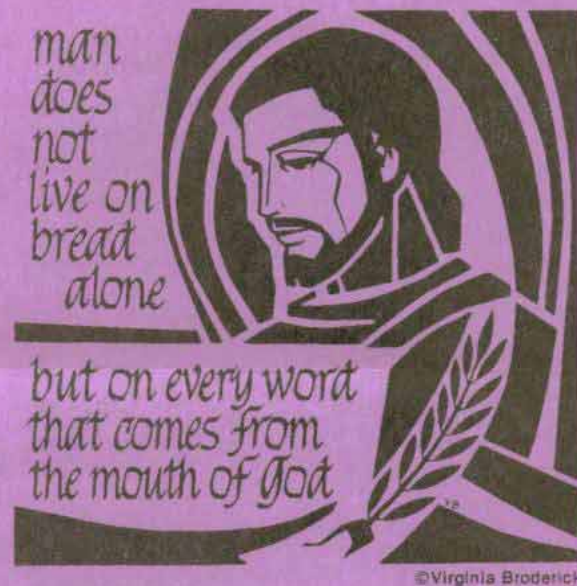


HEART BEAT



IMMACULATE HEART OF MARY
PARISH

"The Pulse of Your Parish"

FEBRUARY 2009

STAFF MEMBERS

Pastor	Fr. Karl Schneider
Deacons	Dennis Fietz Walt Henry Keith Marx
Admin. Secretary	Ann Brown
Business Manager	Dennis Fietz
Director of Christian Formation	Janice Grosschadl
Director of Adult Ministry	Sr. Rosemary Bonk
Director of Liturgy & Music	Andy Kukec
Parish Nurse	Dorothy Wutt
Maintenance	Paul Ramthun

PARISH COUNCIL MEMBERS

Pastor	Fr. Karl Schneider 414-453-5192
Chairperson	Katie Riley 414-258-9738
Vice-Chairperson	Harold Applegate 414-543-1028 (cell) 414-349-8626
Secretary	Evalyn Martin 262-786-0164
Trustee-Treasurer	Kathy Marx 414-257-0270
Trustee—Secretary	Darryl Draeger 414-453-9806
Members at Large	
	Lori Bieganski 262-786-7629
	Kay Elsen 414-476-3403
	Jody McBee 262-786-0811
	Marjorie Narlock 414-476-6215
	David Reiner 262-641-1046
	Nancy Richter 262-786-8795

LITURGY SCHEDULE

Saturday—4:00 p.m.
Sunday—7:30 a.m., 9:30 p.m.

*Aspire
To inspire*



HEARTBEAT DEADLINE April 27

We welcome reports of events, news of Parish members, committee reports, humor and inspirational pieces. All articles are subject to editing and must be signed.

Please include a phone number (Names withheld upon request.) Bring articles to the Parish Office or email to lgaska@wi.rr.com

What Makes a "Holy Family?"

The spirituality of family life is not without long hours of prayer and fasting. These are more than enough ascetic opportunities within family life to qualify anyone for sainthood. Changing dirty diapers, wiping runny noses, visits to the emergency room for stitches. Carpooling the kids and arbitrating sibling squabbles. Fast food sandwiched in between piano lessons, soccer games, and play rehearsals. Crying when a pet dies. Sitting through a three-hour recital waiting for Missy to play The Minute Waltz. Waiting up for a teen out on a date. Stretching paychecks to cover college tuition. Agonizing whether to institutionalize a parent with Alzheimers.

Family spirituality is about healing bruised egos, mending broken trust, and struggling with reconciliation. Family spirituality comes in mixed proportions of delights, struggles, and sorrows.

The challenges of living in a family are never ending, unexpected pregnancies, shaky marriages, parent-child conflicts, misunderstandings, children leaving home, aging parents, sickness, and death. It is encouraging to know that through the Holy Family, God is familiar with all of these. It was into family life—holy, human and messy as it is—that Emmanuel, "God with us," came to dwell.

