

January 23, 2022

Third Sunday in Ordinary Time

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



3RD SUNDAY *in ordinary time*

*"The Spirit of the Lord is upon me, because he has anointed me
to bring glad tidings to the poor." - Lk 4:18a*

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 Jan. 16

Envelopes:	\$11,628
Online Giving:	\$4,547
Children's Envelopes:	\$6.00
St. Vincent de Paul:	\$511

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 1/27/2022: Social Justice / The Consistent Life Ethic

- CCC 1877-1948 – The Human Community
- CCC 2259-2330 – Respect for Human Life

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 Thursday, January 27, 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.

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



Next weekend, the Knights of Columbus will conduct the annual "One Rose One Life" campaign, to support



pro-life activities in Nebraska.

The One Rose, One Life Campaign is the main source of income for the Knights of Columbus Culture of Life Foundation. The major beneficiary of these funds is the Bishop's Pastoral Plan for Pro-Life Activities, as well as placing Ultrasounds in crisis pregnancy centers throughout Nebraska. A recently placed Ultrasound is a mobile unit that will travel to various areas in the state. Other worthwhile organizations that are provided with funding include: Right-to-Life and Birthright local chapters, crisis pregnancy help centers, the Pope Paul VI Institute as well as providing funds for March for Life pilgrims.

If you do not have a check ready for today's collection there are envelopes in the Library and Narthex to take home and place in the collection basket next week.

Please continue to pray for the end to abortion.

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

<http://eepurl.com/bJXtBn>



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

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

Please visit bensonthatre.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

Monday Jan. 24,

- 7:00 p.m. Soccer Board Mtg., Parish Center

Tuesday Jan. 25,

- 7:00 p.m. AFF: Bishop Robert Barron’s “Venerable Fulton J. Sheen ”, Parish Center

Wednesday Jan. 26,

- 7:00 p.m. Athletic Association Mtg., Parish Center

Thursday Jan. 27,

- 1:00 p.m. SEA/SJ Prayer Shawl Ministry, Parish Center
- 7:00 p.m. RCIA, Parish Center

MASS INTENTIONS

MONDAY Jan. 24,

5:30 p.m. †Angelo Rivera

TUESDAY Jan. 25,

5:30 p.m. †Vanessa Palmeras

WEDNESDAY Jan. 26,

5:30 p.m. †Marianna Rohleder

THURSDAY Jan. 27,

5:30 p.m. Special Intentions, Anthony Edwards

FRIDAY Jan. 28,

5:30 p.m. †Joseph Dung

SATURDAY Jan. 29,

5:00 p.m. †Deacon Jack Finney

SUNDAY Jan. 30,

8:00a.m. For the People

11:00a.m. †Debbie Schmitz Ingram

LITURGICAL ROLES,

January 29/30

5:00 p.m.

- Lector: Blaylock
- Deacon: Karmazin
- EMHC’s: Cameron Ciecior
- Musicians: Kreikemeier
- Servers: List(2)
- Ushers: Hebda Magner Reynek Schaben

8:00 a.m.

- Lector: Schrad
- Deacon: Klein
- EMHC’s: McNulty Prenosil
- Musicians:
- Servers: Lamoureux(2)
- Ushers: Morran Mlnarik Reeson Zack

11:00 a.m.

- Lector: Peitzmeier
- Deacon: Connor
- EMHC’s: Hammen Grosserode
- Musicians: Klosner Contemporary Choir
- Servers: NEEDED
- Ushers: Bartels Brown Henn Schnitzler
- Sudtlegte

Money Counters

Team 4: **Petty**

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, **209 Donors have committed \$88,477 towards our goal of \$95,540 or 92.61% of goal.**

Please help us reach our participation goal of 27.8% currently at 18.68%.

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.



P.R.E./SCHOOL NEWS



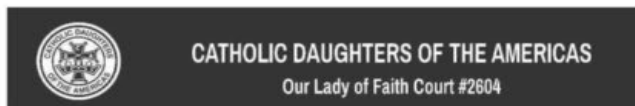
We have regular P.R.E. classes this Wednesday, January 26. This year, Grades K-1 and Grades 3-6 have new books from Loyola Press entitled, Finding God. I was looking at the prayers in the back of the books. Here is a lovely Evening Prayer found in both the Kindergarten and Grade 1 books:

God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. Amen.

