

## READINGS

## MASSES INTENTIONS

### READINGS FOR THIS SUNDAY SIXTEENTH SUNDAY IN ORDINARY TIME



#### First Reading: Genesis 18:1-10a

The Lord appeared to Abraham, who saw three men standing near his tent. Sensing they were messengers, he hurriedly brought them food and water to refresh themselves. Upon leaving, the men told him that they would visit in a year, at which time his childless wife Sarah would have a son.

#### Second Reading: Colossians 1:24-28

Paul discusses the suffering Christ endured for his Church. He describes his willingness to also endure suffering in Jesus' name. Paul hopes that through his sacrifices, many people will become complete in Jesus.

#### Gospel: Luke 10:38-42

Jesus was welcomed into the home of a woman named Martha. She complained to Jesus that her sister Mary sat listening to him instead of helping with the tasks of entertaining. Jesus told Martha that her sister had chosen the more important task, and should be allowed to listen.

#### DAILY READINGS

##### Sixteenth Sunday in Ordinary Time

<b>Monday</b>	Mi 6:1-4, 6-8; Mt 12:38-42
<b>Tuesday</b>	Mi 7:14-15, 18-20; Mt 12:46-50
<b>Wednesday</b>	Jer 1:1, 4-10; Mt 13:1-9
<b>Thursday</b>	Jer 2:1-3, 7-8, 12-13; Mt 13:10-17
<b>Friday</b>	Jer 3:14-17; Jn 20:1-2, 11-18
<b>Saturday</b>	Jer 7:1-11; Mt 13:24-30

### SANCTUARY CANDLE

In Memory of: **Msgr. Thomas J. Kelley**  
Requested by: **St. Simon Stock Parish**



#### EUCCHARISTIC ADORATION: WE NEED YOU!

As part of Pope Francis' Year of Mercy, why not sign up to spend 30 minutes or an hour per week in quiet prayer and contemplation with our Lord? Eucharistic Adoration is held every Wednesday in the rectory Chapel following the 8am Mass until 5pm with the Miraculous Medal Novena at 4:30pm. Sign up Sheets are in the back of Church.

