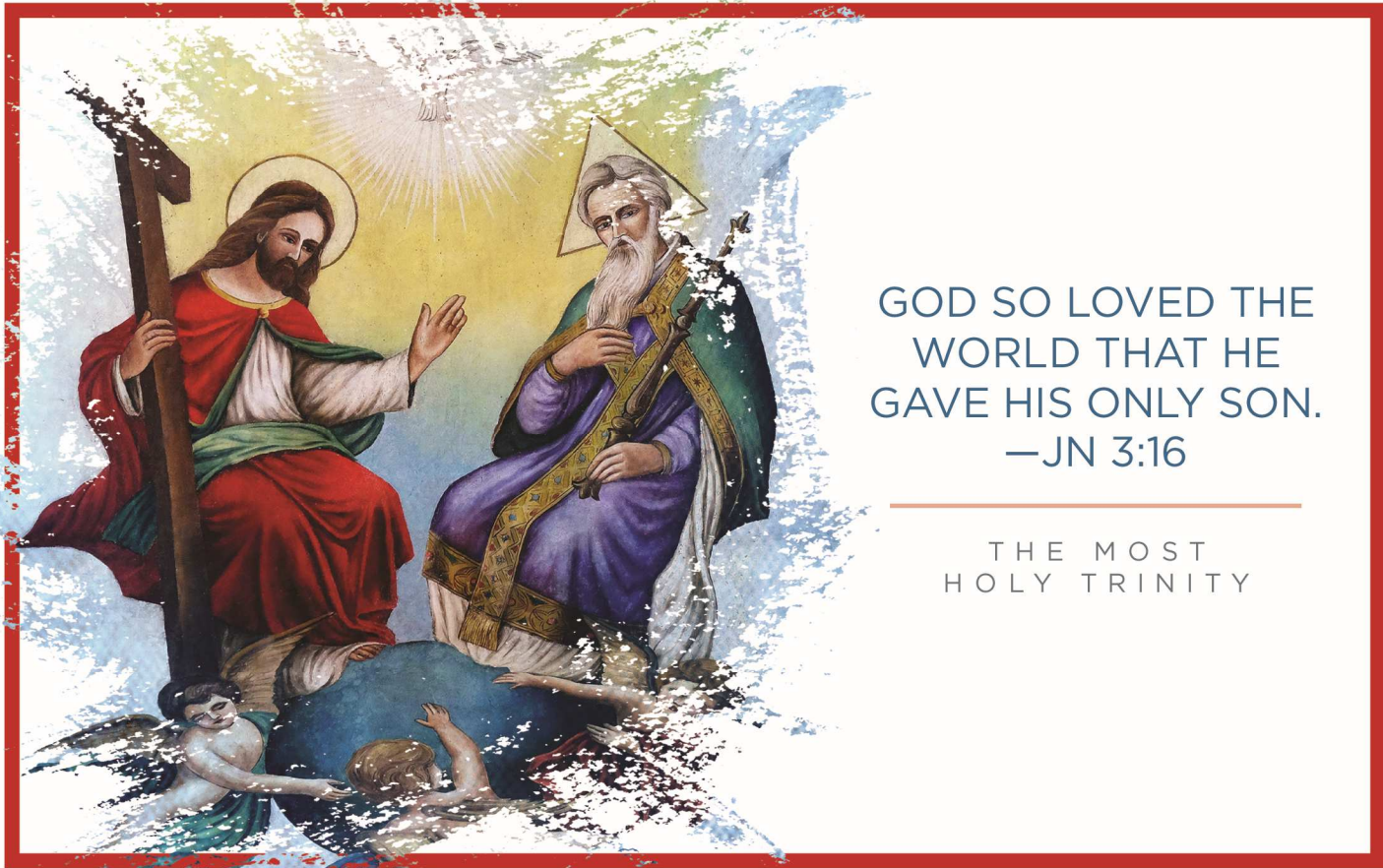


GOD SO LOVED THE  
WORLD THAT HE  
GAVE HIS ONLY SON.  
—JN 3:16

THE MOST  
HOLY TRINITY



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JUNE 4, 2023

PASTORAL TEAM

Administrator, *Rev. Tony De los Santos*..... 920-496-2160 x121  
E-mail .....tdeossantos@quad-parish.org  
Sacramental Minister, *Rev. Philip Dinh-Van-Thiep*..... 920-370-3468  
E-mail .....pdinhvanthiep@gmail.com  
Business Administrator, *Bill Gerl*..... 920-496-2160 x120  
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Pastoral Minister, *Sr. Jan Villemure*..... 920-496-2160 x131  
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Liturgical Coordinator, *Mark Phillips*..... 920-496-2160 x122  
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Music Coordinator, *Jim Bertler*..... 920-496-2160 x129  
E-mail .....jbertler@quad-parish.org  
Deacon, *Dan Wagnitz*.....dwagnitz@quad-parish.org

QUAD-PARISH BUSINESS OFFICE 920-496-2160

1087 Kellogg Street • Green Bay, WI 54303 Fax 496-2167  
AFTER HOURS EMERGENCY ONLY 920-604-1468 (or 920-370-3468)  
[www.quad-parish.org](http://www.quad-parish.org) [www.facebook.com/thequadparishes](https://www.facebook.com/thequadparishes)

Office Hours: Mon.-Thurs. 8:30 am-4:30 pm; Fri. 8:30 am - noon  
Secretary, *Laurie Verheyden*..... x110  
E-mail .....lverheyden@quad-parish.org  
Bookkeeper, *Mary Jane Smithers*..... x111  
