

Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)

150 Harriot Avenue, Harrington Park, New Jersey

www.olvhp.org

WELCOME

SUNDAY, July 15, 2018 A.D.

To the Parish Family of
OUR LADY OF VICTORIES

(THE LITTLE CHURCH WITH THE BIG HEART)

COME WORSHIP WITH US

Rev. Wojciech B. Jaskowiak
Administrator

Rev. Duverney Bermudez Rev. Anthony Mastroeni
Rev. Christopher M. Ciccarino KCHS Rev. John O'Connor
Rev. Brian Muzás *Latin Mass Assistants*
Rev. Msgr. Sam Sacus
Weekend Assistants

Sr. Elizabeth Holler, SC Sr. Mary Corrigan, SC
In Residence-Convent

Mr. Thomas Lagatol Mr. Albert McLaughlin
Deacons

Susan Evanella Deacon Al McLaughlin
Religious Education *Parish Catechetical Leader*

Selena Piazza Elizabeth Gulfo
Lesa Rossmann Martin Coyne II
Ministers of Music *Parish Trustees*

Michael Flynn & Meagan Mullany Curtiss & Katie Stella
Jr. High School Ministry *High School Ministry*

Maria Hellrigel
Parish Secretary

Jorden Pedersen Esq. Jon Fischer CFA
President Parish Council *Chairman Finance Committee*

SPECIAL MASSES OR DEVOTIONS:

First Friday: 7:00pm, Mass of Sacred Heart & Devotions
First Saturday: 8:00am, Mass of Immaculate Heart of Mary
First Saturday: 12:00pm, Mass for Souls in Purgatory

Novenas prayed after 8:00 a.m. Mass:

Our Lady of the Miraculous Medal: Monday
St. Jude and St. Anthony: Wednesday
Infant of Prague: 25th of the month
St. Peregrine: First Friday of the Month

Rosary: Recited M - Sat after 8:00am & 12Noon Mass.
Tuesday-Novena Prayer and Adoration: 12:30pm-3:00pm
Thursday-Holy Hour with Adoration & Benediction: 7:00pm
Friday-Exposition & Adoration: 12:30pm-3:00pm



THE SACRAMENT OF PENANCE/CONFESSION:

Monday - Friday 7:30am - 7:50am.
First Friday at 6:30pm
Saturday at 11:00a.m.-Noon; 3:00pm - 3:30pm

THE SACRAMENT OF BAPTISM:

To register for Baptismal preparation and Baptism, call the rectory.

THE SACRAMENT OF CONFIRMATION:

Call the Religious Ed Office for requirements/class schedule.

THE SACRAMENT OF MATRIMONY:

Please call the rectory for an appointment.

THE SACRAMENT OF THE SICK/LAST RITES:

Sick calls at any time in emergency.

THE SACRAMENT OF HOLY ORDERS AND VOCATIONS:

Anyone contemplating a vocation to the Priesthood or Religious Life should contact the Vocations Office at 973.497.4365.

Latin Mass every Sunday 8:15AM

Spanish Mass every Sunday 1PM



OLV Rectory
Phone: 201-768-1706
Address: 81 Lynn St.
Email: olvrectory.hp@gmail.com

OLV Fax Religious Education
201-768-3962 201-768-1400
155 Parkway
olvhpccd@gmail.com

OLV Convent
201-768-1705
145 Parkway

Fr. Wojciech's Corner

It has been now almost two weeks that I have been here. I would like to express my deep gratitude for your warm welcome and good wishes. Our Lady of Victories has truly proven to be the little Church with a BIG heart. Thank you to all those who stopped by after Mass to greet me. Thanks also to those who brought baked goods - and especially to those who stayed long hours throughout the morning to hostess the "coffee and". I look forward to getting to know you and serve you.

