



July 16, 2017



40 Jackson Road, Medford, New Jersey 08055

Parish Website: www.smlparish.org
Parish Email Address: email@smlparish.org



MASS SCHEDULE

Monday—Friday: 7:15 a.m., 9:00 a.m.
Saturday: 9:00 a.m., 5:30 p.m.
Sunday: 7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.

OUR COMMUNITY IS SERVED BY

Reverend Daniel F. Swift, Pastor, father_dan@smlparish.org
Reverend Roy Ballacillo, Parochial Vicar, rballacillo@smlparish.org
Deacon Ken Motylinski
Deacon Joseph Tedeschi
Susan B. Kraemer, Business Administrator
Christine Brandt, Pastoral Associate
Jean E. Hoover, School Principal
MaryPat Scordato, Director of Religious Education
Sister Regina McCalla, SSJ, Liturgy/Music Coordinator
Linda Xerri, Parish Youth Minister
Georgiana Francisco, Minister of Evangelization and Marketing
Harry Meshirer, Parish Bookkeeper
Nancy Finan, Candace Corrado, Administrative Assistants
Holly Hicks, Graham McFarland, Parish Trustees

OFFICE HOURS

Monday - Friday: 9:00 a.m. - 4:00 p.m.

ST. MARY OF THE LAKES ONLINE

Website Address: <http://www.smlparish.org>
Email Address: email@smlparish.org
Facebook: www.facebook.com/smlparish
School Website: <http://www.smlschool.org>
Knights of Columbus: <http://www.Medfordknights.org>

LOCATION, TELEPHONE NUMBERS, FAX

Parish Office	40 Jackson Road	654-8208 Ext.110
Parish Office Fax		654-1734
Parish Health Ministry		654-8208 Ext.610
St. Mary of the Lakes School	196 Route 70	654-2546 Ext.210
St. Mary of the Lakes School Fax		654-8125
Parish Religious Education	196 Route 70	654-2546 Ext.310
Parish Youth Minister	40 Jackson Road	654-2546 Ext.111
Bulletin Editor	40 Jackson Road	654-8208 Ext.131
St. Vincent de Paul Society	1 Jones Road	953-0021

Like us on Facebook! www.facebook.com/smlparish
Get our parish phone app!

PARISH REGISTRATION: ALL ARE WELCOME "God is rich in mercy, because of His boundless love for us." Ephesians 2:4 tells us God's love knows no boundaries and neither does St. Mary of the Lakes. New parishioners, regardless of where they live, are welcome and encouraged to register at our parish. Registration forms are available at the doors of the church, in the parish office, and on our website at smlparish.org. Click on contact us/registration.

SACRAMENT OF RECONCILIATION Confessions are heard on Saturdays after 9:00 a.m. Mass and at 4:30 p.m. You may also call the parish office to make an appointment for a different time.

SACRAMENT OF THE SICK Please call the parish office anytime or speak to one of the priests after Mass.

SACRAMENT OF BAPTISM The Sacrament of Baptism is celebrated on the second Sunday of the month at 1:30 p.m. Parents must attend a Baptism Preparation Session prior to their child's Baptism. Sponsors also are encouraged to attend. Call the parish office (609) 654-8208, Ext. 110 as early as possible to make the necessary arrangements.

SACRAMENT OF MATRIMONY Congratulations to our engaged couples. Call (609) 654-8208, Ext. 110 to make arrangements for your wedding. We suggest you call at least a year in advance.

BECOMING CATHOLIC (RCIA) If you or someone you know is considering becoming a Catholic Christian or if you were baptized Catholic but never received First Communion and/or Confirmation, call (609) 654-8208, Ext.113. There are no tests to pass or fail. There is only faith to give and share.

EUCCHARISTIC ADORATION Every Thursday after 9:00 a.m. Mass, concluding with Benediction at 7:00 p.m. on the first Thursday of the month.

MINISTERIAL VISITS The Sacraments are available to anyone confined to home or institution. Please contact the parish office if you know anyone who is unable to get to church.

ST. VINCENT DE PAUL SOCIETY The St. Vincent de Paul Society is an all-volunteer ministry with services provided and supported by many of our parishioners. "Vincentians" provide outreach and assistance to anyone in need throughout our parish region. Jim Dwyer, President. (609) 953-0021, Ext. 5.

Fifteenth Sunday in Ordinary Time Mass Intentions

Saturday	July 15
5:30 p.m.	Merilyn Sue Cackowski —Sue Cranston
Sunday	July 16
7:30 a.m.	Brighly Dougherty —The DeRespino Family
9:00 a.m.	For Our Parishioners
10:30 a.m.	Deceased Member of Knights of Columbus Council 6520
12:00 p.m.	Philip Toscano —The Saraceni and Toscano Families
6:00 p.m.	Jerry Cloud —Brenda Lynne Casano and Family
Monday	July 17
7:15 a.m.	Betty Veves —Elizabeth DeSessa
	Joseph Brian Quick —His Family
	Richard Minnium —The Rakoczy Family
Tuesday	July 18
9:00 a.m.	John Orio —His Wife, Tina
	Joseph Firlik —Cleone Byrne
	James John Galante, Jr. —His Mother Ann
Wednesday	July 19
7:15 a.m.	Elizabeth J. Winterle —Kathryn Illo
	Thomas Scarduzio —Mary and Maria
	Michelle Carroll —Rose and Tom Pacanowski
Thursday	July 20
9:00 a.m.	Rev. Liam McDonald (living) —His Sister Annie
	James Granahan —Paul and Kathy Hellberg
	Ron Sabo —Kathy Doyle
Friday	July 21
7:15 a.m.	Nora Fitzpatrick —Tim Finnegan
	Bunkey Frame —The Marabella Family
Saturday	July 22
9:00 a.m.	Jack Davis —SMLCCS Clergy, Staff, and Parishioners
	Theresa Emerle —Gloria McGranaghan
5:30 p.m.	Robert H. Hickman —Mr. and Mrs. Louis DiVentura and Family
Sunday	July 23
7:30 a.m.	Jody Harvey —The Manuelli Family
9:00 a.m.	For Our Parishioners
10:30 a.m.	Jerry Cloud —The Frank Casano Family
12:00 p.m.	Alex Curcio —Tim and Michelle Welsh
6:00 p.m.	John F. Connell —Jim and Katherine Hay and Family

Please pray for the souls of
Anthony Gallo, Tracey Little,
Esperanza Rodriguez and Anne Ross
and keep their families in your prayers.



Long-term prayer requests (those over a year old) will not be published individually, but will be prayed for at each Mass, as will the following: Karen Achey, Joseph Aromando, Sr., Cathryn Barry, Tara Brickley, William Brooks, Norma Bush, Dorothy Cole, Kelsie Cole, Brooke Conklin, Alice D'Orisio, Bernadette DiAndrea, Sally DiBella, Thomas Dickinson, Sandy DiMaio, Joseph Dinoto, The DiVentura Family, Theresa R. Dumas, Lisa Dyonda, Baby Dyonda, Adrianna Ferringio, Bill Finegan, Dolores Fleming, Abbey Fox, Harriet Galasso, Catherine Glass, Cass Henderson, Robert Henderson, Crane Hertz, Sawyer Michael Howarth, Ann Jannelli, Morgan Kelly, Edmond Kessel, Monica Kinsella, John Lock, Michelle MacDonald Bendell, Judy Meleski, Daniel Mensel, Bert Minella, Frank Parker, The Pedercini Family, Baby Jack M. Pisano, Tom Prendergast, Andrea Price, Donna Pritchett, Bill Quigley, Donald Raman, Ken Rappe, Briana Reid, Paolo Reyes, Kathy Rezynek, Alissa Rose Rorie, Richard Rybarczyk, Timothy Ryan, Barbara Saltenberger, Michael Simpkins, Colleen Sorbello, Joe Strohlein, Cole Tronzo, Larue Turner, Col. Michael Underkofler, Ret. USAF, Eric Wall, Jamie Westphal, Loretta Whatley



PVT John Anderson; 2nd LT Kyle Brandt, USAF; 1st LT Katherine Collins, USA; 1st LT Erin Corcoran, USA; CAPT Kevin Emmons, USAF; BG Steve Gilland, USA; MAJ Suzanne Gillern; SPC Nicholas Graham; PVT CM Sean Grannan, USA; LTJG Jeremy Griffin, USN; LT Kevin Hickey, USN; LTJG Sean Hickey, USN; 2nd LT Waverly Hock, USAF; MAJ William Hock, USAF; LT Matthew Knepper, USN; PVT Nicholas Lawrence, USA; GM3 David Lewis, USN; CM Jonathan Ross, USN; Cadet Nolan Smith; CAPT Matthew Sturgis, USA

Thank you for your service to our country!

You must live a life of communion and prayer if you are to save others. Take My words as a commandment to you: "By prayer and fasting." Pray and deny yourself and you will be used marvelously to help and save others.

Offertory Collection for Sunday, July 2, 2017

Donations In Cash	\$1,135.00
Donations In Envelopes	\$19,228.00
Average Envelope Gift	\$35.22
Total Number of Envelopes	613
2nd Collection Holy Father/Peter's Pence	\$3,250.60
St. Vincent de Paul (Poor Boxes)	\$138.00

Offertory Collection for Sunday, July 9, 2017

Donations In Cash	\$2,628.06
Donations In Envelopes	\$23,782.08
Average Envelope Gift	\$35.23
Total Number of Envelopes	759
St. Vincent de Paul (Poor Boxes)	\$66.00
Parish EGiving - June	\$24,594.79

Daily Mass Schedule Change for July

The daily Mass schedule from July 17th through July 29th will be as follows: Monday, Wednesday, Friday at 7:15 a.m. and Tuesday, Thursday, Saturday 9:00 a.m.

Our Faith. Our Family. Our Future.



Thank you to all of our generous families who helped us raise \$342,055 during the Our Faith. Our Family. Our Future. Capital Campaign on Commitment Weekend! We are truly humbled by the overwhelming response we have received and are grateful to every single family who has made a sacrificial gift to this campaign.

To date, St. Mary of the Lakes has raised a total of \$3,270,355! There are additional pledge cards available in the back of the church for families who are still praying over their decision.

Once again, I would like to sincerely thank each family that has answered God's call to be a good steward by making a financial commitment to our campaign, volunteered their time to assist with our efforts, or prayed for our success. This parish could not be the thriving community that it is today without your time, talent, and treasure, and I am so grateful for all that you do.

Making Pledge/Donation Online

To make an OFOFOF pledge/donation online, go to our website homepage and follow the directions or go to www.faithtomovemountains.org. Click on Donate Now. In the comment box under Select Parish To Receive Credit, click on St. Mary of the Lakes, Medford and reference Our Faith. Our Family. Our Future. campaign.



Altar Flower Donations

Altar flowers for today's Masses and throughout the week were graciously donated in memory of

**John Orio
by His Wife Tina**

R.I.C.A.: A Faith Exploration Experience

Are you wondering how to become a member of the Catholic Church? Do you know someone who is considering becoming a member? Or, perhaps you are a baptized Catholic, who, for whatever reason, never received your First Holy Communion and were never Confirmed. If so, we invite you to explore the Rite of Christian Initiation of Adults (R.C.I.A.) here at Saint Mary of the Lakes.

The R.C.I.A. is a process for those age 15 years old and older that helps them look at their relationship with God and discover how the Church can support that relationship.

If you know someone who would like to become part of this process or for more specific information, contact Christine Brandt, (609) 654-8208, Ext. 113 or cbrandt@smlparish.org.

Little Samaritans Helping "Mommies and Babies"



Young parishioners Floyd (age four) and Natalie (age two) Irwin took money from their piggy banks and placed it in the baby bottles for the South Jersey Good Counsel Home for homeless, pregnant mothers. Floyd said, "We want

to help the mommies and the babies." It is a joy to see the true spirit of the Good Samaritan in those so young. For more information about Good Counsel Home, call JoAnn DiNoia (609) 387-2928.

Ants are creatures of little strength, yet they store up their food in the summer. Proverbs 20:35

Downloaded Our Parish App? Using it?

Have you downloaded the free app yet so you can get the Daily Readings on your phone? Also, you can communicate with Ministry members and Ministry Leaders through the SML parish app. No emails, no texts! Just use the Groups icon on the app to join in or begin conversations with your fellow ministry members. It's a great way to call meetings, have faith-based conversations, catch up on faith-based news, and parish events.

Student Scholarships Awarded to McNally, Gibson



Joseph Badame presented Brianna McNally and Grace Gibson with the Phyliss Badame \$1000 Student Scholarship Award for the Arts for their dedication and commitment to our parish and Catholic education. The Phyliss Crudo Badame Scholarship Fund for the Arts was founded to honor the memory of his late wife.

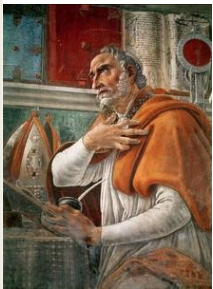
Bringing Your Loved Ones to Christ

For the past few weeks, many have been praying for those who may find an encounter with Jesus through Operation Peter. This September our parish will be offering an opportunity to invite them to *Discovering Christ*, a seven-session program that answers such questions as, What is the meaning of life? Why am I here? And many more.

Keep an eye on the bulletin for more information in the coming weeks.

From a Sermon by St. Augustine:

If I wanted to serve men, I would not be a servant of Christ.



This is our glory: the witness of our conscience. There are men who rashly judge, who slander, who whisper and murmur, who are eager to see what they do not see and eager to spread abroad things they have not even a suspicion of. Against men of this sort, what defense is there, save the witness of our own conscience?

A thing is not necessarily true because it is badly uttered, nor false because it is spoken magnificently. St. Augustine



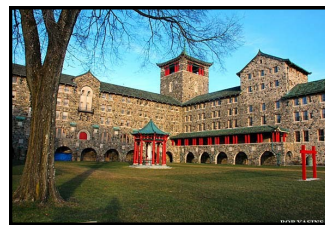
St. Mary
of the Lakes
SCHOOL

SMLS Teacher Positions for New School Year

St. Mary of the Lakes Catholic School is looking to fill the following teacher vacancies for the 2017-2018 school year: Teacher of Grade Two, including First Eucharist preparation; Teacher of Grades 5 and 6 Mathematics and Grade 6 Religion; Teacher of Grades 7 and 8 Science and Grade 7 Religion.

All positions require appropriate NJ Teacher Certification. Successful candidates must be VIRTUS trained and successfully complete Criminal Background Check and Fingerprinting. Candidates applying for positions that include teaching Religion must be Catholics in good standing. Qualified candidates should submit current resume, copy of NJ certification, and three letters of professional reference to Ms. V. Kleinknecht, St. Mary of the Lakes School, 196 Route 70, Medford, NJ 08055, no later than July 18, 2017.

Maryknoll Missionary Father Robert Jalbert To Speak at Next Week's Masses



Next weekend, Father Robert Jalbert of the Maryknoll Fathers and Brothers, who has served as a missionary in Kenya and Tanzania, will be speaking at all Masses.

Currently Director for Mission Education and Promotion for the Maryknoll Fathers and Brothers, Father will invite parishioners to take part in the vital work of bringing Christ and His Gospel to all people.

Maryknoll, headquartered in Ossining, New York, is the popular name for the Catholic Foreign Mission Society of America, founded over 100 years ago to follow Christ's command to preach the Gospel to all the nations. They serve principally among the poor in places where the Church is unknown or in great need. While here, Father Jalbert will be happy to talk with parishioners interested in the possibility of doing overseas mission work.

Are You Ready for the Parish Family Picnic?

Saturday, September 9th

11:30 a.m. - 3:30 p.m.

SML School Grounds

Thanks from Father Carlos

It is with deep gratitude that I acknowledge all of the people at St. Mary of the Lakes parish. As a Latino-ordained priest, I was welcomed with open arms. Our worlds could not possibly have been any more diverse, yet you accepted me with your sincere hearts. I will always remember the outpouring of love and support that I received throughout my two years at St. Mary of the Lakes. It has been a blessing to have the opportunity to serve you.

This parish and the people in it will always hold a special place in my heart. Thank you for allowing me to share in your most intimate moments, whether it was going through the pain and sorrow of losing a loved one, visiting you in the hospital when you were sick, needing someone to talk to or share a laugh, getting married or baptizing your children. Thank you for the hellos, handshakes, fist pumps, hugs, jokes and smiles. These kind gestures are so very important to us all.

I thank you, too, for the tremendous show of support at my last Sunday Noon Mass and the following farewell luncheon hosted by the parish. The food and desserts were so generous! Thank you to all who planned and volunteered their time to make my last Mass and reception so very special.

I felt truly blessed and humbled by the many well wishes, kind words, heartfelt cards, and most generous gifts that I have received. Words cannot express how full of joy you made me feel. I love you all and will remember you in my prayers, and ask that you keep me in yours, as I continue my life's journey at my new priestly assignment in Bayville.

May I also thank my brother priests, Father Dan, Monsignor Vaughan, Father Griswold and Deacons Joe and Ken. You are all remarkable and honorable men of God. I will miss you dearly.

May God Bless Us All!

Father Carlos

What we do in life echoes in eternity.



CERTIFICATE OF APPRECIATION

THE DEACON T. M. COLLINS AWARD



THIS CERTIFICATE AWARDED TO

FATHER CARLOS A. RIOS

IN RECOGNITION AND APPRECIATION OF
YOUR HUMANITARIAN DEEDS,
YOUR FIDELITY, INSPIRATION AND
YOUR COURAGE OF PUTTING FAITH AND
LOVE INTO ACTION AS
DEMONSTRATED BY YOUR PERSONAL
INTERACTIONS WITH PARISHIONERS AND
YOUR MISSIONARY ACTIVITIES IN
COLUMBIA

WE THANK YOU FOR ENRICHING OUR LIVES AND
INSPIRING US
PRESENTED BY: GEORGE DEAN DE GRADY-KIRCHET
DATE: 2016-20-2017



Resources for Helping the Homeless in Our Community

According to the U.S. Department of Housing and Urban Development, an estimated half-million people on any given night are without a bed to sleep in. Homelessness is a circumstance that nearly everyone thinks could never happen to them, yet, there are thousands of men, women, and children with nowhere to call home. We can help and no action is too small to make a difference. Visit our website, www.smlparish.org, to see how you can be of help to those in need and decrease the fear and loneliness of the homeless. There is a list of homeless shelters, items that you never thought to donate to those in need, even how to save homeless pets without adopting. Visit www.smlparish.org to find simple ways in which you can help.

St. Paul School, Burlington, Seeks Elementary School Principal

St. Paul School, a Pre-K to 8 Catholic school of approximately 175 students located in Burlington, is seeking a dedicated, dynamic principal. Candidate must be a practicing Catholic, articulate in the Faith, with a Master's Degree in Administration and a minimum of five years of teaching experience, preferably in a Catholic school. The candidate must also have an NJ Principal Certificate or equivalent. Prior administration experience preferred. Applicant must supply evidence of competency in management and communication skills. Submit resume, letter of interest to:

Principal Search Committee

St. Paul School

250 James Street

Burlington, NJ 08016

principalsearch@stpaulbrl.org

Iconography Workshop Returns to St. Mary of the Lakes



The Prosopon School returns to St. Mary of the Lakes with an intensive icon workshop/retreat at our parish beginning September 9th in the Emmaus Center. Students will have the opportunity to create a Byzantine-style sacred icon using natural materials: wood panels with natural gesso, genuine gold leaf, and egg tempera. The focus will be on the icon writer's spiritual growth through prayer, lectures, and the practice of the ancient technique of iconography. Artistic experience is helpful, though not necessary, as icon "writing" is a form of contemplative prayer, as well as an artistic practice. All are welcome.

Master iconographer Dmitri Andreyev will conduct the class. Born in St. Petersburg, Russia, Dmitri came to America in 1991 to study traditional iconography with his father, Vladislav Andrejev, master iconographer and founder of the Prosopon School of Iconology.

Saturday, September 9, 9:00 a.m. to 4:00 p.m. (required for beginners)

September 11-15, 9:00 a.m. to 5:00 a.m. Monday through Friday; daily Mass: 7:15 a.m. or 9:00 a.m. (optional)

Cost: \$450 tuition

Beginning students, others requiring a board add materials fee of \$150. Pigments are supplied.

Registration: send nonrefundable* deposit of \$150, to be applied toward tuition, by August 15th. (A minimum of 10 students is necessary to hold the workshop.) Make checks payable to "Nadine Haines/icon wkshp. coordinator." Mail with contact information to Nadine Haines, 16 Pendleton Ct., Medford, NJ 08055

*Deposit will be fully refunded if workshop is cancelled. For more information, call Nadine Haines (609) 953-5892.



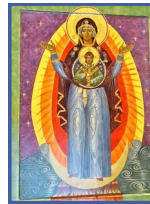
Glory to God Prayer Group

The Glory to God Prayer Group meets every Tuesday from 7:30-9:00 p.m. in the Emmaus Center. For information, contact Marianne Perkins at (609) 760-9221 or marnperk@gmail.com.

Donate Altar Flowers for a Loved One

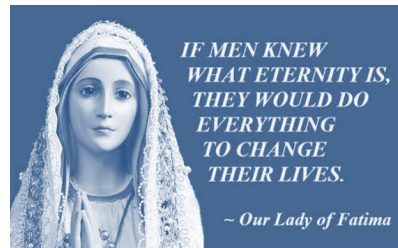
Make a donation of \$170 for altar flowers to honor a loved one or make a special prayer request. Call the parish office at (609) 654-8208, Ext.110.

Pray for Vocations!



We can help the Church increase the number of priests if we pray for vocations by using our *Pray for Vocations* icon of the Mother of the Eternal High Priest. Sign the roster on the bulletin board outside the sacristy if you can participate. Praying this

Invite Our Lady of Fatima Statue to Your Home



Since most people are unable to make a pilgrimage to Fatima, Portugal, the place where Mary appeared to the now-sainted children, Maria, Jacinta, and Francisco, and to whom she gave

her formula for peace and the conversion of Russia, The Legion of Mary now has a blessed Pilgrim Virgin Mary statue that can travel to parishioners' homes for one to two weeks at a time. We encourage you to invite Mary into your home and to pray the rosary together as a family, with friends, or neighbors. For more information about this ministry, contact Marta DeGisi, (609) 654-1256, mdegisi@gmail.com or call the parish office. Mary wants to visit your home!

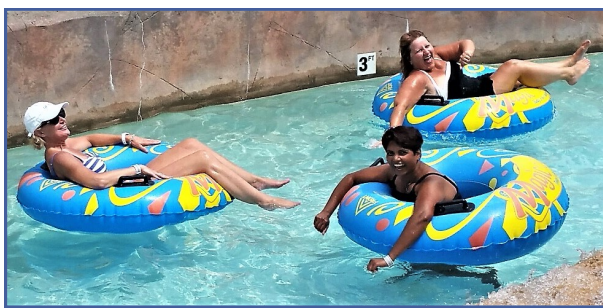
Redemption Songbook



Don't forget to use our new songbooks located in the pews to sing along at 6:00 p.m. Mass with our contemporary Christian music group Redemption.

Altar Servers Have a Blast in Seaside Heights!

Twenty three of our altar servers were treated to a day of fun and sun at the Breakwater Beach Waterpark in Seaside Heights where they enjoyed the awesome rides, sunning, and lunching this past Tuesday. Father Dan, Father Roy, Youth Minister Linda Xerri, and parental chaperones also enjoyed their day with the children and snapped a wide array of photo memories. The event was a special “Thank You” to those young people who are dedicated to serving our parish in this special way.





St. Mary
of the Lakes
GOLF CLASSIC

SPONSORSHIP FORM

35th Annual Golf Outing And Luau Party

MURPHY'S
Fresh **MARKETS**

TOURNAMENT SPONSOR

**Invites You To Build
A Better Future**

St. Mary Of The Lakes Golf Classic

Held At
Medford Village Country Club

Golf View Drive,
Medford, NJ 08055



**Yes, I'd Like To Help
St. Mary Of The Lakes
by becoming a sponsor
of their annual golf outing.**

- ☐ Luncheon Sponsor (includes Foursome & Hole Sponsor & Lunch, Dinner & Beer/Guzz) ... \$3,500.00
- ☐ Cocktail Sponsor (includes Foursome & Hole Sponsor & Lunch, Dinner & Beer/Guzz) ... \$2,500.00
- ☐ Gold Sponsor (includes Foursome & Hole Sponsor & Lunch & Dinner) ... \$2,500.00
- ☐ Hole Sponsor \$500.00
- ☐ Golf And Luau Party \$300.00
- ☐ Luau Only \$150.00

Sponsors will be acknowledged in a Central Revised Display Ad and the St. Mary Church bulletin, post tournament.

Included is our duration of \$ _____

to become a _____ sponsor.

Company Name: _____

Contact: _____

Address: _____

City: _____ St. _____ Zip: _____

Please mail to & make checks payable to
St. Mary Of The Lakes Golf Classic
c/o Medford Village Country Club
Mr. Lou DeBella, PGA Golf Professional
Golf View Drive • Medford, NJ 08055
609.651.2211

Sorry we cannot accept any credit cards.

Foursome

1 _____ 2 _____ 3 _____ 4 _____
Shirt Size S M L XL S M L XL S M L XL S M L XL

**Wednesday
August 23rd, 2017**

**12:30 pm
Shotgun Start
5:30 Cocktails and Dinner**

**Surf and Turf
Lobster, Shrimp,
Roast Pig, Steak**

Printing of this flyer courtesy of Victor Printing

July Health Tip from Our Parish Health Ministry

Cutting Fat in Baked Goods



To reduce the fat by $\frac{1}{2}$ to $\frac{3}{4}$ in muffins, cakes, quick breads and other baked goods, substitute non-fat ricotta cheese, non-fat plain yogurt, or pureed fruit (e.g., applesauce, mashed banana, pureed prunes) for the entire amount of fat called for in the recipe. Add back 1-3 teaspoons of oil, e.g., if recipe calls for $\frac{1}{2}$ cup of oil, use $\frac{1}{2}$ cup ricotta cheese or plain yogurt and 1-3 teaspoons of canola oil.

To reduce the fat in cookies, brownies, or other similar baked goods by up to $\frac{2}{3}$, substitute equal parts of non-fat ricotta cheese, non-fat yogurt, margarine, non-fat cream cheese (not from a tub) for entire amount of fat called for in recipe. For example, if recipe calls for 1 cup of margarine, use $\frac{1}{3}$ cup of non-fat plain yogurt, $\frac{1}{3}$ cup margarine, and $\frac{1}{3}$ cup non-fat cream cheese.



To reduce fat by $\frac{1}{2}$ in a pie crust, substitute $\frac{1}{2}$ of the shortening with cold non-fat cream cheese, (not from a tub). Chill dough for 1-2 hours before rolling out; do not over roll. For example, if recipe calls for $\frac{1}{2}$ cup shortening, use $\frac{1}{4}$ cup margarine or shortening and $\frac{1}{4}$ cup non-fat cream cheese instead.

Helpful Hints

- Applesauce - Reduce sugar in recipe if the applesauce is sweetened
- Pureed Prunes – Good for chocolate desserts
- Mashed Bananas – Brown spotted ripe bananas work best
- Shredded Carrots – Good with orange and spice-flavored baked goods
- Shredded Zucchini – Best in chocolate cakes
- Pureed Pumpkin or Mashed Sweet Potatoes – Best in spice-flavored baked goods
- Non-fat Plain Yogurt – Best if drained over night and liquid discarded
- Non-fat Cottage Cheese – Best if pureed into smooth texture
- Part-Skim Ricotta – Best in yeast breads
- Neufchatel Cheese or Non-fat Cream Cheese – Best substitute for shortening

Weekly Calendar

Sunday, July 16, 2017 to Sunday, July 23, 2017

Sunday, July 16	Masses AA Meeting	7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.—Church 7:00 p.m.—Parish Meeting Room
Monday, July 17	Mass Daughter's of St. Therese	7:15 a.m.—Church 7:00 p.m.—Church
Tuesday, July 18	Mass Glory to God Prayer Group Rosary	9:00 a.m.—Church 7:30 p.m.—Emmaus Center 7:30 p.m.—Conference Room
Wednesday, July 19	Mass Vacation Bible School Training Legion of Mary—Apostolate of the Rosary Bocce and Horseshoe League	7:15 a.m.—Church 9:00 a.m.—School Auditorium 9:30 a.m.—Conference Room 6:30 p.m.—Emmaus Center Backyard
Thursday, July 20	Mass Adoration Miraculous Medal Novena Reposition of Blessed Sacrament	9:00 a.m.—Church 9:30 a.m.—Church 6:30 p.m.—Church 7:00 p.m.—Church
Friday, July 21	Mass	7:15 —Church
Saturday, July 22	Masses Confession	9:00 a.m. and 5:30 p.m.—Church 9:30 a.m. and 4:30 p.m.—Church
Sunday, July 23	Masses AA Meeting	7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.—Church 7:00 p.m.—Parish Meeting Room

Rosary Prayer Groups

Tuesday, 7:30 p.m. (see above for location), weekdays and Saturday after morning Mass,
Monday, Tuesday, Wednesday and Friday 3:30 p.m. in church