



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

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 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

 **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

Weekend of Sept. 25th

Sunday Envelopes	\$ 4425.00
Building Fund	\$ 1255.00



MOWERS FOR THE WEEK OF:

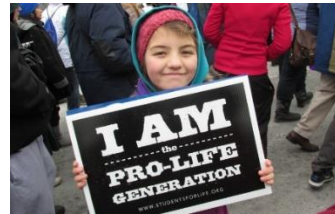
October 3 Need Volunteer

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.

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://efaidnbmnnnibpcajpcglclefindmkaj/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>