The Parish of ST. JOSEPH HOMEWOOD, IL

Fostering Christ's Love in Our Lives

17951 Dixie Highway • Homewood, IL 60430

www.stjoehomewood.org

PARISH STAFF

Rev. Robert J. Kyfes ..... Pastor
Rev. Daniel F. Jarosewic..... Associate Pastor
Rev. Richard J. Kozak ..... Pastor Emeritus

Jack O'Leary ..... Deacon Ministry
George & Nancy Maddock..... Deacon Ministry

Karen Shifflett..... Director of Religious Education
John Ligda ..... Director of Music
Mary Bohlen, R.N. ..... Health Ministry
Eileen Santschi..... Financial Manager
Agatha Kienzle ..... Parish Administrative Assistant
Kevin Kulchawik..... Maintenance Engineer

WEEKEND LITURGIES

Saturday Mass ..... 5:15 PM
Sunday Mass..... 7:30, 8:30, 10:00 & 11:30 AM

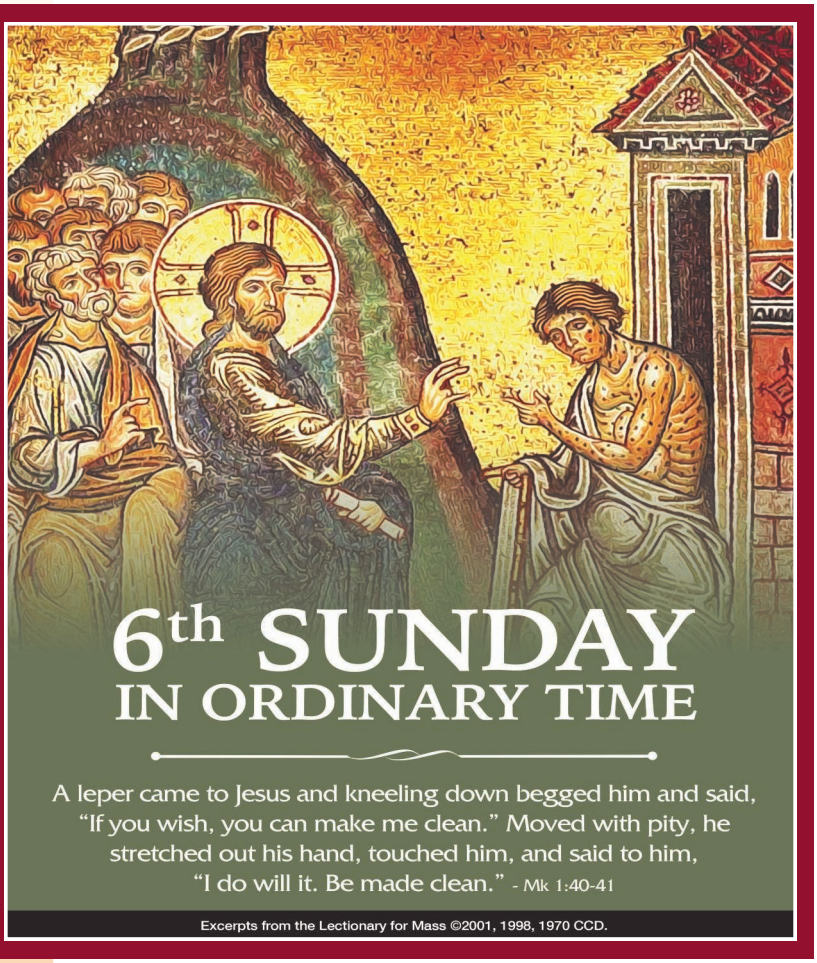
WEEKDAY LITURGIES

Monday-Friday Communion Service ..... 6:30 AM
Monday through Saturday Mass ..... 8:30 AM
Saturday Communion Service ..... 6:45 AM

Holy Day Masses
Evening Before Holy Day..... 7:00 PM
Holy Day..... 8:30 AM

Sacrament of Reconciliation
Saturday ..... 4:30-5:00 PM

Adoration & Benediction of the Blessed Sacrament
First Thursday..... 9:00 AM-12:00 noon



OTHER SACRAMENTS

Baptism
Sundays at 1:00 PM. Arrangements can be made for any Sunday after attending a Baptismal Preparation Session.

