



Pine Times



OUR LADY OF THE PINES
ST. KATHARINE DREXEL PARISH

NOVEMBER / DECEMBER 2018
VOLUME 23, ISSUE 5

AN ADVENT ATTITUDE

Joan Nikolai

The holy season of Advent begins in a few weeks. What is our 'Advent Attitude'? How do we approach the four weeks ahead? Is it with Scrooge's 'Bah Humbug' as we move through the chaos, and retreat to church on Sunday for a church-only Advent experience; or do we take on the 'God bless us everyone' attitude of Tiny Tim and live within the chaos with a heightened awareness of our call to be the presence of Christ and to recognize the presence of Christ in others? We believe we are called to be Christ present in the quiet and the chaos of the everyday reality of our lives. Advent is authentic when it is celebrated in the hustle and bustle that clatters around us.

It is through our attitude and actions that we manifest the presence of Christ and recognize Christ in others. It might be in our patience — watching the newly trained cashier fumble through a huge order as we wait with only a few items. It could be in the joy we share with a friend who is expecting all the family to be home, while ours is too scattered to come. It might be in having the courage to suggest cutting back on holiday spending and making a generous contribution to help families in need. It could be in a simple act of kindness of holding a door open, smiling at the person who sneaks into line in front of you, taking time to jot personal notes in Christmas cards. If our attitude and actions through the week see Christ present in those around us, and if we are the presence of Christ to those we encounter, then when we gather for Mass on Sunday and light the candles on the Advent wreath we will truly celebrate this holy season.



STEPPING IN, STEPPING OUT

A prayer to begin the day

Sister Jose Hobday

O great God, you have given me this day as a special gift. I step into the day, I accept everything it will bring, whether it is part of my plan or not. Teach me to accept every gift that comes my way today. Help me to use each gift wisely, to love my brothers and sisters and to care for the earth.

O great God, you have created me as I am. I step into myself. I accept myself as I am now, as I have been in the past, and as I will be in the future. I ask that today I will be true to the way you made me. Help me to walk respectfully on the earth. Help me to walk into people's lives in the same way so none of them will be bruised.

O great God you have created me and everything around me with a sense of mystery. I step into that mystery and put my arms around it. Help me to accept the things of this day I do not and cannot understand, and let my encounter with them bring me nearer to you and closer to a holy life.

KNOW YOUR PARISHIONERS



JOE and CINDY NUNES

We have lived full time in West Point since 1997—we discovered our current location after visiting with friends who had invited us to their weekend getaway along the Middle Fork of the Mokelumne River in 1992. We fell in love with the area and purchased property with a small cabin, using it for weekends. Following **Joe's** diagnosis of MS, we had our home built with wonderful handicapped access. We spend some of the winter in Walnut Creek, California, keeping tabs on **Cindy's** 94-year-old (or young) mother.

We both worked at the *Contra Costa Times Newspaper* in Walnut Creek—which is where we met—Joe as Circulation Director and Cindy as carrier advisor and Zone Manager.

We will be married 31 years this December.

Joe was born and raised in Antioch, California, and Cindy was born in Scottsbluff, Nebraska—raised in Berkeley and El Cerrito, California. Our children were raised in Clayton, California. We have a son who works in the entertainment industry, another son who works at Microsoft in Washington, our youngest son who has been a firefighter/paramedic in Austin, Texas, and a daughter who works in HR at the Disney Studios in Burbank. We have several grandchildren and great-grandchildren living in California, Oregon, Texas, and Washington.

Joe's hobbies include working on wood projects, which led to him making most of our outdoor redwood furniture. Joe has created several interesting items using wine corks—donated by friends and family. He is an avid

SEE NUNES, PAGE 2

OUR LADY OF THE PINES SOCIETY

Ron Burns, President

Welcome to Fall. There are several events going on in the parish over the next several weeks; too many to write about in this article.

As far as OLOP goes, there are two events coming up right around the corner. The first is our Ministry Fair on October 21st in Haran Hall. Even though the event will be over by the time you read this, you can still sign up for one or more of our church ministries by contacting any board member. Our annual Variety Show, set for November 3rd, promises to be a fun-filled night with some great talent. I hope many of you can make it to show support for our dedicated staff as well as the entertainers themselves.

Recently, sixteen of our parishioners were hosted by OLOP to a Respect for Life banquet event put on by the Amador Pregnancy Help Center at Grace Fellowship Church in Jackson. OLOP purchased two tables and staffed them in support of the Center. I'm told a great time was had by all.

We are still hopeful that we can host a Christmas Dinner for all OLOP parishioners on December 5th. Plans are still in the works.

Hot off the press: Over the next several months (or as long as they last) Joan Alimonti will be selling her famous cook books during Donut Sunday. Get your copy while they last. All proceeds will be donated to OLOP's Treasury to be designated to a local charity.

