



My New Year Blessing



May your New Year be a time of peace, joy, and serenity!

May each day bring you closer to Christ and more loving to those in your family!

May each week see you advancing in the practice of faith, hope, and charity!

May each month give to you the aid, comfort and strength you need from God!

May the march of the seasons make you appreciate and be grateful for all the good things you enjoy!

May the end of the New Year find you happier, healthier, and holier than you have ever been.

Hope your Christmas was filled with peace and joy. Warmest wishes for the coming year and wishing you a New Year filled with happiness.

Wisdom People

St. Daniel Senior Citizens Group

The next Wisdom People Meeting will be Friday, February 5th, 2016 following the 12:10 Mass. The February program will be Dennis McGuire, The One Man Band. (Please note, no one will be allowed in the building until 12:00 Noon.)

Slate of Officers for 2016:

President – *John L. Denega*

Vice President – *Betti Picciotto*

Secretary – *Antoinette Perrotta*

Treasurer – *Marie Bergemann*

Sunshine Chairperson – *Helen Lynch*

Hospitality Chairperson – *Angela Murphy*

Membership Chairpeople – *Louise Epolito and Margie Mevec*



Dues for 2016 are due in January! Dues are \$5 per year.

Welcome New Member: Carmella Barbuto



January Birthdays



Best wishes to you on your birthday and for many birthdays to come!

Wishing you a very HAPPY BIRTHDAY: Thomas Azzolino, Ida Bitetti, Marleen Burnam, Joan Cullen, Ida D'Arrigo, Florine Gilinsky, Rosemary Lane, Mary Ann Lostumbo, Mary Mangino, Diane Millet, Fran Pelosi, Mary Poplaski, and Terry Root.



*"The future belongs to those who believe in the beauty of their dreams."
– Eleanor Roosevelt*

Hospitality Chairperson,

Angela Murphy (if elected). Please call Angela at 455-5042 for reservations. The next meeting will be on February 5th, 2016. Please call by Friday, January 29th, 2016.

Sunshine Chairperson, Helen Lynch (if elected). 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 (if elected). Please note: membership dues for 2016 are due.

Thank You!



The Wisdom People of St. Daniel would to thank the Lyncourt Community Band and its directors, Tony DeAngelis, Ron Nuzzo, and Ray Sturge, and The Harmony Katz, Syracuse's own barbershop harmony chorus, directed by Pete Carentz. What a great concert on December 17th! Thank you again!



Thank you
Mark's Pizzeria Shop City
for the gift certificate!
376 Grant Blvd. 463-5672





January 1st, 2016
Happy New Year!



january

Flower: Carnation
Birthstone: Garnet



“Do not conceive that fine clothes make fine men, any more than fine feathers make fine birds.” – *George Washington*



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|--------------------------|--|
| January 16 th | Baked Chicken Dinner at St. Daniel |
| January 18 th | Martin Luther King, Jr. Day (observed) |
| February 1 st | National Freedom Day |
| February 1 st | Super Bowl Sunday |
| February 2 nd | Groundhog Day |
| February 5 th | National Wear Red Day |



January Events



Baked Chicken Dinner at St. Daniel

Saturday, January 16th from 3:30 — 6:30 p.m. \$10 for adults: Half a chicken, roasted potatoes, tossed salad, beverage and dessert. \$6 for children 12 & under: chicken tenders, macaroni & cheese, corn, juice box and dessert. Takeout available! Join us for supper!



Let Us Pray



Rosemary (Lancellotti) Palermo
December 4, 2015



Virginia M. LaManche
December 13, 2015

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

Wisdom People Memorial Mass February 5th, 2016 at 12:10 p.m.

A note from The Hearth on James about the February meeting:

Hello everyone! The Hearth on James is happy to donate \$300 for your February lunch on Friday, February 5th. As many of you may know, February is Heart Month and National Wear Red Day is held annually on the first Friday of February (the same day as the Wisdom People meeting). Please wear red if you can to support women's heart health and the American Heart Association. The Hearth on James will donate \$300 towards your lunch but if you'd like to make a donation that day, The



Hearth will have a little something for you to purchase. All proceeds will be donated to the American Heart Association. For more information, please contact Alescia Porceng, Director of Community Relations, at (315) 422-2173. We look forward to seeing you there!

Contest: The person wearing the most red to the February meeting may win a prize!

St. Daniel Recipes



Sunny Winter Soup

Legumes

- 3/4 cup dried red kidney beans
- 3/4 cup dried lentils (brown, red, or yellow if you'd like color in your jar)
- 3/4 cup dried split peas
- 3/4 cup dried black beans

Flavor packet

- 2 tablespoons dried onion flakes
- 2 tablespoons dried parsley
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon oregano
- 3 beef bouillon cubes (low sodium)
- 3 chicken bouillon cubes (low sodium)
- 1 single-serving packet True Lemon granules (optional)
- 1 bay leaf (optional—looks great in the jar!)