— Fr. Wojciech

PRAY FOR OUR SICK

Please **PRAY** in the name of **JESUS**, the Healer, that the **SICK** of **OLV PARISH** may be restored to health and all those who **ASSIST** and **CARE** for the sick will be given the **STRENGTH** to continue **GOD'S GOOD WILL**: Kathy Freeburn, Marietta Flahive, Kyle Gauweiler, Tom Giuliano, Marylou Goreb, Thomas Haring, Glen Hall, Megan Kavanagh, Peter Kellar, George Loder, Lisa LoSchiavo, Anne Matthaehi, Canice Prince, Dan Ragusa, Mary Rinner, Suzanne Rothschild, Wendy Ruggiero, Michael Tobia, Kathryn Turrell, Therese Vaglio, Jim Walsh.

SPIRITUAL EXCERPT KEEPING THE FACETS SHARP

"I have a crystal rosary that my mother gave me. She used it for many years. It's dull because all the facets that make crystal sparkle are worn away. You can clean or wash it, but whatever made it attract light is gone. Well, you can't let that happen in your soul. The facets of our heart must always be sharp, clear, and pointed toward God."

Mother Angelica, Little Book of Life Lessons page 41.

COFFEE CUPS

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups -- porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite -- telling them to help themselves to the coffee.

All the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is but normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee in most cases, just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups...and then began eyeing each other's cups.

Now consider this: Life is the coffee, and the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us. God brews the coffee, not the cups ... enjoy your coffee! Reminding you not to get caught up in the trivial material side of life. Enjoying life's abundances is a blessing, but don't confuse it with the bigger picture.

WHAT THE POPE SAID

"It is especially incumbent upon those who, by virtue of their social or political position, must make decisions regarding fundamental rules, such as respect for human life, its defense from conception to natural death. The family built upon marriage between a man and a woman. The freedom to educate one's children and the promotion of the common good in all its forms. These values are not negotiable."

Pope Benedict XVI, Sacramentum Caritatis ("On the Eucharist")

PRAY for THOSE in the MILITARY

Lance Corporal Matthew Brady, U.S. Marine Corps;
Lieutenant Commander Julia H. Cheringal, US Navy;
Captain Ben Clemente, US Army;
Ensign Jon Clemente, US Navy;
1st Lieutenant Ryan Colomeo, U.S. Marine Corps;
Specialist Peter Dippolito, U.S. Army;
Major Michael Franson, US Army;
Sergeant First Class Charles Greene, US Army;
Lieutenant Tara Harris, US Air Force;
Lance Corporal Thomas Iafrate, U.S. Marine Corps;
Lieutenant Joseph Jaeger, US Navy;
Lieutenant Andrew Jaeger, US Navy;
Chief Master Sergeant Shawn Llewellyn, US Air Force;
Captain Shawn Linn, US Army;
SN Daniel T. LoVecchio, U.S. Navy;
Lieutenant Gigi McElroy, U.S. Army;
Colonel John McLaughlin, US Army;
Lieutenant John G. Miele, US Army.

Prayer for the Safety of Soldiers

Almighty and eternal God, those who take refuge in You will be glad and forever will shout for joy. Protect these soldiers as they discharge their duties. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. We ask this through Christ our Lord.

Accountability with Heartfelt Thanks

Catholic Charities received a check for \$2,993 as a result of your generosity to the donation bins from December 1st, 2017 to May 31st, 2018. These funds combined with monies from parishes in a similar program throughout the Archdiocese alleviated the sufferings of the needy who sought relief through the many operations of Catholic Charities. Our counseling services provided 37,306 hours of counseling to 5,407 families in crisis (FY 2017). Thank you for being our partner and enabling us to bring Christ's love to the most vulnerable in our society.

DID YOU KNOW???

