



# URBAN GRACE

*“There was great joy in that city.” Acts 8:8*

Fall 2022

## **Urban Grace**

### Newsletter of Our Lady of Grace Parish

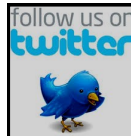
*The purpose of this newsletter is to promote unity by providing a means of communication for parishioners to publish news, ideas, and events, thus building community and fostering a sense of belonging among the members of our parish family. We encourage parishioners to submit articles about what is happening in their personal and parish lives.*

Next deadline for articles:  
Watch for future submission dates in the parish bulletin.

**Please keep submitted articles at 500 words or less.**

Thank you to our writers and  
all who assisted with this issue:

Dee Printing, Wanda Hollinger, Mary Miltenberger, Paul Picker,  
Natinka Siwecki, *The Newsletter Newsletter*, Patricia Loges Wilson



Check out our website:  
[www.ourladyofgracedayton.org](http://www.ourladyofgracedayton.org)

## YOU CAN GO HOME

*My name is Esther and I turned 100 this year. All my daughters were in town visiting and they wanted to know about the many singular events that made up my life. One of those was my wedding day. I married my husband, Bob, a sailor home on leave from the war at Corpus Christi Church. The girls had never seen the church and wanted to, so they arranged a visit. Tink met us at the church. The church had changed since my wedding day, but as I sat there, looking around, all the memories of that hot July morning in 1944 came flooding back to me. I could see Bob in his uniform. Father Ansbury presided over the service and all our families and friends were there. All of them are gone now, but my memory of that day stays with me. Thanks for letting me relive that day and share it with my daughters.*

*-Esther Hamp Slagel*



by Natinka Siwecki

Within a two week period we were graced with two alumni visiting both our churches. Mrs. Slagel from Corpus Christi on July 27th (see her article above) and Gerry Faust, his daughter Julie and son-in-law Steve on August 10th.

One day in July I received a call from Mrs. Slagel's daughter Sandy asking if she and her two sisters, Debbie and Robyn, could bring their mother, for a visit to Corpus Christi Church; Their mother Esther, who is 100 this year, wanted to take a look at the church where she was married in 1944.

Q. What do you call an owl that does magic tricks?

A. Hoo-dini

I happily said yes! I love meeting people and I love a good story especially if it ties in with the history of our churches!

We spent about an hour together reminiscing about how Corpus Christi had changed in 78 years and the wonderful memories of her wedding day. I met four very nice people that day, received a history lesson and I got a great hug! The next time I say I feel 100 years old, that will be a good thing because I'll be thinking of Mrs. Slagel!



Some people say you can't go home again. I believe you can because I get to see it happen when people bring their babies home to be baptized, celebrate their first communion, check out their old stomping grounds with a reunion, weddings and funerals. The next time you feel the urge to "Come Home" just give us a call or come to Mass. We love visits from our Family!

Q. What do you call an alligator in a vest?  
A. An investigator

It was a pretty quiet afternoon, on August 10th, when the doorbell rang at the Parish Center. Gerry Faust and his family were in town (he now lives in Akron, Ohio) going around visiting places from his past.

Gerry Faust, son of Fuzzy Faust (Yes, Dayton's own Fuzzy Faust!), grew up in Our Lady of Mercy Parish. He attended Our Lady of Mercy School and graduated from eighth grade in 1949. He also celebrated his First Communion and was confirmed at Our Lady of Mercy. He attended and graduated from Chaminade then went on to graduate from the University of Dayton. For more information about Gerry see the Wikipedia article at: [https://en.wikipedia.org/wiki/Gerry\\_Faust](https://en.wikipedia.org/wiki/Gerry_Faust)

We always enjoy when our "Family" comes home! The visits from these wonderful people really make our day and help us remember that those in the early years of our parishes helped us form who we have become today. ■



Q. What do you call a pig that does karate?

A. A pork chop

# Aspirin for Colon Cancer?

by Mary Miltenberger  
for Health Ministry

Excluding skin cancers, colorectal cancer is the third leading cause of cancer-related deaths in the United States. Regular colorectal cancer screening is the best way to reduce risk. But for certain people, taking a low-dose aspirin daily may also help. Long-term, regular use of baby aspirin may reduce the risk of death from colon cancer by limiting the spread of cancerous tumors before they are diagnosed. The U.S. Preventive Services Task Force (USPSTF) finds that low-dose aspirin can reduce the risk of colorectal cancer by 40% for people who meet specific criteria.



