

January 9, 2022

The Baptism of the Lord

ST ELIZABETH ANN SETON CATHOLIC CHURCH

FOUNDED 1981 ARCHBISHOP DANIEL E. SHEEHAN

5419 North 114th Street • Omaha, NE 68164



PASTOR

Rev. Ryan P. Lewis

(402) 493-2186 ext. 13

rplewis@archomaha.org

Parish Office

5419 N 114 St. (114 & Fort)

Omaha, Nebraska 68164

Phone: (402) 493-2186

Fax: (402) 493-0630

Email

seas@stelizabethann.org

Web Site

www.stelizabethann.org

Office Hours

Monday through Friday

9:00 am to Noon;

1:00 pm to 4:00 pm.

Office closed noon to 1pm

St. James/Seton School

William Kelly, Principal

4720 N. 90 St., 68134

Phone: (402) 572-0339

Website: www.sjsomaha.org

Email: wkelly@sjsomaha.org

Religious Formation Director:

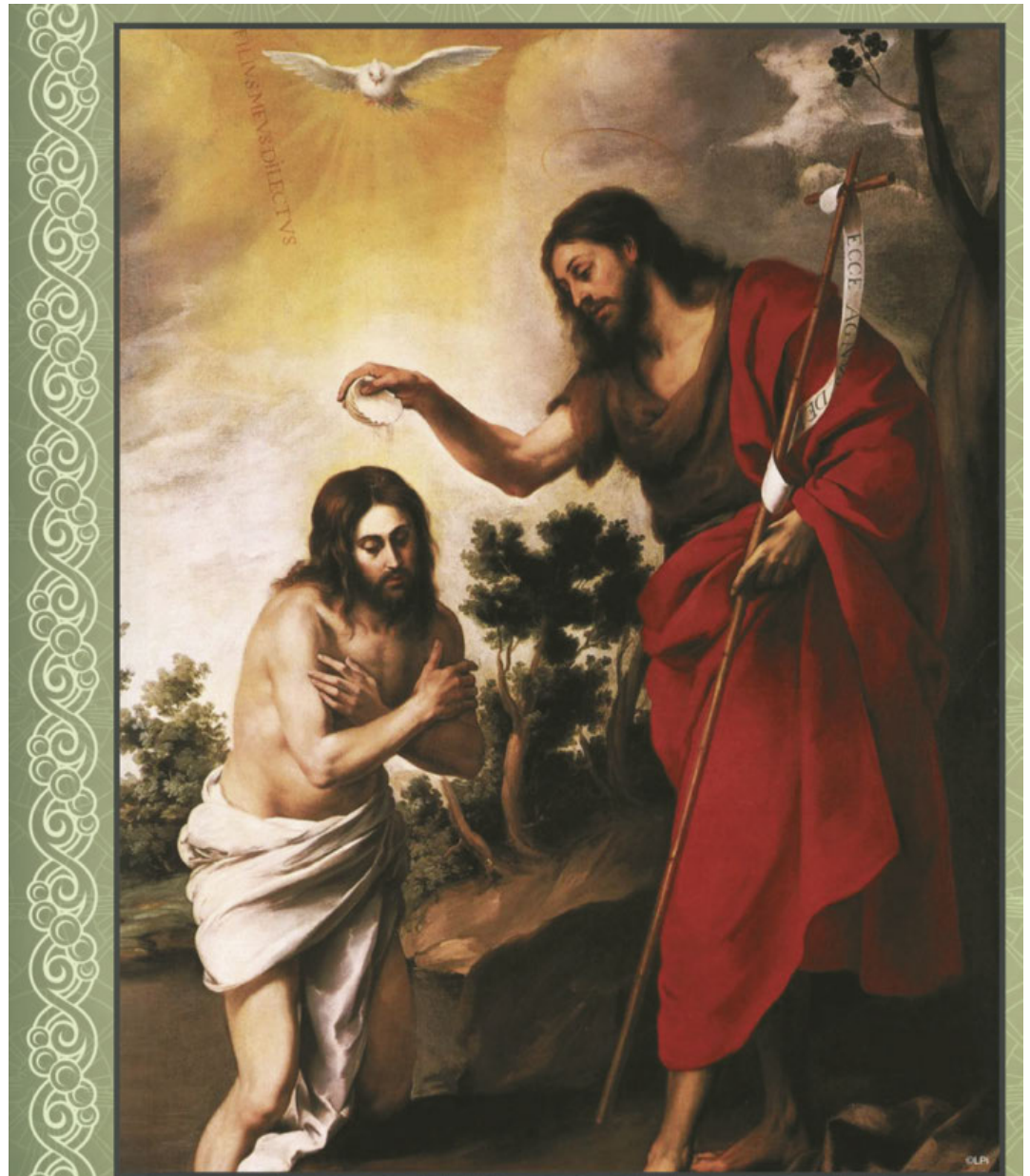
Jo Kusek (P.R.E., Adult Ed. &

School Faith Formation)

4720 N. 90 St., 68134

Phone: (402) 572-0369

Email: jkusek@sjsomaha.org



THE BAPTISM *of the Lord*

"I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire." - Lk 3:16bc

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

MASS SCHEDULE

Monday-Friday	5:30 p.m.
Saturday Evening	5:00 p.m.
Sunday Morning	8:00 a.m. and 11:00 a.m.,

HOLY DAY SCHEDULE

(except for Christmas, Easter & New Years)

Vigil (Evening Before)	5:30 p.m.
Holy Day	12:10 p.m., 5:30 p.m.

Exposition of Blessed Sacrament

Thursday 6:00 p.m.-9:00 p.m.

THE SACRAMENTS

Sacrament of the Sick

Whenever serious surgery is scheduled, serious illness arises, or there has been a serious accident please call the parish office if you need a priest.

Sacrament of Baptism

- Call the parish office to schedule

• Pre-Baptism Classes required, Call the parish office to register.

• RCIA Program (Rite of Christian Initiation of Adults), Thursdays 7-9, contact Tom Schrad, (402) 598-8878.

Sacrament of Reconciliation

One half hour prior to all masses except Saturday from 4:00-4:45 pm

