

Lourdes Life



Our Lady of Lourdes Parish Newsletter

September/October, 2009

An Ordinary Life

By Alice Wissing

Six days from deadline and I was coming up with no particular front-page topic. Better known as “writer’s block,” this predicament has several hints to get back on track but nothing worked.

I sat in Mass one morning and said an extra prayer to the Holy Spirit to do some enlightening for the cause. There was no angelic scroll that rolled out before me, no special insight. My only thought was going back for a new school year and the teacher saying, “Write an essay about how you spent your summer.”

That idea helped, but all I could think was: I grew a bunch of vegetables; I had a week at the beach; one of my daughters-in-law is expecting twins soon; and my youngest son is getting married right when his newest niece and nephew are due to be delivered.

What is there in the ordinary of the summer that would interest anyone? Aha! This was no ordinary summer. Louisville experienced no ninety-degree days in July, so it was pretty nice weather to eat dinner outside and enjoy the longer hours of the day. But that was followed by a record-breaking rainfall that put many folks under water. We were blessed with the opportunity to reach out to our community to help where needed.

School has started once again. The parking lot is



filled with people of all ages participating in school and church functions. The ball field, that was so meticulously groomed all summer by our diligent volunteers, is host to softball, football and soccer players, not to mention general playground time during the school day.

“For Sale” signs have gone up and down in the neighborhood. It’s a hopeful outlook for our economy.

--Continued on next page--

If you’re over 55, parish group can give you PEP

By Gene Chinn

In January 1993, at the suggestion of a number of members of Lourdes, a meeting was called to introduce the idea of and plans for a social group/club for the senior members of our parish.

The purpose of the group was simple: the enjoyment of each other’s company through meetings and activities, and to encourage participation in our parish community. It was to be fun, not work-related, and not a money-making project. Those present at the meeting agreed on certain rules, including officers, dues, etc. They elected Jack and Martha Worland to fill the position of president. It was the beginning...

The original name of the “Over 55 Club” was

changed. Suggestions were made, and it was Madonna Abell’s entry of “PEP” Club (People Enjoying People) that caught the attention and vote of the group. Henry Kaufmann came up with the idea of the logo—The Bicycle—with the wheels and frame spelling OLOL and a jaunty little rider named “PEP”. Pastoral Minister Audrey Truax provided the club with our Friendship Prayer, which we use for the opening of our meetings.

Over the years we have had many interesting speakers and programs, both inspirational and entertaining. Bingo, frequently played, is always a fun time, especially if you’re a winner!

--See “People . . .” on next page--

Dear Friends,

Let's agree on one thing. Summer went by too fast! But nonetheless, I hope it was good for you and for your family and friends, and that you got to do at least a few of the fun things you intended to do!

The parish really doesn't take a vacation, but the pace and number of activities certainly does pick up in the fall and we are well on the way to "Full Steam Ahead!"

We welcome our new staff member and several new teachers. The staff member is Mr. Chris Kolibaba, who comes on board as our full-time youth minister. We are very pleased to have him here; you will receive much fuller information about him in the bulletin, etc. Information on the new teachers will come from the school.

We welcome a new parish council, chaired by Mr. Larry Bloemer, which oversees the life and ministry of Our Lady of Lourdes Parish. There are literally hundreds of ways to be involved in "stewardship living," so if you are not presently involved, step forward and do your share! From my viewpoint as pastor, there are no "observers or volunteers"—there are only people of faith called to service, willing to live the discipline of stewardship of time, talent, and treasure!

We welcome you! We need you! And you need to know that you are following and serving Christ by a committed, disciplined way of life! Let's do it all together in the community called "Lourdes."

Sincerely in Christ,

Father Nick

An Ordinary Life

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"Cash for Clunkers" has become a huge success. Now, if the health-care dilemma could be resolved...well, let's all just say a special prayer for health-care reform.

I've been reading an excellent Henri Nouwen book on *Spiritual Direction*. It has helped me on my quest for a perfect practice of contemplation. Nouwen writes—"Meditation means to let the word descend from our minds into our hearts." (91)

So as I write on things that have been going on this summer, I am prone to think that all comes from my head. But putting these words down in writing makes them grow in my heart as part of who I am in a Christian community. I felt great joy to meet a Lourdes parishioner delivering Eucharist to a friend I was visiting in the hospital. I feel blessed indeed to be able to thank the Divine Trio each day for the goodness given to my family and faith community. My heart fills with the mercy of God enabling me to live in a free country.