A small faith community once gathered for a special liturgy for which they baked their own communion bread. The woman who baked the bread recounted the story behind it. She prepared the dough and put it in the oven to bake. Before leaving the house for work, she set the timer and asked her daughter to take the bread out when the timer went off. The teenage daughter was on the phone and didn't hear the timer go off. The bread burned, so did Mom's temper when she found out. Their second attempt at communion bread came out over-baked. All those who received communion that day experienced it differently. There was something comforting in knowing that this less-than-perfect bread, coming from the nitty-gritty mishaps of family life, could still be transformed into the Body of Christ.

*Submitted by
Diann Guth*

From the Catholic Herald—"Archdiocese" p. 7

6. Concentrate on Tremendous progress and good church has done. Archbishop Dolan noted that Dr. Paul McHugh of John Hopkins University one of the leading experts on sexual abuse of minors, said recently, "Nobody is doing more to confront the epidemic of child sexual abuse than the Catholic Church." Highlighting efforts in the archdiocese, the archbishop pledged to continue rigorous attention to preventing the problem of abuse and noted that for the fifth year in a row, the archdiocese has received an "A+" from outside auditors in dealing with abuse.

Blessed are those who can give without remembering and take without forgetting.

Lent 2009

*This Lent, can you forgive and leave behind the burden of resentment
and nourish hurts you have carried around through the year?*

Can you hold out reconciliation and be the first to forgive and to ask for forgiveness?

Ash Wednesday is coming! Our Lenten journey begins on February 25 with services including the distribution of ashes at 8:00 am and 7:00 pm. These services mark an important transition for our community, as they do each year. We come together as people matured by another year of our day-to-day efforts to live the Christian life. Some of our efforts were successful, some were not, and others cannot be judged from our limited perspectives. We need to leave that process of evaluation up to our God.

During Lent, the Spirit invites us into a desert, to move away from what has become habitual, to walk away from the distractions in life that form barriers between ourselves and God, between our life and those with whom we profess to share life. It is not a time of escape, but a period of engagement, to face both the promise and pain of our lives. The spiritual journey to follow Jesus calls us to unselfish loving, and therefore to certain judgment and rejection of contemporary cultural values. The spiritual journey takes us into our personal desert. We need to grapple with our true identity as we stand before God stripped of all pretext. We need to answer what we will do with the fragile life that God has given us for so short a time.

"What did you go out into the desert to see?" (Matt: 11:7). That is the question that Jesus asked the followers who went to see John the Baptist. We will be asked the same questions at the end of Lent. The desert is a place that is foreign to most of us. We know that it is a place of extremes, empty horizons. The desert is also a place of spiritual paradoxes that make the desert a setting for great temptation and even greater transformation. Lent is about change—profound change. The sparse landscapes of the desert can weaken the world's grip on our souls and open us to a new experience of God's love. The desert represents the lonely places present in every dimension of our lives, and to enter them requires courage. It is to stand in the critical space, remove the clutter, the mirrors that fool us into thinking we are not alone. If you travel into the desert, you travel light. How much can you leave behind? That is the desert question.

We associate a sense of solitude with the desert. Solitude can be terrifying in this culture of noise and crowded rooms, cocktail parties, and e-mail chatter and instant messaging. Lent is an opportunity to hear Jesus call us as he called the disciples after they returned from preaching: "Come away to some lonely place all by yourselves and rest a while." (Mark:6:31). This Lent, embrace solitude. Henry Nouwen describes solitude as the "furnace of transformation." Lent is about profound change at our inmost being. It is about achieving freedom and passing from death to life, as did Jesus, but the process may be painful.

This Lent, can we forgive and leave behind the burden of resentment and nourished hurts

we have carried through the years? Can we hold out reconciliation and be the first to forgive and to ask for forgiveness? Forgiveness is a choice. Forgiveness is an attitude that is acquired through the practice of forgiving. Let us ponder it in the quiet places of this Lent.

