

# 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. José Rivera, *Summer Assistant*

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KHS

Rev. John O'Connor

Rev. Brian Muzás

*Latin Mass Assistants*

*Weekend Assistants*

**Charles Niece**

*Parish Vocation*

**Sr. Elizabeth Holler, SC**

**Sr. Mary Corrigan, SC**

*In Residence-Convent*

**Mr. Thomas Lagatol Mr. Albert McLaughlin**

*Deacons*

**Susan Evanela Betty Ann Niece**

**Deacon Al McLaughlin**

*Religious Education*

*Parish Catechetical Leader*

**Selena Piazza**

**Elizabeth Ulisse**

**Lesla Rossmann**

**Martin Coyne II**

*Ministers of Music*

*Parish Trustees*

**Gail McElroy & Jerry Pulis**

**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:** 7:30pm, 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.

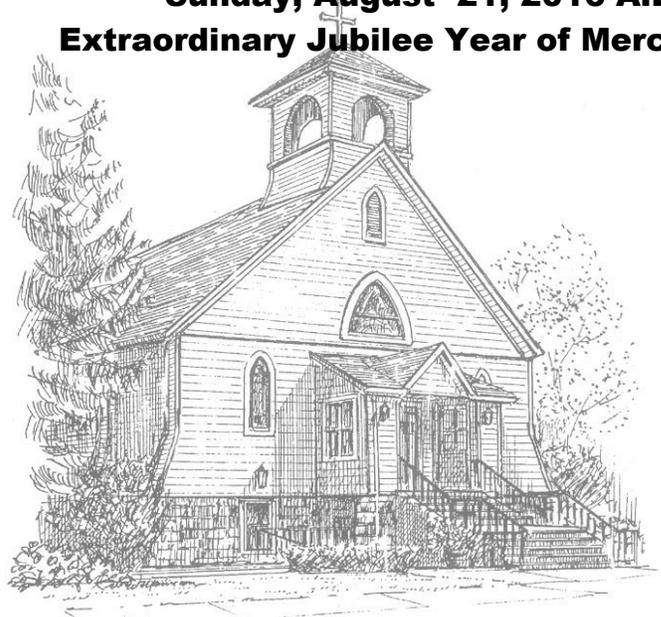
## THE SACRAMENT OF THE SICK/LAST RITES:

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.

**Sunday, August 21, 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**



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

### **SPIRITUAL EXCERPT**

"You know what holiness is? Listening to all that as if you had never heard it before. Holiness is listening to that joke you've heard twenty-five times and laughing at the punch line for the twenty-sixth time, while keeping your mouth shut. Holiness is putting up with the gripes of others with tenderness. All of that is holiness."

*Mother Angelica, Little Book of Life Lessons page 45.*

### **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 4:00-4:30PM, 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.

### **Favorite Bible Story**

Sr. Leapolda asked her second grade class to draw pictures of their favorite Bible stories. Sister was puzzled by Kyle's picture, which showed four people on an airplane, so she asked him which story it was meant to represent. "The Flight to Egypt," was his reply. Pointing at each figure, Sister Leapolda said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?" "Oh, that's Pontius-the pilot!!" replied Kyle.

### **WE ARE AT WAR**

Dear 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 2:00PM-3:00PM 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. **ALL ARE WELCOME.**

### **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.

### **ATTEND THE HOLY HOUR**

Why don't you stop by the Church on Thursday evenings at 7PM and **bask in the brilliant rays of our Eucharistic Lord.**

### **APOLOGETICS**

Defend your Catholic Faith but first learn more about it. Visit [www.biblechristiansociety.com](http://www.biblechristiansociety.com) to learn more about Roman Catholicism.

### **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;  
Captain 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;  
Colonel John McLaughlin, US Army;  
Lieutenant John G. Miele, US Army.