Sacrament of Holy Matrimony

• Minimum 6 months notice of marriage date is required.

• Scheduling is done by the couple with the parish priests.

Sacrament of Holy Orders

• Those discerning a call to the Priesthood should contact one of the parish priests or Rev. Andrew Roza, Vocation Director of the Archdiocese of Omaha, at (402) 558-3100

• For Permanent Diaconate, you may contact any of the priests or deacons or contact Deacon Tim McNeil, at (402) 558-3100.

Interested in joining St. Elizabeth Ann Seton parish?
 Fill out the following information, return it in the collection basket or to the parish office and within the next few weeks someone will call to make an appointment to meet you, share information with you about our parish, and complete your registration.

_____ (name) _____ (date)

_____ (address)

_____ (city), (state) _____ (zip)

_____ (email) _____ (phone)

PARISH STAFF:

St. James/Seton School:

Tiffany Howard, Assistant Principal
4720 N. 90 St. • Omaha, NE 68134 Phone (402) 572-0339
Website: www.sjsomaha.org
Email: thoward@sjsomaha.org

Religious Formation Director: Jo Kusek
(P.R.E., Adult Ed. & School Faith Formation)
4720 N. 90 St. • Omaha, NE 68134 Phone: (402) 572-0369
Email: jkusek@sjsomaha.org

Parish Deacons:

Deacon Dennis Connor, (402) 493-3702
Deacon Marty Crowley, (402) 498-3562
Deacon John Dagerman, (402) 493-4563
Deacon Duane Karmazin, (402) 571-1689
Deacon David Klein, (402) 492-8932
Deacon Rick Niedergeses, (402) 496-1385

Parish Bookkeeper: Bev Mausbach
(402) 493-2186 ext. 15; bamausbach@gmail.com

Facilities Manager: Michael Willis
(402) 493-2186 ext. 22; mjwillis@archomaha.org

Office Administrator: Dawn Willis
(402) 493-2186 ext. 14; dewillis@archomaha.org

Catechesis of the Good Shepherd (CGS)
Christi Olsen (402) 493-4963(home)
christi@olsenandriha.com (402) 740-7790(cell)

