

**OUR LADY OF LOURDES**  
CATHOLIC CHURCH

*Sharing Faith Since 1902*

**JANUARY 29, 2012**  
**4TH SUNDAY**  
**IN ORDINARY TIME**

Rev. Timothy J. Sheedy, Pastor  
(sheedyt@diodav.org)

Deacon Dennis Duff,  
Deacon Chuck Metzger,  
Deacon John Weber

Trustees:  
Greg Adamson, Kelly Bramer  
1506 Brown Street,  
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Office Hours:  
Monday—Thursday 8:30 am—  
noon  
and 1:00—4:00 pm;  
Friday 8:30 am—Noon  
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563-359-0345 ;  
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Email/Parish Website:  
bettlourdes@diodav.org  
[www.lourdescatholic.com](http://www.lourdescatholic.com)

Sunday Mass Schedule:  
Saturday— 5:00 pm,  
Sunday— 8:30, 10:30 am, 5 pm

Lourdes Catholic School  
Pre-School through 8th  
Mrs. Katie Selden-Principal  
359-3466  
Jim Kersten—Faith Formation  
Board President-355-4712

Lourdes Religious Education  
Jennifer Lynch  
bettlourdesdre@diodav.org  
359-0345

Youth Ministry  
Katie McDermott  
mcdermott.katie2@gmail.com  
370-5152

RCIA-Deacon Dennis Duff  
359-0345

Assumption High School  
1020 West Central Park  
Davenport, IA 52804-1899  
Charles Elbert, Principal -  
326-5313  
Andy Craig, President -  
326-5313

Moving? Phone Number or E-mail  
Change? Please notify the Church

**Catholic Schools Week**  
**2012**

Faith. Academics. Service.

**Catholic Schools**

**January 29-February 5**

**OUR MISSION IS TO MAKE THE LIVING CHRIST  
VISIBLE BY SHARING OUR FAITH WITH ALL.**

# FOURTH SUNDAY IN ORDINARY TIME

## MASS INTENTIONS JAN. 30-FEB. 5

Monday,	January 30
6:30 am	Phillip Fuller
Tuesday,	January 31
6:30 am	Dee Michuda
Wednesday	February 1
8:45 am	Jim McNamara
Thursday,	February 2
6:30 am	Geneva Ries
Friday,	February 3
	Adoration Followed by Eucharistic Exposition
Saturday,	February 4
5:00 pm	Adam Benka
Sunday,	February 5
8:30 am	Tom DeSmet
10:30 am	For the Deceased of Lourdes
5:00 pm	Mildred Schneider

## PARISH FAMILY NEWS

### HAPPY BIRTHDAY

Darlene Blomme	January 29
Joan Olds	January 29
Mary Hacker	February 5

### BAPTISMS

Jacob Stephen Bice  
Son of  
Joseph & Jamie Bice

### CONDOLENCES

To the family of John Nagle.  
May John rest in peace and may God  
grant consolation to his family.

## *Birthright Winter Campaign Collection Brings in \$1,729*

*Thanks to your generosity, more  
than \$1,700 was collected in  
the January 21 & 22  
Birthright Winter Campaign.  
Your donations will help  
save innocent lives!*



week that celebrate Catholic schools. See the insert in today's bulletin for more information.

**T**oday is the opening of Catholic Schools Week and we begin our celebration here at Lourdes at our 10:30 am Mass. Music at this special Mass will be led by the children's choir and LCS students will participate in the Mass in many ways. We will have a variety of scheduled activities this

The theme this year is "Catholic Schools: Faith. Academics. Service." The theme for Catholic Schools Week 2012 focuses on three priorities that Catholic Schools establish that make them stand out from other educational institutions: **Faith, Academics and Service**. We have highlighted Catholic education on pages seven and eight of our bulletin this week. Please take a moment to read about the state of Catholic education in our nation!

We are in the midst of registration here at Lourdes Catholic School for the 2012-2013 school year. I want to urge everyone to complete and return their paperwork as soon as possible as planning for next year is well underway.

In addition, we are hosting an Early Childhood Open House from 5:30-7 pm on Tuesday, February 7 and a Kindergarten Roundup from 1:15-2:45 pm on Wednesday, February 8 for current and potential Lourdes families. This is a wonderful opportunity for you to meet our teachers, see your child's future classroom, tour the school, learn about additional programs offered and experience our wonderful school community. If you or someone you know are looking for a faith-based education focused on academic excellence, we would love to show you around!

I want to remind all that I depart today for a short vacation. I return Friday, February 3. Please welcome Fr. Brian Miclot, who will celebrate with you while I am gone. If there are any emergencies, please call the office. Please pray for me as I take some time to relax and continue recovering from my recent health issues.

