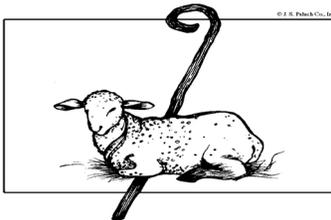


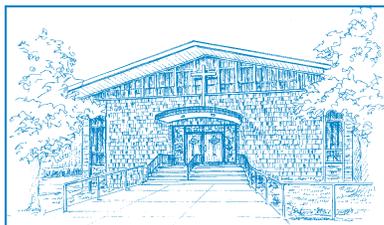
*The Lord is my  
Shepherd;*



*there is nothing  
I shall want.*

## St. John the Baptist Church

JULY 19, 2015— 16th SUNDAY ORDINARY TIME



**1852-2015**

895 Piermont Avenue  
Piermont, New York 10968  
Rectory: (845) 359-0078

Fax: (845) 359-2976

E-Mail: [stjohnrectory2@optonline.net](mailto:stjohnrectory2@optonline.net)  
New Website: [www.stjohnspiermont.org](http://www.stjohnspiermont.org)

### MINISTRIES AND CHAIR PERSONS OF YOUR PARISH

Buildings & Grounds	Pat Miele Alex Aguilar Paul Johnson
Eucharistic Adoration	Deacon Robert Pang
Finance	Philip W. McCartin
Health Ministry	Mary Loftus
Hispanic Community	Micaelina Maldonado/Geny Aguilar
Hospitality	Robin Miller
Men's Club	Bill Loftus Ralph Olsen
Ministers of Welcome	Jake Miraglia
Music	Chris & Carolyn Yates Ted Simone & Joan Wheeler Carlos Cerna - Spanish Choir
Sound Engineer	David Chilson
Outreach	Maria Nest
Parish Council	William Gorman
Parish Worship Ministry	Deacon John Cunningham
Religious Education	Kathleen Dunn
RCIA	Deacon Robert Pang
Right to Life	Scott Giblin
Social	Kelli Chilson
Spiritual Life Ministry	Johanna Krumm
St. Vincent De Paul	Father George Torok
Vicariate	Maureen O'Connell

### PARISH COUNCIL

Kelli Chilson	Jean DeLongis	Kathleen Dunn
Bill Gorman	Paul Johnson	Martina Lynch
	Virginia McCauley-Cook	
Maria Nest	Ralph Olsen	May Pang
Jim Pontone	Amy Ramundo	Carlos Vicente
	Janet Zahn	

### TRUSTEES

Phil McCartin James Pontone

### OFFICE HOURS

Isabelle 10:15 AM—3:15 PM  
May 11:00 AM—4:00 PM

REV. GEORGE TOROK, C.O., ADMINISTRATOR  
Rev. Roman Dominic Palecko, C.O., Parochial Vicar

Deacon John Cunningham

Deacon Robert Pang

Parish Secretaries:

Isabelle M. Fenton, [isabellefenton1@optonline.net](mailto:isabellefenton1@optonline.net)

May Pang, [mayssoohoo@optonline.net](mailto:mayssoohoo@optonline.net)

**We invite visitors to explore membership at St. John's.** Visitors may have their questions answered by contacting the Rectory (359-0078) and asking to have a member of our Welcoming Ministry contact you by telephone.

### OUR SACRAMENTAL LIFE

**We celebrate the Eucharist:**

Saturday Vigil: 5:00 pm  
Sunday: 8:00 am, 10:30 am  
Spanish Mass: 1:00 pm  
Weekday: Monday thru Friday: 8:00 am  
Saturday Morning: 9:00 am

**Holy Days:** As announced

**First Friday:** Exposition and Adoration of the Blessed Sacrament will take place from 8:30—10:00 AM. It will resume at 5:00 PM followed by a Holy Hour at 7:30 and ending with Benediction.

**We celebrate Baptism:**

Please call the Rectory well in advance of the expected day of Baptism to arrange an appointment for an interview.

**Pre-baptismal meeting** for parents is required. We require all Baptismal families to be registered at St. John's. Godparents must be confirmed, practicing Catholics. Generally Baptisms are celebrated the third Sunday of each month at 12:00 pm.

**We celebrate Reconciliation:**

Confessions are heard from 4:30-5:00 pm on Saturday. You may also make an appointment with one of the priests.

**We celebrate Marriage:**

Marriages should be arranged at least six months in advance. Participation in Pre-Cana is essential. Please call the Rectory to schedule an appointment with one of the priests.

