

# 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

Rev. Bryan F.J. Adamcik SFO, KHS Pastor

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KHS

Rev. John O'Connor

Rev. Brian Muzás

Latin Mass Assistants

Weekend Assistants

Br. Angelus CFR

Parish Seminarian

Sr. Elizabeth Holler, SC

Sr. Mary Corrigan, SC

In Residence-Convent

Mr. Thomas Lagatol Mr. Albert McLaughlin

Deacons

Susan Evarella

Religious Education

Deacon Al McLaughlin

Parish Catechetical Leader

Selena Piazza

Lesa Rossmann

Ministers of Music

Elizabeth Ulisse

Martin Coyne II

Parish Trustees

Gail McElroy & Jerry Pulis

Curtiss & Katie Stella

Jr. High School Ministry

High School Ministry

Maria Hellrigel

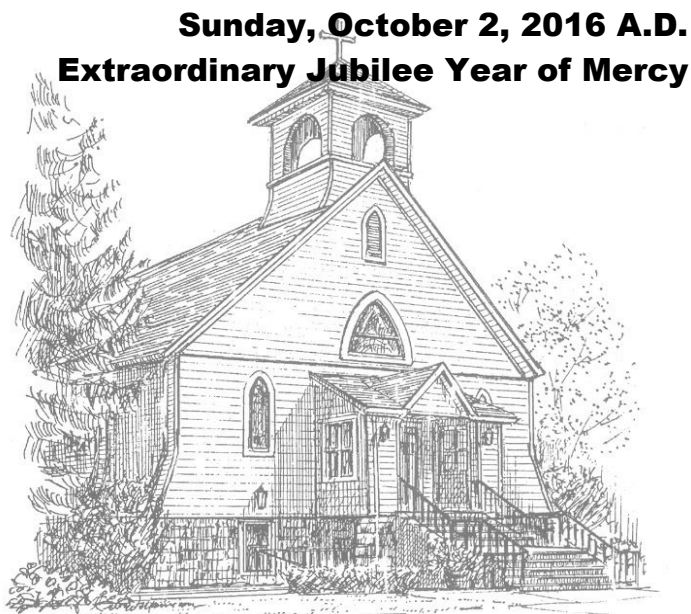
Parish Secretary

Jorden Pedersen Esq.

President Parish Council

Jon Fischer CFA

Chairman Finance Committee



Sunday, October 2, 2016 A.D.

Extraordinary Jubilee Year of Mercy

## WELCOME

To the Parish Family of  
**OUR LADY OF VICTORIES**  
(THE LITTLE CHURCH WITH THE BIG HEART)

### COME WORSHIP WITH US

## Mass Schedule

Saturday: 4:00pm, 5:00pm

Sunday: 7:30am, 8:15am (Latin)  
9:30am, 10:45am, 12:00pm,  
1:00pm (Spanish)  
6:00pm & 7:00pm

Weekdays: M-Sat 8:00a.m. & 12:00noon

#### SPECIAL MASSES OR DEVOTIONS:

First Friday: 7:30pm, Mass of Sacred Heart & Devotions

First Saturday: 8:00am, Mass of Immaculate Heart of Mary

First Saturday: 12:00pm Mass for Souls in Purgatory

Sundays: at 3:00pm Group Rosary

#### 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

Rosary: Recited M - Sat after 8:00am & 12Noon Mass.

Tuesday-Novena Prayer and Adoration: 2:00-3:00pm

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 7:00pm

Saturday at 11:00a.m.-Noon; 3:00pm - 3:25pm

#### 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.



OLV Rectory  
Phone: 201-768-1706  
Email: olvrectory.hp@gmail.com

OLV Fax  
201-768-3962

Religious Education  
201-768-1400  
olvhpccd@gmail.com

OLV Convent  
201-768-1705

### **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**: Br. Pius, Joseph Accardi, Maria Aleman, William Biasi, Michael Conmy, Ellen Dunn, Sr. Mary Cordelia, Catherine Fallon, Kamal Faris, Kathy Freeburn, Thomas Haring, Marianne Harkins, Peter Kellar, Arnold Kemner, Jamie and Kerrie Lein, Joseph LoVecchio, Teresa Meierdierks, Kathleen Musante, Canice Prince, Dan Ragusa, Mary Rinner, Danny Rizzi, Ginny Romeo, Suzanne Rothschild, Wendy Ruggiero, Cookie & George Rush, Cynthia Simonelli, Kathryn Turrell, Therese Vaglio, Jim Walsh, Darien Wesler, Al Wiese, Marian Zanetti, Elaine Zito.