E-mail .....msmithers@quad-parish.org  
Hispanic Ministries, Office Hours: Mon & Tues: 10:00a-12pm  
Lorena Gomez, x142.....lgomez@quad-parish.org

ST. JOSEPH SITE 920-497-7042

936 9th Street • Office hours: Mon & Tues 10am-12pm

LITURGY SCHEDULE

Annunciation ..... Sunday 8:00 am & Spanish Mass @ 12:30 pm  
St. Joseph..... Sunday 10:30 am  
St. Jude ..... Saturday 4:00 pm & Sunday 9:15 am  
St. Jude ..... Hmong Mass select Sundays 1:00 pm  
St. Patrick ..... Saturday 4:00 pm

RECONCILIATION

Annunciation ..... Thursday 5:30 pm  
St. Joseph..... Sunday 9:45 am  
St. Jude & St. Patrick ..... Saturday 3:00 pm

**HOPE CENTER**  
CATHOLIC OUTREACH  
505 Clinton St., Green Bay, 54303

**HOPE CENTER PANTRY** 920-437-3356, Mon-Th. 1-3 pm  
**LOVE LIFE** 920-497-1087, Thurs. 1-4 pm (not 5th Thurs.)



**"We are a family of believers from four unique Catholic Parishes who find Home through community, Hope in the Living Presence of Christ, and Holiness in our witness to the world."**

## ANNUNCIATION

401 Gray Street,  
Green Bay, WI 54303



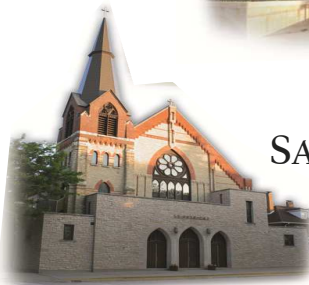
## SAINT JOSEPH

1224 12th Ave Green Bay, WI 54304



## SAINT JUDE

1420 Division Street  
Green Bay, WI 54303



## SAINT PATRICK

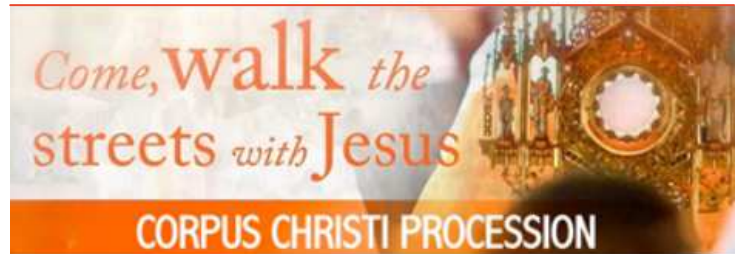
211 N. Maple Avenue  
Green Bay, WI 54303

### St. Patrick Parish Office

The office is located in the Rectory at 211 N. Maple Av, enter Maple Ave entrance.

