



*Happy St. Patrick's Day*



Wisdom People  
St. Daniel Senior Citizens Group

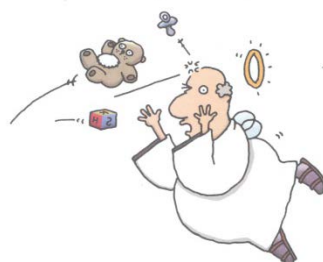
Welcome New Members!

Carol Carno, Joan Cullen, Helen Kowalczyk, Robert Luongo, MaryAnne Manion, Rosemary Palermo, Marie Parsons, Fran Pelosi, Patricia A. Sinay, Carleen Smith and Lorraine Stanton.

*Alone we can do so little; together we can do so much.*



"This one's going to be trouble!"  
Happy Birthday!



Happy Birthday to our members:

In March: Carmella Barbagallo, Phyllis Baum, Connie Casella, Mary Ciciarelli, Mary Dwyer, Rose Epolito, Carmie Fitzgerald, Gloria Grebles, Madeline Madge Guido, Fritz Kucinski, Nona Lamica, Josephine Mangiacaro, Ann McDonell, Tosca Peroli, Joseph Reppi Peggy Young, and Jean Zaccaria.

## Let Us Pray



Irving J. Quinn  
February 13, 2015

*Eternal rest grant unto him O Lord, and let perpetual light shine upon him. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.*

Wisdom People Memorial Mass June 5<sup>th</sup>, 2015  
at 12:10 p.m.



The next Wisdom People Meeting will be Friday, April 10<sup>th</sup>, 2015. (We will not meet on April 3<sup>rd</sup> because of Good Friday.) The entertainment on April 10<sup>th</sup> will be Tom Gilbo, Elvis Presley Impersonator.

Hospitality Chairperson, Angela Murphy. Please call Angela at 455-5042 for reservations. The next meeting will be on April 10<sup>th</sup>, 2015. Please call by Friday, April 3<sup>rd</sup>. Wisdom People meetings will be posted every week in the church bulletin.

Sunshine Chairperson, Helen Lynch. Any member sick, in the hospital or nursing home, please call the Rectory at 454-4946 and a message will be given to her.

Membership Chairpeople, Louise Epolito and Margie Mevec. Membership dues for 2015 are due.

# Thank you



The  
**Hearth**  
on  
**James**  
Premier Senior Living

Thank you to The Hearth on James and Alescia Porceng for being our sponsor for February's luncheon. We had a wonderful time wearing the red for Heart Month and National Wear Red Day. We look forward to seeing you next year!



## Mark Your Calendars

# March



Flower: Jonquil  
Birthstone: Aquamarine

*"Nature does not hurry, yet everything is accomplished."*



Time to  
Spring Ahead



March 8<sup>th</sup>

Daylight Savings Time begins

March 8<sup>th</sup>

St. Daniel Penance Service – 4:30 pm

March 12<sup>th</sup>

Girl Scouts of USA Founded 1912

March 17<sup>th</sup>

St. Patrick's Day

March 19<sup>th</sup>

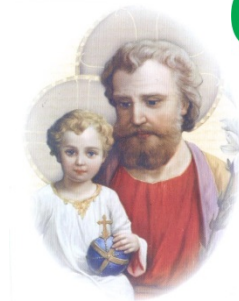
St. Joseph's Day

March 20<sup>th</sup>

First Day of Spring

March 25<sup>th</sup>

The Annunciation  
of the Lord



March 28<sup>th</sup> & 29<sup>th</sup>

Annual Palm Sunday Bake Sale  
(more info under events)

March 29<sup>th</sup>

Palm Sunday & Pancake Breakfast  
(more info under events)



Pancake  
Breakfast



*Palm Sunday*





April 1<sup>st</sup>

All Fool's Day

April 2<sup>nd</sup>

Holy Thursday

April 3<sup>rd</sup>

Good Friday

April 4<sup>th</sup>

Holy Saturday

April 5<sup>th</sup>

Easter Sunday

April 6<sup>th</sup>

Army Day



## EVENTS

### BINGO in Solvay

Every Wednesday evening at VFW, 517 Charles Ave., Solvay. ( ½ block from Geddes Plaza) 315-488-3773. Doors and kitchen open at 4:30 p.m., games start at 7 p.m. Pulltabs, \$4,000 plus paid out weekly!