**CONFESSIONS:** Confessions are held every Saturday from 3:15 – 3:45 pm in the Church.

#### SUMMER OFFICE HOURS

**Monday - Thursday:** 8:30 am - 4:00 pm  
**Friday - Closed**



### MASS INTENTIONS SIXTEENTH SUNDAY IN ORDINARY TIME JULY 17, 2016

**SAT 7/16**

4:00 PM

**Marie Ann Michael** Req. by Rebecca & Joe

**Rose Bombaro** Req. by Dolores & Terry Hertzberg

**Joan Cirucci** Req. by the Crain Family

**Joseph Fahringer** Req. by M/M Mark Fahringer and Family

**SUN 7/17**

8:00 AM

**Rosario Carnovale** Req. by his Daughter

**Edward Iuliano** Req. by Mary McShane

**Anthony Midure** Req. by Maryann Dugan & Joseph Zarrella

9:30 AM

**Peggy Ann Donahue** Req. by Joe Donahue Sr.

**James M. Donahue** Req. by Joe Donahue Sr.

**Gordon Skorup** Req. by Wife, Peg

11:30 AM

**Walter Lenkowski** Req. by Katarina & Danny Lubicky

**Maureen McGlashon** Req. by Mary McShane

**MON 7/18**

8:00 AM

**Genevieve Gallagher** Req. by Frank & Candy Baumann

**TUES 7/19**

8:00 AM

**Nick Maccaroni Sr.**

**WED 7/20**

8:00 AM

**Rev. David Beebe** Req. by St. Simon Stock Parish

**John McPeak** Req. by Family

**THURS 7/21**

8:00 AM

**Edwin S. Klinewski** Req. by St. Simon Stock Parish

**FRI 7/22**

8:00 AM

**People of the Parish**  
**Perpetual Remembrances**

**SAT 7/23**

8:00 AM

**Stan & Brian Werner** Req. by Marie

4:00 PM

**Irving Motluck** 4th Anniversary Remembrance Req. by Wife, Dolores

**Ken Cullin** Req. by K of C Archangel Council #7429

**Mary Contino** Req. by Frank & Marie Power

**Pierre L. Myers** Req. by M/M William Tiedman & Son

**Edward Warchol** Req. by Cindy & Michael Zook

**SUN 7/24**

8:00 AM

**Rosaria Carnovale** Req. by Sally Villa

**Carolyn A. McDowell** Req. by Anna Bombaro & Family

**Raymond John** Req. by the Vellucci Family

**DeeMarie Watson Skulsky** Req. by Jeanie Eddis

**Raymond John** Req. by Steve & Bea Raiker

11:30 AM

**Mariam Kakanatt** Req. by Family

# SPIRITUALITY & PRAYER

**To Everything There is a Season, and a Time for Every Purpose Under Heaven". (Eccl 3)**

*a time to bring forth new life...a time to be baptized...*

*a time to be married...a time to welcome...*

*a time to serve...a time to be healed... a time to die...*



SS John M. Ciaccio,  
SGT Adam Cutaiar; USMC  
CTI 2 Russell Hagner  
US Army Sgt. Jason E. Healey

## MILITARY

Nadeem Sarwar, US Army  
SPC Justin Scheuren  
Staff Sgt. David Sigwart  
1<sup>st</sup> PV2 Amanda Sylvester

Sherri Mercier  
Sr. Airman Maverick Marchesani  
Tyler Fisher, US Army  
Cpt. Lewis Nicoletto

## HOMEBOUND AND SICK

Marguerite Alward  
John Andreotti  
Barbara Angelucci  
Rocco Arcaini  
Regina Arey  
Baby Audrey  
Kathryn Banks  
Dorothy Bannar  
Salvatore Baretta  
Alberta Barody  
Scott Beckett  
Richard Beppel Jr.  
Theresa Beppel  
Besong Family  
Makenzie Bogart  
Peyton Bravo  
Dennis Brown  
Perry John Buford  
Margaret Byne  
Tom Byrne  
Bob Cagle  
Dolores T. Caporelli  
Joe Caporelli  
Marie Carr  
Maverick John Casey  
Bob Chambers  
Dorothea Cheslock  
John J. Clancy  
Barbara Conicello  
Carole Conner  
JoAnn Crossetta  
Francis DeLorenzo  
Annie DiGerolamo  
Thomas DiMattia  
John DiRiego  
Barbara Dooley  
Catherine Douress  
Deborah Dowd  
Msgr. Francis X. Dreger  
Dennis Druding III  
MaryAnn Edgerton

Joanne Edmondson  
Rachele Edwards  
Kevin Edwards  
Michael Evans  
Dolores Fahringer  
Nora Feger  
Dorothy Ferrara  
Lea Fitzpatrick  
Stephanie Frago  
Rose Fraioli  
Mary Beth Garrity  
Richard Grabowski  
Daniel Guetherman  
Grant Guidry  
Mary Gulla  
Debbie Gutjahr  
Jody Harvey  
Douglas Hatch  
Evelyn Hatch  
Diane Helmetage  
John J. Henderson  
Patrick Hennessy  
Denise Henry  
Judy Herlihy  
Cy Hill  
Jan & Drew Hohenstein  
Maria & Siggie Honrychs  
Michael Honrychs  
Bob Horn  
Donte Intellisano  
Patty Kalck Jackman  
Marianne Jacobs  
Robert Jacobs  
Phyllis Jarosz  
Neil Johnson  
Barbara Keeley  
Grace Kelly  
Katherine Kennedy  
Vera Ann Kirk  
Gladys LaLena  
George LaMarra

