

Blood Pressure Check

I will be checking blood pressures after both Masses on the weekend of March 20th & 21st.

Reminders.

Visits.

If you think that you would like a visit from me or Father Rick, all you have to do is call the office and leave me a message. Father can be reached at the rectory or church office also. Father makes visits on First Fridays to those who are homebound. Just give the office a call if you would like Father to stop. We still miss people in the hospital. Again give the office a call to let us know if you would like a visit.

Senior Connection

Seniors, don't forget to check out the monthly, @Senior Connection@ which is put out by the Diocese of Madison just for you. Copies can be found at each entrance.

Next Grief Support Group.

Our next session of Seasons of Grief-Seasons of Healing will begin on Thursday, April 8th and continue for four weeks. Dates are April 8th, 15th, 22nd and 29th. Time -7 till 9pm. Place - Immanuel Lutheran Church's Fireside Room. Call Mary Williams at 437-4810 to register by April 1st.. These sessions are for anyone who has lost a loved one no matter how long it

has been.

Health Tidbits.

Many people on the brink of developing diabetes can stop it in its tracks by changing their lifestyle; that's the message from a follow up analysis of the landmark Diabetes Prevention Program. Researchers tracked roughly 88 percent of the participants from the original DPP study for 10 years. They found that diabetes developed in 34 percent fewer people who made lifestyle modifications (such as losing 7 percent of initial body weight and exercising 150 minutes per week) compared with the placebo group. By comparison, 18 percent fewer people who took the anti-diabetes drug metformin went on to develop the disease over the course of a decade.

Food for Thought

Share with Him

Has prayer become mechanical, a chore instead of a Joy? Remember how beloved you are by the One you're speaking to. He doesn't want to hear the details of just anyone's life He's asked you to share with Him, and you're blessed to know His love.

From the Inside Out

Can you really look beyond your grief to find the joy? Our very strength comes from the joy God places inside us, and we need that strength even more when we're facing seemingly impossible odds! Today, may God's joy strengthen you from the inside out.

Spread Love

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next-door neighbor...Let no one ever come to you without leaving better and happier.

- Mother Teresa -

Valuable

We are of such value to God that He came to live among us...and to guide us home. He will go to any length to seek us, even to being lifted high upon the cross to draw us back to Himself. We can only respond by loving God for His love.

- Catherine of Siena-

A Little Lite Laughter

Sign on company bulletin board: This firm requires no physical-fitness program. Everyone gets enough exercise jumping to conclusions, flying off the handle, running down the boss, flogging dead horses, knifing friends in the back, dodging responsibility, and pushing their luck.

The newly appointed priest was being briefed by the housekeeper on problems in the rectory that required immediate attention. AYour roof needs repair, Father,@ she said. AYour water pressure is bad and your furnace is not working. Now, Mrs. Kelly, & the priest allowed, you've been the house-keeper here five years, and I've only been here a`