### **Thank You**

It was a great day for a picnic last Sunday. God again granted us a beautiful day. Thank you to all who worked to make the day such a great success ... the OLV K of C who cooked, set up and broke down, for the Confirmation candidates who managed the sno-cone, cotton candy and popcorn machines, and all who made salads and desserts—Thank you and God bless you all. Fr Bryan

### **SPIRITUAL EXCERPT**

“Jesus Christ is a ‘King who loves’ because He loved us humans to the point of shedding His own blood. Because He loves, He has liberated us from sin, because only love is capable of freeing us from sin.”

**Pope John Paul II, A Moment's Peace, p78.**

### **DID YOU KNOW???**

The Hero of the Battle of New Orleans, General Andrew Jackson, paid tribute to Our Lady after that great battle had been won. The wives of the soldiers, together with the Ursuline nuns, kept an all night vigil in the Ursuline convent chapel, praying to “Our Lady of Prompt Succor.” At Mass the next day, a courier informed the women that the battle was won - and with few casualties on the American side. General Jackson believed the victory was by divine intervention, and came with his entourage to thank the nuns and Our Lady.

### **WE NEED YOUR HELP!!!**

Are You Being Called....

To be **Reader**...Will you speak God's Words to us at Mass? To be a **Eucharistic Minister**...Will you help in offering us God's Body and Blood? To be an **Usher**...Will you collect the offerings of the people to be presented to God? To be an **Altar Server**...Will you serve at the altar of Christ? **Choir Member**...Will you share your musical talents and gifts with us? How can anyone say no? Please consider joining one of Parish Ministry Teams. Although you will only have to serve once a month, your service to our parish and our liturgies will leave an everlasting mark on all you minister to! Please contact Deacon Al or Father Bryan or call Maria at the rectory.

### **CLOTHING BINS**

The beauty of Fall with its cool temperatures and beautiful foliage displays energizes most people. Would you be willing to channel some of your energy to gather any unwanted clothing, shoes, small appliances, linens, sheets, towels, stuffed animals, and books (no reference books) for the Catholic Charities clothing bin? Thank you.

### **FORMER CATHOLICS**

Know of any former Catholics or Catholics who no longer come to Mass, have them check out this website- [CatholicsComeHome.org](http://CatholicsComeHome.org).

### **CELL PHONES**

You are now entering the House of God. We should dress appropriately. Please turn off all electronics including phones, except if you are a doctor, policemen, fireman or ambulance driver or EMT or Paramedic - then please turn your phone to vibrate. Silence will be observed before and during Mass out of respect for those who are in the church praying.

### **HARVEST OF HOPE FOOD DRIVE**

On the weekends of October 8/9 and 15/16, you can help a neighbor in need by bringing a bag of food next week to the HARVEST OF HOPE FOOD DRIVE for the Emergency Food and Nutrition Network of Catholic Charities (CCEFNN). In 2015 the CCEFNN provided emergency food to over 45,000 hungry men, women and children through a network of 50 church food pantries in Bergen, Essex, Hudson, and Union Counties. Your help can put food on the table and hope back into lives of our brothers and sisters facing difficult times.

### **ANOINTING MASS AT OLV**

On **Saturday, October 22, at 12noon** OLV parish will have a Mass for the Sick which will include the Anointing of the Sick during Mass. Afterward there will be a light lunch in the lower church. All elderly and sick are invited – please contact the rectory at 201-768-1706 so we can properly plan for the event— our church is handicap accessible.

### **WE ARE AT WAR**

**D**ear Parents, not only are we at war in the Middle East; we are in a spiritual battle for the souls of our children each and every day. On Tuesday afternoons from 2:15PM-3:15PM we have a group who are praying the **Mary - Mother of All Nations Novena** to help win this war – come join us in this crucial battle.

