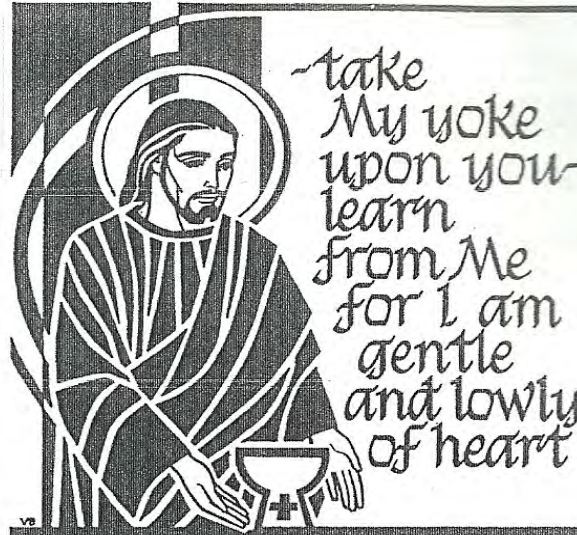


HEART BEAT

"The Pulse of Your Parish"



© Virginia Broderick

IMMACULATE HEART OF MARY PARISH

August 2016

cyberdiem.com/IHM

ihmwestallis.com



STAFF MEMBERS

Pastor—St. Al's, IHM Fr. Jeffery A. Prasser
414-453-5192

Administrator MQH Fr. Thomas Vathappallil MCBS
414-453-5192

IHM Deacons Walt Henry (cell) 414-243-1999
Keith Marx (home) 414-257-0270

Tri-Parish Office (at MQH) 414-328-5566
Kelley Simkowski, Secretary
Leanne Bulletin

Tri-Parish Business Office (at IHM) 414-453-5192
Manager - Mary Wenger
Assistant Manager—Sue Neckar

Dir. of Child and Youth Ministries Becca Bojarski
414-453-0300

Dir. of Adult Ministry Kathy Smith 414-453-5192

Dir. of Liturgy & Music Andy Vaughn 414-453-5192

Maintenance Brian Zarcone 414-305-2531

IHM Tri-PARISH COUNCIL

IHM Trustees-
Darryl Draeger 414-453-9806
Kathy Marx 414-257-0270

IHM Members
Mary Lou Hopkins 262-786-1213
Paul Johnson 414-327-2926
David Reiner 414-327-1606
Ted Sternemann 262-782-0789
Clara Weinberger 414-321-3363
Nancy Wilde 262-784-5359

LITURGY SCHEDULE

Saturday - 4:00 pm

Sunday -7:30 am, 9:00 am

Monday—Wednesday - 8:00 am



HEARTBEAT DEADLINE

October 17, 2016

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

Heart Beat Staff

Coordinators: Lee Deleuw 262-782-0506
Joan Gaska 414-771-2334
lgaska@wi.rr.com
Julie Mushall 262-786-3944

WELL, HERE WE GO... Women's Ministry Continued History

With so much information available, we necessarily have had to condense the many activities of our Ladies Ministry from where our records of the Christian Mothers begin in 1962 to the present, which takes a little bit of doing. So we will try to show some of the accomplishments from the earliest record of 1962 'til the 1990's.

At the beginning many mothers did not work outside the home, so supposedly they had time to devote to church activities. Formal meetings were held once a month from September through June, and dues of \$1.00 were collected each time. New officers were elected for each term. Meetings always began and ended with a prayer, normally by the Pastor. Meeting and treasurer reports were given. A committee head would report on any event during the preceding month and upcoming events were discussed. Sometimes Father would make a request or have an announcement. Speakers or entertainment occurred on occasion. Hostesses were named for the next meeting to handle desserts, coffee and doing the serving. Do you get the feeling this was quite an important organization?

