



The Sunday Encore

More News and Announcements from St. Francis de Sales Parish

Sunday, November 20, 2022
Our Lord Jesus Christ, King Of The Universe

A Prayer For The Coming Week

The following prayer entitled *Live Simply Prayer* comes from the Catholic Agency For Overseas Development-CADOD. Please pray and reflect on it this coming week.

*Compassionate and loving God, you created the world for us all to share,
a world of beauty and plenty.
Create in us a desire to live simply,
so that our lives may reflect your generosity.
Creator God, You gave us responsibility for the earth,
a world of riches and delight.
Create in us a desire to live sustainably,
so that those who follow after us may enjoy the fruits of your creation.
God of peace and justice, You give us the capacity to change,
to bring about a world that mirrors your wisdom.
Create in us a desire to act in solidarity,
so that the pillars of injustice crumble
and those now crushed are set free. Amen.*

Marriage Moments And Parenting Pointers: Food For Thought And Actions

Marriage Moments-During this week of Thanksgiving, take a moment to share with each other one thing that makes you thankful for your beloved and your marriage.

Parenting Pointers-The Friday after Thanksgiving is often called “Black Friday” because it starts the frenzy of holiday shopping. It’s especially challenging for kids not to get sucked into Christmas wish lists. Ask your children one gift they might like for Christmas that doesn’t cost any money.

Living Laudato Si’ Eco-Tip Of The Week From The SFdS Parish “Green Team”

Thanksgiving Gift Giving Activities:

- The Easy One:* As a gift to the environment...spend one evening this week in candlelight with all of the electric lights off.
- The Challenging One:* As a gift to your community, do a family service project together.

This Week From U.S. Catholic Magazine

Please visit *U.S. Catholic Magazine* at www.uscatholic.org for this week's read and other informative and inspiring articles-

Posted on the homepage:

The Trinity Offers The Solution To Our Polarized Times: How Eastern Catholic Spirituality Can Guide Us To Form Better Communities by Matt Kappadakunnel

Vocation Question For The Week

*Do I feel a sense of peace when I think about a vocation to the priesthood and religious life?
Does this encourage me to better invite someone I know to consider such a vocation??*

The East Walnut Hills Assembly

Our local community council, the East Walnut Hills Assembly meets on the first Wednesday of the month at the St. Francis de Sales School Cafeteria at 7:00 P.M. The following are various sites for information to engage and be involved with the Assembly:

- *Website: www.eastwalnuthills.org
- *To Become A Member : www.eastwalnuthills.org/join-now/
- *For Meeting Materials And To Join Virtually: www.eastwalnuthills.org/east-walnut-hills-assembly-meeting/

For your information, the following are the East Walnut Hills Assembly Board Members: Vince Accorinti, Jinny Berten, Rick Boydston, Jeff Butterbaugh, Valerie Daley, Deb Dereshkevich, Freeman Durham, Missy Fox, Drew Gores, Christine Johnson, Ben Kerksmar, Sam Lieberman, John McHugh, Mark Niehaus, Kikkita Oyeyemi, Adam Rockel, Sara Siefring, Benjamin Strohm.

Purcell Marian Prize Madness

Purcell Marian High School continues to offer its friends a chance to participate in exciting raffles and will amazing prizes with the 2022 Purcell Marian Prize Madness!

You can purchase a \$25.00 ticket (or five for \$100.00) each month to be entered to win a Purcell Marian Prize Madness Package by going to <https://one.bidpal.net/pmprizemadness/welcome>. Each month gives you a new chance to win a new prize!

For November, a Florida Getaway is the raffle prize. This package includes:

- *A one week stay in a Davenport, Florida condominium
- *Between December 2022 and December 2023
- *Three bedroom (Two king size beds and two full size bunk beds)

- *Three full baths
- *Two pools on site
- *Twenty-five minutes from Disney and Universal
- *Value of package is \$1,000.00

Dates to be agreed upon between winner of prize package and property owner.

Upcoming Programming From Retrouvaille

Thinking about Separation or Divorce? – Is your marriage or that of a relative or friend heading for divorce? Do you know how to save that marriage? Or do you feel helpless? Retrouvaille (is designed to help troubled marriages regain their health. It helps spouses uncover or re-awaken the love, trust, and commitment that originally brought them together. The program is highly successful in saving hurting marriages, even bringing reconciliation to couples who have already separated or divorced. For confidential information about or to register for the September program beginning with a weekend on January 7, 8, 9 2023 call 513 486-6222 or visit the web site at www.HelpOurMarriage.com

Information From The Christ Hospital Health Network: *Bed, Back And Beyond: Tips For A Good Night's Sleep*

Poor sleep and back pain can go hand-in-hand. From mattresses and pillows to strengthening your core, physical medicine specialist, Dr. Travis F. McClain, shares how you can ease that pain and get a better night's sleep.

Bad sleep can equal a bad day-According to Dr. McClain, "Poor sleep can have a direct impact on your overall pain level, in particular back pain. Your body needs sleep to heal, and without appropriate sleep, little things can become big things over time."

A good mattress is key-When it comes to getting the right mattress, Dr. McClain suggested, "The general recommendation is to use a firm mattress that can adequately support the spine in either a side-lying position or with lying on your back. Avoid mattresses that provide very little support." He also recommended changing your mattress every 5 to 7 years.

Proper pillows also make difference-Dr. McClain recommended, "A good pillow could be a game changer, particularly with neck pain. Once again, find a pillow that enhances your normal extension/position of the neck and provides firm stability."

Changing my sleep position also made a difference, and here is what Dr. McClain had to say about that: "The best position to sleep to avoid back pain is typically the position of comfort to achieve the greatest amount of sleep. If patient finds all positions tolerable, then typically sleeping on your back with a nice firm mattress is ideal."

Exercises to conquer back pain at home-Dr. McClain had some great tips on exercises that you can do at home to help improve your overall pain.

He suggested, "People with back pain should be focusing on core strength, lower extremity flexibility, and typically benefit from exercises that promote symmetry. In other words, if you are going to work out your legs, make sure you work out both the front and the back of your legs. If you're working on your upper body, make sure to do just as many back exercises as chest exercises to maintain symmetry."

Seeking medical attention-Dr. McClain recommended, "It is always a good idea to seek medical attention if pain does not resolve within a short period of time, or if you have any sudden changes, including changes in pain level or any type of weakness. These could be indicators that something more serious is going on."

So, the bottom line is, a great mattress, exercise and getting a good night's sleep is key to helping relieve and avoid back pain. I have used these tips and — trust me — they work!

They Said It:

If you lend someone \$20.00 and never see that person again, it was probably worth it.

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“Like any good Christian, Cecilia sang in her heart, and sometimes with her voice. She has become a symbol of the church’s conviction that good music is an integral part of the liturgy, of greater value to the church than any other art. It may be useful to recall Vatican II’s teaching about church music.”

Leonard Foley, O.F.M. and Pat McCoskey, O.F.M.
The Memorial of St. Cecilia, Virgin and Martyr
November 22

