



The

Messenger

All Saints Parish

January 2010



Bible Study

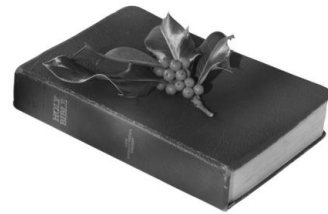
Our Bible sessions continue with a study of the Book of Acts. We covered the first twelve Chapters. We saw how the early Church struggled to spread the Christian faith throughout Palestine. And, we saw how the Holy Spirit was always there to help them. We have stopped our sessions for Advent and Christmas. We shall resume again on January 3rd, and see how St. Paul took charge and went forth through all of the Roman Empire spreading the Word. Like the early Christians in Jerusalem, he too found himself enduring many hardships for the Lord.

So, why should we be reading the Word? God is trying to talk to us and some of us may be ignoring His Word, the Bible. Just hearing the Word on Sundays is like coming in on the middle of a conversation and expecting to understand what was being said. Why is that? The Sunday readings are not always continuous and, therefore, need to be studied to know how they fit in with the rest of the Bible.

We meet every Monday evening at 7:00 p.m. and watch a video by Jeff Cavin on a Chapter or two from the Bible. If you can't be there every Monday, that's ok too.

We'd just love to have you join our group. We will complete the Book of Acts before Lent. If you want to join us, we are starting a whole new venture with St. Paul. You do not need to have attended the earlier sessions of Acts.

If you have any questions, call Marilyn or Don Grommesh @ 684-4075.



Social Justice Commission

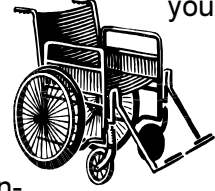
Works of Love

On November 13, 2010, the All Saints Social Justice Commission sponsored a Works of Love from 9 AM until Noon. During Works of Love, parish volunteers did seasonal yard work such as cleaning gutters, trimming bushes, raking leaves, and washing windows for members of our parish who are physically unable to do those things for themselves.

Thanks to all of the volunteers who gave up their Saturday morning to help our fellow parishioners.

Medical Equipment

For those of you who are not able to get medical supply equipment such as bath chairs, walkers, canes, and bedside toilet seats there are some available. We do not have all models, shapes, or sizes but we do have a few available from the parish nurse's closet. The only requirement is that you return the equipment when you are finished so that others may also benefit.



To use this equipment, please call Helen Wales, parish nurse, at home at 612-0696. If she's not at home, be sure to leave a number on the answering machine, and she will return your call during her non-working hours.

Our equipment is obtained through donations from families who no longer use their equipment or parishioners who happen to come across equipment and donate it to the parish nurse's closet. Thank you all for your donations. We currently have many walkers of all shapes and models, but we are currently out of our bath chairs, and we are in need of some for other parishioners. If anyone has unneeded bath chairs to donate to All Saints Parish Nurse Cupboard, we would be grateful. If you have borrowed and want to return it to All Saints, but you need it picked up please call Helen and Bill Wales for pick-up at 612-0696.

Homebound Communion

Any member of All Saints Parish who requests communion due to inability to go to church may call to make arrangements. Homebound members of the Parish are invited to receive communion weekly if they notify Helen at 612-0696. Members of All Saints who have moved to a nursing home should contact Helen at 612-0696 or Loretta at 685-6740 so that we can assist in helping them receive Communion from the Home Bound Ministers.



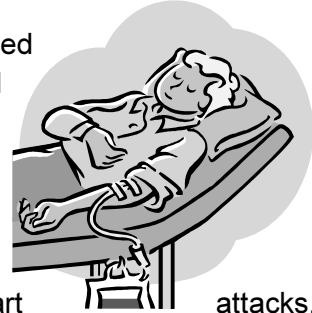
All homebound members of the parish who are on the homebound list at this time who may be hospitalized or away from home for some other reason should remember to notify Helen at 612-0696 so the lay ministers do not make an unneeded visit. Please call prior to 9:00 a.m. Sunday morning. Otherwise we will attempt to be sure be sure the homebound parishioner is safe and not in need of emergency assistance. For all parishioners of All Saints Parish, please remember it is not the hospitals' duty to notify the church of parishioners in the hospitals, it is the family's duty. It is a privacy of information issue. Please remember it is a family responsibility. We never get info from The VA Hospital or Riverside.

Donating Blood for Your Own Good

It May Do More Good for the Giver Than the Recipient
By **Jack Wellman**

There are more reasons for donating blood than just getting a good feeling. Not only does it help cancer patients with blood transfusions for their battle with leukemia, it also saves lives, and nationwide, donations are down by about 68%. Not just because of cold weather either. But here are more reasons; it lowers the risk of many common health problems and chronic conditions. It is also the next best thing to getting your blood-works testing done, absolutely free.

Every blood donor's blood is tested for STD (Sexually Transmitted Disease) and the donor receives a notification from the Red Cross if they find irregularities in your blood. Even more, this can lower the bad cholesterol levels (LDL) while elevating the good levels (HDL). Donating blood also lowers the number of blood platelets that can cause congestive heart failure.



