



ST. ELIZABETH

MOTHER OF JOHN THE BAPTIST

*JANUARY 17, 2010
SECOND SUNDAY IN
ORDINARY TIME*

4330 SHREVE • ST. LOUIS, MO 63115

WEBSITE: WWW.SEMOJ.COM

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WORSHIP CELEBRATIONS

Saturday 5:00pm - in Church

Sunday 7:30am- in Church
10:00am- in Church

EUCCHARISTIC ADORATION

1st Tuesday of each month From 9—Noon

RECONCILIATION (Confessions)

Saturday 4:00-4:45pm in Church and
upon request

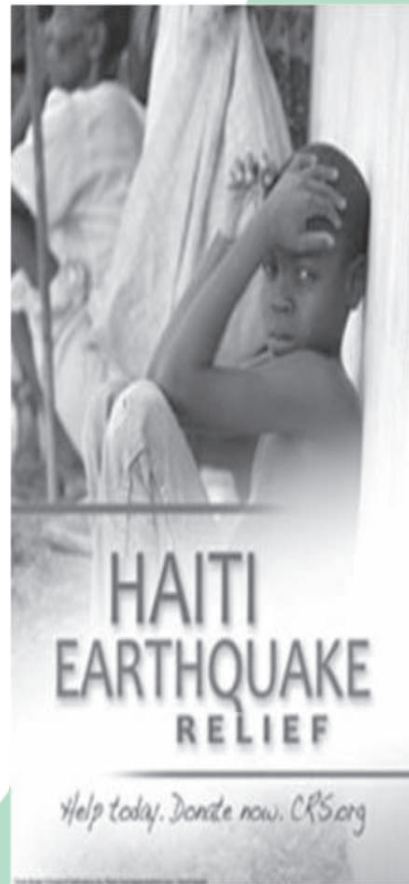
ST. ELIZABETH DIRECTORY

MINISTERS OF OUR PARISH FAMILY

Fr. Jeff Vomund, <i>Pastor</i>frjeff@semoj.com	x105
Charles Allen, <i>Deacon</i> deaconcharlie@semoj.com	x104
Allen Conley, <i>Deacon</i>Retired	
Fr. Art Cavitt, In Residencecavitt@lwangacenter.org	x107
Linda LaBozzetta, <i>Secretary</i>linda@semoj.com	x100
Betty Brown, <i>Bookkeeper</i>betty@semoj.com	x101
Anita Williams, <i>Nurse</i> anita@semoj.com	x103
Peggy Henderson, <i>Youth Minister</i> peggy@semoj.com	x111
Johnnie Smith, <i>Facilities Manager</i>johnnie@semoj.com	x112
Michelle Williams, <i>Music Minister</i> ministermusic@aol.com	

MINISTRIES TO OUR PARISH FAMILY

Elementary School (Pre-K-8) Meke Smith, <i>Principal</i>	389-0401
St. Charles Lwanga Center—Jane Brown.....	367-7929
St. Vincent DePaul Society (Help for the needy)	
St. Elizabeth Site: Tuesday & Thursday, 9-11am.....	381-1900
Bradley Hall Site: Tuesday & Thursday, 2pm-4pm.....	367-6198
Evangelization Fr. Augustine Ibok	381-9945
Sunday Van Service (Call by 9pm Saturday).....	385-1492



If you are interested in learning more about the Catholic Faith and St. Elizabeth Church, or in the sacraments of Baptism, Confirmation or Reconciliation, contact Fr. Jeff or Deacon Charles. For Marriage, contact Fr. Jeff at least 6 months ahead of time.



**PONDERINGS
THOUGHTS,
MUSINGS**

Brothes and Sisters,

I woke up this morning to a radio report on the Great Depression, but it was all just a jumble of words until I heard Fred Astaire singing “Puttin’ on the Ritz.”

*If you're blue and you don't know where to go to
Why don't you go where fashion sits,
Puttin' on the ritz.*

*Dressed up like a million dollar trouper
Trying hard to look like Gary Cooper (super
duper)*

This song, written by Irving Berlin in 1929, was meant to be an escape from the difficult economic times of the day. But I can’t help but associate it with our former fashion shows and now our Heart Speaks to Heart dinner auction. I love to see every one so dressed up and the huge banquet hall looking so beautiful.

It is also the one time of the year when we welcome so many who share in our missions to educate our young people and to feel those who are hungry in our community. So we not only get to “put on the ritz for each other, but we get to invite others into our joy.” And it is that time again! With Christmas past us and 2010 here, our commitments are full speed ahead to offer us a great night of joy and celebration. You have been seeing it in the bulletin in small announcements for weeks, I know, but now is the time to act. **Tickets are available in the rear of the church after all of the Masses and the event is on February 28, beginning at 4:00 p.m. in the Airport Marriott.**

I think the association with “Puttin’ on the Ritz” is a good one for me. It’s filled with all of the joy and playfulness of that song (not to mention the movie and the much later video by Taco!). But there is one key difference. When we put on the ritz for Heart Speaks to Heart, it is not about escaping from difficult times, but rather about our mission to help our brothers and sisters who are in them!

Peace,
Fr. Jeff

There is still time!

There is still time to put in your ad for the annual Heart Speaks to Heart Auction/Dinner. There is also a section available in the ad book for memorial ads. If you have questions or concerns, please feel free to contact Jacqueline McWell at (314) 288-7460 or by email at mcwjacky@aol.com.



