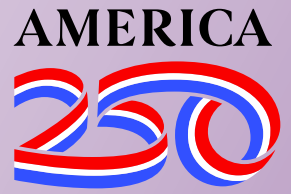


FOURTH SUNDAY OF LENT

MARCH 15, 2026



When He had said these things, He spat on the ground and made clay with the saliva; and He anointed the eyes of the blind man with the clay. And He said to him, “Go, wash in the pool of Siloam”. So he went and washed, and came back seeing.

John 9:6-7

PARISH MISSION STATEMENT

We, the parish community of St. Peter Catholic Church, profess our belief in the teachings of Jesus Christ through word, worship, education, and action.

Gather ~ Worship ~ Share ~ Transform

4th Annual Women's Ministry Spring Pilgrimage
 Prayer and fellowship at the National Shrine of Mary Mother of the Church on April 25th from 10:00 to 2:00.

Mass and Celebration with the Relic of St. Oscar Romero.
 March 21, 2026 10:00AM – 3:00PM - Cathedral
 Misa y celebracion con la reliquia de San. Mons. Oscar Romero, tendremos; Convivio, Presentacion, Danza Folclorica y mas.
 Mass and Celebration with the Relic of St. Oscar Romero. Mass at 11:00AM. 9:00AM Veneration of Reliquia and Holy Hour, Confessions, presentation, and meal afterwards in Cana Hall with folkloric dances Matthew (Mt 4:12–23). Jesus

Holy Name Socceity Pancake Breakfast
 125 Adults & 23 Children Served
 Thank You to all who particapted and supported this event!

FISH FRIES & SEAFOOD BUFFETS
 St.Michael Parish, Russellville.
 March 20, 4:30-7 p.m
 Adults: \$14, 7-12 years: \$6. Carry-out available.

40 Days For Life
Saturday, April 11, 2026, at St. Andrew
 didn't make it to the sidewalk this year, we would still love to have you there!
 6:00pm – Doors open for fellowship and a silent auction
 • 7:00 p.m. – Dinner prepared and donated by the

PSR Living Stations
 Wednesday, March 18th
 7:15pm

Lenten Fish Fry Dates & Benefactors
 4:30pm - 7:00pm
 March 20
 Society
 March 27
 Council #1054
 3:44

214
People attended the Anointing of the Sick and Stations of the Cross

April 3rd Good Friday Stations
 • 3:00pm Stations in Church

Chrism Mass & Reception
All are invited to the Diocesan Chrism Mass.
 March 31 at 3 p.m. at the Cathedral of St. Joseph.
 faithful in your parish to join us for this special annual
 the Chrism Mass and RSVPs are requested to provide an approximate count for the reception.

A Living Faith Bible Study
 Thursdays, 6-8pm - February 19th - March 26th
 Cathedral - Cana Hall
 Contact Jared Horban (574) 400-9100

FORMATION

Monday, March 16

12:03pm - Mass - Church

6:52r o / "U o c m n R t c { g t " I t q w r / " H t 0 " C j t g p u " T o 0

5:00pm - St. Anne Quilters - Scout Rm.

8:52r o / " R c t k u j " O k p k u v t { " H q t o c v k q p " R t q i t c o " * U r c p k u j + / " U U P F " T o 0

Tuesday, March 17 - St. Patrick's Day

9:22c o / " O q o) u " I t q w r / " U g n k p i g t

8:00am - Mass - Church

11:00am - Confessions - Church

12:03pm - Mass - Church

5:00pm - School Advisory Council - SSND Rm.

8:22r o / " H k p c p e g " E q w p e k n " O g g v k p i / " U U P F " T o 0

6:00pm - Schola Rehearsal - Church

8:52r o / " D e r v k u o " E n c u u " k p " G p i n k u j / " H t 0 " C j t g p u " T o 0

Wednesday, March 18

8:00am - Mass - Church

; 22c o / " R c u v q t l R t k p e k r e n " O g g v k p i / " E j w t e j " Q e g "

11:00am - Confessions - Church

12:03pm - Mass - Church

9:37r o / " R U T " N k x g " U v c v k q p u / " U U P F " T o 0

Thursday, March 19 - Solemnity of St. Joseph

: 22c o / " : < 22r o / " G z r q u k v k q p " v j g " q h " D n g u u g f " U c e t c o g p v / " E j c r g n

12:03pm - Mass - Church

8:52r o / " Q E K C " O g g v k p i / " O u i t 0 " J q q i " J c m "

9:67r o / " D g p g f k e v k q p / " E j c r g n

Friday, March 20 - No School

8:00am - Mass - Church

; 22c o / " " R c t k u j " U v c " O g g v k p i / " U U P F " T o 0

11:00am - Confessions - Church

12:30pm - Stations of the Cross - Church

Saturday, March 21

3:30pm - Confessions - Church

6:52r o / " X k i k n " O c u u / " E j w t e j

Sunday, March 22

8:00am - Mass - Church

9:05am - Deliberately Christian - Fr. Ahrens Rm.