That Guglielmo Marconi, a devout Roman Catholic of Irish/Italian descent is credited with perfecting a practical wireless radio system. By 1932, he had successfully installed a working radio-telephone system between Vatican City and Castel Gandolfo, the Pope's summer residence. But the impetus for his research in the wireless derived from a fantastic theory - Marconi believed, erroneously, that sound waves, as well as electromagnetic radio waves, travel out into space without fully dissipating. He imagined that these sound waves, produced by human speech, would leave behind a faint residual pattern which could be amplified and reproduced through the workings of a radio receiver. Incredible as it seems, with the most pious of intentions, Marconi was obsessed with the desire to intercept, by radio, the seven last words spoken by Our Lord on the Cross!

QUESTION????

What is the Communion of Saints? The "Communion of Saints" is the union of the Faithful on Earth, the Blessed in Heaven, and the Souls in Purgatory with Christ as their Head. The Saints in Heaven are called The Church Triumphant, because they have overcome all the enemies of their salvation, that is, the world, their own evil desires and the devil. The Faithful on Earth are called The Church Militant, because they still have to fight against the enemies of their salvation. The Souls in Purgatory are called The Church Suffering, because, before entering heaven, they have to suffer for a time for venial sins, or because they have not paid the debt of temporal punishment for sins which have already been forgiven.

Upcoming OLV Parish Events

Jul 17- Tue – Marian Novena Prayer 2:00-3:00PM
Jul 18 - Wed - OLV Needlers 6:30PM
Jul 19 - Thu - Holy Hour 7:00PM
Jul 20 - Fri - Adoration from 12:30PM-3:00PM

CCD Teachers Needed

We have all been called to proclaim the Kingdom of God. Sharing our faith with our children is a blessing and an awesome privilege! We are looking for **2 middle school teachers** for our Sunday morning CCD classes and **1** for our Monday afternoon program, as well as **1 elementary teacher** for our Sunday and **1** for our Monday classes. If you think you can help, please speak to or contact Deacon Al at deaconalatolv@gmail.com.

Sisters of Charity 50/50 Raffle

Sisters of Charity 50/50 raffle tickets are available at OLV Rectory. Your purchase supports Maris Stella Retreat Center. Tickets are \$20 each or 3 for \$50. Three prizes: 1st prize 25%, 2nd prize 15%, 3rd prize 10% of gross receipts. Drawing will be September 2, at Maris Stella. Winner need not be present. Please make checks payable to Sisters of Charity.

7th Annual Gladys Heyliger/Mary Carley Scholarship

The Catholic Daughters of the Americas Court 1639 is offering a \$1,000 scholarship to an 8th grade student going into a Catholic High School in September. For an application, please send a self-addressed, stamped envelope to Dr. Marie Woke, 20 Kensington Court, Norwood, NJ 07648.

Dominican College Information Session

Wednesday, July 18th - Info Session for those interested in Undergraduate and Graduate degrees, 5:30-7:30pm, in the Prusmack Ctr. Located 470 Western Hwy, Orangeburg, NY. For info visit www.dc.edu.

Holy Land Pilgrimage

Fr. Chris Ciccarino, our weekend assistant, and Fr. Jerry Hahn of St. Anthony's in Northvale, invite OLV parishioners, particularly those who may have wanted to be pilgrims this year but could not, to join our March 7-15, 2019 Holy Land visit. For details, please call Father Jerry 201-768-1177.

CONFESSION/RECONCILIATION

Our Lord told St. Margaret Mary Alacoque that individuals should go to confession **at a minimum once a month**. This sacrament is offered EVERY Saturday from 11:00AM to Noon and 3:00-3:30PM; every weekday morning at 7:30AM, as well as every First Friday at 6:30PM. A Priest is also available to hear Confessions daily by appointment.

QUESTION

Why were Catholics at one time prohibited from being cremated? Because cremation was once chosen by some organizations as a REJECTION of the resurrection of the body, the Church forbade cremation so as to make clear who did - or did not - hold this belief. Now cremation is no longer chosen by some for this arrogant reason, the Church has relaxed her prohibition against it. (In places like Northern Canada, because of snow - cremation was never forbidden.)

