



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.

September 2, 2007

FR. JIM'S JOURNAL




Labor Day is upon us, our children (and some of our adults) are going back to school, and it is time to settle into a routine again. Those lazy days of summer are great, but it is time to get back into the swing of things. After Labor Day, the Parish Commissions begin to meet again. This is a good time to consider joining one of the Commissions. Today, I would like for you to give some prayerful consideration to joining the Education Commission.

The Education Commission is responsible for promoting the teaching mission of the Church. This Commission is primarily involved with meeting the needs of the Parish in the areas of adult faith formation, faith formation for our children, catechetics and the Rite of Christian Initiation (R.C.I.A.). The major focus of the Commission's work over the past couple of years has been the Growing in Faith Together Program (G.I.F.T.). This is an inter-generational approach to faith formation that includes people of all ages sharing their faith together. We had a very successful year in this area last year. We had a blended program that included 5 G.I.F.T. sessions preparing us for events within the parish as well as some classroom sessions for our children. We will continue with this blended program this year. To maintain really good G.I.F.T. sessions requires an incredible amount of work and coordination from many people in the parish. This will continue to be a focus of the Education Commission as we continue to clarify the roles and responsibilities of different groups involved in G.I.F.T and as we learn to collaborate better with each other. The Education Commission will branch out into some additional areas this year.

If you are a teacher or have an education background, you will likely have expertise that you could bring to this Commission. However, membership on the Commission does not require any experience or any particular background. Membership on the Commission only requires an interest in the teaching mission of the Church. It is very important that we have members without a particular background or specific experience in this area. It helps to give the Commission a reality check on how the parish at large may react to different approaches and programs.

(Continued on page 4)

**MONDAY,
September 3rd
Mass celebrated
at 8AM
Office Closed
NO Eucharistic Adoration**



Meetings/Events Of the Week

- Mon-9/3- LABOR DAY
MASS - 8AM / No Adoration
PARISH OFFICE CLOSED**
- Tues-9/4-Bingo-6:30pm
Education Commission-7pm**
- Wed-9/5-50+ Club-12:30pm
St. Vincent de Paul-6:30pm
Choir/Youth Ldr.-7pm
Advance Directives Presentation-7**
- Thurs-9/6-MASS-7PM
Bible study-7pm**
- Fri-9/7-Office open 8:30am- 12:30
Usher's mtg-7**
- Sat-9/8-Men's Fellowship-7:30am
Usher's mtg-10am**
- Sun-9/9 RCIA -10am**



**Sunday, August 26th,
Deacon Robert Fitzgerald
baptized
Jacob Ryan, son of
April Kelly and Jacob McPherson. We welcome him to our
parish family.**

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

a time to be born.....

Especially Jacob Ryan McPherson

a time to love.....



a time to healMark Williams, Kati Fennimore, Mrs. Neumann, Pete Michelini, Antonia Diponio, Kevin Sweetman, Pat Abdo, Kathleen Brule, Jean Talaske, Juanita Tenlger, Faith Newell, Sandee Haffee, Chuck Paquette, Donald Johnson, Linda Newell, Jean Karazim, John Martel, Nancy Redington, Tamra Newell, Crystal Bearden, Kim Landis, Stacy Smith, Marty Fox, Larry Boston, Debby Szilagyi, Luellen Link, Michael Pinal, Karen Marcus, Noreen Quantz, Margaret Lambert, Ron Gosset, Laura Murphy, Jack Young, Justin 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, Vivian Kruk, Rita Maczka, Kaitlyn Dehaan, Leslie Rogers Turner, Bill Majeske, Janet Paquette, Lory Valuet, Mike Visca, Kelly Lomas, Delphine Whitesock, and Eleanor Rakozy.

a time to die.....

..Please hold our Service men and women in your prayers ...Jeffrey M. Kane, 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, 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 Mitchelle, Ryan Bierschbach and Marc Hudzinski.

To have someone from your family enrolled on the prayer list, please call the church office. Names will be listed for one month unless the office is notified that the condition continues and that prayers are still needed.

