

OUR PARISH LIFE

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NEWS FROM FATHER RUSH

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THE NEW ENGLISH TRANSLATION OF MASS will go into effect the First Sunday of Advent, November 26/27, 2011. The translation is for the entire English speaking world. The Bishops of the United States have given permission for the gradual introduction of the new translation in the sung portions of Mass. The Gloria, Holy Holy, the Acclamation after the consecration, and the Lamb of God. Our parish plans to learn a new mass Setting with one new translation at all our masses beginning in September while the English translation has been updated to be more in conformity to the original Latin text, the structure of the Mass itself will remain the same. During the fall, our parish will have many opportunities to update ourselves

about the Liturgy and acquaint ourselves with the new Mass translation as we prepare for the First Sunday of Advent.

WHAT ABOUT THE ROOF AND STEEPLE

Now that we have finished the repairs to the church? The structural engineers have told us that we need to replace both the 132 year old roof of the church and the steeple covering. They have outlived their useful life. The Building Committee will begin to address the project in July. Once construction has begun, the church roof will take 3 months to complete. More information will follow. Please continue to ask St. Joseph, master carpenter and builder, to remember us in his prayer as we begin this new project.

PARISH PICNIC UPDATE

Planning for the parish picnic is well underway! We are looking for new members to join the planning committee! Our next meetings are 7/27 and 8/10 at 7:00 in the church commons. Please join us as we are looking for new ideas and

volunteers! If you have questions, please contact Brian Clifford (bcliff4454@yahoo.com) or Katie Marotta (kepmaro@hotmail.com). Keep watching the bulletin and the website for picnic updates!

“PATRIOTISM”

In the month of July, we celebrated our 235th anniversary of Independence from the British government. Throughout these years, America has developed a huge sense of patriotism and nationalism. Blessed John Paul II wrote the following meditation regarding this topic. This script was published in July’s MAGNIFICAT as a Meditation of The Day for July 4.

PATRIOTISM

Patriotism is a love for everything to do with our native land: its history, its traditions, its language, its natural features. It is a love which extends also to the works of our compatriots and the fruits of their genius. Every danger that threatens the overall good of our native land becomes an occasion to demonstrate this love... The native land is the common good of all citizens and as such it imposes a serious duty... Every society’s formation takes place in and through the family: of this there can be no doubt. Yet something similar could also be said about the nation. The cultural and historical identity of any society is preserved and nourished by all that is contained within this concept of nation. Clearly, one thing must be avoided at all costs: the risk of allowing this essential function of the nation to lead to an unhealthy nationalism. Of this, the twentieth century has supplied some all-too-eloquent examples, with disastrous consequences. How can we be delivered from such a danger? I think the right way is through patriotism. Whereas nationalism involves recognizing and pursuing the good of one’s own nation alone, without regard for the rights of others, patriotism, on the other hand, is a love for one’s native land that accords rights to all other nations equal to those claimed for one’s own. Patriotism, in other words, leads to a properly ordered social love.

BLESSED JOHN PAUL II

En este mes de Julio, celebramos nuestro 235avo aniversario del gobierno Británico. A través de estos años, América (EEUU) ha desarrollado un sentimiento enorme de patriotismo y nacionalismo. El

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bendito Juan Pablo II escribió la siguiente meditación con respecto a este tema. Esta escritura fue publicada en el MAGNIFICAT de Julio como una Meditación del Día para el 4 de Julio.

