

The Church of Saint Ann

1253 Lawrence Road, Lawrenceville, NJ 08648

The entire parish community extends a warm welcome to all visitors and to all new parishioners. We're glad you're here!



27th
Sunday
in
Ordinary
Time

October 3, 2004

Served by:

Rev. R. Vincent Gartland, Parish Priest 882-6491, ext. 12
Rev. Joseph Rosie, Weekend Assistant
Sister Beth Dempsey, RSM, Pastoral Associate 882-6491, ext. 15
Mr. Gary Maccaroni, Pastoral Associate 882-6491, ext. 16
Rev. Msgr. Leonard R. Toomey and
Rev. Edward J. Dougherty, Weekday Assistants
Mr. Thomas Everist and Mr. Edward Hoag, Deacons
Mrs. Christine Barranco, Business Manager 882-6491, ext. 19
Mrs. Lynne Schuman, Office Manager 882-6491, ext. 11
Mrs. Rita Reven, Finance Manager 882-6491, ext. 13
Mrs. Donna Maccaroni, Capital Campaign 882-6491, ext. 26
Sister Margaret Cronley, MSC, Sacramental Secretary 882-6491, ext. 14

Mrs. Eleanor Kiel, Music Director, Youth Choir, 12:30 Band 882-6491, ext. 18*
Ms. Rosemary Hobgood Iossa, Director, Adult Choir
Mr. Michael McCormick, Organist, Adult Choir
Mr. John McKenna, Principal, Saint Ann School 882-8077
Sister Carol Heffner, SSJ, Director, Religious Education 882-1212
Ms. Catherine Haggerty, Sexton 771-1078
Mr. Bob Seaman, Maintenance Supervisor 882-6237
Ms. Eleanor Tyler, Marriage/Family Counselor 747-9515
Sister Rita Woehlcke, SSJ, Spiritual Direction 392-6608
Parish Health Ministry 882-6491, ext. 17
Helping Hands Ministry 882-6491, ext. 20
...and Many Faithful Volunteers

Parish Office: 609-882-6491

Fax: 609-882-4366

Parish Website: www.churchofsaintann.net

Saint Ann School: 609-882-8077

School Fax: 609-882-0327

School Website: www.st-ann-school.org

Religious Education Office: 609-882-1212

* Youth Choir Attendance/

Information Phone: 609-882-6491, ext. 22

PARISH REGISTRATION: All baptized Catholics living in Lawrenceville are considered members of Saint Ann parish and are entitled to its services. Registration assists the staff in knowing parishioners, providing for their needs, informing them of parish programs and activities, and utilizing their gifts and talents in service to the Church and to one another. **PLEASE REGISTER** by using the forms at the church entrance or at the Parish Office. Envelopes will be made available once you are registered. We encourage you to use envelopes for your weekly contributions.

THE SACRAMENTS

Sunday Eucharist: Saturday Vigil: 5:00 P.M.; Sunday: 7:30, 9:30, and 11:00 A.M. and 12:30 P.M.

Daily Mass: Monday, Wednesday, Friday, and Saturday at 8:00 A.M.; Tuesday, Wednesday, and Thursday at 7:00 A.M.

Holy Days: As listed in the bulletin.

Liturgy of the Hours and Communion Service: Monday and Friday at 7 A.M.

Baptisms: First and third Sundays at 2:00 P.M. and at Baptism Sundays scheduled throughout the year. *Baptism Preparation:* Second Tuesday of the month at 7:30 P.M. in the chapel. Parents are encouraged to attend this session early in the pregnancy. Baptisms are scheduled after participating in the session.

Marriage: Ideally, couples planning to marry at Saint Ann should contact the Parish Office a year in advance so that they may complete the necessary marriage preparation process.

Penance/Reconciliation: Saturday from 4:00 to 4:45 P.M. in the Daily Chapel or anytime by appointment.

Anointing of the Sick/Communion to the Homebound: Please notify the Parish Office when serious illness occurs or when the sick, aged, or incapacitated are confined to home for an extended period. Arrangements can be made to bring communion to those unable to get to church. In an emergency, call the Parish Office anytime. **Nighttime emergency phone number is 882-3173.**

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) RCIA is the process by which adults become full, active, participating members of the Catholic Church. This includes receiving the sacraments of Baptism, Confirmation, and Eucharist. Please call the parish office for information.