Carol Lee  
Sophia Marie Lewis  
Sarah Leyden  
Audrey Liebler  
Lillian Lovenduski  
Frank Madison Jr.  
Stephen Malloy  
John Manes Jr.  
Montanna Marchesani  
Ed Markiewicz  
Loretta Martinelli  
Donald McDonough  
Rosa McDermott  
Michael McDonald  
Paul McElroy  
Elizabeth McHenry  
Savannah McSorley  
David Miller  
Kaitlyn Miller  
Joan Morris  
Karyn Mumma  
Joel Nicoletto  
Clyde O'Brien  
Maria O'Brien  
Grant O'Neill & Anna  
Chris O'Rourke  
Catherine Oswald  
Baby Paisley  
Catherine Perkins  
Denise Petti  
Roseanne Pirolo  
Glenn Pliszczyk  
Shannon Pliszczyk  
Frank Power  
Diana Prichard  
Rich Rago  
Quinn Rathjen  
Anthony Renzi  
Joyce Roediger  
Frankie Rooney  
John Sachs

Peggy Sachs  
Eileen Scott  
Arlene Scutte  
Rose Shaves  
Sammy and Sophia  
Amelia Sabol  
Frank Santilli  
Krista Sheehan  
Liam Alexander Sherwood  
Kathleen Siedlecki  
Alec Silovitz  
Barbara Smith  
Karin Snoen  
Logan Stepler  
Wayne Stepler  
Dorothy Mae Stevens  
Helen Swanson  
Jason Talucci  
Robyn Talucci  
Diane Taylor  
Peter & Michelle Taylor  
Patricia Tighe  
Victor Torres  
Frances Turner  
Heidi Valery  
Donna Vancanti  
Joseph VanDyke  
Wagy Family  
Kathy Watkins  
Lorraine Walser  
Baby Lucas Watkins  
Minnie Wheeler  
Don Williams  
Elizabeth Wisniewski  
Catherine Welser  
Joanne Wescott  
Colleen Yaniak  
Baby April Yost  
Cassie Zulueta



## Baptisms

**We welcome into the Catholic Christian Community**

Chloe Nicole Wiand  
Avery Grace Hotz  
Steven Howard Wells

**Please pray for those who have continued on  
their journey to the Kingdom of God:**

Msgr. Thomas J. Kelley



# LITURGICAL MINISTRY SCHEDULE FOR JULY (Revised 6/22)



**7/16-17 4:00 PM**  
**EMs** (1) M. Fahringer, K. Talucci  
(2) R. Fahringer, J. Talucci

**Lectors** J. McKay, K. Nicoletta

**Altar Servers** M. Lewellan (MC), Need 1  
A. Lewellan, G. McGlinchey

**Music** Liz

**8:00 AM**  
(1) L. Bunoza, W. Piatek  
(2) J. Martin, A. Primo

V. Vadino, J. Hill

K. Clayton (MC),  
M., S. & A. Millenbach

Rich, Lynne

**9:30 AM**  
(1) P. Miller, D. Quinn  
(2) R. McGee, D. Druding

B. Wright, T. Alibrando

M. Tees (MC), J. Carty  
J. Taylor, A. Carty

Linda, Terry

**11:30 AM**  
(1) T. Brisbin, P. David  
(2) S. Rosenbaum, T. Powers  
A. Marchesani

R. Voltaire, B. Handy

N. Garcia (MC), S. McGarvey  
Z. & E. Ingram

Tony D.

**7/23-24 4:00 PM**  
**EMs** (1) A. Cullin, L. Sabato  
(2) B. Tresca, M. Sabato  
G. Grabowski

**Lectors** K. Talucci, P. Tresca

**Altar Servers** Z. Dean (MC), G. McGlinchey  
M. Michaelis, Need 1

**Music** Liz, Vicky

**8:00 AM**  
(1) D. Fox, A. Primo  
(2) K. Johnson, W. Piatek

S. Villa, V. Vadino

E. Pallante (MC), J. Erickson  
Z. Holland, Need 1

Rich

**9:30 AM**  
(1) F. Mitchell, D. Druding  
(2) C. Mitchell, R. McGee,

C. Katkocin, J. Eddis

D. Visco (MC), H. Eddis  
S. Gillespie, Need 1

Liz, Katkocin

**11:30 AM**  
(1) T. Powers Sa. Leyden  
(2) M. Leyden, J. Ralston

A. Mitchell, B. Hoag

O. Horan (MC), N. Marino  
Need 2

Tony D.