Lent is a time of repentance, of rending our hearts, opening them to God and to others. Go to the desert and do the hard work of finding peace in our lives with those with whom we live and with the God who loves us so much.

The desert experience is an experience of death, of barrenness, of profound undoing. Yet it is from such that new life emerges. The new life is not merely a renovation of the old. It is a radically different life if we authentically participate in the Passover spiritual journey this Lent.

Life is fragile and a gift. Lent is God's call to recognize the truth of our lives. A rent heart is an open heart that enables us to get in touch with the ways in which we have lost our truth, our ideals and our connection with ourselves, family and community. This is a spiritual journey searching the innermost corners of our heart.

Let this Lent be an honest time in which we use the season to ponder and make new decisions that will bring us to wholeness. We are incomplete without others. The capacity to forgive and ask for forgiveness is acknowledgement that we have broken bonds and their rapture diminishes us as persons. Living un-reconciled, harboring hurts, limits the possibility of God's reign breaking in our lives.

Our Lent comes this year in the midst of a particularly difficult time for our economy. Prayer is so crucial in times like these for it invites God's guidance and blessing, and opens us up to God's response.

A challenge for this Lent is to try something new to keep us connected to the season. Many of us have practices that we have repeated year after year after year, such as "giving up something up for Lent," or "reading the bible daily." While these Lenten practices are valuable, the call of John includes an invitation to discover and explore the reign of God in our midst. Perhaps this Lent offers an opportunity to enter into a journey of discovery by being involved in the lives of others through volunteering our time in service to a meal program or shelter, or by being connected to one of the many ministries in our parish. One of the best places to encounter God's reign is in our families. Lent offers a good occasion to spend more time with our loved ones to explore the presence of God alive in them. Be creative in this Lenten journey as that God can create us anew in preparation for Easter!

Let's accept the Spirit's invitation and go into the desert this Lent. The psalmist reminds us that God "turns a desert into pools of water, a parched land into springs of water." (Ps.107:34)

How much are you willing to leave behind? What did you go out to the desert to see? Let's travel together. May God be attentive to all of our needs and may we openly accept God's loving response.

Andy Kukec, Director of Liturgy and Music

ELECTIONS for PARISH COUNCIL and TRUSTEE

PARISH COUNCIL!!!!

WHO ME???

You have got to be kidding!

I want to get involved, but **Parish Council**, that's for members who have been here a long time and know what to do. There's no way that I'm qualified for something like that. I don't even know what they do on council or what I would be getting myself into.

Let me clear a few things up for you---

First, -- As a Council member, you get to know about your parish from the inside out. You find out what is going on in every standing parish committee. You can participate on committees that are being formed for the year, for example -- it could be a census committee or even a sixtieth anniversary committee. You become involved.

Second, -- If you are a baptized, confirmed, practicing Catholic, at least 18 years old and a registered member at IHM, you are qualified.

Third, -- The parameters of Parish Council

1. Elections are held in May. Every year, four new council members are elected, three regular members and one trustee.
2. If you are elected, it is for a term of **three years** for council members and two years for trustees.
3. Regular Council meetings are held once a month on the first Wednesday of each month starting at 7 PM.
4. Your first meeting starts in September.
5. Your last meeting for the year is in June, which is a farewell to outgoing members and a welcoming to new members.
6. Your summers are off.
7. The meetings last approximately two hours. During those two hours you start with prayer, read from Scripture, then give personal and shared reflections about the readings, you hear reports from the committee liaisons, possibly hear from a guest speaker, you discuss old and new business, and close with final prayer.
8. At your first meeting you decide if you would like to be a liaison for one of the standing committees—Prayer and Worship, Adult Christian Formation, Youth Christian Formation, Human Concerns, Hospitality, or Parish Twinning. If you choose to be a liaison, you attend your committee's meeting and report back to Council. All committees are accountable to the Council. The standing committees usually meet once a month or less.
9. Other committees sometimes develop during the year, depending on what the Council's goals are for the year. If you are interested in a certain committee and have the time, you volunteer to help on that committee.
10. Sometimes things come up and you cannot make a meeting, all we ask is that you let another council member, preferably from the executive board (chairman, vice-chair, or secretary) know ahead of time.
11. The Council's Purpose—the Council formulates parish policy, fosters good communication, and provides leadership by clarifying and helping to carry out our parish vision.