RELIGIOUS EDUCATION PROGRAM Parish Religious Education program for children (CCD) meets Sundays (**kindergarten only**) from 11:00 A.M. to 12:00 noon and Sunday, Monday, and Tuesday from 6:30 to 7:45 P.M. **Phone 882-1212. Religious Education Office:** Located on the second floor of Saint Ann School. **Office Hours:** Monday through Thursday, 9:00 A.M. to 3:00 P.M.

SAINT ANN SCHOOL, 34 Rossa Avenue, Lawrenceville, NJ 08648: Saint Ann School has provided quality elementary school education for over thirty-five years. It also sponsors extended day and afterschool programs. The preschool program serves children aged three to four years. **Phone 882-8077 Fax 882-0327**

PARISH OFFICE Located on Lawrence Road next to McGrath Pharmacy. **Parish Office Hours:** Monday through Friday, 9:00 A.M. to 4:30 P.M. and by appointment. Call anytime in the case of an emergency.

PARISH BULLETIN Information for the bulletin needs to be received at the Parish Office by 3:00 P.M. **on Friday of the preceding week. Save time by e-mailing items for consideration to lynneshoe2@comcast.net.** Thank you!

Daily Liturgy for the Week of October 3, 2004

MONDAY, October 4 SAINT FRANCIS OF ASSISI, RELIGIOUS
 8:00 A.M. Mary Avidano, by Kathy and Rick Finch
 Edith Elmo, by Roger Persichilli

TUESDAY, October 5 SAINT BRUNO; SAINT MARIE-ROSE DUROCHER
 7:00 A.M. John Fiasco, by Gina and David Glogowski
 Michael Vasily, by Jane Fallon

WEDNESDAY, October 6
 7:00 A.M. Helen F. Baran Liptak, by Carl and Bernice Tattory
 Dr. Anthony Muccioli, by Peter and Theresa Krawiec
 8:00 A.M. Madeline and Paul Rando, by James Zega
 Edith Elmo, by Mary Malley

THURSDAY, October 7 OUR LADY OF THE ROSARY
 7:00 A.M. Bernard Mannix, by Terri Keiper and Miriam Schlosser
 Lola Texany, by Ronald Chmura family

FRIDAY, October 8
 8:00 A.M. Edith Elmo, by Kathleen Renz
 Martha Zaharny, by Pat Colavita

SATURDAY, October 9 SAINT DENIS AND COMPANIONS, MARTYRS
 8:00 A.M. Josephine Vecere, by husband Joseph
 Joseph Geslock, by Lisa and Joe Esposito and family
 5:00 P.M. Dr. Karl Von Vorys, by Jean Procaccino
 Paul Harcar, by Mike and Dottie Franko

SUNDAY, October 10 TWENTY-EIGHTH SUNDAY IN ORDINARY TIME
 7:30 A.M. Antonio Arduini, by Peter Zangrilli family
 Lola Texany, by Sophie Chmura
 9:30 A.M. People of the Parish
 11:00 A.M. Katherine and Charles Ramsay, by daughter Pat Jordan
 Robert Jordan, by family
 12:30 P.M. Anthony Costiello, by family
 Warren Sinclair, by Ann Bottoni

We regret any misspellings in the Mass intentions.

SANCTUARY CANDLE

In memory of **JOHN FITTON**, by family

Stewardship

Weekly Offering for September 26, 2004
 Thanks for using the envelope system!

Number of Registered Households	2545
Number of Envelopes Used	603
Envelope Contributions	10,575
Loose Money	2,539
Other Weekly Money Collected	
Total Contributions Last Week	13,113
Average Envelope Contribution	17.54

There are many in this world who have less than we do. There are many who have more. This makes no difference to our commitment to share our own gifts and resources.

It is not about who has less than I do. It is not about who has more than I do. It is about: "What will I do?"

**Diocese of Trenton
 Office of Social Concerns**

**A Morning Apart: Reflections on the Religion of Israel;
 The Aims of Jesus**
Saturday October 16, 2004 9:30am to noon
St. Anthony's Parish
Hightstown, NJ

The Office of Social Concerns and Catholic Charities Parish Social Ministries invite all those interested in enriching their understanding and deepening their spirituality vis-à-vis the Church's mission in the world to set aside the morning of October 16th to carry on a conversation with Fr. Addison G. Wright. Fr. Wright is a contributor to the "Jerome Biblical Commentary" and a faculty member of Fordham University. Fr. Wright will present two reflections during the morning:

- 1) "The Religion of Israel and of Jesus: The Quest For A Just And Compassionate Social Order"
- 2) "The Aims Of Jesus: To Center Religion in the Love of Neighbor Rather Than In the Privatized Religious Practices."