**7/30-31 4:00 PM**  
**EMs** (1) M. Fahringer, G. Grabowski  
(2) R. Fahringer, A. Martini

**Lectors** K. Talucci, A. Cullin

**Altar Servers** Z. Dean (MC), B. Johnson  
M. Michaelis, Need 1

**Music** Tony D.

**8:00 AM**  
(1) R. Tartamosa, D. Fox  
(2) S. Tartamosa, J. Martin

L. Bunoza, S. Villa

M. Millenbach (MC), Need 1  
S. & A. Millenbach

Rich, Lynne

**9:30 AM**  
(1) C. McCulloh, C. Sheridan  
(2) C. Rainey, F. Andringa,

T. Alibrando, B. Wright

M. Tees (MC), J. Salvatore  
J. Taylor, Need 1

Liz, Chrisi

**11:30 AM**  
(1) L. Tartaglia, T. Brisbin  
(2) C. Warrington, J. Ralston  
S. Rosenbaum

Sh. Leyden, M. Leyden

S. Bradley (MC), N. Garcia  
Need 2

Liz, Maria

## St. Simon Stock Conference of St. Vincent de Paul



**Thank you parishioners for your generosity in our monthly food collection for our food pantry.**

SVdP appreciates the support of all the members of our parish who assist those in need by your prayers, time commitments, food and financial donations. We thank you on their behalf of those we serve. We invite you to join us in performing corporal works of mercy by volunteering your time and talent. Contact us at 856-767-7391 on Tuesdays, Wednesdays, and Thursdays between 11 AM and 3 PM. You are also welcome to come into our Food Pantry and Thrift Store at 157 W. WHP, Berlin during those same hours.

**Our SVdP Thrift Store and Donation Door are also open on Saturdays 10 AM-1 PM.**



## Early Morning Prayer and Yoga



Wednesday 6:30 am

Parish Meeting Center

Upstairs - red door (former Preschool entrance)  
Men and Women ~ All Fitness Levels ~

No prior yoga experience necessary ~ NO COST TO ATTEND! Simply bring a yoga mat and join us! For more info, call Sue at 856-685-3638.



### Daily Rosary/ Chaplet of Divine Mercy

Please join us as we pray the Rosary and/or Chaplet of Divine Mercy after the 8 am Mass (Mon-Sat.). All are welcomed to join us as we pray meditatively in peace and joy.

# LIFELONG FAITH FORMATION

Mrs. Bea Raiker 856-767-2563 or  
[brolmc@comcast.net](mailto:brolmc@comcast.net)

## All Are Welcome

Parents of children with special needs please call to learn more about our program "Finding God" that will help individuals with **Autism and other special needs** enter fully into the Faith experience, prepare for sacraments, and live their lives as participating members of the Catholic Church. Please contact Bea Raiker at [brolmc@comcast.net](mailto:brolmc@comcast.net) or 856-767-1537.

## REGISTRATION

Registration for 2016-2017 for new students and returning students K-8 grade may be done on the website ([www.stsimonstock.net](http://www.stsimonstock.net)) or you may come in to the Parish Office Monday through Thursday 9am to 4pm. Tuition for one child is \$125.00; two or more \$175.00. Payment may be paid in full, monthly or quarterly. No child will be turned away due to financial hardship. However a letter explaining hardship to Fr. Jim is required.



**We NEED you.**  
**Can you HELP?**

## THE PARISH RELIGIOUS EDUCATION PROGRAM NEEDS YOU!

Working together with those entrusted to lead our Parish Religious Education Program. All grade levels K-8 are available on Sunday 10:30 – 11:30 am or Monday 4:30-5:30 pm.

Are you willing to give some of your time to this "Faith-filled" ministry?

Do you...

- ❖ Love Children
- ❖ Experience a Meaningful Relationship with God
- ❖ Proclaim the Gospel Message through Life Style, Action, Attitudes, etc.
- ❖ Witness to your Faith at Weekend Liturgy as well as Attending Other Religious Services
- ❖ Motivate and Encourage Others in Their Relationship With God
- ❖ Desire to Share Your "Gift of Faith" with Our Children as they Continue to Grow and Understand what it means to be a "Follower of Jesus"

Then say "YES" to the Holy Spirit who will be your guide in this "grace-filled" ministry. For more information, please contact Mrs. Bea Raiker, Coordinator of Religious Education.