WELCOME TABLE GREETINGS

Connie Wright

By now you've probably taken note of a new table outside Our Lady of the Pines before and after most Sunday Masses. Sporting an eye-catching, bright blue 'Welcome' banner, you can't help but wonder just what is at that table!

Many changes have occurred in the parish over the last year. While the overall attendance at Our Lady of the Pines has been on the decline, largely due to the change in Mass times, we *have* been noticing some new faces at OLOP. **Welcome to all** who may be new local residents, just visiting, or who are 'weekend warriors' as so many of us once were before we took up permanent residence in Amador County.

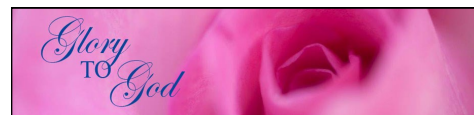
Stop by the Welcome Table where you can find 'Welcome Packets,' parish registration forms, information specific to Our Lady of the Pines, prayer request forms, and other timely information. Sometimes you'll find people selling tickets to coming events, taking signups for things like the upcoming parish photo directory, or promoting other parish events. And our scrip representative, **Heather Engstrom**, is almost always nearby to take orders for scrip or deliver your scrip cards.

On the flip side, if you have a penchant for hospitality and would like to help out (think stewardship!), we'd love to have you take a turn at manning the Welcome Table! It is simple, fun, rewarding, and requires little time. **Will Pearce** is one of our friendly, frequent staffers. See Will or any of the other OLOP Board officers for more information.



WELCOME BACK, VALERIE

Valerie White vanished some years ago, off to Washington State. She missed us at OLOP, and has come back to us. We are happy to welcome her home because we missed her as well!!!



FLOWERS FOR OUR LORD'S ALTAR

All parishioners are invited to provide flowers for a Sunday Mass at Our Lady of the Pines in 2019.

There are 34 Sundays during the year when we are given an opportunity to donate cut flowers or potted plants for our Lord's altar. The remaining Sundays have other liturgical seasonal decorations (Advent, Christmas, Lent, Easter) and do not require donated flora.

You may have a special occasion that you would like to commemorate with flowers, e.g. a wedding anniversary, a birthday, the anniversary of the passing of a loved one.

Bob Strazzo is taking signups of donors during November. See him after Mass to sign up. Several Sundays have already been reserved, so don't miss your chance!

FROM PAGE 1

NUNES

news hound and enjoys watching college football as well as our local pro teams.

Cindy enjoys reading, movies, TV, music, as well as watching sports—most passionate about the Oakland Raiders, having been one of the Original Raiderettes from 1961. We have been able to attend at least one Raider game per season for the past few years. This year not being one of the most exciting, but you can't win 'em all . . . perhaps preparing fans for the move to Las Vegas?

We also enjoy cruising. This past spring we were fortunate enough to have taken a Panama Canal cruise—highly recommended. Prior to that we enjoyed an Alaska Cruise, where we happened to meet **Cindy and Phil Fondale** in one of the ship's elevators, as well as another couple in that same elevator from Pine Grove. Small world.

A few years ago we decided to visit Our Lady of the Pines worship service and were immediately welcomed not as strangers, but as friends . . . this congregation is filled with loving, supportive, and friendly people. Thanks to each of you who have reached out in such a welcoming way.



YMI NEWS

Phil Fondale

YMI SEMINARIAN FOUNDATION

YOUNG MEN'S INSTITUTE



One of the two sub-organizations that comes under the umbrella of the Young Men's Institute is the Seminarian Foundation. The Foundation was incorporated on February 1, 2000, for the express purpose of receiving donations to support the educational costs of seminarians. The various YMI Councils assist seminarians with the application process. Last year the Foundation processed thirty-five applications for assistance and awarded \$23,000 to worthy seminarians looking to enter the priesthood. The individual amounts awarded depend on what year the seminarian is in as to his education. Saint Augustine Council #497, located in the small town of Huntingburg, Indiana, sponsored twenty-four seminarians from the Diocese of Evansville. That must be a record. Our Council has yet to sponsor a seminarian but that doesn't mean we have given up hope.

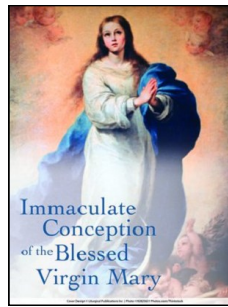
As in past years the Brothers of Council #137 will be placing the large 5x8 American flags that line the drive to Pioneer Cemetery on Veterans Day. It is the least we can do.

Plans are in the works to team up with the Our Lady of the Pines Society in a joint effort to have a 'Funraiser Dinner/Bingo' in the Spring. Look for details later in the year.