Write out the instructions for your recipient on a recipe card or a piece of brown paper bag, punch a small hole in the paper and attach it to the jar with a ribbon. Make sure to give an ingredient list, too, in case your recipient would like to make it again!

Instructions

Rinse the beans and pick out any stones. Place in a large heavy bottomed soup pot with 8 cups of water. Bring to a boil and reduce heat. Stir in the seasoning and one 15-ounce can crushed tomatoes. Cover and simmer two hours, or until the beans are tender (which will depend on the hardness of the water and the age of the beans). Serve.

Wisdom People's Health Care Ministry

Healthy New Year!

Goals for Wellness:

- ✓ Discuss health care goals
- ✓ Schedule your annual physical
- ✓ Set up a dental appointment and cleaning
- ✓ Get an eye exam



Don't put a freeze on outdoor activity

With cold weather rolling in, it's tempting to skip your daily walk or run. But by taking the right measures, you can still feel the burn even when the mercury takes a dip.

- ✓ Dress in warm layers, choosing fabrics that wick moisture away from your skin.
- ✓ Wear wool socks and protective gloves, a hat, a scarf and/or a face mask.
- ✓ Don't forget sunscreen and UVA/UVB blocking sunglasses or goggles.
- ✓ Drink plenty of water — you need to replenish, even in the cold.



Be a quitter!

If you're a smoker, it's time to quit. Not only will you lower your risk of life-threatening diseases, like heart disease and lung cancer, you'll save money and may breathe easier right away.

Here are 4 tips that can help you with your goal of becoming a nonsmoker:

1. Write down your reasons for quitting — family, health, financial or whatever motivates you.
2. Get support from a friend, counselor or community group.
3. Talk with your doctor about medications or aids that can help nix your need for nicotine.
4. If you slip, don't give up — instead, tell yourself: "I can do this."

Breathe



Take aim at asthma triggers



If you or a loved one has asthma, you want to do whatever you can to avoid an attack. Here are a few common triggers and how to keep them under control.

Trigger	Action
Dust mites	Avoid feather-filled bedding, use mattress and pillow covers made to block allergens and regularly wash all bedding in hot water.
Mold	Use dehumidifiers in damp areas like basements and fix water leaks, especially behind walls and under floors.
Smoke	No matter the source, don't allow it in or around your home. And stay indoors if there is a grass or wild fire in your area.
Pets	If finding them another home isn't an option, keep pets away from bedrooms and off furniture, and clean often.

Humor Me!

Hard to please?

You can appreciate the good and give thanks or you can be like this guy and be just plain nasty...

He didn't like the casserole,
and he didn't like my cake.
My biscuits were too hard...
Not like his mother used to make.

I didn't perk the coffee right,
He didn't like the stew,
I didn't mend his socks
the way his mother used to do.

I pondered for an answer,
As I was looking for a clue,
Then I turned around and smacked him...
Like his mother used to do.



Hearing problems?

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

*Download a copy of this newsletter or past newsletters at
www.stdaniel.com/Wisdom-People*

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.



HAPPY NEW YEAR

Hope this is the happy beginning
of a wonderful year!

Quote of the Month

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

HOLIDAYS 2016

New Year's Day

Friday, Jan. 1

Father's Day

Sunday, June 19

M.L. King, Jr. Day

Monday, Jan. 18

Independence Day

Monday, July 4

Ash Wednesday

Wednesday, Feb. 10

Rosh Hashanah

Monday, Oct. 3

Presidents' Day

Monday, Feb. 15

Columbus Day

Monday, Oct. 10

St. Patrick's Day

Thursday, March 17

Yom Kippur

Wednesday, Oct. 12

Good Friday

Friday, March 25

White Cane Day

Saturday, Oct. 15

Easter

Sunday, March 27

Veterans Day

Friday, Nov. 11

First Day of Passover

Saturday, April 23

Thanksgiving

Thursday, Nov. 24

Mother's Day

Sunday, May 8

First Day of Hanukkah

Sunday, Dec. 25

Memorial Day

Monday, May 30

Christmas

Sunday, Dec. 25

2016

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NOVEMBER

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DECEMBER

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WE'RE LIVESTREAMING!



Mass at St. Daniel can now be viewed live on your internet device at 4:30 p.m. Saturdays and 10:00 a.m. Sundays. Go to stdaniel.com and go to *Saint Daniels Mass on the Web*. If you have a device similar to Roku you can view the Mass on your TV. If you know of any shut-ins who are not able to go to Mass please tell them about LIVESTREAMING.