Marriage
Contact the Rectory at least six months prior to the wedding. Please call the Rectory for available times and dates.

REGISTRATION

New parishioners are invited to register at the rectory as soon as possible.

CONTACTS

Rectory.....(708) 798-0622; fax: 798-6137
Director of Religious Education.....(708) 798-6311
Director of Music .....(708) 798-8412

Parish E-mail.....info@posjhomewood.org
Prayer Ministry E-mail.....prayers@posjhomewood.org

Office Hours Mon., Wed., Fri......8:00 am - 4:00 pm
Office Hours Tues. & Thurs......8:00 am - 7:30 pm
Office Hours Sat......9:00 am - 1:30 pm
Office Hours Sun......9:00 am - 11:30 am

From Our Pastor

LENT 2018

Back to basics is perhaps the best, or at least the simplest, way to describe how the forty days of Lent should affect the lives of believers. And what are those basics? Jesus himself identifies them in the gospel we hear on Ash Wednesday: "When you **fast**… when you **pray**… when you **give alms**…." Those have long been considered the three "disciplines" of Lent. And discipline is certainly what's needed if we are to make prayer, fasting and almsgiving as central to our lives as they should be.

Prayer grounds us, not only in the discipline of lent, but in every other dimension of Christian life. Lent offers us the opportunity to examine how prayer is woven throughout each moment of life, from the time we wake to the moment we close our eyes in sleep. Does your day begin with prayer, with words of praise for the gift of another dawn? Are prayers of blessing and thanks integral to every meal of the day? Does a prayer of trust acknowledge the Lord's presence beside you at home or work or school? Does your day end with petition for the needs of the world and prayers of gratitude for the blessings of the day? Do you pray each Sunday with the community and will you take advantage of other opportunities offered by the parish?

Fasting is the discipline of Lent that helps us make room in our filled and busy lives for the life that really matters: our life with and in the Lord. Fasting in the Christian tradition has most often been associated with food. But all that the law of the Church demands of us now is that we **fast** (eat less) on only two days each year: Ash Wednesday and Good Friday—and only then if we are of a certain age (those regulations can be found elsewhere in this bulletin). On Ash Wednesday and all the Fridays of Lent, we must **abstain** from meat—again, if we are of a certain age. But if that is the only fasting we embrace during Lent, what are we saying about the importance of our life in and with Jesus? There is probably much more that most of us need to do when it comes to fasting. If food does occupy a central place in life, perhaps the Friday evening **Fish Fry** is for you. But what about fasting from TV or the internet? Abstaining from cigarettes or alcohol? Fasting from laziness or busyness? Abstaining from anger, impatience or gossip? The list could go on and on. Decide this week what fasting or abstaining is needed in your life so you can begin to appreciate the life that really matters, in and with the Lord. You can find the official regulations on fasting and abstinence elsewhere in today's bulletin.

(Continued on page 3)

OUR WEEKLY OFFERING

FEBRUARY 3RD & 4TH

Weekend Giving $8,177.19
Electronic Giving.....1,289.00

Total $9,466.19

Budget.....$11,600.00
Down.....$2,133.81 ↓

Envelopes Received:

Adults 216
Children..... 7
Sharing..... 4

Thank you for your generosity

TO TEACH WHO CHRIST IS

TO TEACH WHO CHRIST IS
PROGRESS TO DATE

TOTAL PLEDGED.....$1,186,930

PARISH - COLLECTED TO DATE...$297,725

AOC - COLLECTED TO DATE.....$198,484

Parish Ministries

(Call Rectory for contact numbers.)

Altar Servers
Contact: Fr. Dan Jarosewic, Deacon Jack O'Leary

Arts & Environment
Contact: Erin Roeper, Jeannine Ruse

Baptismal Preparation Classes
Contact: Paul and Deborah Hart

Bereavement Ministry
Contact: Rosemarie Kearney

Bulletin
Contact: Agatha Kienzle

Catechists (Religious Education)
Contact: Karen Shifflett

Elizabeth Ministry
Contact: Marge Hayes

Extraordinary Ministers of Communion
Contact: Deb Framarin, Jack Hayes

Gardening Team
Contact: Elaine Hoffman

Health Ministry/Parish Nursing
Contact: Mary Bohlen, R.N.