DID YOU KNOW?

New York and Albany are both named after the last Catholic King to sit upon the English Throne – James II. As Lord High Admiral of the English navy under his brother Charles, James was responsible for seizing New Amsterdam and Beverwyk and Fort Orange from the Dutch in 1664. Both villages were renamed in his honor. At the time, James was both the Duke of York and Duke of Albany.

GOING ON VACATION

Visit www.masstimes.org for the locations of Catholic Churches and a Mass schedule, throughout the USA.

FRIDAY ADORATION

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays from 12:30 – 3:00PM.

So stop by and adore Our Eucharistic Lord.

OUR LADY OF THE MIRACULOUS MEDAL

Did you know that every Monday after the 8:00AM Mass we have a novena to Our Lady of the Miraculous Medal. We also pray the Rosary DAILY after the completion of the 8:00AM weekday Mass.

What is Opus Dei?

St. Josemaria Escriva de Balaguer (the founder of Opus Dei) once defined Opus Dei as "a divine journey made by Christians who want to live like Christians." We do not intend to do anything sensational; we are common people seeking sanctification in our daily life.

SOFTBALL

Two 90-year-old women, Vivian and Edith, had been friends all of their lives. When it was clear that Edith was dying, Vivian visited her every day. One day Vivian said, "Edith, we both loved playing women's softball all our lives, and we played it all through high school. Please do me one favor: when you get to Heaven, somehow you must let me know if there's women's softball there."

Edith looked up at Vivian from her death bed, "Vivian, you've been my best friend for many years. If it's at all possible, I'll do this favor for you." Shortly after that, Edith passed on. At midnight a couple of nights later, Vivian was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, "Vivian, Vivian." "Who is it?" asked Vivian, sitting up suddenly. "Who is it?" "Vivian -- it's me, Edith." "You're not Edith. Edith died." "I'm telling you, Vivian, it's me," insisted the voice. "Edith! Where are you?" "In Heaven," replied Edith.

I have some really good news and a little bad news." "Tell me the good news first," said Vivian. "The good news," Edith said, "is that there's softball in Heaven. Better yet, all of our old buddies who died before us are here, too. Better than that, we're all young again. Better still, it's always springtime, and it never rains or snows. And best of all, we can play softball all we want, and we never get tired." "That's fantastic," said Vivian. "It's beyond my wildest dreams! So what's the bad news?" "You're pitching Tuesday."

PROMISES OF OUR LADY OF FATIMA

"Pray the Rosary every day, in order to obtain peace for the world, and the end of the war... If what I say to you is done, many souls will be saved and there will be peace... If my requests are heeded, Russia will be converted, and there will be peace... In the end, my Immaculate Heart will triumph. The Holy Father will consecrate Russia to me, and she will be converted, and a period of peace will be granted to the world. In Portugal, the dogma of Faith will always be preserved ... He (Jesus) wants to establish in the world, devotion to my Immaculate Heart. I promise salvation to those who embrace it, and these souls will be loved by God, like flowers placed by me to adore His throne... The moment has come in which God asks the Holy Father, in union with all Bishops of the world, to make the consecration of Russia to my Immaculate Heart, promising to save it by this means."

Words of OUR LADY at Fatima

Rachel's Vineyard

Healing the Wounds of Abortion

Upcoming retreat weekend in the Archdiocese:

September 14th-16th 2018

For confidential help / info' 973-497-4350 or rileyche@rcan.org.

www.Rachelsvineyard.org.

ONE OF GOD'S CHILDREN

A seminary professor was vacationing with his wife in Gatlinburg, TN. One morning, they were eating breakfast at a little restaurant, hoping to enjoy a quiet, family meal. While they were waiting for their food, they noticed a distinguished looking, white-haired man moving from table to table, visiting with the guests. The professor leaned over and whispered to his wife, "I hope he doesn't come over here." But sure enough, the man did come over to their table.