And all this I offer to you as words inspired by the Spirit. Perhaps the words that move from your head to your heart will give you an opportunity to reflect on the goodness of God in your ordinary life.

People Enjoying People!

--Continued from Page 1--

Our group has been very active on the road as well. Mildred Motter has been our delightful activities director for the past 14 years. At least thirty-five or more different venues, historical sites, sporting events, museums, state parks, and more have been enjoyed by many of our members. With casinos, theatre and dinner shows being popular repeats, we've offered over seventy-five opportunities to hop on the bus and enjoy the company and the day.

We have been blessed. We have enjoyed 16 years of friendship and good times, made possible by the members who have worked tirelessly to provide leadership, to offer hospitality and goodies at every meeting, and to plan programs, activities and outings.

We have lost many of our faithful members. We remember them well and miss them. And we continue with the original simple purpose, the enjoyment of each other's company and participation in the parish community. Our regular meetings are once a month, the third Sunday, at 2:00 PM in the Adult Center. PEP Club announcements appear in the Lourdes Sunday Bulletins. Watch for them! We welcome new members! Come share with us good times and friendship.



Marriages

Leslie Radler & Nathan Gilley
Allison Rief & John Sheehan
Jennifer Trier & Nathan Doyle
Morgan Shekell & Keith Olson



Young parishioners reach out far away, . . .

By Nicolas Linares

In May, my sister Rebecca, my brother Christian, and I journeyed to Honduras in Central America to volunteer and explore the country a little bit. We spent a month there but were separated for two weeks for the volunteer projects before traveling to the Bay Islands of Honduras. Our trip began in Tegucigalpa, the capital of Honduras. From there, our program coordinator took Rebecca and me to our home-stay in La Esperanza and Christian to his in La Gracias.

Rebecca's and my project was to build a house out of whatever nature gave us. The house was for a widowed mother and her eight children, the father of whom had sold their previous house and literally drank the money to his death. It was all a bitter situation, and we were

humbled to help them in this way. This was some of the hardest work we have ever done, carrying fifteen-kilogram bags of earth to be made into adobe bricks, lugging boulders for the foundation, and traveling on foot and on truck for more than an hour everyday to get to the work site.

In the afternoons, we also volunteered at the local day care, called IHNFA, or Instituto Hondureño de la Niñez y la Familia, to play with the little children of single mothers. Going to the daycare really hit my heart. These children were malnourished, impoverished, and underprivileged. Yet, it felt great to spend time playing with them and taking care of them, and they really loved it when I spun them in around in circles! Rebecca taught the caretakers at IHNFA how to better care for these children, as they would wipe babies' bottoms on their clothing and let them get away with the most mischeivous behavior.

Christian worked in a public Hospital in La Gracias, and his program mentor, a general surgeon, showed him what it was like to treat patients in a rural setting and with

limited technology. His experience made him really appreciate the value of preventative medicine, as many of the public health issues in Honduras could possibly be avoided, and has given him great inspiration as he moves into his graduate studies this year.

This was the trip of a lifetime, and we enjoyed every moment working, playing with the children, helping patients, and sharing every moment together as brothers and sister. Our projects were tough both physically and

emotionally, and none of us would trade our experiences in Honduras for anything. Rebecca is currently in Peru studying Quechua, the language spoken in the Andes mountains, and we pray for her safety and for the people that will be benefit from her work.



In Belize, Mary Alice Pierce does exercises with young soccer players.

. . . and closer to home.

By Taryn Wise

"During the Spring Break of 2009, a group of girls from Presentation Academy went to Auxier, Kentucky for a three day mission trip. The trip was to increase the quality of life of three families in the Auxier region. The particular family that I helped was Sue and Lowell Robinson. The Robinson family's house was damaged by coal and unrefined natural gas fumes when the state lost power last winter. The newly-renovated kitchen and living room walls were black from the fumes, and the couple, being senior citizens, was unable to scrub the soot themselves. Our job, as volunteers, was to completely clean the walls, prime them, and repaint them with a color Sue had chosen. Sue and Lowell proved to be an extremely grateful and caring family to assist. On the last day, the group presented them with a patchwork quilt. Each student in the group sewed a patch of the quilt and signed her name in the back. This experience changed my life and taught me to appreciate the little kindnesses in life. I plan on attending the mission trip again this spring."

Baptisms

Leo Alexander Feld
Kennedy Lauren Stetson
Bodie Thomas Winters
Charles Thomas Gaunt
Parker Reed Heffernan
William Thomas Pifer

Deaths

Jane Griley
Alma Gadlage
Mary Virginia Glasser
Jewel Wetzelberger



There is no summer vacation for poverty.

