



FRUIT OF THE SPIRIT NEWSLETTER

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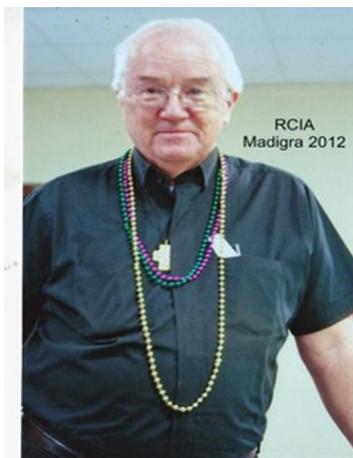
November 2018

Message from Monsignor

As I sit down to pen this article, a few days before Halloween, the Hallmark Channel has already begun airing its Christmas movies. Stores are already putting Christmas decorations and trees out. All of this having nothing to do with the real meaning of Christmas.

Before Christmas we have another major holiday – Thanksgiving. It celebrates a time of openness to those who are different from us. The traditional image of the First Thanksgiving is with Native Americans and newly arrived Pilgrims sharing the gifts of the earth with each other. This is the image we need to keep in the forefront of our minds as some strive to divide us along racial, religious, ethnic and partisan lines. As believers we profess that all people are sons and daughters of God, Our Father. That makes them our brothers and sisters.

On Sunday, November 18th, I will be taking part in an Interfaith Thanksgiving service at Pilgrim Congregation (on Glenwood) at 3:00pm. Everyone is invited to come together in our diversity to express our thanks.



Spotlight on Mary Bussey



As a girl growing up in New Jersey, Mary Bussey dreamed about a future of marriage and motherhood. Sometimes she also contemplated a teaching career, “but I wanted to be a wife and mother more than anything else,” she recalled. “That was what I said when I wished upon a star.”

Always enamored of the military, Mary realized half of her childhood ambition when, at 21, she wed Navy man Scott Bussey, whose nuclear expertise kept the couple traveling during his service stint. Yet as the years passed, parenthood eluded the pair. Even after pursuing adoption in Hamilton County, where the Busseys moved in 2008, they were still childless at the time of their 25th anniversary. “I was afraid we were getting too old when the call (from Catholic Charities) came out of the blue on a Saturday, asking if we wanted to be considered for a child who'd just been born,” said Mary.

While a weighty decision for any first-time parents, this newborn's potential adoption posed particular concerns. Because the biological mother had been a substance-abuser, agency officials said that the baby might face significant neurological and physical problems as a result, according to Mary.

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"But I knew from the second they called that we were meant to have this child," she said. "On Sunday, we learned we'd been approved for him and we met Freddie on Monday."

Mary acknowledged that the six years since have brought the family some struggles. But she said Siskin Center has been a beneficial resource for Freddie's sensory-processing therapy, even as the Home School Co-op has provided a wealth of Catholic-based materials for his at-home education.

God is at the center of that instructional approach, Mary stressed. She said, "It's flexible and it's just perfect. If we're doing math, for example, we talk about the Trinity when we study the number 3.

"The Busseys' firm commitment to teach Freddie full-time themselves, to accommodate his special needs and to help him reach his greatest potential can be challenging, Mary pointed out. Holy Spirit members for a decade, the family can't always attend Mass if problems occur, she noted. And although Mary operates a skin-care company, she can't devote a great deal of time to it, she said.

"It can be frustrating," she readily admitted. "Maybe it's my Jersey-girl, hurry-up attitude that makes me want things to go faster, but we can see that Freddie is making progress and we know things won't always be so hard. "I talk to the Blessed Mother about it a lot. I figure she would know about child-raising difficulties."

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Media Corner



MyParish App

This month our media highlight is the new app to facilitate communication within our parish. It's called, cleverly, MyParish App. First, download it by texting App to 88202. Then select Holy Spirit Catholic Church as a favorite church (you can have more than one favorite!). This will bring up the home page for our parish, as well as any messages and the daily scripture readings. Clicking on the 4 small boxes in the upper right corner provides a selection of icons for links to parish and diocesan information. You can access the weekly bulletins, communicate with any groups you join (ministries, Knights, CCD, RCIA, etc.), read and pray traditional prayers and submit prayer requests, go to online giving quickly, check mass times and even automatically silence your phone when you are in church, have confession aids at your fingertips (examination of conscience, and acts of contrition, even reminders to go to confession if you wish!) Much of the information on the app is also available on the parish website, and there is a link to the website on the icon for Parish Info. What a great evangelization tool for our homebound parishioners! Spread the Word!

Questions? Call Kathy Landry at 4239918303.



