

body-mind-spirit

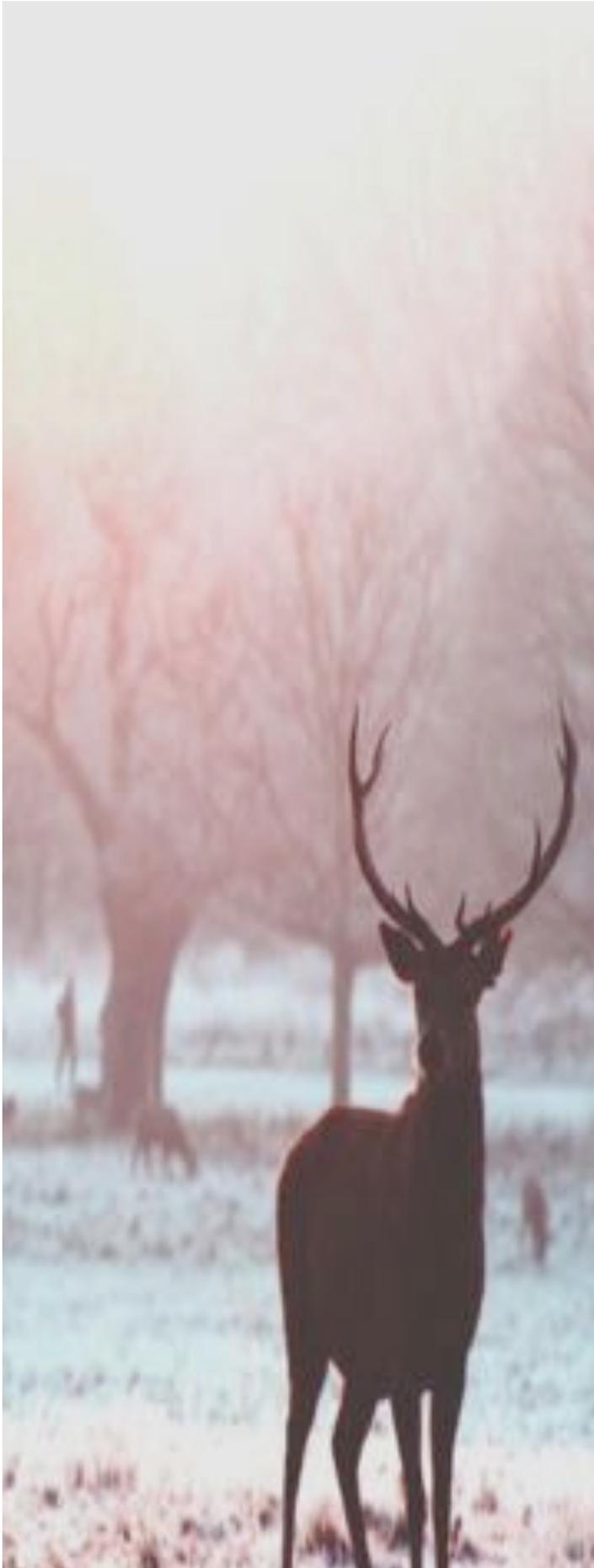
ST. JOHN SEMINARY NUTRITION, FITNESS AND SPIRITUAL NEWSLETTER

THE CHRISTMAS EDITION 2014

holiday memories
and humor

rejoice in your
choice

and the winner is
coming in 2015



Nutrition Committee Leader

Ian Hagan

Directors

Fr. Jim Clarke – Fr. Leon Hutton

Editor

Ian Hagan

Columnists

Ian Hollick

Francis Kim

Spencer Lewerence

A CHRISTMAS MESSAGE FROM OUR RECTOR

‘FULLFILMENT’

In recent years, to the many traditions of Thanksgiving have been added the traditions of Black Friday, an orgy of holiday sales and buying that ushers in the Christmas Season on the Friday after Thanksgiving, and Cyber Monday, virtual shopping from the office. Marketers bet that shoppers cannot resist a good sale...and they are right. Shoppers will camp out and stand in line for hours in order to have a chance to buy one of the limited numbers of televisions, computers, video games, or whatever is being sold at a steeply reduced price. News channels run stories on the “winners” of this merchandise; champion shoppers who have fulfilled the dream of the consumer.