*God Bless,  
Fr. Jim*



## *Winter Scripture Classes Begin Jan. 30th*

Our Lady of Lourdes will be offering the following winter scripture classes.

- ◆ **The Book of Matthew:** Starting Monday, January 30, a course on "The Book of Mathew" will be offered in the Parish Library. This class will meet at 7 pm on Mondays and is facilitated by Dan Stack. This is a Catholic Bible class with DVD presentations by Jeff Cavins. All are welcome.
- ◆ **A Journey Through the Bible:** Starting Thursday, February 9, "A Journey Through the Bible" will be offered in the Gathering Space. The class will meet at 1 pm Thursday afternoons and is facilitated by Deacon John Weber. This is an eight-week class and is an introductory program. It is perfect for those that are fairly new to Bible study. This is a great way to get your feet wet and learn how to begin authentic Catholic Bible study.
- ◆ This same class will be offered at 9 am on Saturdays in the Gathering Space. The first class will be held February 11. Karyn Yager will be facilitating this class.

There is no need to pre register; just come to the first class. All are welcome. Bring a friend.

# JANUARY 29, 2012

## LITURGICAL MINISTRIES – FEBRUARY 4 & 5

### Extraordinary Ministers

- Saturday 5:00 pm** Joe Barrer – T, Susan Merschman, Ted Merschman, Patricia Hartkop, Thomas Macke, Nick Merschman - P
- Sunday 8:30 am** Mark Dilley – T, Vicki Perk, Austin Bries, Dave Sodac, Dan Hamerlinck, Sue Dilley - P
- 10:30 am** Roberta Barrer-T, Anne Camarena, Ellen Corsiglia, Paulette Jones, Kelly Rashid — P
- 5:00 pm** Kathleen Wiseman – T, Jennifer Lynch, Daniel Kloft, Colbie Andes, Andy Newkirk, A.J. Tjaden - P

### Altar Servers

- Saturday 5:00 pm** Jackie Blaum, Nicki Blaum, Cecelia Ballard
- Sunday 8:30 am** Eric Dilley, Mary Rolf, Chris Rolf
- 10:30 am** Mackenzie Kersten, Sean Lansing, David Polaschek
- 5:00 pm** Erin Mullen, Sean Mullen, Ashley Hertter

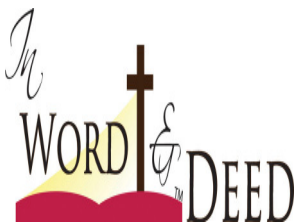
### Lectors

- Saturday 5:00 pm** Cathy Sams, Dean Sams
- Sunday 8:30 am** Brian Rolf, Roger Perk
- 10:30 am** Laura Joseph, Katie Selden
- 5:00 pm** Pam Snyder, Dotty Weber

## Scripture for the week of January 29, 2012

29	SUN	Dt 18:15-20/1 Cor 7:32-35/Mk 1:21-28
30	Mon	2 Sm 15:13-14, 30; 16:5-13/Mk 5:1-20
31	Tue	2 Sm 18:9-10, 14b, 24-25a, 30—19:3/ Mk 5:21-43
1	Wed	2 Sm 24:2, 9-17/Mk 6:1-6
2	Thu	Mal 3:1-4/Heb 2:14-18/Lk 2:22-40 or 2:22-32
3	Fri	Sir 47:2-11/Mk 6:14-29
4	Sat	1 Kgs 3:4-13/Mk 6:30-34
5	SUN	Jb 7:1-4, 6-7/1 Cor 9:16-19, 22-23/Mk 1:29-39

*“If Today You Hear His Voice, Harden Not Your Hearts!”*



### 4<sup>th</sup> Sunday in Ordinary Time

What good is a great story unless someone tells it? What's a wonderful song unless someone sings it? How can an idea change the world unless someone makes it work? Ideas, songs and stories all need to be put into practice so their value will be seen, heard and known.

Jesus confronts and rebukes evil and then banishes it. People were amazed and began to ask the basic question of faith “who is this man?” The answer leads to a choice, sometimes called the leap of faith; is Jesus the Messiah? If the answer is yes, life is never the same.

Faith is not just a good idea. It must be lived and expressed, preached and accepted, taught and understood. By word and deed, Jesus shows us the power of faith: its ability to conquer sin and death, its power to change lives and its availability to everyone. In imitation of Jesus, when we reach out to others, and offer the love and mercy we have been given, faith is shown as a way of life, and an open invitation is given to everyone to hear the Good News. And our pursuit of holiness and eternal life begins.