Communion to the Sick: Thomas Fryda (402) 496-7862

Daughters of Seton: Lenal Bottoms (402) 964-9125
Danna Plummer (402) 496-2012

H.O.P.E. Office: (402) 572-7897

Knights of Columbus: Rudy Mettler (402) 706-3683

Music Director: Gene Klosner (402) 707-0760

Parish Council President: Cameron Gales. (402) 212-6117

Perpetual Adoration:
Jean Dahl (402) 731-3144

Prayer Line: For anyone in need of prayers, please call:
Shelly Gray (402) 493-3006
or Fran Thomas (402) 493-7243
or email to: seaprayers@yahoo.com

Vocations Committee/Icons:
Sue Niggemeyer (402) 496-0225

Financial Stewardship Report	
Sunday Giving for the week ending Dec.26/Jan. 2	
Envelopes:	\$11,500/\$8,098
Online Giving:	\$8,227/\$50,002
Christmas Collection	\$20,319
Mary Mother of God	\$975
Children's Envelopes:	\$3.00/\$1.00
St. Vincent de Paul:	\$1,100

PARISH/COMMUNITY NEWS

RCIA Update

It was suggested that the SEAS parish might like to follow along with the RCIA learning process and perhaps refresh your own knowledge of the Catholic Church along with us. Here are this week's CCC readings you could incorporate into your Faith Formation practices. Please continue to pray for our candidates.



Want to join the adult choir? Choir is slowly returning (with a few safety precautions), but we'd love it if you're interested in joining us! It's a very welcoming group! Just talk to Gene after mass, or email him at chergene@cox.net, or call/text him at 402/707-0760. Rehearsals are normally on Wednesday nights, 2-3 times a month. Adult choir is for high schoolers on up.

RCIA Class schedule for 1/13/2022: The Early Church, Church History

- CCC 811-870 – The Church is One, Holy, Catholic, and Apostolic
- CCC 731-747 – The Spirit and the Church in the Last Days

If you would like to join us and listen to the presentations, we meet on Thursday evenings, 7:00-9:00 pm in Classroom 2.

PRAYER SHAWL MINISTRY - A great way to volunteer and help others....SEAS Prayer Shawl Ministry has openings for a few good folks! Prayer Shawls are lovingly created in prayer to comfort those in crisis. Compassion, caring and sharing are the only requirements. Instruction and donated yarns are available if needed.

Join us Sunday, January 9, 1:00-4:00pm, in the Parish Center, for joyous fellowship and prayer as we work to help others! If you or someone you know needs a prayer shawl please select one from the tubs located in the back of the church, on the west side of the main entrance doors. The recipient doesn't need to be an SEA parishioner and no charge or donation is expected. We ask only that you please fill out the attached card to drop in the bucket and **DO NOT OPEN ANY BAGS** until you get home with the prayer shawl you have selected. You may also contact Joan Connor 402-493-3702 or Mary Ann Miller 402-468-4014 for additional information.



The Knights of Columbus will be having a pancake breakfast after all morning masses on **Sunday January 9th.**
****To go available****




We meet throughout the year, so keep that in mind when your other activities taper off--we'd love to meet you!


'We're back and better than ever!'

SJ/SEA Melodrama and Olio will be returning to the stage in 2022. We have an exciting temporary venue, The Benson Theatre for this year!

Show Dates:
February 18, 19, 20, 25 and 26 at 7:30pm
New matinee Saturday, February 26 at 2:00pm



Location:
Benson Theatre
6058 Maple Street, Omaha



Full Cash Bar Available!

Pricing
\$20 each
**\$4 fee assessed by Benson Theatre per ticket*

Please visit bensontheatre.org to purchase tickets, available starting January 10, 2022.
**Benson Theatre requires masks for all patrons*

'We would like to thank Jill Chalfield, our very own "Ticketmaster", for her years of thankless service.'