☘☘ **Handmaids** ☘☘

September

6 Dolores Murphy

13 Marge Kelley

Barb Beauchamp

20 Jean Socolovitch

Sherrie Contratto



Weekly Mass Intentions

Sunday, September 2nd, 9:00 AM

Jeff Trojan by Mom

Umberto & Giacinda Tartaglia

Rose Lloyd by Family

Henry Wyess by Sophie Sroka

Mary Powers by Ed & Marion Jastrezemski

Vaughn Jenkins by Anita, Esther & Vicki

11:00 AM Bill Collins by Jo Walker

Andrew Marinko by Luigi & Elisa Iafano

William Bonanno by Dave & Sharon Constantini

Don Schicker by 50+ Club

Genevieve Bubrowski by Parish family

Monday, September 3rd, 8:00 AM

Mary Powers by Alice Gardner

Deceased members of the Laframboise Fam.

Tuesday, September 4th, 8:00 AM

Pete Michelini by Family

Rose Stadler by the Laird Family

Wednesday, September 5th, 8:00 AM

Mary Powers by Ann Stuart

Thursday, September 6th, 7:00 PM

Tom & Tommy Gallagher by Helen Gallagher

Friday, September 7th, 8:00 AM

Ed Contway by wife, Peggy

Deceased members of the Beauchamp & Martin Families

Saturday, September 8th, 4:30pm

Deceased Ushers

Ursalane & Harold Blaskey by Brokenshire Family

Rita Petalla by Peaches Sanovic

Harold Howes by McCammon Family

Sunday, September 9th, 9:00 AM

Deceased members of the Vettrano,

Fragnoili, Morelli & D'Agostino families

Vincent Gordon by Pat Petriches

Art Francis by Pat Petriches

Mary Powers by Don & Julie Broilo

Blanche Kennedy by Pat Petriches

Connie & Joe Bruno (60th Wed. Ann.)

11:00 AM Italo Serra by wife, Aurora

William Bonanno by Annie Marinko

Mark Arndt by sister, Debbie

Intention of David Wood by Doris Laird

Antonia Caruana By Ron & Sheila Wahl

DATE	LECTOR	EUCCHARISTIC MINISTERS	ALTAR SERVER
Sept. 8th 4:30PM	S. Atherton, Y. Nemeth	C. Zupanick, T. Jones, B. Szeliga, M. Keith, S. Konal, B. Pumo, P. Stebbins	C. Rehnlund, E. Brewer, A. Lebbos
Sept. 9th 9:00 AM	L. Flaherty, R. Clemak	M. Lyman, E. Sacha, K. Tuttle, M. Tuttle, M. Burns, J. Goode, L. Goode	S. Depowski, M. Dreier, M. Yokom
Sept. 9th 11:AM	T. Lomas, J. McCallion	D. Carignan, B. Bouchard, R. Landis, C. Lark, J. Konopacki, J. McLellan, K. Kermod	J. Smith, J. McHahwar, N. Pepper

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

September USHERS - TEAM B

BINGO Team 1

Floor Operator: Bill Statetzny, 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
248-476-4702

**Religious Education Classes begin
Wednesday September 12 at 5:30 PM and
Thursday September 13 at 4:45 and 6:30 PM.
Registrations are due NOW!**

If your children are not registered please contact the Religious Education Office as soon as possible.

Children ages 3, 4 and 5 are invited to join our Pre/K Religion Classes on Sunday mornings during the 11:00 Mass. These classes begin October 7th . Pre-registration is needed.

CATECHISTS ARE NEEDED FOR THE FOLLOWING GRADES AND TIMES: If no one comes forward to teach these classes they may need to be cancelled.

- † Grade 6 Wednesday 5:30 and Thursday 4:45
- † Grade 8 Thursday 4:45

Contact Joni Benson as soon as possible if you can help.

Education Commission will meet on Tuesday, September 4 at 7:00 PM



CHILDREN'S LITURGY OF THE WORD.