### **Sanctuary Offerings**

Mass intentions for the living and the deceased are available for 2017 at Our Lady of Victories Church and Convent. The Altar Flowers, Bread and Wine and the Sanctuary Lamp in the Church and in the Convent can be dedicated on a weekly basis. **The offering for ALL MASSES throughout the Archdiocese is \$10.**

### **GRACE**

A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, "Would you like to say grace?" "I wouldn't know what to say," the girl replied. "Just say what you hear Mommy say," the wife answered. The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

### **BIRTH CONTROL**

Right now the Moslems are the fastest growing religion in the world. What an irony! We, Christians, who have Jesus Christ - "THE WAY, THE TRUTH AND THE LIFE," are denying life to millions and millions of God's children, and the unenlightened Moslems will be out numbering us. God wants us to raise up children to His glory, that is the prime purpose of marriage, "Be fruitful and multiply and replenish the earth." The issue of birth control is a sleeping giant over shadowed by the abortion issue. No one talks about it. No one seems to think about it. The acceptance of artificial birth control in 1930 by the Protestants was the beginning of a change of MONUMENTAL PROPORTIONS. How often do you see a Protestant Pastor or TV evangelist with a large family? They are spreading the Gospel by their preaching, but their lives bear witness to the fact that many are limiting the size of their families to have more material things. Even though the Catholic Church itself has a stand against artificial means of birth control, most Catholics are not listening to their Church, "After all, we really can't afford another child" and "what would people think if we had a large family when everyone else has one or two children?"

### **STEWARDSHIP**

**MY FAMILY – MY PARISH – MY RESPONSIBILITY**  
If you are away for the weekend or are on vacation, please mail Your Weekly Offering to the Rectory. **Our expenses continue even in your absence.**

### **RELIGIOUS ED (CCD) REGISTRATION**

Registration forms for Religious Ed were sent out. It is important that you return your registration forms ASAP so we can order supplies for the Fall.

### **SAVE USED EYEGLASSES**

The Knights of Columbus collects used and old eyeglasses for the less fortunate. Any old or "retired" glasses may be left in the atrium of the Church.

**Upcoming OLV Parish Events**

- Aug 23 -Tue—Moms, Pops and Tots 9:30-11:30
- Aug 23 -Tue – Marian Novena Prayer 2:00-3:00PM
- Aug 24 - Wed—OLV Needlers 6:30PM
- Aug 26 -Fri– Adoration from 12:30PM-3:00PM
- Aug 27 - Sat—Confessions 11:00-12:00Noon 3:00-3:25PM
- Aug 27 -Sat—AA basement of Church 6:30-8:30PM

**IHS**

**Asked what IHS stands for—what does it mean?** Well first, some things IHS is NOT! IHS is NOT a Latin acronym for the words, "Jesus Hominum Salvator," which means "Jesus Savior of Mankind." Nor is it "Jesus Hierosolyma Salvator" "Jesus, Savior of Jerusalem." Nor is it English initials for "In His Service" as I once heard a Protestant say. IHS, as seen on a communion wafer, are the first three letters of the Greek word for Jesus: Iota, Eta, Sigma. Our Lord's full Name in Greek is IHIOYL. Why they shortened it to just three letters remains a mystery, but from the 3rd Century on the Holy Name of Jesus was usually presented in its abbreviated form. Like the ancient "Chi-Rho" IHS went in and out of popularity over the centuries. But unlike Chi-Rho. IHS is rarely found in ancient catacombs; its extensive use began in the 8th Century and became popular during the later Middle Ages: 1000-1500. The IHS monogram was propagated in the 1100's by Saint Bernard of Clairvaux, who promoted devotion to the Holy Name of Jesus; he who added one word to the already popular prayer, "Ave Maria" or "Hail Mary" to make it hinge on the Holy Name of Jesus by placing it at the center of this biblical prayer. The first half of the "Hail Mary" is a direct quote from Luke's Gospel; the second half highlights Mary's role as intercessor as seen in John 2:1-12 when, at the Wedding Feast of Cana, she interceded for the newlyweds, prompting Jesus to perform His first miracle: changing water into wine. The "Hail Mary" ends by asking Mary to do for us what she did for Jesus: remain with us always, now and at the hour of our death, as we breathe our last. In the 1400's the Franciscan Saint Bernadine of Sienna promoted IHS as a symbol of peace. And in 1541 Saint Ignatius Loyola added three nails below the IHS and surrounded it by the sun; this became the seal of the Order which he founded: the Jesuits. Blessed John Colombini (1300-1367) and Saint Vincent Ferrer (1315-1419) also promoted its use. Why is IHS or the Holy Name of Jesus so important? Look at what Sacred Scripture says. Saint Paul proclaimed, "God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue. confess that Jesus Christ is Lord, to the glory of God the Father." (Philippians 2:9-11) When the Apostles were on trial by the Sanhedrin, the high priest said to them, "We gave you strict orders, did we not, to stop teaching in that name. Yet you have filled Jerusalem with your teaching and want to bring this mans blood upon us." After recalling the Apostles, they had them flogged, ordered them to stop speaking in the name of Jesus, and dismissed them. So they left the presence of the Sanhedrin, rejoicing that they had been found worthy to suffer dishonor for the sake of the name.(Acts 5:27-28) Saint Peter also wrote, "if you are insulted for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you." (1 Peter 4:14) **Do you respect the Holy Name of Jesus? What do you suffer because you call on Jesus' Name?**