## First Communion and Confirmation Photos

Pick up Monday – Thursday 8:30am-4:00pm  
Friday – 8:30am – 12:00 Noon in the Parish Office

## YOUTH OF THE PARISH

*Calling all young people grades 6-12<sup>th</sup>*

### St. Simon Stock Youth Group

6, 7 & 8 grade meet in the gym;

9-12 grade meet in the PMC

**Sunday nights 6:30 – 8:00 pm**

A fun and energetic group of young people who have the opportunity to hang out and have a good time. Prayer, trips, fundraising, service projects, game nights, gym time are just a few of the ways we get to know each other and make friendships based in God's love within a supportive and loving environment. For more information contact Mrs. Bea Raiker, Youth Group Coordinator at 856-767-1537 or email her at [brolmc@comcast.net](mailto:brolmc@comcast.net).

St. Simon Stock offers opportunities for 6<sup>th</sup> through 12<sup>th</sup> grades to become more involved in the parish. I encourage you to take advantage of all our parish has to offer you. You have the opportunity to learn, to live and to love your faith. All are welcome: bring your friends! If coming out for meetings on Sunday night is not your thing, Volunteer. Stay connected by joining in different activities going on in the Parish. Do you like to sing, play an instrument, enjoy reading or greeting people? We have a special place for you! Please contact me by email [BROLMC@comcast.net](mailto:BROLMC@comcast.net).

## YOUTH SCHEDULE OF EVENTS

July 25-29	Theme Set up for Vacation Bible School 9-12 noon
July 28	Thursday, Swim/Picnic – Hospitality Creek – no fee for volunteers
August 1-5	VBS Jr. & Sr. Counselors 9-12 noon

## Summer in the City @ the Shore Diocese of Camden:

### Youth, Young Adult & Campus Ministries



The Summer in the City Program is a week-long immersion project where the participant is given the opportunity to live and work the gospel of service and social justice through the gift of self. The combination of service at multiple work sites and reflection sessions gives young people the chance to use their talents and abilities to help their neighbor, and increase their awareness and understanding of the importance of the rights and dignity of the human person. Lodging will be at the Holy Spirit High School in Absecon. Service sites will be in Atlantic City and the surrounding area including Catholic Charities, The Atlantic City Rescue Mission, Villa Raffaella and the Atlantic County Food Bank.

Participation is open to any student who is in high school in 2016. Registration fee of \$125 covers meals, lodging and program materials. **For information or registration call Mrs. Raiker at 856-767-1537 or email [brolmc@comcast.net](mailto:brolmc@comcast.net).**

- **August 14 - August 20, 2016** - (The Shore/Atlantic County). Registration for this session is due by July 22, 2016.

## STEWARDSHIP

## UPCOMING EVENTS

Dear Parishioners,

As we celebrate the warmth of summer, many of us go on vacation, holidays or small excursions. While you are away from the parish, please consider making your contributions through electronic giving. This process is so easy to do and helps keep our collections healthy over the summer.

Just go on to our parish website [www.stsimonstock.net](http://www.stsimonstock.net) and click on "Parish Giving". Then the process will be explained to you. The program is free of charge for parishioners.

Have a Blessed and Safe Summer.  
Fr. Jim



### Stewardship Ministry

*"...I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God." COLOSSIANS 1:25B*

Believe it or not, **Stewards** are called to evangelize – to continuously grow in our knowledge and relationship with Jesus and to share it with others. We may not be called to evangelize like St. Paul, but we should look for opportunities to share our Faith with those closest to us, like our family and friends.

### OFFERTORY COLLECTION

**July 10, 2016**

**Sunday Collection:** \$11,063.00

Electronic Giving: \$735.00

**Capital Needs:** \$1,232.00

Electronic Giving: \$340.00

**Poor Box:** \$116.30

**Candles:** \$180.00



### VOLUNTEERS WANTED!

St. Simon Stock parish is looking for clowns, balloon animal makers, and jugglers for **St. Simon Stock's "Harvest Festival"** which will be held on **Saturday, September 24<sup>th</sup>**. Please contact the office at 856-767-2563.



