

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. Christopher M. Ciccarino KHS

Rev. Brian Muzás

Weekend Assistants

Rev. Anthony Mastroeni

Rev. John O'Connor

Latin Mass Assistants

Br. Angelus CFR

Parish Seminarian

Sr. Elizabeth Holler, SC

In Residence-Convent

Sr. Mary Corrigan, SC

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

Jerryl Pulis & Meagan Mullany

Jr. High School Ministry

Curtiss & Katie Stella

High School Ministry

Maria Hellrigel

Parish Secretary

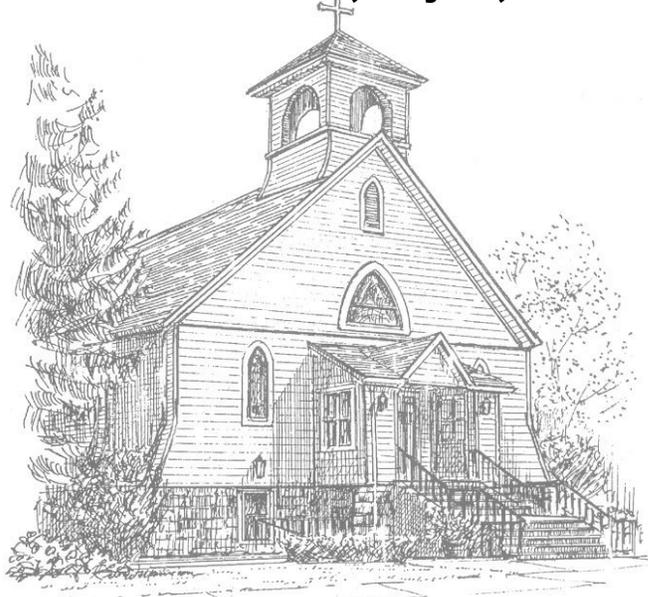
Jorden Pedersen Esq.

President Parish Council

Jon Fischer CFA

Chairman Finance Committee

SUNDAY, July 30, 2017 A.D.



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 8:00am & 12:00noon

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

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 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.



Find us on
Facebook

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**: Fr. Apostoli, William Biasi, Joey Bulger, Kathy Freeburn, Marylou Goreb, Thomas Haring, Peter Kellar, Arnold Kemner, Lisa LoSchiavo, Joseph LoVecchio, Anne Matthaehi, Kyle Murphy, Canice Prince, Dan Ragusa, Mary Rinner, Suzanne Rothschild, Wendy Ruggiero, George Rush, Kathryn Turrell, Therese Vaglio, Jim Walsh, Mary Younghans.

SPIRITUAL EXCERPT

"You want to know on what our faithfulness is founded? I would say, in broad outline, that it is based on loving God, which makes us overcome all kinds of obstacles: selfishness, pride, tiredness, impatience ... A man in love tramples on his own self. He is aware that even when he is loving with all his soul, he isn't yet loving enough."

St. JoseMaria Escriva
THE FORGE pg 203

SAINTS OF TODAY AND YESTERDAY

SAINT JOHN THERISTUS
Abbot (1049-c. 1129)

John and his mother were held as prisoners in Moorish-occupied Palermo, Sicily, after John's father had been slain by the Moors. At the age of fourteen, John escaped to the Calabria region of Italy. After giving away all his possessions to the poor, he entered the Basilian monastery of Stilo, devoting himself to contemplation, spiritual reading, and fasting. John later became abbot of Stilo. One summer day, as he was traversing the countryside, several farmhands mowing a field taunted him with insults. The abbot responded by offering them the piece of bread and vessel of wine he had with him. The harvesters welcomed the free meal. To their amazement, no matter how much they ate and drank, the remaining amount of bread and wine never diminished. John left them and offered thanks to God for this prodigy. Then, a sudden storm sent the farmhands fleeing for shelter. When following the storm the workers returned to the field they had been harvesting, they were stunned to find that the crop had been totally harvested and gathered into sheaves. It was this miraculous incident that earned for John the title "Theristus" ("the Mower").

VACCINES FROM ABORTED BABIES

Unbeknownst to most Americans, the United States of America has been quietly producing vaccines for the past 20 to 30 years from aborted fetuses, and that we have unknowingly vaccinated our children using the "tainted source." There is currently no other source available for three widely used vaccines, namely: Hepatitis-A, Chicken Pox and Ruella/MMR. For more info on this subject write to Children of God for Life, 2130 Catalina Drive, Clearwater, FL 33764.

Jesus asked one thing from us!!!

On His last night of earth (Holy Thursday) Jesus asked His disciples one thing – to stay awake with Him for one hour. Every Thursday evening we at OLV try to fulfill this request by having a Holy Hour from 7-8PM. Join us in carrying out Jesus' request.

"Our Lord needs from us neither great deeds nor profound thoughts. Neither intelligence nor talents. He cherishes simplicity."

St. Therese of Lisieux

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, August 5, at St. John's Church Soup Kitchen in Newark. We will leave OLV parking lot between 8:00 and 8:15AM. This service is sponsored by our OLV Knights of Columbus council. **All parish members (men, women and children) are welcome to participate, even if not a member of the Knights.** For more information, contact Bob Tringali at 201-753-0512.