***First Annual Catholic Women for Christ
To Love and Serve the Lord***

Where: America’s Center

When: February 20, 2010

Time: 7:30am

For more details and information, please visit our website at

www.catholicwomenforchrist.org

MASS TIMES & INTENTIONS

Monday, January 18, 7:00am (Chapel)

Francis Graham

Tuesday, January 19, 7:00am (Chapel)

Randy Dawson

Tuesday, January 19, 8:50am (Church)

School Mass—Marie & Frank Rizzuto

Wednesday, January 20, 8:15am (Church)

Marvin & Ruth Bader

Thursday, January 21, 7:00am (Church)

Int. of Mr. & Mrs. Aloysius Vomund

Thursday, January 21, 11:00 (Northview)

Residents of Northview

Friday, January 22, 7am (Church)

Int. of Grace Sullivan

Saturday, January 23, 5:00pm (Church)

Charles Butler

Sunday, January 24, 7:30am (Church)

Robert Scott

Sunday, January 17, 10:00am (Church)

People of the Parish

The Knights of Peter Claver Ladies Auxiliary will host ***A Night At the Mouse Races*** on February 13, 2010. Cost is \$20.00

Please get tickets from any Knight of Peter Claver member.



OFFERING TOTALS

for 1/09 & 1/10 2009

Offering.....\$ 8,070.40

READINGS FOR THE WEEK

January 17 through January 24, 2010

Sunday: Is 62:1-5 Ps 96:1-3,7-10 Jn 2:1-11
Monday: 1 Sm 15:16-23 Ps 50:8-9,16-17,21,23 Mk 2:18-22
Tuesday: 1 Sm 16:1-13 Ps 89:20-22,27-28 Mk 2:23-28
Wednesday: 1 Sm 17:32-33,37,40-51 Ps 144:1b,2,9-10 Mk 3:1-6
Thursday: 1 Sm 18:6-9;19:1-7 Ps 56:2-3,9-13 Mk 3:7-12
Friday: 1 Sm 24:3-21 Ps 57:2-4,6,11 Mk 3:13-19
Saturday: 2 Sm 1:1-4,11-12,19,23-27 Ps 80:2-3,5-7 Mk 3:20-21
Sunday: Neh 8:2-4a,5-6,8-10 Ps 19:8-10,15 1 Cor 12:12-30 Lk 1:1-4;4:14-21

Bible Study Classes

Fr. Art's Bible Study Classes have resumed for the next 7 weeks on Thursdays January 21 and February 4. He will lead us in "Prophets and Prophecy," **We will gather at 1pm. Please bring a Bible (preferably the New American Edition)** and paper to take notes. No charge, but free will offerings are always welcome. Call (314) 367-7929 for reservations.



Dr. Martin L. King Celebration!!!

This is to remind everyone that all are invited to attend the St. Louis Archdiocese's celebration of the Birth and Legacy of Dr. Martin Luther King, Jr., followed by the Model of Justice Award Presentations Ceremony and Reception in Boland Hall on Sunday, January 17, 2010 at 2:30 p.m. at the Cathedral, Basilica of St. Louis. Most Reverend Robert J. Carlson will be the main celebrant. Reverend Prentice A. Tipton from Saginaw, Michigan will be the guest Homilist. All are invited to join us for this 34th annual celebration.

3rd Annual Catholic Men For Christ Conference 2010 February 6, 2010

Where: America's Center

Time: 7am-4:30pm

Registration fee: \$45. For more information go to the website:

www.catholicmenforChrist.org



HEALTHWATCH

Health Myths

"Have nothing to do with God less myths and old wives tales; rather train yourself to be godly". 1 Timothy 4:7

Many health professionals today have moved on to a healthy living approach of sound and compassionate care in dealing with weight issues. Many others promote and provide care that is based on misinformation, myths and size bias, rather than accurate and up-to-date scientific information.

Please consider these myths and controversies:

Myth#1. Obesity causes severe health risks. Unknown, but it seems doubtful. Obesity has been associated with in the past and assumed to cause a higher risk for type 2 diabetes, hypertension, and cardiovascular disease. The most recent evidence indicates these risks, as well as obesity itself are likely caused by other factors, especially genetics and inactivity. (Increase physical activity dramatically reduces risk without weight loss).

Myth #2. Thinner is healthier. The lowest death rate according to the latest federal research is within the "overweight" range (BMI of 25 to 29.9) and up to 35. Lower weight and extremes of higher weight are linked to increase risk in a "U" curve. This confirms that lowest risk associated with a BMI of 25 to 27. Despite evidence from federal agencies on studies continue to define healthy and normal weight at a much lower point, a BMI of only 18.5 to 24.9.

Myth#3. Losing weight reduces risk. Long term studies indicate higher risk with weight loss. Higher death rates weight loss are shown to more than 15 large comprehensive studies. Researchers suggest the loss of lean mass from bones, muscles, heart and organs may be jeopardizing health, especially for older people.

Myth#4 Obese people can lose weight safely and permanently. No current methods are proven safe and effective; all can be considered experimental. Dieting causes short-term weight loss lasting no more than six months, followed by regain, and leads to food preoccupation, bingeing, dysfunctional eating and sometimes eating disorders; also it causes weight cycling, a known mortality risk. Drugs offer only minimal weight loss (5-11 pounds) and must be taken long term, with increase risk of 5 million adults who took fen-phen/Redux. FDA reports one-third developed leaky heart valves some fatal and others died of primary pulmonary disease. Gastric surgery carries risk of nearly 5% mortality rate in the first year.

Myth #5. Scaring people about overweight promotes weight loss and obesity prevention and does no harm. Increase pressure to lose weight over past 30 years is paralleled by increases in obesity. These pressures appear to have backfired and led to widespread nutrient deficiencies, dangerous weight loss efforts, eating disorders, malnutrition, occasional deaths, body hatred and size harassment. These five myths benefit, not the community but primarily the weight loss industry.

Respect your body.



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