~James Gaffney, © 2009 Karides Lic. to St. George Publishing

## WEEK AT A GLANCE

TODAY, SUNDAY, JANUARY 29  
4TH SUNDAY IN ORDINARY TIME

Mass: 8:30 am  
Kick Off to Catholic Schools  
Week Mass: 10:30 am  
Adoration: 12-4 pm  
Mass: 5 pm

### MONDAY, JANUARY 30

Mass: 6:30 am  
Parents in Prayer: 8:30 am, Church  
Chico: 9 am, GS  
LCS Buddy Lunch: 11:30 am  
RCIA: 7 pm, RCR

### TUESDAY, JANUARY 31

Mass: 6:30am  
Adoration: 5-10 pm

### WEDNESDAY, FEBRUARY 1

Men's Quest: 6 am, RCR  
Mass: 6:30am  
NO LCS Mass  
Chico: 9:40 am  
Faith Sharing: 6 pm, FFR  
RE Classes: 6 pm  
Stewardship Comm: 6 pm, RCR  
Youth Group: 7:30 pm

### THURSDAY, FEBRUARY 2

6:30 am Mass  
All Schools Catholic Schools Week Mass:  
9:25 am, AHS (grades 3-8)

### FRIDAY, FEBRUARY 3 FEAST OF ST. BLAISE

Adoration: 7am-3 pm  
Chico: 9 am, GS  
15-Decade Rosary: 1 pm  
Women's CEW Weekend

### SATURDAY, FEBRUARY 4

Blessing of Throats after all Masses

Mass: 5 pm  
Women's CEW Weekend

### NEXT SUNDAY, FEBRUARY 5 5TH SUNDAY IN ORDINARY TIME Blessing of Throats after all Masses

Mass: 8:30 am  
Mass: 10:30 am  
Adoration: 12-4 pm  
Mass: 5 pm  
Women's CEW Weekend

**RECTORY** 359-0345

Office Hours: Mon-Thurs 8:30-12 and 1-4  
Friday 8:30-12

**Pastor**

Reverend Timothy J. Sheedy  
Email: sheedyt@diodav.org

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**Deacons**

Deacon Dennis Duff 359-4971  
Deacon Chuck Metzger 332-4587  
Deacon John Weber 332-7638

**Pastoral Council President**

Justin McDermott 370-5162

**Finance Council President**

Parish Office 359-0345

**Faith Formation Board President**

Jim Kersten 355-4712

**Rel. Ed. Director & Sacrament Prep**

Jennifer Lynch 359-0345

**Parish Nurse**

Cathy Thennes 359-0345

**Building & Grounds**

Parish Office 359-0345

**Adult Faith Formation**

Larry Decker 332-5931

**Altar Servers**

Ed Schloemer 332-6965

**Baptismal Preparation**

Deacon Chuck & Donna Metzger 332-4587

**Birthright**

Eloise Cervantes 355-5927

**Choir**

Jon Schrader 788-8147

**Christian Service**

Parish Office 359-0345

**Christian Experience Weekend**

Janene Misak 359-7445  
Gary Thennes 332-6273

**Ensemble**

Mary Decker 332-5931

**Extraordinary Ministers**

Ed Schloemer 332-6965

**Evergreen (55+)**

Kathleen Wiseman 355-6793

**Knights of Columbus**

Bob Boecker 332-8762

**Lectors**

Julie Bartlett 332-0639

**Life Ministry**

Charlene Merritt 332-4835

**Outreach**

Deacon John Weber 332-7638

**Parish Library**

Marie Randol 340-5712

**RCIA**

Pastoral Team 359-0345

**Ushers**

Herb Ritter 359-1640

**Youth Ministry**

Katie McDermott 370-5152

**Diocesan Victim Assistance Coordinator**

vacdav@attglobal.net 349-5002  
P.O.Box 232, Bettendorf, IA 52722

# To Let You Know

**Camp Shalom Registration** — Opens up Saturday, February 4. A limited number of brochures are available in the OLOL Parish office and in the back of church. Please contact the Camp Shalom office at 323-2790 for more information or register on line at [www.campshalomia.org](http://www.campshalomia.org).

