



Monthly Devotion



Monthly Prayer

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month.
Amen

Sneaky Sources of Sodium

High levels of salt may be hiding in foods that seem healthy.

It's easy to think we're making healthy choices when we reach for "low-fat" or "high-protein" foods. But here's a surprise: High levels of sodium may be lurking in some of our favorite low-calorie staples.

Which low-fat foods are high in sodium and alternatives:

- 1) Condiments** use spices such as smoked paprika
- 2) Processed Cheese** use yogurt, cream cheese and mozzarella
- 3) Canned Goods** choose low-sodium or salt-free varieties. Rinsing canned veggies also helps.

<https://www.aarp.org/health>

Sneaky Sources of Sugar

Most people are able to identify desserts and candy as having added sugar, but what about less obvious sources? Some foods that most people would consider "healthy" may actually have a lot of added sugar in them, such as:

Breakfast Cereal

Just because it says "whole grain" or "fortified with vitamins and minerals" doesn't mean there's no sugar.

Health tip: Try to choose a cereal with 10-12 grams or less of sugar per serving. Granola and granola bars can be heavy sources of added sugars, so check their labels.

Yogurt

If you like flavored yogurt, peek at the nutrition facts label. You may be shocked at the amount of sugar you are eating.

Health tip: Try looking around and experimenting with other, less sugary yogurts. You can always get a plain yogurt and add your own fruit!

<https://www.hopkinsmedicine.org>

OUR DOORS AND HEARTS ARE OPEN. WE ARE WAITING FOR YOU.



**Happy Birthday to You
August Celebrants:**

- 4th John Green
- 6th Edna McCoy
- 16th Mary Richardson
- 19th Jean Brown
- 23rd Larry Byndon
- 23rd Booker Stockstill
- 26th Kenneth King
- 27th Earl Brown
- 29th Diana Sohmer
- 30th Jean Byndon
- 31st Cathy Burgin

Enjoy your day!

I Will Do More
I will do more than belong.....
I will participate.
I will do more than care.....
I will help.
I will do more than be fair.....
I will be kind.
I will do more than forgive.....
I will forget.
I will do more than dream.....
I will work.
I will do more than give.....
I will serve.
I will do more than live.....
I will grow.
I will do more than be friendly
I will be a friend.



The Senior Bingo and Luncheon

Sunday , August 13th

Following 11AM Mass in Fr. Rivers Hall

We hope you will join us

Call the parish office with questions (513) 381-4526



**190 W. Mehring Way
Cincinnati, OH 45202**

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Free Admission

The Cincinnati Black Music Walk of Fame welcomes you to a family friendly interactive musical experience that brings history to life through immersive technology. Black music has a long and wide-ranging history in Cincinnati, Hamilton County, and Southwest Ohio.

We celebrate this extraordinary legacy. This entertaining, interactive, and enriching multi-layered attraction is open to the public and accessible for all to enjoy.



<https://www.cincyblackmusicwalkoffame.org>