### BINGO in Eastwood

Every Friday evening at the American Legion Eastwood Post 1276. 102 Nichols Ave. (Off James St.) 463-4760. Doors & Kitchen open at 5 p.m. Games start at 7 p.m. Pull Tabs, 19 games of Bingo & \$4,000+ paid out weekly!

### BINGO in Liverpool

Every Friday night at Liverpool American Legion Post 188, 205 Cypress St. Liverpool. 451-9544. 3-Share the Wealth, Pull Tabs, Refreshments. Doors open at 5 p.m. Games start at 7 p.m.

### Corned Beef & Cabbage Dinner

March 14 from 4 – 7 p.m. sponsored by American Legion Post 1832 (2718 LeMoyne Ave. Mattydale) 454-3403 Prices: Senior Citizens \$7.00, Adults \$8.00, Children \$6.00. Menu: your choice of corned beef & cabbage dinner with carrots, onions, and potato or corned beef sandwich on rye bread with dressing. Meals come with dessert and coffee or tea. Need it to go, just let us know!



### St. Margaret's Annual St. Patrick's Day Party & Raffle

Saturday, March 21 at 6 p.m. Tickets are \$100 and only 300 are sold. Each ticket is eligible for all drawings. (Winner need not be present) \$1,000 cash prizes given away every hour, HUGE 50/50, \$10,000 cash prize awarded at the end of the evening, Raffle baskets, Music – DJ, beer, wine, soda and coffee included in ticket price. For more information or to purchase a ticket you may inquire at St. Margaret's School office, St. Margaret's Rectory, or after most Masses at St. Margaret Church. You may also reserve a ticket by calling Sue or George Lowe at 415-4400. There are still tickets available, go in with friends or take a chance on your own – but don't miss out on a great evening of fun and friendship!

### Palm Sunday Pancake Breakfast with the Easter Bunny at St. Daniel

Sunday, March 29<sup>th</sup>, 2015 from 9 a.m. to Noon in the school gym. Pancakes, sausage, hash browns, scrambled eggs, coffee, juice, milk.

Door prizes, great food, wheelchair accessible.

Seniors \$5, Adults \$6, Kids 6 – 12 \$4, under 6 free.

Families of 4 or more \$18 (mothers & fathers & their children)



### Palm Sunday Bake Sale

After all Masses Saturday March 28<sup>th</sup> & Sunday March 29<sup>th</sup> in the school gym. Come and buy some tasty treats!



### Syracuse St. Patrick's Day Parade

March 14<sup>th</sup> beginning at Noon



### St. Margaret Parish Fish Fry

Fridays in Lent (through April 3<sup>rd</sup>) from 4 – 7 p.m.

MENU: Fish Dinner, Fish Sandwich Dinner, Sautéed Fish Dinner, Clam Strips Dinner, Grilled Cheese Dinner,

Macaroni & Cheese Dinner, or Pizza Dinner (cheese or garlic). Dinners include beverage, coleslaw, dessert, and one side order (fries, salt potatoes, green salad, macaroni salad, or applesauce). À la carte items available! Take-out meals and accessible seating available.

\$8.50 for Seniors Fish Dinner / \$6.50 for Seniors Grilled Cheese, Mac & Cheese, or Pizza Dinner.



### Baked Fish Dinners

St. John the Baptist/Holy Trinity famous baked fish dinners are back this year from 4:00 – 7:00 p.m. all Fridays of Lent excluding Good Friday. Baked fish, fries, coleslaw, a dinner roll and choice of desert. Mac/Cheese and clam chowder are also available. Adults \$8.00, children 5-12 years old \$4.00. Additional sides \$1.50.

### St. Daniel's Fitness & Wellness Class will begin April 8<sup>th</sup>.

The class will meet every Wednesday from 7 – 8 p.m. in St. Daniel Gym for nine weeks, ending on June 3<sup>rd</sup>. Theresa Hegarty is the instructor. The co-ed classes are for ages 13 & up. Free admission! Come have a fun, healthy hour!



Syracuse Chiefs Opening Day – Thursday, April 9<sup>th</sup>.  
Also, Senior Day Wednesday, April 22<sup>nd</sup> at 1 p.m.