**Faith and Health: Making the Connection** — A 3 Part Series, that began last Thursday continues on Thursday, 2nd, and Feb 9<sup>th</sup> St. Pius X Catholic Church, Rock Island Farrell Hall 7-8:30 pm. As Christians we are called to care for ourselves and our neighbors—and that includes a responsibility to help each other be *healthy* in body, mind, and spirit! The **Health Ministry** of St. Pius X Catholic Church, Rock Island, Illinois will sponsor a 3 part mini-series, **Faith and Health: Making the Connection**. Corinne Winter, PhD, St. Ambrose University Dept. of Theology will address the scriptural foundation of the healing ministry of the Church and the rationale for its 21<sup>st</sup> century role in health care. St. Pius X Parish Nurse Mary Milas, RN, MSN will explore the differences between healing and cure and explain the vital role of faith communities in wellness promotion and healing. Mara Adams, PhD. (SAU) will present highlights from the growing body of research which demonstrates the relationships between religion and health. She will discuss faith practices that promote wellness and healing. Mary Colwell, MPS, Trinity Chaplain, will address barriers to the timely reception of the Sacrament of the Sick and its potential as a healing tool. The series will conclude with a healing liturgy. **For more information contact the St. Pius X Office: 309-793-7373, Ext. 26.**

**Attention Ushers!** Please return Usher Tags where they belong in the back of Church after each use. We are almost out of tags and they are essential to our Usher Program. **Thank You!**



## Parents in Prayer Beginning 'Chaplet of Divine Mercy' in Song Monday, February 6

*\*For where two or three gather in my name, there am I with them\*  
Matthew 18:20*

The Parents in Prayer group has been committed to meeting each Monday at 8:30am in the Adoration Chapel. We have been meeting since the beginning of the school year. There, we have gathered to pray for our children, the children of the schools as well as any personal intentions brought to us and those of the Holy Father. We have also started singing the Chaplet of Divine Mercy in song faithfully every Monday since November, and will continue every Monday morning while school is in session. **All are welcome!** In serving our church and school, the members of the Parents in Prayer wanted to be inclusive of all members of Our Lady of Lourdes by offering an opportunity for all to share in the beauty of group prayer in the evening as well. Beginning in February we invite you, the members of our Parish, to join with us in prayer as we recite the Chaplet of Divine Mercy.

The **Chaplet of the Divine Mercy** is a Roman Catholic devotion based on the visions of Jesus reported by Saint Mary Faustina Kowalska (1905-1938), known as "the Apostle of Mercy".<sup>1</sup> She was a Polish sister of the Congregation of the Sisters of Our Lady of Mercy and canonized as a Catholic saint in 2000. Faustina stated that she received the prayer through visions and conversations with Jesus, who made specific promises regarding the recitation of the prayers. The chaplet is often said as a rosary-based prayer with the same set of rosary beads used for reciting the Holy Rosary.

**Meeting Time:** Monday's at 7pm starting February 6<sup>th</sup>

**Place:** Small Adoration chapel inside Our Lady of Lourdes

**Purpose:** Prayer - We will sing to the Chaplet of Divine Mercy.

*\* All are welcome to join in this quiet peaceful time of praying to our Blessed Mother.  
Questions-Contact: Heidi Wilmott (563)-528-3044. Christine Schmidt (314)258-6538*