Mon-Thurs 8:30am-4:30pm Fridays 8:30am-noon  
920-437-9660 stpatrickgb@gmail.com

After Hours Emergency also call, 920-437-9660



## Celebrating the reality of the Body and Blood of Jesus Christ present in the Eucharist Saturday, June 10th

Following the 4:00 pm Mass at St Jude Parish we will walk in a procession with the Blessed Sacrament one mile to Annunciation Parish.

Believers of all ages are invited to join the procession as we bring Christ to our neighborhoods. Invite your family, friends, and neighbors to join us.

We encourage everyone to participate. If unable to walk the route, you can join us as we stop to pray at our outdoor Altar that will be in the Annunciation parking lot. Then join us for a light meal and refreshments.

Notes: No 4pm Mass @ St Pat on 6/10, see you at Jude!  
See bulletin insert with shuttleleing information.



**God gives us glimpses of himself on earth to keep our faith alive.**

Please join us in St. Jude Church, 6:30 pm on **Mon, June 5**, the week before Corpus Christi Sunday



Deacon Dave Scheuer will give a powerful witness talk of Jesus Christ's presence in his life, especially in the Holy Eucharist! The evening will conclude with 15 minutes of Eucharistic Adoration and a social will follow.

Sponsored by St. Jude's St. Vincent de Paul Conference. You know St. Vincent de Paul as a charitable organization that takes care of the poor, but we are first Spiritual! Come listen to Dcn. Dave's amazing witness & deepen your faith.

## "In The Name of The Father, The Son & The Holy Spirit"

Our Christian Faith is based on the fundamental belief in the Blessed Trinity. We were all baptized in the name of the Father, the Son & the Holy Spirit.

Celebrating this Feast of the Blessed Trinity gives us the grace to dive deeper into the mystery of Jesus closely united into the Triune life of the Divine Persons.

We shall be able to experience the joy and peace of this mystery of the one God and three Divine Persons when we're united with Jesus in heaven sharing as sons and daughters in the very life of God.

Mother Church has introduced this feast only in the 9th century to wrap up the preceding feasts. God the Father, the Son & the Holy Spirit made their awesome contribution in the work of our redemption. God so loved the world that He sent His Son, Jesus. The Son, our Savior, redeemed us and restored us as children of God.

After Jesus went up to heaven, the Holy Spirit continued the mission of Jesus as teacher, guide and consoler. This feast expresses our gratefulness to the Triune God for the countless blessings of Christmas moving forward towards Easter.

Inspired by the Holy Spirit, Pope John XXII of happy memory inserted the feast in the General Roman Calendar in the 14th century. This has caused us year in and year out to praise and adore the Father, the Son and the Holy Spirit for showing us mercy and giving us a share in the Divine Life.

United in faith, we make our renewed commitment to praise and adore the Trinity – the undivided unity – as we go through the challenges of ordinary life.

As we profess the Blessed Trinity, we make the sign of the cross: "In the name of the Father and of the Son and of the Holy Spirit." AMEN.

Fr. Tony

## Masses

### Tuesday, June 6

8:00 am St. Patrick Private Intention

### Wednesday, June 7

8:00 am St. Joseph Vocations

### Thursday, June 8

8:00 am St. Jude +Bill Egan  
+Roman Baranczyk

### Friday, June 9

8:00 am Annunciation +Vincent & +Gerry Devroy

### Saturday, June 10

4:00 pm St. Jude +Claudette, +Harry & +Gary Heigl  
+Dennis Frank  
+Richard Boyce

**St Pat: No 4pm Mass-See you at Jude/Corpus Christi Walk**

### Sunday, June 11

8:00 am Annunciation +Andrea Marks, +Jesse Hettmann  
+Bill & +Norma Calawerts, The Poor Souls  
+Yvonne Orton  
+Charles Greely

9:15 am St. Jude +Virginia Lisy

10:30 am St. Joseph +Joseph and +Mary Ann Cieslewicz  
People of the Quad-Parishes

12:30 pm @ Annunciation - Mass in Spanish

1:00 pm @ St. Jude - Mass in Hmong

**Next Hmong Mass:** Sun, July 2 & July 9, 1pm @ St. Jude

## Next Sunday Readings

Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15, 19-20 (12)/1 Cor  
10:16-17/Jn 6:51-58

