for candidates to the priesthood.

Sacred Heart Major Seminary's student body is comprised of full-time and part-time students, including seminarians studying for the priesthood for the Archdiocese of Detroit and other dioceses throughout the country and world. Lay women and men earning graduate and under-graduate degrees and diplomas and men participating in the permanent diaconate program round out the student population.

St. Priscilla Stewardship

Weekly amount needed to meet budget.....\$8,700.00.

Sunday Offerings 5/26/07

\$8,413.00

-\$ 287.00

Thank You for your continued support.



Don't forget to turn in your CSA Pledge. We are not quite at our quota yet.



Sunday, June 3rd:

Prv 8:22-31 Rom 5:1-5
Jn 16:12-15

Monday, June 4th:

Tb 1:3; 2:1a-8 Mk 12:1-12

Tuesday, June 5th:

Tb 2:9-14 Mk 12:13-17

Wednesday, June 6th:

Tb 3:1-11a, 16-17a Mk 12:18-27

Thursday, June 7th:

Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a
Mk 12:28-34

Friday, June 8th:

Tb 11:5-17 Mk 12:35-37

Saturday, June 9th:

Tb 12:1, 5-15, 20 Mk 12:38-44

Next Sunday:

Gn 14:18-20 1 Cor 11:23-26
Lk 9:11b-17

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BAPTISM PREPARATION

Please call the office to register for the upcoming class or Baptism date:

Baptism-- June 24th, 2007 - 12:30pm or by appointment to be celebrated during Mass.

Next scheduled baptism Class June 24th, 2007 -1:30pm

Call the parish office to schedule.

St. Vincent de Paul Pantry Items



Macaroni & cheese, sugar, flour, peanut butter, Canned vegetables & fruit, spaghetti sauce, pancake mix & syrup, bleach & laundry soap.

Drop-offs can be made at mass (BIG BLUE BARRELL) or anytime at the parish office.

FLOWER: Families Live Out the Word in Everyday Routines
Jesus said to his disciples: "I have much more to tell you, but you cannot bear it now...when he (the Spirit) comes he will guide you.

The goal of parents, guardians, coaches, mentors, and the like is to pass on integrity, values, and principles that will help youth in forming their conscience and grow in wisdom. The struggle is always to give them what they need - not too much or too little- so they will be equipped to make good decisions throughout their life journey. Perhaps one of the greatest gifts we share in family is that of discernment - consciously calling on the Holy Spirit to add us in our decision making. How do we share our understanding of discernment?



**June Prayer Theme:
 Evangelization through
 Hospitality**

During this month of June, as we celebrate the feast of Corpus Christi and remember the Sacred Heart of Jesus, we rejoice in the giving and receiving of Christian hospitality experienced and expressed in the Holy Eucharist. May our hearts and homes be a powerful setting for the proclamation of the gospel, welcoming with love our brothers and sisters who search for Jesus. May we also prayerfully unite our minds and hearts with the needs of countless refugees and migrants around the world who search for a home.

Almighty God and Father, the open heart of Christ your Son teaches us the profound message that you are always ready to receive and welcome all who call upon you, particularly sinners and those in need. As we look forward to the fulfillment of the Holy Eucharist in the hospitality of the Kingdom, let us give witness to the good news by practicing hospitality here and now in our lives with each other. We ask all this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

Church Address
19120 Purlingbrook Road
Livonia, Michigan 48152-1986
 www.stpriscillalivonia.org

Parish Office 248-476-4700
Religious Ed. Office 248-476-4702
Office Fax 248-476-7831

MASS SCHEDULE
 SATURDAY - 4:30 PM
 SUNDAY - 9:00 AM & 11:00 AM
 WEEKDAY-8 AM / HOLYDAY 9 AM & 7PM

OFFICE HOURS
 Monday, Tuesday, Wednesday—8:30AM-4:30PM
 Thursday 8:30 AM-7:00 PM
 Friday -CLOSED

BAPTISMS
 Baptisms are celebrated the 4th Sunday of the month. Please call the office to register for the Baptism preparation class.