### AMERICAN RED CROSS BLOOD DRIVE

Sponsored by the Knights of Columbus  
Archangel Council 7429

Date: **Friday, July 22, 2016**  
Time: **3:00 – 8:00 PM**  
Place: **Parish Meeting Center**



Sign ups will take place after the Masses this weekend. Open to all, including Parishioners. Contact Tom at 609-206-4113 or Roger at 856-768-1831.



## Have Fun & Get Fit

## With Zumba



Where: **OLMC SCHOOL GYM**

When: **Tuesday Nights from 7- 8 pm**

Cost: **\$6 per class– OR buy a punch card for 10 classes (\$60) and get 2 classes for free.**

### TAIZE PRAYER

**St. Andrew the Apostle Church**

27 Kresson-Gibbsboro Rd.

Gibbsboro, NJ 08025

Join us for an evening of Taize prayer at St. Andrew the Apostle Church, Gibbsboro, NJ at 7:30 pm on June 23, 2016. Taize is a form of quiet contemplative prayer that prays for the needs of everyone present. Free will offering. For more information, call Sr. Alma at 856-784-8501.



## Church Bulletin

## Advertisers

## NEEDED

**Please call Bill Potter**

**856-607-3999**

**Our Lady of Mount Carmel  
Golden Eagles 7<sup>th</sup> Annual  
Junior Boys & Girls  
Basketball Day Camps**  
[Location: OLMC Gym]  
**Summer 2016**

Summer 2016 marks the eighth year of the Golden Eagles Junior Boys & Girls Basketball Day Camps. Each year, the Camps have grown because of our no-frills approach to skill development. **Noel Vadino**, Director of Girls Basketball Operations, will serve her 8<sup>th</sup> season with the Camp. Noel is joined by **Anthony Paolini**, Director of Boys Basketball Operations, also marking his 8<sup>th</sup> year with the Camp.

“As Camp Director, I bring over four decades of proven coaching experience – including 12 years as Camp Director of the former Atlantic Cape International Camps in Williamstown. I have taught shooting skills for individuals and groups and I specialize in shooting demonstrations and clinics – teaching offensive skills. Thank YOU for considering our great Camp!”

- **Coach Joe Ranoia**



To register or for payment information contact coach **Joe Ranoia** at 856-296-8605 or email [jranoia@comcast.net](mailto:jranoia@comcast.net) or mail registration including payment to:

**OLMC- AA  
c/o Coach Joe Ranoia  
20 Maple Ave.  
Berlin, NJ 08009**

**Please make checks payable to: OLMC-AA**

**CAMP APPLICATION – Summer 2016**

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Grade (as of Sept. 2016): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Emergency Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Circle: BOY                      GIRL

Circle T-Shirt: Youth L, Adult S, Adult M, Adult L, Adult XL

Medical Conditions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Camp 1 – 6/20 to 6/24 (Boys & Girls) Amount: \_\_\_\_\_  
 Camp 2 - 6/27 to 7/1 (Girls Camp) Amount: \_\_\_\_\_  
 Camp 3 – 7/11 to 7/15 (Boys Camp) Amount: \_\_\_\_\_  
 Camp 4 – 7/18 to 7/22 (Boys & Girls) Amount: \_\_\_\_\_

*I hereby authorize the staff of OLMC Basketball Camps and Leagues to act for me in accordance with their best judgment in any emergency requiring medical attention. I hereby waive and release OLMC camps, leagues and staff from any and all liability for any injuries or illnesses incurred while at camps and /or leagues.*

**Signature of Parent or Guardian:**

\_\_\_\_\_

**5 Day Offensive Shooting & Skills Camp**

**Grades 3-8 as of September 2016**

- Camp1: June 20-June 24 (Boys & Girls)
- Camp 2: June 27-July 1 (Girls Camp)
- Camp 3: July 11-July 15 (Boys Camp)
- Camp 4: July 18-July 22 (Boys & Girls)

\*All Camps are 8:30 am to 1:30 pm

Cost: \$120.00 per week

10% Discount for 2 weeks: \$ 215.00

15% Discount for 3 weeks: \$ 305.00

Family Discount:

\*2 Siblings: \$ 215.00 per week

\*3 Siblings: \$ 305.00 per week

Boys and Girls have the option to attend up to three (3) camps – including a BOYS ONLY and GIRLS ONLY camp specializing in drills and shooting techniques!