### **TREASURES FROM OUR TRADITION**

Although the hours of daylight are rapidly dwindling, many people would say that these October days bring the year's most splendid weather. Americans are riders and joggers, not strollers, and so the pleasures of the season are often lost on us. This is not the case with many Jewish people, who observe an ancient rule in walking to synagogue on the Sabbath. On city streets and suburban sidewalks in many cities, we may notice around sunset the nicely dressed families walking and chatting on Friday afternoon. After a short prayer at dusk, the families stroll home again for a relaxing and festive meal. They return to synagogue in the morning, and then spend an afternoon in family leisure until three stars appear in the night sky and Sabbath ends. Catholics, on the other hand, pile into the car and drive even a short distance to Mass; some even divide the family to participate at different hours. For Jews, the leisurely walk marks a dividing line between hectic life commitments and a day of abundant joy and enrichment. Before we became an automobile culture, Catholics embraced a similar pace, and in most places walked to church. These lovely days of Fall invite us to tap into an old and life-giving tradition. If you live within a mile of your church, walk next week. If you must drive, park at a good distance and walk the rest of the way. Talk about your life, greet strangers, notice the crunch of leaves under your shoes. You may be surprised at how different Sunday Mass feels when it is framed by leisure.

# Pray for PEACE IN THE MIDDLE EAST

## Upcoming OLV Parish Events

Oct 4 -Tue—Moms, Pops and Tots 9:30-11:30AM  
 Oct 4 -Tue—Marian Novena Prayer 2:00-3:00PM  
 Oct 5 - Wed—OLV Needlers 6:30PM  
 Oct 7 -Fri— Adoration from 12:30PM-3:00PM  
 Oct 7 - Fri- Confessions 7:00-7:25PM  
 Oct 7 - Fri- Mass 7:30PM followed by Sacred Heart Devotions  
 Oct 8 - Sat—Confessions 11:00-12:00Noon & 3:00-3:25PM  
 Oct 8 -Sat—AA - lower Church 6:30-8:30PM  
 Oct 11—Tue—Bereavement Group 6:30PM  
 Oct 15—Sat—Knights of Columbus **OKTOBERFEST**  
 Oct 16 - Sun—Catholic Daughters Brunch—Madeleine's Petit Paris  
 Oct 22-Sat—Mass of Anointing 12:00PM

## PRAY for THOSE in the MILITARY

Lieutenant Julia H. Cheringal, US Navy;  
 Lieutenant Ben Clemente, US Army;  
 Ensign Jon Clemente, US Navy;  
 1st Lieutenant Ryan Colomeo, U.S. Marine Corps;  
 Major Michael Franson, US Army;  
 Sergeant First Class Charles Greene, US Army;  
 Lieutenant Tara Harris, US Air Force;  
 Lieutenant Joseph Jaeger, US Navy;  
 Lieutenant Andrew Jaeger, US Navy;  
 Chief Master Sergeant Shawn Llewellyn, US Air Force;  
 Captain Shawn Linn, US Army;  
 2nd Lieutenant Gigi McElroy, US Army;  
 Colonel John McLaughlin, US Army;  
 Lieutenant John G. Miele, US Army.

**FLU SHOT CLINIC at OLV**  
**Sunday, October 2, 2016**  
 Sign-Up Sheet in the Church Atrium.

## Men's Day 2016

### Merciful Like the Father

October 29, at Most Blessed Sacrament Friary, 375 13th Avenue, Newark. Open Registration 8AM, free admission. Music 9AM, Welcome 9:30, Speaker Rev. Giuseppe Siniscalchi, CFR. Holy Mass 4:15PM. Confessions available throughout the day. [newarkfriary.org](http://newarkfriary.org).

## CATHOLIC HS CO-OP TEST

In order to apply to the 32 Catholic high schools in the four counties within the Archdiocese of Newark, students in the 8<sup>th</sup> grade must take the 2017 COOP Exam. The exam will be given on Friday, November 4, 2016. For more info, visit [www.coopexam.org](http://www.coopexam.org).

## Knights of Columbus

The Knights of Columbus is a Catholic, Family, Fraternal, Service Organization and is the largest Fraternal Organization in the world with a total membership of 1.8 million members and over 64,000 members in New Jersey. From the moment of their founding in 1882, charity has been the first principle of the Knights of Columbus. They are men of faith and men of action. Last year alone, in addition to raising and donating more than \$151 million to charitable needs and projects, Knights volunteered more than 69 million hours of their time to charitable causes. They undertake these acts of charity because they see those in need through the eyes of faith. Moreover, in the Knights of Columbus, they approach these acts of charity together. Pope Benedict XVI calls this the "practice of love ...as a community." All men over 18 are invited to join the OLV parish Knights of Columbus, the world's largest men's fraternal organization. Upcoming events include paintball expedition, skeet-shooting and golf outing. For info, contact Grand Knight Greg Evanello 201-784-5752.