PATRIOTISMO

Patriotismo es el cariño a todo lo relacionado con nuestra tierra nativa: su historia, sus tradiciones, su lenguaje, sus características naturales. Es un cariño que se extiende también a las obras de nuestros compatriotas y sus frutos por su ingenio. Cada peligro que amenaza el bien comunal de nuestra tierra nativa produce una ocasión para demostrar este cariño... La tierra nativa es el bien comunal de todos sus ciudadanos y como tal representa una responsabilidad seria... Toda formación de una sociedad toma lugar en y con raíz en la unidad familiar: de esto no puede haber duda. Sin embargo, algo similar puede ser dicho de una nación. La identidad cultural e histórica de una sociedad es preservada y nutrida por todo lo que es contenido dentro de este concepto de nación. Claramente, una cosa debe ser evitada a toda costa: el riesgo de dejar esta función esencial de la nación que lleve a un nacionalismo no sano. De esto, el siglo veinte ha suplido unos ejemplos muy elocuentes, con consecuencias desastrosas. ¿Como podemos obviar este peligro? Creo que la manera correcta es por medio de patriotismo. Mientras que nacionalismo implica el reconocimiento y la búsqueda del bien de solo su propia nación, sin consideración de derechos de otros, patriotismo, por el otro lado, es el cariño o amor de su propia tierra nativa pero que incluye derechos a todas otras personas de otras naciones iguales que los derechos de la nación propia. Patriotismo, en otras palabras, guía a un cariño y respeto social apropiadamente ordenado.

BENDITO JUAN PABLO II

This article was submitted by Robert Ibarra

IN YOUR CHARITY WE ASK YOU TO REMEMBER.....

We ask you, in your charity, to remember those parishioners, their family members and friends who have died since our May issue of Our Parish life.

PEGGY RYAN 5-1-2011

MARY AGNES BABER 5-7-2011

GWEN PAONE 5-7-2011

PETE McGRATH 5-10-2011

JEANNINE PELLETIER 7-1-2011

WALT KELLY 7-14-2011

May they rest in peace and may God's grace give comfort to all who mourn.



CENTRAL VIRGINIA MEDICAL MISSION TEAM

Thank you Holy Cross Parish for your continued support of the medical team that goes to Jamaica each year. This year was our 10th anniversary trip! The Catholic members of the team this year included, Tom and Ellen Nygaard, Remo Latano, Ron Todd and Pat Pletke. The team of 35 medical professionals conducted a health fair at Morant Bay High School and medical, dental, and vision clinics in the outlying areas for the week of April 1-9, 2011.

We continue to enjoy success due our collaboration with the Jamaican church volunteers who set up all the clinic sites and make all local travel arrangements for the team. These relationships are crucial to the long-term effectiveness of our work. We are trying to enhance our relationships with the Ministry of Health and Princess Margaret Hospital to ensure patient continuity of care. We are very engaged with Princess Margaret's Nursing School. Each year we bring them nursing kits and other needed instructional materials. We are committed to returning to the same place each year as we develop friendships and familiarity with the local situation. The developing world is a very different place to do health care!

This year we evaluated our effectiveness in a more organized fashion. Our medical and dental

statistics and vision services were looked at through a financial lens. We decided to do this because our team has written a grant in collaboration with a local citizens group, to secure Jamaican funds to build a permanent structure to house a dental and ophthalmic clinic. This kind of information will be instrumental in illustrating how valuable the team has been to the economy of the area. We have always known the intangible value of the care we offer but by quantifying it we imagine we might be able to secure a stable funding source.

This year we saw a total of 1,873 patients, at an estimated cost of service as \$63,550. We gave out 2,490 prescriptions at an estimated cost of \$37,000. The dental team did 280 tooth extractions costing \$56,000, and did 185 exams at \$1,850.

The vision team screened 417 patients at \$4,170 and distributed eyeglasses costing \$24,000. The estimated total being \$186,570 of medical services provided to the Jamaicans. We haven't even begun to estimate the boon to their tourist economy that our 35 member teams offers as they fly, stay and eat and shop in Jamaica!

We have begun planning again for next year's trip, to be held March 16-24, 2012. We would love to have volunteers

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from Holy Cross join us. Please contact Ellen Nygaard if you are interested:
egnygaard@mac.com

Our annual fundraising golf tournament will be September 24, 2011.
 Registration will be in the bulletins.