**We celebrate Anointing of the Sick:**

Planning to enter the hospital for elective surgery or other serious treatment, and for those who have need of spiritual healing. In an emergency, call the Rectory at any time.

**We celebrate Holy Orders:**

Any gentleman interested in exploring the question of vocation to the priesthood or the permanent diaconate should contact Fr. George Torok. We would also be happy to direct anyone interested in living their lives as Religious Sisters or Brothers.

**We celebrate the Rite of Christian Initiation for Adults:** We welcome you to full membership in the life of the Church. The instruction for Baptism, Confirmation and Eucharist for adults.

**Parish Registration:** All adults (over age 21) should register in the parish themselves and should use envelopes or [parishpay.com](http://parishpay.com). Tithing is 5% of income. This registration is our only means of certifying anyone as a member of the parish, especially for Baptism and Confirmation sponsorship letters and for scheduling Baptisms and Weddings.

# Mass Schedule

Sat.	07/18 5:00 PM	Bernard & Gerard Ross By The Armstrong Family
Sun.	07/19 8:00 AM	Anna Cavanaugh By Gina & Joe O'Keefe
	10:30 AM	Robert Armstrong By The Armstrong Family
Mon.	07/20 8:00 AM	Vincent Ely By Anna Ely
Tue.	07/21 8:00 AM	Antoinette Kalin By Jean DeLongis
Wed.	07/22 8:00 AM	Mgnolia Velez By The Gensel Family
Thurs.	07/23 8:00 AM	Francis Taulman By The Catholic Daughters
Fri.	07/24 8:00 AM	Victims of Charleston, S.C.. Church Killings By Friday Renew Group
Sat.	07/25 9:00 AM	Michael Savoia By Friday Renew Group
	5:00 PM	Mark Lennon By Catherine Lennon Wright
Sun.	07/26 8:00 AM	Francis Taulman By Deacon Rob & May Pang
	10:30 AM	Lisa Urban By Sandy & Eddie Zazzara

**The flowers last week and this week were given by the Lennon Family. Many thanks!**



**Please remember in your prayers the Sick and/or Homebound of our Parish Family.** Theresa Veen, John Miraglia, Bill Stein, Francis and Mary Conka, Sr., Martin Casey, Ken Yelonek, (all Giblin's relatives), John Set (Deacon Bob Pang's uncle), Gerri Sherwood, Nijole Paronetto, Ginny Tercer, Casey Smith, Ray Sheehan, Anna Ely, Marcelo Giuliante, Arys Ramos, Connie Lynch, Bo DiFrancesca.

As a Parish Family, let us remember in our prayers all our beloved departed members of our Parish Community, Magnolia Velez, Dominick DeYorgi, Lina Martellacci, Anthony Berardi, Vivian Kelly, Joan Wheeler.

**PLEASE ADVISE THE RECTORY (359-0078) WHENEVER A PARISHIONER BECOMES HOMEBOUND, ILL, OR HOSPITALIZED SO ARRANGEMENTS CAN BE MADE FOR A PRIEST, DEACON OR EUCHARISTIC MINISTER TO VISIT AND BRING COMMUNION TO THEM.**



Often we are unable to identify the truth in our lives. Is our passion love or lust? Is our financial security greed or wise preparation? Is the raising of our children good discipline or carving them into our own image and likeness? Is our religiosity superstition or faithfulness to the tradition? Do our dreams nurture the Kingdom of God or the Tower of Babel?

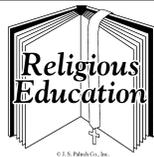
In other words, is it from God or is it from the Other Side? So we look about us, and because our neighbors' lives seem little different from our own, we put into any self-help harbor that seems able to shelter us from aimless drifting.

Most of us, I suspect, wonder if there is anyone who knows the deepest truths, whether they be about life or about our world or even about ourselves. So we find ourselves gathering about Jesus, though even then some may do so half-heartedly — at times trusting that He will have some sort of answer and at other times wondering if He indeed does, yet not knowing where else to go.

And so we gather, like sheep around a shepherd, simply because every other voice has been heard and found wanting.

