

*Our Lady of Lourdes Monthly Calendar*

**NOVEMBER 2016 ~ OFFICE CLOSED DAILY FOR LUNCH 1PM – 2PM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>6 DAYLIGHT SAVINGS ENDS</b>  <b>HEALTH FAIR</b>                      SVDP Food Collection                      RCIA 8:30A                      Nursery Opens – 9:45A                      Sunday School 10:30A                      Teen Ministry 10:30A                      Parenting Ministry 10:30A                      Social Action 11:30A                      St. Vincent De Paul 11:45A</p>	<p>7                      Finance Council 6:30P    <b>Ultreya 7P</b>                      Zumba 7:15P</p>	<p>1                      Lourdes Lunch 11:30A                      Zumba Class 6:15P    <b>All Saints Day Mass 7P</b>                      Baptismal Class 7P</p>	<p>2 <b>ALL SOULS DAY</b>  <b>Zumba 6:15P</b>                      AGID Rehearsal 7P                      Bible Study 7:00P                      Starbucks                      650 Ponce De Leon Ave                      Atlanta GA. 30308</p>	<p>3 <b>FEAST OF ST MARTIN DE PORRES</b>                      Lourdes Lunch 11:30A    <b>Evening of Prayer 7P</b>                      Zumba 7:15P</p>	<p>4</p>	<p>5                      AG Youth Dance Class 9:30A                      Lourdes Walking Club 10A                      Lector Prep 10:30A                      Dance by Kenya 1P                      Kunsel/Chippone Wedding 2P                      RCIA 4P                      Rosary 4:30PM                      5:00PM Eucharist                      SVDP Food Collection</p>
<p>13 Live Stream 10A Mass                      KFC Sunday Breakfast                      Book Signing 9:30A                      RCIA 8:30A                      Women's Council 9:30AM                      Nursery Opens – 9:45A                      Sunday School 10:30A                      Teen Ministry 10:30A                      Parenting Ministry 10:30A                      KPC/KPCCLA Meeting 1:30P                      Jr. Daugliter Meeting 1:30P                      Jr. Knights Meeting 1:30P</p>	<p>14                      Pastoral Council 6:30P                        Stephen's Ministry 6:30P                        Zumba 7:15P</p>	<p>15                      Lourdes Lunch 11:30A                        Zumba Class 6:15P</p>	<p>16 <b>Zumba 6:15P</b>                      AGID Rehearsal 7P                      Bible Study 7:00P                      Starbucks                      650 Ponce De Leon Ave                      Atlanta GA. 30308</p>	<p>17                      Lourdes Lunch 11:30A                        Zumba 7:15P                      Choir Rehearsal 7:00P                      AGID Rehearsal 7P                      JustFaith/Just Matters 7P</p>	<p>18                      Men's Ministry                      Movie Night for Edgewood                      7:30P</p>	<p>19 Lourdes Walking Club 8:30A                      SVDP Food Distribution 9A                      KPC Zone 7 Inter-City 9A                      AG Youth Dance Class 9:30A                      Dance by Kenya 1P                      RCIA 4P                      ASBS Meeting 3:30P                      Rosary 4:30PM                      5:00PM Eucharist                      Bookstore &amp; Begnests 6:30P</p>
<p>20                      Bookstore, &amp; Begnests 8A                      RCIA 8:30A                      Nursery Opens – 9:45A                      Sunday School 10:30A                      Teen Ministry 10:30A                      Parenting Ministry 10:30A                      St. Vincent De Paul 11:45A                      Haiti Committee 12N                      Lay Dominicans Meeting 2P</p>	<p>21                        Zumba 7:15P</p>	<p>22                      Lourdes Lunch 11:30A                        Zumba Class 6:15P</p>	<p>23 <b>Zumba 6:15P</b>                      AGID Rehearsal 7P  <b>Thanksgiving Mass 7P</b>                      Bible Study 7:00P                      Starbucks                      650 Ponce De Leon Ave                      Atlanta GA. 30308</p>	<p>24 <b>THANKSGIVING DAY</b></p>	<p>25 <b>OFFICE CLOSED</b></p>	<p>26                      AG Youth Dance Class 9:30A                      Dance by Kenya 1P                      RCIA 4P                      Rosary 4:30PM                      5:00PM Eucharist</p>
<p>27                      Live Stream 10A Mass                      RCIA 8:30A                      Life Issues 12N                      Youth Choir 12P                      Lourdes Alumni 2P</p>	<p>28                        Zumba 7:15P    <b>Taize Prayer Group</b>                      8:00PM</p>	<p>29                      Lourdes Lunch 11:30A                        Zumba Class 6:15P</p>	<p>30 <b>Zumba 6:15P</b>                      AGID Rehearsal 7P                      Bible Study 7:00P                      Starbucks                      650 Ponce De Leon Ave                      Atlanta GA. 30308</p>			