Adult or teen volunteers are needed to help with this ministry. Contact Religious Education Office to volunteer.

RCIA will begin on **Sunday, September 9th at 10 AM.** New Inquirers are welcome to join us. We will discuss the topic; *How Catholics Interpret the Bible.* If you have questions please call Joni Benson at 248-476-4702.



Who's Missing from our Faith Formation Programs?

Children with developmental disabilities!

Everyone can grow in faith and receive the sacraments, no matter what their challenges. St. Edith has a program for children with special needs who may not be able to participate in basic catechetical programs. We extend an invitation to families who have children with disabilities. We would like to meet with you and together plan how we can best involve your child in the life of the Church. St. Edith's special needs program will run on Tuesdays from 5-6pm. Please call 734-464-2020 for more information.

BAPTISM PREPARATION

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

**Baptism– September 23rd,
- 12:30pm or by appointment
to be celebrated during Mass.**

**Next scheduled baptism Class
September 16, 2007 –
12:30pm**

Call the parish office to schedule.

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.

Michigan Catholic Radio 1090AM

“Catholic Answers” host Jerry Usher comes to Detroit.

Jerry Usher, host of the nationally syndicated EWTN Radio show, **Catholic Answers Live**, heard weekday nights from 6-8pm on Michigan Catholic Radio will be at WCAR 1090 AM studios on Wednesday, September 12-14th.

Jerry Usher, the host of the show, has a degree in theology and philosophy from Franciscan University of Steubenville, along with 20+ years of professional radio experience.

Jerry will take your questions live on the air Wednesday—Friday so have your questions ready! Call 734-525-1090 to speak with Jerry on the air.

IF YOU HAVE AN INTEREST IN THE TEACHING MISSION OF THE CHURCH PLEASE CONSIDER JOINING THE EDUCATION COMMISSION AND ATTEND THE MEETING ON TUESDAY, SEPTEMBER 4TH AT 7:00 PM. Attendance at the meeting is not a commitment to join the Commission. It is an invitation to come and see if this is what you are called to do. The Commission meets the first Tuesday of the month at 7:00 PM. If you cannot attend this first meeting but are interested in joining the Education Commission, please contact the parish office and leave your name and phone number.

The Priest Convocation for all of the priests of the Archdiocese of Detroit begins the week of Sunday September 22nd. This is the one time every two years that the priests of the Diocese are able to get together for convocation, and attendance is very important. **WE WILL NOT HAVE WEEKDAY MASS HERE AT ST. PRISCILLA FROM MONDAY, SEPTEMBER 24TH THROUGH FRIDAY, SEPTEMBER 28TH.** It is unlikely that Mass will be available at other parishes in the area. Priests who are unable to attend the Convocation need to be available to handle funerals during that week. (Mass intentions for that week will be scheduled the following week.)

Have a safe and happy Labor Day. Try and take a little break from labor and spend some time with family and friends. We will have Mass at 8:00 AM on Labor Day, so please join us if you can!

Love and Peace,
Fr. Jim

St. Priscilla Stewardship
Weekly amount needed to meet budget.....\$8,700.00.
Sunday Offerings
8/26/07
8565.00
+135.00
May God bless you for answering your call to active stewardship. Thank You.



Sunday, September 3rd:

Sir 3:17-18, 20, 28-29
Heb 12:18-19, 22-24a
Lk 14:1, 7-14

Monday, September 4th:

1 Thes 4:13-18 Lk 4:16-30

Tuesday, September 5th:

1 Thes 5:1-6, 9-11 Lk 4:31-37

Wednesday, September 6th:

Col 1:1-8 Lk 4:38-44

Thursday, September 7th:

Col 1:9-14 Lk 5:1-11

Friday, September 8th:

Col 1:15-20 Lk 5:33-39

Saturday, September 9th:

Mi 5:1-4a or Rom 8:28-30
Mt 1:1-16, 1 8-23 or 1:18-23

Next Sunday:

Wis 9:13-18b Phlm 9-10, 12-17
Lk 14:25-33

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TIME FOR A FAITH LIFT?