## PLEASE BE CAREFUL

With such a large number of people attending our parish church we need to be careful in the parking lots. On Sunday mornings children run to and from CCD, elderly people walk to and from the church, and some individuals unnecessarily speed in the parking lot. In the past we've had a number of fender benders. So please be careful in the parking lot.

## The Church of Newark

An Archdiocese is merely a Diocese that is comprised of a larger, older or more prestigious area; its 'head' Bishop or 'Ordinary' is called an Archbishop. There are five Roman Catholic 'districts' in New Jersey: the Archdiocese of Newark, which has 218 Parishes and 756 Priests [2013 statistics] and the Dioceses of Camden [70 Parishes /281 Priests], Metuchen [94/201], Paterson [111/340] and Trenton [109/304]. Our entire State is united in what is called a 'Province' - which the Archbishop of Newark leads under his title 'Metropolitan.' While an Archbishop has an office with great prestige, he has immediate jurisdiction only over his own Diocese. But as the Metropolitan he: insures that his suffragan [subordinate] Dioceses are vigilant in the faith and Church law; informs the Holy Father of any major problems in the other Dioceses and may, with the Pope's permission, 'visit' or 'check out' the other Dioceses of Rome; appoints a Diocesan Administrator when the suffragan Diocese has no Bishop and installs its newly appointed Bishop; performs other special duties as circumstances warrant as when all the Bishops of the State meet, he 'chairs' or runs the meeting. The unity of each Parish or Diocese organization with its local Bishop, who is our visible 'tie' to the most prestigious Diocese of all: the Church of Rome, whose Bishop is the Pope. In every Episcopal Province, both the Bishop of Rome and the local Bishop are always mentioned by name; it is optional to add the names of Coadjutor and Auxiliary Bishops in that local Diocese. A Coadjutor is like a 'Bishop-in-waiting'; he is already a Bishop, but does not take over the Diocese until the current 'Ordinary' retires, resigns or dies. Again, while each Ordinary or 'head' Bishop of the Diocese is somewhat autonomous, at his installation he promises obedience and respect to the Bishop of Rome and is obligated to maintain unity with all his brother Bishops throughout the whole world. Through this EP's insert the faithful and the pastors' of the Church pledge to strengthen our 'bond of unity' by our words and deeds and our prayerful support for all Bishops in their daunting task of fostering, maintaining, and deepening the Church's unity.

## CCD Corner

We would like to thank all the students, parents and of course parish organizations that helped with the setting up and taking down of the tables and chairs, the skillful cooking and baking and all the other items for last week's Parish Picnic. Within our CCD classrooms we are constantly reminding our children that our religion is a way of life. By helping others we are putting our faith into action. It was so refreshing to see the young and not so young come together in sharing their time and talents so that this annual celebration would once again be a huge success! Thank you!!!! This past week we met with our Second Grade parents and shared with them what we will be doing to help them and their children prepare for their First Holy Communion. Their attendance told us that they want the best for their children's spiritual development and we are so happy to assist them on this journey. There will be a special book placed in the church atrium with the names of all the 2<sup>nd</sup> graders to sign each week when they attend Mass. The book will be placed on the altar during the Family Mass (10:45 on Sundays) to remind all of us to keep these young people and their parents in our prayers. There will be **NO CCD Classes this Sunday or Monday** due to the closing of school and the extended weekend.

**HIGH SCHOOL OPEN HOUSES**

**Sun., Oct. 2, St. Joseph Regional HS**, Montvale, 11AM-2PM, for 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade boys & their families. 201-391-3300 or register at [www.sjrnj.org](http://www.sjrnj.org).  
**Sun., Oct. 2, Paramus Catholic HS**, Paramus, 1-4PM, for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students and parents. For info call Admissions 201-445-4466 x104.  
**Sun., Oct. 2, Academy of the Holy Angels**, Demarest, 11-3. Last tour leaves at 2PM. Register at [www.holyangels.org/admissions/open-house](http://www.holyangels.org/admissions/open-house).  
**Sun., Oct. 16, Immaculate Heart Academy**, Township of Washington, 11AM-2PM. Online preregistration at [www.ihanj.com](http://www.ihanj.com). Bussing now available for Rockland & Orange County, NY students. Call 201.445.6800.  
**Wed., Oct. 19, Paramus Catholic HS**, Paramus, 7-9PM.  
**Sun., Oct. 30, Don Bosco Prep**, Ramsey, 1-3PM. Call 201-327-8003.  
**Thu., Nov. 3, Immaculate Heart Academy**, 6:30PM.