For More Information call Fr. Ron Cioffi 732-264--0322

A million thanks!

We want to thank Tessie and John Bartolino and Janice and Lou Peoples for coordinating our Coffee and Donuts this season. We are very grateful to them as well as their helpers: Marie and Charles Meserol, Marie Slowikowski, Helen Shopp, Mildred Rhodes, Pat Jingoli, Jean Sabo, The Hedden Family, Jean Demers, Katie and Yvonne Daniel, Christi John, Lorraine Miller, Ed and Regina Hoag, Regina Ledger, Marianne and Megan Kollar, Margaret Van Dagens, Alice Dickens, JoAnn and Dick Graja, Red and Dianne Birch, Theresa Bottoni, Cynthia Stuerj, and Raj and Mini Alankara.

**GOLF TOURNAMENT NETS \$10,000+ FOR
 FAITH DEVELOPMENT CENTER**

Congratulations and many thanks to all those who helped make this year's Annual Golf Tournament such a wonderful event. As a result of your efforts, over \$10,000 was donated to the Faith Development Center Capital Campaign. Special thanks to Steve Czigler, chairman, the committee (Mike Franko, Larry Arcioni, Chuck Connell, Ron Chmura, Pat D'Angelo, Tony Piacente, George Conover, Bob Kusek, Steve Sabo, Robert Saccani, Tim Doherty, and Frank Rybinski), and the volunteers (Liz Czigler, Marion Connell, Dottie Franko, Matt D'Amato, George and Marie Conover, Ed Koob, Gerry DeBlois, and Pete Yacyk.

**ALTAR SERVER SCHEDULE
 October 9/10, 2004**

5:00 P.M.	7:30 A.M.	9:30 A.M.	11:00 A.M.	12:30 P.M.
E. Masterson	M. Competelli	M. Hedden	K. Stanley	D. Becerra
J. Pulaski			D. Crane	E. Masterson
M. Czigler			M. Crane	
T. Camastra				#562 —St. Ann

CALENDAR OF EVENTS FOR THE WEEK OF OCTOBER 3, 2004**SUNDAY, October 3 - RESPECT LIFE SUNDAY**

- Diaper Collection Weekend
- Knights of Columbus Rose Sale after All Masses
- Religious Education Kindergarten Classes - 11:00 A.M. - Saint Ann School Kindergarten
- Baptisms - 2:00 P.M. - Church
- Mass - 2:00 P.M. - Tandem Nursing Home
- Youth Group - 5:00 P.M. - Parish House Sunroom
- Religious Education Open House for Grades 1, 3, 5, 7 - 6:30 P.M. - Saint Ann School
- Religious Education Classes - 6:30 P.M. - Saint Ann School
- Confirmation Sunday Group Session - 6:30 P.M. - Saint Ann School
- Respect Life Ministry Holy Hour for Life - 7:30 P.M. - Church

MONDAY, October 4

- Miraculous Medal Novena and Benediction - 1:30 P.M. - Church
- Saint Ann School Blessing of All Living Things - 1:45 P.M. - School Playground
- Saint Ann Parish Blessing of All Living Things - 6:00 P.M. - Corner Lot (Lawrence Avenue/Lawrence Road)
- Religious Education Open House for Grades 1, 3, 5, 7 - 6:30 P.M. - Saint Ann School
- Religious Education Classes - 6:30 P.M. - Church/School

TUESDAY, October 5

- Adventures in Parenting - 10:00 A.M. - Parish House Community Room
- Exposition of the Blessed Sacrament - 12:00 noon to 7:00 P.M. - Church
- Divine Mercy of Jesus Holy Hour - 3:00 to 4:00 P.M. - Church
- Our Lady of Perpetual Help Prayer Ministry - 6:00 P.M. - Parish House Sunroom
- Religious Education Open House for Grades 1, 3, 5, 7 - 6:30 P.M. - Saint Ann School
- Religious Education Classes - 6:30 P.M. - Church/School
- Jesus, Prince of Peace, Prayer Group - 7:10 P.M. - Parish House Dining Room
- Adult Enrichment: East Timor Presentation by Chris Peterson - 7:30 P.M. - Church