RECONCILIATION
 Saturdays 3:00 PM and after daily Mass

SICK CALLS
 Arrangements made by notifying Parish Office .

WEDDINGS
 Please contact the Parish Office a minimum of six months prior to the wedding date.

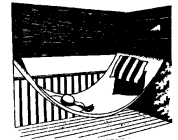
***Make peace with your past
 so it won't screw up
 the present.***



Right to Life—Lifespan

Purchase a 2008 Entertainment book for the reduced price of just \$20 and receive a 2007 Book FREE which can be used now until November 1, 2007. Free book offer while quantities last—limited amount. Wayne west/Downriver Chapter 27592 Schoolcraft, Livonia 734-422-6230 Office hours Monday –Thursday 10am-4pm The perfect gift for Everyone 50% discounts. 2 for 1 offers.

**Summer
Office
Hours**



Beginning June 1st the parish office will be closed on Fridays during the months of June, July & August. Don't forget we have extended hours until 7:00 PM on Thursdays to accommodate those who are working. God bless and have a safe and restful summer.



Reflection on Trinity Sunday by Deacon Bob Fitzgerald

Whenever we make the sign of the cross we are professing our faith in God as known and experienced by the Christian community. Lets examine how that effects our everyday lives. We believe in a Trinitarian God; Father, Son and Holy Spirit. This is a mystery and yet we have been given the gift of faith which enables us to believe. Lets take a look at the three persons of our one God.

God the Father is the God of the Christian, Jew, and Muslim. He is the creator of the universe and everything in it. One could spend a lifetime contemplating what that entails. When we envision a God that has such enormous power, we are very humbled by how small and insignificant we are in the whole scheme of things. No wonder the Jews were so in awe of this God who manipulated nature for their sake, and kept them alive in the desert for so many years. God the Father gives us the hope that everything is possible.

Jesus the Son, is the second person of the Holy Trinity. He came to bring us the good news that God, with all his power is also Father to all of us. This concept was new and made God even greater by showing us that this God of the universe also loved each of us very personally. Jesus came and lived a life as a human being and suffered as a human being. He then went to the cross and died so that we could be free from the domination of sin and lead more productive lives. He rose from the dead and assured us that, if we placed our trust in him, he would meet us at death's door and lead us to eternal life. He then rose into heaven to sit at the right hand of the Father where he would both intercede and act as judge for us. He also promised to send us the Holy Spirit to be with us until the end of the world.

The Holy Spirit is the third Person of the Holy Trinity and is available to us throughout our entire journey in this world. He gives us understanding and direction in discerning the will of God in our lives. He also provides us with the courage and strength to carry out that will. The Holy Spirit is our inspiration and motivation to become the people that God created us to be. We should pray often to the Holy Spirit. He is the gift sent to us by Jesus through which flows the grace and healing of God into our lives.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

WINGS

Our May meeting kept a theme of red-white-and blue in keeping with the Memorial Day holiday to be celebrated later in the month. Thanks go to the planning/kitchen committee of Bea Gooding, Sylvia DeBrincat, Roseann Morrison, Dorothy Pohto and Irene Zabowski. They put on a great spread highlighted by apricot chicken, kielbasa and sauerkraut, a special bean salad, and pistachio dream cake.

This was a social meeting and we celebrated our May birthday people: Roseann Morrison, Donna Nowak, Ginny Trojan and Caroline Nosel. May you enjoy many more great days!

On May 24th, twenty-one group members met at the Claddagh Irish Pub where we enjoyed a great dinner together entertained by our waiter "Mouthey Mike". It was at this meeting that we decided to change the date of our final meeting of the year: Our Hawaiian luau potluck dinner will be held on **Monday, June 18th** at 6:PM. Please note the date is one week later than normal. It should be an fun evening for all.