**QUALITIES DESIRED OF A CANDIDATE FOR THE PRIESTHOOD OR RELIGIOUS LIFE**

He or She is:  
One who considers a personal relationship with God as an important part of life.  
One who has an ability and willingness to talk about his/her faith life.  
One who has a desire to serve others and make a difference in people's lives.  
One who is willing to sacrifice personal or material gain for the service of the Gospel and the Church.  
One who is recognized as being approachable.  
One who enjoys life, people, and has a sense of humor.  
One who has the ability to lead and work with people of all ages.  
One who recognizes the importance of the Church.  
One who forms and maintains healthy relationships with both men and women.  
One who feels good about himself/herself, has average to above average intelligence, and has good physical, mental, and emotional health.  
**Do you feel "Called"?** **Are you listening?** Is Jesus calling you to diocesan priesthood or Religious life? If so, call the Vocations Office at 973-497-4365 or e-mail WEB site <http://www.rcan.org/rcan/vocation.htm>.  
Do not be deprived of God's will for you.

**Feeding the Homeless**

As part of our parish commitment to the community and to serving those less fortunate, we will be preparing and serving a lunch meal on Saturday, November 5, at St. John's Church Soup Kitchen in Newark. This service is sponsored by our Knights of Columbus council. **All parish members (men, women and children) are welcome to participate, even if not a current member of the Knights.** For more information, contact Sergio sminervini@starkcarpet.com.

**Our Lady of Guadalupe Silver Rose Prayer Service**

Knights of Columbus Council 14483 is honored to present to Our Lady of Victories Church "THE SILVER ROSE" during ALL Masses Saturday and Sunday, October 22 and 23. This program called "Our Lady of Guadalupe Silver Rose Prayer Service, One Life, One Rose" is in commemoration of the vision of Our Lady of Guadalupe, Patroness of the Americas to Juan Diego in Mexico in 1523. This year marks the 56<sup>th</sup> year of the program which began in 1960 to honor the Blessed Virgin Mother of the Americas. Today there are six Silver Roses that travel through North America exemplifying the K of C devotion to Our Most Blessed Virgin Mother Mary and the commitment to the Culture of Life. Our Silver Rose is the sixth Rose which began its start in Maine and travels throughout the northeast, completing its journey in Connecticut. The program ends on December 12, the Feast of Our Lady of Guadalupe. For more info' visit [www.runningoftherose.org](http://www.runningoftherose.org).

**Mass Intentions**

**Monday, October 3—St. Gerard of Brogne, Belgium-Abbot**  
8:00 Special Intention R/b Mary Warner  
12:00 Robert and Mary Kaiser R/b the Kaiser Family  
**Tuesday, October 4—St. Francis of Assisi -Religious Brother**  
8:00 Ann LaTronica  
12:00 James Kinney R/b Rae Rinaldi  
**Wednesday, October 5—St. Flora of France - Nun**  
8:00 Robert and Mary Kaiser R/b the Kaiser Family  
12:00 Isabell Kucera R/b Tony and Laura Scott  
**Thursday, October 6—St. Bruno - Priest**  
8:00 Martin Loftus R/b the Bolton Family  
12:00 George Gill R/b Winnie Gill  
**First Friday, October 7 – Our Lady of the Rosary**  
8:00 Intentions of Anna Arias R/b Maria Arias  
12:00 Intentions of Raphael and Margoth Giron R/b the Giron Family  
7:30 George and Richard Fabiano R/b George and Gail Fabiano  
**Saturday, October 8—St. Pelagia of Antioch-Virgin Martyr**  
8:00 Francesco Angelo Marino R/b Tony and Laura Scott  
12:00 Alex Albert R/b Matt Brady  
4:00 Michael Giotta R/b the Giotta Family  
5:00 Sr. M. Archangel and Sr. M. Elfrida R/b Josephine J. Fogarino  
**Sunday, October 9 – St. Denis & companions, martyrs**  
7:30 Veronica Haskell R/b Barry and Ginger Maher  
8:15 Sonia Pascual Napila R/b Esty Parlanti  
9:30 Living and deceased members of Holy Name Society  
10:45 Helen Lombardi R/b Bob and Rosemarie Murphy  
12:00 Marie Zocco R/b Mike Zocco  
1:00 People of the Parish  
6:00 Theresa Corcoran R/b John and Mary DiMeglio  
7:00 Veronica Finan R/b Vincent and Teresa Russo