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>FFR-Faith Formation Room</p> <p>GS-Gathering Space</p> <p>RCR-Rectory Conference Room</p> <p>PAC-Parish Activity Center</p>			<p><b>1</b> 6:30 am Mass</p> <p>Men's Quest: 6 am, RCR</p> <p><b>NO LCS Mass</b></p> <p>Chico: 9:40 am, GS</p> <p>Faith Sharing: 6 pm, FFR</p> <p>RE Classes: 6 pm</p> <p>Stewardship Comm: 6 pm, RCR</p> <p>Youth Group: 7:30 pm</p>	<p><b>2</b> 6:30 am Mass</p>	<p><b>3</b></p> <p>Feast of St. Blase Adoration: 7am-3pm</p> <p>Chico: 9 am, GS</p> <p>15 Decade</p> <p>Rosary: 1 pm</p>	<p><b>4</b></p> <p><i>Blessing of the Throats after all Masses</i></p>	
				Women's CEW Weekend			
Catholic Schools Week							
<p><b>5</b> <i>Blessing of the Throats after all Masses</i></p> <p>Adoration: 12-4</p>	<p><b>6</b></p> <p>6:30 am Mass</p> <p>Parents in Prayer: 8:30 am Church</p> <p>Chico: 9 am, GS</p> <p><b>Home &amp; School Mtng:</b> 9:30 am, FFR</p> <p>Chaplet of Divine Mercy: 7 pm</p> <p>RCIA: 7pm, RCR</p>	<p><b>7</b></p> <p>6:30 am Mass</p> <p>Adoration: 5-10 pm</p> <p>LCS Early Childhood Open House: 5:30 pm</p> <p>Liturgy Mtng: 7 pm, RCR</p>	<p><b>8</b></p> <p>Men's Quest: 6 am, RCR</p> <p>8:45 am LCS Mass</p> <p>Chico: 9:40 am, GS</p> <p>Kindergarten Roundup: 1:15 pm</p> <p>Faith Sharing: 6 pm, FFR</p> <p>RE Classes: 6 pm</p> <p>Youth Group: 7:30 pm</p>	<p><b>9</b> 6:30 am Mass</p>	<p><b>10</b></p> <p>Adoration: 7am-3pm</p> <p>Chico: 9 am, GS</p> <p>15 Decade</p> <p>Rosary: 1 pm</p>	<p><b>11</b></p> <p>Feast of Our Lady of Lourdes</p> <p>Baptismal Prep Class: 9 am, FFR</p> <p>Peru Collection</p>	
Women's CEW Weekend							
<p><b>12</b></p> <p>Peru Collection</p> <p>Blood Pressure Check: 9:30 am</p> <p>Holy Hour: 2 pm</p> <p>Adoration: 12-4 pm</p>	<p><b>13</b></p> <p>6:30 am Mass</p> <p>Parents in Prayer: 8:30 am Church</p> <p>Chico: 9 am, GS</p> <p>Evergreen55+: 5:30 pm, PAC</p> <p>Chaplet of Divine Mercy: 7 pm</p> <p>RCIA: 7pm, RCR</p>	<p><b>14</b> </p> <p>6:30 am Mass</p> <p>Churches United Meal Ministry</p> <p>Adoration: 5-10 pm</p> <p>Centering Prayer: 6:30 pm, FFR</p>	<p><b>15</b> Men's Quest: 6 am, RCR</p> <p>8:45 am LCS Mass</p> <p>Chico: 9:40 am, GS</p> <p>Faith Sharing: 6 pm, FFR</p> <p>RE Classes: 6 pm</p> <p>Youth Group: 7:30 pm</p>	<p><b>16</b> 6:30 am Mass</p> <p>Peace &amp; Soc. Justice: 6:30 pm, FFR</p> <p>Adult Faith Formation Board: 7 pm RCR</p>	<p><b>17</b> <b>NO School LCS</b></p> <p>Adoration: 7am-3pm</p> <p>Chico: 9 am, GS</p> <p>15 Decade</p> <p>Rosary: 1 pm</p>	<p><b>18</b></p> <p>Food Pantry Weekend</p>	
						Men's CEW Weekend	
<p><b>19</b></p> <p>Food Pantry Weekend</p> <p>Adoration: 12-4 Pm</p>	<p><b>20</b></p> <p>President's Day — <b>NO SCHOOL LCS</b></p> <p>6:30 am Mass</p> <p>Chico: 9 am, GS</p> <p>Chaplet of Divine Mercy: 7 pm</p> <p>RCIA: 7pm, RCR</p>	<p><b>21</b></p> <p>6:30 am Mass</p> <p>Finance Council: 7 am, RCR</p> <p>Adoration: 5-10 pm</p> <p>Faith Friends: 7 pm, FFR</p> <p>Pastoral Council: 7 pm, RCR</p>	<p><b>22</b> <i>Ash Wednesday</i></p> <p>Men's Quest: 6 am, RCR</p> <p>6:30 am Mass</p> <p>8:45 am LCS Mass</p> <p>Chico: 9:40 am, GS</p> <p>Faith Sharing: 6 pm, FFR</p> <p>RE Classes: 6 pm</p> <p>6:30 pm Mass</p> <p>Youth Group: 7:30 pm</p>	<p><b>23</b> 6:30 am Mass</p>	<p><b>24</b></p> <p>Adoration: 7am-3pm</p> <p>Chico: 9 am, GS</p> <p>15 Decade</p> <p>Rosary: 1 pm</p>	<p><b>25</b></p> <p>State of Parish Address at all Masses</p> <p>Ministry Fair after all Masses: GS</p>	
Men's CEW Weekend							
<p><b>26</b></p> <p>State of Parish Address at all Masses</p> <p>Ministry Fair after all Masses: GS</p> <p>Blood Pressure Check: 11:30 am</p> <p>Adoration: 12-4</p>	<p><b>27</b></p> <p>6:30 am Mass</p> <p>Parents in Prayer: 8:30 am Church</p> <p>Chico: 9 am, GS</p> <p><b>Lenten Monday</b></p> <p>Events: see box</p> <p>Chaplet of Divine Mercy: 7 pm</p> <p>RCIA: 7pm, RCR</p>	<p><b>28</b></p> <p>6:30 am Mass</p> <p>LCS Stations of the Cross: 8:45 am</p> <p>Adoration: 5-10 pm</p> <p>Centering Prayer: 6:30 pm, FFR</p>	<p><b>29</b> Men's Quest: 6 am, RCR</p> <p>8:45 am LCS Mass</p> <p>Chico: 9:40 am, GS</p> <p>Faith Sharing: 6 pm, FFR</p> <p>RE Classes: 6 pm</p> <p>Youth Group: 7:30 pm</p>	<p style="font-size: 1.5em; font-weight: bold; margin: 0;">Mondays During Lent</p> <p style="font-size: 1.2em; font-weight: bold; margin: 0;">February 27</p> <ul style="list-style-type: none"> <li> 4:30 pm Confessions</li> <li> 5:00 pm Stations of the Cross</li> <li> 5:30 pm Mass</li> <li> 6:00 pm Soup Supper</li> </ul>			

