

**SENTINEL 1-11-18**

**MISPLACED ITEM**

**A St. Mary's School student has misplaced a very special pen used to help with reading. The pen is white and has a small computer-like screen. It is used to scan print items and will read the words out loud. It is stored in a small black case. One of our students may have left it in the church during our Christmas program rehearsal on December 14th. It is very important that we find it as soon as possible because it is critical for this child's learning. Please contact Melody at 282-3397 in the school office if you have any ideas or if you think you have seen this item!**

**Thank you!**

The Knights of Columbus pancake breakfast scheduled for this Sunday, Jan. 14 has been canceled.



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## Healthy Tips of the Week!

1. Get free support to stop smoking sent right to your phone via text 24/7! Just go to <https://smokefree.gov/smokefreetxt> and sign up!



2. Small changes=Big benefits! For example, switch from white bread to wheat bread and grab a handful of nuts or popcorn instead of potato chips!

3. It is hard to find the time to exercise 30 minutes 5 days a week! Split it up into 10-15-minute segments! It is still very beneficial!

4. Monthly self-breast exams are vital to women's health of all ages. It is one of the best ways to detect early signs of breast cancer. Stop by the parish nurse office to get info on how to do them!

5. The Senior Center will be hosting a support widow's support group the first Wednesday of every month starting Feb 7th from 12pm to 1pm. It will be pot luck so bring your favorite dish.

6. There will be a pre-diabetes workshop at the Senior Center taught by a nutritionist starting January 23th and will be a weekly class on Tuesdays from 1030-1130.

7. Our first Healthier Tennessee Healthy Cooking Class will be on February 1st at 6pm in the kitchen. There will be 8 classes once a month. This free class is provided by the USDA and the UT Institute of Agriculture. PLUS.... you will receive free cooking tools!

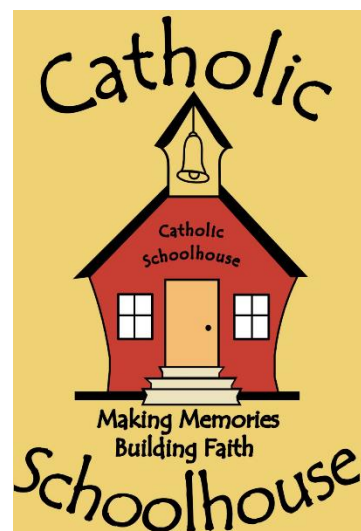
Have a wonderful week and stay healthy!!



**SENTINEL 1-11-18**

*Catholic Homeschooling Support Group*  
*forming in the Tricities Area*

Parents currently homeschooling or those interested in homeschooling are invited to a parent social tentatively planned for the evening of Feb 16. This will be an opportunity to network with other Catholic homeschoolers and their spouses. The focus will be on establishing a group built around support/social events for parents and families like meeting for First Friday Masses, gathering for events like an All Saints Day party and May Crowning, organizing prayer and volunteer opportunities, and planning just-for-fun events like field day. Moms' Night Out and information meetings will also be discussed. For more information contact Karen Parkes at [parkesdk@yahoo.com](mailto:parkesdk@yahoo.com).