Keep this date open: Thursday, June 18 at 7 p.m. Free Spring Concert at St. Daniel School Gym. Sponsored by the Wisdom People. Featuring the Lyncourt Community Band, conducted by retired longtime Lyncourt Band teacher Anthony DeAngelis and assisted by Ron Nuzzo & Ray Sturge.



#### **The Power of Choice is real. We can...**

Choose to love - rather than hate.  
Choose to smile - rather than frown.  
Choose to build - rather than destroy.  
Choose to persevere - rather than quit.  
Choose to praise - rather than gossip.  
Choose to heal - rather than wound.  
Choose to give - rather than grasp.  
Choose to act - rather than delay.  
Choose to pray - rather than despair.  
Choose to forgive - rather than curse.

Each day brings a new opportunity to choose.  
What kind of choices will you make today?

Guess who!







1



2



3



4



5



6



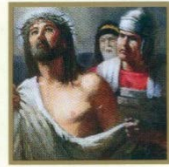
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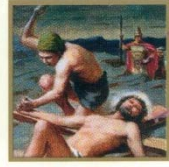
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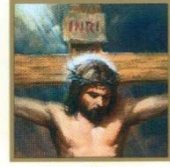
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12



13



14

### *Stations of the Cross*

1. **Jesus Is Condemned.** Even though He was innocent, Jesus was condemned to die on the cross.
2. **Jesus Takes Up His Cross.** Jesus picked up the heavy cross and carried it to show His love for us.
3. **Jesus Falls The First Time.** Jesus was hurt from being beaten by the soldiers and He fell under the weight of the heavy cross.
4. **Jesus Meets His Mother, Mary.** Jesus saw Mary and felt better because she was there to give Him strength.
5. **Simon Helps To Carry Jesus' Cross.** The soldiers saw that Jesus was tired and forced Simon to help Him carry the cross.
6. **Veronica Wipes The Face Of Jesus.** Veronica felt sorry for Jesus so she wiped His face to make Him feel better.
7. **Jesus Falls The Second Time.** Jesus fell again because the cross was so heavy but the soldiers made Him get up and keep going.
8. **Jesus Speaks To The Women And Children.** The women and children cried when they saw that Jesus was hurt but He told them not to feel sorry for Him.
9. **Jesus Falls A Third Time.** Jesus was so tired that He fell again and could barely get up and people in the crowd laughed at Him.
10. **Jesus Is Stripped Of His Garments.** When Jesus reached the top of the hill, the soldiers took His clothes.
11. **Jesus Is Crucified.** Jesus was nailed to the cross and left to die in the hot sun.
12. **Jesus Dies On The Cross.** Jesus forgave the soldiers, prayed for His Mother and friends then bowed His head and died.
13. **Jesus Is Taken Down From The Cross.** After Jesus died, His friends took His body from the cross and prepared it for burial.
14. **Jesus Is Laid In The Tomb.** Jesus' friends wrapped His body in a large white cloth and placed it in the tomb.

### Holy Thursday

Jesus fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me, yet not as I will, but as You will."  
– *Matthew 26:39*



### Good Friday

When Jesus had received the wine, he said, "It is finished."  
Then he bowed his head and gave up his spirit. – *John 19:30*

### Holy Saturday

Joseph [had taken] the body down from the cross and wrapped it in a long linen cloth and laid it in a new tomb that had been carved out of the rock.  
– *Luke 23:53*

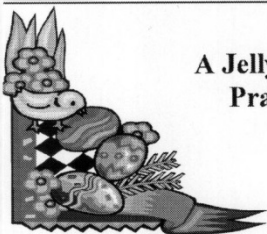
### Easter Sunday

Just as they were telling about it Jesus himself was suddenly standing there among them and said, "Peace be with you."



*May this Easter season renew your hope  
in the Risen Christ!  
Many blessings to you and your loved ones!*

## *Happy Easter!*



#### **A Jelly Bean Prayer**

**RED** - is for the blood He gave. **GREEN** - is for the grass He made.

**YELLOW** - is for the sun so bright. **ORANGE** - is for the edge of night.

**BLACK** - is for the sins we've made. **WHITE** - is for the grace He gave.

**PURPLE** - is for His hour of sorrow. **PINK** - is for the new tomorrow.

Handfuls of jelly beans, colorful and bright, a prayer, a promise of a brand new life.



## TRIPS

To reserve your spot, contact Mary Scarsciotti at 315-437-2360 or 416-1184, or contact John L. Denega at 315-432-1005.