You are cordially invited!

**To our Parish Mission
St. Priscilla, Livonia, MI
September 15-19, 2007**

led by Father Mike Semana

Highlights

- ◆ Father Mike will preach at all the Masses the weekend of September 15/16.
- ◆ Sunday at 3:30-4:45 music presentation for the whole family (all ages) pizza & fellowship following.
- ◆ Monday –Wednesday 8:00 AM Mass & talks with Fr. Mike.
- ◆ Monday-Wednesday. 7-8:30pm. Talks, music, prayer and fellowship.

**St. Vincent de Paul
Pantry Items**



Featured items this week:

Pork & beans, oil, tomato soup, pancake mix & syrup. Drop-offs can be made at mass (BIG BLUE BARRELL) or anytime at the parish office.

Thank you!!



As part of Christian Service we want to reach out to meet the needs of our parish community. WE NEED your help to identify our homebound parishioners who are in need of any of the following services:

- ◆ Eucharistic Ministers - bring holy communion to the homebound.
- ◆ Parish Nurses - make home visits, health assessments and education and health referrals.
- ◆ Visiting Support Ministry - visitors to the homebound, hospitalized and those in nursing homes.
- ◆ St. Vincent de Paul - emergency assistance for those in need.
- ◆ Volunteer drivers - provide transportation for short trips (doctor visits, etc.)

Please contact Christian Service at 248-476-4700 ext 225 to request assistance or to identify someone who could benefit from these services.

Breast Cancer 3 Day

Hello, my name is Dorothy Iannarelli and I am an active parishioner of St. Priscilla. I will be walking in the upcoming Breast Cancer 3 day, which benefits Susan G. Komen for *The Cure* at the end of September. Myself and thousands of other people will attempt to **walk 60 Miles** over the course of **3 days** to raise money for cancer research.



I have taken part in fundraisers for other causes throughout the years, but this fundraiser has a special meaning to me because one year ago my mother-in-law, Francesca Iannarelli, was diagnosed with breast cancer. She is the first person in my family with whom I have been able to share the whole cancer experience. I have seen a very strong woman taken down by the effects of the drugs and procedures that are part of her treatment plan. I am sure that the hours and miles that I have walked to train for this event are nothing compared to what she and all other cancer patients go through on a daily basis.

Another reason this event is important to me is because I am also the mother of 3 daughters and one son and I would like their future to be more optimistic as far as treatments and survival rates.

What I am asking of you is to please support me in reaching my goal of raising \$4,000.00 for the cause. It is a very easy to do and there are several ways of doing it. You can write a check payable to: **Breast Cancer 3-Day** and I will send it into their office. You can login into www.the3day.org and make a donation via the internet or you can use a credit card and fill out a donor slip available from me or you can make a cash donation. All donations are tax-deductible and a receipt is available if requested. I hope to make myself available after the masses in the next few weeks to accept any donations and answer any questions. I can also be reached by calling 248-426-9188.

Thank you for your time and please keep myself and the other walkers in your prayers as we continue to prepare for this challenging event.

Yours in peace and Love, *Dorothy A. Iannarelli*

WINGS

The summer putt-putt golf outing was well received! Fourteen enthusiastic WINGS members enjoyed a late afternoon diversion on August 14th followed by an outdoor picnic at the A & W across the street. We won't divulge any golf scores, but it is worth noting that Tiger Woods is not worried about any of our members joining the tour.

Our first regular meeting of the 2007-2008 season will be on **Monday, September 10th, 2007 at 6:PM.** We'll be having pizza, so bring a good appetite!

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.

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 except THURSDAY-7PM
HOLYDAY 9 AM & 7PM

OFFICE HOURS

Monday, Tuesday, Wednesday
8:30AM - 4:30PM
Thursday 8:30 AM - 7:00 PM
Friday - 8:30-AM - 12:30pm

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

SICK CALLS

Arrangements made by notifying Parish Office .