How? Aspirin may prevent colorectal tumors from forming, and may prevent metastasis of any tumors that do grow. Low-dose aspirin irreversibly prevents blood platelets from activating and producing the enzyme which allows them to clump together.



Tumor cells can attach to these clumps of platelets and spread throughout the body, so inhibiting platelet activation could also inhibit metastases. Aspirin blocks platelet activation for the life of the platelet (7-10 days). If you stop using aspirin, the new platelets you make will not be affected.

However, non-aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, don't seem to give this benefit. They only inhibit platelet activation temporarily, which could be why they are not strongly associated with reduced rates of metastatic colon cancer.

Q. What do you get when a chicken lays eggs on top of a hill?

A. Egg rolls

There is some evidence that non-aspirin NSAIDs may inhibit tumor formation, but the findings have been conflicting.

Like many forms of cancer, colorectal cancer can stem from inflammation. Aspirin acts on several colon cancer-related pathways and inhibits inflammation. Think about cancer as a fire spreading through the body. Chronic inflammation feeds that fire, and aspirin suppresses the fire and slows its progression.

Newer research shows aspirin also playing a role in the gut microbiome. It promotes the growth of the good bacteria in the gut that help prevent colorectal cancer development and progression.

**Risks:** There are potential risks associated with aspirin use. Aspirin and other NSAIDs can damage your kidneys. The chief concern with aspirin is gastrointestinal bleeding. The clinical trials on longer-term aspirin use, however, suggest that this risk may be modest. It's important to talk to your care provider about your personal risks and benefits before grabbing that aspirin.



**Age:** There is not enough evidence to recommend for or against starting low-dose aspirin if you are younger than 50 or older than 70. If you are age 60 to 69, the decision to use low-dose aspirin is an individual one and should be discussed with your care giver. For best results, you have to be willing or able to take aspirin for at least a decade.

Q. What do you call a bee that comes from America?

A. USB

The research shows that we see the full effect of aspirin on colorectal cancer prevention after 10 years of use. The use of aspirin for 6 years or longer is linked with a 19% decreased risk of colorectal cancer and a 15% decreased risk of any type of gastrointestinal cancer.

**Does Aspirin Reduce Risk of Other Cancers?** There haven't been many studies of aspirin with other cancers. Even so, findings continue to hint at aspirin's anticancer potential beyond colorectal cancer, including those linking aspirin to a lower risk of melanoma, ovarian cancer, and pancreatic cancer. Wouldn't it be great if cancer prevention was as simple as that cheap little aspirin? ■

### Did you know?

- Aspirin is the best known and most widely used medicine.
- The active ingredient in aspirin is acetyl salicylic acid—a synthetic derivative of salicin which occurs naturally in the willow tree.
- Extracts from willow were used as early as 400 BC as a brew to relieve labor pains.
- In 1763 an English clergyman gave ground willow bark to 50 of his parishioners who were suffering from rheumatic fever. He documented his observations.
- Early clinical trials found aspirin to be effective treatment for pain, fever and inflammation.
- In the 1970's, John Vane won the Nobel Prize for Medicine for his research in discovering how aspirin works. It blocks an enzyme needed for the production of natural hormones involved in many body processes including pain and tissue injury.
- New effects of aspirin in preventing diseases are being discovered.

Q. Why did the pumpkin lose the boxing match?  
A. He let his gourd down.



# The Lord's Prayer

*A reflection on the Lord's Prayer (Our Master)  
by Patricia Loges Wilson*

OUR FATHER (our? all of us? So we are brothers and sisters)

WHO ART IN HEAVEN (where you reign, watch us. Love us.)