**Save the Date**

*Tuesday, November 1 ~ All Saints Mass ~ 7P*  
*Thursday, November 3 ~ Evening of Prayer ~ 7P*  
*Sunday, November 6 ~ Annual Health Fair*  
*Wednesday, November 23 ~ Thanksgiving Eve Mass~7P*



Tattoos are all the rage among younger people today, often to the dismay of their elders. But Christine Nagel, 81, recently got in on the trend herself. The feisty Canadian grandmother visited a tattoo parlor in her native Calgary, Ontario, to get this message inscribed prominently on her arm: **DON'T EUTHANIZE ME.**

Aware that Canadian law now provides for what it calls “medical assistance in dying,” Nagel fears that physicians may attempt to cut her life short. She sees this as a challenge to her Christian belief that our lives should be left in the hands of God. “How would you feel if you turned up at the gates and St. Peter said, ‘Just a minute, we weren’t expecting you for another 18 months?’” she explains.

### ANOTHER GROWING TREND

Sadly, the movement to legalize and normalize euthanasia is proceeding rapidly in many secularized Western nations, including our own. Sometimes judges have defined physician-assisted suicide as a human right, as Canada’s Supreme Court did, and sometimes legislators or even voters themselves have endorsed it, as citizens of Colorado will be asked to do in the November election.

Once euthanasia becomes acceptable, its scope quickly broadens. When Holland legalized euthanasia, as Dutch Cardinal Willem Eijk told the bishops of Canada, only patients at end of life with unbearable physical illness could obtain euthanasia at their request. Then people with non-physical or mental illness could qualify. Then people with dementia who had made an advance request could be euthanized. Now people who have not made requests at all are being put to death in the Netherlands.

### A RETURN TO TRUE COMPASSION

As ethicist Wesley Smith has pointed out, the word “euthanasia” (Greek for “good death”) did not originally refer to killing; it meant dying peacefully in a state of grace. Recently Pope Francis challenged health-care professionals to restore that view of end-of-life care. “True compassion does not marginalize, humiliate or exclude, much less celebrate a patient passing away,” the pope said. Christians in the medical field are not called to pity the sick but to share in the afflictions of “those who suffer in body and spirit,” accompanying them with love as they draw near the end of their natural lives.

With her native Canada already pressuring its medical workers to cooperate in assisted suicide, Christine Nagel decided to remind her caregivers that she needs authentic Christian compassion from them. “If you want to pass a message on, put it on you,” she says of her new tattoo. “They’re going to find it. It’ll be staring at them blank in the face.”

For information about Catholic teaching on end-of-life issues, visit <http://www.usccb.org/issues-and-action/human-life-and-dignity/end-of-life/euthanasia/>



## ***St. Vincent de Paul Society at Lourdes Needs Your Help***

It is sad, but some families will not be able to have a Thanksgiving meal this year. That's why we of the St. Vincent de Paul Society at Lourdes are once again organizing an effort to provide Thanksgiving meals to deserving families in our neighborhood. We are asking for your help in purchasing ingredients for the meal or donating money so that the Society can purchase turkeys and hams.

Please help by purchasing the following items that provide a meal. These ingredients need to be brought to Lourdes in a labeled cardboard box or a canvas or plastic tote bag to Mass on the weekend of November 5<sup>th</sup>, 6<sup>th</sup> and the following weekend November 12<sup>th</sup> and 13<sup>th</sup>



- 1 can cranberry sauce
- 2 boxes macaroni and cheese (2 six oz. boxes or 1 twelve oz.)
- 2 boxes Jiffy cornbread mix (8.5 oz. size)
- 1 box Stovetop stuffing (6 oz. size)
- 1 can cream of mushroom soup, 2 cans green beans (14.5 oz.), and 1 container French's onions (2.8 oz.) [to make green bean casserole]
- 1 jar of turkey gravy (12 oz.)
- 1 box instant mashed potatoes (16 oz.)
- 1 non-perishable dessert, i.e. cookies, candy, etc.
- 1 can spiced pumpkin pie mix (spiced - 30 oz.), 1 can Carnation evaporated milk (5 oz.), and 1 large graham cracker pie crust

**We really appreciate your help in making this a nice Thanksgiving for our brothers and sisters in Christ!**

## **GREEN BEAN CASSEROLE RECIPE**

### **Ingredients:**

2 cans (14.5 oz.) green beans, drained

1 can (10 <sup>3</sup>/<sub>4</sub> oz.) condensed cream of mushroom soup

<sup>1</sup>/<sub>4</sub> cup of milk

1 can (2.8oz) French-fried onions

### **Directions:**

\* Heat oven to 350 degrees. In 1 <sup>1</sup>/<sub>2</sub> -quart size casserole or glass baking dish, mix green beans, soup and milk.