Our meeting night is the fourth Wednesday of the month at 5:30 PM in Haran Hall. All men of the parish are welcome to come and enjoy the fellowship of our monthly dinner and short business meeting.

The main purpose of our council is to give the Catholic men of OLOP and the surrounding area the opportunity to get together, strengthen their faith, have fellowship, and help our parish and community. We hope to see our fellow Catholic men and future brothers at our next meeting.

The Young Men's Institute was founded in 1883, and Our Lady of the Pines Council #137 is proud to be a part of this national organization.



WHAT IS THE FEAST OF THE IMMACULATE CONCEPTION?

December 8 is the Solemnity of the Immaculate Conception of the Blessed Virgin Mary.

Few doctrines of the Catholic Church are as misunderstood as the dogma of the Immaculate Conception of the Blessed Virgin Mary, which Catholics celebrate every year on December 8. Many people, including many Catholics, think that the Immaculate Conception refers to the conception of Christ through the action of the Holy Spirit in the womb of the Blessed Virgin Mary. That event, though, is celebrated at the feast of the Annunciation of the Lord (March 25, nine months before Christmas).

What is the Immaculate Conception?

The Immaculate Conception refers to the condition that the Blessed Virgin Mary was free from Original Sin from the very moment of her conception in the womb of her mother, Saint Anne. We celebrate the Nativity of the Blessed Virgin Mary—her birth—on September 8; nine months before that is December 8, the Feast of the Immaculate Conception.

The Solemnity falls on a Saturday this year, and it is a holy day of obligation.

SUNSHINE MINISTRY

We are all reminded to contact **Joanne Fitzpatrick** (209-295-7387) when and if we wish to have a card sent to someone who needs a touch of sunshine in his or her life. She would also like to know of any special birthday or anniversary.



The OLOP Society would like to express its sincere appreciation to Joanne for her continued cheerful dedication to the Sunshine Ministry. For over ten years, Joanne has brought miles of smiles to the many folks she calls and to whom she sends cards. Thank you, Joanne!

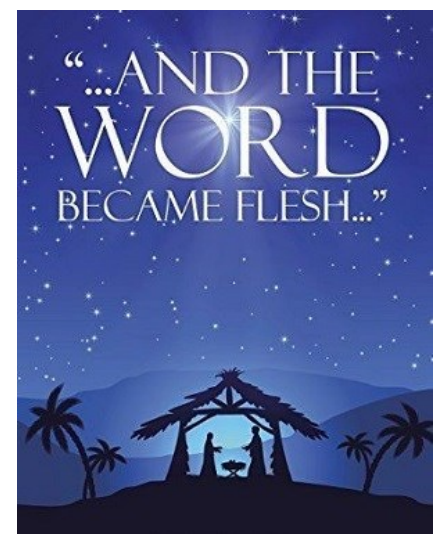
NEWS FROM NAPLES (ITALY, NOT FLORIDA)

Ray Waugh

Our daughter, **Harmony** (mother of OLOP's summertime altar server, **Ceci**, and wife of Lt. Commander Samuel Trassare, USN) is living with her family in Naples while Sam serves with the 6th Fleet. Their church on base has an organization, CWOC (Catholic Women Of the Chapel), in which Harmony is very active. The women of CWOC travel to Rome and other religious sites in the area. This is what Harmony reported in her latest note to **Marcia** and me:

On Friday, the CWOC ladies and I went to Pompeii to visit the Pontifical Sanctuary of Our Lady of the Rosary. We toured the main Chapel, prayed the Rosary in the main Chapel, celebrated Mass in the Bartolo Longo Chapel, visited the Museum, and then had a relaxing lunch nearby. It was a grand day out. I arranged for the tour guide and transportation.

Bartolo Longo is considered the 'founder' of what is the modern-day city of Pompeii. His relics remain in his namesake Chapel (which we visited). He wasn't a Priest - he was actually a lawyer by trade - and he originally was also a Satanist. But he experienced a major conversion and became a third-order Dominican, eventually being awarded a papal knighthood.



KEEP
CALM

AND
PRAY FOR
VOCATIONS

Hints from EATING AT JOAN'S HOUSE

Joan Alimonti



Let me preface by saying that 47 years ago I changed the way I looked at food. Joining Weight Watchers and then, when reaching my goal, I lectured for 23 years. I knew that if I was going to be part of the 1% of people losing weight that actually kept it off, I was going to have to look at food a whole new way. A hidden talent emerged and I became famous for taking a recipe, making it fit program without sacrificing the 'goodness.' Success began at the supermarket—what you buy, you eat, wow, what a revelation! Success was also planning, since choices and portions are what it's all about. It's not about calories, it's about portions. Even though Weight Watchers has changed their program time and time again over the years, it's still about choices and portions. Menu planning is essential and I have a plan that I still use 47 years later.