## WEEK IN FOCUS

Sun. July 19	Baptism Prep Span., 11:00 AM Legion de Maria, 11: 30 AM AA Mtg., 7:00 PM
Mon. July 20	CDA Knitting, 1:00 PM
Tues. July 21	Baptism Prep. Span. 7:00 PM Span. Bible Study 7:00 PM Span. Leaders' Mtg., 7:00 PM
Wed. July 22	Spanish Choir Practice, 7:00 PM Piermont Senior Mtg., 1:30 PM
Thurs. July 23	CDA Knitting, 1:00 PM Span. Choir Practice, 6:30 PM Span. Council Mtg., 7:00 PM
Fri. July 24	Friday Renew Group, 10:00 AM Span. Prayer Group, 7:00 PM
Sat. July 25	Music Rehearsal, 4:15 PM
Sun. July 26	Baptism Prep Span., 11:00 AM Legion de Maria, 11: 30 AM AA Mtg., 7:00 PM



## THE GOOD NEWS FROM OUR SCHOOL OF RELIGION

Dear Parishioners,

Religious Education needs your help. I have learned that we will need two teachers for the fall. One is for sixth grade (Mondays from 6:30-8:00 pm) and the other is for our combined Pre-School/Kindergarten (Sundays from 10:30-11:15 am). Please contact me at 845.942.2908 or [kathleendunn47@gmail.com](mailto:kathleendunn47@gmail.com) if you are willing to commit.

***Remember, God doesn't call the qualified, He qualifies the called!***

There is still time to register your youngsters for 2015-2016, but do hurry as a LATE FEE of \$50 goes into effect on August 1st. Please remember, books have to be ordered, classes have to be organized and paperwork has to be completed, so get your forms in ASAP.

Registration forms are in the Church vestibule, at the Rectory and outside the Office in the Church Hall.

We are also still looking for a number of volunteers to help in a variety of ways. Please email [kathleendunn47@gmail.com](mailto:kathleendunn47@gmail.com) to offer your help in our dynamic Religious Education program.

Hoping to hear from you soon,

*Kathleen Dunn*



**THE SANCTUARY LAMP  
Is Being Offered Today  
In Memory of  
ANTHONY BERARDI**

**By  
JANET ZAHN**



### WANTED! NEEDED!

We are still in dire need of an organist/keyboard player. Please contact Ted Simone as soon as possible: (845) 268-5143, or [thesimone@aol.com](mailto:thesimone@aol.com).



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### LITURGICAL MINISTERS JULY 25-26, 2015

Time	Lectors	Eucharistic Ministers	Altar Servers
5:00 PM	Oscar Nordstrom	Jackie Schaefer	Sofia Tassello
8:00 AM	Lucy Bosco	Betsy Feeney	Shane Cawley Sofia Tassello
10:30 AM	Johanna Krumm (substitute for J. Kennedy)	May Pang	Gerry Caltagirone Leah Dillon
1:00 PM	Santiago Nova Armando Guzman Erasmus Maldonado Marvin Vivar	Maricela Aguilar	Dayana N. Mazariego Ayleen L. Sincha Evelin Palma

## SUMMER HOSPITALITY



As we do every year we are asking for volunteers to continue hospitality through the summer.

This includes all Sundays beginning **June 28th through September 13th** (eleven Sundays). The sign-up sheet will be in the kitchen.

Or you can e-mail Robin at [robmiller124@aol.com](mailto:robmiller124@aol.com). Making coffee is not a prerequisite - punch and cookies will do just fine. This is a great way to meet fellow parishioners, get your children involved or just give back if you have been enjoying Hospitality all year!



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I. **JOSEPH J. FALKENSTERN**  
**MARGARET MCPARTLAND**

*Don't let your worries get the best of you.  
Remember, Moses started out  
as a basket case!*

## PILGRIMAGE TO GREECE

We will be following the footsteps of Apostle Paul from **April 10—19** next year! Visit Thessalonika, Philippi, Corinth, Ephesus, plus the Meteora Monasteries. The trip includes a 3-day cruise to Santorini and Patmos, where St. John the Evangelist wrote Revelation.

The price is \$2,740 per person.

There is a special \$100 super saver discount if deposit of over \$500 is received by July 10, 2015.

Please contact Robin Miller, 359-0793, for a brochure and more information, or [robmiller124@aol.com](mailto:robmiller124@aol.com).



DID YOU KNOW . . .

**DID YOU KNOW . . .**  
that the **Franciscan Sisters of Peace** be-

came a new congregation in 1986? Unique to our situation is the fact that our religious institute was co-founded by 112 vowed members who committed themselves to live a simple lifestyle in the spirit of St. Francis. The Congregation Center, housing the administrative offices, is located in the former convent in St. Peter's parish in Haverstraw. As the congregation name indicates, our members and Associates strive to be messengers of peace wherever we are living and ministering. Our sisters are located in the New York metropolitan area and are engaged in a variety of ministries, including teaching, religious education, pastoral ministry and social services. We are active in areas of social justice, particularly in efforts to abolish human trafficking.

