



ST. PRISCILLA

CATHOLIC CHURCH

DECEMBER 20, 2020



4TH SUNDAY OF ADVENT

“Behold, you will conceive
in your womb and bear
a son, and you shall
name him Jesus.”
- Lk 1:31

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

©LPI

OUR MISSION:

We, the people of St. Priscilla Parish, grounded in the Word of God and Sacred Tradition, find strength and joy in the transforming power of Christ's sacrificial love as manifested in the Eucharist. We commit ourselves to lifelong spiritual formation, compassionate service, evangelization and the generous sharing of God's gifts with our parish family and the community at large.

MASS SCHEDULE

Saturday - 4:30 PM
Sunday - 9:00 AM & 11:00 AM
& 1:00 PM Extraordinary Form
Monday, Tuesday, Friday - 8:00 AM
Thursday - 7:00 PM
Holy Days - 9:00 AM & 7:00 PM

SICK CALLS

Arrangements made by notifying the Parish Office.

EXPOSITION OF THE BLESSED SACRAMENT

Monday - immediately following
8:00 AM Holy Mass
Exposition of the Blessed Sacrament
Adoration - All day
Benediction & Repose - 7:00 PM

WEDDINGS

Please contact the Parish Office a minimum of six months prior to the wedding date.

RECONCILIATION

Saturday - 3:30 PM
During Advent - immediately following
Monday Benediction and Thursday 7 pm
Evening Mass.

BAPTISMS

Baptisms are celebrated the 4th Sunday of the month. Please call the office to register for a Baptism Preparation Class.

PRAYER INTENTIONS & SCHEDULES

MASS INTENTIONS

SUNDAY, DECEMBER 20, 9:00 AM

† Michael F. Mullett by MJ & Larry Lafer
 † Williams Burns by Millie Burns

SUNDAY, DECEMBER 20, 11:00 AM

† Barb Bouchard by Friends
 † Armando & Mary Iovannisci by Graziano Canini

SUNDAY, DECEMBER 20, 1:00 PM

† Pavlock & Gallagher Families

MONDAY, DECEMBER 21, 8:00 AM

† Basil Castrovinci by Silvana Carta

TUESDAY, DECEMBER 22, 9:00 AM

† Josephine Vandervennet Memorial Birthday by Family

THURSDAY, DECEMBER 24, 4:30PM

† William & Josephine Vandervennet by Family
 † Michelle & Darwin Zander by Family
 † Francesco & Giacomina Ledda by Silvana Carta

THURSDAY, DECEMBER 24, MIDNIGHT

† Jean Atherton by Sam & Sue Atherton
 † Armando & Mary Iovannisci by Graziano Canini
 † Giacomina Ledda by Antonina Ledda
 † Francesco Ledda Jr. By Antonina Ledda

FRIDAY, DECEMBER 25, 9AM

Allgeyer Family by Pat Donnelly
 † Tom Allgeyer by Pat Donnelly

FRIDAY, DECEMBER 25, 11AM

† Fred Powers by wife, Rose
 † Emilio Russo by wife, Concetta
 † Joseph Marnon by Barney & Maureen Marnon

Saturday, December 26, 4:30pm

† Peppino Seu by Silvana Carta
 † Carol Castrovinci By Silvana Carta
 † John Olszewski by Barbara Cunmulaj
 † Benito Liu by Jo & Jon Gateley

SUNDAY, DECEMBER 27, 9:00 AM

† Roger Burns by Millie Burns
 † Armando & Mary Iovannisci by Graziano Canini

SUNDAY, DECEMBER 27, 11:00 AM

† Joseph Marnon by Laurie & Dan Kent
 † Mary Cassar by Mary Jane & Glen Graham
 † Barb Bouchard by sister, Kay

