

READINGS

MASSES INTENTIONS

READINGS FOR THIS SUNDAY



SEVENTEENTH SUNDAY IN ORDINARY TIME

First Reading: Genesis 18:20-32

Abraham pleads with the Lord, who planned to destroy Sodom and Gomorrah because of the evil and sin in those cities. Abraham asks him if he would spare the city if fifty, forty, thirty, twenty or even only ten innocent people were found there. God says that he would spare the cities even for the sake of only ten.

Second Reading: Colossians 2:12-14

Paul explains to the Colossians that through baptism, they are raised to life with Christ because they believed in the power of the God who raised him from the dead. Even though they once lived in sin, their sins have been pardoned through Jesus.

Gospel: Luke 11:1-13

Jesus' disciples asked him how they should pray. He gave them some phrases similar to those now used in the Lord's prayer. Jesus also reminds the disciples how even men with sins are able to give good things to their children, and explains how much more the heavenly Father wants to give to us.

DAILY READINGS

Seventeenth Sunday in Ordinary Time

| | |
|------------------|--|
| Monday | 2 Cor 4:7-15; Mt 20:20-28 |
| Tuesday | Jer 14:17-22; Mt 13:36-43 |
| Wednesday | Jer 15:10, 16-21; Mt 13:44-46 |
| Thursday | Jer 18:1-6; Mt 13:47-53 |
| Friday | Jer 26:1-9; Jn 11:19-27 or Lk 10:38-42 |
| Saturday | Jer 26:11-16, 24; Mt 14:1-12 |

SANCTUARY CANDLE

In Memory of: **Stan Werner**
Requested by: **Wife, Marie**



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 24, 2016

SAT 7/23

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
Mariam Kakanatt Req. by Family

9:30 AM

11:30 AM

MON 7/25

8:00 AM

Matthew Klenicki Req. by his Aunt Mary
People of the Parish/ Perpetual Remembrances

TUES 7/26

8:00 AM

Michael O'Brien Sr. Req. by Romeo Family

WED 7/27

8:00 AM

Rita Farina 1st Anniversary Req. by daughter Maria
Scaria James Req. by George & Celina

THURS 7/28

8:00 AM

Frances L. Piccino Req. by Daughter, JoAnn
Rita Farina Anniversary Remembrance Req. by Richard and Jane Danser
Matthew Mathan Req. by George & Celina
Peter & Marie Drez Req. by daughter, Marie

FRI 7/29

8:00 AM

Edward Madrack Req. by St. Simon Stock Parish

SAT 7/30

8:00 AM

Edmund (Ted) Lenny Req. by Tom & Anne Murphy

4:00 PM

Edward J. DeFilippis Req. by Mother, Bernadette
Jeffrey Melillo Req. by Bongiovanni Family
Ed Iuliano Req. by Foo Olek
Joseph A. Abate Req. by Terry & Dolores Hertzberg

SUN 7/31

8:00 AM

Jennifer Feyt Req. by Mom, Jennie
Genevieve Gallagher Req. by Jackie Ontiveras & Frank DiMeo

9:30 AM

Denise Vizoco Req. by Family
Rose Wawrzyniak Req. by Steve & Bea Raiker
Anthony Midure Req. by Joseph & Maryann Midure
Mary Beth Garrity Req. by Dennis & Rosemary Quinn

11:30 AM

Kenneth Keppler Req. by Joanie Pelletier
M/M Sabatino Lancetti Req. by Nephew Anthony

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...*



MILITARY

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

Nadeem Sarwar, US Army
SPC Justin Scheuren
Staff Sgt. David Sigwart
1st 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
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
Carmella 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
Lisa Gillespie
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 Pirollo
Glenn Pliszcak
Shannon Pliszcak
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 Walsler
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
John Charles Wilson

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

Rev. John F. Bourke
Rev. Francis P. Gaffney
Rev. James Peter Rush
George Mervine Jr.
Bernard Herman



Jane B. Woodfield
Regina Arey
Mary Beth Garrity
Gloria Paolo
Timothy Henshke

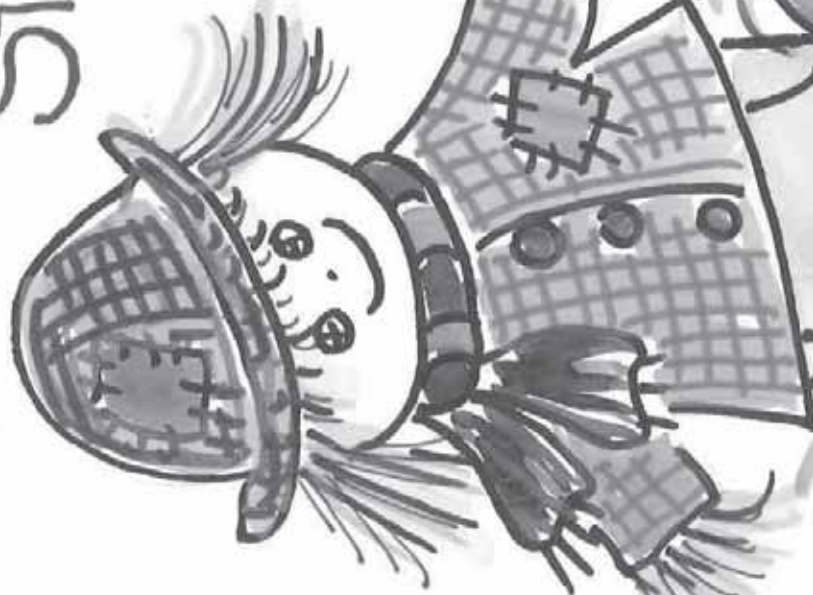
St. Simon Stock Parish

Harvest Fest

2016

September 24th

5-10 PM





LITURGICAL MINISTRY SCHEDULE FOR JULY (Revised 6/22)



