



Happy Birthday!

OCTOBER 6 HENRY FISHER (There's Henry...and then everyone else. Unparalleled in stature... Unequaled in good looks... Unchanged by the ravages of time. I am not worthy to wipe the mud off his John Deere tractor).



IN OUR PARISH

October 6	6:45 p.m.	ROSARY
October 7	6:00 p.m.	SPANISH CLASS
October 8	6:00 p.m.	CHOIR PRACTICE *** new time
	6:45 p.m.	ROSARY
October 9	9:00 a.m.	ROSARY



St. Vincent de Paul Society is open for business at these times:

- 1st Thursday from 10:00 a.m. to 12:00 noon
- 3rd Thursday from 6:00 p.m. to 7:30 p.m.

If an emergency, call Fr. Mike at 937-403-2510.

NEWS AROUND THE PARISH

1. ParishFest has been rescheduled to Sunday, October 11th.
2. This Sunday, October 4, is White Shirt Sunday for the St. Benignus K of C. Please plan to participate. The Knights will serve a Pancake Breakfast right after the Noon Mass.
3. On Saturday, October 10th, we will say the Rosary on the lawn of the Greenfield City Building at 12:00 noon. America Needs Fatima Foundation has over 3,000 Rosary Rallies scheduled for this day, all over the world, as a prayer to our Blessed Mother. Now, more than ever, we need her prayers for all. Please join us! This will be our third year.



1. Saint Vincent de Paul meetings: October 11 and November 8 at 10:30 a.m. Sundays
2. Parish Council meetings: October 13, November 10 and December 8 on second Tuesdays at 7:00 p.m.
3. Ladies Auxiliary meetings: October 20 and November 17 after Tuesday 7:00 p.m. Communion Service
4. St. Benignus K of C meets October 7, November 4 and December 2 on First Wednesdays at 7:30 p.m.
5. St. Benignus K of C Pancake Brunch served October 4 and November 1 at 1:00 p.m.

TODAY IN HISTORY IMPORTANT NOTICE

50 YEARS AGO – OCTOBER 4th ... Henry Fisher was 2 days away from his 40th birthday. The Ladies Auxiliary would meet in the Church basement. Hostesses were Mrs. Hamilton McMullen, Mrs. George Posey, and Mrs. Charles Spangler.

25 YEARS AGO – OCTOBER 7th ... The CCD teachers for 1984 were Mary Lou Barnhart, Marty Wilson, Jan Weeks, Cathy Snider, Kathy Flynn, and Anita O'Connor. Team "E" would run Bingo on October 9th: Shirley Jackson, Patty Baldwin, Debbie Collins, and Marty Wilson.

10 YEARS AGO – OCTOBER 3rd ... Officers for the Ladies Auxiliary in 1999 were Kristy Bockrath, Eileen Corwin, Joyce Polley, and Nancy Williams



YOU GOTTA LOVE THE ADVICE OF THIS CHINESE DOCTOR

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart only good for so many beats, and that it... don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiency. What does cow eat? Hay and corn. And what are these? Vegetables. So steak is nothing more than efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop can give you 100% of recommended daily allowance of vegetable product.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. My philosophy is: No pain... good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for your figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways – Chardonnay in one hand – chocolate in the other – body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.