Knights of Columbus
Contact: Joe Santschi

Lectors
Contact: Mike Ormsby, Tom Brabec

Liturgy Writing Team
Contact: Joyce Janowick, Janet Ormsby

Ministers of Care
Contact: Deacon Jack O'Leary, Jack Hayes

Music Ministry
Contact: John Ligda

Piecemaker Quilters/Prayer Shawl
Contact: Marietta Burke

Prayer Ministry
Contact: Julie Orbik

Respect Life Ministry
Contact: Teri McGinley

Sanctuary Guild
Contact: Magda Hepokoski

St. Vincent De Paul Society
Contact: Emmet Cassidy

Ushers
Contact: Jan Coffey

Web Site Editor
Contact: Agatha Kienzle

From Our Pastor

(Continued from page 2)

Almsgiving—generosity—is the third discipline of Lent. Like prayer and fasting, it is a basic element of the Christian life year-in and year-out. Almsgiving is **not** what we do with our leftovers, but what we give from the substance of our lives. Almsgiving is what Christians do **before**, not after, their own needs are satisfied; it is the powerful proclamation of trust in the providence of an extravagantly generous and loving God. We're called to give generously and selflessly, not only to our parish community, but to those beyond our parish boundaries who are in need of our care and concern.

Each one of us must decide just how (and how much) prayer, fasting and almsgiving will mark our Lenten journey. But every parish has a responsibility to provide opportunities for the members of the community to live out the disciplines of Lent. Make some or all of them a part of your Lenten journey this year. The Lenten Calendar you will find in this bulletin should also be a great help in planning your schedule around this pivotal season of the Church Year. The calendar is prepared so that you can conveniently post it in a prominent place in your home during these Lenten days.

PRAYER

Ash Wednesday – February 14: Masses will be at **8:30a.m.** and **7:00p.m.**, and there will also be the regular **6:30a.m. Communion Service** and an additional **4:00p.m. Prayer Service.** Ashes will be distributed **during** these masses and services, **not** before and **not** after. Please understand that we can't say exactly when the distribution of ashes will take place at each mass or service.

Lenten Mission – Monday, Tuesday & Wednesday, **March 19, 20 & 21** at **7:00p.m.** Our Episcopal Vicar, **Bishop Joseph Perry**, will be with us on **Monday**, **March 19** to help us celebrate the feast of our patron, St. Joseph, with a Mass and inspirational homily, followed by refreshments in the rear of church. **Deacon James Norman** will speak on **Tuesday, March 20**, inviting us to reflect on the Covenant God has made with us. After more than 30 years, Deacon Jim retired from the Kraft Foods Group in July of 2013 to explore the second half of life focused on family, ministry as an ordained Deacon in the Archdiocese of Chicago. Since 2015, he has served as the Director of Vicariate Operations for the Archdiocese of Chicago working with over 60 churches, 20 grade schools and 13 high schools providing operations, financial and strategic support to meet the needs of the diverse Catholic faith community on the south side of Chicago. Finally, on **Wednesday, March 21**, I will conclude the Mission with a homily focused on the Covenant expressed in the Suffering Servant Songs of the Prophet Isaiah.

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From Our Pastor

(Continued from page 3)

Daily Mass: Monday thru Saturday at **8:30a.m.** There will also be the usual 6:30a.m. Communion Service, Monday thru Saturday. There will NOT be a Wednesday evening Mass as in past years because of the minimal attendance.

Friday Way of the Cross: From **February 16 through March 23, at 7:00p.m.**, you are invited to walk with Jesus on his journey to Calvary.

The Sacrament of Penance: In addition to the regular Saturday time for Confessions—4:30 to 5:00p.m. in the Reconciliation Rooms—there will be additional times to celebrate reconciliation. The date for our **Lenten Communal Penance Service** will take place on **Thursday, March 22nd** at 7:00p.m., and the final opportunity for confessions before Holy Week begins will be on **Saturday, March 24th**, from 3:30 to 5:00p.m. Please remember that the Sacrament of Penance will not be offered once the Sacred Triduum begins on Holy Thursday evening, March 29th.

FASTING

The **Friday Evening Lenten Fish Fry** here at St. Joseph is a wonderful time to join with other parishioners and with guests from surrounding communities to observe the Friday abstinence from meat, and I certainly hope that the gym will be filled on those nights. But also, look again at the section above on ***Fasting*** and promise yourself that you will do even **more** during these Lenten days to make room in your life for what's truly nourishing and important.