HALLOWED BE THY NAME (honored, revered, used with care)

THY KINGDOM COME (peace on earth)

THY WILL BE DONE (obedience, love, care, respect)

ON EARTH AS IT IS IN HEAVEN (imagine all that, here on earth)

GIVE US THIS DAY (and every day, everywhere, in Russia or Afghanistan)

OUR DAILY BREAD (you know our needs: grace, love, hope)

AND FORGIVE US OUR TRESPASSES (our sins and failings)

AS (in the very same way)

WE FORGIVE THOSE WHO TRESPASS AGAINST US  
(are there many?)

AND LEAD US NOT INTO TEMPTATION (give us grace to avoid)

BUT DELIVER US FROM EVIL (watch over us, strengthen us us)

AMEN

Q. What kind of shorts do clouds wear?

A. Thunderwear

Installation of  
 Father Francis Tandoh, C.S.Sp.  
 as pastor of  
 Family of Parishes NE 8  
 August 21, 2022

*Then I heard the voice  
 of the Lord saying,  
 "Whom shall I send?  
 Who will go for us?"  
 "Here I am,"  
 I said, "send me."  
 Isaiah 6:8*



*Our Lady of Grace  
 Queen of Martyrs  
 St. Augustine  
 Saint Benedict the Moor*

- Q. What do you call a belt with a clock on it?  
 A. A waist of time

More than 100 people participated in the installation ceremony of Fr. Francis Tandoh, C.S.Sp. as pastor of the Northeast – 8 Family of Parishes.

Fr. Brian Phelps, dean of the Northeast – A region, presented Fr. Francis to the staff, clergy, and parishioners. Also present were representatives from the Parish Councils and Finance Committees of the NE-8 parishes.

The Mass was celebrated at Queen of Martyrs Church with a reception following. The weather cooperated as the crowd gathered under the tent on the parish grounds to share a wonderful meal.

As the Beacons of Light archdiocesan plan moves forward, the challenges ahead we will be guided by our experienced priests Fr. Francis Tandoh and Fr. Benoit Mukamba and their leadership teams. ■

Gracious and loving God,  
we thank you for the gift of our priests.  
Through them, we experience  
your presence in the sacraments.  
Help our priests to be strong in their vocation.  
Set their souls on fire with love for your people.  
Grant them the wisdom, understanding, and strength  
they need to follow in the footsteps of Jesus.  
Inspire them with the vision of your Kingdom.  
Give them the words they need to spread the Gospel.  
Allow them to experience joy in their ministry.  
Help them to become instruments of your divine grace.  
We ask this through Jesus Christ, who lives and reigns  
as our Eternal Priest. Amen.

*- USCCB Prayer for Priests*

Q. What do you call a fish with no eyes?

A fish

# Shepherd's Pie with Fall Vegetables

*submitted by Tink Siwecki*

## Ingredients

- 1 pound ground beef
- olive oil
- 1/2 large yellow onion, peeled and diced
- ½ tsp. fresh garlic
- 1 parsnip, peeled and diced
- 1 turnip, peeled and diced
- 1/2 lb. Brussels sprouts, trimmed and halved
- 2 Tbsp unsalted butter
- 2 Tbsp flour
- 1 15 oz. can beef broth
- 1 bouillon cube or the equivalent measure of "Better than Bullion."



## Topping

- instant mashed potatoes
- 1/2 cup grated cheddar cheese

## Instructions

1. Set oven to 350F
2. Coat the bottom of a 10" skillet with olive oil, cast iron skillets are great for this recipe.
3. Brown the ground beef, breaking it apart as it cooks. Remove it to a plate.

Q. Why wasn't there any food left after the monster party?  
A. Because everyone was goblin.

- 4 In the same pan sauté the onion for a few minutes, add garlic and then add the parsnip, turnip and sprouts. Sauté for a few minutes longer, then add a splash of broth, and cover to let them steam until just barely tender. Remove them to the plate with the meat.
5. Make the gravy in the same skillet...melt the butter and add the flour, stir to combine and cook for a few minutes, just until it starts to turn light brown. Add the broth and the bouillon and stir until the gravy thickens. Add salt and black pepper to taste.
- 6 Add the meat and veggies back into the pan and blend. Cover loosely with foil and set in the oven while you make the mashed potato topping.
7. Make 6 servings of the mashed potatoes according to the directions. Add the cheese when you add the dried potatoes to the liquid.
8. Spread the potatoes onto the top of the skillet. Put back in the oven for about 20-30 minutes until everything is hot and bubbly and the potatoes have started to brown.

