

Homebound Ministry Brings Christ to Others

Getting to Know the Homebound Ministers at Pax Christi

This is the Fourteenth article of a series featuring Homebound Ministers at Pax Christi. We welcome **Trudy** to Pax Christi and to the Homebound Ministry Program.

Hello! My name is **Trudy Nelson**. I joined Pax Christi Church this past summer and began Homebound Ministry in September. I moved back to Rochester in late March, having been a wayward Minnesotan for a long time. Tucson, Arizona has been my home for the past 20 years. Though 'tis said you can't go home again, I have done so happily, but I will always have one foot firmly embedded in Arizona.



Sacred Heart Church in Tucson was my spiritual home. For ten years, I served as a Eucharistic Minister, and spent one summer in Homebound Ministry. I also worked with the Liturgy and Social Justice Committees, and was a sponsor one year in the RCIA program.

I am retired. My husband is deceased. I have four step-children, two grandsons, a great grand-daughter and a large flock of relatives in this area. Now, I can finally keep up on family doings. My interests include writing –having joined a group here, and can't get enough of traveling.

My faith? It has been tested throughout my life, and has become more important to me with each passing year. I find that when I have sense enough to turn problems over to God (I'm a slow learner) the answers astound me with how right they are. At Pax Christi, I especially love the music, the insightful homilies, and the gorgeous stained glass windows. I am glad to be here.

Congratulations to Homebound Minister **Teresa Bogar** and Don Carlson on their November wedding

If you (or a loved one) are unable to attend the weekend Mass due to a health problem, call 282-8542 to have your name placed on a list. Then, a Homebound Minister will bring you communion each week.

Wish you peace,
Diane Miller

***What Kids REALLY Need To Succeed:
Creating a Safety and Launching Pad for Your Teen***

Parents and students (middle school and older) are invited to join this engaging and interactive session to explore how individuals, families, schools, faith organizations, and communities can help our youth develop the assets they need to make positive choices and be launched for success. Derek Peterson from the Institute for Community & Adolescent Resilience presents this free educational and inspirational session on:

Thursday, November 9, 2006

6:30 - 8:30 PM

RCTC Heintz Center Commons
(1926 College View Dr. SE, Rochester)

provided by Olmsted County Public Health Services

Reduce Food Safety Risks this Holiday Season

Because holidays present a number of unique food safety challenges, appropriate precautions need to be followed in handling, preparing and cooking foods. To ensure that the holiday foods are not only delicious but also safe, FDA is providing several tips to reduce the risk of the most common foodborne illnesses.

- **Clean:** Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.
- **Separate:** Don't cross-contaminate; don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Experts caution to keep these foods and their juices away from ready-to-eat foods.
- **Cook:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.
- **Chill:** Refrigerate promptly. Public health officials advise consumers to refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 degrees F and the freezer at 0 degrees F, and the accuracy of the settings should be checked occasionally with a thermometer.

Source: www.foodsafety.gov
provided by Olmsted County Public Health Services