



Dear St. Joseph Parishioners,

Thank you to everyone who attended and helped with details for the Archdiocesan Pastoral Conference. If you weren't able to come this year, this will continue to be an annual event.

This month begins the month of the Holy Rosary. The Feast of Our Lady of the Holy Rosary is October 7th. Before Masses each weekend, we'll have rosary leaders. Please feel free to sign up and to participate. The long experience of Christians is simply that praying the rosary brings us closer to Christ. That's definitely been my experience, too.

Have a great week!

Best,  
Fr. Scott

**GUILD SOUP SUPPER, RAFFLE & SILENT AUCTION**

October 22, 4:30-7:00pm

The Guild has over 18 items for the Silent Auction, which will be displayed at Masses throughout the month of October. You may bid on items in person after Mass, at the October 22nd event, or digitally at <https://padlet.com/julierich71/ixwgp8w6muv5m1o>. A QR code will be on the auction tables, linking to the Padlet website as well.

We have many raffle items! But we could still use more NEW items and gift cards for our raffle tables. Raffle items can be placed in the kitchen for Julie Richards to pick up. (402-881-2407) Please place gift cards or monetary donations in the Guild mailbox by Sharon's office. Thanks for your help in making our raffle a success!

Lastly, we need volunteers to work the Soup Supper as well as food items to make the meal. Sign-ups are located under the St. Joseph window along with a QR code link to the Sign Up Genius. Or go to <https://www.signupgenius.com/go/20f0b4daab2da5f49-2022>. This is a great way to meet other women of our parish!

Silent Auction Website



SoupSupper Sign Up

**LEAST OF MY BRETHREN**

Just a reminder that the 3rd Wednesday is volunteering at Least of My Brethren. Meet this Wednesday at church at 5:45pm to carpool or meet us at LMB a little after 6pm. We should be there about an hour.

[https://maps.app.goo.gl/tEx4XJG61Xu3SBhd8?g\\_st=ic](https://maps.app.goo.gl/tEx4XJG61Xu3SBhd8?g_st=ic)

**THANK YOU**

Once again, thank you so much for your generosity for the monthly charity drives. We are called to care for those in need and as a parish we are answering that call every month. Throughout October we will be collecting items to make Blessing Bags for the homeless. The items we collect will be part of a parish fellowship Blessing Bags Building Event in November. Items needed include: Toilet paper, men's and women's underwear, crew socks, razors, travel size toiletries, individually wrapped toothbrushes, chapstick, granola bars, one gallon ziplock bags and water bottles. If you would like, you can use this link to order items off the list.



[https://www.amazon.com/hz/wishlist/ls/2HFV8L443Z57L?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/2HFV8L443Z57L?ref=wl_share) Questions? Contact Erin Patera at 402-305-7469.

**THANK YOU**



Thank you to all who generously contributed to Project Hope. We gathered over 30 backpacks(bags)! And, many heaping bags of personal supplies and stuffed toys. I am blessed to be a part of such a caring and giving church family. Thank you, Marla Kildow



## ENJOY A CUP OF SOLIDARITY EVERY MORNING!

Ixim: Spirit of Solidarity, the archdiocesan Guatemalan mission to support programs that ensure clean water, fund Catholic education, improve health and welfare, and strengthen the church in our sister diocese in Huehuetenango, Guatemala. Ixim sells high-quality coffee direct from our sister diocese, using all profits from sales to support the work of Ixim. Ixim coffee will be on sale Sunday event.

An 8 oz. bag of ground coffee is \$6

A 32 oz. bag of ground coffee is \$16

A 2.5 lb. bag of whole beans is \$24



## Calling all 9th-12th graders: Join St. Joe's Youth Group!!

All 9th-12th grade youth are invited to our St. Joseph's Youth Group. Join in a lot of fun and fellowship...and always food! The Year-at-a-Glance schedule is below. We will meet the 2nd & 4th Wednesdays at 7:00pm as a group and serve in the community on the 3rd Wednesdays of each month. Please contact Kelly Johnson with any questions at [tkjohnson2223@gmail.com](mailto:tkjohnson2223@gmail.com) or 402-880-8724. Please join the YG Flocknote to get reminders and updates.

[https://docs.google.com/document/d/19HmKN-cnU9LfQ3nuPyzBh3WU\\_siOziVNHqTGs240d4E/edit?usp=sharing](https://docs.google.com/document/d/19HmKN-cnU9LfQ3nuPyzBh3WU_siOziVNHqTGs240d4E/edit?usp=sharing)



 **MASS INTENTIONS  
FOR THE WEEK**

**OCTOBER 3 THRU OCTOBER 9**

Monday	Communion Service	8:00 a.m.
Tuesday	Communion Service	6:45 a.m.
Wed.	Loretta DeMarco +	6:45 a.m.
Thur.	Steven Kotlarz +	6:45 a.m.
Friday	Gary Schiebel +	6:45 a.m.
Saturday	Roger Wyatt +	5:00 p.m.
Sunday	Larry Dunn +	9:00 a.m.