Religious events, like monthly Communion Sundays, retreats, etc. were held regularly. Besides these, there were outside meetings and events. They were involved in Legion of Decency events, the Missions, Brownies, CYO, the USO, etc., plus other community needs (for example, Citizens for Education Freedom and Legislation.) With the new rectory and convent built during this time, the ladies were asked to use their "Betty Crocker coupons" to acquire silverware, as well as have "showers" for linens and towels for both places—all very successful.

Most bake and rummage sales, raffles, card parties, dances, etc. had a particular purpose for where the money earned would be used, what with areas of need in the parish and outside. A very dedicated group was small "Circle Clubs" composed of groups of 7 or 8 women who met once a month at someone's home, collected \$1.00 dues, and played cards. Donations were used for the kitchen, such as two stainless steel tables (still in use) a reconditioned dishwasher and hot water heater. One Circle exists to this day, and our Joan Gaska is in this group. She says they paid for the nuns' newspaper back then.

Handmade items were requested for seasonal and holiday fairs and many women worked on these during the summer months at home, besides sometimes working together in groups at church. The 1969 Autumn Fair had a big tent for the first time, a variety of booths, an auction on Saturday, with free Bingo and a spaghetti dinner on Sunday. And so it began, the popular IHM Festivals!

By 1969 though, membership dwindled slightly, and a survey showed that most people wanted fewer meetings, or combined meetings, so the Christian Mothers and Holy Name Societies were scheduled to have four combined meetings that year. Although membership declined, the events and fundraisers continued on.

The 70's saw further decrease in membership and some duties were now and then transferred to other groups, such as the CYO, then run by Father Art Heinz.

The early '70's saw the hall redecorated and new drapes installed, with money from the Circle groups and the Christian Mothers.

A careful record, beginning in 1962, was kept of funds raised and expenses incurred. Money was deposited in the bank and gained interest, which was certainly worthwhile with interest rates as high as they were then. Payments were made for things like speakers, food for all the events, office supplies, postage, baptismal gowns—that's just a very few. The parish priests received small birthday and Christmas gifts, and an "attendance prize" for perfect attendance at meetings was given, besides gifts and pins for outgoing officers. It was all so formal back then! The largest amounts were periodic funds given to the parish for flowers, candles, scholarships, tables, chairs, repairs, etc.

An example of the close attention to funds going out was, well, like \$49.05 to Ruth Melk for paper supplies, \$23.18 to Marge Engel for craft supplies, \$5.00 to Ruth Leair for punch glasses, \$5.00 to Kathy Mohonich for door prize. Guess you get the picture.

There were some amusing moments for Joan and Mary Margaret looking over the tiniest amounts and what they were for. On the higher side, there was \$3298.00 for a new oven in '86. So many small items were taken care of in the kitchen along the way.

Between November, 10, 1987 and December, 1990, purchases of a combination of various supplies and small repairs amounted to \$2275.66. During this same time, profits of \$4694.80 from the monthly fish fries were divided between choir, parish, school, Youth Ministry, Athletic Assoc., and the Festival Committee, totaling \$6970.46. The Parish Hall was rented for 14 parties and 11 funerals.

The Kitchen Fund progressed nicely, investing in certificates, which, by the end of 1989, amounted to \$14,018.97 plus the checkbook balance of \$4,306.92—a pretty good start towards the renovation of the kitchen, which was a real driving force for the ladies. So, at that point, serious plans were being made. We'll tell you about it—next time. Okay?

[5 Ways to Get More Out of Church](#)

The other Sunday I was wondering if there was some new practice that would help me nurture my faith during this Lenten season. Was there some new habit to develop? The minister was in the middle of the sermon and a few niggling criticisms passed through my mind, small-minded unholy judgments, when I stopped myself. Here was something I could do right now. I'd make it my Lenten practice to get more out of church.

1) Pray for the preacher.

This was a suggestion I remember reading from Fred Rogers—yes, that Rogers, Mister Rogers (he happened to be an ordained minister). Don't put yourself in a judgmental frame of mind when you listen to a sermon. It's not like watching a movie, sharpening your knife to skewer any fault in a performance or script. No one is asking you to be a critic. A sermon is a gift of love from a fellow follower of Jesus. Hear it. Better yet, hear the part in it that God wants you to hear. There is always something. If Mister Rogers always found something, so could I.