## Morning Adoration

Adoration of the Blessed Sacrament immediately  
after the 8am Mass until approximately 9:45am

### Adoration & Holy Hour Schedule

**Wednesday, June 7 @ St. Joseph**

**Thursday June 15 @ St. Jude**

**Friday June 23 Annunciation**



## Rosary & Communion Service

6:04am Rosary, 6:30am Communion M-F @ St. Jude

3:30pm Rosary - Saturday @ St. Patrick

## Sanctuary Candles ~ June 4-17

For Our Country ~ Annunciation

For Our Country ~ St. Joseph

Vern Reynolds ~ St. Jude

For Our Parishioners ~ St. Patrick

## NOTICE!

### St. Jude's Bishops Appeal Match

St. Jude Booster Club is offering a \$2,300 match. If the parish can raise \$2,300 toward the Bishop's Appeal, the Booster Club will give \$2,300 toward the appeal. Let's go St. Jude!!!! This is too good an offer to let pass!

## UPCOMING EVENTS

### Monday, June 5

1:00 pm Renew Bible Annun. Rm 105

6:30 pm **Dcn Dave Witness Talk** St. Jude Church

7:00 pm St. Joseph Athletic Club St. Joseph

### Tuesday, June 6

1:00 pm Community Life Commission St. Joseph

6:00 pm Trinity Choir Practice Annunciation Church

6:00 pm Worship Commission Annunc Rm 103

### Saturday, June 10

After 4pm Mass -

Corpus Christi Procession from Jude to Annunciation

Social to follow at Annunciation

### Tuesday, June 13

6:00 pm Trinity Choir Practice Annunciation Church

### Thursday, June 15

6:30 pm Annunciation Parish Council Annunc Rm 103

### Monday, June 19

3:00 pm St. Vincent de Paul Annunc #103

### Tuesday, June 20

1:00 pm St. Jude Parish Council Annunc Rm 103

6:00 pm Trinity Choir Practice Annunciation Church

5:30 pm St. Joseph Parish Council St, Joe Rm 102

### Thursday, June 22

6:00 pm Booster Club Mtg St. Jude Caf 

### Tuesday, June 27

6:00 pm Trinity Choir Practice Annunciation Church

### Wednesday, June 28

5:30 pm Annunciation Picnic Mtg Annunc Rm 103

## SAVE THE DATE

**July 19-23 Paper Drive @ St. Joseph**

**Sun, Aug 13 - Annunciation Picnic**

**Sept 8/9 - Annunciation Rummage Sale**

## May Baptisms

Griffin Maxwell Radosevich, son of Erin and Daniel

Grant Alexander Niemuth, son of Kendra and Ben



Welcome Grant!

Appologies to the Niemuth family. Last week's bulletin listed their son's name incorrectly. Their son, Grant was Baptized on May 21, 2023 at Annunciation of the BVM Church.



## Prayer Vine

If you or someone you know needs a few extra prayers, please submit your request online at [www.quad-parish.org](http://www.quad-parish.org) or call the parish office.



## SCRIP NEWS

**Sales: \$9,050.00 Profit: \$439.91**  
 Customers: 32 New Customers: 0

### Availability

- \* Parish Office: Mon-Thur 8:30am-4:30pm, Fri 8:30-noon
- \* Faith Formation Office: Mon & Tues 10am-12pm
- \* Sunday Mass: 8am Annunciation, 10:30am St. Joseph



**Graduations** - Gas Cards and Gifts cards are the best gift as graduates prepare for college. Every college town has a Walmart. Are you hosting a graduation party? Use Scrip for the food, beverages & party essentials.

**Father Days** - Scrip can ease your Father's Day shopping ... all the great stores to cover the gifts for Dad. Taking Dad out to eat? Check out the restaurants on the Scrip form.