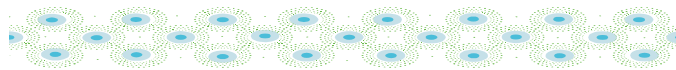
12. The way decisions are made: Council's manner of decision-making is a communal discernment which includes prayerful reflection, gathering of information, dialogue and sharing of conclusions. The usual method of reaching conclusions is by consensus.

If you want to become a vital and active member of your parish—someone who wants to be a part of what's going on at IHM, consider running for Parish Council. We need your thoughts, ideas, and energy. Please give thoughtful, prayerful consideration to this invitation to place your name or names of other parish members in nomination for the Council elections. You can use the form provided in your monthly Stewardship letter or in the bulletin. And if you are asked to accept a nomination, know that you are being called to share the gifts you have been given for God's glory. If someone does not personally come up to ask you to run for council, don't think you are not good enough or not being called. If you are thinking about running for council, God Himself could be calling you (putting the idea in your head).

I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here I am; send me!"

-Isaiah 6:8

If you have question about the election process, please contact Kathy Marx, Nominating Committee at 414-257-0270 or any present member of the Parish council.



CHOIR MEMBERS WANTED

Position available: Sopranos, altos. tenors. bass. No other need apply

Physical Requirements: Must be able to carry light musical notes part way to the sanctuary and must be sufficient of vision to see Director.

Experience: No applications will be accepted from persons who have not sung in the shower.

Beginning wage: Increased satisfaction and joy in the service of the Lord.

Social Security: We promise you security of social fellowship.

Hours: Thursday evenings—7 pm. Sunday mornings—9:30 am. There may be occasion for overtime.

Term of Service: Generally determined by the printed material getting too small to read, hymnals too heavy, notes too high, or the organist unable to play notes you sing. We are an equal opportunity employer.

Religious Education

February is here and our Gift Program is growing. We talked about CHURCH at our last session in January. The children learned about the four marks of the CHURCH and what they mean. The CHURCH is one, holy, catholic and apostolic.

All are invited to come to the GIFT Program. We begin with a meal, and then an introduction to the topic and then we learn more in our age appropriate groups. Our next session is on March 1st and 2nd (on Mondays we begin at 5:30 pm and end at 7:30 pm) Our topic for March is LENT.

Our Confirmation students have just completed their retreat. The confirmation sponsors joined the students for Mass and dinner and an evening of reflection. They will continue with their Confirmation Classes on February 8th and 15th and on March 8th and 15th. We meet in Bethany House from 8:15 to 9:15 am. Then we attend the 9:30 mass together.

The second graders will meet on Saturday, February 7th at 2:30 in the church hall. Then we will attend the 4:00 Mass for the Rite of Welcome. The second Graders will continue their classes on February 15th and March 8th and 15th from 10:30 to 11:30 in Bethany House.

Lent begins on February 25th. Easter is April 12th. Hopefully, we will have more Spring like weather this Easter.

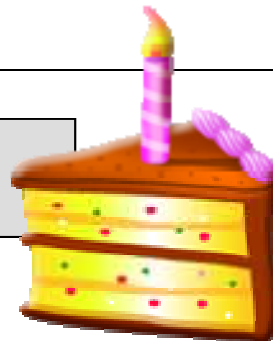
Happy Lent from the Religious Education Program.

A thank you letter was received from the Guest House for our contributions at Christmas. The following is from part of it.

On behalf of the guests and staff at the Guest House, please accept our heartfelt thanks for your generous contribution. With your support we are able to implement proven, effective transitional programs designed to create opportunities for individuals to pursue a life of independence. Please visit the Guest House or our website (www.guesthouseofmilwaukee.org) in order to see what is new and to keep in touch with the Guest House Community.