SCHEDULE OF ACTIVITIES**Tuesday Jan. 11,**

- 7:00 p.m. AFF: Bishop Robert Barron's "Venerable Fulton J. Sheen", Parish Center

Wednesday Jan. 12,

- 7:00 p.m. Athletic Association Mtg., Parish Center
- 7:30 p.m. Knights of Columbus Mtg., Parish Center

Thursday Jan. 13,

- 7:00 p.m. RCIA, Parish Center

Friday Jan. 14,

- 7:00 p.m. CEC Avanti, Parish Center

Saturday Jan. 15,

- 11:15 a.m. First Reconciliation, Church

MASS INTENTIONS**MONDAY Jan. 10,**

5:30 p.m. †Cassie Sheik

TUESDAY Jan. 11,

5:30 p.m. *Special Intentions, Niedergeses Family*

WEDNESDAY Jan. 12,

5:30 p.m. †Paul & †Mary Wenzl

THURSDAY Jan. 13,

5:30 p.m. *Special Intentions, Le Family*

FRIDAY Jan. 14,

5:30 p.m. *Special Intentions, Caitlin Piller*

SATURDAY Jan. 15,

5:00 p.m. *Special Intentions, David & Jean Wooten*

SUNDAY Jan. 16,

8:00a.m. †Mary Ann Cronican

11:00a.m. *For the People*

BULLETIN DEADLINE:

The weekly bulletin deadline is Noon Monday for the following Sunday.

Call Dawn at 493-2186, fax to 493-0630 or email: dewillis@archomaha.org.

Is your daughter or family member facing worldly pressures? Our Rosary Group offers prayer support for our family members to stay close, or come back, to God. We meet the third Saturday of every month at St. Elizabeth Ann Seton after the 8:30 AM Mass in the main Church. **Our next prayer date is Saturday, January 15, 2022.**

If you have any questions, call Cathy Keisling (402-939-9999) or Sue Niggemeyer (402-496-0225).

LITURGICAL ROLES,**January 15/16, 2022****5:00 p.m.**

Lector: Bierma
 Deacon: Karmazin
 EMHC's: Retallick List
 Musicians: Haley
 Servers: List(2)
 Ushers: Hebda Magner Reynek Schaben

8:00 a.m.

Lector: Konda
 Deacon: Klein
 EMHC's: Briganti Dahl
 Musicians:
 Servers: Dworak(2)
 Ushers: Morran Mlnarik Reeson Zack

11:00 a.m.

Lector: Bazata
 Deacon: Connor
 EMHC's: Bottoms Grosserode
 Musicians: Klosner Contemporary Choir
 Servers: Kreikemeier Benes
 Ushers: Bartels Brown Henn Schnitzler
 Sudtlegte

Money Counters

Team 2: **Christensen**

Fr. Frank Baumert is going to be leading a group tour of the best Catholic shrines in France. The group would be gone from Oct. 1st through Oct. 12th, 2022. This cross-country Pilgrimage would take you across the country of France. From small villages in the South of France to Paris, one of the greatest cities in the world, France is sure to take your breath away. On this Pilgrimage you will see magnificent Shrines and Churches and learn of the lives of; St. Bernadette, St. Thomas Aquinas, St. Veronica and Zaccheus, St. Margaret Mary Alacoque, St. Therese of Lisieux, and St. Catherine Labourne. There is also a stop at the beaches in Normandy. Check out <https://www.pilgrimages.com/frbaumert/> for all the details of this trip. This trip is set up by 206Tours. Their website is www.206Tours.com. You can contact Fr. Frank at fjbaumert@archomaha.org.

Take the Holy Spirit up on the gifts that are being offered to you. Your gifts to the Archbishop's Annual Appeal strengthen our parishes, schools and ministries. Thank you for your faithful support!

To date, **205 Donors have committed \$87,137 towards our goal of \$95,540.**

Please help us reach our participation goal of 27.8%.

P.R.E./SCHOOL NEWS



This Wednesday, January 12, Grades K-1 and 3-8 will begin Circle of Grace classes, the required Safe Environment classes for our students. (Our second graders will have Circle of Grace classes after First Communion.)

Let us pray that our students are always involved in right relationships and that they will be treated as God's precious children. As mentioned in emails to our families, parents are welcome to review the curriculum. Please contact Jo Kusek at 402-572-0369 or jkusek@sjsomaha.org



ST. JAMES/SETON SCHOOL NEWS

-Monday, January 10 is a spirit dress down day.

-No school on the 17th of this month for a teacher in-service day.

Welcome to our school therapy dog, Early. We are excited to have our furry friend in 5/6 Science classes. We are blessed to have two therapy dogs at SJS. They are loved by the students and staff alike.