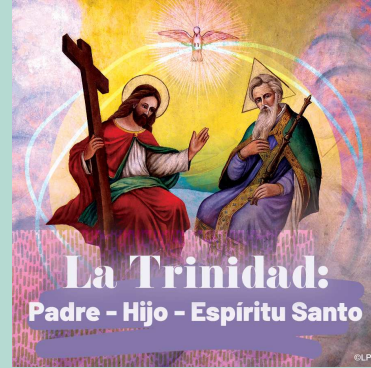
**Thank you for supporting Scrip!**



### Welcome Home Religious Education!

This Fall, Religious Education will be back at our Faith Formation Center, located in the St. Joseph building. Registration will take place in August. Watch the bulletin for more information. Questions, please contact Frank Hessel, fhessel@quad-parish.org .

## Spanish Masses, Confessions, Services and Sacraments offered at Annunciation



**Misa en Español lado Oeste de Green Bay, Domingos a las 12:30 en la Parroquia de Anunciación 401 Gray St**

También están ofreciendo los siguientes servicios en Español:

### -Confesiones:

Domingo Segundo y cuarto del mes 12:00

**-Matrimonios:** Se requiere que la pareja hable con el sacerdote por lo menos 6 meses antes de la fecha para el matrimonio.

**-Presentación de 3 años:** Durante la misa de 12:30 los domingos.

**-Bautismos:** Cada cuarto domingo, después de la misa de 12:30

### -Quinceañeras

### Tendremos Adoración al Santísimo Sacramento después de la misa de 8:00 de la mañana



Viernes, 2 de Junio Anunciacion  
 Miercoles, 7 de Junio San Jose  
 Jueves 15 de Junio San Judas



Siguenos como:  
 Parroquia Anunciación Ministerio Hispano

### Spring Cleaning? Moving? We Want Your Stuff!

St. Joseph will be having their annual **Fall Fest**. Items will be needed for Grandma's Attic, Grandpa's Workshop & the Sports Emporium. Please save items for us!

Annunciation is having their Annual Fall **Rummage Sale** on Sept 8/9. Rummage donations are needed and can be brought to Annunciation/Parish Office, during office hours.

**The ballots have been counted and our trustees have been elected. Our Secretary Trustees have been elected for a 1-year term and our Treasurer Trustees have been elected for 2-year terms. And the winners are...**

#### Annunciation

Secretary Trustee - Jane Giese  
 Treasurer Trustee - Jackie Krajewski



#### St. Joseph

Secretary Trustee - Don Schneider  
 Treasurer Trustee - Victor Salm



#### St. Jude

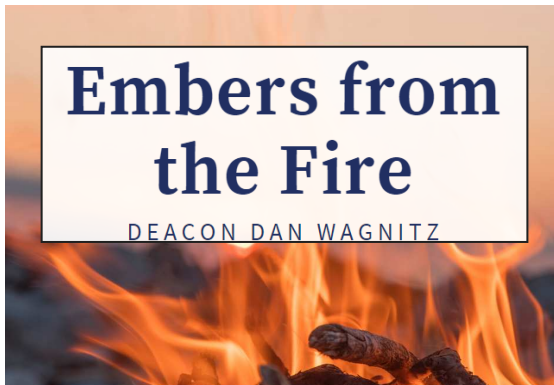
Secretary Trustee - Pat Dennison  
 Treasurer Trustee - Sheila Kujava



**Congratulations and thank you!**

## Wedding & Graduation Time! Need a Gift?

How about a handmade quilt, loom rug, afghan, or lap robe? The Mission Society has something for everyone! Call: Joanne Vaile, 920-737-7723 or Ellen Moran, 920-619-7674 to set up a time to see the beautiful things available.



### Embers on the Move!

It was three years ago in April that I started writing the weekly blog *Embers From the Fire*. Writing the blog initially was a reaction to the COVID pandemic. As the country engaged in lockdowns in an attempt to control the spread of the virus, that included suspension of public Mass, we on the Quad Parish Staff were searching for ways to keep our Quad Parishes family engaged and in touch with one another. *Embers* was my contribution to that need, and that's also why the blog has been posted to the Quad Parish Website and Facebook page.

The purpose of *Embers*, from the beginning, has been to help people be more aware that God is present and active in every life. We all encounter God every day, especially in our relationship with His creation, and our relationships with each other. *Embers* relies on the ancient foundations of Truth, Goodness and Beauty, because where those are found, God is found.