- *You can put the skillet under the broiler for more color if you like.*
- *If you don't have the listed vegetables use a bag of mixed frozen vegetables.*
- *Add a little parsley, thyme or Herbs of Provence for a tastier dish.*
- *If you have leftover real mashed potatoes go ahead and use them!*
- *The great thing about a recipe is you can add or subtract and use any ingredients you have available. Make it your own! ■*

Q. What two places do ghosts like to go swimming?

A. Lake Erie and the Dead Sea



## St. Augustine

St. Augustine volunteers worked hard to create a beautiful Marian Garden behind the church. What began as a clean-up project evolved into a serene and prayerful setting that is enhanced by the landscaping. A bench welcomes those who would like

to sit and spend time reflecting. When the project was completed Fr. Francis blessed the garden.

## St. Benedict the Moor

An Autumn Dance is planned for Saturday, November 19, 2022 from 8:00 p.m. to Midnight at 519 Liscum Drive, Dayton, OH 45417. Join in on the fun. Music by DJ Ron Hunter. Individual tickets are \$20.00 each or \$160.00 for a table for eight. For additional information call the church office at 937-268-6697 or Lois Woods at 937-367-0859 or Tracy Henderson 937-241-2041.

## Queen of Martyrs

Classes and programs are gearing up for the Fall at Queen of Martyrs. Family Faith Formation classes resumed on October 2, 2022 at 9:30 a.m. on Sunday mornings. Pre-school through high school students are welcome to sign up and participate. The classes will run through May 21, 2023.

RICA classes will also run from October until next spring. If you know someone who has expressed an interest in learning more about the Catholic faith, call Marty at 937-277-2092.

If you are interested in learning more about the Bible, sign up for Bible Study at Queen of Martyrs. These informative sessions are led by Charlotte Minelli and are held year-round on Wednesdays at 9:30 a.m. at Queen of Martyrs. If Wednesdays won't work for you call St Benedict or Our Lady of Grace for more Bible study options. ■

Q. Why do spiders make good baseball players?

A. They know how to catch flies

# Faith

*A reflection by Paul Picker*

Sometimes I wonder about myself, it's like not seeing the writing on the wall. I have just come to realize that my 'personal faith' is not personal at all. I have failed to see that Faith is more than myself, it's a relationship. Having Faith is about myself and also very much about God, thus the relationship. Things are now starting to click, the light bulb got turned on. Where have I been for so long?

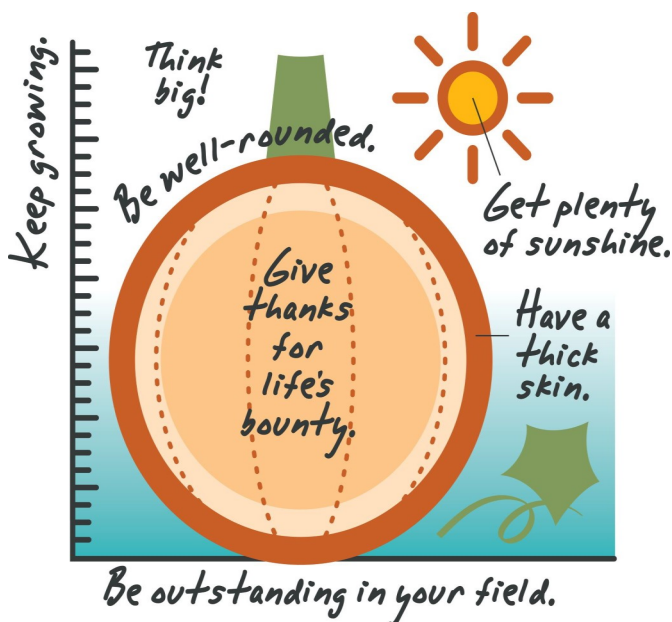
Faith being a relationship now makes sense, it takes two. My Faith in God is all about my relationship with God, it's my acceptance of his love. God is always present, I need to make myself present to him. My Faith relationship goes beyond God, it's in my marriage, our family, our Church Community and the neighbor next door. Anytime I am in my Faith with my wife, family or church community I am in relationship with God. In Faith a relationship is formed with God and he will always be there no matter what. Never again will I feel alone in my Faith. Having Faith is to have God's arms wrapped around me, never to fear being alone. ■



