

**Parish Nurse News
December 2009**

TRIVIA CONTEST!

No one entered last month's contest-the prize, the 2010 Cadillac Escalade had to be sent back. Let's see if we have any entries this month!

How well do you know your Bible?

Each month we will have a trivia question -Turn your answer in to Colleen and she will draw one name from the correct responses. Winning name drawn- will receive a prize!

keep my commandments and live; keep my teaching as...

- a) the apple of your eye b) a millstone c) a shield for your heart d) a precious pearl

3 New Year's Resolutions

1. Ps 17:3 2. Da 1:8 3. I Cor. 2:2

Set a goal!

- In the car, listen to the Bible on CD
- Read the Bible through in a year

Prayer:

Dear Lord,

Thank you that each day can be a new beginning in Christ. Thank you that we don't have to do a certain thing at a certain time to gain your favor. I will sing your praises, have a glad heart and live my life as you want me to. Amen

Coming soon...

- The pastor's corner
- Starting a series on exercise facts from consumer reports



Buffet Behavior

- 1) Use a small plate
- 2) If eating Chinese, use chopsticks
- 3) Don't sit close to the buffet
- 4) Don't rush to serve yourself
- 5) Sit with a napkin on your lap
- 6) Use good table manners



Dry winter hands:

Use warm (not hot) water to wash hands, and pat them dry instead of rubbing them with a towel. Apply hand lotion regularly, especially after washing.