

**SUNDAY, AUGUST 14, 2011***Twentieth Sunday in Ordinary Time*

8:00 AM	✠	Edward & Elizabeth Nolan
10:30 AM	✠	Edward & Margaret Cotter
	✠	James & Sarah Daly
5:00 PM	✠	Ann M. Wyatt & Scott Wyatt

MONDAY, AUGUST 15, 2011*The Assumption of the Blessed Virgin Mary*

7:00 AM		Parishioners of SS. Rose & Clement
12 Noon	✠	Deceased members of the Wilson & Henrich families
7:00 PM	✠	Alison D'Silva

TUESDAY, AUGUST 16, 2011*Weekday*

7:00 AM	✠	Titus DosRemedios (17 th Anniv.)
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WEDNESDAY, AUGUST 17, 2011*Weekday*

7:00 AM	✠	Special Intention
5:30 PM		Confessions

THURSDAY, AUGUST 18, 2011*Weekday*

7:00 AM	✠	Deceased members of the Ells & Tergliafera families
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FRIDAY, AUGUST 19, 2011*Weekday*

7:00 AM	✠	Sherley Brindisi
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SATURDAY, AUGUST 20, 2011*Saint Bernard, abbot and doctor of the Church*

5:00 PM	✠	Joseph and Josephine Tatalo
	✠	Martha Clarke

SUNDAY, AUGUST 21, 2011*Twenty-first Sunday in Ordinary Time*

8:00 AM	✠	Sue Kowalik (1 st Anniv.)
10:30 AM	✠	Raymond Grandchamp, Sr. (8 th Anniv.)
	✠	Frank Welch (Month's Mind)
5:00 PM	✠	Rosemary Brown

Dear Parishioners,

I came across a fascinating article called "God's Amazing Pharmacy". In it, the author argues that foods give us a clue to which part of the body they help by their shape and color. For example:

- 1) A sliced carrot looks like the human eye. Research shows that carrots enhance blood flow to and function of our eyes.
- 2) A tomato has four chambers and is red. The human heart has four chambers and is red. Research shows that tomatoes are filled with lycopine which helps the heart.
- 3) A walnut looks just like the human brain. Research shows that walnuts greatly enhance brain function.
- 4) Kidney beans actually heal and help maintain kidney function, and they look exactly like human kidneys.
- 5) Celery, bok choy and rhubarb look like human bones. Research shows these foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium.
- 6) An avocado helps the health and function of a woman's womb. Research shows that one avocado a week balances hormones, helps shed unwanted birth weight and helps prevent cervical cancer. Moreover, it takes exactly nine months to grow an avocado from blossom to ripened fruit.
- 7) Sweet potatoes look like the pancreas and help balance the glycemic index of diabetics.
- 8) Olives assist the health and function of the ovaries.
- 9) Onions look like our body's cells. Research shows that onions help clear waste from body cells and help eliminate free radicals from the body.
- 10) Grapes hang in a cluster that has the shape of a human heart. Each grape looks like a blood cell and research shows that grapes are vitalizing food for the heart and blood.

I don't know about you, but I found this list amazing—and there are more! It's yet another reminder of our Heavenly Father's love and concern for us! God bless you in the week ahead.

Fr. Wilson

RELIGIOUS EDUCATION

CONFIRMATION STUDENTS

Some community service hours will be available in August. If interested, please call Mrs. Berube at 739-0212 for the details.

If you haven't returned your **Registration Form** for the 2011 - 2012 school year, please send it in as soon as possible. You can download a form from our parish website www.ssrcparish.com or stop by the Parish Office. Completed forms may be mailed, brought to the Parish Office or placed in the collection basket at Mass. If you have any questions, please call Mrs. Berube at 739-0212.

DATES TO REMEMBER

- Registration Weekends: August 27th/28th and September 10th/11th after all Masses.
- Mandatory parent meeting for students in Grades 1-8 on Tuesday, September 13, 2011 at 7:00 PM in the church.
- Classes begin on Sunday, September 18, 2011 for Grades 1-4 (9:00 AM to 10:15 AM).
- Classes begin on Monday, September 19, 2011 for Grades 5-8 (6:00 PM to 7:15 PM) and Grades 9-10 (7:15 PM to 8:30 PM).
- Mandatory parent meeting for students in Grades 9 and 10 will be held on Monday, September 19, 2011 immediately following their first class (8:30 PM).

Holy Day Mass

The Assumption of Mary



Mass Schedule

Monday, August 15th at 7:00 AM,
12 Noon and 7:00 PM

ROSARY and ALTAR GUILD

A planning meeting for the Rosary and Altar Guild will be held on Tuesday, August 16th at 7:00 PM in the McMahan Garden Room. All members are invited to attend.

From the Desk of Mrs. Fuller

We have been blessed with many beautiful, sunny days this summer. But now it's time to start thinking of the new school year. Hopefully your summer packets are completed and ready to be turned in?!. All needed supplies and other requirements to begin the school year are listed on our website. Here are a few important dates to keep in mind:

Pre-K Orientation:	Tue., Aug. 23 rd at 6:00 PM
New Parents Meeting:	Wed., Aug. 24 th at 6:00 PM
First HSA Meeting:	Wed., Aug. 24 th at 7:00 PM
First Day of School K - 8:	Tues., Aug. 30 th at 7:50 AM
First Day of Pre-School:	Tues., Sept. 6 th at 7:50 AM
Open House:	Wed., Sept. 7 th at 6:30 PM

NEWLY BAPTIZED



Saints Rose & Clement Parish Family welcomes as the newest members of our parish family:

Matthew Thomas Giblin

Matthew Denis Heon

Brendon Thomas Silvia

Parker Russell Silvia

Alexander Waterman Supple

May the Lord bless them and keep them and their families close to His Heart.

BASKETBALL COACHES NEEDED!!

Our CYO Basketball program is looking for a few new coaches and assistant coaches for the coming season. We have multiple teams of boys and girls ranging from instructional to high school age. If interested in coaching our youth, please call Mrs. Maria Jessing at 739-5562. Thank you!

Requirements for coaches and assistants: Background Check (BCI), Safe Environment Training, CAL Coaching Certificate and a good knowledge of the sport.

Social Activities Committee Meeting

Our Social Activities Committee will meet this Thursday evening, August 18th at 7:00 PM in the Holy Family Conference Room. All interested parishioners are invited to attend. Thank you!

“SHARE THE SPIRIT” GIFT SHOP

We will be celebrating the feast of Our Lady’s Assumption this week. We carry statues, rosaries, medals and images at various prices beginning at \$4.00. Turning to Our Lady with our problems should be a natural gesture.

As your children head off to college, please give them a reminder that their Heavenly Mother is always just a prayer away!!

SS. Rose & Clement Garden News

We welcome volunteers of all ages and abilities to help with planting, weeding and harvesting in our parish vegetable garden. These are the days and times when a “garden supervisor” will show volunteers what to do: Mondays (6:00 pm – 7:00 pm), Tuesdays (5:30 pm - 6:30 pm) and Thursdays (9:00 am - 10:30 am).

Do you wonder? Do you regret?

Rachel’s Vineyard Retreats are healing weekends designed to help those who are hurting from a past abortion experience to process and recover from their loss(es). Come meet Jesus and be made whole again! To register for a class or for more information, please call Carol Owens at 421-7833 x118. **All calls are confidential.**



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August 7, 2011

Sunday Collection.....\$9,120.00
Monthly Maintenance Collection.....3,433.00

A sincere thank you for your support.