(Jo Kusek, 402-572-0369)

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.



PLEASE JOIN US FOR A FUN, SAFE, FAMILY-FRIENDLY

VIRTUAL



TRIVIA NIGHT ?

2022

SATURDAY, JANUARY 29
FUN STARTS AT 7:00PM - VIA ZOOM

A MINIMUM OF \$25 PER ZOOM SIGN ON
To Register: Pamela Grosse | 402.498.3574
or rpgrosse@outlook.com

PROCEEDS WILL BE USED TO SUPPORT CHARITABLE ORGANIZATIONS AND OTHER SERVICE PROJECTS.



ST. JAMES/SETON SCHOOL NEWS

For 10 YEARS, Spirit Catholic Radio has been shining a spotlight on Catholic high schools and elementary schools, giving them the opportunity to shine for all the communities to see! The voting competition begins **January 31** and lasts through **February 11th**. Please vote for St. James/Seton School during the contest! We would love to reach superstar status. Visit Spirit Catholic Radio's website to vote!



Catholic Schools Week

At St. James/Seton Catholic School, we are looking forward to celebrating Catholic Schools Week from January 30 through February 5th. We are proud to be part of the amazing network of Catholic Schools. A Catholic education truly has a positive impact on the lives of so many in our community. We are blessed at SJS and thankful for the many that support our mission!



Please join us at St. Robert Bellarmine Church for the **2022 Five First Saturday Devotion Public Square Rosary Crusade on Saturday, 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 call - Robin 402-616-5620

PARISH/COMMUNITY NEWS

Stewardship Bulletin Reflections

3rd Sunday of Ordinary Time

"Go, eat rich foods and drink sweet drinks, and allot portions to those who had nothing prepared..." (NEHEMIAH 8:10)

Ezra's instructions to the people show us that God does not forbid us from enjoying the good things in life. He wants us to be happy! However, God expects us to be grateful for all that He has given us and to generously share our blessings with those who are in need. Now here's the hard part – to share all we have without expecting anything in return.

Gift Ideas

When considering a charitable gift to **St. Elizabeth Ann Seton Parish** remember some of these gift options:

- A gift of securities.
- A gift of a life insurance policy.
- An estate gift through your Will and/or Trust.
- A year-end gift of cash.

For more information on how to do so, please contact Tony LaMar, *Legacy Planning Officer*, Archdiocese of Omaha at 402-557-5650 or ajlamar@archomaha.org.

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 to: parishoffice@svdpomaha.org

ESSENTIAL PREGNANCY SERVICES' 26TH ANNUAL BENEFIT DINNER - GLOW 2022

Essential Pregnancy Services (EPS) invites you to its **26th Annual Benefit Dinner, GLOW**, on Sunday, February 27, 2022, **at the Mid-America Center** (1 Arena Way, Council Bluffs, IA). This in-person event features **keynote speaker and award-winning Christian music artist, Mark Schultz**. Mark will share his pro-life and adoption journey. Through storytelling and music, Mark shares his story in hopes of inspiring others to help women choose life for their babies and a bright future for themselves. **Cocktail hour begins at 5:00 p.m. and the GLOW program at 6:00 p.m.** Registration is only **\$50 per person** or host a table of 10 for \$500.

Register and donate online - bidpal.net/glow22. For questions or assistance registering, contact Colleen at EPS. Call 531-239-3138 or email to colleenk@essentialps.org. Learn more about EPS' commitment to providing life-affirming, holistic services to women experiencing unexpected and under-supported pregnancies at friendsofeps.org.



"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?

Women's Ignatian Retreat: Prepare for Lent with the Spiritual Exercises. Retreat conducted by Father Andy Alexander, SJ; March 4-6, 2022

Join us for a weekend silent retreat, based upon the Spiritual Exercises of St. Ignatius of Loyola. It will be a time to grow in Our Lord's love for us and to deepen your personal relationship with him, preparing your heart for the journey through Lent with Christ. Held at the Creighton University Retreat Center in Griswold, IA, 1 hour east of Omaha and 2 hours west of Des Moines. Begins Friday at 4:30 p.m. and ends Sunday at 2:15 p.m. Retreat cost: \$225. For more information and to register, visit creighton.edu/curc.