ALMSGIVING

Once again, the focus of parish giving during these Lenten days will be the **Baby Bottle Project** in recognition of the vital work of supporting expectant mothers and safeguarding the sanctity of life for the most vulnerable in our society—the unborn children who need to be welcomed into this world to enjoy the life that we all share in the Lord. Please take those bottles anytime during Lent and return them either on Passion (Palm) Sunday weekend, **March 24-25**, or at the Evening Mass of the Lord's Supper on Holy Thursday, **March 29**.

May this coming Lenten Season be a time of refreshment, renewal and deepened commitment to truly live our baptismal promises in the community of the Church and in a world so very much in need of God's love and mercy.

Fr. Bob

6TH SUNDAY IN ORDINARY TIME
FEBRUARY 11, 2018

GOSPEL READING

Mark 1:40-45

Jesus cures a person with leprosy, who reports his cure to everyone.

FAMILY CONNECTION

Today's Gospel invites us to think about the choices we make as individuals and as a family. Jesus was faced with a choice in today's Gospel. By choosing to heal the man with leprosy, Jesus showed God's compassion for the sick and the outcast. The man knew that Jesus had a choice and that Jesus could reject his request. He may have expected that Jesus would not help him. The social taboos regarding leprosy certainly gave him little on which to base his hope. In the person of the man with leprosy, we see an image of all those in need. The sick and the outcast of our world are watching us, to see if we as Christians will choose to extend ourselves to others in need of healing and compassion.

Gather with your family and talk about some of the choices you have made as a family. (where to go on vacation, what activities to do together, how to spend our evenings, and so on) How does your family go about making these decisions? What do your choices communicate to others about your family's values? In today's Gospel, Jesus was faced with a choice. Read today's Gospel, Mark 1:40-45. In choosing to heal the man with leprosy, Jesus chose to show God's compassion and mercy. All our choices reflect our faith, and others are watching. Conclude in prayer together, asking God to help your family show compassion to others in your family decisions. Pray together today's Psalm, Psalm 32, or pray for Vocations.

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Mass Intentions

MONDAY, FEBRUARY 12, 2018
8:30am Helen Cyborski
TUESDAY, FEBRUARY 13, 2018
8:30am Marilyn O'Leary
WEDNESDAY, FEBRUARY 14, 2018
8:30am Joseph Bandera
7:00pm People of St. Joseph
THURSDAY, FEBRUARY 15, 2018
8:30am Thomas & Marjorie Duffy
FRIDAY, FEBRUARY 16, 2018
8:30am Charmaine Swearingen
7:00pm Stations of the Cross
SATURDAY, FEBRUARY 17, 2018
8:30am John Bandera
5:15pm Irene Leo
James Matykiewicz
SUNDAY, FEBRUARY 18, 2018
7:30am Martin Auz
8:30am Ezell Douglas
10:00am Faye Kovich
Charmaine Swearingen
11:30am Edward Corpuz

MASS INTENTIONS

Please visit the parish rectory if you would like to have a mass intention for the year 2018.

Readings for the Week of February 11, 2018

Sunday: Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 [7]/1 Cor 10:31–11:1/Mk 1:40-45
Monday: Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76 [77a]/Mk 8:11-13
Tuesday: Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19 [12a]/Mk 8:14-21
Wednesday: Jl 2:12-18/2 Cor 5:20–6:2/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/Mt 6:1-6, 16-18
Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [40:5a]/Lk 9:22-25
Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/Mt 9:14-15
Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32
Next Sunday: Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15

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Around the Parish

ASH WEDNESDAY – FEBRUARY 14

"Trace a cross, Lord, not only on our foreheads, but on our hearts…." That Ash Wednesday prayer echoes the words from the prophet Joel that we will hear this week: "Rend your hearts, not your garments, and return to the Lord your God." Whether we see ashes as a reminder of mortality ("Remember that you are dust…") or a commitment to change our lives ("Repent, and believe in the gospel"), the reception of ashes on our foreheads says that we have made a **conscious and prayerful decision** to enter into the spirit and discipline of Lent with all our heart.