SUNDAY, DECEMBER 27, 1:00 PM

† Jeffrey Campbell by Faith & Friendship

Mary's Helpers

JANUARY 2021

5th, Sylvia DeBrincat & Irene Zabowski
 12th, Rose Marie Schmidt & Amy Golonka

PRAYER INTENTIONS

PRAY FOR THE SICK

Week 1 Brian Humpries, Pete Arciero,
 Bob Lark, Paula Atherton-Bishop,
 Antonio Gabbana,

Week 2 Carole Camilleri

Week 3 Karen Kelley O'Brien

Week 4 Rose Schmidt, Richard Schmidt, Connie Lark

PRAY FOR OUR DECEASED

Barbara Matestic

PRAY FOR OUR SERVICEMEN & WOMEN

Natalie Yurgil, Coast Guard, Benjamin Schmidt, Air Force
 Brent Vann, Army

THIS PAGE HAS CHANGED

To have someone enrolled on the prayer list, please call the church office at 248-476-4700. Names of the sick will be listed for one month unless the office is notified that the condition continues and that prayers are still needed.

Families with Service Members

Call us to add your ACTIVE DUTY spouse, child or grandchild.



CHRISTMAS MASS TIMES – REVISED

December 24, 4:30PM and 6:30pm (added)

December 24, Midnight Mass Latin Traditional

December 25, 9:00AM and 11:00AM

| USHER SCHEDULE December 2020 | | SATURDAY TEAM B SUNDAY TEAM B |
|---------------------------------|--|----------------------------------|
| DATE | LECTOR | EUCCHARISTIC MINISTERS |
| Dec 26 4:30pm | Jo Gateley | Anita Pastucha Dawn Nakamura |
| Dec 27 9:00am | Gary Walters Bill Fedelem | Jim Kennedy Charlene Zupanick |
| Dec 27 11:00am | Bob Fowler Pat Kidd | Lou Barrett Patricia Bastien |
| Dec 27 1:00pm | Extraordinary Form (Latin Traditional) | |

"The infant Jesus is silent. He does not extol himself; he does not proclaim his own power and greatness, and behold, an angel announces his birth, a multitude of the heavenly host praise and glorify the new-born King. You that would follow Christ do in like manner imitate his example. Hide the gifts and graces you have received. Love to be unknown. Let the mouths of others praise you, but keep your own lips closed."

-St. Bernard of Clairvaux

Faith Formation Coordinator
Alyssa Choraszewski
dre@saintpriscilla.org

SILENT CONTEMPLATION WITH MARY

Before Advent ends, I wanted to share this article I wrote for Busted Halo, God bless!

It has become too much — the noise of the world. I see the hate spewed on media platforms, and feel the chaos that exists beyond the comforts of home. Between several months of stay at home orders, my kids arguing over the remote, and the chilly weather outside, even the walls of our home seem to be caving in on us. But we have made it. We are in the final stretch of the challenge that was the year of 2020...the Advent season is among us.

The Church tells us this season is about waiting for Christ to come. Soon, he will be here, and our hearts will be overjoyed because God and his Word have become flesh. But this wait is *daunting*. Where is the silence and stillness of the wait? Surely it is not found digging myself out of my email inbox, waiting in line for curbside pickup, nor ensuring my children's schedules are filled to the brim despite the social distance. It is among this chaos I can turn toward our Mother Mary to find the silence and stillness, after all, she had a profound silence in the Gospels.

At the Annunciation, the Angel Gabriel came with abundant force and frightened Mary, letting her know that she was to give birth to the king as a mere unwed teenager. Angel Gabriel gave her the Good News and left as quickly as he came. Forceful fury followed by deafening silence. Surely, Mary felt overwhelmed by the news and how her life and the life of generations to follow were

transformed in that moment. Perhaps this sudden shift from noise to silence is where we begin to feel uncomfortable. While we want the calmness and clarity the silence brings, silence can easily become overwhelming -- its presence can be irritating and consume our thoughts and actions. For Mary, however, this distressing silence was a time to turn to God and pray. Faithfully.