WEDNESDAY, October 6

- Youth Choir Rehearsal - 5:00 P.M. - Church
- Little Angels Choir - 4:45 P.M. - Parish House Conference Room
- Legion of Mary - 5:15 P.M. - Parish House Dining Room
- Cantor Rehearsals - 6:30 P.M. and Adult Choir Rehearsal - 7:30 P.M. - Church

THURSDAY, October 7

- Saint Ann School Liturgy - 9:00 A.M. - Church
- Pax Christi - 7:00 P.M. - Parish House Dining Room
- Knights of Columbus Monthly Business Meeting - 7:30 P.M. - Parish House Conference Room

FRIDAY, October 8

- Junior Legion of Mary - 2:30 P.M. - Parish House Conference Room
- Taizé Prayer - 7:30 P.M. - Church

SATURDAY, October 9

- Wedding: Stratton/Gordener - 3:00 P.M. - Church
- Baptismal Weekend: Baptisms (2) at 5:00 P.M. Mass
- Wedding Liturgy Workshop - 7:30 P.M. - Church

SUNDAY, October 10

- Food Collection Weekend
- **No Religious Education Classes** (Columbus Holiday)
- Baptism - 2:00 P.M. - Church
- Centering Prayer - 7:00 P.M. - Church

The Saint Ann Youth Choir is full for the 2004-2005 academic year. If you would like to be put on a waiting list, please call and leave a message at 882-6491 ext. 22.

Pax Christi USA

“Peace is our work... To everyone, Christians, believers, and men and women of good will, I say: ‘Do not be afraid to take a chance on peace.... Peace will be the last word of history.’”

— Pope John Paul II

The first meeting of **Saint Ann Pax Christi** is scheduled for 7:00 P.M. on **Thursday, October 7**, in the dining room of the Parish House (next to the school). All are welcome. For more information, please contact Deacon Ed Hoag at edward_hoag@yahoo.com.

**CHRIS PETERSON
TO SHARE HER
EAST TIMOR
EXPERIENCES**

On **Tuesday, October 5**, our parish missionary Chris Peterson, who has just returned from her year of service in East Timor, will share with us some thoughts and images of her experiences with the VOICA Missionary Group. The presentation will be held in the church beginning at 7:30 P.M. and should run about one hour. Come and discover what an interesting experience it is to work as a missionary. You'll be glad you did.

PLANNING YOUR WEDDING

The Liturgical Celebration of Marriage
Saturday, October 9 - 7:30 to 9:00 P.M.

A workshop for anyone interested in understanding the Liturgy of Marriage and for all who are planning to celebrate their marriage here at The Church of Saint Ann. All are welcome: Brides, grooms, parents, interested parishioners, those who might be brides, grooms, or parents of brides and grooms in the near or distant future, photographers, florists, wedding coordinators.

Some Questions We'll Address:

What is the history of the wedding ceremony? What is a sacrament? Whose day is it anyway? Why can't my dog carry the rings? What are the options and the essentials? What about flowers, music, attendants? Bubbles, bells, butterflies, or pigeons? What about *Here Comes the Bride*? Who sits where? Should kids be in the ceremony? What should we save until the reception? Who's in charge? How about a unity candle? What about hospitality? Do we really want people to sing? Who reads? What do they read? What happened to the runner? What will it cost? Why? Do we need a program? A video? **Bring your own questions to the workshop. All Are Welcome! No Charge to Attend. To register, call (609) 882-6491.**

We encourage all parish groups and committees to read the Sunday Gospel aloud before beginning a meeting, thus placing your ministry in the context of the mission of the Church.

Gospel for October 3, 2004

Twenty-Seventh Sunday in Ordinary Time - Luke 17:5-10



The apostles said to the Lord, "Increase our faith!" And the Lord said, "If you had faith as a grain of mustard seed, you could say to this sycamore, 'Be rooted up, and be planted in the sea,' and it would obey you. "Will any one of you, who has a servant plowing or keeping sheep, say to him when he has come in from the field, 'Come at once and sit down at table'? Will he not rather say to him, 'Prepare supper for me, and gird yourself and serve me, till I eat and drink; and afterward you shall eat and drink'? Does he thank the servant because he did what was commanded? So you also, when you have done all that is commanded you, say, 'We are unworthy servants; we have only done what was our duty.'"