**Sanctuary Memorials**

**The Church Sanctuary Lamp** burns this week for the **Souls in Purgatory.**  
**The Blessed Virgin Mary Votive Lamp** burns this week for the **repose of the soul of Theresa Corcoran**, r/b Michael and Barbara Fizulich.  
**The St. Joseph Votive Votive Lamp** burns this week for the **unemployed.**  
**The Pope John Paul II Votive Lamp** burns for the **intentions of the men and women who serve in defense of our country.**

**THE LOVE OF GOD**

No matter how long it has been, the Love of God knows no time. We celebrate the Sacrament of Reconciliation on Saturday at 11:00AM until 11:50AM and from 3PM–3:20PM. Monday-Saturday at 7:25AM–7:45AM.

**OLV Boys & Girls Needed**

Our Lady of Victories has a basketball program for you. The sign-up for basketball is in October. Practices begin shortly thereafter, and the games begin in December. **All Boys and Girls from grades Kindergarten to 8th grade** who would like to play basketball or would like more info please contact John or KerryAnn Flahive at 201-750-2214.

**ALTAR SERVERS WANTED**

Boys and Girls (in 4th grade and up) interested in serving Mass should contact the rectory ASAP.

**KIDZ KORNER ANSWERS**

- 1. St. Paul. 2. Golgotha. 3. Barabbas. 4. Two thieves.
- 5. Jesus spent 40 days in the desert fasting right after his baptism and before his public ministry.

## October is dedicated to Our Lady of the Rosary.

### Pass the Banana

A professor at CCNY for physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Read on: Never put your banana in the refrigerator!! This is interesting. After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars: sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking and Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in The New England journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say "A banana a day keeps the doctor away!" Pass it on to your friends. I will add one here: want a quick shine on your shoes?? Take the inside of the banana skin and rub directly on the shoe ... polish with dry cloth.

**Make God your first priority, not your last resort.**

### 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 3:00-3:20PM, every morning at 7:30AM, as well as every First Friday at 7:00PM. A Priest is also available to hear Confessions daily by appointment.

### Save the Date!!!

**OKTOBERFEST—Saturday October 15th**  
sponsored by OLV K of C

### Moms, Tots & Pops

OLV has a playgroup for infants and children ages 1-5. The group meets Tuesdays from 9:30AM to 11:30AM in the lower church.

### NO APPOINTMENT NEEDED

Stop in and visit Jesus in the Tabernacle. You can do it here at OLV Parish. Our Church is open 7am-4:30pm (M-F).

### Adorno Fathers Country Fair

The friends of the Adornos will hold their annual Country Fair on the grounds of St. Michael's Seminary, 575 Darlington Ave., Ramsey, on Sunday, October 9 from 10am-5pm (raindate Oct 16). For more information, call 201-327-7375.

### Gus Lloyd Event at St. Pius X

Thursday, October 13, 7PM at St. Pius X Church, Old Tappan. Gus Lloyd is the host of Seize the Day, heard across North America everyday on Sirius XM's The Catholic Channel. He has been in Catholic Radio for 25 years and is a noted speaker at numerous Catholic conferences, retreats and parish missions. His topics include apologetics, evangelization, family values and being Catholic in the world today. He is the author of the "A Minute in the Church" series and Magnetic Christianity. Tickets are \$10.00. For info please call St. Pius Parish at 201-664-0913.

### St. Anthony's Tricky Tray

Thursday, October 13, 6:30-10:30, at the Rockleigh, Paris Ave., Rockleigh, NJ. \$60 per person incl. Dinner, beef, wine, soda, coffee, dessert. Special performance by Laura Roth. **RSVP by 10/3/16**. Call Mary or Christa at St. Anthony Rectory 201-768-1177.

### Newark Archdiocesan

### Jubilee of Mercy Pilgrimage

Basilica of the National Shrine of the Immaculate Conception, Washington, DC on Saturday, October 22. If you are interested in attending, please call OLV rectory 201-768-1706 or see Deacon Tom.

### High School Freshmen & Sophomores

If you are in high school and have not made your Confirmation and would like to — you must be registered ASAP. See or call Deacon Al.

### KIDZ KORNER

1. Who witnessed the stoning of Stephen the Martyr?
2. What was the name of the hill on which Jesus was crucified?
3. Pontius Pilate set what prisoner free instead of Jesus?
4. Jesus was crucified between whom?
5. Where did we get the idea for the Lenten 40-day fast?

**Answers on page four.**