The Christmas celebration is one of fulfillment. Fulfillment is the realization of an idea, a goal or an intention; the action of changing from a dream to a reality. We set our priorities according to what will make us feel fulfilled. For some of us, that involves schooling or other training in order to obtain a certain type of work or vocation. For others, it involves hours of practice at a sport or a musical instrument. It might involve travel, meeting people, physical labor, analysis of data, or even waiting in line at a Best Buy.

Our redemption is the story of the fulfillment in time of the plan proposed by God at the dawn of creation to unite us, his children, with him. In a sense, God, himself, reaches fulfillment in his human creation, through God’s humanity in Jesus Christ

God’s intention or dream is that we freely choose the redemption he extends through Jesus. God says through the prophet Jeremiah, “The days are coming when I will fulfill the promise I made to the house of Israel and Judah.” God’s fulfillment is our fulfillment, the realization of the great plan of redemption in which God is our champion, touching our world in space and time from his place in eternity.

Celebrating this Christmas season, we stand in hope that we might be fulfilled.

-Msgr. Marc Trudeau-



holiday memories and humor shared

panettone-

My earliest memory of Christmas morning is being presented with little crystal glasses of crème de menthe and anisette liqueurs alongside slices of very dry panettone (Italian fruit cake) on a silver platter to toast the special day in the Italian tradition. To this day, I gag when I see panettone and smell crème de menthe; anisette I've learned to acquire a taste for over the years!

-Mary Bissinger

teenage mutant turkey

My brother put the turkey in the oven upside-down (back up) and when it was done, it took us 10 minutes to figure out that we did not have a mutant turkey with no breasts. Once we turned it around, it was pretty good.

sgr. Marc



fruitcake

My mother-in-law's fruitcake was enough to thaw the heart of the most frozen fruitcake hater. She would bake them in old coffee tins, and they were always moist, colorful, and redolent of brandy. Mothers-in-law get a bad rap, but I've got this to say about mine: she really knew fruitcake.

-Dr. Mark Fischer



MERRY
CHRISTMAS,
Y'ALL

From the Nutrition and Fitness Committee



Thanks be to God for his indescribable gift!

2 Cor 9:15

uring the break exercise in under 30 mins



30 Min or less exercise

-Ian Hollick

My suggested exercise routine for the christmas break in under 30mins if you cant get to a gym or do your regular fitness program:

5 FAST AND EASY WAYS

- (1) Walk/light jog for 10 min
- (2) Push ups any variation/modification will do 30-60 sec
- (3) Wall sits (squatting against a wall) 1 min
- (4) Squat Jumps, jump rope, or jumping jacks 1 min
- (5) Sprint, "about the length of our pool"
5 times, walking back to start each time.

Repeat or again twice if able!