You can learn more about the Franciscan Sisters of Peace by visiting our website: [www.fspnet.org](http://www.fspnet.org).

## SAD NEWS

We are all distraught at Joan's passing. We quote below the beautiful expression of grief from Ted:

*Joan Wheeler, my friend and accompanist here at St John's, ended her earthly ministry on July 9 and has gone home to the Lord. Our world will be a much less joyous place without but heaven will be filled with cackling laughter and melodious, heartfelt strains from Joanie's talented hands. I am so very grateful that I had the opportunity to know her and to make music with her for the past two and a half years. She deserves all the rewards reserved for those who have run the race and fought the good fight. She leaves behind many friends in whose lives will now be a permanent void but also many beautiful memories of a woman of great faith and determination. Rest in God's peace, Joanie, and thank you for coming into our lives.*



## TIPS FROM THE HEALTH EDUCATION MINISTRY

*Pray for one another that you may find healing."*

• James 16

### Foods That Cool You Down and Hydrate You

When the mercury rises, a piece of watermelon is more inviting than a hot bowl of soup. Eating plenty of high water foods (watermelon, leafy greens, cucumbers, tomatoes and celery) is the easiest way to add hydration value to your meals. Water inside these foods contains an abundance of naturally balanced minerals for easy utilization by the body. Some tips:

- Avoid ice cream and cold beer – they may have a temporary cooling effect, but your body responds to the heat loss by increasing blood flow, thereby bringing the temperature back to normal.
  - Drink plenty of water – enough to replenish what you have lost in perspiration. Alcoholic beverages can work to dehydrate you.
  - Drink water before, during, and after strenuous activity or exercise.
  - Avoid commercial sports drinks which contain empty calories and stimulants which are detrimental to children. Make your own with fruit juice and a little salt!
- Symptoms of dehydration: thirst, dry mouth, dizziness, dry skin, increased heart rate and rapid breathing.

### COOP PREP CLASS

#### ALBERTUS MAGNUS HIGH SCHOOL

A COOP Prep Class will be offered at Albertus Magnus H.S. to prepare students entering 8th grade for the November 6, 2015, Catholic High School Entrance Exam. Monday through Thursday, from 9 am to 12 noon, for two weeks, **August 17, 18, 19, 20, 24, 25, 26 and 27.** \$450 (includes COOP Review Book).

Contact Noreen Power (845) 623-8842, or e-mail [npower@albertusmagnus.net](mailto:npower@albertusmagnus.net), for more info.

### SUMMER ENRICHMENT ACADEMY DON BOSCO PREP

This program offers a COOP exam course to 8th grade male students. This is the examination for admission to Catholic High Schools. 12 students/class. Session 2: **July 20th—30th. Monday through Thursday, 8:15 AM—12:15 PM.** \$500. Extra help will be available.

Rue Eisen: (201) 327-8003, Ext. 174.

## MEMORIALS

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***A meaningful way to honor your dear ones, deceased or alive, is by contributing towards the purchase of weekly flowers for the Altar. The house of the Lord should always be beautiful.***

Of course, another way is by buying bricks in their name for the walkway leading up to Our Lady's outdoor shrine. This is a permanent memorial that is also very meaningful and only costs \$125 per brick. If interested, please contact the Rectory at 359-0078.

We thank those parishioners who have contributed to this beautiful cause.



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### YOUTH 2000 FACE 2 FACE RETREAT

The Parish of St. Teresa of Avila, 130 Beekman Ave., Sleepy Hollow, NY, will be hosting this retreat on **Friday, November 13th, 6:30 PM, through the Sunday, 15th, 2 PM.** Bring sleeping bags, pillows and blankets. Donation \$35. This youth experience is a Christocentric, Eucharistic Retreat highlighting Jesus' teachings, His mercy, His joy in community. (914) 631-1831.

### WORLD APOSTOLATE OF FATIMA



Our Lady's Blue Army Shrine  
674 Mountain View Rd.  
Washington, NJ 07882

**Saturday, August 1st:** Confessions, Rosary, Divine Mercy Chaplet, Mass (Fr. R. Murphy) and much more. Homily: "You at Least Try to Console Me."