Best wishes,
Cindy Krahenbuhl
Executive Director

**Happy 90th Birthday
Norb Heindl**



Adult Formation Happenings

The women's **Advent morning of reflection** turned out to be highly successful in spite of the weather. The 18 women attending seemed to enjoy each other's conversation around the theme of Mary/Martha and how to find a balance of focusing on Christ while responding to the demands and expectations of the season. Our focus was developed around the story found on a video called *Women of the Bible* which was performed by Anita Gutschick. To find out more information about it, go to <http://www.womenofthebible.com/about/anita.cfm>.

This year the Adult Formation committee is focusing on having speakers touch on different religions. Because we had such an enthusiastic crowd come to the session on Judaism, we decided to proceed with one on Islam. On Sunday, January 25th, we had a speaker on **Islam**. He spoke after the 9:30 liturgy. Our speaker was Othman Atta from the Islamic Center and he was very clear in presenting the teachings of Islam and did a fine job in answering questions from the group of 65 people in attendance.

This Lent we will be having **small faith sharing groups** reading, reflecting on, and sharing about **1 Corinthians** written by St. Paul. Our reason for doing this is because this year we are celebrating the 2000th year since the birth of Paul, and this year has been named the year of Paul. We will be offered a number of different times to be in a group as we join with Mary, Queen of Heaven, St. Aloysius, and St. Rita. The sessions will go for 6 weeks and we will be using a book called 1 Corinthians that is put out by Loyola Press. Watch the bulletin for details.

In conjunction with this, on Sunday, March 15th we will be having a **speaker on Paul**. His name is Dennis Silva. Dennis Silva taught Biblical Studies at St. Francis Seminary for 22 years. He is presently an adjunct professor at Cardinal Stritch and also works in faith formation at St. Jerome's in Oconomowoc. Again this session will be offered after the 9:30 AM liturgy in the church hall.



We welcome the following new members to our IHM family and hope their stay with us will be a long and happy one.

Ralph and Loretta Dolata

Richard and Gail Gehler

Thomas and Charlotte Horton

James Sibinski

Joseph and Darlene Truss

Jorden and Susan Williams

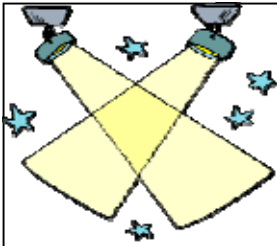


BAPTISM

We joyfully welcome into the community of faith, especially our own IHM —

Blake Allen Rush

Son of Bryan and Amber



IHM SPOTLIGHT—In this issue we focus on **Anne Klug**, who, along with husband Harry Farchmin, is currently co-chairing our Parish Festival. Anne has also been involved in other parish activities, such as being on the Renovation Committee from 1998 to 2001. She chaired the Christian Formation Committee for a couple of years during the time Donna Mae was here. She then was on the Adult Formation Committee for a few years, did St. Ben's for a while and is now on the personnel Committee, interviewing prospective workers for IHM. Anne and Harry have one daughter, Leah, who is a high school senior.

Anne was born to Evelyn and Otto Klug and they lived on 35th and Mitchell. She walked to St. Matthew's Grade School on 24th and Scott, now known as Prince of Peace. The family moved to 17th and Grant, but she was able to remain at St. Matthews's through the 8th grade. Then she went to high school at St. John's Cathedral, graduating with a very small class of 130. When she was a senior, her father passed away, having had many health issues. After that they moved again and attended Sr. Gregory the Great. Her mother knew Fr. Karl there, but Anne only attended a short while before she and Harry married the year after she graduated from college. They then lived on the East Side and attended Holy Rosary which is now called Three Holy Women. She was a lector and active on a few committees.

After 7 years on the East side, Anne and Harry searched for and found the home they loved and moved to the IHM neighborhood in 1986. Leah was born in 1991 being only the second child in the immediate neighborhood of mostly retirees. They joined IHM around 1988, and Harry joined RCIA and became Catholic about four or five years ago.