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. McCullohg, 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

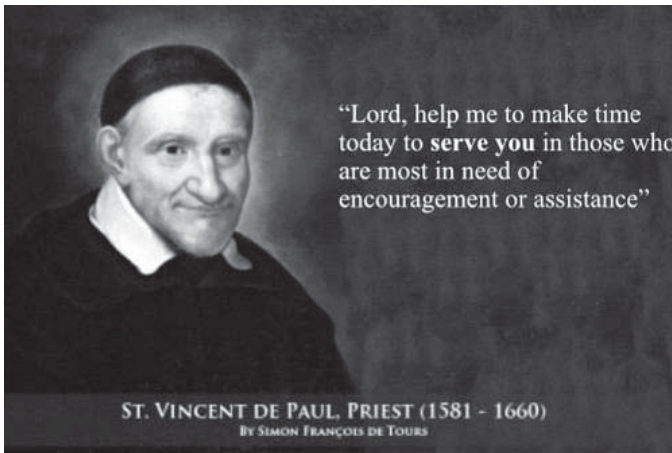
Sh. Leyden, M. Leyden

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

Liz, Maria



St. Simon Stock Conference of St. Vincent de Paul

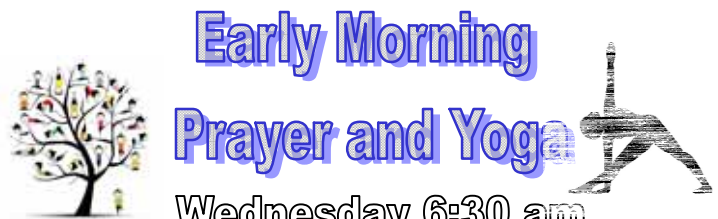


Can you make time this week and help us in performing corporal works of mercy by volunteering your time and talent? Contact us at 856-767-7391 on Tuesdays, Wednesdays, and Thursdays between 11 AM and 3 PM. You are also welcome to come into our Food Pantry and Thrift Store at 157 W. WHP, Berlin during those same hours. Thrift Store and Donation Door hours now include Saturdays 10 AM – 1 PM.



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.



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.

AMERICAN RED CROSS BLOOD DRIVE

Leaders Save Lives Program
Berlin Community Center
250 S. Franklin Ave.
Berlin, NJ
July 29, 2016 ~ 2pm-7pm
For an appointment or information call 1-800-REDCROSS or go online to redcrossblood.org with the sponsor code: Berlin.

LIFELONG FAITH FORMATION

Mrs. Bea Raiker 856-767-2563 or
broimc@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 broimc@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) 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.



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 6-12th

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 broimc@comcast.net.

St. Simon Stock offers opportunities for 6th through 12th 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.

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 broimc@comcast.net.**

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





Submerged

Dive Into Gods 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: \_\_\_\_\_

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**

*"Ask and you will receive; seek and you will find; knock and the door will be opened to you." LUKE 11:9*

Jesus assures us that if we ask Him, God will take care of what we need. The problem is that in our culture we often confuse what we really **need** with what we simply **want**. Many people need very little. However, we usually want so much more. A good **Steward** only asks God for what he needs.

**OFFERTORY COLLECTION**

**July 17, 2016**

**Sunday Collection:** \$10,655.00

**Church in Africa:** \$ 1,149.00

**Capital Needs:** \$ 918.00

**Poor Box:** \$116.30

**Candles:** \$153.00



**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.

**Family Renewal Retreat**

Friday, August 12 (evening~6pm)

and Saturday, August 13 (all day 'til~6pm).

Discovery House: 3730 Richards Ave., Mullica Township, NJ 08037

**All families welcome!**

A donation of \$50 per family is suggested.

Grants available. For information or to reserve, call or email Brenda Hager at 856-383-5249 [bclairrose@gmail.com](mailto:bclairrose@gmail.com). Please register by Tuesday, August 9, 2016. "It's a very special once in lifetime family experience." SHARING THE MIRACLE OF YOU AND FAMILIES FOR 40 YEARS AND BEYOND.



**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.**

**FIRST MOTHER FAMILY OUTREACH**

Women from our diocese have formed a compassionate outreach for mothers who have not raised their firstborn children. In this Year of Mercy we, as ordinary women, offer you our comfort and support because we understand that time does not erase the pain of adoption loss. Contact us at: [FirstMotherFamily@gmail.com](mailto:FirstMotherFamily@gmail.com).

*"This is my commandment: love one another as I have loved you." John 15:12*

<http://catholicstarherald.org/birth-mothers-find-support-in-shared-experience/>



**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**

**5 Day Offensive Shooting & Skills Camp**

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

- Camp 1: 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!



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:**





## 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