**REMEMBER IN OUR PRAYERS**

For the sick: Sally Leyden, Jerry Martin, Wes Erhart, Marjorie Bauman, Frank Riha, Margaret Wilson, Paul Nitsick, Dennis Folkers

- Please let us know if a person needs to be removed from our Prayer List.

**UPCOMING EVENTS**

Wed., Oct. 5, RE, 6:15 p.m.  
Sat., Oct. 8, Movie, 6:30 p.m.



**SATURDAY, OCT. 8, 5:00 P.M.**

EMHC: Julie Masters  
Lectors: Sharon VanTassell-Mike Fowler  
Deacon: Dave Krueger  
Greeters: Genene & Ron Bowen  
Singers:

**SUNDAY OCT. 9, 9:00 A.M.**

EMHC: Shelly Cacka  
Lectors: Tersesa Belter-Corey Osborn  
Deacon: Terry Ficenecc  
Servers: Easton & Oakley Osborn  
Greeters: Donna Devine-Lin Kulm  
Singers:



**OFFERING**

<b>Weekend of Sept. 25th</b>	
Sunday Envelopes	\$ 4425.00
Building Fund	\$ 1255.00



**MOWERS FOR THE WEEK OF:**

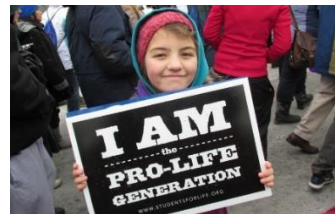
October 3                      Need Volunteer

**DAY TRIP TO TRINITY HEIGHTS**

The day trip to Trinity Heights will be on Monday, October 17 from 9 a.m - 4:30 p.m. Please call Sharon to register. The bus has a 50 person limit. Non-parishioner friends are welcome. **Please have your check for \$50 per person, payable to St. Joseph Church.** You still have time to sign up.



Please welcome into our parish family Trenton and Abbey Lammers and their children Treval, Kensli and Carson.



**LIFE CHAIN**

We will be participating in the Life Chain on October 2, from 2:00 - 3:00 p.m. at the corner of Highway 50 and Platteview Road. Signs will be provided. Please feel free to bring a chair and be comfortable for the hour. Park at Wild Willy's Fireworks, 750 Park Drive and line up along the highway there towards the intersection.

If you have questions, call Eric Hayes at 402-253-3037 or 402-670-7295. You can test that number.



**SATURDAY NIGHT**

**FELLOWSHIP**      JOIN US for an outdoor *Family MOVIE NIGHT* on October 8 hosted by St. Joseph Church at the Springfield Library. Bring your favorite snack and blanket and enjoy watching **SING 2!** Movie starts at 6:30pm and we will have **FREE POPCORN and POP!** See you at the show.

**SAVE YOUR POP TABS**

Springfield Blue Jeans and Boots 4-H Club is collecting pop tabs for the Ronald McDonald house. Please place your tabs in the collection bucket in the back of the church! Thank you for supporting 4-H'ers better our community!



If you change your name, marital status, address, phone number or email address, please notify the church office by phone or email so we can update our files. Thank you!



**SENIOR GAME DAY**

Don't forget Senior Game Day next Wednesday afternoon from 1 to 3 p.m. Board games and cards are available. Snacks are provided by guests but bring your own drinks. It has proven to be a fun afternoon for cards, games and socializing. Bring a friend!



**THE GIFT SHOP**

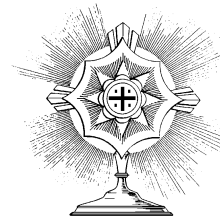
Check out the traditional and/or unique gifts in our display case. Awesome gifts for First Communion, Confirmations, Baptisms, Birthdays or any special occasion. Questions and/or purchase, call or text Mary Johnson at 402-708-

1317, Jeannie Schiebel at 402-943-6000, or  
Genene Bowen at 308-380-7789.



**AMAZON SHOPPERS!!  
CHRISTMAS REALLY IS COMING!**

The holiday season is not very far off. If you do gift purchasing through Amazon, please go to smile.amazon.com instead. It is the exact same Amazon with the same vast selection, and the same low prices with an added bonus that Amazon will donate a portion of the purchase price to St. Joseph's church. You can use your existing Amazon account. It will ask you which charity you want your purchases to count toward. You merely type in St. Joseph Church, Springfield, Ne and that is all there is to it. Our church will be rewarded .5% of each purchase





Choose Life

**ATTENTION AMAZON SHOPPERS!!**

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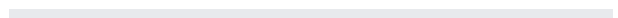


**HAVE YOU EVER WONDERED?**

Have you ever wondered what exactly the Catholic Church teaches or wondered if you should dig deeper into your faith? Wondered if your spouse, who is not Catholic, would like to know more about your faith practices and why you do some of the things you do in and around Church? Wondered if you could lead someone you know to be interested in discovering Truths of the Catholic Church?