Family is very important to Anne. She fondly remembers that everyone called her mother "Honee" which is what her niece and nephew called her instead of grandma, and the name stuck. Anne and her mother spent many hours together each week enjoying each other's company. Sadly, her mother passed away this past year which has been very difficult for Anne and the family because they were so close.

Anne is also very close to her siblings She has a brother and two sisters. Her brother lives in Bay View and she keeps in touch with him mostly by phone. Her older sister is married with twins and lives in Cape Cod. This past summer, Anne and Leah went there for a visit. Her other sister lives in Madison and they see each other quite often. Harry's parents live in Elm Grove and he has a brother in Grafton. The families enjoy getting together, having big dinners which Anne and Harry love to cook and just enjoying each other's company. Of all the siblings, only Anne's sister in Cape Cod has children. So we can just imagine, with Leah's only two cousins living out of state, who was the "apple of everyone's eye."

Anne and her sister in Madison are especially close and they do many things together. For instance, each year they make a calligraphy calendar which they then give as gifts to family and friends. Anne has done calligraphy for many years. In fact, after Anne married, she had a small business called "Write For You" in which she did calligraphy, ad pieces, brochures and newsletter articles.

Anne went to UW-Milwaukee and received a Bachelor's Degree in English and Communications. Her original plan was to go into Journalism but she didn't care for it. After college, she worked in customer service but didn't feel she was utilizing her degree to the fullest. Then a friend told her of a job at Demonstrators Unlimited specifically for Krups kitchen products. The job consisted of hiring, doing demonstrations, and training. She ended up working there for 9.5 years which gave her some great human resources experiences such as interviewing, hiring, scheduling, training and "all sorts of other stuff." She feels this was a great prelude for the job she now has.

Working at St. Camillus for the past 16 years as a Human Resources Coordinator is a job she truly enjoys. She is in charge of all the hiring for non-care giving positions, which can include housekeeping, food service, security, administration, etc. Her job also includes doing investigations, dealing with employee issues, training, orientations and more. It wasn't her intention to stay there this long—she wanted to get a few years experience and then move on. However, as often happens, the job became something she loves and is like a second home. When she started, she worked just two days a week, wanting to be home for Leah. Then it expanded to three days, but now, they are often 12 hour days. The facility has grown over the years and that's why she needs to work more hours. She feels working for a nonprofit organization is a way to go for her because people are very compassionate and caring reaching out to each other. This makes her feel really good. She loves it and is never bored. Now isn't that the best kind of job to have?

Though she is so busy, she still finds time to read and grow flowers and vegetables in the summer. She also loves to ride her bike and says she does lots of that from April to October.

For a number of years, the family vacationed for a week in Door County for Father's Day except for the past two years. In 2007, they didn't go because Leah had gone to Germany for two weeks through school. They try to take a family trip at least every couple of years including out East and last year they had the luxury of going to Germany. They met the host family where Leah stayed. They went as part of a committee which evolved through Leah's school. It is actually a sister city committee with the city of Brookfield and a city in Germany called Seligenstadt. Some of the people from the committee were invited because they were signing the agreement.

So we'd like to thank this busy lady and her family for all they do. We hope God grants that they stay happy and healthy so they can keep doing it. Does that sound selfish?

Julie Muschall



From the Parish Pastoral Council IHMP—Ganta

In Introduction We are pleased to inform you about some ongoing actions of our parish. As you may be aware, our parish is a busy parish with series of activities in the past and present. Herein below are some of the many activities.

Baptism In the year 2008, 28 children and 9 adults received the sacrament of baptism.

Marriage 4 couples were joined in holy matrimony making the number 15 couples. Sunday School—Every year our parish has a Sunday School party for the children. Because of this, the number has sharply increased for both outstations and the main parish. (about 46 children)

Workshops, catechumen classes, outstations visitations, retreats, hospital visitation, and parish pastoral and teacher meetings form part of our regular activities.