Once again thank you all for all your support and especially for your continued prayers for this ministry.

NOTES FROM OUR NURSES

A "BIG" THANK YOU TO ALL VOLUNTEERS AND DONORS ! THE PARISH NURSE BLOOD DRIVE AT HOLY CROSS COLLECTED 33 UNITS OF BLOOD !

A Bad Split

Cutting prescription pills in half can save money, **but** this common practice isn't as harmless as it seems, according to a Belgian study. When volunteers split a variety of pills, one-third were **off the correct dose by at least 15 percent**. Pills sliced by hand with scissors or a knife had the biggest margin of error, but even those cut with a pill-splitting device weren't perfect. Small deviations in dosage can be harmful, so before you split, ask your doctor if it's safe.

Quick Tip

SLASH YOUR CHOLESTEROL - WITH CINNAMON! Sprinkle cinnamon on your morning coffee...or toast...or oatmeal. A half-teaspoon of cinnamon each day could cut your triglycerides and total cholesterol by 12 to 30 percent while it boosts your body's ability to

store blood sugar, reports the Nutrient Requirements and Functions Laboratory at the USDA's Beltsville Human Nutrition Research Center in Maryland.

Should you wear a medical ID ?

A bracelet can alert first responders to lots of important information, including:

- Food, drug or insect allergies
- Hypertension, stroke risk or other cardiac problems.
- Asthma
- Kidney disease
- Diabetes
- Anemia
- Rare Diseases
- Epilepsy or seizure
- Sickle-cell anemia

Certain medicines such as blood thinners
 Surgery, transplant and cancer patients.
 For people with certain conditions, a simple bracelet can make a lifesaving difference in an emergency. Paramedics are trained to

PLEASE TURN TO PAGE 13 SEE "NURSES"

ALTAR FLOWERS



Have you ever wondered why we have flowers in church? The practice of adorning an altar with flowers began with early Christians. It was a way of thanking and glorifying God.

The tradition of placing fresh flowers around the altar is evident weekly at Holy Cross Church. This rich tradition adds beauty to the Mass and is due to our parishioner's generosity. Flowers are placed weekly except during the Advent and Lenten seasons. The donation of flowers is a wonderful way for parishioners to memorialize, honor or celebrate someone or something special in their hearts. The dedication of flowers appears in the church bulletin and is announced prior to the beginning of Mass.

How do you sign up for flowers? There will be a sign up in the fall after all the Masses on a designated weekend. Only one individual or family may sign up for each weekend that is available. Once a weekend is selected, these will be the only flowers on the altar. Flowers left from a wedding, funeral, etc., while they may still be beautiful, will be placed out in the commons on the granite table. Christmas and Easter flowers will have a special sign-up and will include multiple donors!

Once you have signed up for flowers, what do you do next? First, begin by marking your calendar with your selected date! You will receive a reminder closer to your designated time. Then you will need to think about the colors you would like used in the arrangement and select a florist or you may do the arrangement yourself! Please keep in mind there are specifications for appropriate arrangements. The arrangement with the container needs to be LARGE, think of a three foot box! Please communicate flower colors and size with your designer. Flowers may be delivered to the church anytime after three o'clock on Saturday or, if need be, before four o'clock on Friday. Most of the local florists are familiar with Holy Cross. The flowers will remain in the church sanctuary throughout all the Masses. You are welcomed to pick up the flowers after the Spanish Mass, otherwise they will remain in the church. If a special container has been used and needs to be returned, please notify me and it will be placed in the "Flower Room"/Sacristy.

We offer the altar flowers each week to the Glory of God and in thanksgiving for God's presence in our lives. Thank you for your generosity for helping to contribute to this important ministry. If you have any questions, please feel free to contact me.

Kate Wall

Altar Flower Coordinator



Christmas Stockings In August???