WONDER NO LONGER! Now is the time. If you want to grow in your faith, have a spouse who

doesn't share the Catholic faith with you but is willing to "Come and See" without obligation, or know of someone who has expressed interest in learning what the Church teaches with the possibility of joining, now is the time to act. We are planning to "resurrect" our RCIA Program (Rite of Christian Initiation for Adults) at St. Joseph's. We will start with a "Come and See" session one evening to give an overview of the program. Those who come are there to determine if they wish to continue with the sessions that will last until the Easter Vigil in 2023. Please contact Deacon Terry Ficenc at 402-677-5643 for more info or to register. Or let our parish secretary, Sharon know, and she can pass it on. Peace and Blessings to all!



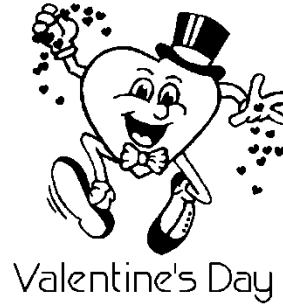




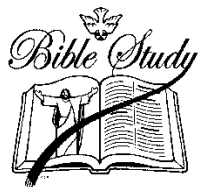


*In Loving Memory*

**RE HAPPENINGS**



*Tithes & Gifts*



# St. Joseph Parish Nursing

It's been about a month (or more) since our 39-year-old man had questions about his blood pressure. He reaches out to us with more questions and to inform us that he did get an electronic blood pressure cuff. He was surprised that his blood pressure was in the "elevated" range much of the time, and even more surprised that the monitor informed him that he had some readings in the "hypertension stage 1" range. He would like some advice to help lower his blood pressure before he sees a healthcare provider and has to take medication.

We have a good conversation, and he provides more information about his current lifestyle. He admits that he weighs more than he would like, but states that with his work schedule, he doesn't have time to go to a gym to work out. He is very active in his job, and he doesn't eat as he should. He states that on the way to work he goes through a fast-food drive through for a breakfast meal and then generally drinks only coffee throughout the day. He rarely gets to have a lunch break, so by the time he's done with work, he goes through another drive through for dinner.

He is currently not willing to give up smoking but is interested in advice on his diet to help him lose some weight. We advise him that the DASH diet is a healthy eating plan that is designed to help treat or prevent high blood pressure. **DASH** stands for Dietary Approaches to Stop Hypertension.

This diet includes foods that are rich in potassium, calcium, and magnesium. These nutrients help control blood pressure. Foods that are consumed in limited amounts are those high in sodium, saturated fat, and added sugars. Studies have shown that this diet can lower blood pressure in as little as two weeks and can help lower the low-density lipoprotein (LDL or "bad") cholesterol levels. High LDL levels and high blood pressure are two major risk factors for heart disease or stroke.

A typical American diet can include upwards of 3,400mg of sodium (or more) per day. The DASH diet limits sodium to 2,300mg per day. This level is approximately the amount of sodium in 1 teaspoon of salt.

## Recommended Foods and Servings:

Type of food	# of servings per day	Serving size examples
Grains	6-8	One slice of bread, 1 ounce of dry cereal, 1/2 cup cooked cereal, rice, or pasta
Vegetables	4-5	1 cup raw leafy green vegetables, 1/2 cut up raw or cooked vegetables, 1/2 cup vegetable juice
Fruits	4-5	One medium fruit, 1/2 fresh, frozen, or canned fruit, 1/2 cup fruit juice
Fat free or low fat dairy	2-3	1 cup milk or yogurt, 1.5 ounces cheese
Lean meats, poultry, fish	< 6	1 ounce cooked meat, poultry, fish, 1 egg
Fats / oils	2-3	1 tsp margarine, 1 tsp vegetable oil, 1 Tbsp mayo, 2 Tbsp salad dressing
Nuts, seeds, legumes	4-5 per week	1/3 cup nuts, 2 Tbsp peanut butter, 2 Tbsp seeds, 1/2 cup cooked legumes
Sweets / Sugars	< 5 per week	1 Tbsp sugar, jelly, or jam, 1/2 cup sorbet, 1 cup lemonade

Additional suggestions for the DASH diet to lower sodium intake:

- \* Use salt-free spices or flavorings
- \* Do not use salt when cooking rice, pasta, or hot cereal
- \* Use plain fresh, frozen, or canned vegetables
- \* Use fresh or frozen skills poultry, fish, and lean cuts of meat

Since he doesn't work on the weekends, we suggest that he look into preparing his meals for the week and taking them to work with him. He is used to eating breakfast, so he can prepare a simple breakfast and eat it on the way to work. The Mayo Clinic website has some simple examples of meals for the DASH diet. [https:// www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110)

The National Heart, Lung, and Blood Institute (NHLBI) provides a week of menus: <chrome-extension://efaidnbmnnnibpcajpcgclefindmkaj/https://www.nhlbi.nih.gov/sites/default/files/publications/WeekOnDASH.pdf>

Additionally, the Food Network has excellent tips for meal prepping for the DASH diet: <https://www.foodnetwork.com/healthyeats/diets/dash-diet-meal-prep-tips>