10:00am - Mass - Church

11:15am - Confessions (in Spanish) - Church

12:00pm - Mass (in Spanish) - Church

St. Vincent de Paul

V j g " K o o c e w n c v g " E q p e g r v k q p " M p k i j v u " q h " E q n w o d w u " c t g " u r q p u q t k p i " c " u q w r " u w r r g t l " i t k n g f " e j g g u g " f k p p g t " g x g t { "

Friday in lent after the 5:30pm Stations of the Cross. Proceeds will dgpgL v j g " o D g f u " h q t " M k f u o " o k p k u v t { 0

Curisillo

U v 0 " R g v g t " R c t k u j / " L g g t u q p " E k v { " cordially invites you to attend an W n v t g { c " q p " V w g u f c { . " O c t e j " 4 6 " k p " J q q i " J c m n # " T g h t g u j o g p v u " c p f " u q e k c n " v k o g " d g i k p " c v " 8 < 5 2 " r o " y k v j " W n v t g { c " c v " 9 0 " " E q o g " l q k p " w u " q p " { q w t " N g p v g p " l q w t p g { 0 " " G p v t c p e g " k u " h t q o " v j g " c m n g { " q p " v j g " t k i j v " u k f g " q h " v j g " e j w t e j " * n q y g t " n g x g n " q h " U g n k p i g t " E g p v g t " o " 4 3 8 " D t q c f y c { " U v t g g v . " L g " E k v { + 0 " " C m n " Cursillistas are welcome!!

Seasons of Hope

C " h t g g " r t q i t c o " f g u k i p g f " h q t " v j q u g " u w g t k p i " i t k g h " h t q o " v j g " n q u u " q h " c " n q x g f " one. The Proto-Cathedral of U v 0 " R g v g t " I t k g h " U w r r q t v " I t q w r " q g t u " v q " y c m n " y k v j " { q w " v j t q w i j " { q w t " i t k g h " k p " c " i t q w r " q t " k p f k x f w c n " u g v k p i 0 " C " p g y " u g u u k q p " y k m " d g i k p " Thursday, April 9th 4:15pm through May 14th Fr. Ahrens Room. Please call the Parish Q e g < * 7 9 5 + " 8 5 8 / : 3 7 ; " v q " t g u g t x g " a u r q v " k p " v j k u " E j t k u v / e g p v g t g f . " i t k g h / u j c t k p i " i t q w r " f g u k i p g f " v q " j g n r " { q w " cope with { q w t " i t k g h " g z r g t k g p e g 0

Pray for Peace

Q p n k p g " I k x k p i " " U v 0 " R g v g t " u " E c v j q n k e " E j w t e j " Scan the QR code to donate.



Missouri State Archives Presents: "Not In Our Wildest Dreams" March 19th - 6pm - 600 W. Main Street - Speaker Series is free

8 r o " T g e g r v k q p . " 8 : 5 2 r o " F q e w o g p v c t { " u e t g g p k p i . " 9 r o " S (C " y k v j " u r g e k c n " i w g u v u < " H q t o g t " O k u u q w t k " E j k g h " L w u v k e g N e w t c " U v k v j " c p f " U w r t g o g " E q w t v " E n g t m " D g v u { " N g f i g t y q q f 0 " \$ P q v " K p " Q w t " Y k n f g u v " F t g c o u \$ " k u " c " f q e w o g p v c t { " d { " MO Humanities that explores the role of the Missouri Supreme Court in the state's past, present, and future v j t q w i j " O k u u q w t k o u " h g o c n g " l w f i g u . " h t q o " v j g " e q w t v o u " L t u v " y q o c p " l w f i g o " v j g " J q p q t c d n g " C p p " E q x k p i v q p o k p " 1989 to its historic female majority bench today.

St. Peter's Job Openings

1st Grade Teacher 2026-2027 School Year

Uv0"Rgygt"Uejqqn"ku"ceegrvkpi"cr rnkecvkqpu"hqt"c"3uv" I tcf g"Vgcejgt"hqt"vjg"424864249"uejqn{"gct0"Yg"ctg"uggmkpi"c"ectkpi."hckvj/Lnngf"gfwevcvt"fgfkecvgf"vq"cecf g o ke"gzegngpeg"cpf"urktkvcn"i tq y v j 0"Vjg"uweeguuhwn"ecpfkfcvg"y knn"etgcvg"c"pwtvwtkpi"encuutqq o "gpxktq o gpv"vjcv"rtq o qvgu"ewtkqukv{."eqrgtcvkqp."cpf"c"nqxg"qh"ngctpkpi0

S wcnkLecvkqpu<"Dcegnqt0u"fgitgg"kp"Gfwecvkqp."Okuuqwtk"vgcejkpi"egtvkLecvkqp"*qt"gnki kdknk v {+.