When? July 30 - August 28

Why? The Jesse Tree

Committee will be collecting “stocking stuffers” in a “chimney” in the Commons. Items collected now will help fill the stockings this Christmas for children from infants through age 12.

What? Small pre-schooler toys (e.g., Happy Meals toys), small coloring books, crayons, stickers, glue sticks, pens, pencils, markers, erasers, rulers, small stuffed animals (new or gently used), sippy cups, bibs, feeding spoons, small packages of baby wipes, socks (ages 0 – 12), combs, brushes, tooth brushes, small tissue packs, small photo albums, journals, mittens, gloves, knit caps, etc.

If you can help, drop your items down the chimney. Thanks!! Any questions call Cherie (525-4270), Elaine (528-5443) or Tricia (384-2949).

A LOOK BACK TO EASTER FOR YOUR ENJOYMENT

Submitted by Elizabeth Richardson
OUR BEAUTIFUL EASTER FLOWERS !



THE MASTER'S PALETTE

BY MARGORIE A. DUNN

Does love have a color -
or is it just a glow ?
Just what color is love -
do any of us know ?

There is a Master Painter
in the Heavens above,
Who has given us each a brush
to paint a world of love.

When you see the outer color,
then your love is blind.

When you see the inner glow,
then your love is kind.

The canvas of our lives
shows colors of heart and soul,
And only by our own brush strokes, may we
achieve our heavenly goal.
For in the Master's Painting,
started before the world began,
There is a time and a place
for every color of man.

SMILE TIME !

A father was approached by his small son who told him proudly, "I know what the Bible means!" His father smiled and replied, "What do you mean, you 'know' what the Bible means? The son replied, "I do know!" "Okay," said his father. "What does the Bible mean?" "That's easy, Daddy..." the young boy replied excitedly, "It stands for 'Basic Information before Leaving Earth.' !

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." answered the lady.

A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?"

A hand shot up in the air. "He is an artist!" said the kindergarten boy. "Really? How do you know?" the teacher asked. "You know - Our Father, who does art in Heaven... "

Sunday after church, a Mom asked her very young daughter what the lesson was about. The daughter answered, "Don't be scared, you'll get your quilt." Needless to say, the Mom was perplexed. Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday school lesson was about. He said "Be not afraid, thy comforter is coming."



FUN FOR MOMS

The birth of a baby can be the most joyful time for a family, but new parents always have many questions about how to care for their baby. There are resources for mothers-to-be and new moms here in Lynchburg, but parishioner Laura Cox and her friends thought there could be more. Laura's friend Laurie Flower, a doula, or labor assistant, with more than 20 years experience, had a dream to create a coffee house atmosphere in which information and encouragement could be shared amongst women. Along with three other new moms, Laura and Laurie created Anticipation and Beyond Café which was up and running in January 2011. The Café's mission statement is "Central Virginia's resource for all things: Pregnancy, Birth & Parenting. Committed to nurturing and educating the diverse community of childbearing women. Open to women of all ages seeking to encourage, support and love one another". You can have a cup of coffee, a bakery treat, sit on a comfy couch and listen to a knowledgeable speaker. Then you may socialize or join a small group to talk and ask questions about pregnancy, birth, breastfeeding or parenting. Past topics have ranged from Ask the Pediatrician to how to make baby food. Laura Cox was featured in March speaking about Natural Family Planning. Future meetings include Photographing Your Children and A Girlfriends Guide to Birth. The Café meets at Mosaic in the Plaza, a space set up perfectly for a coffee house atmosphere. They meet on the 2nd and fourth Mondays

of each month at 10am. Evening sessions have been postponed until enough people have interest in them. As noted above, all women are encouraged to attend and support each other. Each Café can be sponsored by a person or business. Please contact the Café if you are interested in sponsoring a meeting. Bringing your babies is encouraged, but unfortunately, due to liability, children over the age of one are not permitted. Please forgive this inconvenience and enjoy this time of refreshment. Hope to see you there!