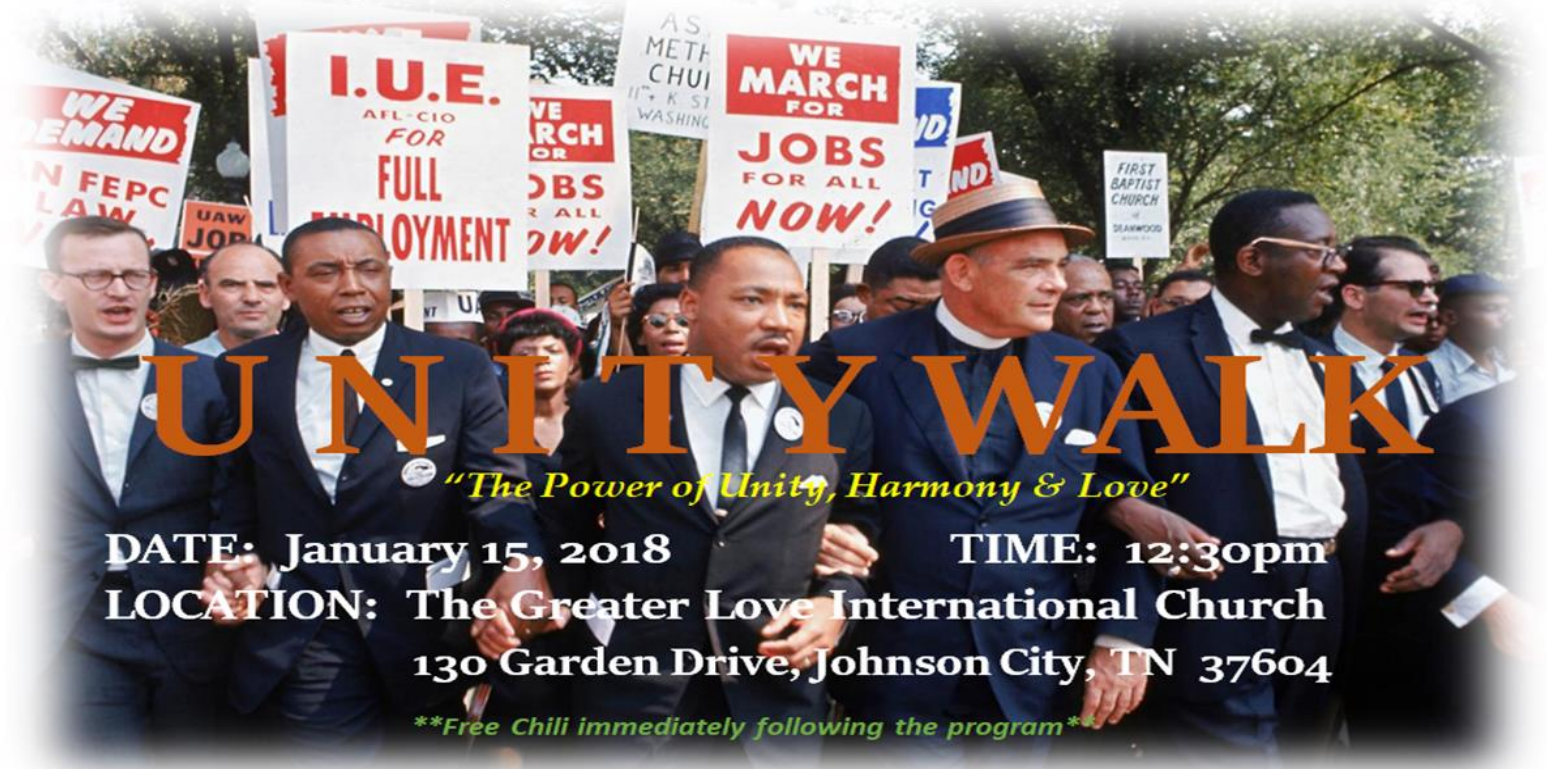
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## Altar Servers

All those currently and interested in Altar Serving. There will be an Altar Serving Training and Thank You Party on January 13th The Parish Requires that the Altar Server must have received First Holy Communion, reached the age of 10 years and has been receiving Holy Communion for at least one year, their family must be registered in the parish, and the Server must be in a parish program of Faith Formation. Training is from 9:00 am to 11:00 am. Parents please come to do any needed paperwork. Party following training from 11:30 to 1:30. (Sponsored by Knights of Columbus)

# SAVE THE DATE



# UNITY WALK

*"The Power of Unity, Harmony & Love"*

**DATE:** January 15, 2018

**TIME:** 12:30pm

**LOCATION:** The Greater Love International Church  
130 Garden Drive, Johnson City, TN 37604

*\*\*Free Chili immediately following the program\*\**