

K.I.D.S. Next Event

On Wednesday, February 16th we will be going to Park Health & Rehab. **Meet in the Trinity Room at 6:00 pm.** We will travel by car to Park H&R where we will deliver handmade Valentines to the 80 residents. There will be a stop at Dairy Queen on the way back to Most Holy Trinity. Parents can drop off kids at 6:00 pm (— meet in the Trinity Room) and they can be picked up at Most Holy Trinity at 8:00 pm. Permission slips required.



All youth in middle school and above, plus friends, are welcome to participate. If you have questions about our K.I.D.S. program or need a permission slip, please contact Jane Flannigan at (952) 465-7657 or email: jafla@infionline.net.

Reminder:

No Whole Parish Faith Formation on February 20th

10th Annual Empty Bowls — March 3rd

St. Louis Park's local food shelf (STEP) will be holding its annual Empty Bowl Event for Thursday, March 3, 2011. This event brings together art and hunger awareness in a community-wide effort to support our neighbors in need. Local artists and community members make bowls to be distributed at the event and local musicians help provide the entertainment for those attending. A meal of soup & bread, donated from local restaurants, is available for lunch or dinner. With nearly 800 households visiting the food shelf each month, the need for food to fill the empty bowls in our community is more crucial than ever. All community members are welcome to attend and participate in this event. No admission fee is required; however a free will offering is suggested.



EMPTY BOWLS

Thursday, March 3rd
St. Louis Park Recreation Center
3700 Monterey Boulevard, SLP

Lunch: 11:00 am – 2:00 pm Dinner: 4:30-7:00 pm



Last year's event raised \$18,500 to support STEP services for St. Louis Park families. All revenue comes from donations at the event and local sponsors



Lending a hand... with a joyful heart!

At Augustana Open Circle Adult Day Center
34 10th Avenue South, Hopkins MN

There is an event on **Tuesday, February 15, 5:00-7:00pm.** These monthly events are sponsored by Touching Hearts at Home, Augustana Open Circle Adult Day Center, and Augustana Emerald Crest. This monthly event is offered FREE to caregivers and family members of the elderly, especially people living with dementia.

Each event includes a light supper followed by a presentation by an expert in the field of aging and dementia care. For those families needing/wanting to bring their loved one, free care and programming will be provided for them, as well.

The February/March events feature Mary Frances Price, an Elder Law Attorney with Maser, Amundson & Price who will discuss the various pieces involved in estate planning – wills, POA's, and health care directives will be covered in February, and medical assistance and veterans' benefits in March.

All are welcome to attend – they just ask that people RSVP so they are sure to have enough food! Questions and RSVPs can be directed at (763) 544-0401.

Adult Faith Formation

- **February 13:** Adult Faith Formation welcomes **Deacon Clarence Shallbetter** who will talk about his experience with Prison Ministry.
- **February 27:** Adult Faith Formation welcomes **Libby Swanson** from Park Nicollet who will talk about hospice care.



Start Reading — Social Justice Book

Discussion on March 6!

We will be discussing **Unplanned** by Abby Johnson — a dramatic true story. Abby quit her job as the director of a Planned Parenthood clinic in Texas after participating in her first actual abortion procedure. This book is a must-read for anyone who cares about the 'life versus rights' debate and helping women who face crisis pregnancies. A limited number of books are available for \$20. Call Mary Pease @ 952-544-1861 to put a copy on hold.

The Cost of a Cup of Coffee



There are McDonald's billboards you may have driven by recently that advertise coffee for only \$1. Have you ever thought how much a cup of fair trade coffee costs? A 12 oz bag of Velasquez Family Coffee costs you \$10. What does that boil down to per cup? If you use a standard brewing ratio, you need 1-1/4 cups of ground coffee (3.75 oz) for 10 cups of water, which comes to about 45 cents for a typical 12 fluid oz cup of brewed coffee. Even if you like your coffee pretty strong (1-1/2 cups of ground coffee or 4.5 oz for 10 cups of water), the cost is still about 53 cents for a 12 oz cup.

Comparing that to \$1 for a 12 oz cup of coffee at McDonalds, brewing your own coffee at home is still a great bargain. Pick up a bag of Velasquez Coffee at Most Holy Trinity — available on the **3rd Sunday of each month.**