Projects Radio programs—Every Sunday at about 7:30 pm, we have our radio program (Know and Live My Faith) Bulletin—A Sunday bulletin is printed every Sunday comprising of the three readings to enlighten the parishioners.

Catechist residence Presently we are molding sun-dried bricks to construct the catechists houses. The first phase is to mold 8000 bricks.

All parishioners are deeply involved including the Consolata Sisters

Harvest Our harvest program was held on the 9th of November, 2008. Outstationed parishioners brought food and non-food items for sale. The sale was quite encouraging and proceeds realized were given to the church. The intention is to build a parish hall where meetings and other activities will be held.

Confirmation A good number of our parishioners were confirmed by the Bishop of the Diocese of Gbarnga.

10th Anniversary of Rev. Fr. Slikpoh and Rev. Fr. Lee Walker

Fr. Siilpoh and Fr. Walker were ordained on Dec. 18, 1998 and have worked in the diocese for 10 consecutive years. Therefore, the Bishop invited all parishes and other friends to have a celebration in Gbarnga which is slated for January 16, 2009.

Once again, many, many thanks to all parishioners and friends of IHM West Allis, USA for the many supports and prayers you continue to offer us.

May God continue to bless the works of our hands. May God bless us all.

*The Parish Pastoral Council
IHMP/Ganta*



*In Loving Memory
We express our sympathy and the assurance of
our prayers to the family and friends of the
Following:*

Mary Henning 11-07-08
Dorothy Jaskolski 11-13-08
Huerb Holmquist 11-29-08
Dorothy Baerwald 11-29-08

Raymond Hatch 12-18-08
Joyce Opgenorth 12-31-08
Grace Lodzinski 1-02-09
Major Mark Bartz 1-12-09

Rqymond Machmueller 1-13-09

PARISH NURSE NEWS—CPR TRAINING PLANS

Several months ago Channel 4 News ran a report about citizen response to CPR medical emergencies prior to Paramedic intervention. It was a great surprise to learn that the percentage of citizen response in most Wisconsin communities was far below national average which of course, results in a lower overall survival rate in cardiovascular emergencies. As a nurse who worked for many years in ICU, family and friends often expressed regrets that they did not have CPR skills to help that victim. While one would hope that persons with those skills would help anyone regardless of relationship, it is a fact that most likely it will be family, friend or close acquaintance that needs our assistance in a cardiopulmonary emergency

Recently Froedtert Hospital sponsored CPR training to teach basic CPR skills to non-medical people. They provided a booklet of simple to understand information, a DVD with step by step instructions and an adult manikin to practice newly learned CPR skill. Hundreds of men, women and children attended those sessions. Learning how to give emergency care can have a positive impact on survival rates. Professional paramedics know that what happens between a 911 call and their arrival often makes the critical difference.

There seems to be an interest for such training here at IHM. Classes would be patterned after the Froedtert plan which includes viewing a short DVD, Learning some important 911 protocols, and basic CPR. We would also demonstrate the use of that "mysterious machine" hanging in the rear of the church aka AED (automatic external defibrillator). These classes would be offered on Sunday mornings and would need to be limited to about 30 a session in order to include some hands on demonstration on manikins. Please watch the bulletin for dates, times and location.

ADDITIONAL PARISH NURSE SERVICES

Weekly Exercise Classes

Beat the winter blahs with exercise! Classes in Tai Chi and low impact aerobics are offered in the parish hall every Wednesday at 8:45 am. Exchange healthy dietary and life style tips and have fun doing something we all need to stay fit. Comfortable shoes, clothing and motivation are the only requirements.

Monthly Blood Pressure Clinics

Blood pressures are taken the second weekend of the month (usually on hospitality Weekend) after both Sunday and most Saturday 4 pm ,asses. Whether on B/P meds or not, it is important to know your numbers. We believe that multiple B/P readings are the most reliable. Our clinics offer an opportunity to discuss health issues related to hypertension.