1. Seneca Niagara on Monday, June 8<sup>th</sup>, 2015. Cost per person \$40. Trip includes round trip motor coach transportation, current Casino Bonus \$20 slot and \$5 food coupon.
2. The Divine Mercy Shrine in Stockbridge, MA on Monday, June 22<sup>nd</sup>, 2015. Cost per person \$51. Trip includes round trip motor coach transportation.
3. Travel to Sainte-Anne-de-Baupre, Quebec, Canada August 5<sup>th</sup> – 7<sup>th</sup>, 2015 Pricing” Twin \$269, Triple/Quad \$229, Single \$412. Tour includes roundtrip motor coach transportation, hotel accommodations at the Quality Suites Sainte-Anne Quebec, two breakfasts, stop at St. Joseph Oratory, optional tour of Quebec, and gratuities for your motor coach driver.

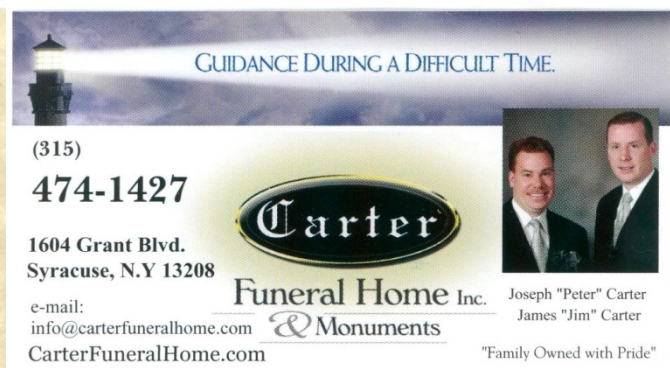
Flyers for the above trips for booking and more information are on the Information Table.

### Turning Stone Trips

1<sup>st</sup> Wednesday of every month leaving Big Lots parking lot at 8:30 a.m. in Mattydale. Cost \$15 – receive \$15 in casino or bingo packet. Call Mary Heindorf at 457-2669

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Thank you Santangelo's for their donation of a \$25 gift certificate!  
Also thank you Peter and Jim Carter for your donation of a beautiful crucifix for the Easter season.



## **Some things to think about!**

Three things in life that once gone, never come back:

1. Time
2. Words
3. Opportunity

Three things in life that can destroy a person:

1. Anger
2. Pride
3. Unforgiveness

Three things in life that you should never lose:

1. Hope
2. Peace
3. Honesty

Three things in life that are most valuable:

1. Love
2. Family & Friends
3. Kindness

Three things in life that are never certain:

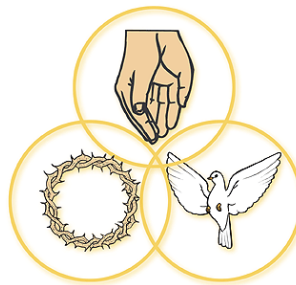
1. Fortune
2. Success
3. Dreams

Three things that make a person:

1. Commitment
2. Sincerity
3. Hard Work

Three things that are truly constant:

Father – Son – Holy Spirit



I ask the Lord to bless you, as I pray for you today, to guide you and protect you, as you go along your way. God's love is always with you, God's promises are true. And when you give God your cares, you know God will see you through.

Please pass this along to people you want God to Bless. I just did!

## **Make a Difference!**

# WISH LIST

### **Grocery store gift cards**

### **Postage stamps**

### **FOOD**

Applesauce snack cups  
Bisquick  
Broth: chicken, beef  
Brownie mix  
Chocolate chips (semi-sweet)  
Coffee: decaf & regular  
Cookie mix: sugar, peanut butter, chocolate chip, oatmeal  
Cooking oils: olive & canola  
Cooking spray  
Crackers: Ritz, club, oyster, saltine  
Cremora creamer  
Frostings: chocolate, vanilla, cream cheese  
Fruit in Gel and Jell-O snack cups  
Fruit snack cups: cherry mixed fruit, peaches, pineapple tidbits  
Gravy: chicken, beef, pork  
Honey  
Juice: cranberry juice cocktail, apple  
Keurig Coffee K cups  
Mandarin oranges (11 oz. cans)  
Mayonnaise  
Mushrooms (small cans)  
Pancake syrup  
Peaches (canned)  
Peanut butter (16 oz. jar - creamy)  
Pie fillings: cherry, apple, blueberry  
Quick bread & muffin mix: blueberry, banana, apple cinnamon, chocolate chip  
Soda: (Cola, orange, root beer, no ginger ale)  
Soup: cream of chicken, chicken noodle, cream of mushroom, tomato  
Sugar: granulated, brown, confectioner  
Tomatoes: stewed, diced, crushed  
Tuna (cans) solid white & light

### **SUPPLIES**

Alcohol pads

Last spring you all did a wonderful job filling gift bags for the homeless for Saint James Emmaus Ministry.