**We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.**

**\*\*\*PUT THIS DATE ASIDE\*\*\***

**Sunday SEPTEMBER, 25, OLV will be having our Parish Picnic. More info' to Come.**

**GOING ON VACATION**

Visit [www.masstimes.org](http://www.masstimes.org) for the locations of Catholic Churches and a Mass schedule, throughout the USA.

**ARE YOU NEW TO THE AREA?**

If you are, why not join our ever-growing Parish family. Stop by the Rectory any weekday and meet Maria and register to become a member of the OLV Family. Census forms are also located in the Church vestibule.

**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.

**CLOTHING BINS**

Summertime is a time to relax. During this leisure time, would you be willing to go through your closets to get rid of all those unwanted heavy winter clothes and shoes which served you so well during the winter season? Why not donate them to the Catholic Charities bin located on the Church grounds. Thank you for helping Catholic Charities continue its mission.

**LEARN TO KNIT/CROCHET**

The OLV Catholic Daughters meets every Wednesday evening in the rectory and will teach you to knit or crochet. For more information, contact Renee Tringali at 201-768-0648.

**FRIDAY ADORATION**

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays after Noon Mass until 3:00PM. So stop by and adore our Eucharistic Lord.

**THINK ABOUT IT**

When something happens to you, good or bad, consider what it means. There's a purpose to life's events, to teach you how to laugh more or not to cry too hard. You can't make someone love you; all you can do is be someone who can be loved. The rest is up to the person to realize your worth.

**DISAPPOINTED**

Whenever I'm disappointed with my spot in life, I stop and think about little Jamie Scott. Jamie was trying out for a part in the school play. His mother told me that he'd set his heart on being in it, though she feared he would not be chosen. On the day the parts were awarded, I went with her to collect him after school. Jamie rushed up to her, eyes shining with pride and excitement. "Guess what, Mom", he shouted, and then said those words that will remain a lesson to me. "I've been chosen to clap and cheer."

**GAS PUMP**

A priest waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump. "Father," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The priest chuckled, "I know what you mean. It's the same in my business."

**Volunteers Needed—Life Source Hospice**

Life Source Hospice is seeking volunteers to be part of our elderly patients' end-of-life care. Volunteers provide patients throughout Bergen County with companionship by sitting, listening and praying with them. Volunteers determine their own schedules and can visit on evenings and weekends. Most volunteers donate 2 hours a week of their time for a minimum of one year. Volunteers receive ongoing hospice training and support by experienced hospice professionals. For information, contact Life Source Hospice 201-967-4313 or [kiplifsourcehospice@yahoo.com](mailto:kiplifsourcehospice@yahoo.com).