All adults who are winging through life solo (single, widowed, divorced) are welcome to join the group anytime. If you have a question or need further information, call Janet Hicks at 313-531-9119 or Sylvia DeBrincat at 734-261-8989.

Watch out for kids named Davie

The Math teacher saw that Little Davie wasn't paying attention in class. She called on him and he said, "Davie! What are 2 and 4 and 28 and 44?" Little Davie quickly replied, "NBC, CBS, HBO and the CARTOON NETWORK!"

From the Internet

Craft Table Rental Available
St. Theodore's Annual
Craft Show
8200 N. Wayne Rd.
Saturday, October 13th
Call Eunice at 734-261-8357

Insert Ads here

Insert Ads here

Youth Ministry
All high school teens are welcome.
Monday 7-8:30 p.m.



Upcoming Events for Youth Ministry:

- Monday, May 28th No Life Night- Memorial Day Weekend.
- Tuesday, May 29th 5th Tuesday Bingo- teens needed to work 4-6:30 or 6:30-9:00 p.m.
- Sunday, June 3rd Baccalaureate Mass & Reception for our graduates- 11:00 Mass.
- Monday, June 4th Regular Life Night.
- Monday, June 11th Life Night to welcome to incoming freshmen.
- Sunday, June 17th Sign up to participate in a car wash from 12:30-3:30 to raise money for the Haiti Houses.
- Monday, June 18th No Meeting
- Tuesday, June 19th Cedar Point
- Monday, June 25th Life Night will include a picnic at Rotary Park

*** Teens, you may sign up for any of these events on our Monday night meetings. Or contact Mary Ann Jenkins at the parish office 248-476-4700 ext. 442

PLEASE HELP

In an effort to keep all family accounts accurate we would ask that you **CLEARLY MARK** any monies you are contributing with your **NAME, ADDRESS, DOLLAR AMOUNT** and **WHERE you would like the monies applied**, Rel. Ed. tuition, weekly cont., mass intencion etc. Our bookkeeping is only as good as the information provided. Thank you.

Flag Return



If you have a United States Flag that is worn or ragged, please return it to the Church. The Knights of Columbus will be collecting them for proper disposal.

Our Last GIFT session, focusing on the Poor and Vulnerable, was partly inspired by the following reading from the book, ***Can you drink the cup?*** by **Henri J.M. Nouwen**
(You will notice our own parish mosaic in the breezeway of the Church.)

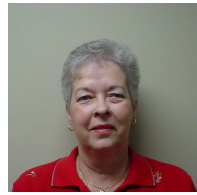
Like a Large Mosaic

Community is like a large mosaic. Each little piece seems so insignificant. One piece is bright red, another cold blue or dull green, another warm purple, another sharp yellow, another shining gold. Some look precious, others ordinary. Some look valuable, others worthless. Some look gaudy, others delicate. As individual stones, we can do little with them except compare them and judge their beauty and value. When, however, all these little stones are brought together in one big mosaic portraying the face of Christ, who would ever question the importance of any one of them? If one of them, even the least spectacular one, is missing, the face is incomplete. Together in the one mosaic, each little stone is indispensable and makes a unique contribution to the glory of God. That's community, a fellowship of little people who together make God visible in the world.

Parish Nurse Ministry

Parish Nursing promotes healthy living and disease prevention, including physical, psychological, spiritual and social aspects of each individual. Areas we are available to assist with include health education, assistance with health referrals, individual health counseling including home visits, training of volunteers to serve in various areas of the health ministry and to promote an understanding of the relationship between faith and health. To request assistance please call the parish office at 248-476-4700.