WEDDINGS

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



**Reflections on the Readings of
September 2nd
by Deacon Bob Fitzgerald**

Once again the readings today lead us toward the virtue of humility. The first reading from Sirach, which is considered one of the wisdom books, tells us of the merits of being humble. It warns us not to try being something that we are incapable of becoming. This is not to discourage us from trying new things but rather to know our true limitations. This means that we must depend on others who have different talents and skills and together, having faith in one another, we can accomplish much. It is a wise person who can know their limitations as well as their strengths.

Success in any undertaking depends on a combined effort on the part of many people. Every successful program is the result of cooperation between the leaders and the doers. We can dream up all sorts of wonderful ideas, but for them every to materialize, someone has to do the things that are needed to make them happen. If it were not for the selfless people who do the menial work, most of the great visions of our world would die in their infancy. If you are one of those people who make things happen, then you should be assured by today's readings, that your contribution is not only necessary but very much appreciated in the eyes of God.

Jesus reinforces this way of thinking in the Gospel reading when he tells the parable of the wedding banquet. When the guests try and place themselves in places of honor, the host, which symbolizes God, puts them in their proper places. He also elevates the humble to places of honor. This parable demonstrates that our unnoticed efforts in this world will be rewarded by our Father in heaven.

The church needs workers who are unselfish and don't mind doing the behind the scenes chores. Often others seem to receive all the credit and the people who do all the work seem to go unnoticed. Jesus asks us to set aside our pride and serve others. This is necessary if the Good News is to be spread around the world. He washed the feet of his disciples to give them an example of how we must serve where needed. In today's Gospel reading Jesus tells us that the people who are most important to our salvation are not always the obvious ones but include the poor and least important in society. We must try and respect all of God's children no matter what their status. This is true humility.

**PARISH NURSE
PRESENTATION:
How can we address
End of Life Issues?**

A program presented by Jeanne Aichele APRN BC Palliative Care Nurse Practitioner at Providence Hospital on **Wednesday, September 5th at 7:PM**. Find out all the information on *Durable Power of Attorney, Living Will and Do Not Resuscitate Orders* and have your questions answered by a health care professional who has expertise in this area. Please RSVP at the parish office; 248-476-4700.



SENIORS

50+ Club

The hot weather continued for our second August

meeting, but we stayed cool in the Activities Center by enjoying cheesecake and torte donated by Bernardine Weimer and a fruit bowl courtesy of new member, Carol Cash.

We were mindful of members who were not able to make our meeting and prayed for Angie Cicchelli and Florence Sarkission, both of whom are recovering after hospital stays.

And our bingo was extra bountiful with special prizes donated by members; Marian Considine gave us two decorative candles in butterfly holders; John Musico was generous with a handmade decorator cake plate and Bernardine Weimer provides us with a \$2 bill.

Our next meeting will be on Wednesday, September 5th at 12:30pm. We invite all senior parishioners and their friends to join our fun-loving group. For more information, contact Mary at 248-477-0424 or Irene at 248-473-8809.



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Insert Ads here

Life Teen – Youth Ministry
Mary Ann Jenkins 248-476-4700 ext.442
youthminister@stpriscillalivonia.org



Upcoming Meetings

Sept. 3rd Monday No Meeting Labor Day Weekend

Sept. 5th Wednesday 7-8:30 p.m. Teen Leadership

All teens are welcome to attend the leadership meetings on the first Wednesday of the month from 7-8:30 p.m. This time will be used to help plan and prepare for upcoming Life Nights.

Sept. 10th Monday 7-8:30 p.m. “Dinner Time” (pizza will be served)

Sept. 17th Monday 7-8:30 p.m. Parish Mission (for teens & adults)

Sept. 24th Monday 7-8:30 p.m. Fall Kick Off (invite your friends)

Discover the Sacred-

“Discover the Sacred” will be our theme as we begin our school year. Too often we think that the sacred and holy is something far off and separate from our everyday experience- that sacred is confined just to a Church or just to Sundays. Our goal this fall is to help teens recognize the sacredness of the people and world around them. We will pray for the eyes of Christ so that we may see the world, others and even ourselves the way He sees us.