As *Embers* enters its fourth year, it is time to transition it to its own platform where hopefully it will reach even more people. Going forward then, *Embers* will be posted on its own website: [www.embersfromthefire.com](http://www.embersfromthefire.com) and its own Facebook page. You can go directly to these sites; we will also continue to post a link on the Quad Parishes sites so you can access *Embers* that way as well.

Each Friday morning, a new, original essay will be posted. Also, on Tuesday mornings, three essays from previous years will also be posted, so that eventually all of the essays I have written from the beginning of the blog will be available in one place. Hopefully you'll enjoy the brand-new Friday posts, and maybe you'll come across an old favorite, or something you may have missed the first time around on Tuesdays.

I truly appreciate those of you who have been regular followers of *Embers*, especially those who have encouraged me with feedback in-person. I hope that you will continue to read *Embers* on a regular basis at their new "home" platforms, and that you share the new sites with your family and friends.

His Peace,  
Deacon Dan

## Congratulations!

Congratulations Kendra Leia Santiago Basurto, she celebrated her Quinceañera at Annunciation on Saturday, May 20. May God bless you always and our heavenly mother Mary be your guide.

Muchas Felicidades a Kendra Leia Santiago Basurto, quien celebrosu Quinceañera en la parroquia de Anunciacion el sabado 20 de Mayo. Que Dios te bendiga siempre y nuestra madre del Cielo Maria sea tu guia toda tu vida.



## Society of St. Vincent de Paul

As we celebrate the mystery of the Trinity we also realize the mystery of how much God loves and cares for us each day. Believing in this our lives can then overflow in thanksgiving and praise.

**Your gifts to St. Vincent de Paul will help the poor to believe in the mystery of God's love for them.**

### An Easy Stewardship Opportunity

The 12th Avenue parking lot replacement at St. Joe's cost the parish an additional \$28,700 due to unexpected excavating work that needed to be done. Thanks to additional donations made, our new total needed is down to \$23,702.49.



Donation cans are located at all the entrances of church. If you have extra change, or a few extra bucks, in your pocket, please consider dropping a little bit in the cans. All money collected will help with the parking lot bill.

## 7 Things Every High School Graduate Should Hear

1. Live with intention. College will be full of new opportunities. Think carefully about your priorities for your new start.
2. Make the right friends. There will be plenty of new people! Concentrate on the ones who motivate you to be a better person.
3. It's a big world! Look for new perspectives, new opportunities, and new ideas that push you to grow.
4. Find a mentor. Building relationships with people who have "been there, done that" can be a great help.
5. Give yourself away. You may not *need* to volunteer anymore, but you'll be surprised what you learn, how you grow, and who you meet when you serve.
6. Before you go, learn how to do your laundry, address an envelope, schedule a doctor's appointment, use public transportation, and cook basic meals (ramen doesn't count!).
7. Remember that God is in control. And that's a good thing!
8. Always hug your Mom & Dad.

**August 13th**

# Parish PICNIC

Please prayerfully consider being a part of the Annunciation Picnic Committee. Raffle Chair and Communications Chair are two immediate areas we need help with. For more info, call/text Meghan Marks @ 920-660-2404. Thank you!

**“LET US HEAR MUSIC”**

by Jim Bertler

Sad to say in these modern times, there are parishes that do not have the luxury of musicians to lead or sing at Mass on weekends. Yes, it takes a lot of commitment to be there every week, and dedication to the parish, especially if you are a member. There are parishes that have to get musicians from other parishes or even other religions. It's sad to say, that not many of today's children take up the organ, especially playing with the peddles. In today's liturgy, you do not have to play the keyboard (piano or organ) a guitar is acceptable. Yet in today's world, a great number of today's youth play guitar, so let's give them a chance to play at Mass. With some guidance and direction, this may help some parishes to hear music again, or at least have some singing leadership.

Throughout the church's history, a great variety of instruments have been used to celebrate praise to God. From the Ark of the Covenant to the Church of our present time, there has been change. So, keep in mind that there has been a variety of instruments in the Churches past. (Clanging symbols, drums, trumpets, harps, organs, piano, guitar etc.)

