

# THE MOST HOLY BODY AND BLOOD OF CHRIST

## More Parish News

**PERPETUAL EUCHARISTIC ADORATION:** The St. Thomas Perpetual Adoration program is in need of an Adorer for **Thurs., at 1 A.M.** We are always welcoming new Adorers to our program. I want to remind all adorers that from time to time, our replacement, for one reason or another, fails to report to the chapel in a timely manner. **PLEASE DO NOT LEAVE THE CHAPEL** before your replacement arrives. If this becomes a problem, please contact Helen at 467-0762. You may also call Helen to sign up for the program or if you have questions or concerns.

**NEED IN-HOME CARE?** If you are in need of in-home care, call Susan, 290-0873. Susan has several years of experience with all aged patients. Her hours are flexible and rates are reasonable. References will be provided upon request.

**NEED A BABYSITTER?** Four sisters from St. Thomas available to babysit. Call Emily, Libby, Stacy or Cindy Saultz at 355-3221.



**AMARILLO POLICE DEPARTMENT** is looking for **volunteers** to issue handicapped citations. This volunteer position is for one day per week; training, uniform & vehicle will be provided. If you are interested, please call Elon Peters, 355-4370, or Norma Kelley, 359-7433.

### THOUGHT FOR THE DAY - HOW TO STAY YOUNG

- Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'!
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.
- Enjoy the simple things.
- Laugh often, long and loud. Laugh until you gasp for breath.
- The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
- Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
- Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
- Tell the people you love that you love them, at every opportunity.

## Around the Diocese

[www.amarillodiocese.org](http://www.amarillodiocese.org)

### HOLY CROSS CATHOLIC ACADEMY

(Grades 6 through 12) is currently enrolling for the 2010-2011 school term. Discounts are available for early registrants. HCCA is fully accredited by the Texas Catholic Conference Education Dept. and the Texas Education Agency. The mission of HCCA is "to challenge all students to attain their full potential to contribute to church, school and society as we share the life and message of Christ." Please visit our website [www.holycrossama.org](http://www.holycrossama.org) or call the school at 355-9637 for more information and registration papers. Tuition assistance is available through the Diocese of Amarillo.



**ST. MARY'S CHURCH, UMBARGER** will be celebrating the 100th anniversary of the establishment of their parish on June 12th. They would like to invite their friends and former parishioners to celebrate with them during the week-long spiritual journey of praise and thanksgiving. The Mass Celebration begins Mon., June 7 through Sat., June 12. See their Mass Celebration schedule on the bulletin board.



### THE YEAR OF THE PRIEST

June 19, 2009 - June 19, 2010

### Prayer for Priests/Priestly Vocations

Heavenly Father, please grant to your faithful servants, the grace and strength to carry out your mission for the church each day. Keep your priests close to you and continue to inspire them to serve others in your Holy Name. Please help to inspire men who are called to a priestly vocation to answer your call and participate in the fullness that you have planned for them.

Amen.

*"If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have paradise in a few years."*

*- Bertrand Russell*