Contact Information:

Anticipation and Beyond Café –
www.anticipationandbeyond.com/cafe or
www.facebook.com/anticipationandbeyondcafe

Laurie Flower- certified doula, lactation consultant, and childbirth educator
www.anticipationandbeyondcafe.com

115B Tradewynd Dr. Suite 203 and
 204 Lynchburg, VA 24502

Office: 434.316.7171

Cell: 434.851.2757

Email: info@anticipationandbeyond.com

Where is it?

Meetings held at Mosaic in The Plaza
 2323 Memorial Ave, Suite 19
 Lower level, next to HighPeak Sportswear
 (Follow signs)

When is it?

The 2nd & 4th Mondays of the Month
 at 10am
 New Topics Discussed Each Meeting
 Followed by In-depth Conversation

Submitted by Laura Cox

THE GENERAL STORE

OUR LADY OF LOURDES CIRCLE IS ONCE AGAIN SPONSORING “OUR GENERAL STORE” – DATES – 1ST AND 2ND OF OCTOBER BEFORE AND AFTER ALL MASSES.

GOD RECYCLES EVERYTHING – EXCEPT THOSE ITEMS IN OUR POSSESSION AND IT IS UP TO US TO RECYCLE THOSE.

We are asking our church community to aid us in collecting items for the sale such as: Jewelry, Household Goods, “lightly used” clothing for infants, Fall/Christmas decorations, candles, items not showing wear and tear that you have received and won’t be using. Produce and baked goods will also be available. We will be holding a raffle for a gorgeous Queen/King bedspread plus another one for a floral design. If you are moving or are planning on downsizing, this is a great opportunity to recycle your items.

The actual date for setting up and pricing will be September 30, 2011. There will be space set

aside at the Church so that donations can be accepted prior to the sale date. If you need to have items picked up – call Emily Sublett (385-1976), Gert Frye (385-5266) or Marge Dunn (239-0596).

TO DOWNSIZE AND DE-CLUTTER WILL MAKE YOU FEEL GOOD ABOUT YOURSELF AND YOU KNOW THE FUNDS WILL GO FOR GOOD CAUSES.

The Christian Formation Group has volunteered to “aid and assist” our Circle and will benefit from a portion of the proceeds.

Please mark the dates and times on your calendar and start collecting some of your treasures for the sale.

SATURDAY AND SUNDAY – OCTOBER 1ST AND 2ND – BEFORE AND AFTER ALL MASSES.

SUBMITTED BY EMILY SUBLETT

LETS CAR POOL !

Jean Radford will be giving a retreat at Jubilee Retreat Center Aug. 12 & 13 on prayer and temperament. This retreat was well received at Tabor and Shalom Retreat Centers. Its purpose is to reveal the best prayer forms based upon a person’s personality type and basic temperament. It also gives clues to better understand people

with whom you work and family members. There are always surprises and new insights. Jean’s co-presenter is the Holy Spirit so if He gives you a nudge to sign up you better listen to Him.

*For more information Call Jean
434-384-6563*

“THE TREASURES OF RESPECT”

Your brother, your sister, a cousin or friend,
 Invites you to a gala without any end.
 Excitement awaits as you pick out your dress.
 The finest of finery, the best from the rest.
 You don your clothes as proud can be.
 Your chest then swells as big as the sea.

The entrance is empty awaiting for you
 To make an appearance, and clapping is due.

The maître d' in his fine blue, patiently awaits
 for the sight of you.
 Your chewing gum, disposed at the door.
 The suit you're wearing is not looking poor.

Soon you appear leaving the audience is awe,
 And now they're clapping as predicted before.

You enter the room escorted with care,
 That makes you as proud as a peacock with flair.

You stay at the gala for hours on end.
 Will you spend one hour with 'Me' and end with
 "Amen."

As you visit 'Me' just a mere once a week, no need

To show up like you've come off the beach.
 As you enter 'My' house, please show me respect,

One needn't a lesson to bow down and reflect.