Our ministry this year will be Francis House, which provides a home and an extended family to people with terminal illnesses so they can die with dignity and experience the unconditional love of God.

Francis House's wish list is printed here. We ask you to bring one or two items to the April 10<sup>th</sup> meeting. Let's make a difference in someone's life!

### **PAPER GOODS**

Coffee stirrers  
Flexible straws  
Freezer & storage bags (all sizes)  
Kleenex  
Napkins  
Paper towels  
Plastic cups (small)  
Plastic silverware  
Snack and sandwich bags

### **HOUSEHOLD**

Batteries: AA, AAA, C, D, 9 volt  
Bleach  
Dishwasher detergent gel pacs  
Disinfecting wipes  
Dryer sheets  
Laundry detergent (phosphate free)  
Liquid hand soap and sanitizer  
Lysol kitchen cleaner  
Swiffer sheets (dry)  
Toilet bowl cleaner  
Trash bags (13 & 30 gallon)



## St. Daniel Recipes



### Irish Stew

- 2 pounds lean meat (lamb or beef), cut into chunks
- Scant amount of flour for dredging
- 2 pounds turnips, peeled and cut into chunks
- 2 onions, finely diced (see accompanying note)
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 garlic cloves, minced
- Salt and pepper to taste
- 1 quart low-sodium beef broth

Pat meat dry and dredge in flour. Brown in non-stick pan. (Don't crowd the meat pieces, or they will steam.)

Layer turnips, onions, seasonings and garlic on the bottom of a slow cooker. Top with the browned meat. Pour half of the broth over it. (Add more broth later if a thinner stew is desired.) Cook on low for 8 to 10 hours or high for 3 to 5 hours. When meat is tender, stew is done.

Slow cookers are amazing devices, but only if you resist the temptation to "peek" by lifting the lid. You lose 20 minutes to a half-hour for each time you lift the lid. If there's condensation and you can't see, shake it back in forth in its track to help the condensation fall off.

Note: If your little ones really hate onions, then grate them instead of dicing. Just run the onions back and forth on a box grater. They'll practically liquefy but will still give you that great onion flavor.



"Like" us on Facebook and share pictures of you and your family trying our recipes!

## Baked Chicken and Noodles

- 8 ozs. egg noodles
- 1 2¼-lb. deli roasted chicken, shredded, skin and bones discarded
- 1½ cups frozen peas
- 2 garlic cloves, minced
- 1 tsp. dried thyme
- 1¾ cups half-and-half
- ½ slice dry white bread
- ¾ cup shredded parmesan cheese, divided
- 2 Tbsps. butter, melted

Preheat oven to 450°F. Cook noodles according to package directions and drain.

Meanwhile, combine chicken, peas, garlic, thyme, and half-and-half in a medium saucepan; heat through. Cover and keep warm.

In blender or food processor, process bread into coarse crumbs. Transfer to small bowl; add ¾ cup of the parmesan and melted butter.

Stir noodles and remaining parmesan into hot chicken mixture. Heat and stir until bubbly. Divide among 4 individual casserole dishes. Top each with some of the bread crumb mixture. Bake 5 minutes or until top begins to brown. Makes 4 servings.

### Secret Ingredient Chocolate Chip Cookies

(Makes three dozen)

- 2 ¼ cups all-purpose flour (I use a gluten-free rice blend)
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup stevia, Splenda, sugar or your favorite sweetener
- ½ cup packed light brown sugar
- ¾ cup (1 ½ sticks) unsalted butter, room temperature
- ¼ cup cream cheese, room temperature
- 1 ¼ teaspoons vanilla extract
- 2 large eggs
- 2 cups semisweet chocolate chips
- ½ cup walnuts (optional)

Cream together butter, cream cheese, sweetener, sugar and vanilla until light and fluffy (about 2 minutes).