With that in mind, we invite you to begin Lent this Wednesday, February 14th, by coming to church to receive ashes **in the context of prayer**, rather than on the run from home to work to shopping to home again. Lent, like every season of Christian life, demands that we **make time** to acknowledge our absolute dependence on God and on the Christian community in which we most clearly experience the presence of God in our lives. There will be four opportunities for prayer on Ash Wednesday when ashes will be distributed: the **6:30a.m. Communion Service,** a **4:00p.m. Prayer Service,** and **Masses** at **8:30a.m.** and **7:00p.m.** Ashes will be distributed **during** these services and masses—**not** before and **not** after.

As with other sacramentals, ashes do not confer the grace of the Holy Spirit as the sacraments do; but, by the Church's prayer, they **prepare** us to receive grace and help us cooperate with it. If, for some reason you miss receiving ashes this Wednesday, that's OK. Ashes do not make any of us better Christians; prayer does. If your schedule doesn't allow you to stay at the mass or the service at least until ashes are distributed, then it's probably better to make some time to pray on your own and ask the Lord to "trace a cross on my heart". Then you can take advantage of some of the opportunities offered during the coming weeks of Lent to deepen your relationship with the Lord and with your fellow Christians.

Remember that you are dust…
and to dust you shall return.

Are you Plugged In?

We all know someone who is Catholic who hasn't been to Mass in a long time. And many of us have experienced that the longer you stay away from Mass, the harder it is to go back. And it is hard to get back. Our lives are busy with family schedules, sports, travel, and work. And that is totally understandable. We are overscheduled.

Many of us have heard ourselves or others say:

- "I've been away so long how could I possibly show my face there,"
- "I'm a terrible Catholic I don't deserve to go"
- "I have sinned; how could I possibly walk into the Church"
- "I don't feel welcome"
- "I don't even know the words anymore"
- "I haven't brought my children into the faith."
- "I am an imposter if I go"

And there are many, many, many other reasons that people use (cultivate) to keep them from attending or becoming involved in the church. And that is your opportunity and what you must listen for.

If you have heard someone give a reason NOT to go to Mass, then they are actually still thinking about their religion. We need to invite this person (and challenge them) to investigate that thinking.

And we ALL KNOW SOMEONE LIKE THIS. So here is what we are asking you to do:

ASK YOUR FRIENDS IF THEY ARE PLUGGED-IN? (Are you getting charged up?)

Explain to them that Mass today is a place to go for non-judgmental quiet self reflection, as a mini vacation from our busy lives. Simply as a place to unplug, and get charged. Invite them to come and slow down, if only for an hour.

Priests today understand that modern life is a constant hum of messaging from all corners of the earth. One of the hardest things to do today is to simply slow down enough to be able to actually hear and feel our selves. We simply don't slow down enough. We don't reflect.

So say this to the person you know:

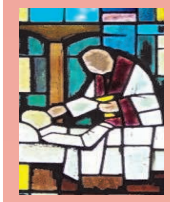
1. You are officially invited to come mass on Ash Wednesday. It's ok … There will be no external judgment.
2. Come to slow down, unplug, and think. Rest and be peaceful. Listen.
3. Let me send you a link to our Facebook page.

You will have given your friend a gift. The act of slowing down just once a week will start to let your friend's voice from within be heard again. That voice hopefully, with enough quietness, will find rhythm with the Holy Spirit and lead to many physical and emotional benefits, including a renewed relationship with God. We all need to unplug from the wild energy of the world and plug-in to the peaceful energy of God. "Unplug to plug-in."

Ask everyone you know: Are you Plugged In?

The St. Joseph Parish Pastoral Council

MINISTERS OF CARE TO THE SICK TRAINING



Once again, St. Lawrence O'Toole will be offering a 4 week training for people interested to become Ministers of Care to the Sick. The training will be held at St. Lawrence O'Toole on the four Tuesdays in Lent — **February 20th, February 27th, March 6th and March 13th.** Since the Archdiocese asks that new ministers have no less than 12 hours of training, the sessions will be from 6:30 PM-9:30 PM. There will be variety of presenters.

To register for the Ministers of Care to the Sick training, please contact St. Joseph Rectory at 708-798-0622

LENTEN REGULATIONS

(from Feb. 14th, Ash Wednesday, to the Paschal Triduum)

Abstinence from meat is to be observed by all Catholics 14 years old and older on Ash Wednesday and on all the Fridays of Lent. Fasting is to be observed on Ash Wednesday by all Catholics who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. The special Paschal fast, as well as abstinence, are prescribed for Good Friday and encouraged for Holy Saturday.