Contact: Robert J. Feranec  
(908) 852-1120, or  
[rferanec@bluearmy.com](mailto:rferanec@bluearmy.com)



## 2015 CARDINAL'S ANNUAL APPEAL

We did not receive any gifts again this week and only 117 parishioners have contributed. ***It's NOT too late to do so***; therefore, if you have not yet sent in your pledge/gift, ***please*** do so as soon as possible. Remember, ***for every dollar we send in excess of our goal, 60% is returned to us!*** **We've done so well so far — let's not stop doing good! Our Church number is: 504.**

## DOMINICAN COLLEGE

470 Western Highway, Orangeburg, NY 10962

An **Information Session** interested in **Undergraduate and Graduate Degrees**, including Undergraduate online programs, is scheduled for **Wednesday, July 22nd, from 5:30 to 7:30 PM** in the Hennessy Center.

Contact Brian Fernandes, (845) 359-7800, or [brian.fernandes@dc.edu](mailto:brian.fernandes@dc.edu).

## CATHOLIC WIDOW & WIDOWERS CLUB OF ROCKLAND COUNTY

The Club will be meeting on **July 19th, at 6:30 PM** at St. Augustine's Church (downstairs). Desert and coffee will be served. We are playing Bingo and having an ice cream social. Guests are welcome. For information, call Dotty at (845) 623-1739.

## SAVE THE DATE!

### BIRTHRIGHT BOULDERS GAME

**Saturday, August 22nd, 6:35 PM**

Rockland Boulders Stadium

One Provident Park Drive, Pomona, NY

Concessions, Carnival Night, Book Fair, Train Rides, Free Hot Dog, Free Soda, Fireworks, 1000 goldfish giveaway, etc., etc., etc.

Birthright is a charitable pregnancy care center fostering love and respect for women distressed by unplanned pregnancies and their babies. 257 South Middletown Rd., Nanuet. 845-623-9098, [birthrightrockland@aol.com](mailto:birthrightrockland@aol.com)

## PRO-LIFE NEWS

The number of abortions is declining almost everywhere in the United States. According to an Associated Press (AP) survey using the most recent figures available, the sheer number of surgical abortions nationwide dropped 12% since 2010. This trend, though much-discussed, is actually nothing new. Abortions have been declining for 25 years. What's behind the welcome news? Many may assume there are fewer abortions because there are fewer pregnancies. But the rate of unintended pregnancies has remained rather constant. Easy access to contraception has not had a noticeable impact on the pregnancy rate. Contraception is not – and **has never been** – a reliable way to reduce abortions.

Are more pregnancies being carried to birth? The AP survey doesn't provide parallel data on birth rates in states where abortions went down. But it's certainly hard these days to deny the reality of the unborn human being. Ultrasounds, posted on social media as well as on refrigerators in many households, now provide a window to the womb. Those who were pregnant in the 1970's and 80's could more readily buy into the lie that their "products of conception" were just a "blob of tissue." For some time now, the child in utero – often named before birth– has had a claim on our empathy in a way that was not common before.

The pregnancy assistance movement is also strong. Pregnancy help centers and maternity homes in this country outnumber abortion clinics three to one, offering free, confidential assistance to women and their families in need. The kind staff and volunteers who provide women with emotional support and material resources offer them the freedom to choose life for their children.

Since declines were measured both in states where pro-life laws have gone into effect and in states that have more permissive laws, the AP story claimed that pro-life laws have no effect on abortion rates. This is a misleading conclusion. We know from many analyses that laws limiting abortion funding, and those providing for informed consent for women and parental involvement for minors, help bring down abortion rates in the states that enact them. There can be a delay in their impact as the laws take effect, but then the impact is noticeable and long-term. Laws enacted more recently may not yet have had their effect, while older pro-life laws made their initial impact well before the time scope of this survey. And the states without pro-life laws that saw reduced abortion rates still often have much higher rates than states with such laws. The AP reporter's assessment is based on a flat-footed understanding of how law helps change the culture.

Of course, since each human life is of immeasurable value, one abortion is one too many – wherever it takes place in the world, by whatever means, and for whatever reason. We will not rest in our pro-life advocacy until abortion is a sad and distant memory.

## Weekly Offering

The Collection for 7/12 was	\$4,301
Solidarity for Church in Africa	\$1,350

**THE WINNERS OF THE 300 CLUB  
DRAWING ON 7/12 WAS  
Alice, Rose, Frances ONORIO  
# 2 1 6**

**A man of words and not of deeds  
is like a garden full of weeds!**

### MESSAGE FOR PARENTS!

A reminder that we have closed-circuit television for parents with young children. You and the children will feel more comfortable attending Mass downstairs in Connelly Hall if they become noisy and/or fidgety. Communion will be brought downstairs if you advise the Ushers. Take advantage of this service and everyone will be happier.