Add the eggs one at a time, beating well after each egg. Gently stir in the dry ingredients and then fold in the chocolate chips (and nuts if desired).

Cover the bowl with plastic wrap and refrigerate the dough for at least 2 hours (or up to three days).

Bake chilled cookies on parchment or Silpat for 9 to 11 minutes or until golden brown at 375 degrees.

Cool for 2 minutes on the baking sheet before moving to a wire rack to cool completely.



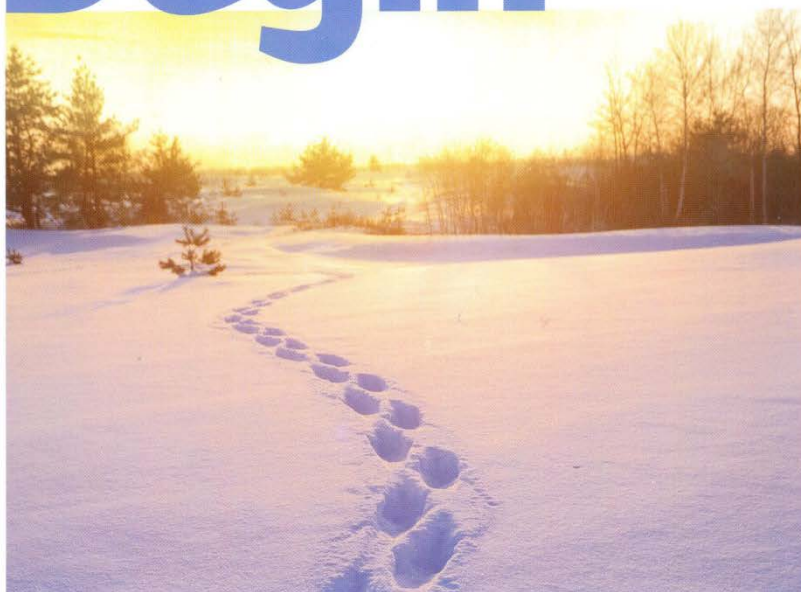
## St. Daniel's Wisdom People Health Ministry

### Listen to your mouth

Did you know that your mouth can affect the health of the rest of your body? For example, one common mouth issue — gum disease — can be linked to several health problems, including diabetes, heart disease and kidney disease. Get regular dental check-ups and follow your dentist's instructions to keep your mouth and your body healthy.



# Begin



### Check-up check list

Time for your annual preventive check-up! Make the most of your appointment by jotting down a few things to share with your doctor before you go, including:

- ✓ Recent health-related family history
- ✓ Questions you've been meaning to ask about your health or body, including whether there are any screenings or immunizations that you need
- ✓ Any plans you have to start a new diet or exercise program, or to start a family

And don't forget your dental and eye exams — now's a great time to get them done!



### Want to see into the future?

1. Get a regular comprehensive dilated eye exam and share any family history of eye disease with your eye doctor.
2. Eat plenty of dark leafy greens, like kale and spinach, and get your omega-3s, like those found in fish.
3. Sport your favorite shades — just make sure they block out the sun's UVA and UVB rays.
4. Wash your hands before putting in AND taking out your contacts.
5. Remember the rule of 20 to prevent computer eye strain: every 20 minutes look 20 feet away from you for 20 seconds.

*By caring for your eyes, you'll be seeing well into the future!*

## Humor Me!



### ***Buying a Vehicle***

A couple had been debating buying a vehicle for weeks. He wanted a truck and she wanted a fast little sports car so she could zip through traffic around town.

He would probably have settled on any beat up old truck, but everything she seemed to like was way out of their price range.

“Look!” she said, “I want something that goes from 0 to 200 in just a few seconds. My birthday is coming up so surprise me!”

He did just that. For her birthday he bought her a brand new bathroom scale. Nobody has seen or heard from him since.

### ***Retirees***

Q: Why do retirees count pennies?

A: They are the only ones who have the time.



Q: What is the common term for someone who enjoys work and refuses to retire?

A: Nuts!

Q: What do retirees call a long lunch?

A: Normal!

Download a copy of this newsletter or past newsletters at [www.stdaniel.com/Wisdom-People](http://www.stdaniel.com/Wisdom-People)

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### Suggestion Box

Suggestions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*If you would like to make any suggestions by phone or discuss anything or cancel reservations, call John L. Denega at 432-1005.*