Grieving with Great Hope February 1st, 2022-March 8th, 2022

The Grieving with Great Hope Workshop offered by Catholic Cemeteries is a path through grieving after the death of a loved one. We connect people with other people on the same path, not necessarily the same journey. There are no stages to grief on this journey, everyone experiences loss in their own way. It is with prayerful reflection, practical learning and personal fellowship we learn to continue this journey in life after the loss of a spouse, child, parent, sibling, grandchild or friend. Please come join us at St. Cecelia Cathedral's Monsignor Graham building on Tuesday evening beginning February 1st through March 8th at 6:30 PM. Space is limited so please call or email Deacon Jim Tardy, 402/391-3711 or jtardy@catholiccem.com.

FAITH FORMATION

Question of the Week for January 23-29

Gospel: Luke 1:1-4, 4:14-21

Key Passage: [Jesus] unrolled the scroll and found the passage where it is written, *The Spirit of the Lord is upon me, because He has anointed me to bring glad tidings to the poor.*” (Luke 1:17b-18)

Question for Adults: Jesus came to bring glad tidings to the poor and set free the enslaved. How has this mission of Christ in the world affected you personally?

Question for Youth: Name a moment or situation in your life where Jesus was present. What are some situations or places where you wish that Jesus was more visible?

Question for Children: Jesus is present to each of us in a different way. Tell about a time that you knew Jesus was with you.

Preferential Option for the Poor

"We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing. Imitation is not a literal mimicking of Christ, rather it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God’s compassionate love for others. "

~ St. Clare of Assisi

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. We will let you know if any plans change due to the coronavirus. Praying for the good health of all involved! (Jo Kusek, 402-572-0369)

Adult Faith Formation Offerings – SEA Parish Center

Join us on Tuesday evenings at St. Elizabeth Ann Seton! This Tuesday, January 25, we will have the second part of Bishop Robert Barron’s DVD study on Pivotal Player, Archbishop Fulton J. Sheen. We learned his life story last week; this week we will study his ideas based on his advanced studies in philosophy and theology. We will meet from 7:00-8:15 p.m.

A study on the Gospel of Luke will begin Tuesday, February 8 and run for eleven Tuesdays in all. (7:00-8:15 p.m.) We will use DVD lectures from the Little Rock Scripture Study and “Luke: The Gospel of Mercy” by Tan Books. Your only homework is to read the chapters in Luke that will be covered in the lectures. The Gospel of Luke is the Gospel we hear at Mass this Church Year. (Facilitated by Deacon Rick and Vicki Niedergeses and Director of Religious Education, Jo Kusek) Please RSVP for the Bible study at jkusek@sjsomaha.org or 402-572-0369

Bishop Barron’s “The Mass”

A six week DVD series and discussion on the practical elements of "The Mass" is being offered on Monday evenings at St. James Parish. 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. Remaining Monday evenings - January 24, 31 February 7, 21 and 28 in St James Parish Center. 7:00-8:20 PM (DVD and discussion facilitated by Deacon Duane Karmazin)

Faith Reflections by Jo Kusek

Because of the Supreme Court decision on Rowe vs. Wade in 1973, every January 22 is now designated as the Day of Prayer for Legal Protection of Unborn Children. Below is a beautiful prayer by St. John Paul II from the end of his encyclical, *Evangelium Vitae*, “The Gospel of Life.” It is a very fitting prayer to use at this time of the year.

O Mary, bright dawn of the new world, Mother of the living, to you do we entrust the cause of life. Look down, O Mother, upon the vast numbers of babies not allowed to be born, of the poor whose lives are made difficult, of men and women who are victims of brutal violence, of the elderly and the sick killed by indifference or out of misguided mercy. Grant that all who believe in your Son may proclaim the Gospel of life with honesty and love to the people of our time. Obtain for them the grace to accept that Gospel as a gift ever new, the joy of celebrating it with gratitude throughout their lives and the courage to bear witness to it resolutely, in order to build, together with all people of good will, the civilization of truth and love, to the praise and glory of God, the Creator and lover of life. Amen

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.

RICHARD A. DREWS
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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
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