**JOIN OLV Power House PRAYER GROUP**

This prayer group is one that each and every parishioner could and should join - even children can become members. A person who joins is given a couple of names of sick, dying or injured individuals who need prayers. Each and every day you then pray for the people. It is that easy and simple so become one of our prayer team members. There are no meetings, so this apostolate is wonderful for all, including those parishioners who are homebound. For information, phone Maria at the rectory.

**How to Participate at Holy Mass**

It is a common practice to limit our prayers to petition. This is a mistake. We owe God, first of all, adoration; secondly, gratitude. We can never thank Him sufficiently, though we were to employ eternity in so doing, for the innumerable gifts, material and spiritual, temporal and eternal, which He bestows upon us. Life, redemption, our Catholic faith, preservation from grave sin, the grace of conversion, health, relatives, and friends – therefore, to thank God by means of the Holy Mass. After adoration and thanksgiving comes atonement. Prostrate at the foot of Calvary's cross, down which the most precious Blood of Jesus Christ flows from His gaping wounds, we should beg pardon for our sins, which have thus nailed Christ to the cross. Let us ask Him to pour His precious Blood over our souls that they may be cleansed from their polluting stains. Prayer of petition should not be forgotten. In it, we beg of God for the favors of which we stand in need.

**HERE COMES THE JUDGE**

While Christmas recalls Christ's birth in Bethlehem, "the FULL reason for the season" is far more important! For the same Christ will also come again, in glory, to "judge the living and the dead" as we profess in the Creed. However, we need not fear "the Judge" IF we have been welcoming Christ as He comes to us now, each day, in Word (the Bible) and the Sacraments, and if we have been following His call as echoed in Church teaching, and honoring His presence in divine worship or the sacred liturgy and the other means of His presence: the poor and needy, sick and dying! Some Christian sects downplay the importance of Christmas; a few even ban its festive celebration! While we must be cautious not to let secular or non-religious customs overshadow or (God forbid!) replace the reason for the season (not even Santa Claus, who will probably bring me more coal!) it is right, as this Collect states, to be filled with gladness and joy! For the sacred liturgy and its extension into our homes in the form of Nativity Scenes, Christmas trees, carols, cards, lights and other decorations, are all reminders of the birth of the True Light of the World, the Only Source of Eternal Joy, the Redeemer and Savior of All Nations, the Good Shepherd, the Bread of Life and our Resurrection and Life: Our Lord Jesus Christ!

**RACHEL'S VINEYARD RETREAT**

"Healing the Pain of Abortion" ... September 9-11, 2016 at the Archdiocesan Youth Retreat Center, Kearny, NJ. Cost: \$150 (Includes all materials and meals). For information call Cheryl Riley 973-497-4350 or email [rileyche@rcan.org](mailto:rileyche@rcan.org). All calls/emails confidential.

**Mass Intentions**

**Monday, August 22 – Queenship of the Blessed Virgin Mary**

8:00 Francis Pommett R/b Judy Pommett  
12:00 George Gill R/b Winnie Gill

**Tuesday, August 23 – St. Rose of Lima, Virgin**

8:00 Elizabeth Coyle R/b Michael and Barbara Fizulich  
12:00 Brice Rowland

**Wednesday, August 24 – St. Bartholomew, Apostle**

8:00 Mary Pantaloni R/b Michael and Barbara Fizulich  
12:00 Patricia Adamcik R/b the Adamcik Family

**Thursday, August 25 – St. Louis of France**

8:00 Mary Pantaloni R/b Michael and Barbara Fizulich  
12:00 Anna Lucia Arias R/b Maria Arias

**Friday, August 26 – St. Caesarius of France–Bishop of Arles**

8:00 Marie Sheehan  
12:00 Vilma Boulware R/b the Zanetti Family

**Saturday, August 27 – St. Monica of Africa–Patron of Mothers**

8:00 Intentions of Peggy Moeser R/b the Bolton Family  
12:00 Edward Rappa R/b Edward and Gregory Rappa