Times change, people change and, music changes along with our modern generation's way of thinking. When I say modern, each generation thinks their age is modern, so here comes modern change. We need musicians in our parishes, no matter what the instrument is, but to some extent. Yet, we really don't want to have a "tuba" as a lead instrument, although its sounds good in a polka band. What I am trying to say is, today's youth can participate with a touch of their (today's) style of music within the liturgy. Again, depending on the instrument, we can, and should be open to their style of expression within bounds.

Listen, expression with direction, give the youth a chance to participate. We want the youth back in church, and what better way than to get them involved than with music. "Let the children come to me, the Kingdom belongs to such as these, happiness can always be, become like children and see." (JB-1988)

No matter what your age, we come together as one in the Eucharist, if you truly believe we are one. Let go of the past, embrace the present, and hope for the future. We are ONE with the Jesus Christ. Music brings happiness and enlivens the soul, brings on happiness, so let's bring on today's modern youth movement.



## PASTORAL ASSOCIATE

The Quad Parishes of Green Bay strive to be a place of Hope, Home and Holiness.

We wish to welcome a new Pastoral Associate (PA) to our parish family. A successful PA will guide our parish to a closer relationship with Jesus – the GREATEST source of Hope, Home and Holiness.

If you are called to walk with us on our journey to Jesus - Our Comfort, Our Teacher, Our Friend - we would like to meet you.

Please contact Dcn. Bill Gerl at 920-496-2160 or bgerl@quad-parish.org



### THE KIDS ARE BACK!

**Welcome!**

This Fall, Grace Christian Academy, currently located in Pulaski will be moving to the 2nd floor at Annunciation. We look forward to having students back in our building and we are excited to welcome Grace Christian Academy to our neighborhood!

### Help Needed

With the move, a few job opportunities may become available, one of them being a cleaning person, the other is for daycare and in-home before- and after-school childcare. The school also has a 4K program that runs until 11:00 am. Some 4K families will be looking for daycare options, starting shortly after 11am, and in close proximity to the school. Childcare information will be shared with school families who may be in need, especially for families enrolling in our 4K program. For more information, please email [info@gracechristianpulaski.org](mailto:info@gracechristianpulaski.org) or send brief message via their website: <https://gracechristianpulaski.org/>.

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## Area News

### **Polka Mass & Picnic June 4, 10:30am-1pm St. Elizabeth Ann Seton, 2771 Oakwood Dr, GB.**

Music by the Maroszek's New Generation Polka Band. Bring your own lawn chair. Cash raffle (tickets on sale now, need not be present to win). Hamburgers, hot dogs, kid's games, silent auction, balloon artists, face painting, and bounce house/sports combo. Info: 920.499.1546

### **Freedom Country Fest June 9, 2023 St. Nicholas Parish, Freedom, WI**

Country Music Legend Diamond Rio will be performing LIVE on Friday, June 9th, at Freedom Country Fest in Freedom, WI. Gates open at 5pm with food, drinks, and music! The 2 opening acts are Mitch Rossell followed by Little Texas. Advanced ticket prices are \$35 for general admission. Tickets are available at St. Nicholas Parish, The Meat Block in Greenville, Haen Meats in Kaukauna, and all East Wisconsin Savings Bank locations, or at [www.ticketstaronline.com](http://www.ticketstaronline.com). [www.freedomcountryfest.com](http://www.freedomcountryfest.com)

**Calling all middle school boys!** Bring yourself and a friend **Mon, 6/12–Wed, 6/14** to St Lawrence Seminary High School in Mt Calvary, WI for three days of field olympics, games, team building, and prayer. You're sure to have a blast living in our dorms, eating lots of food, and making new friends! Cost is \$50 and includes housing and food. Transportation is available from select cities throughout the state. [www.stlawrence.edu/retreats](http://www.stlawrence.edu/retreats)

### **Free Laundry Washing for Neighbors**

Laundry Love-Green Bay exists to meet the needs of those in our community who are low income, homeless, unemployed, elderly or someone needing a hand up.

Quarters & soap are provided through our Laundry Love events at local laundromats. Clean clothing & bedding is a basic need for everyone. We want to help individuals, children & families stay healthy in this area of need.

