

# the Catholic communities of

St. Mary ♦ St. Augustine ♦ St. Francis of Assisi

**September 26, 2021**



## 26<sup>TH</sup> SUNDAY IN ORDINARY TIME

At that time, John said to Jesus, “Teacher, we saw someone driving out demons in your name, and we tried to prevent him because he does not follow us.” Jesus replied, “Do not prevent him. There is no one who performs a mighty deed in my name who can at the same time speak ill of me.”  
- Mk 9:38-39

### Visitors & New Parishioners

We warmly welcome you to our parish family. Thank you for coming to worship with us.

#### Parish Offices

##### ST. MARY

320 E. Washington Ave, Tomahawk WI 54487  
Phone 715-453-2878  
Fax 715-453-6678  
Website: [www.stmaryschurchtomahawk.com](http://www.stmaryschurchtomahawk.com)  
Hours: Monday—Friday 8:00AM-3:30PM

##### ST. AUGUSTINE

N10090 County Rd B, Tomahawk, WI 54487  
Phone 715-453-2561  
Fax 715-453-4813  
Hours: Tuesday 8:00AM-3:00PM

##### ST. FRANCIS OF ASSISI

5209 Willow Road, Tripoli, WI 54564  
Please note: There is no office at this location,  
please see St. Mary Parish Office.

#### Weekend Mass/Service Schedule

St. Francis-Pier Willow	Saturday 4:00PM
St. Mary -Tomahawk	Saturday 6:00PM
St. Mary-Tomahawk	Sunday 8:00AM
St. Augustine- Harrison	Sunday 9:30AM
St. Mary -Tomahawk	Sunday 11:00AM

#### Weekday Mass/Service Schedule

St. Augustine-Harrison	Tuesday 8:30AM
St. Mary-Tomahawk	Wednesday 8:45AM
Nursing Homes	Thursday 9:15AM
St. Mary-Tomahawk	Friday 8:45AM

#### Rosary

St. Augustine-Harrison	Sunday 8:55AM
St. Augustine-Harrison	Tuesday 8:00AM
St. Mary -Tomahawk	Wednesday 8:15AM
St. Mary -Tomahawk	Friday 8:00AM

#### Adoration with Reconciliation

**St. Mary-Tomahawk**  
Following 8:45AM Mass on Fridays

#### Devotion to the Sacred Heart of Jesus with Adoration & Reconciliation

**St. Mary-Tomahawk**  
Following 8:45AM Mass on first Fridays

#### Reconciliation

**St. Mary-Tomahawk**  
Saturdays at 9:00AM\*  
**St. Francis-Pier Willow**  
Saturdays at 3:30PM\*

#### Anointing of the Sick

**St. Mary-Tomahawk**  
Following 11:00AM Mass on Sundays\*  
\* or by appointment (715-453-2878)

# GENERAL INFORMATION

## Pastor

Fr. Louis Maram Reddy  
pastor@smctomahawk.com

## ST. AUGUSTINE

715-453-2561

**Parish Coordinator**, Kathy Voermans  
Email: kathy.staugustinechurch@yahoo.com

### Deacon

Dan Towle 715-453-2848  
Email: dtowle55@gmail.com

### RCIA

Deacon Dan Towle 715-453-2848

**Cemetery Sexton**, Dennis Goulee

**Pastoral Council Chair**, Nancy Swan

**Financial Council Chair**, Jim Evers

## ST. MARY & ST. FRANCIS OF ASSISI

715-453-2878

**Parish Secretary**, Tracy Benaszkeski  
Email: smparishoffice@smctomahawk.com

**Finance/Business Manager**, Laura Reiter  
Email: finance@smctomahawk.com

**Director of Music & Liturgy**, Janice Huseby  
Email: jhuseby@smctomahawk.com

**Coordinator of Religious Education/  
Youth Ministry**, Marianna Merkatoris  
Email: dreiyouth@smctomahawk.com

### Deacons

David Bablick 715-224-3472  
Russell Cabak 608-797-2277  
Cliff Eggett 715-453-5217  
Bernie Lyngdal (Retired)

### RCIA

Deacon David Bablick 715-224-3472  
Kathy Ramassini 715-453-3822

### Parish Nurse Ministry

Ann Jelinek RN, PN 715-453-4573  
Mary Bailey RN, PN 715-453-3793

### Cemetery Sexton

Matt Wohlt 715-453-7030

**Pastoral Council Chair**, Joe Matthe

**Financial Council Chair**, Scott Swenty

**Endowment Fund Advisory Board President**,  
AJ Theiler 715-453-0010

## ST. MARY'S THRIFT CELLAR

715-453-2878

### Hours:

Tuesday 4:00PM-7:00PM  
Wednesday 9:00AM-3:00PM  
Friday 9:00AM-3:00PM

### Volunteer Coordinator,

Nancy Hoff 715-453-4473

## BULLETIN DEADLINE:

Information for the parish bulletin must be in  
St. Mary's parish office by 8:00AM on Tuesday.