## VITALITY Health Tips

Staying hydrated during the summer is sometimes quite the challenge. Water is the best for hydrating yet it can become bland or boring. Flavored water is becoming all the rage. There are simple recipes for making your own flavored waters with fresh and nutritious ingredients you probably already have in your kitchen. You should use fresh ingredients every 24-48 hours. No lugging bottles of sugary drinks from the store. <http://vitality.camdendiocese.org/parish-nurse/> Just a little planning can revitalize your health and your wallet.

Tips for getting started:

- Filtered/spring water - you can use the filtered water from your fridge.
- Glass pitcher or jars – plastic pitcher may allow the ingredients to leach into the pitcher instead of the water
- Plan ahead – all of these waters suggest letting the mixture sit for a few hours
- Experiment – don't be afraid to put some herbs in your water, they add to the flavor, not the calories
- Fresh – the fruit and vegetables need to be fresh or frozen for the max nutrients
- Muddle – crushing some of the harder fruits and herbs releases the flavor.
- Clean – remember to wash everything first before putting it in the pitcher

Some basic recipes:

- Slice up citrus fruit, lemons, limes, oranges and grapefruit. Wash them first to remove any waxy residue
- Cucumbers and mint are a fresh combination with anti-inflammatory properties
- Berries of all kinds, just muddle before adding, they are high in antioxidants
- Melons and pineapple cubed with a bit of grated ginger
- Sliced apples and/or pears with cinnamon
- Bananas are not the best choice



# Submerged



# Dive Into God's Word VBS

**New friends ~ Lip-smacking snacks~ Surprising adventures ~ Incredible music**

For more information, call Mrs. Raiker: 856-767-1537



**Location: St. Simon Stock Parish**  
**Date: July 25-30 (Counselor's set up)**  
**August 1-5 (Camp)**  
**Time: 9:00 am – 12:00 Noon**



## Vacation Bible School Registration Form

Registration may be placed in Collection Basket



Child's name \_\_\_\_\_ Child's gender: \_\_\_\_\_  
Child's age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Last School grade completed: \_\_\_\_\_  
 Junior Counselor (Ages 10-13)     Senior Counselor (High School)  
Names of parent(s): \_\_\_\_\_ Parent/Caregiver Cell phone: (\_\_\_\_) \_\_\_\_\_  
Home phone: (\_\_\_\_) \_\_\_\_\_ Home email address: \_\_\_\_\_  
Allergies or other medical conditions:  
\_\_\_\_\_  
\_\_\_\_\_

Emergency contact name: \_\_\_\_\_ phone: \_\_\_\_\_  
Relationship to child: \_\_\_\_\_  
Permission for photo to be taken: \_\_\_\_\_ Parent's signature: \_\_\_\_\_  
Paid: \$45.00    Check Number: \_\_\_\_\_ Date of Check: \_\_\_\_\_





# *St. Simon Stock Roman Catholic Community*

In 2016, individuals and families are busier and more active than ever.



*vacation*

*sports teams*

*inclement weather*

*sickness*

Please consider participating in our on-line giving program, Parish Giving, so that we can count you among our faithful stewards of the Parish. By automating your contributions to the Parish, you will strengthen our fiscal outlook and ensure a bright future for our Parish family.

To enroll in the free program only takes a few minutes. Please visit <http://www.stsimonstock.net>, and click on the Parish Giving logo.

*simple*

*secure*

*convenient*



1707 Fourth Street • Trenton, NJ 08638  
1.866.307.7140 • [www.ParishGiving.org](http://www.ParishGiving.org) • [info@ParishGiving.org](mailto:info@ParishGiving.org)