

Events this week ...

Saturday, May 28

4 p.m. Reconciliation

5:30 p.m. Mass at St. Francis

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**The Most Holy Body and Blood of Christ**

**Sunday, MAY 29**

7:30 a.m. Mass

**9 a.m. GRADUATION MASS**

**11 a.m. Mass at St. Philip (Darby)**

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Monday, May 30

Memorial Day

No Mass/Office Closed

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**Tuesday, May 31**

**12:10 Mass**

5 p.m. Rosary in the Blessed Sacrament Chapel

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Wednesday, June 1

9 a.m. Mass

9:30 a.m. Women of Faith meet

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**Thursday, June 2**

**9 a.m. Mass**

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Friday, June 3

9 a.m. Mass

5 to 6:30 p.m. Knights of Columbus host last Fish Fry before Summer

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**Saturday, June 4**

4 p.m. Reconciliation

**5:30 p.m. Mass at St. Francis**

**SNACK AND CHAT after Mass**

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Sunday, June 5

7:30 a.m. and 9 a.m. Mass

11 a.m. Mass at St. Philip (Darby)

Thank you to our advertisers that make this bulletin possible. A special thank you this week to:

Super 1 Foods

Hamilton/Stevensville

THE MOST HOLY BODY AND BLOOD OF CHRIST

There are many kinds of hunger and yearning. Jesus teaches about and demonstrates them in his ministry, promising that they will one day be fulfilled in the Kingdom of God. He responds to the hungry crowd, to whom he is preaching about that larger fulfillment that is to come. And he gives himself to us as food – again, as a sign of all that God will do for us. We partake of the Eucharist, knowing that there is more on the horizon, where all of our hungers will be truly satisfied.

(from Celebration: A comprehensive worship resource)

Part-time jobs available

Receptionist needed

Please call the parish office if you are interested in an afternoon receptionist position at St. Francis.

Call 363-1385 for more information.

Paper carrier needed

A Sunday (and possibly other days) paper carrier is needed. Call Carolyn Born at 406-375-7572.

Weekly Mass Intentions

Saturday May 28: For Jacob Kromm requested by Barb and Larry Pittack

Sunday May 29:

7:30 a.m. For Deb Staley's Family r.b. Kathie Roubik

9 a.m. For Parish Families

Tuesday: May 31: For Dorothy Lorbieke r.b. St Francis Ladies

Wednesday June 1: For Rita Unger r.b. St Francis Ladies

Thursday June 2: For Colleen Hare r.b. Her Family

Happy Birthday

5/31 Joan Hansen
6/1 Isaac Floyd
Judy Kendall
6/2 Tim Brough
Gregory Gannon
Suzy Pliley
Barrie Smith
6/3 Barbara Losensky
Agnes Nelson



Happy Anniversary

5/31	Arlen and Nancy Hanson	41 Years
	Tim and Becky Brough	36 Years
6/1	Jim and Jean Swanz	59 Years
	Al and Res Bradley	48 Years
	Bob and Pam Zikan	34 Years
	DJ and Tammy Lengyel	25 Years

If you don't see your Birthday or Anniversary listed, please contact the parish office with your current information. Thank you.

Raffle to win 2016 Subaru Outback

You can win the grand prize of a 2016 Subaru Outback valued at over \$34,000. Each ticket is \$25. Only 5,000 tickets will be sold. The Funds raised will support Legendary Lodge -- our Catholic Summer camp. The drawing will be held Oct. 7 at the 11th Annual Son Light Celebration. To purchase tickets, stop by the parish office.

"Snack and Chat"

After Mass, on the first Saturday of each month, go forth ... to the parish center to join friends, old and new as you enjoy a variety of foods prepared



just for you through the generosity of our parishioners. The next Snack and Chat will be held June 4.

Graduates of 2016

Our St. Francis Senior Class graduates ...

Brandon, Theresa, Holly, Kira, Mason, Spencer, Charlie, Alex, and Riley

Congratulations!



