



TRIUMPH OF THE CROSS PARISH NURSE MINISTRY: February is **AMERICAN HEART MONTH** "The Lord is my strength and shield. I trust him with my all my heart, He helps me, and my heart is filled with joy."

Psalm 28:7 NLT Women need to be specifically concerned about two risk factors. *Depression* is twice as common in women and doubles or triples the risk of heart disease over women without depression. The feelings of disinterest and hopelessness make a healthy lifestyle difficult, especially when trying to remedy any weight gain.

Menopause is the other risk factor because of the changes in hormone levels. Studies have shown that a decrease in estrogen may contribute to higher risk of heart attacks but hormone replacement is not unconditionally recommended. Rather, lifestyle changes are encouraged to minimize the impact of menopause and decrease the risk of heart attack. Excerpt from "Seasons of Wholeness" from the International Parish Nurse Resource Center.

Franciscan University Women's Softball Pancake Breakfast

February 13th, 2010

8 AM- 11 AM Zalenskis Family Eatery

547 Cadiz Road Wintersville, OH \$7.00

JOHN AND BLANCHE MUSSIO SCHOLARSHIP applications are available. Qualifications for applicants are: a 2010 graduating senior of the Diocese of Steubenville and will be attending Franciscan University; active member of the parish; have a GPA of 2.5 or better; class ranking in top 1/3; SAT score of 900 or above or ACT of 20 or above; demonstrate financial need as determined by the Franciscan University of Steubenville's Office of Student Financial Services. Application **deadline is 4:00 p.m., April 2, 2010.** Fr. Nau has application forms as well as your guidance counselors.

HEALTH CARE SEARCH ENGINE: Our parishioners, Dr. and Mrs. Lowry were recently featured in the Pittsburgh Post-Gazette. This article explains how Dr. Lowry's work is making the National Health Care legislation more accessible. This <http://www.post-gazette.com/pg/10010/1026869-96.stm> links you to the lead article in the business section of the Sunday January 10, 2010 Pittsburgh Post-Gazette. If you don't feel comfortable with links, browse to the Post-Gazette site at Post-Gazette.com, search on "Tweet", and select the title "Retired professor applies search technology to huge reform effort".

SPAGHETTI DINNER: Knights of Columbus Council 472: Two Ridge Rd. Wintersville, Ohio Saturday February 13th, 2010 4:30 to 7:00. Open to the General Public. Menu: Salad/Spaghetti & Meatballs/Bread/Plain or Garlic/Desert/Coffee. Take Outs 740 264-0092

PANCAKE BREAKFAST: The **Knights of Columbus** Council #11828 will hold a pancake breakfast on Valentine's Day, February 14th to benefit the Bishop Mussio Junior High Renovation Campaign. It will be at St. Peter's Church Basement from 8:30 AM - 1:00PM. The menu includes pancakes, scrambled eggs, sausage, bacon, fruit cup, juice, coffee or tea. The price is \$5 per person/\$25 maximum per family. Children under 3 eat free. Tickets can be purchased at the door or in advance at the Bishop Mussio Junior High Office.

PLACED INTO STORAGE. We continue to preserve the religious items from the closed parishes. After the sale of St. Stanislaus Church we had the granite main altar and the side pedestals removed. The altar weighted between 1500 lbs and 2000 lbs. At the same time we had the marble altar removed that was stored in the St. Stanislaus basement. I have been told that this altar was originally removed from St. John hospital and placed at St. Stanislaus for storage. I am anxious to hear from the parish historians.

As the company was moving these items they also removed the statue of the Blessed Virgin Mary from the grotto and the statue of St. Anthony from the lawn of St. Anthony Church. Both statues have also been placed into storage for safe keeping until a suitable placement for them is made within the Triumph of the Cross buildings and property.

TRIUMPH OF THE CROSS CATHOLIC WOMEN'S CLUB On Tuesday evening the CWC made a major step into the future. We have now filled the positions for our newly formed organization. Our CWC Coordinators are: Executive Coordinator Terri Fernandes will be responsible for organizing the agenda and conducting the monthly meetings. Executive Coordinator Mary Ann Bushlow will be responsible for receiving and distributing information from the Deanery, Diocesan, and National Council of Catholic Women. Executive Coordinator Veronica Foldi will be responsible for keeping the pastor informed and acting as the liaison to the parish community. The other officers are: secretary Francesca Veltri, treasurer Michelina "Mickie" Sellaroli, historian Dorothy McDonough, and auditor Mary Ann Bushlow.

We are most grateful to Mickie for providing leadership for us during this time of transition. She has served faithfully many years and continues to offer her wisdom as we begin anew. May the Lord bless Mickie and the faithful women who have dedicated their lives to building our parish community.

The meetings are held in the months of Sept. through December and February through May at 6:00 p.m. on the First Tuesday of each month in the Holy Rosary Auditorium unless there is a schedule conflict. Our next meeting is Tuesday, March 2nd, 2010 in the Holy Rosary Auditorium.

MEN OF TRIUMPH OF THE CROSS I challenge you now to become an active group of our parish community. Working as one we can accomplish more than as individuals. What would such an organization do? For example the Pirates front office contacted me to arrange for a game-night for TOTC. This organization could be responsible for such activities for men and their sons. I have been asked about a church softball team. The men's club would decide whether we participate or not. When the diocese asked for representatives to work on the Diocesan Men's retreat, I would turn to this organization for volunteers. When I need help moving tables, I would turn to this group of men. So that the responsibility of the organization does not fall upon the shoulders of one individual, you might consider the example that the women have provided for you. Let me know when you want to meet and get started.