

CEDAR COUNTY PARISHES

January 27, 2024 - January 28, 2024

Mechanicsville, Tipton, & West Branch



Contact information for Cedar County
Parishes (Mechanicsville, Tipton
& West Branch)

Mailings:

208 Meridian Street

Tipton, IA 52772

Phone: 563-886-2506

Email: Tiptonstmary@diodav.org

Church locations:

Tipton: 208 Meridian St.

Mechanicsville: 302 Reeder St.

West Branch: 507 E Orange St.

Mass Schedule:

Daily

Monday - No Mass

Tuesday - Tipton 5:30 PM

Wednesday - West Branch 8:30 AM

(1st Wed of the month 6:00 PM Only)

Thursday - Mechanicsville 8:30 AM

Friday - Tipton 8:30 AM

Weekend

Saturday - West Branch 4:00 PM

Sunday - Mechanicsville 8:00 AM &
Tipton 10:00 AM

HEALTH NOTES

Last fall, we (Mary Ellen Marchik and Joan Wethington), completed a 36 hour training in Rock Island on Parish/Faith Community Nursing. A parish nurse is a registered nurse who advocates and facilitates holistic care (physical, psychological, emotional, and spiritual well-being) within a congregation. As nurses, we work for the healing of a person. But as parish nurses, we use faith as the centerpiece of our practice.

What is the role of a parish nurse? The core component is spiritual. It is what guides us as we care for others in their journey through various health concerns. In addition, we must learn what the needs of the congregation are. To help, we have developed a confidential health assessment survey that we are asking parishioners to fill out. Roles a parish nurse may provide include:

1. Visits with those who are sick, grieving, homebound, hospitalized, coping with life changes (care for a newborn).
2. Provide health education, individually or in groups.
3. Connect people in need with resources (home health care, Meals on Wheels, transportation to appointments are examples).
4. Facilitate conversations about end of life care.
5. Translate/explain medical information for those making health care decisions or trying to understand instructions from their health provider (eg discharge instructions, new medications).
6. Health Promotion - We can offer health screenings like blood pressure checks, write articles for the bulletin, participate in teaching our youth about good health practices.

A parish nurse does not replace your doctor, pharmacist, therapist or other health care professional. We can, with your permission, communicate with them to help meet your needs and answer questions. Physical needs, such as dressing changes, setting up medications in a pill box on a routine basis, picking up someone who has fallen, are not among the roles of a parish nurse. We can, however, make referrals and advocate for needs related to these types of care issues.

We have, combined, over 70 years of experience as registered nurses and are excited to begin our role as parish nurses. Father James has been very supportive of us as we have traveled on this journey developing what we pray is a welcome and useful ministry for our parish family. Please provide any feedback or questions you may have for us. This will be an evolving program as we discover what our faith community asks of us.

Thank you!

Mary Ellen Marchik (memarchik@iowatelecom.net)

Joan Wethington (joanandsteven@gmail.com)

Father James (flatteryj@diodav.org)

Feel free to scan the barcode to complete a parish nurse survey.



TIPTON

Mass Intentions

Saturday January 27 - West Branch
4:00 PM - Annen & Brothers & Sisters
Sunday January 28 - Mechanicsville
8:00 AM - For the people of the parishes
Sunday January 28 - Tipton
10:00 AM - Joe & Lois Conway
Monday January 29 - NO MASS
Tuesday January 30 - NO MASS
Wednesday January 31 - NO MASS
Thursday February 1 - NO MASS
Friday February 2 - NO MASS
Saturday February 3 - West Branch
4:00 PM - Chris Drop
Sunday February 4 - Mechanicsville
8:00 AM - Janet Doheman
Sunday February 4 - Tipton
10:00 AM - For the people of the parishes

10:00 AM - Janice & Lee Timmerman
 Confession time: 3:15 - 3:45 Saturdays in West Branch or by appointment

If your family or business is interested in sponsoring or hosting coffee and rolls on the 4th Sunday of the month, please contact Maggie Helmold at maggie.helmold@gmail.com or 563-889-0503



Saint Mary Catholic Church, Parish Hall - February 3rd, 2024

All 4 Screenings for \$149

<p>Carotid Artery Disease: An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.</p>	<p>Peripheral Arterial Disease (PAD): An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹</p>	<p>Abdominal Aortic Aneurysm (AAA): An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.</p>	<p>Atrial Fibrillation: A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²</p>
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- Call toll free: 1-844-591-7098
- LLSA.SOCIAL/HC
- Email deborah.walsh@llsa.com

Pre-registration is required

1 No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Adults: Please join the conversation, every Sunday, 8:45 a.m. in the parish hall! This group gathers as faithful Catholics to reflect on the themes of the upcoming Mass and prepare to more fully participate. Taking time to remove oneself from the hustle and bustle of the days of the rest of the week and joining this time of reflection and sharing has made the Mass a richer experience for those who are participate. All are welcome!