## Mission Statement

Our Catholic Communities are committed to be an extension of the universal Catholic church by daily living of the teachings of Jesus Christ for the spiritual growth of all in our parish and community.

## Reflection

The reflection for the week can be found on our website at [www.stmaryschurchtomahawk.com](http://www.stmaryschurchtomahawk.com).

## Sacraments & Faith Formation

### Sacrament of Baptism

We ask that parents of a child to be baptized contact the parish office to arrange attendance of a Baptismal Preparation Class. Classes are held on the 3<sup>rd</sup> Monday of each month. It is not necessary to wait until the child is born to make arrangements.

### Sacrament of Matrimony

Anyone seeking to set up a wedding must contact Fr. Louis, our pastor, at least 6 months prior to the marriage. Wedding guidelines are available at [www.stmaryschurchtomahawk.com](http://www.stmaryschurchtomahawk.com).

### Sacrament of Anointing the Sick

Please call the parish office to notify us of the people who are in need of this care. This Sacrament is also available to those who wish to receive it after the 11:00AM Mass on Sunday.

### Sacrament of Reconciliation

(Confession) is celebrated individually each Saturday at 9:00AM. Individual times can be arranged at any time by calling the parish office.

### Faith Formation

The Sacraments of First Holy Communion and First Reconciliation take place during 2<sup>nd</sup> Grade. Confirmation Preparation begins in 9<sup>th</sup> grade and takes place on Wednesdays. Students are confirmed in the fall of 11<sup>th</sup> Grade. Classes for Grades K-8 are on Wednesdays.

## Pray for the Sick

Lawrence & Colette Matthews	John W. Colwell	Barbara Trevino	Pat Alberg
Judy Rau	Charlene Marks	Marlene Erickson	Betty Hudson
Tucker Van Ryen	Ken White	Gary Petrouske	Donna Olson
Dale Klutsenbaker	Laura Jo Pearson	Sherry Martinco	Dee Breitfelder
Tom Fishbeck	Evelyn Brown	Jim Witucki	Mary Stelzer
Melinda Meyers	Nicholas Peterson	LeRoy Wolf	Mary Schlegel
Gerald Ruitter	Donna Underdale	Peter Flammang	Laura Ludke
Christine Taylor	Martin & Judy	Jean Flammang	David Hildebrand
Joyce Weizenicker	Vander Sanden	Therèse Quirion	Amy Youngquist
Margaret Congdon	Steve Malin	Gus Feind	Dale Balkowski
Joseph Montgomery	Jack Huston	Richard Seufzer	Verona Schroeder
Joseph Swan	John Loka	Mary Gerum	Troy Martinco
Joan McCormick	Vivian Mitchell	Marvelene Sosinsky	Deacon Dave Bablick
Char Seetan	Roberta Meyer	Judy Leggett	Tara Liebers
Dan Bassett	Joann Meyers	Tom Verkilen	Joan Crowell
	John Chruscielski	Joanne Kasmierski	
	Stephen Christian	Julie Thayer	

All the sick in the hospitals and all the residents in our Nursing Homes. To keep our list current, all names are removed on a monthly basis. If our parish's thoughts and prayers are still needed for you and yours, you must contact us to ensure that your loved ones are on the prayer list.

## Pray For All the Priests of our Diocese:

Each week we are asked to pray for all the Priests of our Diocese. The monthly calendars are available at [catholicdos.org/chancery-bulletin](http://catholicdos.org/chancery-bulletin).

## ST. MARY'S PARISH SCHOOL

715-453-3542

**Principal**, Rita Lee

Email: smsprincipal@stmarystudents.com

**Secretary**: Linda Ploeckelman

Email: smsoffice@stmarystudents.com

# OUR FAITH COMMUNITY

## From the Pastor

### Christian virtue: Humility

Humility means freedom from pride or arrogance. It is the condition of being humble. It is recognition of self in relation to God. Humility is to charity what the foundation is to a building. Humility is the firm bedrock upon which every Christian should build the edifice of his spiritual life. St. Teresa of Jesus says to her daughters, **“Each of you must try to be the least of all”**. Humility forms the foundation of charity by emptying the soul of pride, arrogance, and disordered love of self, and by replacing them with the love of God and our neighbor. Jesus says, **“Whoever makes himself out to be great will be humbled, and whoever humbles himself will be raised”** (Lk 18:14).

