

## IT'S NOT TOO LATE FOR EXULTATIONS!, OUR CHILDREN SINGERS

We rehearse (30 minutes, max) in the parish center at 6:15pm on Tuesdays for our December 7th Christmas Concert. All children between the ages of 6-10 are welcome. Contact Jeff Batter now! [jeffbatter@stpaulkensington.org](mailto:jeffbatter@stpaulkensington.org).

## ST. PAUL CHOIR MEETS AT 7PM ON TUESDAYS IN THE PARISH CENTER

If interested, please contact Director of Music, Jeff Batter at ext 114 or [jeffbatter@stpaulkensington.org](mailto:jeffbatter@stpaulkensington.org). As you know, our annual Christmas Concert is Dec. 7th.

## XAVIER HIGH SCHOOL OPEN HOUSE, SUNDAY, OCTOBER 26TH 1-4PM

All families of boys in grade 6-8 are invited. Our entire administration, faculty and staff and hundreds of our students will be available to show all that is Xavier. Freshman Entrance Exam: Saturday, November 15 or November 22nd at 8AM. Pre registration is requested and can be done online at [www.xavierhighschool.org](http://www.xavierhighschool.org).

## ST. PAUL CATHOLIC HIGH, BRISTOL OPEN HOUSE

Saturday, November 8, Tour: 10 & 11:30 a.m.  
The St. Paul Catholic High School Placement Exam will be given at 8:00 AM on Saturday, November 22, at St. Paul Catholic H.S. for prospective grade 9 & 10 students. Visit [www.spchs.net](http://www.spchs.net).

## NORTHWEST CATHOLIC HIGH, OPEN HOUSE

Northwest Catholic High School will host an Open House on Sunday, Nov. 9th from 1-4 p.m. and will administer its Entrance Exam on November 15th and December 6th at 8 a.m. For more information or to apply/register for the exam, go to [NorthwestCatholic.org/Apply](http://NorthwestCatholic.org/Apply) or contact Andrew Selig at [aselig@nwccath.org](mailto:aselig@nwccath.org).

## MERCY HIGH SCHOOL OPEN HOUSE

Sunday, November 2, 2014, 1:00pm  
Entrance Exam for the Class of 2019: Saturday, November 15, 2014, 8:00 am to 11:15 am. Testing Fee is \$25.  
Pre-register~[www.mercyhigh.com](http://www.mercyhigh.com).

## FOREVER YOUNG CLUB NOVEMBER MEETING AT 6:30 PM

We will meet on Thursday, November 6th, at the Sacred Heart Church Hall. Guest speaker will be Christa Chadowski of St. Jude Center for life. Tickets for the Christmas party on December 4, 2014 will be available. Donation is \$20.

## PASTORAL COUNCIL

Here are the newly elected officers of our Pastoral Council and the members:

Richard McCarthy, President  
Michael O'Connor, Vice President  
Mary Corrigan, Secretary

Ken Baker	Gene Reyes
Marcia Baker	Deborah Sanders
Dwight Davis	Doug Sanders
Gary Egri	Bernie Stankevich
Robert Fischer	Ken Stokowski
Jack Flaherty	Maureen Stokowski
Donald Guzauckas	Rafal Szczygla
Dottie Nelson	Linda Vanty
Jim Newman	

## EX OFFICIO

Fr. Robert Schlageter,  
Fr. Raymond Borkowski,  
Fr. Timothy Lyons  
Diane Funk

## LAST CALL FOR COLLEGE CARE PACKAGES

We will be accepting donations of: Snacks, Candy, Granola Bars, Ramen Noodles, Easy Mac, school supplies and baked goods.



Please drop all donations off at the parish center or join us in the church hall to pack the boxes on **WEDNESDAY, OCTOBER 29TH AT 7:00PM.** **Parents:** If you would like your child to receive a care package from our church, please register your college student on our website by Monday, October 27th. Call Eileen, 860-543-0516 with ?'s.

## NEW BRITAIN COUNCIL OF CATHOLIC WOMEN

On November 4th at 1:30 pm, the NBCCW will meet at St. Joseph Church in New Britain to attend a Mass for all deceased members of the Council. Mass will be followed by light refreshments and our monthly meeting that will include a raffle. All members are encouraged to attend this special remembrance. New members are always welcome.





# PARISH NURSE MINISTRY NOTES



## THE BENEFITS OF WALKING

Many people do not exercise for a variety of reasons: too much work, don't like exercising, get too tired, it is boring, and the list of excuses goes on and on. However, there is one exercise that many individuals don't even think of as exercise, and that is walking. Walking has the lowest dropout rate of all the exercises. It is the simplest positive change you can make to effectively improve your health.

The following are the top 10 benefits of walking according to Dr. Oz:

1. Fends off the #1 killer: Regular walkers have fewer heart attacks and strokes. They also have other improvements of the cardiovascular system.
2. Changes your real age: As little as ninety days after a walking program, its age reducing effects can be measured.
3. Dims your chances of diabetes: Thirty minutes of walking a day makes your muscles more sensitive to insulin. That allows glucose to do its duty inside your cells rather than pile up in your bloodstream and cause problems.
4. Helps you kick the habit: Taking a thirty-minute walk is one of the keys to the success of quitting the smoking habit. Even a five-minute walk cuts down on cigarette cravings. It engages your brains' emotion centers, unleashing mood-enhancing hormones that decrease cravings and take your mind off that cigarette. Walking consistently proves that you have the discipline to stick with your stop-smoking plan.
5. Slims you down: Burn more calories that you eat. Walking can help decrease the chocolate cravings and nix the stress and anxiety that often lead to overeating.
6. Keeps you sharp: Physical activity nourishes brain tissue and stimulates its production of neurons, synapses, and blood vessels. Some studies have found that walking can counter faltering memories in people over the age of 50.
7. Reduces stress: Anyone who has come back from a walk in a different frame of mind than they went out with can attest to this. Studies back up that walking benefits your mood and may even ward off depression and anxiety.
8. Revs up your energy: Walking perks you up when needed but also helps improve the quality of your sleep. You are more energetic all day long.
9. Boosts your immune system: Walking regularly can lower the risk of arthritis, macular degeneration, and even cancer by 50% compared with people who don't exercise.
10. Keeps you going: Walking has the highest compliance rate of any exercise.

Walking is gentle and low impact. There are many people who enjoy outdoor walking but there are also people who walk in the hallways of local malls. One need not become stressed if you can't walk for a lengthly period of time. Even five to ten minutes of walking has many benefits. If you choose to walk slowly or more rapidly, the benefits are still abundant.

Keep walking!