Memorial Day parade

The Corvallis American Legion Post #91 and the Ladies Auxiliary present The 96th Annual Corvallis Memorial Day Parade Monday, May 30, starting at 10 a.m. on Main Street in Corvallis.

Upcoming events

Knights of Columbus host last Fish Fry before Summer

The Knights of Columbus will be hosting their last Fish fry before the summer break on Friday, June 3, from 5 to 6:30 p.m. in the parish center. All are welcome.

St. Francis Ladies Luncheon June 8

The St. Francis Ladies will be hosting their monthly Ladies Luncheon June 8 in the parish center. There will be no business meeting, just lunch and socializing. If you are interested in attending, please RSVP to Diane Sandland at desandland@aol.com. This helps our lunch crew figure out how much food to make.

Bone Health Seminar - *In case you missed it ...*

A bone health seminar was hosted at St. Francis Parish May 19. Listed are some topics which were covered.

BONE HEALTH – Start Early!

As people age, their bones may become very weak and fragile - a condition called **osteoporosis**. It often develops unnoticed over many years, with no symptoms or discomfort until a bone breaks. Fortunately, there are many things that people at all stages of life can do to build strong, healthy bones. Childhood and adolescence are especially important times for building bones and developing habits that support good bone health for life.

Healthy Bones Begin in Childhood

Bones grow in size during childhood, gaining mass and strength. The amount of bone mass you obtain while you are young determines your skeletal health for the rest of your life. The more bone mass you have after adolescence, the more protection you have against losing bone mass later.

Calcium and Nutrition

Good nutrition is vital for normal growth. Like all tissues, bone needs a balanced diet, enough calories, and appropriate nutrients, such as calcium. But not everyone follows a diet that is best for bone health. For example, the Institute of Medicine recommends a calcium intake for children ages 9 to 18 years of 1,300 mg/day (1,000 mg/day for children ages 4 to 8 years). Many children, however, have diets that do not meet this recommendation. Calcium is the most important nutrient for reaching peak bone mass. It prevents and treats osteoporosis. Calcium is not made in the body - it must be absorbed from the foods we eat. To effectively absorb calcium from food, our bodies need Vitamin D. Vitamin D can come from diet or exposure to sunlight. Before the development of fortified milk, lack of dietary Vitamin D caused rickets—a softening of the bones. Although rare in Western societies today, some children still develop rickets. Most infants and young children in the United States get enough Vitamin D from fortified milk, but adolescents typically do not consume as many dairy products, and few foods contain substantial levels of the vitamin. Although exposure to sunlight can help our bodies make Vitamin D, it is not a practical or safe way for children to obtain the vitamin. To reduce the risk for skin cancer, it is important for children to wear sunscreen when playing outdoors. Because sunscreen blocks the absorption of Vitamin D, even children who spend a great deal of time outdoors may not meet their Vitamin D needs.

In addition, dieting and fasting to be thin may also harm nutrition and bone health. As a result, many children - especially adolescents - may not get adequate levels of Vitamin D. For children and teens to safely get the Vitamin D their bodies need, it may be helpful to take Vitamin D supplements. Talk to your doctor about whether Vitamin D supplements are needed.

Exercise

Sports and exercise are healthy activities for people of all ages. Weight-bearing exercise during the teen years is essential to reach maximum bone strength. Examples of weight-bearing exercise include walking and running, as well as team sports like soccer and basketball. Occasionally, a female athlete who focuses on being thin or lightweight may eat too little or exercise too much. Young women who exercise excessively can lose enough weight to cause hormonal changes that stop menstrual periods (amenorrhea). This loss of estrogen can cause bone loss at a time when young women should be adding to their peak bone mass. It is important to see a doctor if there have been any menstrual cycle changes or interruptions.

Risk Factors for Poor Bone Health

Several groups of children and adolescents are at greater risk for poor bone health, including:

Premature infants and infants with low birth weight who have lower than expected bone mass in the first few months of life. Children who take medications, such as steroids, to treat respiratory diseases like asthma.