REFLECTION QUESTION

How does the word, phrase, or image that struck you from this week's scriptures speak to your life, the life of your parish, your family, or our world these days?

Community Service for Confirmation and School: All are welcome. Help prepare and deliver lunch for homeless families—a great community service project for Confirmation or school or just a fun family activity. We'll meet in Lawrence from 11:00 A.M. to 12:30 P.M. on **Saturday, October 30**. Please contact Anne Catena at 882-1498 no later than October 26 to confirm or for more information.

"Many Hands Make Light Work" Do you have a flair in visual display presentation, floral design and liturgical atmosphere? The Atmosphere/Environment Committee is seeking new members to assist them. We invite you to our next meeting on October 11 at 7pm in the Parish House Dining Room.

Baptism Congratulations

Welcomed into the Church through the Sacrament of Baptism were:

Grace Ann MATTARA, Michael Paul KANG-SPANO, Luke Anthony LONGO, and Quinn Conor MCLAUGHLIN

Come Join in Saint Ann School's Annual Flea Market

Wondering what to do with all that extra stuff you've collected? Now's your chance. **Saturday, October 16, 7:30 A.M. to 12:00 noon** in the **church parking lot**. (If it rains, the Flea Market will be held in the School Gym.) Space fee is \$15. If you are interested, please call Roseanne Randazzo at 896-8493.

CROP WALK

Sunday, October 17, 2004

Rider Campus Ministries has invited members of St. Ann's and other area churches to join them in the annual Church World Service Crop Walk – an ecumenical activity to fight hunger both locally and worldwide. The six mile walk will begin at the Rider University Library at 2:00 p.m. with check-in time at 1:30 p.m. The path will lead back to the Library where refreshments will be served. You can contribute by being a cropwalker, sponsoring a cropwalker or making a donation. 25% of collected funds will be distributed to our local food banks. Sign-up after all Masses this weekend. For further information, contact Beverly Farano at 609-771-6858.

H.O.P.E. (*Helping Other People Evolve*)

A Self-Help and Educational Group for Widowed Persons
MERCER COUNTY LAWRENCEVILLE (EVENING) CHAPTER
FALL 2004

- October 4 INTRODUCTION AND ORIENTATION:
Examining the Grief Process
 - October 11 THE FOUR T's
Tears, Talk, Touch, and Time
 - October 18 HEALING AND GROWTH
Group Discussion
 - October 25 THE STRESS FACTOR
Practical Ways to Reduce Tension and Stress
- **** REGISTRATIONS CLOSE AFTER THIS MEETING ****
- November 1 EXPLORING INDEPENDENCE
Introspection and Discussion
 - November 8 LEAVING LONELINESS BEHIND
The Difference Between Loneliness and Solitude
 - November 15 "HAPPY HOLIDAYS"
How to Get Through Them without Falling Apart
 - November 22 TAKING CHARGE
Being Assertive without Being Aggressive
 - November 29 GUEST SPEAKER or WORKSHOP
 - December 6 MOVING AHEAD
Ten Steps to Starting a New Life

All meetings take place at the Saint Ann Parish House at 7:00 P.M.
 NEXT SESSION WILL BEGIN JANUARY 10, 2005.
 FOR INFORMATION OR TO REGISTER, CALL 1-888-920-2201.

Mount Carmel Guild of Trenton will hold its **9th Annual Silent/Live Auction and Dinner Reception** on **Friday, October 29**, at the Lafayette Yard Marriott, Trenton, NJ. Tickets are available for \$125 each. For ad inquiries, please call Mount Carmel Guild at 392-5159. All event proceeds will benefit Mercer County's less fortunate.

In Case You Missed It...The Church of Saint Ann Is Going on a Cruise to the Caribbean

We will be cruising on the Carnival Legend, **leaving New York on Sunday, May 29, at 4 P.M.** and **returning Monday morning, June 6.** Ports of Call will be San Juan, Puerto Rico; Saint Thomas, USVI; and Tortola, BVI.

- Cost p/p double occupancy is:
- Interior cabin \$933.14
 - Cabin with a window \$1,083.14
 - Cabin with a balcony \$1,237.14

The cost does not include gratuities (\$80), transportation to New York (\$25), or trip insurance (\$99).