Parish Outreach Committee reaches across county and country.

By Cindy Head

As summer begins to wind down and another school year gets underway, many of us have collected another season of wonderful memories of sunny days spent at the pool, leisurely weekends enjoyed at the family cabin, or perhaps a treasured lengthy vacation at the beach. Unfortunately for some, summer is simply several weeks that quickly multiply into a few long months spent trying to keep food in their bellies and clothes on their backs.

This "reality of poverty" has become a large part of our calling on the Parish Outreach Committee at Lourdes and has materialized into our on-going commitment to our summer ministries that benefit both the Neighborhood House Kid's Café in Portland and the Rosebud Indian Reservation in South Dakota.

"For I was hungry and you gave Me food..." -Matthew 25:35

In the week following July 4, Outreach Yard Sale was hosted with the help of 25 fellow parishioners, family members, and friends. Donated goods and household items were sorted, repaired, polished, priced, and sold. It raised \$2,400 to benefit the children of Portland through Kid's Café at Neighborhood House – which, incidentally, is the first Kid's Café opened in the state of Kentucky. We have raised \$12,000 in the four years for Outreach Charities.

"I was naked and you clothed Me..." -Matthew 25:36

During the third week of July, a second collection of goods was organized by fellow Outreach member, Donna Bowling, with a crew of several long-standing and dedicated volunteers. Miscellaneous items such as: clothing, furniture, school supplies, toiletries, and technological equipment were bagged, boxed, and lifted onto two semi-trucks bound for South Dakota. (Thanks to Hand in Hand Ministries a large donation of much needed medical supplies were sent to the Reservation's Medical Center.)

"Assuredly, I say to you, in as much as you did it to the least of these My brethren, you did it to Me."-Matthew 25:40

I must confess there was a time when I was concerned that our Parish would not be able to support or, certainly not, sustain two major collections of goods back-to-back during the summer, but the generosity of our parishioners has increased my faith and I can doubt no longer.

"If you have faith as a mustard seed, you will say to this mountain, move from here to there and it will move and nothing will be impossible for you." -Matthew 17:20

Can you imagine what one might do with a faith that is great? If you are interested in joining the Outreach committee, please contact Cindy Head at 895-2332

From Chris Kolibaba . . .

"I am here for the youth and the families . . ."

I thoroughly enjoyed meeting many of you when I spoke at all the parish liturgies during the weekend of August 29 and 30. However, I am sure that there are many whom I have not met, and I would like to take the opportunity here in *Lourdes Life* to introduce myself once again. As Coordinator of Youth Ministry, I am in charge of coordinating the 8th Grade Confirmation program, and I will also be responsible for creating a youth ministry program for both the junior and senior high students.

Some of the programming I am thinking about including over the coming year includes regular youth group meetings, social events, regional youth masses and gatherings, local service outings, and a mission trip that is either domestic or international in scope.

Ultimately, though, I am here for the youth and families, and I intend on creating a youth group that meets the needs of our youth. In that vein, I invite you to please feel free to contact me at 896-0241 x12, email me (chrisk@ourlourdes.org), or drop by my office when I am around. I humbly ask for your suggestions and your help in developing youth ministry that speaks to the hearts and lives of the youth at Our Lady of Lourdes. I look forward to being in contact with you, and please let me know how I may be of service.



School Advisory Committee: Ready for a new year.

By Sheila Hiestand

It's that time of year again! School is starting, and there are many exciting changes and improvements that I would like to share with you on behalf of the school and the School Advisory Committee (SAC).

First and foremost, I'd like to take this opportunity to welcome Patricia Koth and Meredith Fitzsimmons to Our Lady of Lourdes School. Ms. Koth will be teaching 5th and 6th Grade Science and will be a 6th Grade Homeroom teacher, and Ms. Fitzsimmons will be a Kindergarten aide. Please make sure that you welcome them to our wonderful school and let them know how great our Lourdes spirit is. We at SAC are so pleased that they have joined us and look forward to their many contributions.



Patricia Koth



Meredith Fitzsimmons

I am also happy to spread some good news courtesy of our PTO program. This year, the PTO graciously provided funding for much needed new lockers in twelve classrooms for the 1st through 6th grades. Each and every 1st through 6th grader will have their own lockers to place their coats, backpacks and other belongings. For many years students have graciously shared their lockers with their classmates, but now we have this wonderful luxury of each child having their own locker.