You come visit 'Me' as though you don't care.
 Don't think to say, "You've nothing to wear."

Wear respect, and reverence that's due all around

As you enter 'My' door, on this Holy Ground.

Wear your manners and smile to the top of 'My' dome.

Wear the shorts at the beach, and the mini at home.

You see my dear you've something to wear; your very

Best for the gala, the beach, and the place called

'My Home'.

Written and submitted by"

Antoinette G. Kirchner

WELCOME NEW PARISHIONERS !

Twelve new families have joined our parish since our May issue.

- Shayha Anne Bannon
- John and Phyllis Bonaccolta
- Siodhan Budine
- Ken and Han Coffey
- Nina Dillon
- John and Marilyn Ellison
- Carlito and Helena Flores

- Chene and Emily Heady
- Paul and Lorraine Kopack
- David and Katherine Wesley
- Don Wood
- Jeffrey and Lorraine Zug

A warm welcome to each and every one of you !

GO IN PEACE (Connecting the liturgy to our daily life)*By Joe Marotta*

I would like to thank those of you who have taken the time to comment on the first edition of this column. I am glad to know that it was helpful, and as I mentioned last issue, I appreciate the feedback and welcome suggestions for future topics. As we prepare to start using a new translation of the missal this fall, I am sure we will all be focusing a little more on what we do and say during Mass. This will certainly raise questions. Please forward them on! It is safe to say that if you are wondering about it, at least a few other people are as well.

In the last issue, I discussed the significance of the ending of our liturgy – the dismissal. This time, I would like to look at the beginning of the Mass. As most of you know, after the Second Vatican Council, there were many changes to our Sunday celebration. They involved what is done as well as what is said. There is one almost invisible change to the Mass, however, that I think sets the entire tone for nearly everything else that has changed about our celebration.

The Sacramentary (or Missal), is the big book used by the priest. It contains all of the prayers, responses and directions used during the Mass. The parts that are said aloud are printed in black; the directions on when and how to say and do things are printed in red. Because of this, they are called *rubrics* (from the Latin word for red). Although never spoken, these words are just as important as the words in black; they guide the priest and other ministers in how to serve at Mass.

The very first rubric describes when the mass is to begin. Before the Second Vatican Council, it read: “*Sacerdos paratus*” which means, “When the priest is ready.” After the Second Vatican Council, this same rubric directs that the Mass begin, “*Populo congregato*” which means, “When the

people are gathered.” This change is fundamental to the Church’s renewed understanding of liturgy. The gathering of the faithful is an essential part of the liturgy; so much so, in fact, that according to this rubric, it is presumed that Mass does not start without it! The very first document issued by the Council instructed that “the full and active participation by all the people is the aim to be considered before all else” when restoring and promoting the Mass. (*Sacrosanctum Concilium*, #14) The change to this first rubric is a direct result of that instruction.

The word for “church” in the New Testament is *ekklesia*. It means, “A gathering of people called together for a purpose.” That certainly describes our liturgy. As important as the priest is to the Eucharistic celebration, the Second Vatican Council made it very clear that the participation of the entire assembly is equally essential. Without them, there is no Church. Paying attention to the words when we recite prayers (especially those we already know by heart), singing with our full hearts and voices and doing our best to remain mentally present during the entire celebration are all ways that we are called to the full and active participation envisioned by the Council fathers.

So next weekend, take a moment as Mass begins to make sure that you have gathered with the rest of the assembly – not just physically, but mentally, emotionally and spiritually. Reflect upon your past week – the joy and hope, grief and anguish you have experienced. Bring them with you as you gather and offer them to God. That way, when the priest is ready, you will be too!

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“NURSES”

look for medical alert jewelry, and the wrist is the first place they check while taking a pulse, says Jennifer Frenette, board member for the National Association of Emergency Medical Technicians. There are lots of cute options you’ll be excited to wear, all of which can be engraved with your info on the back.