Mary, still in shock by the news, visited Elizabeth, while an infant grew in her womb. Upon the meeting of the women, the infants in their wombs leapt in silent celebration. Jesus, growing in the silence of the womb, was going to fulfill the Old Law and God's love and mercy would soon be revealed to the world. Yet, the world beyond the womb was chaos. Romans ruled the area and Nazareth was full of poverty and violence. Mary feared for her life as she would have been regarded as an adulteress. For Mary, her solace was prayer and her pregnancy. It was within prayer she could hear the Holy Spirit working within her—both physically and spiritually. Each day, as Jesus grew in her womb, Mary grew in virtue. With each passing day, it became easier for Mary to find silence and stillness among the tumultuous world beyond her simple home, because each day, she found several moments to pause .

When I have to share a space with silence, I often reflect on the moments Mary was silent in the Gospels. It is far easier to fill the space with meaningless noise of any sort -- movement, complaints, or even small-talk conversation. But Mary never did that. Each of Mary's words and actions were subtle yet deeply connected to God's will. Because the world can be chaotic at times, I struggle to master the complete silence and stillness of our Mother. Instead, following her other examples, I find the silence and stillness in small moments.

Mary's conversation with the Holy Spirit may have been when she was kneading bread, it may have been when washing dishes, or it may have been when she felt Jesus silently kicking in her womb. Mary's pregnancy teaches us all we need to know about finding the silence and stillness of the wait the Church calls us to this season. That is, it can often be more fruitful to turn to the Spirit dwelling within us, just as Mary did. We are truly blessed to share in the same Spirit as Mary, the Spirit who is waiting for us to immerse ourselves into the stillness and silence just as she did.

READING 1

[2 SM 7:1-5, 8B-12, 14A, 16](#)

When King David was settled in his palace, and the LORD had given him rest from his enemies on every side, he said to Nathan the prophet, "Here I am living in a house of cedar, while the ark of God dwells in a tent!" Nathan answered the king, "Go, do whatever you have in mind, for the LORD is with you."

But that night the LORD spoke to Nathan and said: "Go, tell my servant David, Thus says the LORD: Should you build me a house to dwell in?" "It was I who took you from the pasture and from the care of the flock to be commander of my people Israel. I have been with you wherever you went, and I have destroyed all your enemies before you. And I will make you famous like the great ones of the earth. I will fix a place for my people Israel; I will plant them so that they may dwell in their place without further disturbance. Neither shall the wicked continue to afflict them as they did of old, since the time I first appointed judges over my people Israel. I will give you rest from all your enemies. The LORD also reveals to you that he will establish a house for you. And when your time comes and you rest with your ancestors, I will raise up your heir after you, sprung from your loins, and I will make his kingdom firm. I will be a father to him, and he shall be a son to me. Your house and your kingdom shall endure forever before me; your throne shall stand firm forever."

PRESPONSORIAL PSALM

[PS 89:2-3, 4-5, 27, 29](#)

R. (2a) For ever I will sing the goodness of the Lord.

The promises of the LORD I will sing forever; through all generations my mouth shall proclaim your faithfulness. For you have said, "My kindness is established forever"; in heaven you have confirmed your faithfulness.

R. For ever I will sing the goodness of the Lord.

"I have made a covenant with my chosen one, I have sworn to David my servant: Forever will I confirm your posterity and establish your throne for all generations."

R. For ever I will sing the goodness of the Lord.

"He shall say of me, 'You are my father, my God, the Rock, my savior.' Forever I will maintain my kindness toward him, and my covenant with him stands firm."

R. For ever I will sing the goodness of the Lord.

READING 2

[ROM 16:25-27](#)

Brothers and sisters: To him who can strengthen you, according to my gospel and the proclamation of Jesus Christ, according to the revelation of the mystery kept secret for long ages but now manifested through the prophetic writings and, according to the command of the eternal God, made known to all nations to bring about the obedience of faith, to the only wise God, through Jesus Christ be glory forever and ever. Amen.

ALLELUIA

[LK 1:38](#)

R. Alleluia, alleluia.

Behold, I am the handmaid of the Lord.

