

Parish Nurse News  
November 2010

Congratulations trivia winners: Vicki Smith and Jean Hof.

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Thank you also for your entries Joe, Lyle and Bonnie.

Answer: Ruth was a "gleaner."



**Trivia for November:**

A Biblical book of wisdom speaks of four creatures that are small but *exceedingly* wise! List the creatures!

**Psalms 96:10**-Say among the nations, "The Lord reigns." The world is firmly established, it cannot be moved; He will judge the peoples with equity.

**Col. 2:6-7**-So, then, just as you received Christ Jesus as Lord, continue to live in Him. 7. Rooted and built up in Him, strengthened in The Faith as you, were taught, and overflowing with thankfulness.

**Prayer:**

***To you oh God, the Creator and Lord of our lives. We give praise and Thanksgiving for our very existence. Your Son Jesus Christ, who is the source of our salvation.***

**Amen**

**Thank you,**



**The Nitty Gritty on a Classic: Hominy**

The Folklore. Hominy was undoubtedly served at our country's first Thanksgiving feast. Consumed both as a vegetable and a whole grain, corn and hominy were among the first foods introduced to early settlers by Native Americans in the New World. Its name, derived from an ancient Algonquin word, traces back as early as 1620. A century earlier, Mexicans were cooking with posole, which is made by simmering dried corn kernels in a lime water bath before grinding and mixing into masa used to make tortillas and posole, the traditional Mexican stew that remains a popular dish today.