Ministry Corner

The Ministry of the month for November: **Knights of Columbus**, better known as the K of C, or those guys with the swords at funerals. Their current fearless leader is Bob Greuter from 10:30 Mass. Talking with Bob is like a history lesson about the Knights. Did you know the Knights were founded in 1882 by Fr Michael McGivney to assist working class and immigrants, especially widows and orphans of all stripes?

Our organization was officially chartered at HSCC through the efforts of our first Grand Knight Jerry Young and other persistent guys like Bruce Speer, Wes Bell (and you know who you are). in 2006. It didn't take long for them to get into the swing of helping, whether it is a parishioner needing assistance or a community organization needing a donation, It just has been in their blood stream; the Knights are here to do what's needed. Their brand of support covers a mix of efforts such as building a wheelchair ramp for a parishioner to serving a breakfast for emergency personnel. The Knights assist a variety of worthwhile charities including Orange Grove, Northside Neighborhood, and Catholic schools in the area. If that weren't enough, look at some of the goodies they provide to us: cooking hams and turkeys for Christmas, throwing a Halloween party, and serving a Dec. pancake breakfast just to mention a few.

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Advent wreath:



The Advent wreath, which has German origins, is probably the most recognized Advent custom. It is a wreath made of evergreens that is bound to a circle of wire. It symbolizes the many years from Adam to Christ in which the world awaited its Redeemer; it also represents the years that we have awaited His second and final coming. The wreath holds four equally spaced candles, the three purple ones lit on the penitential Sundays and a pink one for Gaudete, the joyful third Sunday in Advent. There are many available prayers and hymns found in the reading list that can accompany your personal Advent wreath ceremony.

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Health Corner

For many people, this is the busiest time of year. Parties, festivals, sports, school, holiday gatherings, family visits and shopping. It's easy to get overwhelmed. It often happens before you realize it and it can really rob you of any enjoyment of all your hard work. Everyone knows that stress can make you feel pretty rotten, but did you know it can lower your immune system, raise your blood sugar (putting you at long-term risk of type-2 diabetes), drive your blood pressure up, and cause insomnia? It's stressful just thinking about what stress can do!

So what can help?

First of all, healthy diet, regular exercise, and getting plenty of rest obviously top the list. Often, when we are stressed, we reach for that cup of coffee or a glass of wine, but watch out for caffeine which can compound stress symptoms, and alcohol which can exacerbate the toll on your body. Instead, herbal teas can help you feel more relaxed. Also, while packing your calendar may not seem helpful, make time to stay connected to friends and family - withdrawing from socializing can magnify the negative effects of stress. Experts suggest that making room for one-on-one connection with a friend can recharge and rejuvenate during busy times.

Prayer, meditation and routine self-care will keep you functioning through this high pressure time of year! Consider using an Advent devotional and track your meditations in your calendar or planner. Just 10 minutes each day of dedicated prayer and reflection are shown to lower stress levels. Opt for soft instrumental Christmas music to balance and center you at home and in the car. Keep your energy up by eating healthy snacks like dried cranberries and nuts and steer clear of too many sweets that can make you crash and feel worse. Leave yourself a few minutes each day to intentionally reflect on the season, your gratitude and blessings, and hopes and joys, and give yourself the gift of self-care.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 mg



Balance and Falls

Have you had a fall in the last year? Do you feel unsteady when you stand or walk? Do you worry about falling? Answering these questions “yes” means you are at a higher risk for falls. It is estimated that 30% of Americans aged 65 or more will fall in the next year, and 20-30% of those will result in moderate to severe injuries. The CDC (Centers for Disease Control) has produced a program called STEADI (Stopping Elderly Accidents, Deaths, and Injuries). According to this, there are four things you can do to reduce your risk of falls: 1) Annually review your medication list with your doctor or pharmacist to check for side effects that can affect balance. 2) Exercise to increase balance and strength, such as Tai Chi, or Sit to Stands. 3) Have your eyes and feet checked annually. 4) Modify your home for safety. (Remove tripping hazards such as cords, clutter, small rugs. Keep items in easy reach. Place grab bars in the bathroom, and non-slip mats in the tub or shower! Improve the lighting. Place handrails on all steps. Wear good shoes indoors and outdoors).

My personal motto when helping patients in rehab: First of all, do not fall!

Next month: tests and exercises for reducing your fall risk!

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Our Purpose: to foster communication and connectedness in a close, inviting spiritual community at HSCC. **Editor:** Pam O'Connell
pam.pacoll@gmail.com

Contributing writers: Kathy Landry, Jan Galletta, Cecy Dunning, Melissa Gallagher., Msg Al Humbrecht. Catholic Resource Center

Translation: Roxana & Gerardo Oseguera