\* Bake 20 to 25 minutes, topping with onions during last 5 minutes of baking, until bubbly.

## **PUMPKIN PIE RECIPE**

### **Ingredients:**

1 can (30 oz.) pumpkin pie mix (Mix comes with spices added. Not to be confused with plain pumpkin).

2 eggs

<sup>2</sup>/<sub>3</sub> cup evaporated milk

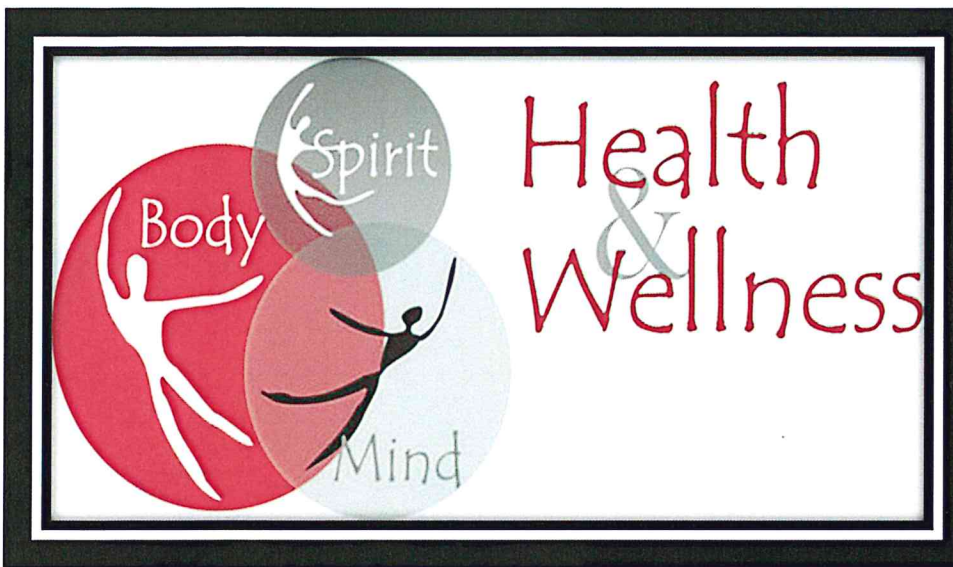
1 pie shell

### **Directions:**

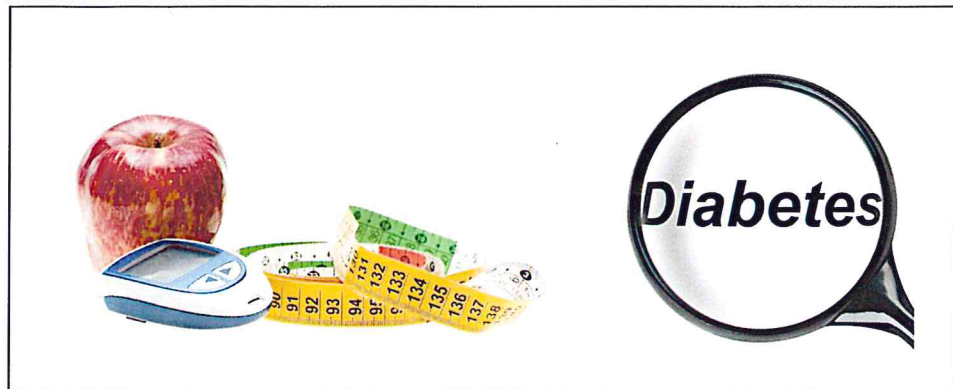
\* Preheat oven to 425 degrees.

\* In large bowl, lightly beat 2 eggs. Stir in 1 can 30-oz. pumpkin pie mix. Add <sup>2</sup>/<sub>3</sub> cup evaporated milk, mixing thoroughly. Pour into pie shell.

\* Bake at 425 degrees for 15 minutes. Then, reduce oven temperature to 350 degrees and bake an additional 50 minutes or until knife inserted 2 inches from center comes out clean.



# Health & Wellness



## NOVEMBER 6

### STOP THE CYCLE AND BEAT DIABETES!

DIABETES AWARENESS & FREE HEALTH SCREENING. ALL ENCOURAGED TO COME!