Around the Parish

SUNDAY AFTERNOON AT THE MOVIES

Plan on joining us next **Sunday, February 18th at 12:30 p.m. in the Burke Center** for Sunday Afternoon at the Movies.

We will be viewing:

"War of the Buttons"

All are invited to an afternoon of fellowship and after-movie discussion. Light refreshments will be served.

FISH FRY STARTS FEBRUARY 16

Come out and support our team sports and enjoy the company of friends at the parish's annual Lenten Fish Fry starting Friday, Feb. 16, and running through March 23.

The Athletic Association is serving dinner from 4:30 to 8 p.m. Carry-out is also available.

Dinner includes all-you-can-eat Alaskan pollock fish, curly fries, coleslaw, roll and dessert. Or try the eight-piece shrimp dinner served with coleslaw and dessert.

If fish isn't your pleasure, select from a spaghetti dinner or mac-n-cheese.

Coffee, milk and water are served with meals. Sodas, beer and wine are also available.

Proceeds from the Lenten Fish Fry support the fourth through eighth grade basketball and volleyball programs.

PLEASE REMEMBER RESPOND NOW

Please remember to drop off personal items for RESPOND NOW in the basket in back of church.

THE FOLLOWING ITEMS WOULD BE APPRECIATED:

toilet paper	laundry soap	throw away razors
bath soap	deodorant	sanitary napkins
shampoo	tooth paste	
dish soap	tooth brush	

If one family member could remember to bring just one of the above items, the basket would be full and our clients would greatly appreciate your charity.

For Your Information

Altar Servers' Schedule

Saturday, February 17
5:15 pm Mary Kate Lynch
Carolina Montoya

Sunday, February 18
7:30 am Tacy Graham
Manuel Harris

8:30 am Dylan Houston
Cathy Lopez

10:00 am Berlinda Nwachukwu
Brian Nwachukwu

11:30 am Kaytlind Fuhrmann
Sophia Fuhrmann

Saturday, March 3
5:15 pm Joseph Cole
Patrick Donahue

Sunday, March 4
7:30 am Tacy Graham

8:30 am Diego Alvarado
Nicolas Alvarado

10:00 am Gabriel Tienstra
Charlie Van Etten

11:30 am Lauren Rose
Stephanie Rose

FOR FULL MASS SERVER SCHEDULE, PLEASE VISIT OUR WEBSITE AT
WWW.STJOEHOMEWOOD.ORG/PARISH-MINISTRIES

St. Joseph's Boys Basketball Home Game Schedule

All home games will be played across the street at the Auditorium. (2010 Chestnut St., Homewood)

15-Feb	Thur	7s	Joe's		Linus		6:20
15-Feb	Thur	8s	Joe's		OLOW		7:10

If you would like a copy of your summary of donations to Saint Joseph Church for 2017, please call the rectory office, 708-798-0622.

The Battle of Catholic Schools & Knights of Columbus

COLLEGE BASKETBALL • FOOD • DRINKS

Calling all Catholic Gentlemen over the age of 18 to join us in cheering on DePaul take on Marquette and other games!

Saturday, February 24, 2018 12 Noon

Learn more about the Marian Council of the Knights of Columbus.

Contact Joe Santschi for more information.
jsanch62@gmail.com

LASSEN'S TAP BAR & GRILL
2131 183rd St, Homewood, IL 60430

Guests: Free!
Brother Knights: $20

Calendar of Events

Monday, February 12, 2018
5:00 PM Sports SH

Tuesday, February 13, 2018
5:00 PM Sports SH

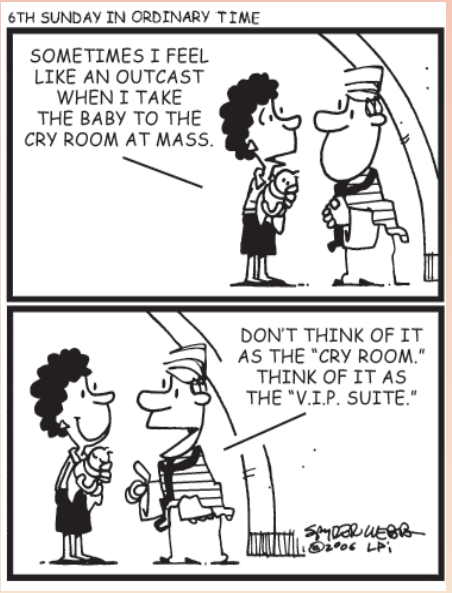
Wednesday, February 14, 2018
ASH WEDNESDAY
6:30 AM Communion Service/Ashes
8:30 AM Mass/Ashes
4:00 PM Prayer Service/Ashes
7:00 PM Mass/Ashes
5:00 PM Sports SH
8:00 PM Festival Choir C