Life Nights-

This year our Life Nights will be held on Monday nights from 7-8:30 p.m. in the youth room. All high school teens are invited to a night filled with activities, meaningful messages and challenges about their faith, opportunities to build friendships and a network of support to help them as they live a Christian life. During the course of a month we will have an educational, an issue, a service and a social night.

Educational Nights- the Life Teen has a brand new 8-semester curriculum. The content for the 8 semesters will be based on the United States Council of Catholic Bishops Doctrinal Guidelines for High School Catechesis. This is a 4-year plan that we can implement to ensure that complete and quality catechesis is offered to every teen involved in the program.

Issue Nights- these nights will deal with topics that are teens are facing in their lives (for example: dating, relationships, drugs/alcohol, sex, etc.)

Service Nights- these nights will be based on helping others in need. As Christians we are called to love one another; it is our hope that our teens will be given many opportunities this year to offer their service for others.

Social Nights- these nights will be simply to have fun and build community.

Each Monday we will be offering one of the nights listed above. It is our hope and prayer that as many teens as possible will take advantage of this wonderful opportunity to continue to grow in their faith and build a stronger community here at St. Priscilla’s for our young people.

Parish Nurse Ministry

submitted by Kay Kermode



What makes your Cholesterol High or Low?

Your blood cholesterol level is affected not only by what you eat but also by how quickly your body makes LDL (bad) cholesterol and disposes of it. In fact, your body makes all the cholesterol it needs, and it is not necessary to take in any additional cholesterol from the foods you eat.

Many factors help determine whether your LDL cholesterol level is high or low. The following factors are the most important:

- ◆ Heredity
- ◆ What you eat
- ◆ Weight
- ◆ Physical activity/exercise
- ◆ Age and sex
- ◆ Alcohol
- ◆ Stress

Heredity. Your genes influence how high your LDL (bad) cholesterol is by affecting how fast LDL is made and removed from the blood. One specific form of inherited high cholesterol that affects 1 in 500 people is familial hypercholesterolemia, which often leads to early heart disease.

What you eat. Two main nutrients in the food you eat make your LDL (bad) cholesterol level go up: saturated fat, a type of fat found mostly in foods that come from animals; and cholesterol, which comes only from animal products. Saturated fat raises your LDL cholesterol level more than anything else in the diet.

Weight. Excess weight tends to increase your LDL (bad) cholesterol level. If you are overweight and have a high LDL cholesterol level, losing weight may help you lower it. Weight loss also helps to lower triglycerides and raise HDL (good) cholesterol levels.

Physical activity/exercise. Regular physical activity may lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels.

Age and sex. Before the age of menopause, women usually have total cholesterol levels that are lower than those of men the same age. As women and men get older, their blood cholesterol levels rise until about 60-65 years of age. After the age of about 50, women often have higher total cholesterol levels than men of the same age.

Alcohol. Alcohol intake increases HDL (good) cholesterol but does not lower LDL (bad) cholesterol. Doctors don't know for certain whether alcohol also reduces the risk of heart disease. Drinking too much alcohol can damage the liver and heart muscle, lead to high blood pressure, and raise triglycerides. Because of the risks, alcoholic beverages should not be used as a way to prevent heart disease.

Stress. Stress over the long term has been shown in several studies to raise blood cholesterol levels. One way that stress may do this is by affecting your habits. For example, when some people are under stress, they console themselves by eating fatty foods. The saturated fat and cholesterol in these foods contribute to higher levels of blood cholesterol.

PASTOR

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WEEKEND ASSOCIATE

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 Mark Yokom (Secretary) 313-538-7823

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Editor Instruction Sheet

Issue Date: September 2, 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. Note changes to directory page 5 (Friday Office hours).

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

COMMENTS ON LAST WEEK'S ISSUE:

PLEASE CONTACT ME REGARDING:

SUPPLIES NEEDED:



St. Priscilla Parish Family