- Children who have cystic fibrosis, celiac disease, and inflammatory bowel disease. These conditions make it difficult for the body to absorb nutrients appropriately.
- Adolescent girls who have minimal, delayed, or irregular menstrual cycles because of strenuous athletic training, emotional stress, or low body weight.
- Children with cerebral palsy and other conditions that place limits on physical activity, especially those who take chronic medications for seizure control.
- Children and adolescents who lead inactive, sedentary lifestyles. Childhood obesity may also play a role in reducing bone density, but more research is needed to separate the roles of other factors including diet, race, ethnicity, lifestyle, and sun exposure.

Prevention

Research is currently being done on ways to maximize peak bone mass in children but, for now, parents and children alike can benefit from the following suggestions:

- Make sure you get enough calcium and Vitamin D throughout your life.
- Exercise regularly and choose weight-bearing activities like walking and running.
- Eat a healthy diet and lead a healthy lifestyle.
- Do not smoke. Cigarette smoking often starts in childhood and has a harmful effect on reaching peak bone mass.

(Reference: from the American Academy of Orthopaedic Surgeons - <http://orthoinfo.org/topic.cfm?topic=a00330>)

HEALTHBEAT..



Brain Health, Caring for the Elderly and Caring for the Caregiver

Five information seminars will be held at 3 p.m. each Thursday this June at St Mary's Mission Family Center, in Stevensville.

Come get the straight scoop on the concerns of aging; tips on brain health and preventing dementia; providing the most effective care and controlling medical costs; learn about caring for the elderly, even when dementia is present; resources for care partners of aging people; changes to expect in later years and planning for the best and the worst.

June 2 nd at 3:00: Is it Dementia? What are the risks? What's it Like?

Discussion of what is normal and early detection of abnormal mental function; what is dementia and how does it happen; what to expect and what to do if dementia is present.

June 9 th at 3:00: Communication and Care Techniques for the Elderly

Professional skills and techniques to maintain independence and minimize medical complications of aging through later years; how to manage a person aging into their later years with dementia by improving the quality of their life.

June 16 th at 3:00: Improving Memory and Brain Health

How memory works, how to improve your mental functioning and abilities to expand the life and health of your brain to its fullest. Includes brain fitness programs and dietary suggestions for brain maintenance and memory support.

June 23 rd at 3:00: The Care Partner and Care Planning

Tools and tips to reduce stress, anxiety and depression for caregivers; problem-solving and planning care for aging people with or without dementia; caring for the care partner.

June 30 th at 3:00: Advance Directives – Who, Why and How

Do you have a Health Care Power-of- Attorney? Should you be talking about a Living Will? What are they and how do they work? How are they made and what is done with them? What are some of the alternatives and how do they compare?

St Mary Family Center – 333 Charlos St (West end of 4 th St), Stevensville

June 4 &5 will be last blood pressure checks until Oct.

Get your blood pressure checked June 4 or 5 at the parish center after weekend Masses. This will be the last blood pressure check for the Summer. Blood pressure checks will resume in October.

Sacraments

Baptism: By appt. Baptismal preparation sessions offered to parents and sponsors four times a year as announced.

Reconciliation: Saturdays 4pm in the Church or by appt with the priest.

Marriage: Diocesan policy requires six months preparation. If you are planning a wedding, always check with the pastor before setting a date.

Confirmation: Preparation to receive the sacrament of Confirmation is integrated into High School Youth Program. Youth are expected to attend starting in the 9th grade. The sacrament is celebrated for 10th though 12th graders who have received a minimum of two years catechesis and other Confirmation Classes in addition to other requirements. The next confirmation year will be in 2016.

1st Penance & 1st Eucharist: For 2nd grade as scheduled in the year. The child must be enrolled in Religious Education Class.

Sacrament of the Sick: As needed in each sickness, call and let us know.

Prayer Chain: Judy Giggar 363-2784, Joyce Faucher 363-1003 or Ginny Rose 961-3795

Parish Directory



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		9-12 RE Coords	Marilyn Wildey	363-3472
		RCIA Coord	Craig & Diane Tredik	381-1120
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