# Happy New Year!

## Here are a few suggestions for some New Years resolutions to keep you healthier!

**Prioritize Sleep** -Americans are increasingly sleep deprived -- one survey found that nearly 30 percent of adults sleep six or fewer hours each night, according to the CDC, despite the fact that the target number should be between seven and nine hours a night. And while we often glorify sleep deprivation in our society -- pushing people to skimp on sleep to socialize, work or be more "productive" -- it has been linked to serious health problems, including memory impairment, decreased alertness, high blood pressure, stroke and obesity, to name a few.



**Improve your Posture**- Proper posture can, among other benefits, cut back on the abnormal wearing of joints that causes arthritis, prevent back and muscle aches, and decrease stress on the ligaments that hold the spine together, according to the Cleveland Clinic. Plus, standing up straight has a way of making you look better. Your mother was right-- Don't slouch!



**Use our Vacation Days**— The U.S. actually ranked as one of the most vacation deprived countries. Vacations provide much needed relaxation and a necessary mental break from the stress of every day life. When you do get away, leave your work at work!

**Do one thing a week just for you**- Put yourself on the list! Get a manicure, take a walk, do something because you want to. And don't feel guilty -- in fact, give it the same priority as you would to an important project at work or a commitment to a family member.

**Down-size your portions**- Want to downsize your figure? Start downsizing your dishes. Studies show using smaller plates and bowls promote weight loss because they help to curb overeating. Buy a scale and weigh yourself regularly to avoid your weight creeping up on you.

**Stay in motion- Exercise!** -One habit naturally slim people share is their ability to stay in motion. Try to inject each day with more activity (adults should aim for 30 minutes daily).



**Slash sodium**- Studies show many Americans consume close to twice the recommended limit of sodium, which is a teaspoon daily. Besides contributing to water retention (think bloat!), sodium can raise blood pressure. Processed foods contain the most, so make sure to read labels.

**Eat More Antioxidants** - When your body breaks down food it produces molecules called free radicals. Cigarette smoke and radiation also produce free radicals. Over time, the damage from these substances can result in conditions like infection, cancer, inflammation, and heart disease. That's where antioxidants step in. How the American Dietetic Association sums up their role: Once you cut an apple, it begins to brown, but if you dip it in orange juice, which contains vitamin C (an antioxidant), it stays white.

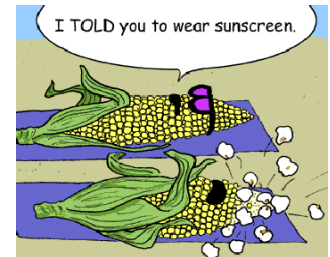


January 28, 2012

Cathy Thennes Parish Nurse

**Quit Smoking**- For smokers, quitting may be the hardest resolution to stick with because it is so challenging. If you consider the benefits, and take advantage of today's resources, this could be the year you successfully become a nonsmoker. Go to [www.tobaccofreeqc.org](http://www.tobaccofreeqc.org) for resources to quit smoking.

**Wear sunscreen everyday**- Sun exposure affects everyone. According to the National Cancer Institute most skin cancer develops after age 50, though sun damage starts at an early age. The sun's rays are also behind brown spots, and can make wrinkles appear before their time. Wear a broad spectrum sunscreen, even in the winter.



## Donate your used eye glasses and hearing aides

Eye glasses are collected, catalogued and provided for many people who would not be able to read and do things that many of us take for granted.

Used hearing aids are collected, cleaned and serviced and made available free of charge to persons young and old here in Iowa.

Davenport Host Lions Club has many convenient locations for drop off of glasses and hearing aids. They are shown below:

- ◆ Main at Locust Pharmacy and Medical Supplies
- ◆ Eye Surgeons Associates
- ◆ Sam's Club Pharmacy
- ◆ Eye Care Pavilion
- ◆ Hy-Vee all four Davenport Stores
- ◆ Virdi Eye Clinic
- ◆ Davenport Public Library
- ◆ CASI

*Questions? Please contact Lion Lisa Ploehn at 563-940-0922*

## Set up Lifeline at home for Safety for your loved one ◆Free activation this month◆



Save up to \$90 with FREE Activation on the Lifeline Service!