29 MILLION IN THE U.S. HAVE DIABETES AND 8 MILLION ARE UNDIAGNOSED OR UNAWARE!

COME LEARN HOW IT IS DIAGNOSED, ITS COMPLICATIONS AND WHAT YOU CAN DO TO PREVENT AND TREAT IT.

NEW THIS YEAR: COOKING DEMONSTRATIONS, DIET COUNSELING, DIABETES LECTURE AND SO MUCH MORE!!!



**OUR LADY OF LOURDES  
CATHOLIC CHURCH  
25 BOULEVARD NE  
ATLANTA, GA 30312**

**ANNUAL HEALTH FAIR**

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**“BUT I WILL RESTORE YOU TO HEALTH AND HEAL YOUR WOUNDS DECLARES THE LORD”  
JEREMIAH 30:17**

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**\*NEW VENDORS  
\*MEET MANY HEALTH SPECIALISTS**

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**WIN A RAFFLE PRIZE, DOOR PRIZES AND BAG OF GROCERIES!!!**

**NOVEMBER 6, 2016**

AFTER EACH MASS  
LIGHT REFRESHMENTS PROVIDED

SPONSORED BY THE HEALTH MINISTRY



# YoBoulevard!

**FALL COMMUNITY CLEAN-UP ON**

**VETERANS DAY WEEKEND**

**SATURDAY, NOVEMBER 12, 2016 9A-12N**

**OUR LADY OF LOURDES CATHOLIC CHURCH PARKING LOT**

**25 BOULEVARD NE ATLANTA GA 30312**

**ENTRANCE ON EDGEWOOD**

**PLEASE SIGN UP TO VOLUNTEER ON EVENTBRITE**

Your event URL is <https://www.eventbrite.com/e/year-of-boulevard-fall-community-cleanup-on-veterans-day-tickets-28581511069>



FULTON COUNTY PARTNERSHIPS TO IMPROVE COMMUNITY HEALTH (PICH) PROGRAM

## INTERFAITH ACTIVE LIVING INITIATIVE

**Join the Lourdes Walking Club presented by the Health Promotions Ministry!**

Thank you to all who came out to the Walking Club kick off on Saturday, October 15, 2016. You and your family can join us on the 1st and 3rd Saturday of each month to walk/exercise; the more we walk and engage in physical activity, the healthier we become as a community. This program is fun and simple. Better Together, Let's Walk!!!

For those who missed the Kick-off you can still participate. To become a member, we simply ask you to document your activities on the walking log (on the back). On a weekly basis, submit your log via email to [lourdeshpm@gmail.com](mailto:lourdeshpm@gmail.com) or leave it in the Walking Club envelope in back of church.

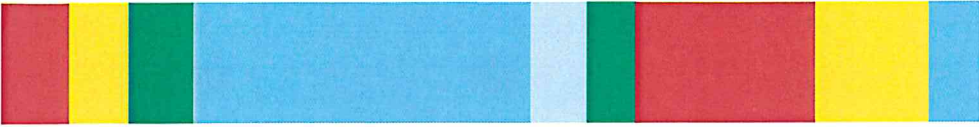
***The Physical Activity Guidelines*** for Americans recommend that adults get at least 30 minutes of moderate-intensity aerobic physical activity each day. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to your overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Benefits of joining this walking club may include but are not limited to:

- A healthier, body, mind and spirit
- Opportunities to win gift cards and prizes on a monthly basis
- Access to educational programs throughout the county
- Access to Fulton County media coverage
- Certification opportunities (CPR/AED Trainings and Group Fitness Trainings for example)

*Event made possible by a grant from the Centers for Disease Control and Prevention*

TO REGISTER PLEASE CALL 404-613-1665 OR EMAIL [KRISTAL.PERELION@FULTONCOUNTYGA.GOV](mailto:KRISTAL.PERELION@FULTONCOUNTYGA.GOV)



PARTNERSHIPS TO IMPROVE COMMUNITY HEALTH (PICH) PROGRAM

# Interfaith Active Living Initiative

## Participant Sign-In Log

Date \_\_\_\_\_

Interfaith Organization Our Lady of Lourdes Catholic Church

Leader/Coordinator P.J Lemuel / Pamela Tolliver

DATE	NAME	TIME IN	TIME OUT	TYPE OF IMPACT	COMMENTS
				<input type="checkbox"/> High <input type="checkbox"/> Moderate <input type="checkbox"/> Low	
				<input type="checkbox"/> High <input type="checkbox"/> Moderate <input type="checkbox"/> Low	
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Signature: \_\_\_\_\_

Date: \_\_\_\_\_