2) Love the people in the space.

Some clever-minded wag sent me this quote: "Going to church doesn't make you a Christian any more than standing in a garage makes you a car." I laughed at that...and then started thinking. How do we care for each other in the pews? How do we look after each other? Religion's not just vertical; it's also horizontal (a little bit like the cross). Once at the end of a prayer I saw a woman lean across a pew to adjust another woman's dress that wasn't quite buttoned right in the back. That seemed like a prayer itself.

3) Love the people outside even more.

What are we doing for the "least of these" outside our walls? How are we reaching them? Do they know about our soup kitchen? Can I bring something for the food pantry? One morning I was rushing to church and hurried past an older man dressed in a threadbare suit. "Good morning," I said. "Morning," he said back, then pointed to our church, "You should go there," he said. "It's a good place." I'd never seen him before in my life but liked to think that he slipped into a pew—or the soup kitchen—when I wasn't there.

4) Sing AND pray.

The words in the songs are prayers, too, not just pretty things for us to sing. The psalms themselves were originally sung. How often do you get to sing with a lot of people in one place, voices echoing off the walls? When do you get to be a part of an A-team chorus (and every church congregation is an A-team)? This is 10 times better than singing in the shower. Forget being self-conscious. "Make a joyful noise" says the Bible. Nowhere does God say, "You've got to be a top-paid rock star or trained opera singer to sing MY words."

5) Daydream about God.

The novelist Kurt Vonnegut once said, "People don't come to church for preachments, of course, but to day-dream about God." Your mind will wander in church. Mine does. But who's to say it might not be wandering in a God-ordained way? I'm reminded of the woman on a retreat who confessed to the monk, "I keep falling asleep when I pray." "Maybe God is simply telling you that you need to sleep," he replied. I waste a lot of time day-dreaming about silly stuff. Here's a chance to daydream about the divine.

By Rick Hamlin From the GUIDEPOST

submitted by Clara Weinberger

Women's Ministry

We are looking for old records for the Christian Mother's Organization from the time they began at IHM into the late 60's. If you have any information—minutes, financial records, photos, - please let one of the people listed below know.

Mary Margaret Marshall 262-786-9542

Joan Gaska 414-771-2334

Julie Mushall 262- 786-3944

For the Family

Have you compiled your family Medical History?

You watch Mom inject herself with insulin to keep her blood sugar down, take pills to manage her cholesterol and go to endless doctor appointments and you wonder, "will that be me in 10 or 20 years?"

The answer is—maybe. Family members share genes as well as living habits, behaviors and environments, which together may affect the risk of developing similar health problems. But that may not have to be your future. If you know which diseases hang from your family tree, you can take steps to help prevent or reduce your risk.

Research has shown family medical history is an effective and accurate tool for assessing disease risk. One study suggests it works better than genetic testing for certain cancers. Gathering the information is important, and making sure it's correct is even more so.

Here are some tips to help compile your family medical history.

Compile a list of your relatives.

The best family health history includes three generations. Start with the most important first: your parents, siblings and children. Next your grandparents, aunts and uncles, as well as your nieces, nephews and grandchildren, and then finally your cousins.

Prep your questions.

Ask about a range of health conditions from heart disease and cancer to arthritis, dementia and any pregnancy complications and the age when the problems started. You'll want to ask about the cause and age of death for relatives. If possible, include any life-style information as well such as diet and exercise, smoking and alcohol use.

Pick a good time to talk.

Over the holidays or at any family gathering might be best, when everyone is together and can help one another remember.