May it be done to me according to your word.

R. Alleluia, alleluia.

GOSPEL

[LK 1:26-38](#)

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary.

And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. "Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end."

But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God."

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

THE WORD OF GOD AS THE BREATH OF LIFE

By: Mary Rice & Ned Rice

Can you keep a secret? Neither could Paul! As Paul winds up his letter to the Romans, he proclaims the revelation of the mystery kept secret for long ages. There are several definitions, I'm sure, but I think of a secret as knowledge or truth withheld. When you read a mystery story, you read most of the book before you get to the secret which made the book a mystery. Exactly what was Paul's reference to a mystery?

The secret that Paul speaks about was revealed by the coming of Christ: God and man would be united in Christ. This secret was never revealed until God's angel appeared to a young girl in Nazareth: ...blessed is the fruit of your womb. (Other secrets gradually came to light as Jesus began his ministry, but they all relate to this revelation.) Paul brings up this subject in his beautiful letter to the Ephesians when he says: For he has made known to us in all wisdom and insight the mystery of his will which he set forward in Christ...to unite all things in him, things in heaven and things on earth (Eph. 1:9,10) In Colossians he says: ...the mystery hidden for ages and generations but now made known manifest to is Christ in you, the hope of glory (Col. 1:25-27). his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which

During the Offertory of the Mass the priest says a prayer privately as he adds the water to the wine: By the mingling of this water and wine, may we come to share in your divinity as you have humbled yourself by sharing in our humanity. There's that secret: God and man are united. Question: Do you and I understand the mysteries (secrets) that have become known by the command of the eternal God to bring about the obedience of faith? We don't understand how that can happen, how the risen Christ is present in our midst. It's beyond human comprehension.

When we place the baby Jesus in our manger scene at home or in church, we're not thinking of explaining his divinity. A human warmth rises in our hearts as we witness the wonder of a new-born babe. It's Christmas and **God is with us.** *And now you know the secret!*

...the Tree of Life blossomed forth from a Virgin...



Let Every Heart Prepare Him Room

READINGS OF THE WEEK

MONDAY 12/21 Sg 2:8-14 • Ps 33:2-3, 11-12, 20-21 [1a; 3a] • Lk 1:39-45

TUESDAY 12/22 1 Sm 1:24-28 • 1 Sm 2:1, 4-5, 6-7, 8abcd] • Lk 1:46-56

WEDNESDAY 12/23 Mal 3:1-4, 23-24 • Ps 25:4-5ab, 8-9, 10 and 14 [cf. Lk 21:28] • Lk 1:57-66

THURSDAY 12/24 Morning: 2 Sm 7:1-5, 8b-12, 14a, 16 • Ps 89:2-3, 4-5, 27 & 29 [2] • Lk 1:67-79

Vigil 12/24 Is 62:1-5 • Ps 89:4-5, 16-17, 27, 29 [2a]/Acts 13:16-17, 22-25/Mt 1:1-25

FRIDAY 12/25 Day: Is 52:7-10 • Ps 98:1, 2-3, 3-4, 5-6 [3c] • Heb 1:1-6 • Jn 1:1-18

SATURDAY 12/26 Acts 6:8-10; 7:54-59 • Ps 31:3cd-4, 6 and 8ab, 16bc & 17 [6] • Mt 10:17-22

SUNDAY 12/27 Sir 3:2-6, 12-14 • Ps 128:1-2, 3, 4-5 [cf. 1] • Col 3:12-21 • Lk 2:22-40

ART & ENVIRONMENT

Christmas Decorating

Sunday, December 20th
join us at
2:30 in the afternoon
to finish the altar and set plants. Any help you can give would surely be appreciated--- even an hour would be of help.
~Thank you...& God Bless



Update as of 12/09/2020

Target \$43,505

Pledged 37,170

Amount still needed 6,335

Thank you to our 163 generous donors, 85% of our goal has been pledged. You still have time to donate. See our website for a donation link or drop off your check to the parish office.