St. Bernard says, “It is not hard to be humble in a hidden life,

but to remain so in the midst of honors is a truly rare and beautiful virtue”. God raised Blessed Mother Mary above all other creatures, yet she was so humble and lowly, thus she says, **“I am the handmaid of the Lord”**. We need to imitate our Blessed Mother Mary in humility. Humility is the fertile ground in which God’s gifts fructify. Recognize your nothingness before God, take refuge in Him, keep yourself closely united to Him, for only from Him will you draw the fruitfulness of your works.

**Prayer: O Jesus, You who were so humiliated for us, teach me how to practice true humility.**

*Fr. Louis Maram Reddy*



## Mass Intentions & The Week Ahead

Sunday	9/26	8:00AM	<b>Mass @ St. Mary: For the People of the Parishes</b>
		8:55AM	Rosary @ St. Augustine
		9:30AM	<b>Mass @ St. Augustine: Judy Schoone by Jim &amp; Donna Olson</b>
		11:00AM	<b>Mass @ St. Mary: Lorraine “Polly” Kinate by Kathy Ramassini</b>
			Confirmation Students attend Mass followed by lunch and class in the CCC Anointing of the Sick following Mass
Monday	9/27		NO MASS
		4:00PM	Yoga
Tuesday	9/28	8:00AM	Rosary @ St. Augustine
		8:30AM	<b>Mass @ St. Augustine: Judy Schoone by Kris, Cole &amp; Ali Leggett</b>
		4-7PM	Thrift Cellar
		5-6:00PM	Open Arms Community Meal
Wednesday	9/29	8:15AM	Rosary @ St. Mary
		8:45AM	<b>Mass @ St. Mary: Frost Schmit by Kathy Ramassini</b>
		9AM-3PM	Thrift Cellar
Thursday	9/30	9:15AM	<b>Mass @ Riverview: James Brennan by Gary &amp; Mary Luedke</b>
Friday	10/1	8:00AM	Rosary @ St. Mary
		8:45AM	<b>Mass @ St. Mary: Special Intention</b>
		9AM-3PM	Thrift Cellar
		9:15AM	Devotion to the Sacred Heart of Jesus w/Adoration
		10:30AM	Rosary @ Milestone Living Center
Saturday	10/2	9:00AM	Reconciliation @ St. Mary
		3:30PM	Reconciliation @ St. Francis
		4:00PM	<b>Mass @ St. Francis: For the People of the Parishes</b>
			Anointing of the Sick during Mass
		6:00PM	<b>Mass @ St. Mary: Vern Lamer by Jane</b>
Sunday	10/3	8:00AM	<b>Mass @ St. Mary: Alice Cychosz by the Stillman Family</b>
		8AM-12:30PM	Walgreen’s Flu Clinic in the CCC
		8:55AM	Rosary @ St. Augustine
		9:30AM	<b>Mass @ St. Augustine: Tom Voermans by Mark &amp; Kathy Voermans</b>
		11:00AM	<b>Mass @ St. Mary: Bruce Bishop by Brad &amp; Sandy Bishop</b>
			Anointing of the Sick following Mass



### LIKE us on Facebook!

“St. Mary’s Catholic Parish Tomahawk, WI”. We will update you on events, keep you posted on things happening in our parish

and send out important announcements! You will find Catholic content as well!

**Please like and share!**

## FOOD PANTRY

This week’s item is instant potatoes. There are collection baskets in the entrance of St. Francis’, St. Mary’s & St. Augustine’s Church. Contact: Ricky (715-453-1386)

**Prayer Chain** - Anyone with a personal prayer intention is invited to call Ruth at 715-453-3397, and caring persons will pray on your behalf. Your request can be anonymous, or you may choose to include your name. Please respect the privacy of others, and do not share a prayer request on behalf of a third party.

### St. Joseph the Worker Committee

Will be working on Tuesday, September 28 from 9:00AM-11:30AM. Your help is always appreciated whether you can work all or part of this time. Thank You!



Jesus replied, “Do not prevent him. For whoever is not against us is for us. Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward.”