I share my philosophy and my 'way of eating' in a cookbook I first wrote in 1979 and updated in 1989, selling thousands of copies; *see a special offer at the end of this article*.* Since 1989, the world of cooking has looked at a few things that, at the time, seemed correct, but now we have better information. You will find, in my book, that I have sugar-substitutes. Now we know that sugar-substitutes are not the best choice for sugar. Dr. Axe suggests that although the following still have low doses of sugar, they are more nutritious. *Pure raw honey*, local is good if you have allergies; *dates*, good to use in baking; *coconut palm sugar*, also good in baking; and 100% *organic maple syrup*. BUT, if you are diabetic, *Stevia* has no sugar and is a good product. Another item is *margarine*. It has been found that *butter* is better, just portion it prudently. NOW FOR SOME HINTS:

Fatless Cooking. Stir-frying in a non-stick skillet, I keep a measuring cup with water, adding a few drops at a time just before it's ready to stick. If the taste of oil or butter is desired, add 1-2 tsp of olive oil or butter at the finish and mix well. It will taste like it was cooked in oil or butter but you have used much less fat.

Saving Time. I always cook my pasta (refrigerated kind or dry) beforehand. Rinse and drain, place in a plastic bag. Add 1-2 tsp of olive oil and squish from the outside of bag to coat each strand—keeps it from sticking together. Refrigerate and then zap in microwave to heat (1 min). If using later that day, it can be left out.

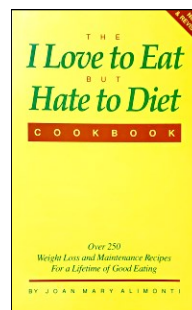
Try This. Mix Romaine (cut in ribbons), red roasted (in a jar) peppers (cut into pieces), pine nuts and grated Parmesan cheese. Toss with a creamy Italian dressing. Top with croutons. For dressing, mix equal amounts of Ranch and Zesty Italian dressing. A great salad for 'let's eat Italian tonight.'

You Don't Need That Much Salad Dressing (No, You Don't). First of all, when you put salad dressing on an already made individual salad, you will use much too much. So decide what dressing you will use. Then I want you to do this: Take about half of what you would normally use, then toss and keep tossing for no less than 20 times or more. The more you toss, the more all ingredients are coated. I guarantee you'll save a lot of calories.

Increasing Amount of Sauce. When using a bottle sauce, sometimes you want more sauce but not more 'flavor' i.e. Kikkoman Sweet and Sour Sauce. Add some cooking sherry (available in vinegar aisle) to increase the amount of sauce without diluting or altering the taste.



* ***Help the Pregnancy Center:*** I'm donating copies of my book to the OLOP Society, who will be selling them for \$5 each, or 2 for \$8. ALL PROCEEDS will be donated to the Amador Pregnancy Help Center. The ***I Love to Eat, but Hate to Diet*** cookbook will be on sale at the November Donut Sunday.



REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



I'M SORRY, THERE'S NO ROOM FOR YOU

ST. VINCENT de PAUL SOCIETY

Members of our parish's St. Vincent de Paul Society beg for money after Mass from time to time. The money collected goes to support the needy. Please bring a bit of extra cash with you on Beggar's Sunday, the last weekend of every other month, when volunteers beg for donations.

OLOP SOCIETY

BOARD OF DIRECTORS

President: Ron Burns
1st Vice President: Will Pearce
2nd Vice President: Barbara Garcia
Secretary: Connie Wright
Treasurer: Gary Sims

OLOP MEETINGS

Our Lady Of the Pines Society meets on the first Wednesday of every month. A potluck dinner begins at 6 PM and the meeting starts at 7 PM. All parishioners of OLOP are members of the Society. There are no dues. We welcome your participation and look forward to seeing some new faces at future meetings.

ANNOUNCEMENTS

If you need an announcement made from the altar, please contact the office at St. Katharine Drexel Parish Center at 223-2970. If you need an announcement placed in the church bulletin, please contact the Bulletin Editor, also at the Parish Center, at 223-2970 or bulletin@stkatharinedrexel.com.

PINE TIMES STAFF

Ray Waugh, Publisher

ray_waugh@juno.com or 209-295-1217

Connie Wright, Production Editor

cnwright@att.net or 209-223-9525

Heather Engstrom, Photographer

hengstrom@volcano.net or 209-295-6729

Submit comments, compliments, questions, or articles to Ray Waugh, Publisher. Material submitted via email is very much appreciated.

PARISH WEBSITE

www.stkatharinedrexel.com
webmaster@stkatharinedrexel.com