GOSPEL REFLECTIONS

4th Sunday of Advent

In Blaise Pascal's work, *Pensees*, he says: "What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself."

We have a difficult time accepting that fulfillment and happiness are not achieved by our own merits but through a relationship with God. We are hardwired for this relationship and it is in our DNA. The simple fact is that we come from God and are designed to return to God. If our beginning and our end define who we are, why would we not want to seek the One who can truly satisfy? The world does not realize that it is waiting. It is waiting for the birth of God in time, within one's soul and in eternity. We get so confused by seeking other momentary satisfactions that we misinterpret the hunger within. We crave God. The union of God and humanity, revealed in Jesus Christ, is precisely what sets us on a straight path, orders our relationships, establishes proper focus and goals and tells us whose kingdom we really are meant to serve. We are so lost. God is with us. The prophet Nathan told this to King David, the angel said this to Mary and the birth of Christ brings this Good News to us. We do not need to be busily looking for more things but must learn to find contentment and blessing in the One Presence. This is the beautiful simple message of Advent!

If you are feeling unsettled, anxious, angry, disgruntled, disconnected, unhappy, worried, fearful, off center, becoming overly self-indulgent, unable to spend time alone and without distraction, then there's a good chance you are lost. Now is the time to allow God to find you! Ponder the holy simplicity of Mary's call to be the Mother of God. "Behold, I am the handmaid of the Lord. May it be done to me according to your word." When we are helpless and at home with our emptiness, God will fill us. Our Savior has come.

RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

The Journey

Advent comes along every year and will continue to do so until Jesus returns. As this season draws to a close, we can each ask ourselves, "Am I now any better a disciple of Jesus Christ and more of a steward of all my gifts than before the Advent season started? I have been on this earth for 40+ years. I have had 40+ Advents to draw closer to God and to work on taking more seriously my baptismal call. Some have gone better than others, but I would like to think my spiritual life progressed at least a small amount during each of them.

Conversion is a process. Stewardship is about a way of living and it is about more than simply being generous when a situation calls for it. Stewardship and conversion go hand-in-hand and we are always moving closer to holiness in Jesus Christ. Living in this way takes practice and commitment. If this Advent didn't go as you had hoped, remember is not really an end. It is just another step along your journey.

This Christmas, while you are giving and receiving gifts and hopefully spending time with those you love, may you take the time to cherish the true gift that came to us over 2000 years ago and continues to call us to this day: Jesus. Let us be grateful beyond measure for this gift above all gifts, let us continue on our journey, and let our lives give testimony to the one who leads us. — Tracy Earl Welliver, MTS LPi

THIS WEEK

MONDAY 12/21

8:00 am Mass
8:30 am Adoration all day with
Benediction & repose at 7:00 pm
**Reconciliation* immediately follows
1:00 pm Sew Simple
7:00 pm Choir Practice in the Church

TUESDAY 12/22

8:00 am Mass
8:30 am Novena

WEDNESDAY 12/23

THURSDAY 12/24 CHRISTMAS EVE

4.30 pm and 6:30pm Mass
Midnight Mass

FRIDAY 12/25 CHRISTMAS DAY

9:00 am Mass
11am Mass

SATURDAY 12/26

3:30 pm Reconciliation
4:30 pm Mass

SUNDAY 12/27

9:00 am Mass & 11:00 am Mass
1:00 pm Mass (Latin Traditional)

St. VINCENT de PAUL

PANTRY ITEMS NEEDED

Noodle, Rice & Potato side dishes.
Pancake Mix & Syrup.
Laundry detergent & Shampoo.