Registration for the Spring 2022 soccer season is open through 1/31. Please visit www.SJEAYSC.org to submit registration or obtain more information about the club.



Please send email to president@sjeaysc.org with any questions.

If anyone is interested in joining the St. Elizabeth Ann email list see the link below:

<http://eepurl.com/bJXtBn>



Regina Caeli Academy is hiring substitute tutors and part-time nursery staff for the 2021-2022 Spring Semester! No formal teaching experience is necessary, but a love for the Catholic faith is required!

Regina Caeli is a private, independent, *University-Style Hybrid*® operating in the Catholic tradition. Preschool - 12th grade students attend classical academic and extracurricular activities two-days a week in Omaha and homeschool the remaining days following the plans provided by RCA. To learn more, contact Mary Lou Gerken 402-378-3167.

Regina Caeli Academy - Touring Day!

Come join our exciting mission to form the next generation of Catholics! Regina Caeli Academy (www.rcahybrid.org) provides a classical, hybrid education in the Catholic tradition. Pre K3- 12th grade students attend Socratic, hands-on classes taught by trained tutors two days a week and homeschool on the remaining days. Lesson plans for home days are included and optimized for in-home education.

Join us for our Touring Day on **Monday, January 24th** at **1:00** at our center in Omaha - children welcome. To **RSVP** for Touring Day or schedule a private tour, contact Mary Lou Gerken, mgerken.oma@rcahybrid.org 401-378-3167



Please join us at St. Robert Bellarmine Church for the 2022 Five First Saturday Devotion Public Square Rosary Crusade on Saturday, January 1, February 5, March 5, April 2 and May 7 at 3:00pm near the southwest entrance. Our nation is in great need of public prayer, repentance and conversion. We ask God to save America through the Rosary of His Most Holy Mother. More info all - Robin 402-616-5620

PARISH/COMMUNITY NEWS

Stewardship Bulletin Reflections

The Epiphany of the Lord

"...They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense and myrrh." (MATTHEW 2:11)

What gifts do you give to the Lord? Pope St. Gregory said that these three gifts represent what we should give God every day. Gold – we should reflect Christ's wisdom in all our relationships. Frankincense – represents our daily prayer and adoration to God. Myrrh – is a symbol of our daily sacrifices that we unite with Jesus for the sake of others.

Have You "Insured" Your Parish?

Did you know that there are different ways you can use a life insurance policy to make a very special planned gift to our parish?

You can name **St. Elizabeth Ann Seton Parish** as the full or partial beneficiary of an existing life insurance policy which is no longer important to the financial stability of your family. This can make good use of a life insurance policy that has "outlived" its original purpose. For example, insurance policies originally purchased to cover a mortgage, provide for a spouse or dependent children may no longer be needed and could now be designated to help **St. Elizabeth Ann Seton Parish** and continue your support of it beyond your lifetime.

For more information on how to give the gift of a life insurance policy, talk to your financial planner, attorney or insurance representative. You can also contact Tony LaMar, *Legacy Planning Officer*, Archdiocese of Omaha at 402-557-5650 or ajlamar@archomaha.org.

The Omaha Archdiocesan Council of Catholic Women (OACCW) and its Deaneries are accepting scholarship applications from high school senior girls who are Catholic and plan to attend a public or private college or university.

Each deanery may award a scholarship, and the application and essay of the winner of each deanery scholarship will be sent to the OACCW Scholarship Chair to compete for a \$500 OACCW scholarship. Requirements and mailing addresses for each deanery contact are available from high school guidance counselors. Scholarship application forms are available on the OACCW Facebook page in "Photos" in the menu bar on the left side of the page.

All documentation should be submitted to the applicant's Deanery Council of Catholic Women contact and be Post-marked by **January 15, 2022**.

Late applications will not be considered.



"Jesus, I want to experience the rest you offer today. I give you the problems I can't solve, the pain I can't heal, the desires and urges I can't control. Teach me to relax in the quiet of your presence and hear your voice." Jesus, I love you.