Tipton Reader List:

January 28	Cindy Kunde
February 4	Diane Wehde
February 11	Kathy Laing
February 18	Cindy Weber

Tipton Contributions for January 21, 2024

Your gift of treasure:

Envelopes:	\$	1859.25
Offertory:	\$	422.83
Other	\$	200.00
Total:	\$	2482.08

MECHANICSVILLE

DATE	Set-Up	LECTOR	DISTRIBUTE
Jan 28	Ashley	Lindsay	Josh/Mollie/Lee
Feb 4	Tom	Kalli	Jane/Shirley/Lori
Feb 11	Mike	Religious Ed	Shirley/Mike/Jen
Feb 14	ASH WEDNESDAY	TBD	

LADIES NIGHT!!
FEB 7 6PM
PIECE IT TOGETHER
Join us for another night of
fun!
Quilt Show Supper Workshop



Thank you to all who came out for Game Day! We raised \$1017.00
 Thank you to the committee and volunteers who helped, donated, or made desserts!

St. Mary's Religious Education Schedule

January 28th	Religious Education
February 4th	Religious Education
February 11th	Religious Education
February 14th	ASH WEDNESDAY
February 18th	NO Religious Education
February 25th	Religious Education



The SEW SEW ladies presented Father James with this quilt to say Welcome, and thanks for all you do. It was put together and hand quilted by the ladies group in his favorite color of blue!

Mechanicsville Contributions for January 21, 2024

	Your gift of treasure:
Envelopes:	\$2437.00
Offertory:	\$620.00
Diocese Collection:	\$.00
Total:	\$3057.00

WEST BRANCH

Date:	Communion Ministers:	Readers:	Ushers:
Jan 27	Teresa Gravelin & Sarah Beckman	Brian Beckman	Nick Westcott & Dave Annan

On the second Saturday Mass of each month we will have a collection for our parish Help Fund

We would like to thank the parishioners of St. Bernadette's for their generous outpouring of support to fulfill two local family needs at Christmas through the Angel Tree. The families expressed such appreciation for the gifts for their children and gift card for holiday food which would truly make this a special Christmas. We also want to say thanks for the contributions to the Food Pantry. This is such an amazing parish!

It was such a joy to have the children at Christmas Eve mass singing as Father began mass and then ending the mass singing Joy To the World and ringing the bells. The luminaries outside were beautiful in spite of the rainy night and the Church was decorated in splendor with the creche and other decorations. Thanks to Altar and Rosary and any other volunteers who assisted in making this a memorable night!

The "good news" newspaper

The Catholic Messenger nourishes your family with food for thought and keeps you informed weekly with diocesan news, special features, columnists, opinions, national and world news, along with happenings in our Catholic schools. Subscribe through your parish – print or e-edition – just \$30! Check out the e-edition at no charge through Feb. 14. Go to our website, www.catholicmessenger.net and click on the e-edition button.

West Branch Contributions for January 20,2024

Your gift of treasure:	
Envelopes:	\$620.00
Offertory:	\$180.00
Other:	\$163.00
Total:	\$963.00

To report child abuse **Contact:** Iowa Department of Human Services Child Abuse Hotline: 800-362-2178 and if it involves clergy or church personnel also notify Alicia Owens, the Victim Assistance Coordinator, 563-349-5002; vac@diodav.org or PO Box 232, Bettendorf, IA 52722-0004.

Visit Parish Website at:
www.stmarystipton.com
This website is for the
Cedar County Parishes
Includes Mechanicsville, Tipton,
& West Branch



Visit us on FaceBook:

www.facebook.com/stmarysoftipton/
www.facebook.com/StMarysMechanicsville

Church Closings due to weather will be posted here

Office Hours:

By appointment contact 563-886-2506

Bulletin Information needs to be turned in by 10 AM on Mondays