Q. What do witches ask for at a hotel?

A. Broom service

# Advice from a pumpkin



Be well-rounded.

Get plenty of sunshine.

Give thanks for life's bounty.

Have a thick skin.

Keep growing.

Be outstanding in your field.

Think big!

—Ilan Shamir

Q. What do you call a bear with no teeth?

A. A gummy bear



## **NORTHEAST-8 FAMILY OF PARISHES**

### **Our Lady of Grace**

Office: 220 W. Siebenthaler Ave. Dayton, OH 45405

Phone: 937-274-2107

Email: info @ourladyofgracedayton.org

Worship sites:

**Corpus Christi Church**, 527 Forest Ave. Dayton 45405

**Our Lady of Mercy Church**, 533 Odlin Ave. Dayton 45405

Sat. Mass 4:30 p.m.

1st weekend OLOM—2nd through the last weekend CC

Sun. Mass 9:00 a.m.

1st weekend CC—2nd through the last weekend OLOM

### **Queen of Martyrs**

4134 Cedar Ridge Rd. Dayton, OH 45414

Phone: 937-277-2092 Email: qmparish@qmdayton.org

Sunday Mass 11:00 a.m.

### **St. Augustine**

6939 Weaver Rd, Germantown, OH 45327

Phone: 937-855-2289

Sunday Mass 8:30 a.m.

Email: csaintaugustine@woh.rr.com

### **St. Benedict the Moor**

519 Liscum Dr. Dayton, OH 45417

Phone: 937-268-6697 email: info@unitedinhope.org

School: 138 Gramont Ave. Dayton OH 45417

Phone: 937-368-6391

Sat. Mass 4:30 Sun. Mass 10:30 a.m.

Pastor: Fr. Francis Tandoh, C.S.Sp.  
Parochial Vicar: Fr. Benoit Mukamba, C.S.Sp.

Q. Which rock group has four guys who can't sing or play instruments?

A. Mount Rushmore.

# Puzzle!

Each year, the Israelites had three harvests.  
Find and circle these foods that the people gathered.

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almonds	gourds	nuts
apples	grapes	olives
barley	herbs	onions
beans	leeks	pomegranates
cucumbers	lentils	rye
figs	melons	wheat

---

H A C B R Y E B R V E N  
 G A U A S N O L E M S U  
 R L C R F I G S T A T T  
 A M U L I M B E H A N S  
 P O M E G R A N A T E S  
 E N B Y E S E L P P A K  
 S D E H R O N I O N S E  
 V S R E S G O U R D S E  
 T I S M E S L I T N E L  
 S E V I L O W H E A T H

Q. What type of TV is in a haunted house?

A. Wide Scream TV

# UPDATE YOUR MEMBERSHIP

**Please help us keep our roster up-to-date.** If you have a name or address change, please call the parish office at 274-2107 ext. 100 or e-mail: [whollinger@ourladyofgracedayton.org](mailto:whollinger@ourladyofgracedayton.org). Or you can send this information to the Parish Center via the collection basket or mail to 220 W. Siebenthaler Ave. Dayton, Ohio 45405

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please add/delete (circle one) the following name(s)

\_\_\_\_\_

**Please let us know if you are no longer a member of Our Lady of Grace Parish. Not only will it keep our records accurate but it will also save our parish unnecessary mailing costs.**

I/We are no longer members of Our Lady of Grace Parish

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

**Our Lady of Grace Catholic Parish**  
Churches of Corpus Christi & Our Lady of Mercy  
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Dayton OH 45405

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