Thursday, February 15, 2018
1:00 PM Piecemaker Quilters BC
6:00 PM Set-up for Fish Fry SH

Friday, February 16, 2018
9:00 AM Sanctuary Guild C
4:30-8:00 PM Fish Fry SH
7:00 PM Stations of the Cross C

Saturday, February 17, 2018
9:00 AM Sports SH
11:00 AM First Reconciliation C
6:00 PM Blood Pressures C

Sunday, February 18, 2018
9:00 AM Sports SH
11:00 AM Blood Pressures C
12:30 PM Sunday Movies BC



Mass Celebrants

Saturday, February 17, 2018
5:15 PM Fr. Kyfes

Sunday, February 18, 2018
7:30 AM Fr. Jarosewic
8:30 AM Fr. Kyfes
10:00 AM Fr. Kondziolka
11:30 AM Fr. Kondziolka

MEDICAL OLD WIVES' TALES THAT HARM, NOT HELP by Kate Eller

Thankfully, modern medicine has moved past medieval treatments like lobotomies to "help" those with mental health issues and bloodletting for "curing" the common cold, but there are still plenty of health myths out there.

Grandparents, or even parents, don't always know best.

Let's separate fact from fiction.

Misconception: Fresh air helps cuts heal faster.
Modern: Keeping a wound moist by covering it reduces infection risk, lessens the chance of re-injury and allows the cells to repair faster. Keeping the wound dry will lead to a scab, which increases the likelihood of scarring.

Misconception: Sterilize a cut with hydrogen peroxide.
Modern: Yes, hydrogen peroxide may help kill bacteria, but it's also killing the surrounding healthy skin cells, impeding the body's ability to heal the wound and increasing the likelihood of a noticeable scar. Instead, wash the cut with soap and water and cover it with a bandage. If the cut is large, or exceptionally deep, seek medical attention right away, as you may need stitches.

Misconception: Butter and toothpaste soothe burns.
Modern: Burns need to cool – naturally. Putting butter, toothpaste or other non-burn-specific ointments on a burn may temporarily feel cool, but will ultimately clog the pores and stifle the body's ability to cool itself. Instead, run cool – not cold – water over the burn for about 20 minutes. If you do choose to put something on it, use an ointment made for burns, triple antibiotic or bacitracin ointment or aloe vera gel. If the burn is severe – is blistered, covers a large part of the body, is oozing, and/or you notice increased pain, redness and swelling – it's best to seek medical attention.

Misconception: Treat frostbite with hot water.
Modern: Skin exposed for too long to below-freezing weather does not necessarily cause full-blown frostbite. The first stage of frostbite is frostnip (your skin turns red, feels very cold and you experience prickling and numbness), which does not cause permanent damage and should be treated by rewarming the area with warm, not hot, water. For true frostbite (pain, burning, numbness, muscle stiffness, further color changes, blisters and loss of sensation), it's a must to seek medical help, as it can damage skin, tissue, muscle and bone. This can lead to permanent damage, especially if the skin is thawed and then refreezes.

Misconception: Stop a nosebleed by tilting your head back or applying ice.
Modern: Leaning forward will prevent blood from running down the back of your throat, which can irritate the stomach and lead to vomiting. Instead, pinch the soft part of your nostrils together right underneath the boney bridge, lean forward and breath through your mouth. Ice does not help stop the bleeding.

Misconception: Feed a cold, starve a fever.
Modern: If you are not feeling well, regardless of the type of illness, proper nutrition is needed to help your immune system recover.

Misconception: Coughing up green mucus means you need antibiotics.
Modern: The color of your mucus is no longer used to determine antibiotic use. Viruses are often accompanied by lots of phlegm, and antibiotics are only effective for bacterial infections.