The PTO has also provided funding for new blinds in both 5th grade classrooms. These were much needed as the old blinds were in terrible disrepair. In addition to the blinds, the PTO has purchased two new Smart Boards, one of which will be used for the reading resource room for Kindergarten through 2nd Grades, which will be directed by Ms. Mary Hamilton. This will allow our youngest students to

gain a well-deserved competitive advantage when it comes to a very tough subject for some – reading. Thanks in advance to Ms. Hamilton for all the hard work we know she will put into educating our young readers. The Second Smart Board will be used by Ms. Dawn Renner to help teach manipulative math skills. This is an improvement on the manner in which young children can learn important math skills which would otherwise be difficult for them to master. Thank you Ms. Renner for all your work to help our children become better and more efficient mathematicians.

That's not all the PTO has contributed to our school this year. They have purchased 12 new Dell Computers for the school, which will go a long way in improving our students' computer skills. Please remember to thank the PTO leadership for their generosity and foresight in providing these much needed tools. Please also let this serve as a reminder that the only way the PTO can make such provisions is for every family to continue to support the PTO. Whether it is through volunteering your time, your talent, or your treasure, all of it results in much needed contributions to our school. One such opportunity is right around the corner with the Fall Festival. I would ask at least one member from each school family to offer to assist with this year's Festival. If every family helps, it is certain to be a success.

Finally, on behalf of SAC, I would ask that each and every parent read the Our Lady of Lourdes School Handbook. There are several additions to the dress code policy, as well as valuable information to guide you throughout the year. If ever you have a question regarding OLOL, the Handbook is a great starting point.

I hope everyone had a great summer, and we all look forward to seeing smiling faces as the school year begins, and certainly as it continues. GO BEARCATS!

Kroger gift cards are easy money.

By Mandy Rice

There may be no such thing as a free lunch, but if you buy lunch at Kroger, you could be giving a free donation to OLOL.

The Kroger Co. Foundation works with several non-profit and charitable organizations throughout our community and others. Their program with Lourdes functions through the use of Kroger gift cards that may be obtained through Marie Pierce in the Parish Office. The cards are loaded with \$5 to start with and may be loaded and reloaded with money at the Kroger service desk or at checkout. Every time the card is loaded, OLOL gets 4% of the amount. In 2008-2009, the total that Lourdes received from Kroger was \$19,232.

We have the potential to receive much more, if more families become aware of the cards and use them. If 200 families spent just \$500 a month on groceries, the return to Lourdes would be \$48,000.



The Kroger card program is an easy way to give "free money" to OLOL. They are good at any Kroger anywhere, for gas, prescriptions, and grocery items. They may be loaded with your credit card, too, so you can get points for yourself and Lourdes at the same time.

To get your card, contact Marie Pierce at mariep@ourlourdes.org or 896-0241.

No matter the records, the sports ministry wins.

By Todd Coke

While taking my dogs for a walk, I hear a commotion--coaches shouting, children laughing, whistles blowing. It must be football season for the children at Lourdes. You see many parents, coaches, players and cheerleaders connecting for the sole purpose of football. The summer is turning into fall. It is great to see everyone together after the long summer break. This is just a small part of the Athletic Ministry at work.

Is the Athletic Ministry just sports? No, it is many things. The Athletic Ministry consists of the Booster Club and Lourdes Athletics. This ministry helps to teach teamwork, work ethic, relationship building and ultimately to bring us closer as a parish. The monies raised through the Athletic Ministry help fund items for the church and the school. The Athletic Ministry is an important part of our parish.

The first portion of the Athletic Ministry consists of athletics and programs associated with athletics. Football, basketball, volleyball, cross country, field hockey are only a few of the sports offered through Our Lady of Lourdes. These Athletic Ministry sports programs are overseen by all volunteers that consist of the Athletic Director, Two Assistant A.D.'s, specific sports coordinators and a team of athletic committee members. The Athletic Committee ensures that we have coaches to lead these sports, safe equipment and proper scheduling of each individual sport. These individuals volunteer countless hours to make sure our sports programs are a success. The Athletic Ministry also provides for the adults to have some fun. They sponsor adult softball and volleyball leagues. To make this all possible, the athletic portion of the ministry is supported by Our Lady of Lourdes Booster Club.

The "Boosters," bring needed support to the Athletic Ministry as a whole. The Booster club has funded many things. They have purchased Smart Boards for the school, given the Lunchroom Staff a needed day off by providing a pizza party for the children and teachers at OLOL and have purchased new event tables for the parish. They have also funded charities supported by Father Osbourne as well as St. Joseph's Orphan's Picnic.