Observances for the week of

December 20, 2020

Sunday: 4th Sunday of Advent

Monday: St. Peter Canisius, Priest and Doctor of the Church

Wednesday: St. John of Kanty, Priest

Thursday: Christmas Eve

Friday: Christmas Day - The Nativity of the Lord (Holy Day of Obligation)

Saturday: St. Stephen, the First Martyr

Next Sunday: The Holy Family of Jesus, Mary and Joseph



MANN'S FAMILY FUNERAL HOME

CHARLES MANNS
PRE-PLANNING

DICKSON MANNS
MANAGER

HILARY MANNS-GENTRY
DIRECTOR

17000 MIDDLEBELT AT SIX MILE + LIVONIA, MI 48154
INFO@MANNSFUNERALHOME.COM (734) 425-1800 WWW.MANNSFUNERALHOME.COM

4LPi WE'RE HIRING AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT careers@4LPi.com
www.4LPi.com/careers

COMPLETE CONCRETE
 LICENSED & INSURED
 Driveway & Walkways • Porches & Patios
 Garages & Foundations • Concrete & Asphalt Removal
 Loading & Hauling
More For Your Money
248-476-9107
 ~ Over 30 Years Experience ~

KILLERDECKS.COM
 Decks • Front Porches • Screened Rooms
 Room Additions
 Basement Remodeling
734-728-2276
thedeckbarn.com

AE Auto Care
 Complete Auto & Truck Repair
 Art Elliason-Owner
 17175 MIDDLEBELT • LIVONIA, MI 48152
(734) 522-7222

DON'S PLUMBING
734-525-3874
 Expert Plumbing Sewer & Drain Cleaning
 LICENSED MASTER PLUMBER
Donald J. Wood

catholicmatch
 Michigan
CatholicMatch.com/MI

LICENSED & INSURED
 MASTER PLUMBER
WATERWORK PLUMBING
WaterWorkPlumbing.com
 Senior Discounts **248-213-9248**
 24 Hr. Emergency Service
\$20 OFF ANY SERVICE

Will Kevin Bullock, MGR
 Funeral Homes
 37000 Six Mile Rd. • Livonia, MI 48152
734.591.3700
harryjwillfuneralhome.com
 Redford & Wayne Chapels | Ask about our Silver & Gold Trips

WEINGARTZ
 EVERYTHING FROM LAWN TO SNOW
WEINGARTZ.COM

AVAILABLE FOR A LIMITED TIME
ADVERTISE YOUR BUSINESS HERE
 Contact **Judee Nelson** to place an ad today!
jnelson@4LPi.com or **(800) 477-4574 x6319**

THIS SPACE IS AVAILABLE

New Horizons Medical Center
 19335 Merriman Road, Livonia, MI 48152
(248) 474-4900
 Early Morning and Same Day Appointments
 Virtual Visits
Ascension Medical Group

Too Sick for Mass?
 SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!
 Sign-up to get your bulletin delivered right to your inbox!
www.parishesonline.com

Charles R. Step
 Funeral Home & Cremation Services
 18425 Beech Daly Road
 Between 6 & 7 Mile Roads
313-531-1888

PARKVIEW MEMORIAL CEMETERY
 Serving the Community Since 1926
 34205 5 Mile Rd.,
 Just West of Farmington Rd.
734-421-6120

LARGE PIZZA WITH PREMIUM MOZZARELLA & 1 TOPPING
\$9.99
 LIVONIA
 7 Mile & Farmington
 (248) 473-3999
JETS PIZZA

JOHN WOOD PLUMBING
734-425-0370
 Fast Professional Service
 Expert Sewer & Drain Cleaning
 Lic. Master Plumber • Reasonable Rates
www.johnwoodplumbingllc.com

MIKE'S PLUMBING
 Complete Plumbing
 Sewer & Drain Cleaning
 MASTER PLUMBER • Michael J. Wood
734-421-4633

Avis Ford ♥
 "The Dealership with the ♥"
GENE TATRO
 Parts Manager • Parishioner
 29200 Telegraph Road at 12 Mile
 Southfield, MI 48034
Phone: (248) 355-7500

Neely-Turowski FUNERAL HOME
 30200 Five Mile Rd • Livonia, MI
 Director Todd N. Turowski
734.525.9020 TurowskiFuneralHome.com
 100 YEARS Family Owned and Operated Since 1919