For men, it is even more important as it reduces the risk of heart attacks, and some evidence suggests it might even lower the occurrence of Dementia and Alzheimer's. And men are far more prone to have iron build up than women. This medical condition can lead to Hemochromatosis, which is greater for men. Hemochromatosis is basically an iron build up, which can reach toxic levels and blood removal called phlebotomy may become unnecessary if you are a bi-monthly blood donor. Most people are able to give blood every 56 days.

When you donate blood, it undergoes a battery of tests and a multitude of diseases or systemic problems can be discovered: Antibody to Chagas Disease, Serologic test for syphilis "RPR" or "STS", Antibody to Cytomegalovirus "anti-CMV", Atypical red cell antigen screening, and blood typing, Antibody to HIV types 1 and 2 "Anti-HIV1/2", Nucleic acid for HIV "HIV-NAT", Antibody to HIV p24 antigen (this test has been mostly replaced by HIV NAT), Antibody to Human T-Lymphotropic Virus I/II "anti-HTLV", Nucleic acid testing for West Nile Virus "WNV-NAT", Antibody to Hepatitis B core "anti-HBc", Hepatitis B Surface Antigen "HBsAg", Nucleic acid testing by Transcription Mediated Amplification (TMA) or Polymerase Chain Reaction (PCR) for Hepatitis B "HBV-NAT", Antibody to Hepatitis C "anti-HCV", Nucleic acid testing for HCV "HCV-NAT", and Alanine Transaminase "ALT" (this test is used to check for liver problems which may be a sign of hepatitis and has been phased out as tests for hepatitis have improved). In fact, blood may also be tested for additional infectious diseases such as West Nile Virus.

Donating blood can help cancer patients, and provide donors with critical information about their own blood, in some cases, even warn them about certain conditions that are life-threatening. So there is every good reason to donate blood to the American Red Cross, particularly during the winter and summer months when, traditionally, donations drop considerably. So you can see, it's not only good for others, it's good for you too.

Knights of Columbus

On behalf of the Knights of Columbus at All Saints Parish, I would like to thank you for your participation in the recent Meat Raffle. Final results are not in at the time this article is being written, but preliminary indications are that we will make about \$1,000 on this project. This money will be used to help some of our parishioners at Christmastime who are in need. By the way, the winners of the meat bundles were Sharon Bishop, Gumercindo Martinez, and Alan Weldon.

We have had increased participation at Coffee and Donuts recently and that is just what we want—to be able to provide another occasion for socializing for parishioners. Please keep in mind that we need to at least “break even” when you make your contributions for your donuts.



January will be another busy month for the Knights. We turn our attention to the All Saints School students and PSR with our Free throw Contest—open to both boys and girls. We will also have a Poster Contest for the lower grade students and an Essay Contest for 8th graders and higher. Information has been distributed through the school and PSR.

Saturday, January 8, we will be having a Soup Supper after the 5 p.m. Mass. If you have been “cooped up” and would like to get out for a bit, consider coming for soup and dessert. We will accept your cash donation at the door.

Also in January, we are planning a breakfast consisting of pancakes and sausage or biscuits and gravy. Watch for further details in the bulletin.

If you are interested in getting involved with the Knights of Columbus, we would like to talk to you! You must be at least 18 years of age and a practicing Catholic. We can always use more help to do more for the parish, and you will make new friends along the way. Check the front of the bulletin for contact numbers.

Have a wonderful Christmas.

Deril Hosford,

Grand Knight

Pack 579 Cub Scouts

All Saints



The Cub Scouts Dens of Pack 579 have been busy this fall. The Tiger Den members (Michael Ludlam, Jude Tan, Jack Egger, Peter Phung, and Dominic Reyses) have earned progress beads and they also provided the decorations for the Pack's Halloween party. Tiger members have also earned their Bobcat badge and will continue to work on achieving the Tiger badge.

The Wolf Den is the next step after a Cub Scout has earned their Tiger badge. The Wolf Den members (Zach Logan, Daniel Allen, Ryan Meece and Carlos Reyes) earned their Tiger badge last spring and are now working on achievements to get their Wolf badge. They have earned progress beads this fall and will continue working and having fun!



Bear is the next step after achieving the Wolf Badge. This year's Bears are Eisen Liss, Cody Collins, Dominic Scott and Nathan Eggel. The Bear Cub Scouts have made tool boxes and learned magic and rope tricks that they presented at the October Pack meeting. The Bears have also gone to the police substation and will be working on their cooking achievement next on the path to earning their Bear badge.



Webelo is the final badge to be earned in Cub Scouts. A scout is a Webelo for two years. The first year Webelos (Michael Hogan, Conner Thierry, Rolando Chaviara, David Allen, Ricky Pham, Andy Ha, Alan Alva, Dalton Engelbert, David Phung, Etienne Borrego) have been learning about the history of the flag and how to properly present the flag. They demonstrated their knowledge at the November Pack meeting by doing the flag ceremony and presenting a report on the flag.



The second year Webelos (Stanley Liss, Brandon Heiman, Collin Hooks) have been working hard to complete all the requirements. They have worked on the Engineer and Geology sections where they built and set off a volcano for the October Pack Meeting. They will also be taking the first step to Boy Scouts by working in the Christmas Tree Lot.



Be sure to join us at our January Pancake Feed! It is always a good time!