The following hours are OPEN at St. Elizabeth Ann's Perpetual Adoration:

Sunday 12AM, 1AM, 2AM, 4AM, 5AM, 7AM, 9AM, 10AM, 12PM, 4PM, 7PM, 8PM, 9PM, & 10PM; **Monday** 12AM, 1AM, 2AM, 3AM, 4AM, 6AM, 7AM, 11AM, 12PM, 1PM & 3PM; **Tuesday** 12AM, 1AM, 3AM, 5AM, 6AM, 7AM, 11AM, 12PM, 1PM, 2PM, 3PM, 5PM, 7PM, & 11PM; **Wednesday** 12AM, 1AM, 2AM, 3AM, 4AM, 5AM, 7AM, 8AM, 9AM, 11AM, 7PM, 10PM & 11PM; **Thursday** 12AM, 1AM, 2AM, 3AM, 4AM, 6AM, 7AM, 8AM, 9AM, 2PM, 3PM, 5PM, 8PM & 9PM; **Friday** 12AM, 1AM, 2AM, 3AM, 4AM, 5AM, 6AM, 8AM, 9AM, 10AM, 11AM, 2PM, 5PM, 6PM, 7PM, 8PM, 9PM, 10PM & 11PM; **Saturday** 12AM, 1AM, 2AM, 3AM, 4AM, 5AM, 6AM, 8AM, 9AM, 10AM, 11AM, 1PM, 2PM, 3PM, 4PM, 7PM, 10PM & 11PM. So can you spend at least one hour a week to show God how much you love Him?

DIRECTOR OF STEWARDSHIP & COMMUNICATIONS– St. Vincent de Paul Parish is accepting applications for the Director of Stewardship & Communications. Works with the Pastor, Parish Staff and Stewardship & Communications Committee. Organizes stewardship efforts, promotes Sacrificial Giving, supports the Archbishop's and St. Vincent Fund Annual Appeal, provides communications to parishioners.

Application and job description at www.svdpomaha.org. Click on "About Us" then click "Employment". Send resume and completed application by **Thursday, Jan. 18th** to: parishoffice@svdpomaha.org

SEA Website Link: <https://www.stelizabethann.org/>
Access the Weekly Bulletin and More

SEA Facebook Page: @stelizabethann
Please LIKE and find SEA/Other Info.

- Electronics Communication Committee
Rebecca "Becky" Weitzel - Liaison, 402-321-7003

Interested in a Saturday morning Mass? Neighbors St. Vincent de Paul Parish offers an 8:15 Mass and St. James Parish offers an 8:30 Mass each Saturday morning.

Busy Sunday and you're looking for a later Mass? Our neighbors St. Leo Parish has a 12:00 Noon, St. Vincent de Paul Parish has a 5:00pm and St. Leo has a 5:30pm.

FAITH FORMATION

Question of the Week for January 10-16

Gospel: Luke 3:15-16, 21-22

Key Passage: “After all the people had been baptized and Jesus also had been baptized.....a voice came from heaven, ‘You are my beloved Son with you I am well pleased.’” (Luke 3:21-22)

Question for Adults: Name a time when you felt your actions were pleasing to God.

Question for Youth: "With you I am well pleased." What are you doing right now that is pleasing to God? How does it feel to live that way?

Question for Children: What are some things you can do to please God?

Preferential Option for the Poor

“Our baptism has changed us, given us a new and glorious hope, and empowered us to bring God’s redeeming love to all, particularly the poor, in whom we see the face of Christ. Our baptism has also given us a share in the Church’s mission of evangelization; as disciples, we are also missionaries.” (Pope Francis, On the Feast of the Baptism of the Lord, January 12, 2014)

First Reconciliation for Second Graders

Please pray for our second graders from St. James/Seton School, P.R.E. and home schools. The children will receive the Sacrament of Reconciliation for the first time on Saturday, January 15 – 9:30 a.m. at St. James and 11:30 a.m. at St. Elizabeth Ann Seton. Children and their families should attend their home parish for the sacrament. Please call Jo Kusek, Director of Faith Formation if your family needs to switch times. (jkusek@sjsomaha.org or 402-572-0369)

Attention - 7th graders - Confirmation Enrollment on January 16

All 7th graders who are St. Elizabeth Ann parishioners are invited to formally enroll as candidates for Confirmation on Sunday, January 16 at the 11:00 a.m. Mass.

