

MASS INTENTIONS

SAT 9/16	4:30 PM Youth Mass	Karen Heise Dohe by Shari & Steve Johnston
SUN 9/17	7:30 AM	All Saints Family
	10:00 AM	Basil & Mabel Briskie by Jim Briskie
MON 9/18		No Mass
TUES 9/19		No Mass
WED 9/20		No Mass
THUR 9/21	8:00 AM	Jim Majczak by LeRoy Petit
FRI 9/22	8:00 AM	Francis & Martha Kasuboski By the family
SAT 9/23	4:30 PM	Deceased of the Martin & Kujawa Families by Judy Martin
SUN 9/24	7:30 AM	All Saints Family
	10:00 AM	Special Intention of Bob & Pat Kasubaski 54th Wedding Anniversary
	1:00 PM	Mass of Healing and for the Sick

Please Note: In addition to Monday, there will be no Masses on Tuesday or Wednesday of this week as Fr. David will be attending a priests' conference.

Let's Load the Trailer

Now that the Berlin Emergency Food Pantry is moved to it's new location, we would like to have a food drive to help stock it's shelves. The trailer will be in our gathering space through next weekend, Sept. 23/24. Items especially needed are: cereal, peanut butter, canned soups, jelly, jam, pancake mix, pasta, spaghetti sauce, any kind of crackers, tuna, macaroni and cheese, canned pasta and paper products. Cash donations are especially appreciated and will be used to purchase meat and perishable items. Cash donations may be dropped off at the parish office or put in an envelope in the collection and marked food pantry donation. We have filled the trailer before . . . Let's do it again!

PARISH PRESS

MAINTAINING BRAIN HEALTH LATE IN LIFE

When it comes to exploring the brain, it would seem that with each breakthrough the scientific community makes, new unprecedented questions arise.

While this is certainly positive in that it allows research to become more focused, it also illuminates the fact that the brain is vastly and endlessly complex. In spite of all of its mysteries, one thing we do know is that the brain does indeed age. As one gets older, the brain's overall volume gradually decreases at about five percent per decade after age 40. For seniors, these factors may lead to occasional forgetfulness or lapses in memory. Significant memory loss is not a normal part of aging.

Research has indicated that there are several ways that all adults can help reduce the risk of cognitive decline:

- **Stimulation:** Keep your brain regularly exercised through puzzles or games. Learn a new skill.
- **Exercise Regularly:** It has quite an impact on mental health! Physical activity improves cardiovascular health, which in turn helps supply the brain with blood and can significantly reduce mental stress. Moderate activity where the heart rate is elevated for at least 20-30 minutes each day may be done at home or with a class.
- **Watch your Diet:** The food we consume has a direct effect on our mental wellbeing and health. The brain needs vitamins, minerals, and other essential nutrients. If your current diet consists primarily of salt, sugar, fat, and refined/processed foods, consider switching things around.
- **Stay Social:** Although it's not entirely understood how socialization bolsters brain health, studies show that a correlation between having strong social connections and longer life expectancy does exist. Interaction with friends, family or the next-door neighbor will reduce cognitive decline and improve overall mental wellbeing. This is especially evident in those who volunteer their time to help others. The Berlin Food Pantry is looking for volunteers in many areas. Call Larry Budde at 290-3217 for more information.
- **Social Environment:** What unifies all of these best practices for maintaining brain health? The key, as countless scientific studies would suggest, is engagement. In this case, it means getting out and meeting new people versus staying inside and watching TV, choosing to find healthy alternatives to cheap fast food, and finding ways to help not only yourself but those in your community as well.

Taken in part from the Catholic Herald, dated August 17, 2017 by Stephen P. Rudolph.

Are you Bored with your Life?

Looking for Answers to Life's Big Questions? Tired of the Empty Promises this World sometimes has to offer? If any of that is true, All Saints Catholic Parish would like to offer you another point of view. We invite any young adult, age 16 through 21 who has been confirmed, to join us on the second Sunday of each month. Using the book, ***Blessed are the Bored in Spirit as a guide, together we will explore many of the issues you face today.*** For more information, or to register, please contact Jana Dahms @ [920-361-5252](tel:920-361-5252).

SANCTUARY LAMP - lit to signal the True Presence of Christ in the tabernacle, is donated for a special intention.

WELCOME - to the new families who have become members of our parish family: Gary & Jaimie Humbert; Chad, Elizabeth, and Genevieve Bojarski.

HOSPITALITY SUNDAY - Next Sunday, Sept. 24 after the 10:00 Mass. Please join us in the parish hall for refreshments and a time to socialize with fellow parishioners.

ADULT BIBLE STUDY - Beginning Oct. 11th.

The Bible Timeline is a Catholic Bible study which includes a video series presented by Jeff Cavins. It can help anyone make sense of Scripture and experience the life-changing power of God's Word. Classes will be held at two different times on Wednesdays, so you can choose the time that works best for you. Class times are 2:00-3:00 pm or 6:30-7:30 pm. I encourage you to join us and bring a friend. You will love it. For more information, or to register for the study, please visit the registration table after Mass, or contact Jana Dahms @ [920-361-5252](tel:920-361-5252).