### **Upcoming Laundry Love Events**

**East Side – Corner Coin Laundry, 433 N. Irwin Av, GB**  
Tues, 6/13: 2:30-6pm      Mon 6/26: 8-11:30am

### **Barb Kimme Memorial Traveling Rosary for Vocations:**



The Green Bay Diocesan Council of Catholic Women is helping to raise an awareness of our Diocesan Priestly Vocation Shortage. Our best course of action is prayer to our Lord. Every 2nd Wed. of the month, Mar–Nov we will gather for rosary, speaker, & socialization at nine different churches throughout the diocese.

All are welcome!

**Our 4th event is: Jun 14, 1-2:30 pm  
Sacred Heart Church, 321 S. Sawyer St, Shawano**  
More info: 920-794-8276 or [www.gbdcw.org](http://www.gbdcw.org)

### **Gamblers Anonymous Meetings**

Tuesdays 5:30pm, Thursdays 7pm & Saturdays 9am  
Annunciation, 1087 Kellogg St, Rm 105  
[www.greenbaywisconsin.org](http://www.greenbaywisconsin.org)  
For more info, Brandon 920-676-9498

**The broadcast of Sunday Mass with Bishop Ricken on WFRV - Channel 5 has returned to its 10:30 A.M. time slot and will continue until football returns in Fall.**

### **Veterans Lunch - Fri, June 16, 10:30am-noon**

Neville Public Museum, 210 Museum Pl, GB

Join us with Fr. Nielson as he discusses the signs and symbols, rites and rituals, that define and express gratitude and respect for our country's veterans and active duty military personnel. This will be a visual exploration of those images and objects that assist us in expressing thoughts and feelings of duty, courage, and gratitude in pursuit of peace, justice, and freedom. After the presentation, there will be a special flag folding ceremony. Lunch will be provided by Grounded Café.

**Call 920-448-4300 to register by 6/14.** Lunches are provided on a suggested donation of \$4. There is a registration form that will need to be completed in order to participate.

Please note: You do NOT need to be a veteran to participate in this presentation

### **Tues, 6/20/23 - Longest Day of Prayer & Awareness of Alzheimer's, Parkinson & Other Related Dementias Ss. Edward & Isidore Church - 3667 Flintville Rd, GB**

• **Mass: 9-9:30am**

• **Pillars of Brain Health-General Brain Health, 9:45am**

By: Dr. Rolf Lulloff & LaReina Tipping, Brain Center of GB

Presentation points: brain foods & nutrition, brain & body benefits of physical exercise & restorative sleep, appropriate stress management & social stimulation as well as avoidance of toxins. Become aware of neuroplasticity - our brain's ability to adapt, change & create new pathways in response to experiences, new information or damage.

• **Parkinson Disease Support Group: 11am-12pm**

• **Lunch, call 920-865-7844 to RSVP by 6/15.**

• **Relationship Changes, Finding Success w/Dementia, 1pm**

By: Sheri Fairman, Dementia Care Solutions, LLC.

Sponsored by: Moments Hospice

Conversation about better quality of life for you & the person with dementia as the relationship changes. Learn communication strategies.

• **Alzheimer's/Dementia Caregiver's Support, 2:15-3:15pm**

• **The Ten Warning Signs: 5:45-6:45pm**

Presenter: Kim Patterson, Educator-Alzheimer's Assoc

Learn about common signs of dementia & Alzheimer, typical age-related changes, how to approach someone about memory concerns, early detection & benefits of diagnosis.

• **Holy Hour: 7-8pm**

### **Encounter God at "Silence & Sunset"**

Prairie wildflowers. Deer and Sandhill cranes. Sunsets over the Bay. Celebrate God's creations and deepen your understanding of the Canticle of the Creatures during the "Silence & Sunset" summer series. Each evening -- June 15, Aug. 3 and Sept. 14 -- will begin at 6:30 pm with prayer followed by a short presentation about the canticle, then conclude with prayer as the sun sets. Sponsored by the Sisters of St. Francis of the Holy Cross, each evening is free but registration is required. Attend 1, 2 or all 3 evenings at St. Francis Convent, 3110 Nicolet Dr., Green Bay. More at <https://bit.ly/3oCO7W6> or visit [www.gbfranciscans.org](http://www.gbfranciscans.org) and click on "News".