Store all your info online

with the surgeon general's *My Family Health Portrait* (familyhistory.hhs.gov). You can update it as necessary and print it to share with your doctor or other family members. For more online tools and tips, visit the Centers for Disease Control; and Prevention Public Genomics website (cdc.gov/genomics/famhistory) or the American Society of Human Genetics (talkhealthhistory.org)

Article from USA Weekend April 13-15, 2012

Both websites are still available



Avocados are one of the best flab-fighting fats, but it's unlikely that you'll eat an entire avocado in one sitting. So how do you keep that leftover avocado from turning brown?

First—why do they turn brown? Like apples or potatoes, they oxidize when exposed to air. Once you cut an avocado, you'll never be able to completely stop the oxidation process, but you can dramatically slow it with a few quick tips and tricks.

1. Cut the avocado with a ceramic or plastic knife. Metal actually accelerates the oxidation process.
2. Try lemon or lime juice. Citric acid is a powerful antioxidant—rub a little juice around the exposed flesh and you'll significantly delay the browning effect.
3. No lemon or lime juice? Try oil. Oil is another great buffer to oxygen. Use in place of lemon or lime juice when you don't have any.
4. Store as air tight as possible. Again, avocados turn brown due to oxidation and exposure to air, so storing in an airtight container only makes sense.
5. Water. Huh? That's right! This one works exceptionally well for guacamole. Place your leftover guac in a plastic container and press down to remove any air pockets. Add half inch of water on top and seal with an air tight lid. The water creates a barrier between the avocado and the air, keeping your guacamole fresh and 100% green for 24 hours or more. When ready to eat some more, just drain the excess water and enjoy.

To tell if an avocado is ripe, check the stem. If it comes off easily and is yellow underneath, it is ripe. If it's brown and dry under the stem, it's over ripe. And if the stem is tight it needs to ripen a bit more.



Here's some puzzlers!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop. He is five feet ten inches tall and wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's name in 1975?
9. If you were running a race and you passed a person in 2nd place, what place would you be in now?
10. Which is correct to say, "the yolk of the egg are white" or "the yolk of the egg is white?"
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Find answers on page 8. NO PEEKING!



KID'S KORNER

Stories from an issue of *Woman's World*

One afternoon recently, I was spending some time with my 4 year old grandson. When I told him that I loved him very much, he smiled brightly and responded, "I love you too, Grandma, but I'm not going to marry you!"



Q What did the bacon say to the tomato?

A Lettuce get together



Q What did one eye say to the other?

A Between me and you, something smells!

SENIOR'S SPOT



Great Truths that Adults have learned

1. Raising teenagers is like nailing Jell-O to a tree.
2. Wrinkles don't hurt
3. Families are like fudge — mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held it's ground.
5. Laughing is good exercise. It's like jogging in the inside.
6. Middle age is when you choose your cereal for the fiber, not the toy.

The Four Stages of Life

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus



Do you want the Heart Beat to Continue?

If so, we need your help. Please submit articles of interest— original or not, but cite where the info is from and please include your name and phone number. We also need help with writing articles and proof reading.

The next deadline is October 17, 2016

The Knot Prayer

Dear God,
please untie the knots that are in my
mind, my heart and my life.

Remove the have nots, the can nots
and the do nots
that I have in my mind.

Erase the will nots, may nots, might nots
that may find a home in my heart.

Release me from the could nots,
would nots and should nots
that obstruct my life.

Dear God,
I ask that you remove from my mind,
my heart and my life,
all the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

Amen

Author known to God

Answers to the puzzlers on p.6

1. Johnny of course.
2. Meat
3. Mt. Everest: it just wasn't discovered yet.
4. There is no dirt in a hole
5. Incorrectly
6. Billy lives in the Southern Hemisphere
7. You can't take pictures with a wooden leg, you need a camera to take pictures
8. Same as it is now Barach Obama
9. You would be in 2nd place—you passed the person in 2nd place, not 1st.
10. Neither—the yolk of an egg is yellow.
11. One. If he combines all his haystacks, they become one big one.

Plan Ahead -Save the Date!!!

LIFE CHAIN

Sunday, Oct. 2, 2016

Contact Christine Keil for more info

Call after 11:00 am

414- 476-3938