BINGO - Sunday, September 17 at 6:30 PM in the parish hall. The kitchen opens at 5:00 PM to serve a light lunch, dessert and beverages. Children are welcome to play if they are with an adult. If you are a cake baker and would like to make a cake for bingo, please call the office and we'll select a date that works for you.

Bingo - Sunday, September 17 will be sponsored by the Knights of Columbus at 6:30 PM in the Parish Hall.

Bingo - Sunday, September 24 at 6:30 PM in the parish hall.

Kitchen Workers: Joanne Simon and Jane Munro

Cakes: Mary Bonneville, Joanne Simon and Jane Munro

HEALING MASS - We invite you to join us on Sunday, Sept. 24 at 1:00 PM for Mass and the Sacrament of the Anointing of the Sick. Transportation will be available for those who need a ride. Please call the parish office at 361-5252 Monday-Friday between 8:00 AM & 4:00 PM with your name, address and phone number. God Bless & Protect You. ~ Fr. David Greenfield

BLESSED ARE THEY WHO MOURN - grief support group will meet on Monday, Oct. 2 at 6:30 PM in the Reading/Resource Room at church. Anyone who has experienced the loss of a loved one is welcome to attend. Questions, please call 920-361-1806.

ALL SAINTS PARISH HARVEST DINNER - Sunday, October 1

We are looking for youth of the parish, grades 6-11 to volunteer for at least one shift at the dinner. You will be helping serve our guests, by seating them, pouring beverages, resetting tables, etc. Students who work will receive a letter as proof of their volunteer time as required by All Saints for Confirmation class. Please call Donna McMartin at 290-1904 to volunteer or with questions.

To complete our baked chicken dinner, we need the help of our ladies and your wonderful selection of pies. Pie tins are available in the gathering space for you to use. Pies may be dropped off on Saturday, Sept. 30 or on Sunday morning in the parish hall.

Presale dinner tickets will be sold at all Masses for the next 2 weekends and Saturday, Sept. 30. Tickets are \$10 for adults, \$5 for children 5-10 and 4 and under eat FREE.

THEME BASKET RAFFLE - will also be part of the Harvest Dinner again this year. Pick a theme, get a friend or a group and be creative. If you need help with an idea or just have a question, please call Gloria Boe at 361-2131; and be sure to call her to let her know you are doing a basket.

CCW - COLUMBIA NORTH VICARIATE MEETING - Tuesday, October 10 at All Saints Parish. We will have our usual business meeting, followed by Mass, dinner, and an outstanding speaker, Janie Jasin. We welcome our parish ladies and the community to this event. The cost is \$13 per person for dinner and the speaker and \$5 if you just come to hear Janie Jasin speak.

THIS WEEK AT ALL SAINTS PARISH. . .

September 18 - 24, 2017

Mon-Wed: Fr. David - Priests' Conference
Tuesday: Parish Council - 6:30 PM - Mtg Rm
Rosary for the Unborn - 6:00 PM
Wednesday: RE Classes - See Schedule Below
Choir Rehearsal - 6:30 PM
NO Private Confessions
Friday: NO Morning Gathering
Sat/Sun: 'Fill the Trailer' - Non-perishable food
Sunday: Mass at 10:00 AM - Choir will Sing
Hospitality Sunday after 10:00 Mass
Healing Mass & for the Sick - 1:00 PM
Bingo - 6:30 PM - Parish Hall

RELIGIOUS EDUCATION CLASSES

Wednesday, September 20

Grades K - 5	3:30 PM - 5:00 PM	All Saints Church
Grades 6 - 8	6:00 PM - 7:30 PM	All Saints Church

IS THE HOLY SPIRIT CALLING YOU TO JOIN MOTHER CHURCH?

If you're curious about the Catholic faith or you've thought about becoming a Catholic, our Rite of Christian Initiation for Adults (RCIA) program is just for you.

Adults from all faith traditions, or no religious background at all, are welcome to participate in our program of instruction designed especially for the needs and lifestyles of busy people.

The program focuses on four essential areas:

What the Church teaches

(and why we believe it's the *fullness of the Truth*);

How the Church teaches; The Bible; and Spirituality.

Class will begin in October, based on individual schedules. Please contact Jana Dahms to at 920-361-5252 or jdahms@allsaintsberlin.org.

LOOKING FOR VOLUNTEERS - As the summer draws to an end, school has started, the leaves are falling, we know it won't be long before we start hearing snow in the forecast. We have a service that plows the parking lot, but we need to take care of the sidewalks. We are hoping for a few people who could share this task at church and also the sidewalk at St. Michael's Cemetery. If you are interested in helping with snow removal, please call the parish office at 361-5252 and talk to Wayne Bending.

LADIES - Save the date - Monday, Oct. 16 . . . A time to Renew Refresh Reboot your Catholic faith.



Say Cheese! Photography sessions for our new church directory begin November 10th! Each family will receive a FREE 8 x 10 portrait for participating. Family Portraits make great gifts for the upcoming holidays! You can schedule your session now on the

All Saints Parish website: www.allsaintsberlin.org

Find the above picture at the bottom of the homepage on the website, click on the image, and schedule your photography session or call the Parish Office for someone to assist you in scheduling. 920-361-5252.