Confirmation enrollment for 7th graders will also take place at St. James on January 9. Students should attend enrollment at the parish where their families are registered. (Enrollment for 7th graders includes St. James/Seton School, the P.R.E. program and home schools.) Please contact Jo Kusek if you have any questions, 402-572-0369.

Confirmation Student and Sponsor Retreat

The 8th graders and their sponsors will have a Confirmation Retreat on Sunday, January 30 from 1:30 to 4:00 at St. James. The retreat will also be offered on Sunday, February 6 for those unable to attend on the 30th. Parents are welcome to attend if sponsors are unavailable. This is a required retreat, and it is for 8th graders from St. James/Seton Catholic School, P.R.E. and St. James and St. Elizabeth Ann Home Schools. God bless the sponsors chosen by our students; may they be courageous witnesses of our Catholic faith. (Jo Kusek, 402-572-0369)

Adult Faith Formation Offerings – SEA Parish Center

Do you have a New Year’s Resolution to learn more about your faith this year? Join us on Tuesday evenings at St. Elizabeth Ann Seton! On January 18 and 25, we will learn about a future saint, Venerable Fulton J. Sheen using the Pivotal Player DVD by Bishop Robert Barron. Part 1 is a biography and Part 2 gives us a summary of his thought.

Beginning on Tuesdays in February, we will study the Gospel of Luke, the Gospel we hear at Mass this Church Year. Details about the Bible Study are still being worked out. Stay tuned! (Facilitated by Deacon Rick and Vicki Niedergeses and Director of Religious Education, Jo Kusek) Questions – jkusek@sjsomaha.org or 402-572-0369

Bishop Barron’s “The Mass”

Please join us for a six week DVD series and discussion on the practical elements of "The Mass." You will have a unique opportunity to walk through an explanation of the Liturgy with Bishop Robert Barron. You may be surprised at some of the beautiful insights you will discover. The Mass is a most privileged and intimate encounter with our Lord Jesus Christ. Bishop Barron will help you understand how to fully, consciously and actively participate in the source and summit of our Christian life. Monday Evenings January, 10, 17, 24, 31 February 7, 21 in St James Parish Center. 7:00-8:20 PM (DVD and discussion facilitated by Deacon Duane Karmazin)

Faith Reflections by Jo Kusek

Today we celebrate the Baptism of the Lord, and the end of the Christmas season. Because I like Christmas decorations, I keep a few things out all year like a white snow globe with a nativity scene inside. It’s also a music box that plays “Silent Night”. These words by Howard Thurman inspire us to go onward into this bright New Year full of promise.

“When the song of the angels is stilled, when the star in the sky is gone, when the kings and the princes are home, when the shepherds are back with their flocks, the work of Christmas begins: To find the lost, to heal the broken, to feed the hungry, to release the prisoner, to rebuild the nations, to bring peace among people, to make music in the heart.”

Merry Christmas!

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"HE SAVED MY LIFE"

Omaha resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy, "my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life." Then she met Omaha's very own Cory Nyenhuis, Doctor of Acupuncture.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working

or have uncomfortable side effects
Fortunately, four months ago Dawn read an article about Dr. Cory and the work he was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Nyenhuis, founder of 4 Paths Acupuncture & Integrative Health, is using the time tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving Dr. Nyenhuis' treatments. "I can wear socks and shoes!"

Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

"It's life altering. As far as I'm concerned Dr. Cory saved my life!"

Dr. Cory has been helping the senior community for over 10 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those

that have been deemed 'hopeless' or 'untreatable', he consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Omaha.

If you've cancelled one too many plans because of pain or you've passed on dancing the two step at the local shin dig because you're afraid of falling, it's time to call Dr. Cory and the staff at 4 Paths.

It's time you let your golden years BE GOLDEN!

4 Paths Acupuncture is now accepting new patients but only for a limited time. In an effort to protect our patients, both current and future, we have made the difficult decision to limit the number of patients seen in our clinic. Only 20 new neuropathy patients will be accepted before the end of the year so call (402) 515-2412 now to schedule a consultation



PERIPHERAL NEUROPATHY?
Call (402) 515-2412
to schedule a consultation!

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