4:00 Rita Youngmans R/b the Youngmans Family

5:00 Mary McBain R/b Bob and Rosemarie Murphy

**Sunday, August 28 – St. Augustine, Bishop, Doctor**

7:30 Intentions of Anna Heaney R/b the Heaney Family  
8:15 People of the Parish

9:30 Frances Duggan R/b David and Kathleen Musante

10:45 John Scrivanih R/b the Busanic Family

12:00 Albert R. Sole R/b Ed and Mary Gormley

1:00 Poor Souls in Purgatory

6:00 Harold Slattery R/b Tony and Laura Scott

7:00 Msgr. James M. Sheehan

**Sanctuary Memorials**

The Church and Convent Sanctuary Lamps burn this week for the Intentions of Lelia Varca.

The Blessed Virgin Mary Votive Lamp burns this week for the repose of the soul of Mary Runac, r/b Michael and Barbara Fizulich.

The St. Joseph Votive Votive Lamp burns this week for the repose of the soul of Patricia Rube, r/b Tom and Ria Ragusa.

The Pope John Paul II Votive Lamp burns for the intentions of the unemployed.

**QUESTION?**

**Why do we call 12:00PM Noon?** Only two hours of the day have their own name – midnight and noon. The name midnight makes sense, as it comes midway between sunset and sunrise. Noon is a derivation of the Latin word nono, which means nine. But how could that be because noon is at twelve o'clock not nine o'clock. At one time the hours of the day were counted from sunrise (6:00AM) this being the first hour; hence the ninth hour (nono) of the day would occur at 3:00PM. Sometime around the year 1400, noon came to mean midday or 12:00PM. To this day, Priests saying their breviary's, the mid-afternoon Prayer at 3:00PM was/is called None.

**JUST A REMINDER**

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

## **50 Human Body Mysteries**

**T**he Human Body is a treasure trove of mysteries, one that still confounds doctors and scientists about the details of its working. It's not an overstatement to say that every part of your body is a miracle. I think the following information proves that a human being is a remarkable creature.

Here are fifty facts about your body, some of which will leave you stunned:

1. Its possible for your body to survive without a surprisingly large fraction of its internal organs. Even if you lose your stomach, your spleen, 75% of your liver, 80% of your intestines, one kidney, one lung, and virtually every organ from your pelvic and groin area, you wouldn't be very healthy, but you would live.
2. During your lifetime, you will produce enough saliva to fill two swimming pools. Actually, Saliva is more important than you realize. If your saliva cannot dissolve something, you cannot taste it.
3. The largest cell in the human body is the female egg and the smallest is the male sperm. The egg is actually the only cell in the body that is visible by the naked eye.
4. The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.
5. Human feet have 52 bones, accounting for one quarter of all the human body's bones.
6. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.
7. The acid in your stomach is strong enough to dissolve razor blades. The reason it doesn't eat away at your stomach is that the cells of your stomach wall renew themselves so frequently that you get a new stomach lining every three to four days.
8. The human lungs contain approximately 2,400 kilometers (1,500 mi) of airways and 300 to 500 million hollow cavities, having a total surface area of about 70 square meters, roughly the same area as one side of a tennis court. Furthermore, if all of the capillaries that surround the lung cavities were unwound and laid end to end, they would extend for about 992 kilometers. Also, your left lung is smaller than your right lung to make room for your heart.
9. Sneezes regularly exceed 100 mph, coughs clock in at about 60 mph.
10. Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.
11. Your body has enough iron in it to make a nail 3 inches long.
12. Earwax production is necessary for good ear health It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.
13. Everyone has a unique smell, except for identical twins who smell the same.
14. Your teeth start growing 6 months before you are born. This is why one out of every 2,000 newborn infants has a tooth when they are born
15. A baby's head is one-quarter of its total length, but by the age of 25 will only be one-eighth of its total length. This is because people's heads grow at a much slower rate than the rest of their bodies.
16. Babies are born with 300 bones, but by adulthood the number is reduced to 206. Some of the bones, like skull bones, get fused into each other, bringing down the total number.
17. It's not possible to tickle yourself. This is because when you attempt to tickle yourself you are totally aware of the exact time and manner in which the tickling will occur, unlike when someone else tickles you.
18. Less than one third of the human race has 20-20 vision. This means that two out of three people cannot see perfectly.
19. Your nose can remember 50,000 different scents. But if you are a woman, you are a better smeller than men, and will remain a better smeller throughout your life.
20. The human body is estimated to have 60,000 miles of blood vessels.
21. The three things pregnant women dream most of during their first trimester are frogs, worms and potted plants. Scientists have no idea why this is so, but attribute it to the growing imbalance of hormones in the body during pregnancy.