- Mk 9:39a, 40-41

Weekly Readings and Observances



Liturgy & Music Notes from Jan

**Thanks to the cantors and accompanists** who took the time for our retreat last week. We enjoyed a meaningful time together of prayer, socializing, sharing discussion, and practicing new music. Our parish is blessed to have such commitment to ministry in these ten people who lead the music in our worship. Thank you!

In response to the inquiries about our annual **Advent Concert**, which would traditionally have begun rehearsals by now, this has been a very difficult time in determining whether it is wise or safe to begin singing in such a large group—eighty singers in our space is very hard to arrange according to our current diocesan guideline. I appreciate all the feedback from those who have expressed their views—both their support and also their hesitancy. At this point, the consensus is, until the Covid situation improves, to hold off on concert plans as we wait and see.

**Sunday, September 26** (26<sup>th</sup> Sunday in Ordinary Time): Nm 11:25-29/Ps 19:8, 10, 12-13, 14 [9a]/Jas 5:1-6/Mk 9:38-43, 45, 47-48  
**Monday, September 27** (St. Vincent de Paul, Priest): Zec 8:1-8/Ps 102:16-18, 19-21, 29 and 22-23 [17]/Lk 9:46-50  
**Tuesday, September 28** (St. Wenceslaus, Martyr; St. Lawrence Ruiz and Companions, Martyrs): Zec 8:20-23/Ps 87:1b-3, 4-5, 6-7 [Zec 8:23]/Lk 9:51-56  
**Wednesday, September 29** (Sts. Michael, Gabriel and Raphael, Archangels): Dn 7:9-10, 13-14 or Rv 12:7-12a/Ps 138:1-2ab, 2cde-3, 4-5 [1]/Jn 1:47-51  
**Thursday, September 30** (St. Jerome, Priest and Doctor of the Church): Neh 8:1-4a, 5-6, 7b-12/Ps 19:8, 9, 10, 11[9ab]/Lk 10:1-12  
**Friday, October 1** (St. Thérèse of the Child Jesus, Virgin and Doctor of the Church): Bar 1:15-22/Ps 79:1b-2, 3-5, 8, 9 [9]/Lk 10:13-16  
**Saturday, October 2** (The Holy Guardian Angels): Bar 4:5-12, 27-29/Ps 69:33-35, 36-37 [34]/Mt 18:1-5, 10  
**Sunday, October 3** (27<sup>th</sup> Sunday in Ordinary Time; Respect Life Sunday): Gn 2:18-24/Ps 128:1-2, 3, 4-5, 6 [cf. 5]/Heb 2:9-11/Mk 10:2-16 or 10:2-12

**MARK YOUR CALENDAR**

**Walgreen Influenza Vaccination Clinic** — Sunday, October 3 in the Corpus Christi

Center (CCC) from 8:00AM-12:30PM. Flu shots will be available for adults and children aged 7 and up. No copayment with Medicare, AdvoCare, Forward Health, or Security Health Plan card (make sure to bring your insurance card). There are a limited number of vaccines available with the majority being the stronger variant for older adults. Registration forms can be filled out prior to the vaccine clinic. Forms are available on the tables near the main church entrance and the handicap entrance by the Harris Portico. See the parish nurse article on Page 5 for more information.



Youth & Religious Ed News

**Confirmation Students** - The next Confirmation Class (10<sup>th</sup> & 11<sup>th</sup> grade) will be held this Sunday, September 26. We will begin with 11:00AM Mass followed by lunch and class in the Corpus Christi Center (CCC) from Noon-1:30PM.

**High School Youth Group** - Mark your calendars, high school youth group will begin on Sunday, December 12. More information will be coming soon!

The 2021/2022 Catholic Services Appeal

**Did you know that the Catholic Service Appeal funds the Office of Catholic Formation?** The Office of Catholic Formation provides direction and assists our Director of Religious Education in the areas of leadership development, adult and youth formation curriculum, sacramental guidelines, RCIA, Extreme Faith Camp, Totus Tuus, and retreats. The goal of the Office of Catholic Formation is to assist the leaders of our parish in evangelizing and making Disciples of Christ within our parish. If you have not yet responded to this year's CSA appeal, please reflect upon the importance of your support to this ministry. Contribution envelopes are available at all church entrances, the parish office or you can give online at [catholicdos.org](http://catholicdos.org). Thank you for your support!