As always remember to Walk or light jog to cool down for 5-10 mins

Rejoice in your choice – Francis Kim

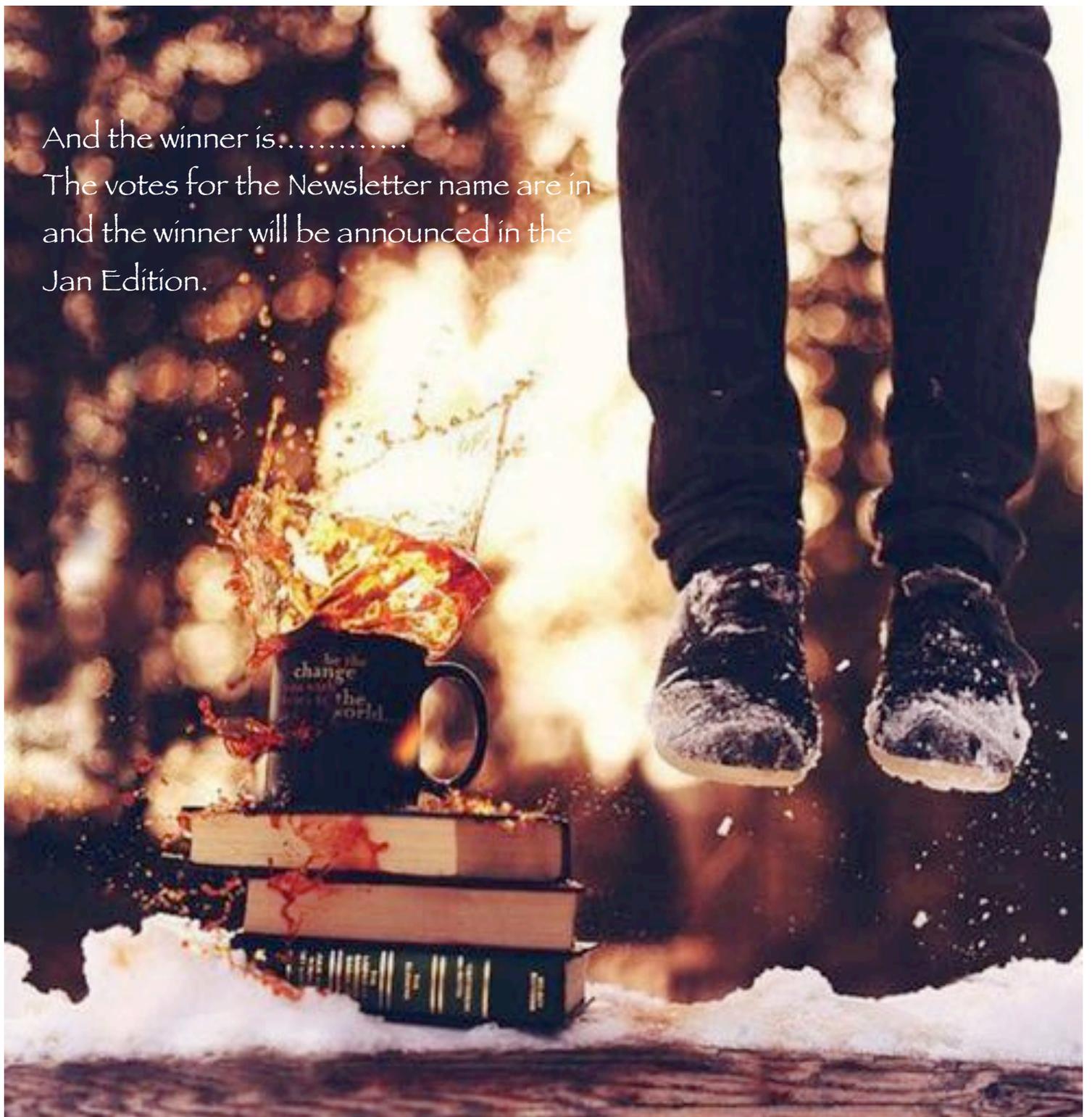


It's the winter season, which means the weather's becoming colder, the skies are getting gloomier, and waist sizes will grow larger. Perhaps the lower temperatures and darker skies are part of the reason why we tend to overeat during the holidays. Plus, there's the fact that Thanksgiving and Christmas dinners are so dang good!

Personally for me, I love desserts so I'll have a slice of each pie and cake I see at holiday dinner parties. This usually amounts to hundreds of calories on top of the main course calories I've already consumed. Needless to say, the next morning I wake up feeling bloated and sometimes even sick. But according to HuffPost, here are some foods that may help settle the stomach after a night of overeating:

1. Eat bananas: The potassium in bananas helps the digestive system to run smoothly.
2. Sip on OJ: Indigestion is sometimes caused by a lack of stomach acidity, and the natural acids in oranges may be a fix. If you're drinking orange juice to calm an upset stomach, drink it before eating and do not drink it alongside carbohydrates – this could lead to more gas and discomfort.
3. Skip the salt: Salt causes the belly to retain water, so reaching for salty potato chips and other processed snacks after a holiday meal may not be the best choice.
4. Eat rice: White rice is bland and low in fiber, so your stomach doesn't have to work hard to digest it. Similar plain foods, like toast and boiled potatoes, won't stress out your sensitive stomach and can help stop diarrhea by absorbing fluids.
5. Drink a bit of apple cider vinegar: The astringent liquid can help improve digestion, alleviate cramping and help your stomach break down food more comfortably. Try mixing one-tablespoon apple cider vinegar, one tablespoon of anti-bacterial raw honey, and a cup of water to sooth the stomach. You can also dilute 1 to 2 tablespoons of the vinegar in a large glass of water. It may also help to relieve constipation.
6. Make yourself a peppermint tea: According to a study from the University of Maryland, the plant calms the stomach muscles and aids the flow of bile, which is what the body uses to digest

And the winner is.....
The votes for the Newsletter name are in
and the winner will be announced in the
Jan Edition.





in 2015

cooking classes

gym training classes

Q&A section

restaurant reviews

recipe swap