A \$300 p/p deposit is required to hold your place (either by check made out to **Carnival Cruise Line** or credit card). **Deposit is due by October 8. It is possible to book after October 8 but at this time price cannot be guaranteed. This deposit is refundable until March 1.** Balance is due by March 1, 2005, at which time you may purchase trip insurance at \$99 p/p. If you're thinking about going or for more information contact Sister Beth at 882-6491.

Knights of Columbus General Monthly Meeting

Lawrence Council, No. 7000, Knights of Columbus will hold its general monthly meeting this Thursday evening, October 7, 2004, at 7:30 pm in the Parish House which is located adjacent to the school. **All Council members are encouraged to attend, especially if you have not been to a meeting in a while. A Columbian Lodge Meeting will immediately follow the general meeting to discuss the investments of the Lodge's current and future assets.**

Saint Joachim's Parish Mission

October 4 to 6 at 7pm

"The Truth will set you free" (John 8, 32)

DO not miss this wonderful opportunity to open your hearts to the flood of God's grace and spirit! Fr. Vincent Boney, C.P. Presenter
 Saint Joachim's Church, 2056 Butler Street, Trenton, NJ
 695-6089 ext 101

SAINT ANN SCHOOL LIBRARY FUND

Help establish the Saint Ann School Library Fund by donating gently used books (adult, children, art...any books will do). Donated books will be sold at the October Flea Market. All money raised will go into the Saint Ann School Library Fund. There will be a box at church where your donations can be placed the weekend of October 2/3. Please call Melinda Chance at 393-2715 with any questions or to arrange for pick-up of books.

PAESI NOSTRI - NINTH ANNUAL HERITAGE CELEBRATION

On **Sunday, October 10**, a Mass of Thanksgiving will be celebrated by the people whose family originated in Italy's Umbria region. It will be a reunion of paesani, family members, and friends to celebrate the faith and culture of their ancestors. Day begins with Mass at 11 a.m. at Saint Joachim's, Butler Street. A dinner follows at 12:30 p.m. at Roman Hall, Whittaker Avenue. Tickets: \$50 per person. **All are welcome.** Call Lola (890-8153) or Anne (396-5486) for reservations.

Faithful Citizenship: The Role of Catholics in the Public Policy Arena

Thursday, October 7, 2004 7:00 pm– 8:30pm
 Church of St. Andrew, 81 Swamp Road, Newtown, PA
 215-968-2262 Deacon George Corwell, Ph.D., presenting

KNIGHTS OF COLUMBUS ROSE SALE
OCTOBER 2/3

The Knights of Columbus will conduct a **Rose Sale** after Masses on the weekend of **October 2 and 3.** Your generous donations will support the parish's bus trip to participate in the annual **March for Life in Washington, D.C.,** next January. Please call Mike Meagher (883-8619) with any questions.

RESPECT LIFE SUNDAY

In response to "Respect Life Sunday," *Saint Ann Respect Life Ministry* is hosting a "Holy Hour for Life" on **Sunday, October 3**, at **7:30 P.M.** in the church. Deacon Richard Accari, a representative of "Deacons for Life" with the Diocese of Trenton, will preach. The holy hour will also include recitation of the Rosary, reading from sacred scripture, and sung prayer. All are invited.



Come join in the Fun A Family Event

Saint Ann Family Square Dance will take place on Friday evening, October 22 in the school gym from 7:30 - 10:30. Tickets are \$5 pp and \$10 per family. Price includes professional caller, snacks, soft drinks, coffee, cider. BYOB. Children 9 years of age and older are invited. Tickets are available in the foyer after mass and at the parish office. Should be lots of fun for the family!

Next time your sweet tooth needs satisfying, try reaching for the honey jar instead of the sugar bowl. Researchers at the University of California, Davis, say eating honey every day can raise your blood levels of polyphenols--antioxidants linked to decrease risks of heart disease, cancer, and stroke. In a recent study, biochemist Heidrum Gross, Ph.D., of UC Davis fed 25 volunteers roughly 4 tablespoons of honey daily for 29 days; the participants' antioxidant levels rose and didn't return to normal as long as they were eating the gooey treat. Of course, it's too early to know for certain whether that translates to better health, Gross says. Gross' study was funded by the National Honey Board, but it's not the only research hinting at the health benefits of honey. Other promising studies show that honey kills the bacteria usually responsible for sinus infections and relieves symptoms of psoriasis and eczema when applied to the skin. But keep in mind that 4 tablespoons packs 255 calories, or nearly 13 percent of a 2000-calorie diet. "If you eat that much honey every day without cutting calories elsewhere in your diet, you'll gain half a pound per week," warns Rachel Brandeis, R.D., a spokeswoman for the American Dietetic Association. Still, because honey is sweeter than sugar, you may not need much to keep your sweet tooth happy. ___ E.S. Parish Health Ministry (Health 9/04)

SAINT ANN SCHOOL NEEDS YOUR SUPPORT!

