

## Immaculate Heart of Mary Ladies' Sodality

*"To Work with Love for Jesus through Mary"*



### May 2019

Dear Ladies,

The Easter season is a time of joy ... the joy of Jesus rising from the dead, the joy of warm weather, and the joy of sunshine everywhere!

Thank you to our Nominating Committee, chaired by Carol Iliff, along with Susan Caruso and Jan Cattaneo. These three ladies took on the task of assembling our slate of officers for the upcoming election at our May 8th general meeting.

**The figures have been tabulated** and we're happy to announce that our **Trivia Night**, chaired by Sara Shaver, made a net profit of \$4,143.43 for our treasury.

**The proceeds from the Christmas Party Quarter Auction**, along with a donation from our treasury (making a total of \$250) -- was donated to our parish's St. Vincent de Paul Society.

The gifts and cash donations from our **April Baby Shower** were given to Birthright and Our Lady's Inn.

Please join us for our next General Meeting **this Wednesday, May 8th, at 7:00 p.m., in the Father Keaney Center**. This is an important meeting where we will hold our election of officers for the coming year. New members are always welcome.

Details for the following activities will be explained further in this newsletter:

**Our Bake Sale** is coming up on May 18th and 19th after all the Masses. Proceeds from this event will be used to fund the Garden Club.

**Our next big event is our 3rd "Quarter Auction" to be held on Friday, June 7th, at 7:00 p.m. in the Father Keaney Center**. If you have never attended this event, you're missing out on a lot of fun. You never know what treasures you might bring home for a quarter!

*"Let us always meet each other with a smile, for the smile is the beginning of love."*  
Saint Mother Theresa of Calcutta

### EDUCATIONAL ENTERTAINMENT

Consider inviting family and friends to join you at this month's meeting! Dr. Emily Hudson is the granddaughter of Judy Hudson, parishioner, Exercise/dance instructor and chair yoga instructor. Emily is coming to share a little wisdom and knowledge about caring for our body.

**Dr. Emily Hudson is not your ordinary doctor. She is a Naturopathic Doctor.** In today's world of over prescribing and feeling rushed at the doctor's office, Naturopathic Doctors aim to treat each person as an individual and get to the root of the problem. Dr. Hudson spends about an hour and half with each new client, taking a thorough health history in order to make recommendations best suited for that person. She utilizes

natural means to heal, such as herbal medicine, dietary supplements, homeopathy, nutritional recommendations and other lifestyle changes. These tools are extremely powerful and can often be explored before more invasive means such as pharmaceuticals are utilized. Heart disease is the biggest health risk in America today.

**Join Dr. Hudson on Wednesday, May 8<sup>th</sup>, at our General Meeting,** as she discusses the details of what a Naturopathic Doctor does in order to help people prevent as well as treat heart disease naturally. Hear fascinating case studies on the power of natural therapies for the treatment of hypertension and high cholesterol, which contribute greatly to the heart disease epidemic. You will leave with real examples of how you can implement similar strategies into your life in order to prevent such conditions. Bring your questions and an open mind. Looking forward to seeing you!

#### **WELFARE**

A Sympathy card was sent to Joe De Moor and family on the death of his sister, Mary Allen. Please keep all Sodalists homebound and in nursing homes in your thoughts and prayers.

Therese De Moor

#### **BAKE SALE**

The spring bake sale will be the weekend of May 18<sup>th</sup>/19<sup>th</sup>, in the Father Keaney Center. Please start thinking of some goodies to donate for a successful sale!

#### **REFRESHMENTS AT GENERAL MEETING**

Senoritas- We will be celebrating Cinco de Mayo, serving Mexican flare along with Sopapilla Cheesecake and of course, Margaritas.

#### **ELECTIONS**

Thank you so much to all who volunteered to place their name on our ballot to serve as an officer for the coming year.

They are:

**President: Brenda Bucher**  
**Vice President: Peggy Kuehner**  
**Recording Secretary: Dolores Taylor**  
**Treasurer: Nancy Berger**  
**Corresponding Secretary: Jo Ann Ratermann**  
**Spiritual Coordinator: Tina Saputo**

Nominations may be made from the floor during the May meeting. Please come to the meeting to support our nominees.

Thank You,

Your nominating committee Susan Caruso, Jan Cattaneo, and Carol Iliff

#### **MAY ACTIVITIES**

**General Meeting: Wednesday, May 8<sup>th</sup>** 7:00 p.m. Rectory Meeting Room

**Bake Sale: May 18<sup>th</sup>/19<sup>th</sup>** Father Keaney Center

**Board Dinner Monday, May 20<sup>th</sup>**

Mary Pfeiffer  
President

Fr. Kristian Teater  
Pastor

Susan Gross  
Corresponding Secretary