What Kids Need

Help your children develop healthy habits during their peak bone-building years.

Make sure they get their calcium and vitamin D

Kids 1 - 3 years old need 500 mg of calcium, those 4 - 8 should get 800 to 1,000 mg, and those 9 - 18 need 1,500 mg. Three to four age-appropriate servings of dairy should do it, says the American Academy of Pediatrics. (One cup of milk has about 300 mg of calcium;

1 cup plain low-fat yogurt, about 400 mg; 1.5 oz cheddar cheese, 300mg.) If your child hates milk or is allergic to it, look for fortified cereals and orange juice or granola bars. You can also disguise milk in soups, puddings, sauces and stews. Cut processed foods, as they tend to be lower in essential bone nutrients than fresh foods. Don’t give your child more vitamin D than the RDA of 600 IU (for kids over 1); too much might be toxic.

Keep them moving if kids aren’t into school sports, they may need motivation to exercise. Studies have shown that brief, regular sessions of high-impact exercise, such as jumping jacks or jumping rope, boost bone mass.

ROASTED SHRIMP SCAMPI RECIPE FROM OUR NURSES

Salt
 1 large lemon
 1 Lb. asparagus, trimmed and cut into 1-in. pieces.
 4 tsp. extra virgin olive oil
 2 cloves garlic
 1/4 cup packed fresh mint leaves
 1/4 cup fresh basil leaves
 12 oz shelled and deveined shrimp
 (26-30 count)
 1/8 tsp. crushed red pepper
 1 box (13.25 oz) whole-grain-blend spaghetti
 Preheat oven to 450. Heat large covered pot of water to boiling; add i tsp. salt. From lemon, grate 1 tsp peel and squeeze 1/4 cup juice. In bowl, toss asparagus, 2 tsp oil, and 1/4 tsp salt. Place in 18” by 12” jelly-roll pan. Roast 5 minutes. Meanwhile, mince garlic, mint, and basil. To same bowl, add shrimp,

garlic, lemon peel, pepper and half of mint, and stir to coat. Push asparagus to one side of pan; arrange shrimp on other side. Roast 5 min. or until shrimp just turns opaque. Cook pasta as label directs. Reserve 1/2 cup cooking water. Drain pasta; return to pot with asparagus. shrimp, lemon juice, basil, reserved cooking water, 2 tsp. oil, 1/8 tsp. salt, and remaining mint. toss to coat.

Nutritional info

(per serving) : Calories: 218, Calories from fat; 39, Total Fat: 4.5g, Cholesterol: 51 mg. Sodium: 106mg, Fiber: 4.9g, Carbohydrates: 22.5, Protein 22.2g. (Makes 4 main-dish servings.)

Note from editor: try eliminating the salt or perhaps substitute a “salt-substitute” if you are watching your sodium intake.

HOLY CROSS CATHOLIC CHURCH



*St. Joseph,
master carpenter and
builder, pray for our parish
community at Holy Cross.*

*Inspired by your example
of faithful love for Mary and
Jesus, and with the support of
your people, may we continue
to serve God faithfully, work
together to build up God's
kingdom, and be the people
our Lord Jesus calls us to be.*

Amen

Msgr. J. Kenneth Rush

OUR PARISH LIFE

COMMENTS FROM YOUR EDITOR

Once again I wish to thank all who have contributed to this issue of Our Parish Life ! You are all wonderful ! The next issue will come out in November. The cut off date will be October 10th. This will be the "holiday" issue and the last issue for 2011. So please enter all of your holiday happenings ! As the year will come to an end and the new year is on the horizon.....I am wondering if anyone would like to take over the publication of our newsletter . If you are interested, please call me at 929-5720 or contact the church office.

SUMMER IS FOR FUN AND SO I ADD A PHOTO FROM OUR SWIFT ALBUM FOR YOU TO ENJOY !