"Where are you folks from?" he asked in a friendly voice. "Oklahoma," they answered. "Great to have you here in Tennessee" the stranger said. "What do you do for a living?" "I teach at a seminary," he replied. "Oh, so you teach preachers how to preach, do you? Well, I've got a really great story for you." And with that, the gentleman pulled up a chair and sat down at the table with the couple. The professor groaned and thought to himself, "Great ...just what I need... another preacher story!"

The man started, "See that mountain over there? (pointing out the restaurant window). Not far from the base of that mountain, there was a boy born to an unwed mother. He had a hard time growing up, because every place he went, he was always asked the same question, 'Hey boy, Who's your daddy?' Whether he was at school, in the grocery store or drug store, people would ask the same question, 'Who's your daddy?'"

"He would hide at recess and lunchtime from the other students. He would avoid going into stores because that question hurt him so badly. When he was about 12 years old, a new preacher came to his church. He would always go in late and slip out early to avoid hearing the question, 'Who's your daddy?' But one day, the new preacher said the benediction so fast that he got caught and had to walk out with the crowd. Just about the time he got to the back door, the new preacher, not knowing anything about him, put his hand on his shoulder and asked, 'Son, who's your daddy?' The whole church got deathly quiet. He could feel every eye in the church looking at him. Now everyone would finally know the answer to the question, 'Who's your daddy?' "

"This new preacher, though, sensed the situation around him and using discernment that only the Holy Spirit could give, said the following to that scared little boy... 'Wait a minute! I know who you are! I see the family resemblance now, you are a child of God.' "

"With that, he patted the boy on his shoulder and said, 'Boy, you've got a great inheritance. Go and claim it.' With that, the boy smiled for the first time in a long time and walked out the door a changed person. He was never the same again. Whenever anybody asked him, 'Who's your Daddy?' he'd just tell them, 'I'm a Child of God.' The distinguished gentleman got up from the table and said, 'Isn't that a great story?' The professor responded that it really was a great story!

As the man turned to leave, he said, "You know, if that new preacher hadn't told me that I was one of God's children, I probably never would have amounted to anything!" And he walked away. The seminary professor and his wife were stunned. He called the waitress over and asked her, "Do you know who that man was -- the one who just left that was sitting at our table?" The waitress grinned and said, "Of course. Everybody here knows him. That's Ben Hooper. He's Governor of Tennessee!" Someone in your life today needs a reminder that they're one of God's children! The grass withers and the flowers fall, but the word of God stands forever. ~Isaiah

YOU'RE ONE OF GOD'S CHILDREN! HAVE A GREAT DAY!

SUN/SUN TAN

During the summer we often go down the shore to "work" on our tans. We may spend an hour in the sun and get "burned" by the sun. Imagine how much good spending an hour before the Son of God will do us. Why don't you stop by the Church on Thursday evenings at 7PM.

Mass Intentions

Monday, July 16 – Our Lady of Mount Carmel
8:00 Rev. Zachary H. Monet, O.Carm. R/b Pat Consoli
12:00 Theresa Wayne R/b Peter and Linda Wayne

Tuesday, July 17 – The Blessed Martyrs of Compiègne-Nuns
8:00 Harry Barrett R/b the Barrett Family
12:00 Joseph Polito R/b Dennis and Kathleen Falotico

Wednesday, July 18 – St. Camillus de Lellis, priest
8:00 Kenny Verlin R/b the Barrett Family
12:00 Frank Dunn R/b the Dunn Family

Thursday, July 19 - St. Arsenius of Rome, Italy-Monk
8:00 Benjamin Obutelewicz R/b Regina Bond
12:00 Karl Ganzleben R/b Monika Senicar

Friday, July 20 – St. Apollinaris - bishop - martyr
8:00 Vincent Schittuli R/b Mary Muggeo
12:00 Domenica Scivanich R/b the Busanic Family