22. The life span of a human hair is 3 to 7 years on average. Every day the average person loses 60-100 strands of hair. But don't worry, you must lose over 50% of your scalp hairs before it is apparent to anyone.
23. The human brain cell can hold 5 times as much information as an encyclopedia. Your brain uses 20% of the oxygen that enters your bloodstream, and is itself made up of 80% water. Though it interprets pain signals from the rest of the body, the brain itself cannot feel pain.
24. The tooth is the only part of the human body that can't repair itself.
25. Your eyes are always the same size from birth but your nose and ears never stop growing.
26. By 60 years of age, 60% of men and 40% of women will snore.
27. We are about 1 cm. taller in the morning than in the evening, because during normal activities during the day, the cartilage in our knees and other areas slowly compress.
28. The brain operates on the same amount of power as 10-watt light bulb, even while you are sleeping. In fact, the brain is much more active at night than during the day.
29. Nerve impulses to and from the brain travel as fast as 170 miles per hour. Neurons continue to grow throughout human life. Information travels at different speeds within different types of neurons.
30. It is a fact that people who dream more often and more vividly, on an average have a higher Intelligence Quotient.
31. The fastest growing nail is on the middle finger.
32. Facial hair grows faster than any other hair on the body. This is true for men as well as women.
33. There are as many hairs per square inch on your body as a chimpanzee.
34. A human fetus acquires fingerprints at the age of three months.
35. By the age of 60, most people will have lost about half their taste buds.
36. About 32 million bacteria call every inch of your skin home. But don't worry, a majority of these are harmless or even helpful bacteria.
37. The colder the room you sleep in, the higher the chances are that you'll have a bad dream.
38. Human lips have a reddish color because of the great concentration of tiny capillaries just below the skin.
39. Three hundred million cells die in the human body every minute.
40. Like fingerprints, every individual has an unique tongue print that can be used for identification.
41. A human head remains conscious for about 15 to 20 seconds after it has been decapitated.
42. It takes 17 muscles to smile and 43 to frown.
43. Humans can make do longer without food than sleep. Provided there is water, the average human could survive a month to two months without food depending on their body fat and other factors. Sleep deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days. The longest recorded time anyone has ever gone without sleep is 11 days, at the end of which the experimenter was awake, but stumbled over words, hallucinated and frequently forgot what he was doing.
44. The most common blood type in the world is Type O. The rarest blood type, A-H or Bombay blood, due to the location of its discovery, has been found in less than hundred people since it was discovered
45. Every human spent about half an hour after being conceived, as a single cell. Shortly afterward, the cells begin rapidly dividing and begin forming the components of a tiny embryo.
46. Right-handed people live, on average, nine years longer than left-handed people do. This is largely due to the fact that a majority of the machines and tools we use on a daily basis are designed for those who are right handed, making them somewhat dangerous for lefties to use and resulting in thousands of accidents and deaths each year.
47. Your ears secrete more earwax when you are afraid than when you aren't.
48. Koalas and primates are the only animals with unique fingerprints.
49. Humans are the only animals to produce emotional tears.
50. The human heart creates enough pressure to squirt blood 30 feet in the air.

**Moments spent with God  
reap benefits that last a lifetime**