**We welcome all our new parishioners and kindly ask you to register for the parish. Our new parish census forms are available in the Vestibule or at the Rectory. Please return the form to the Rectory, to an usher or to Fr. George. May God bless your entering into our parish family! Having your name in our records is the only way we have of certifying that you are a practicing Catholic, as we have to do for people who are being asked to serve as sponsors of Baptism and Confirmation.**

### Jer 23:1-6; Sal 22; Efe 2:13-18; Mar 6:30-34

Hay una cierta "conexión" que falta entre las dos primeras oraciones del Evangelio de hoy. En la primera los apóstoles regresan de la misión a la que habían sido enviados de dos en dos ("apóstol" en griego significa "enviado"). Habían sido enviados a predicar la conversión, a expulsar a los demonios, y a sanar a los enfermos en el nombre de Jesús. En la segunda oración, Jesús les dice que se vengán con él a un lugar solitario para descansar un poco. Nos gustaría pensar que, entre esas dos oraciones, una expresión de placer y gratitud cruzó el rostro de Jesús al oír como el Reino ha sido proclamado en su nombre, y como no tuvieron que sacudirse el polvo de los pies en ninguna parte. ¡Bien se merecían un descanso! A nosotros tampoco nos vendría mal, cuando nos juntamos alrededor de Jesús como los apóstoles en el Evangelio de hoy, que nos tomáramos un descanso, para que el Señor pueda escuchar lo que hemos hecho en su nombre –nuestros éxitos, nuestras decepciones, nuestra necesidad de "escaparnos" un rato con él para que nos fortalezca para seguir trabajando en el nombre de Dios. Ya que nosotros los bautizados no somos sólo el rebaño de Cristo; por el agua y el Espíritu hemos sido transformados en el Cuerpo mismo de Cristo, la presencia del pastor para dar vida al mundo.

### Para los cursos pre-bautismales llamar a:

Alex Aguilar 845-480-1502 y Carlos Ortiz 845-893-9718. Los cursos se dan previa cita los martes 7pm y domingos 11am.

Lunes: Ex 14:5-18; Ex 15:1bc-6; Mt 12:38-42  
Martes: Ex 14:21 — 15:1; Ex 15:8-10, 12, 17; Mt 12:46-50  
Miércoles: Ex 16:1-5, 9-15; Sal 77:18-19, 23-28; Jn 20:1-2, 11-18  
Jueves: Ex 19:1-2, 9-11, 16-20b; Dn 3:52-56; Mt 13:10-17  
Viernes: Ex 20:1-17; Sal 18:8-11; Mt 13:18-23  
Sábado: 2 Cor 4:7-15; Sal 125:1bc-6; Mt 20:20-28

### CONSEJOS DE PARTE DEL MINISTERIO DE SALUD

"Ruegen por los otros para que encuentren sanación."

— Jaime 16



### Alimentos que Refrescan e Hidratan

Cuando sube el mercurio, un pedazo de sandía invita mucho más que una taza de sopa caliente. Comiendo bastantes alimentos con un gran contenido de agua (sandía, vegetales de hojas verdes, pepinos, tomates y apio) es el modo más fácil para añadir hidratación a sus comidas. El agua dentro de estos alimentos contiene un equilibrio natural abundante de minerales para el uso fácil del cuerpo.

Algunas sugerencias:

- Evite helados y cerveza fría – estos refrescan temporariamente, pero el cuerpo responde a la pérdida del calor aumentando el flujo de la sangre, y así subiendo la temperatura nuevamente a lo normal.
- Tome bastante agua – suficiente para remplazar lo que se pierde con el sudor. Bebidas alcohólicas deshidratan.
- Tome agua antes, durante y después de una actividad intensa o ejercicio.

Evite bebidas comerciales de deportes que contienen calorías y estimulantes que hacen daño a los niños. ¡Haga su propia bebida con jugo de fruta y un poquito de sal!

Síntomas de deshidratación: sed, boca seca, trastorno, piel seca, aumento en el redoble del corazón y respiración rápida.

**CONTACT INFORMATION**

CHURCH NAME: ST. JOHN THE BAPTIST

BULLETIN #: 511587

DATE: 07/19/2015

# OF PAGES: 8

CONTACT INFORMATION: Isabelle Fenton  
(845) 359-0078

SPECIAL INSTRUCTIONS: