

# Wisdom People



*St. Daniel's Senior Citizen's Group*

November/December 2017 Issue

*“So while it's true that Thanksgiving only comes but once a year, we should actually celebrate thanks each and every day. It's just a matter of learning to live with a spirit of gratitude.”*

*unknown*



The next Wisdom People meeting will be **Friday, January 5, 2018** following the 12:10 Mass. After Mass there will be a luncheon for just \$4.00 and the ***Rock Shadows Band*** will be the entertainment. PLEASE NOTE: We will also be electing our 2018 officers at the January meeting. If any member is interested in running for office, please call John at 315-432-1005. Thank you! NOTE: Dues for 2018 are due in January. There will be **NO DECEMBER MEETING**. Please join us at the Parish Christmas party instead! Saturday evening, December 2nd.

(Please Note: No one will be allowed into the building until 12:00 noon.)



# The Ever Changing Seasons



Hospitality Chairperson is *Angela Murphy*. Please call Angela at 315-455-5042 for reservations. The next meeting will be on January 5, 2018. Please call by **Friday, December 29th**.

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Membership Chairpeople are *Louise Epolito* and *Margie Mevec*.

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Our Sunshine Chairperson is *Helen Lynch*. If any member is sick, in the hospital or nursing home, please call the rectory at 315-454-4946. The rectory office will forward the message onto Helen.

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If you would like to make any suggestions to discuss anything or to cancel reservations, please call *John L. Denega* at 315-432-1005.

## A Note of Thanks

Wisdom People, thank you for your contribution to the 2017 St. Daniel Harvest Festival. Your enthusiasm continues our parish traditions of generosity and hospitality. Thank you for making our effort a success! The Wisdom People of St. Daniel are especially grateful to Stephanie Pestillo, Jackie Leonardo and Mellisa Fintzel from *Fideles Care* for donating a special gift card for Wegman's - also a gift certificate from Mary Lou Galuppo to be used at *Just Hair @ Salon Trbecca* and the owner, Tammie Just.





# Events

## International Food Festival

Saturday, November 11th from 12:00 noon–7:00 p.m. at St. John the Baptist/Holy Trinity Parish Center. Polish, German, Scottish, Italian, Mexican and American cuisines and more. Sample dinners are \$3.00–\$5.00. 50/50 raffle, turkey raffles, themed gift baskets and baked goods.

## Sweet Sensations

Saturday, November 11th at St. Daniel's school auditorium, 3004 Court Street, Syracuse, NY. Doors open at 6:30 p.m., Show starts at 7:30 p.m. Tickets are \$25.00/person. Show features musical director, *Brad Ozinsky* and some of New York's finest entertainers! Enjoy a sampling of desserts, light refreshments and beverages. Wine is also available for purchase. Tickets available at the door. For tickets or more information, call Julie or Sister Dolly at 315-423-9961.



## A Prayer for servicemen and women

Lord God, Almighty Father, creator of mankind and author of peace, as we are ever mindful of the cost paid for the liberty we possess. We ask you to bless the members of our armed forces. Give them courage, hope and strength. May they ever experience your firm support, gentle love and compassionate healing. Be their power and protection, leading them from darkness to light. To you be all glory, honor and praise, now and forever. AMEN





### November birthdays include:

*Marie Bergman, Fred Carranti, Shirley Cotter, Linda Dranschak, Mary Gatto, Peter Italiano, Linda John, Patricia Kennedy, Marie Mellace, Vincent Minieri, Gary Nelson, Elvira Parolin, Arlene Pilon, Phyllis Randall, Marlene Scuderi, Jacqueline Smith, Lorraine Stanton, Joyce Wetmore, Barbara Wlodarczyk.*

### December birthdays include:

*Patricia Arena, Faye Brooks, Carmella Budzielek, Douglas Burton, Anthony Caruso, Linda Chisari, Sam Corso, Rose D'Agostino, Mike DelVecchio, Jr., Michael Desimone, Betty Downing, Ruth Florey, Mary Lou Galuppo, Anne Messina, Patricia O'Brien, Mary Lou Pallone, Betti Picciotto, Mickie Rannieri, Margaret Shaunessy, Carolyn Stonecipher.*

### Luke 2:8-20

[8] And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. [9] An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. [10] But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. [11] Today in the town of David a Savior has been born to you; he is Christ the Lord. [12] This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."





# Calendar of Events

Flower: Chrysanthemum

Birthstone: Atrine

*“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him, bless his name!”* *Psalm 100:4*



- November 1 All Saints Day
- November 2 All Souls Day
- November 4 St. Daniel Parish Harvest Festival
- November 5 Daylight Savings Time ends (“Fall back”)
- November 7 Election Day 6 am–9 pm



- November 11 Veteran’s Day
- November 11 Franciscan North side Ministries
- November 11 Sweet Sensations
- November 11 International Food Festival at St. John the Baptist/Holy Trinity



- November 23 Thanksgiving Day
- November 26 Christ the King





# Calendar of Events

Flower: Poinsettia

Birthstone: Topaz

*“Christmas is the day that holds all time together.”*



December 2	Parish Christmas Party
December 7	Pearl Harbor Remembrance Day
December 7	Christmas Concert 6:30 p.m. (snow date is December 14th)
December 8	Feast of the Immaculate Conception
December 21	First day of winter
December 25	Christmas Day
December 31	New Year’s Eve
January 1	New Year’s Day



*“Born in a stable and laid in a manger, Jesus knew firsthand what it was to be homeless!”*”



(A loving little Christmas prayer)  
That God will richly bless your heart  
and home with lots of joy, health  
and happiness.

# Joke of the Month

## The Christmas Flight

It was a few days before Christmas. The trip went reasonably well, and he was ready to go back home. The airport on the other end had turned a tacky red and green, and loudspeakers blared annoying elevator renditions of cherished Christmas carols.

Being someone who took Christmas very seriously, and being slightly tired, he was not in a particularly good mood. (Almost a scrooge) Going to check in his luggage (which, for some reason, had become one suitcase with entirely new clothes), he saw hanging mistletoe. Not real mistletoe, but very cheap plastic with red paint on some of the rounder parts and green paint on some of the flatter and pointer parts, that could be taken for mistletoe only in a very Picasso sort of way.

With a considerable degree of irritation and nowhere else to vent it, he said to the attendant, "Even if we were married, I would not want to kiss you under such a ghastly mockery of mistletoe."

"Sir, look more closely at where the mistletoe is."

"Ok, I see that it's above the luggage scale which is the place you'd have to step forward for a kiss."

"That's not why it's there."

"Ok, I give up. Why is it there?"

"It's there so you can kiss your luggage good-bye!"



# Save These Dates

## Parish Christmas Party

Reservations are now being taken for the parish Christmas Party to be held on Saturday, December 2nd in the St. Daniel gym. Social hour will begin at 5:00 p.m. followed by dinner at 6:00. Entertainment this year will be provided by **John Angela Vona** singing and playing many of your favorite songs. Everyone is welcome, however, space is limited and tickets will NOT be sold at the door. Tickets are \$15.00 per person or \$25.00 per couple. Paid reservations must be received by Monday, November 27th. Call Antoinette Perrotta at 315-454-0757, the Rectory at 315-454-4946 or John (Wisdom Peo-



## Christmas Concert



Thursday, December 7th in the St. Daniel School Gym at 6:30 p.m. FREE ADMISSION! Sponsored by the Wisdom People. Featured entertainment will be the **Lyncourt Community Band**, conducted by retired longtime Lyncourt Band teacher, **Anthony DeAngelis** assisted by **Ray Sturge**. Also appearing will be the **Harmony Katz**, Syracuse's own barber-shop harmony chorus, directed by **Peter Carentz**. Join us for an evening of wonderful Christmas music. Refreshments will be sold and the Transfiguration Parish will have a Pie-rog sale.

*Wishing you joys in abundance... rich memories, favorite foods, and the blessing of family and friends to surround your table.*

## **Grace at Meal Time**

*Bless us O Lord, and all the people whose labor and love make this meal and God's mission through us possible: the farmers and workers, the truckers and merchants, the shopkeepers and sellers, and all who work for an honest day's wage. Bless our families and friends, living and dead, whose prayer and generosity sustain us in our lives an work to share God's gifts with all we meet, through Christ our Lord. Amen.*



# St. Daniel Wisdom People Health Ministry

## Keep the season light

You want to enjoy the flavors of the season — without the guilt. Consider some smart swaps for your holiday recipes that will keep your taste buds and your conscience happy.



**Replace this:**

- Sugar and salt
- Heavy cream
- Sweetened condensed milk
- White flour
- Butter or oil

**With this:**

- Your favorite spices and herbs — think sweet with cinnamon, savory with thyme
- Fat-free evaporated milk
- Low-fat vanilla yogurt
- Whole grain wheat flour
- Mashed bananas or applesauce



# Celebrate

## All things in moderation

There are many reminders around the holidays to drink responsibly, but how do you know what's too much? According to the CDC:

- Heavy drinking is 8 or more drinks per week for women, 15 or more per week for men.
- Binge drinking is 4 or more drinks in one occasion for women, 5 or more in one occasion for men.

You don't have to have an addiction to misuse alcohol, and holiday parties can make it easier to overdo. Be mindful of how much you indulge. And remember: *Never* get behind the wheel if you've had something to drink. Call a cab or ride with a designated driver.



**A gift for you** The holidays can trigger feelings of sadness. If you're feeling more down than joyful, it may be time to give yourself some caring attention. Make it a priority to:

- Talk with a doctor or therapist to determine if you have seasonal affective disorder (SAD), caused by lack of sun, or a deeper depression. He or she can also offer help.
- Be as active as possible. Exercise or do an activity you love — something just for you.
- Spend time with others, especially friends you trust. Don't isolate yourself.
- Replace negative thoughts with positive ones. Focus on what you're grateful for.
- Encourage yourself. Realize that feeling better may take time, but you will get there.



**St. Daniel Wisdom People December Recipes**

**TIME TO ASSEMBLE YOUR  
COOKIE LINEUP**

Recipes for some of the usual suspects:



**Easy cut-outs**

**Ingredients**

- 2 1/4 cups flour
- 1 cup confectioners' sugar
- 1 cup butter, melted
- 1 egg
- 1 teaspoon vanilla extract

**Directions**

Combine flour and sugar. Stir in butter, egg and vanilla until well blended. Cover and refrigerate dough for two hours. Preheat oven to 350 degrees. Line baking sheets with parchment paper. On a lightly floured surface, roll out dough and cut using cookie cutters. Bake for 8 to 10 minutes. Cool on baking sheet for five minutes, transfer to a wire rack to cool. Decorate.



**Buckeye balls**

**Ingredients**

- 18 ounces creamy peanut butter
- 1/2 cup soft butter
- 3 1/2 cups confectioners' sugar
- 1 tablespoon vanilla
- 12 ounces chocolate chips
- 3 ounces paraffin wax

**Directions**

Cream peanut butter and butter. Add sugar and vanilla and mix well. Form into one-inch balls and refrigerate. Melt chocolate chips with wax in a double boiler. Dip balls into chocolate with a toothpick about 3/4 of the way covered. Place chocolate side down on waxed paper. Refrigerate.



**Russian tea cakes**

**Ingredients**

- 1 cup soft butter
- confectioners' sugar
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 3/4 cup finely chopped nuts
- 1/4 teaspoon salt

**Directions**

Heat oven to 400 degrees. Mix butter, 1/2 cup powdered sugar and vanilla. Stir in flour, nuts and salt. Shape into one-inch balls. Place about 1 inch apart on ungreased cookie sheet. Bake 10-12 minutes. Cool slightly on wire rack. Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again.

**Chocolate mint bars**

**Ingredients**

- 1/2 cup butter
- 1 2/3 cups mint-flavored semisweet chocolate chips
- 2 cups chocolate wafer cookie crumbs
- 1/4 cup soft butter
- 1 tablespoon milk
- 1/2 teaspoon peppermint extract
- 1/2 teaspoon vanilla
- 1 drop green food color
- 2 cups powdered sugar
- 1/3 cup butter

**Directions**

Lightly grease nine-inch square pan. Melt 1/2 cup butter and 1/4 cup of the chocolate on low heat, stirring constantly. Remove from heat. Stir in cookie crumbs; press evenly in pan.



Continued below...

**Chocolate mint bars**

Refrigerate until firm. Beat 1/4 cup butter, milk, peppermint extract, vanilla and food color until well mixed. On low speed, gradually beat in powdered sugar until smooth. Spread over crumb mixture.

Melt remaining chocolate chips and 1/3 cup butter over low heat, stirring constantly; spread over peppermint mixture. Refrigerate until chocolate is set, then cut into squares.