<p><b>St. Mary</b>                  Goal: \$53,457                  Payments/Pledges: \$21,150                  40% of Goal                  Envelopes Received: 75                  Remaining to be Raised: \$32,307</p>	<p><b>St. Augustine</b>                  Goal: \$10,814                  Payments &amp; Pledges: \$3,150                  29% of Goal                  Envelopes Received: 11                  Remaining to be Raised: \$7,664</p>	<p><b>St. Francis</b>                  Goal: \$4,315                  Payments &amp; Pledges: \$2,170                  50% of Goal                  Envelopes Received: 5                  Remaining to be Raised: \$2,145</p>
---	--	--



Thrift Cellar Volunteers Needed!!!

The Thrift Cellar is in desperate need of

volunteers to haul bags to the Goodwill stores in Rhinelander or Wausau. If you are able to help out, please stop down during their open store hours - Tuesdays from 4-7PM and Wednesdays & Fridays from 9AM-3PM. **Thank You!**





# School News

### Accreditation

St. Mary's School is very proud of the fact that we are an accredited school. In order to retain this title, we work with the Diocese and with WRISA (Wisconsin Religious and Independent School Accreditation) on a process of goal setting and improvement. Last school year our staff and SEAC Committee

worked on our Accreditation Self Study. We examined 72 benchmarks under 4 separate domains to insure that our school meets the strict standards needed for accreditation in the state of Wisconsin. During the second week of October we will have a visiting team of other principals and teachers from across the Diocese come to our school to review our self study. If they find that our self study is accurate, they will recommend our school for renewal of our accreditation. We are looking forward to having all the efforts and hours of hard work by the staff validated by our visiting team.

### Walk For Virtues

Our 16<sup>th</sup> Annual Walk For Virtues is this Friday! The students have been preparing. They are hard at work creating their posters and studying their virtues. This year, each class will walk individually around town and will finish up with a picnic in Memorial Park. Students are collecting pledges for their walk. If you want to help contribute to the Walk for Virtues, contact your favorite St. Mary's student and ask about supporting their goal, or call the school the office at 453-3542 for information on how you can help. We are all looking forward to having a great time walking, talking and enjoying the beauty of God's creation as we learn about the virtues!

### Football Mania Fundraiser

Our Football Mania fundraiser is in full gear. We have already earned more than \$850 for our school! Tickets can be purchased through the school, any of our school families, or online at <https://www.charitymania.com/give/gb002>. Tickets are \$20 each and the school earns 70% profit for each ticket sold. The last time we did this fundraiser we raised over \$5,000 and paid out over \$800 in prize money! Don't miss out on the fun and the chance to win at the same time!

### Flag Raising

Our 4<sup>th</sup> and 5<sup>th</sup> graders raise the flag each day. Earlier this month Mr. Gessler taught his class flag etiquette.



## From the Parish Nurse

### Walgreen Influenza Vaccination Clinic

*True or False: The "stomach flu" and influenza are the same thing?*

Get the answer at Walgreen's Flu Clinic on Sunday, October 3 from 8:00AM-12:30PM in the Corpus Christi Center. Flu shots will be available for adults and children age 7 and up. No copayment with Medicare, AdvoCare, Forward Health, or Security Health Plan card. Please bring your insurance card on clinic day.

If you are uninsured and unable to pay for a flu vaccine, please see the Walgreen's team and you will not be turned away.

Influenza is a viral infection, that attacks your respiratory system (your nose, throat and lungs). Influenza, commonly called the flu, is not the same as the stomach "flu" viruses that cause diarrhea and vomiting.

For most people, influenza resolves on its own. But sometimes, influenza and its complications can be deadly. People at higher risk of developing complications include: Young children under 5, and especially those under 2 years; adults older than 65; residents of nursing homes and other long-term care facilities; pregnant women and women up to two weeks postpartum; people with weakened immune systems; people who have chronic illnesses, such as asthma, heart disease, kidney disease and diabetes; and people who are very obese, with a body mass index (BMI) of 40 or higher. Your best defense against influenza is to receive an annual vaccination. So, I'd be pleased if you'd take advantage of this clinic next weekend.

Along with vaccination there are steps to take to keep influenza at bay. We have all been made aware of these steps this past year and a half as we dealt with Covid. Good and frequent hand washing or use of hand sanitizer, covering the cough or sneeze, avoiding exposing others by not going into group settings (school, work, etc.) when ill, and maintaining healthy diet and exercise routines.

The Covid vaccine will not be available at this session and I'd advise you to consult your healthcare provider with questions you may have concerning recommended time period between vaccines.