Save money and improve your peace of mind with this special offer from North America's leading medical alert service.

Call 1-800-543-3546 ext 3050



Coupon valid until: 5/2/2012

Code: B3KPB PEB IA645  
A B C

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# CATHOLIC SCHOOLS WEEK 2012



## Catholic Schools: Faith. Academics. Service

**Arlington, Va.** — The theme for Catholic Schools Week 2012 celebrates the three priorities that Catholic Schools establish that make them stand out from other educational institutions. At Catholic schools children are taught:

- † **Faith** — not just the basics of Christianity, but how to have a relationship with God.
- † **Academics** — which in Catholic schools are held to very high standards; where each child is helped to reach his or her potential.
- † **Service**— the giving of one's time and effort to help others, is taught both as an expression of faith and of good citizenship.

Catholic Schools Week is celebrated nationally the last week in January. For 2012 the dates are Jan. 29 through Feb. 5. It was first celebrated in 1974, with the theme "Catholic Schools: Different Where it Counts." During this 40th anniversary of celebrating Catholic Education, it is important to remember that historically, Catholic schools are known for their high level of academic achievement, moral values and high graduation rates.

"What may not be as widely recognized are the outstanding successes recorded by students of low-income families and students from the inner city," said Karen Ristau, president of the National Catholic Educational Association (NCEA). "That's certainly a plus for many portions of the American population."

Marie Powell, executive director of the Secretariat of Catholic Education at the United States Conference of Catholic Bishops, noted: "This year 30 percent of the nation's 2.1 million Catholic school students come from minority populations. Enrollment of students who are not Catholic has increased to 14.9 percent, an indication that many diverse families seek the benefits of a quality education with moral underpinnings."

**U. S. Catholic school enrollment reached its peak during the early 1960s when there were more than 5.2 million students in almost 13,000 schools across the nation.** The 1970s and 1980s saw a steep decline in both the number of schools and students. By 1990, there were approximately 2.5 million students in 8,719 schools. From the mid 1990s though 2000, there was a steady enrollment increase (1.3%) despite continued closings of schools. Between the 2000 and the 2011 school years, 1,755 schools were reported closed or consolidated (21.5%). The number of students declined by 587,166 (22.1 %). The most seriously impacted have been elementary schools.

A Catholic-school education is available in all regions of the nation. Urban/Inner City schools represent 43 percent of the total, while suburban schools represent 35.9 percent, rural 20.5 percent and inner-city schools 12.3 percent. The five states with the highest student enrollments are California, New York, Pennsylvania, Illinois and Ohio. — *Printed With Permission from NCEA.*

*Catholic Schools Week is a joint project of NCEA and the U.S. Conference of Catholic Bishops. To learn more about Catholic Schools Week, visit the NCEA Web site at: [www.ncea.org/news/CatholicSchoolsWeek.asp](http://www.ncea.org/news/CatholicSchoolsWeek.asp). The NCEA, founded in 1904, is a professional membership organization that provides leadership, direction and service to fulfill the evangelizing, catechizing and teaching mission of the church. NCEA members include elementary schools, high schools, parish religious education programs and seminaries.*

## Catholic School Education in the United States 2010-2011\*

<b>Total Catholic school enrollment:</b>	<b>2,065,872</b>
Elementary school enrollment:	1,467,694
Secondary school enrollment:	598,178

Minority students: 624,878 30.2%

Non-Catholic: 307,458 14.9%

<b>Total number of schools:</b>	<b>6,980</b>
Elementary schools:	5,774
Secondary schools:	1,206
Co-educational:	93.4%
Single sex male:	2.7%
Single sex female:	3.8%

New schools in 2010/11:	34
Schools Consolidated or Closed	172
Schools with wait lists for admission: (26.1%)	1,822

<b>Full-time professional staff:</b>	<b>151,473</b>
Laity:	96.3%
Religious/clergy:	3.7%
Student/teacher ratio:	13.6:1

### Average Tuition

Elementary:	\$3,383
Secondary:	\$8,787

\*Catholic school statistics are from NCEA's document, United

## LCS Pre-School & Kindergarten Registration Underway

Registration paperwork for the 2012-2013 preschool and kindergarten programs for current Lourdes Catholic School students was sent home recently. If you have a child enrolled at Lourdes and would like to enroll a child who is now of age for preschool and kindergarten, please contact the school office (359-3466) so we can get the paperwork to you.

As of January 24, families who do not have a student currently at Lourdes may stop by the school office to pick up paperwork.