ST. PRISCILLA TEAM

PASTOR

Rev. Fr. Joseph Tuskiewicz
frjoe@saintpriscilla.org

FAITH FORMATION COORDINATOR

Alyssa Choraszewski
dre@saintpriscilla.org
Faith Formation Office 248-476-4702

DIRECTOR OF MUSIC

Felicity Long
saintpriscillamusic@gmail.com

BOOKKEEPER

Paul Pyrkosz
bookkeeper@saintpriscilla.org

PARISH SECRETARY

Rose Powers 248-476-4700 X100
rose@saintpriscilla.org

MAINTENANCE SUPERVISOR

John Gallagher 248-476-4700 X106
maintenance@saintpriscilla.org

PARISH COUNCIL MEMBERS

Chris Walters (Chair) 313-622-4768
Linda Cook (Secretary) 248-479-6185

Members At-Large

Barb Hargan 248-933-0014
Joe Zenewicz 248-777-2374
Bill Fedelem 248-471-1909
Ralph Fernley 734-425-3179
Laurie Dalziel 248-345-0606

FINANCE COUNCIL

John Sullivan

STEWARDSHIP COMMISSION

Larry Miller 248-470-7703

WORSHIP COMMISSION

Gene Tatro 248-408-0512

•EME

Sue Atherton 734-634-0602

•Altar Servers

Ann Nakic 248-390-4143

•Lectors

Lou Barrett 734-363-0043

•Usher Coordinator

Bud Flemming 248-861-9921

•Art & Environment

Judy Fowler 734-525-3771

CHRISTIAN SERVICE COMMISSION

Pam Shepley 734-262-0109

SOCIAL COMMISSION

Lee Curtis 248-477-3424

KNIGHTS OF COLUMBUS

Joe McCallion (GK) 313-378-0249

PARISH NURSE MINISTRY

BY DEBORAH HACHEY, RN

Should You Get an Annual Physical?

Even if you feel well, there's still a reason to visit your primary care doctor at least once a year. It creates a health baseline and strengthens the patient-physician relationship, which is important to maximize your wellness. The best way for you to receive comprehensive, personal care is for your doctor to know you at all levels of health.

Most insurance plans consider an annual physical a covered service. The annual exam is at its highest value when doctors can devote time to thoroughly discuss your medical history, chronic issues, and recommendations for lifestyle changes. If you have a new health concern, your doctor may suggest scheduling a follow-up visit in order to focus on diagnosing and treating that condition.

Annual Physical is often approached as an annual wellness visit. Your appointment should be personalized based on your medical history and guidelines for your age and sex. Some of the regular tests you may receive may be routine labs and urine tests, EKG screenings, and test specific for women and men. What to expect may be as follows:

Check vital signs. recording your temperature, blood pressure, heart rate, and respiration rate create a baseline for your overall wellness.

Perform a physical exam. Visual inspection of your eyes, ears, and throat will help your doctor spot any potential issues. Lightly touching areas like your abdomen and back will accomplish this as well.

Update your vaccines. Depending on your age, you may need a new vaccine or booster.

Ensure you get screenings you need. Are you due for a blood test, colonoscopy or bone density screening? A yearly physical brings you up-to-date.

Provide guidance on reducing your risk for disease. Your doctor can provide information and motivation to stop smoking, lose unhealthy pounds, or manage risk factors like blood pressure.

Manage your medications. Your doctor will make sure your prescriptions, over-the-counter drugs, and supplements don't interact with each other. They can also help you manage potential side effects. Make sure to bring a list of all meds you take.

When meeting with your doctor it is critical to be honest about your current health levels. Including smoking and/or drinking. It helps for accurate counseling and recommendations. Being prepared with any questions written down prior to your appointment is also very helpful.

-A yearly physical brings your care up-to-date.

-Provides guidance on reducing risks for disease.

-Preventive care is important.

-Schedule your annual physical !!