SUPERDOLLARS are back! SUPERDOLLARS are certificates or gift cards that are used in place of money at participating supermarkets. They are good at any location, including out-of-state stores. Use them for yourself or give them as gifts. Your family and friends may also purchase SUPERDOLLARS! Participating grocery stores give our school between 4-5% profit for every SUPERDOLLAR sold. This profit may be split 2.5% for future tuition credit to a Saint Ann School family with the remainder going to Saint Ann School PTA programs or choose the entire profit to be applied to Saint Ann School's PTA programs. The school received \$10,000 last year and it is a very good way to stretch your dollar to benefit our children and the parish community. In addition to purchasing needed programs and upgrades to Saint Ann School, the PTA will contribute to the Faith Development Center. Participating stores are: ACME, Marrazzo's, Pathmark, Pennington Market, Risoldi's Thriftway, Shop Rite, and Super G/Giant (4%). You can purchase SUPERDOLLARS at the following locations: **Church of Saint Ann foyer** - Between weekend Masses, during the school year (subject to volunteer availability); **Parish Office** - Monday to Friday, 8:30 A.M. to 4:00 P.M.; **Saint Ann School cafeteria** - Thursdays from 8:00 to 9:00 A.M. **Please feel free to call Sue DiStefano (737-7297) with any questions you might have.**

CHRISTMAS SALE

WORK OF HUMAN HANDS IS BACK

On October 10th and October 17th we will have some items from Work of Human Hands for sale. Work of Human Hands helps individuals receive a fair wage for their work through the promotion of more just trading relationships.

This organization purchases items directly from small cooperatives and nonprofit organizations that prioritize good working conditions and livable wages for the artisans. By purchasing items from our Work of Human Hands sale you are supporting and helping to make a difference in developing countries. You will find that the items on display are a very good quality. Catalogs will be available to take home. Items ordered will be here before Christmas. Do your Christmas shopping here instead of the mall! All orders must be pre-paid and are due Wednesday, October 20th.

Liturgical Ministers Gathering

Our annual liturgical ministries gathering will take place on Monday, October 25 at 7:30 in the church. Father Thomas Serafin, pastor of Saint Elizabeth Ann Seton Parish in Three Bridges will be the guest speaker. This gathering is for Eucharistic Ministers, Lectors, Ushers, cantors, adult choir members, and musicians. Please mark your calendars.

As part of respect life ministry month, the Diocese of Metuchen is sponsoring **Critical Life Issues Conference 2004**. The conference will feature a panel of experts from across the country who will discuss a variety of life issues, including living with disabilities, stem-cell research and human cloning, the aftermath of abortion, outreach services and end-of-life issues.

The conference will take place on Saturday, October 9 in the St. John Neumann Pastoral Center, Piscataway, NJ. Tony Award-winning actress Melba Moore, a committed spokesperson for the cause of life, will perform a special performance during the luncheon. For more information or to register contact Jennifer Ruggiero, (732) 562-1990, ext. 1629, or jruggiero@diometuchen.org.

An Afternoon with Dr. Scott Hahn

"Living the Gospel"

Saturday, October 23, 2004 - 1:00 P.M.
Saint Andrew Catholic Education Center,
51 Wrights Road, Newtown, PA 18940

Tax deductible donation is \$20 per ticket purchased in advance (\$25 at the door). Tickets can be obtained by calling HWIP (215-741-4947), St. Andrew Church (215-968-2262), St. Ignatius of Antioch Church (215-493-3377), or Holy Trinity Church (215-295-3045) or send a check, payable to "HWIP," to: HWIP, c/o Living the Gospel, PMB 361, 668 Stony Hill Road, Yardley, PA 19067.

HWIP is a registered 501 C 3 non-profit organization.

www.hwip.org