The paperwork will also be available at the Preschool Open House scheduled for Tuesday, February 7 from 5:30 - 7 pm. The Kindergarten RoundUp will be Wednesday, February 8 from 1:15 - 2:45 p.m. If you have any questions, please contact the school office.

# CATHOLIC SCHOOLS WEEK 2012

## *Catholic Schools Successful in Passing on Faith*

**Arlington Va.** — Catholic schools have an excellent track record in helping students achieve high marks in academic subjects including reading, writing and math and score above average on national tests. *However, a widely used survey also confirms that Catholic school students also have above average results in gaining religious knowledge and attitudes towards their faith.*

The National Catholic Educational Association (NCEA) publishes a standardized assessment – the Assessment of Catechesis, Religious Education (ACRE) developed more than 30 years ago and used by many schools and parishes to measure the outcomes of instruction in the Catholic faith. During a recent study of the data collected over the years, the association found some inspiring results.

“The accumulated data results provide many encouraging trends,” said Karen Ristau, NCEA president. “The most important is this: Students in Catholic schools are learning their religion and there’s a reliable way to prove that this is so.”

### ***The NCEA president pointed to several survey highlights:***

- Ninety-one percent of the fifth graders who took NCEA ACRE in 2009 scored 80 percent or higher on questions about Jesus, the Church and sacraments.
- Ninety percent of fifth graders and 90 percent of high school students scored 80 percent or higher on the section about the Church’s origin, mission, structure, community and membership. Eighty-four percent of eighth graders scored 80 percent or higher.
- Eighty-eight percent of eighth graders scored 80 percent or higher on the section about prayer and religious practices.

The assessment is empirically designed and includes questions under broad topics or domains, such as relationships, prayer and religious practice. Within each domain, specific questions touch on topics such as Catholic identity, morality and relationships with others.

In 2009, 133,290 students in 2,339 Catholic schools in 127 dioceses used NCEA ACRE. An additional 16,888 students in parish-based programs used the survey in 515 parishes. The (arch) dioceses of Baltimore, Cincinnati, Cleveland, Los Angeles, Newark, Orlando, St. Louis, St. Petersburg, Springfield (Illinois), Toledo and Washington D.C. are the largest users of the assessment.

ACRE is designed to be used in any Catholic school or in parish programs and is aligned with the curriculum provided by major publishers who work in cooperation with the United States Conference of Catholic Bishops (USCCB) protocol. The tool is flexible, providing a way for schools and dioceses to add up to 20 additional faith knowledge questions for a more tailored approach to assessing religious education in the school.

NCEA is the largest private professional education association in the world. Founded in 1904, the association’s membership represents more than 200,000 educators serving more than 7 million students at all levels of Catholic education. — *Printed With Permission from NCEA.*

**CHURCH OFFICE:** Phone (563) 359-0345

**HOURS:** Monday–Thursday 8:30-12:00, 1:00-4:00 pm  
Friday 8:30-12:00

**CHURCH WEBSITE:** [www.lourdescatholic.com](http://www.lourdescatholic.com)

### **BAPTISM**

To have your child baptized at Our Lady of Lourdes you must be a **member in good standing** for **3 months** before requesting a baptismal date. Baptisms are performed during the 10:30 Mass by Father Tim. The three deacons are available to perform the baptism after a Mass. Baptismal requests must be made 1 month before the desired date, and a baptismal class is required for first time parents and other parents who have not had a formal Baptismal class. The classes generally meet monthly on a Saturday. Call the parish office to register. A stipend of \$25 is the standard. A donation to the priest or deacon is sometimes customary. Also, parents will be supplied a form for their sponsors to be verified by their individual pastors.

### **SACRAMENT OF RECONCILIATION**

Saturday: 4:15-4:45 pm or by appointment

### **WEDDINGS**

Make arrangements with priest or deacon at least six months before wedding date.

### **SACRAMENT OF ANOINTING**

Contact the rectory if someone, ill in any way, wishes to receive the Lord’s healing sacrament.

### **FUNERALS**

Families please contact Fr. Tim Sheedy and find out his schedule before making arrangements with the Funeral Home. Please call 343-8470.

### **NEW PARISHIONERS**

Register in the Church Office.

***You still have time to  
register for Men’s  
CEW 2012!***

**Men’s Christian Experience Weekend  
February 17-19**

The weekend is intended for any person who is looking for more in life—the “fullness of life” and joy, which Jesus brings to us. It is open to anyone 18 years and older. An application form must be completed and returned in advance of the weekend. The fee for the weekend is \$35, which includes wonderful meals.

***Persons unable to pay are not refused.  
Applications are available in the Gathering Space.  
Any questions? Please call this year’s Men’s Lay Director:***

◆ Gary Thennes — 332-6273