God Bless ~ Ann Jelinek RN, PN



# PARISH HAPPENINGS

## St. Mary & St. Augustine Liturgical Ministries

6:00PM @ St. Mary, Saturday, October 2, 2021

Reader	Tom Oscar
Musician	Kay Nyberg
Cantor	Sandy Bishop
Communion Ministers	Darrell Pierson Jackie Whitney

8:00AM @ St. Mary, Sunday, October 3, 2021

Reader	Ann Swenty
Musician	Mary Ramsey
Cantor	Lisa Breaman
Communion Ministers	Penny Haring Kathy Paulson

9:30AM @ St. Augustine, Sunday, October 3, 2021

Reader	Marilyn Van Ryen
Greeters	Matt Voermans Jerry Schoone

11:00AM @ St. Mary, Sunday, October 3, 2021

Reader	Deb Vilski
Musician	Mary Ramsey
Cantor	Michele Wingate
Communion Ministers	Kris Leggett Kathy Ramassini

## St. Augustine Announcements

**St. Augustine Parish Council** - The St. Augustine parish council meeting is set for Tuesday, October 12 at 7:00PM.



After serving a Funeral Luncheon for the Parish Family of **Ricky Bartz** we would like to thank the following for their gifts of food and/or time:

Jean Grodevant	Kathy Van Ryen	Kris Leggett	Julia Pankow
Deonn Graeber	Kit Fletcher	Paige Heikkinen	Kay Berg
Debbie Gessler	Terry Higgins	Marcy Honnold	Jean Hanson
Mary Ann Erickson	Fran & Frenchy LaFond	Marcia Glock	Penny Haring
Nancy Huber	Jean Richert	Jeanie Eggett	Jeanie Crass
Joe Venne	Judy Olson	Karl Hoffman	Diane Foss

As always the food was delicious and very much appreciated.  
*The Funeral Luncheon Committee*



## Parish Cemetery



**IMPORTANT NOTICE:** All seasonal grave decorations must be removed from Calvary Cemetery by Sunday, October 17 for clean-up of the cemetery. Those not removed will be removed by grounds maintenance and disposed of. If you have any questions, please contact our Cemetery Sexton, Matt Wohlt at 715-453-7030. Thank you!

### Advertiser of the Week

**BREAMAN Merrill** 715-536-4542 • 800-690-3325  
1301 N. Center Avenue • Merrill, WI  
**www.breamanmerrillford.com**



### Our Gifts to Our Lord

For the weekend of September 5, 2021

#### St. Mary's Collections:

Adult Envelopes	\$3,955.00
Loose Collection	\$1,198.00
Online Giving	\$1,452.80
Maintenance Fund	\$495.00
Capital Expense/Heating	\$50.00
<b>Total</b>	<b>\$7,150.80</b>

#### St. Francis' Collections:

Adult Envelopes	\$660.00
Loose Collection	\$109.00
School Collection	\$100.00
<b>Total</b>	<b>\$869.00</b>

#### St. Augustine's Collections

Adult Envelopes	\$1,460.00
Loose Collection	\$445.00
Religious Ed	\$43.00
School Collection	\$20.00
Backpack Program	\$10.00
<b>Total</b>	<b>\$1,978.00</b>

### Did you Know?

**Fall Prevention Educational Series:** One-time (1 hour) educational opportunities every Monday in October from 2:00-3:00PM. Topics covered include: Winter mobility, simplifying your safety (devices or technology to help in your home), boosting balance, finding footwear. Virtual and in-person viewing options available. View from the comfort of your own home, or join us at one of our in-person viewing locations (Wisconsin Rapids, Antigo, Merrill, and Wausau). For more info, visit <https://www.adrc-cw.org/falls/>. Registration is required at the ADRC-CW: Pick and choose which topics you would like to learn more about. To register, please call us at 888-486-9545 or go to [www.adrc-cw.org](http://www.adrc-cw.org).

**Stepping On:** A 7-week Fall Prevention program (Virtual): Participants will learn more about strength and balance, medication and falls, calcium and vitamin D, vision and falls, and community safety. Other topics include in-home safety, footwear and more. A computer/tablet with internet, audio and camera are required to attend. Dates: Thursdays, October 21 - December 9 (No class the week of Thanksgiving). Time: 1:00PM-3:00PM  
Session 0: Thursday, October 14 from 1:00-1:45PM. Enrollment is limited. To register, please call the ADRC-CW at 888-486-9545. Cost: A suggested contribution of \$10 for the entire 7-week workshop.

"The loveliest masterpiece of the heart of God is the heart of a mother."

*St. Therese of the Child Jesus*