The "Booster's" also sponsor many activities that we all enjoy over the course of the year. If you have ever attended the Lenten Fish Fries or the Summer Festival Homecoming, you have seen the Booster's at work. Creative Booster thinking led to a Monte Carlo night 2008 that was so successful, that an encore was requested. With the help of the PTO, the Monte Carlo evolved into a Texas Hold'em tournament and a unique Silent Auction that helped to make the event an incredible success. No one ever imagined how much fun it would be. October 17 is the

slated date for Monte Carlo extravaganza 2009. This year's anticipated event will include Texas Hold'em, a silent auction, great food from local restaurants and many other exciting events. The band "This, That and the Other," will entertain us with music and dancing. What more can you ask for? Good friends, good food, good games and great music bring us together. The Athletic Ministry wears many hats. Who would think they are great party planner too?

You too can join the Boosters. Membership is open to both men and women of our parish. We are targeting all parishioners of the church to join the Boosters. For those of you that registered to be a booster at school night registration--*thank you!* For more information about the Boosters please contact John Walker at 899-5314 or reach him via email – johnwalker.cpa@insightbb.com





Varieties of cardio and strength work will go a long way to having good health.

By Tracie Boddy

The evidence becomes more convincing every year: regular exercise is one of the most important things you can do to extend and improve the quality of life. Regular exercise can help protect you from heart disease, high blood pressure, stroke, no insulin-dependent diabetes, obesity, osteoporosis, and improve your mood and help better manage stress. We have to take care of our bodies if we want to protect our health and exercise is a critical component of doing just that.

For the greatest benefits, you should do both cardiovascular training and muscle strengthening exercises. Cardiovascular activities increase both the heart rate and the speed of your breathing. These activities can reduce your risk of having a heart attack or stroke, developing diabetes, or premature death and helps reduce high blood pressure. Good examples are running, bicycling or indoor cycling, swimming, dancing, aerobic classes, playing tennis and brisk walking. Strength training exercises build muscle tissue, boosting your overall strength and making daily activities easier. Another health benefit of strength training is improved bone health. Strength training has been shown to reduce osteoporosis. Examples of strength training are weight-lifting (it does not have to be heavy weights), yoga, resistance band workouts, climbing stairs, as well as exercises like pushups.

When you exercise, the body releases neurotransmitters known as endorphins. The release of these chemicals helps reduce pain, relieves stress and gives you a sense of overall well-being. Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. This can ease your stress levels and give you a sense of command over your body and life.

What can you do to exercise regularly? Like any other routine, exercise, to be effective, has to become a regular, everyday part of your life. So the question is not "Do I exercise?" but "When do I exercise?" Raising your own expectations will help to change old patterns and make activity a habit. Experts recommend 20 to 30 minutes of cardio activities five times a week and strength training two to three times a week. If you can not get exercise in all at one time break it up throughout your day; for example three 10-minute walks a day. These 10-minute walks can reduce your risk of death from heart disease by as much as 60%. If you are a beginner or need new ideas for your fitness routine take a group fitness class. Most gyms offer

these classes with your paid membership but if you are not a member of a gym and want to try out a group fitness class without the membership commitment try a nearby jazzercise class or the Mary T. Meagher Aquatic Center (502-897-9949), both offer a pay as you go plan. The Aquatic center offers water aerobic classes and has all the fitness equip-



ment you need to get yourself to a healthier you.

According to *North American Association for the Study of Obesity*, in the US 64% of adults are overweight or obese and 26% are obese, these are the highest obesity rates in the world. If these current trends continue, the US is projected to have 75% of all adults overweight and 41% obese by 2015. Right now, Kentucky ranks seventh in obesity with 66.8% overweight adults, 28.4% obese adults and 20.6% obese children. Stop these trends today! Get out, get moving, live a healthier and happier life for you!

Lourdes Life

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Coming Attractions . . .

September 27

5:00 p.m. to 7:30 p.m., Casual Sunday Night Supper Club
"Celebrate What's Right With the World"
Led by Ginny Brown, Registration is required for supper.

October 10

SMALL GROUPS WILL BE FORMING FOR THE FALL. All sign up sheets will be located in the Gathering Space starting on this date.

October 24

Saturday, 9:00 a.m. to 1:00 p.m. MINI RETREAT- open to all.
"Peter, Do You Love Me?" Registration is required.

www.ourlourdes.org

Cool Start!

Karen Waddell won the Edy's Ice Cream Contest, and hosted a ice cream social to kick off the new school year.



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