Hunger Doesn't Take a Vacation FOOD DRIVE

OLV is holding a food collection to help Catholic Charities feed the homeless during the summer months. Summertime means increased hardship for many needy families in the Archdiocese who rely on school breakfast and lunch programs to feed their children's nutritional needs. Food pantries are hard pressed to provide for these hungry people since many food collections drop off or stop for the summer months. Last summer over 50,000 people turned to the 50 faith-based food pantries supported by Catholic Charities (over 40% of these were children).

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.

TAKE PRIDE IN YOUR PARISH'S APPEARANCE

At the end of each weekend, the Church looks as if a tornado has touched down. The missals are tossed all over the pews and the floor. Tissues and a diverse assortment of garbage are strewn about. After the Masses, please place the missals back in their racks (closed and facing upward), and kindly please dispose of the assorted garbage.

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")

Upcoming OLV Parish Events

- Aug 1 - Tue – Marian Novena Prayer 2:00-3:00PM
- Aug 2 - Wed - OLV Needlers 6:30PM
- Aug 3 - Thu—Holy Hour 7:00PM
- Aug 4 - Fri - Adoration from 12:30PM-3:00PM
- Aug 4 - Fri - Mass followed by Sacred Heart Devotions 7:00PM
- Aug 5 - Sat - AA meeting lower church 7:00PM
- Sep 24 - Sun - Parish Picnic

GOING ON VACATION

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

Memorial Pavers

Memorial Pavers are available (4x8 inscribed bricks). If you would like to memorialize your family name or a loved one, please contact Maria at the rectory 201-768-1706.

FIRST CONFESSION

A priest was being honored at his retirement dinner after 25 years in the parish. A leading local politician and member of the congregation was chosen to make the presentation and give a little speech at the dinner. He was delayed, so the priest decided to say his own few words while they waited. "I got my first impression of the parish from the first confession I heard here. I thought I had been assigned to a terrible place. The very first person who entered my confessional told me he had stolen a television set and, when questioned by the police, was able to lie his way out of it. He had stolen money from his parents, embezzled from his employer, had an affair with his boss's wife, taken illegal drugs, and gave VD to his sister. I was appalled. But as the days went on I knew that my people were not all like that and I had, indeed, come to a fine parish full of good and loving people." Just as the priest finished his talk, the politician arrived full of apologies at being late. He immediately began to make the presentation and gave his talk. "I'll never forget the first day our parish priest arrived," said the politician. "In fact, I had the honor of being the first one to go to him in confession."

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 North-ern 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.

Rachel's Vineyard

Healing the Wounds of Abortion

Upcoming retreat weekends in the archdiocese:

September 8th-10th—or for Spanish speaking September 15th-17th

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

www.Rachelsvineyard.org.

FRIDAY ADORATION

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays from 12:00Noon – 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

Feed your faith and your fears will starve.

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!

SUNDAY ATTIRE

People generally have no real problem wearing proper clothing when entering places that demand such attire. Would you ever consider attending a formal dinner or a wedding dressed in a tee shirt and shorts, or a tank top and swimming trunks? Why be rebellious in God's house?

Mass Intentions

Monday, July 31– St. Ignatius of Loyola, priest

8:00 Hazel Obutelewicz R/b Regina Bond
12:00 Elsie M.Ballas R/b the Zwerle Family

Tuesday, August 1–St. Alphonsus Liguori, bishop-doctor

8:00 Mizzi Pfister R/b the Poggi Family
12:00 Mary Farrelly R/b Ed Farrelly

Wednesday, August 2–St. Eusebius, bishop

8:00 John Pantalon R/b Michael and Barbara Fizulich
12:00 Rev. Msgr. Caesar Orrico R/b the Adamcik Family

Thursday, August 3– St. Lydia – Patroness of Dyers

8:00 Pat McNamara R/b Rita McNamara
12:00 George and Richard Fabiano R/b George and Gail Fabiano

First Friday, August 4 – St. John Mary Vianney, priest

8:00 Intentions of Anna Heaney R/b John Heaney
12:00 Donald Ulisse Sr. R/b Don and Liz Ulisse
7:00 Catherine Siniscalchi R/b Mary Muggeo

First Saturday, August 5– Dedication of St. Mary Major

8:00 Intentions of Raphael and Margoth Giron R/b the Giron Family
12:00 Souls in Purgatory

4:00 Mario Gobbetti

5:00 Dorothy Fahey R/b Tom and Gloria Pfeiffer

Sunday, August 6– Transfiguration of the Lord

7:30 Graziano and Smith Families R/b Teresa Smith

8:15 Mary Healy R/b John and Carole Deignan

9:30 William Tristano R/b Josephine Tristano

10:45 Edward M. Cornell R/b Scott and Barbara Anzalone

12:00 Corrado and Giavanna Iozzia R/b Mike Zocco

1:00 People of the Parish

6:00 Anthony Duggan R/b the Maher Family

7:00 Carole Lee Shanley R/b Marie DaSaro

SANCTUARY MEMORIALS

The Church Sanctuary Lamp burns this week for the intentions of Anna Heaney, r/b John Heaney .

The Bl. Virgin Mary Votive Lamp burns this week for the intentions of Anna Heaney, r/b John Heaney .

The St. Joseph Votive Lamp burns this week for the intentions of Anna Heaney, r/b John Heaney .

The Hosts and Wine used at Mass this week have been donated in honor of Anna Heaney, r/b John Heaney.

The Pope John Paul II Votive Lamp burns this week for those who have given their lives in defense of our country.

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 some where 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 Matthews-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."