Parish Nurse Ministry
submitted by **Connie Lark**



Five Ways to Healthier Eyes

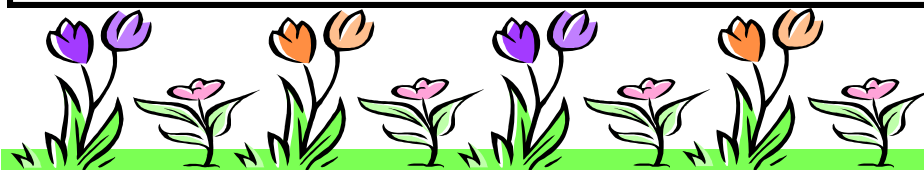
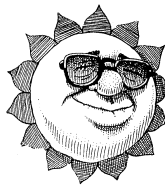
1. Have your vision checked annually after age 65 and every two years before that, unless you have a family history of eye disease. In that case you should be checked annually. Make sure the doctor dilates your pupils in order to detect changes within your eyes

2. Eat foods rich in antioxidants. Foods high in Vitamins A, C, and E qualify in this category. Foods rich in vitamin A help to improve night vision. Some examples are spinach, kale, green peas, brussel sprouts, green beans and carrots. Bilberries, a cousin to blueberries, are known to slow the effects of visual aging. They benefit a bevy of vision disorders and its nutrients can improve night vision. Some foods rich in vitamin C are oranges, grapefruit, strawberries and kiwi. Foods like almonds, mango and broccoli provide an excellent source of vitamin E.

3. See an ophthalmologist immediately if your vision changes, dims, or if you have redness or swelling. Many eye conditions can be reversed or the progression slowed if treated at an early stage.

4. Do a little yoga for your eyes. Stretch eye muscles on a regular basis to improve tone and elasticity. Here are two exercises you can try. To begin, you'll want to get yourself in a comfortable sitting position. Blink quickly to relax eye muscles.
 Eye stretch exercise-look down as far as you can without moving your head. Now look up as far as you can. Close your eyes. Relax. Repeat this process four times.
 Visual stretch drill-holding a pencil vertically in your hand in front of you, follow the eraser head with your eyes as you move the pencil clockwise in a large circle before you, "stretching" your vision as far as possible. Repeat this process four times. Blink to relax eye muscles. Close your eyes for a few moments to rest. Then repeat this process counter clockwise. Blink and close eyes to rest.

5. Wear a hat and sunglasses to protect eyes from ultraviolet light. Even in winter, snow reflects UV light and requires protection. Purchase glasses with UV protection and anti-reflectant coating. This can lessen your chance of getting cataracts.



PASTOR

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DEACON

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Parish Secretary

Mary Jo Lafer
ParishSecretary@stpriscillalivonia.org

Religious Education Secretary

Christine Depowski
ReligiousEd@stpriscillalivonia.org

Maintenance Supervisor

Sam Atherton
maint@stpriscillalivonia.org

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Religious Ed. Office 248-476-4702
Office Fax 248-476-7831

OFFICE HOURS

Monday, Tuesday, Wednesday—8:30AM-4:30PM
Thursday 8:30 AM-7:00 PM
Friday – CLOSED

PARISH COUNCIL MEMBERS

Lee Flaherty (Chair) 248-471-4649
Barb Matestic (Vice-Chair) 734-261-9757
Mark Yokom (Secretary) 313-538-7823

Members at-Large

Jim Kremer 248-474-4559
Lorna Mattson 734-525-1597
Marge Marino 248-476-3109
James Rehnlund 734-525-5457
Stewart Dunlap 313-255-3451
Paul Wrosch 248-426-7465

Editor Instruction Sheet

Issue Date: June 3, 2007
Church Name: St. Priscilla
City: Livonia
Editor's Name: Mary Jo Lafer
Phone Number: 248.476.4700

INSTRUCTIONS: Please insert art work from page 12. Please note changes in directory. Parish Council member changes. Summer hours –Friday closed.

RATING: **EXCELLENT** **GOOD** **FAIR** **POOR**

COMMENTS ON LAST WEEK'S ISSUE:

PLEASE CONTACT ME REGARDING:

SUPPLIES NEEDED:



St. Priscilla Parish Family