Saturday, July 21 – St. Lawrence of Brindisi - priest - doctor
8:00 Agnes Connolly R/b Jim and Caroline Connolly
12:00 William McGinnis R/b Pete and Carole Stonitsch
4:00 Michael Giotta R/b Anne Giotta
5:00 Stephen and Mary Fogarino R/b Josephine J. Fogarino and Marie Michaels

Sunday, July 22 – St. Mary Magdalene
7:30 Gina Ottomanelli Bender R/b the Ottomanelli Family
8:15 Intentions of Maria Victoria Alcala R/b Marita Morgan
9:30 Frank Harloe R/b Barbara Harloe
10:45 Intentions of Brian J. McElroy III R/b the McElroy Family
12:00 Frank Muggeo R/b Bob and Sue Muggeo
1:00 People of the Parish
6:00 George Alto R/b Dennis and Kathleen Falotico
7:00 Eileen Loftus O'Brien R/b the Bolton Family

SANCTUARY MEMORIALS

- The Sanctuary Lamp** burns this week for the repose of the soul of **Vincent Ferrara**, r/b Jeanne Marie Walsh.
- The Blessed Virgin Mary Votive Lamp** burns this week for the repose of the soul of **Monica Schmidt**, r/b Kathy and Ken Buda
- The St. Joseph Votive Lamp** burn this week for a **special intention**, r/b the Werner family.
- The Infant of Prague Votive Lamp** burns this week for the intentions of **Mr. and Mrs. John McKeon**, r/b Mr. and Mrs. Alfred Villavecchia.
- The St. Peregrine Votive Lamp** burns this week for the intentions of **Mr. and Mrs. Kevin Hughes**, r/b Mr. and Mrs. Alfred Villavecchia.
- The Pope John Paul II Votive Lamp** burns this week **the souls in Purgatory.**

DO YOU KNOW SOMEONE WHO IS NO LONGER PART OF OUR PARISH?

or

SOMEONE WHO NO LONGER ATTENDS MASS?

If so, begin to pray and think of ways you can invite that person to be a part of our parish. As we prepare for this celebration of the Eucharist each and every week, we want to reach out to as many people as possible. Think of young people who may not look to the Church to help them find meaning in their lives. Think of those who may be angry with the Church. Reach out to them, because we want everyone to be a part of this great parish. Think of those who left and went somewhere else – invite them back and tell them what is going on here at OLV. We want to reach out to everyone and move together as a human family toward greater unity and reconciliation.

"One of the best ways to persuade others is with your ears – by listening to them. " **Dean Rusk**

Cancer Update from John Hopkins Hospital

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong, the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer, it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells, and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However, prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation, the immune system is either compromised or destroyed, hence the person can succumb to various infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become petrified and leads to more toxic buildup.
13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
14. Some supplements build up the immune system (IP 6, Florsence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.
15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

CANCER CELLS FEED ON:

A. Sugar is a cancer-feeder. By cutting off sugar, it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame, and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a

chemical added to make it white in color. Better alternative is Bragg's amino's or sea salt.

B. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells are being starved.

C. Cancer cells thrive in an acid environment. A meat-based diet is acidic, and it is best to eat fish, and a little chicken, rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

D. A diet of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit helps put the body into an alkaline environment. About 20% can be from cooked food, including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, try and drink fresh vegetable juice (most vegetables including bean sprouts), and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

E. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water - best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic; avoid it.

CANCER UPDATE FROM JOHN HOPKINS HOSPITAL

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them, as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat.

He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad, but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago, some of the fast food restaurants moved away from the foam containers to paper.

The dioxin problem is one of the reasons. Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

RESPECT LIFE

Pro-life feminist Frederica Mathewes-Green observes that "in no sane country are women and their own children assumed to be mortal enemies; any culture that so assumes is slowly committing suicide."