Misconception: Treat a sprained ankle with heat.
Modern: Don't use heat for this injury. I.C.E. is best; **I**ce on and off every hour or two when you are awake for 20 minutes at a time, **C**ompress the ankle with an elastic wrap and **E**levate the ankle above your heart. Finally, stay off the ankle to help heal the sprain and keep the swelling down. If the pain is excruciating, there is immediate bruising and you cannot put any weight on your foot, it's likely more serious than a sprain, and a visit to the ER is in order.

Misconception: If you swallow poison, make yourself vomit.
Modern: There are certain poisons that can cause more damage on the way back up. Call 911 immediately, and then call the Poison Control Center 24/7 at 1-800-2221-222 to see if there is anything that should be done before help arrives.

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net

Body & Soul

Pray for the Sick

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Sam Amundsen
James Austing
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Bill Bowman
Chuck Bulf
Steve Burke
Myra Calzavara
Joe Cantafio
Kevin Casey
Melissa Chlopecki
Betty Ciger
Mary Clarke
Robert Clarke
Christine Cole
Virginia Collins
Joyce Conley
Robin Coyne
James Curley
Jim Davis
Rosemary DiMayo
Frank Divila
Viola Dobrovits
Char Drozdowski
David Dunne
Valerie Easter
Robin B. Eggert
Adeline Engdahl
Dan Fleming
Dolores Forch
Irene Framarin
Judy Fremouw
Albert Fouts
Lynn Fuentes
Kaytlind Fuhrmann
Robert Fuhrmann
Tom Gallagher
Lois George
John Gnezda
Mary Gray
Mary Joan G'sell-Smith
Andrew Gutter
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Dan Haske
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Lynn Marynowski
Tori Maszak
Meagan McHugh
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John McCloskey
Linda McDonough
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Azarea Moore
Joe Moran
Eileen Morrisey
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Amy Murphy
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Morgan Nolan
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Tim Nye
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Jim O'Leary
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Gerlene Oliver
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Toni Pusateri
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Anthony Van
Frederick Waldschmidt
Pat Williams
Amy Windju
Francis Wright
Jim Wright
Isabel Young

Color Denotes Recently Added

Attention Family Members

After 4 weeks, please notify the Rectory if your loved one still needs our prayers.

Prayers for Our Troops

Please pray for the men and women in our Armed Forces. May God protect them and return them safely to their families:

LncCpl Connor John Anderson
Lt. Rebecca Conti-Vock
Captain Noel Conrad
Private Aaron Deal
Lt. Thomas Devane
SCPO Peter Donaldson
MSgt. David L. Dunne, Jr.
Airman Alex Fuentes
SF Ranger Christopher John Jones
Private Arthur Krueger
Seaman Thomas Krueger
Pvt. Nathan A. Mach
Specialist Joshua S. Mitchell
Capt. Sam Modica
Lt. Danielle Peterson
A1C. Jessica Polacek
GYSGT Louis Rodriguez
SGT Daniel Schmitt
PFC Anthony Termini
LncCpl Dillon Thompson
Airman Gavin Tienstra
Capt. Jonathan Troutman
MGYSGT Joseph Unwood
PFC Alexander D. Urban
Cpl. Ethan Wald
Lt. Col. Kevin J. Walker
1st Lt. Daniel J. Webb
Capt. Jennifer Worman

In Loving Memory

From Death to Eternal Life. Please Pray for

Patrick Ambler
James Helme

May the choirs of angels lead them into Paradise

Communion to the Sick

The Priests, Deacons & Ministers of Care will bring Communion to the sick & the homebound either at the hospital or in the home upon request. Please call the Rectory Office to make arrangements.

Prayer Ministry

Prayer requests* can be submitted :

- **On the Parish website**
- **By calling the Rectory and dial 77**
- **Email: prayers@posjhomewood.org**

***Also, to Add / Remove from the bulletin sick list.**

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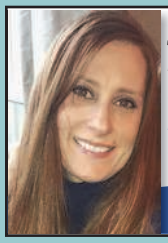
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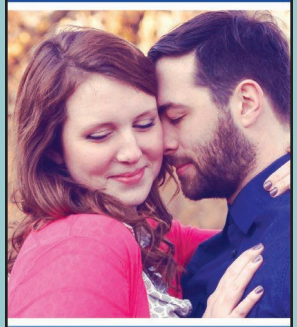
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