Health Equipment Closet

Our closet is brimming with crutches, walkers, toilet risers, commodes, shower chairs, dressings and incontinence products of varying sizes and types. Single fitted sheets, wheelchairs for short term use (can be negotiated). Call Dorothy at 262-782-6768 if you need to borrow any of these items. There is no charge.

RECIPE CORNER



Instead of a recipe this issue, we are offering some "home remedies." Use these with caution and check with your doctor 1st if you have any questions.

Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately—without the unpleasant side effects caused by traditional pain relievers?

Did you know that Colgate Toothpaste makes an excellent salve for burns?

Sore throat? Just mix 1/2 cup of vinegar with 1/4 cup honey and take 1 tablespoon six times a day. The vinegar kills bacteria.

Honey remedy for skin blemishes—cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile and speeds healing.

Achy muscles from a bout of the flu? Mix 1 tablespoon horseradish in 1 cup of olive oil. Let mixture sit for 30 minutes then apply it as a massage oil for instant relief for aching muscles.

Smart splinter remover: Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Vinegar to heal bruises ... soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief...it's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute. Cool slightly and apply the mixture to your hands for soothing relief from arthritis pain.

WHAT'S HAPPENING?

FEBRUARY

18

8:45 am Exercise Class
6:30 pm Executive Council Meeting

21

Appreciation Dinner
Baptism Weekend

22

Baptism Weekend

24

8:45—10 am Shawl Ministry RCIA

25

8:45 am Exercise Class

26

6:30—8:30 Shawl Ministry— Parish Meeting Room



WHAT'S HAPPENING?

MARCH

- 1 Gift Program
- 2 Gift Program
- 4 8:45 am Exercise Class
- 7 pm Parish Council Meeting
- 7 Reconciliation
- 8 Hospitality/Blood Pressure
- 10 5:00—8:00 pm Faith in Our Future Meeting
- 11 8:45 Exercise Class
- 15 10:45 Speaker—Hall
- 16 7—8:30 Adult Formation - Blue Room
- 17 Senior Meeting
- 18 8:45 am Exercise Class
- 6:30 pm Executive Council Meeting
- 19 Hearts of Harmony Concert
- 24 8:45—10:00 Shawl Ministry RCIA
- 25 8:45 Exercise Class
- 26 6:30—8:30 Shawl Ministry Parish Meeting Room

APRIL

- 1 5:30—8:30 Faith in Our Future Meeting
- 7 pm Parish Council
- 4 Reconciliation
- 5 Gift Program
- 6 Gift Program
- 8 8:45 am Exercise Class
- 13 7—8:30 pm Adult Formation Blue Room
- 15 8:45 Exercise Class
- 18 Baptism Weekend
- 19 Baptism Weekend
- 21 Senior Meeting
- 22 8:45 am Exercise Class
- 6:30 pm Executive Council Meeting
- 23 5:00—9:00 Faith in Our Future Hall
- 27 Deadline—Heart Beat Articles
- 30 Spring Luncheon
- 6:30—8:30 pm Shawl Ministry—Parish Meeting Rm

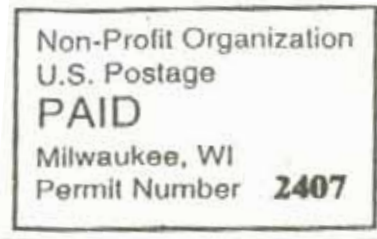


MAY

- 2 Reconciliation
- 3 Gift Program
- 4 Gift Program
- 6 8:45 am Exercise Class
- 11 7 –8:30 Adult Formation Blue Room
- 12 6:00—8:30 Faith in Our Future
- 13 8:45 am Exercise Class

**IMMACULATE HEART OF MARY
PARISH
1121 S. 116th STREET
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Return Service Requested



Heart Beat Staff

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*Don't worry about tomorrow.
My eyes are on you. I'm attentive to your
prayers and will provide all your needs
according to My endless riches in glory.
Put your hope in My unfailing love.*

Matthew 6:35; Peter 3:12, Phillipians4:19;