Commitment Catholic education

Uvctv"Fcvg<"Cwi wuv"4248

3rd Grade Teacher - 2026-2027 School Year

Uv0"Rgygt"Uejqqn"jcu"cp"qrgpkpi"hqt"c"5tf" I tcf g Teacher. This position is for the 2026-2027 school

{gct0"C"uweeguuhwn"ecpfkfcvg"ku"c"rtcevekpi"

Ecvjqnke"kp"i qqf"uvcpfkpi"y j q"ecp" o kpkuvgt"vq"

uvwf gpvu"tgi ctfnгуu"qh"uwldgev"ctgc"qt"c"vgcejgt"y j q."

consistent with the Mission of St. Peter School,

promotes and teaches the Catholic faith as

reasonably determined by the principal.

S wcnkLecvkqpu<

"Dcejnqt0u"fgitgg"kp"Gfwecvkqp

Okuuqwtk"vgcejkpi"egtvkLecvkqp"*qt"gnki kdknk v {+

Commitment to Catholic education

Uvctv"Fcvg<"Cwi wuv"4248

6th Grade Teacher 2026-2027 School Year

Uv0"Rgygt"Uejqqn"jcu"cp"qrgpkpi"hqt"c"8vj"i tcf g Teacher. This position is for the 2026-2027 school

{gct0"C"uweeguuhwn"ecpfkfcvg"ku"c"rtcevekpi"Ec v j nke"kp

i qqf"uvcpfkpi"y j q"ecp" o kpkuvgt"vq"uvwf gpvu"tgi ctfnгуu

of subject area or a teacher who, consistent with the

Mission of St. Peter School, promotes and teaches

the Catholic faith as reasonably determined by the

principal.

S wcnkLecvkqpu<

Dcejnqt0u"fgitgg"kp"Gfwecvkqp

Okuuqwtk"vgcejkpi"egtvkLecvkqp"*qt"gnki kdknk v {+

Commitment to Catholic education

Uvctv"Fcvg<"Cwi wuv"4248

St. Patrick's Day Fun Facts

J g"wugf"vjg"Uj c o tqem<"Ngi gpf"uc{u"Rcvtkem"wugf"vjg"vj tgg/ngcxgf"rncpv"vq"gzrnckp"vjg"J qn{"Vtkpkv{"*Hcvjgt."Uqp."cpf"J qn{"Urktkv+"vq"vjg"Ktkuj"rgqrng0

TREASURE

U "V " " I

March 1, 2026	\$ 53,774.07
March 8, 2026	\$ 29,326.78
March 15, 2026	\$
March 22, 2026	\$
March 29, 2026	
Budget for March	\$ 262,500.00
Total Collected for March	\$ 83,100.85
Difference	\$ -179,399.15
Budget Goal To Date	\$ 1,890,000.00
Total Collected To Date	\$ 1,954,664.33
Difference	\$ 64,664.33
Facility/Property Maintenance: March	\$ 2,555.00
Facility/Property Maintenance To Date	\$ 65,582.22
Society of St. Vincent de Paul March	\$ 262.00

As of Wednesday, March 11, 2026

Thank you for your continued tithing and support of St. Peter's Parish & School!

School Mass Collection

March 11, 2026

Deliberately Christian

Anxiety / Mindfulness Education Series

6-part series on the 6 Lenten Sundays

February 22 + March 1, 8, 15, 22, & 29

9:05-9:55am (between Masses), Fr. Ahrens Room

Sign up using QR code or Link



Link: <https://forms.office.com/r/S7dwf1VdC3>

Questions: Parish Nurse Abbie ~ 636-8159,

ABredeman@saintpeterjc.org

PRAYER

PRAY WITH THE POPE IN MARCH

For disarmament and peace

Ngv"wu"rtc{"vjc"pcvkqpu"oqxg"vqyctf"gevkxg"fkuctocogpv."rctvkewncn{"pwengct"fkuctocogpv."cpf"vjcv"yqtnf"ngcftgu"ejqqug"vjg"rcvj"qh"fkcnqiwg" and diplomacy instead of violence.

OREMOS CON EL PAPA EN MARZO

Por el desarme y la paz

Oremos para que las naciones avancen hacia un desarme efectivo, en particular el desarme nuclear, y para que los líderes mundiales elijan el ecokpq"fgn"fk^anqiq{"nc"fk^rnqocekc"gp"nwict"fg"nc"xkqngpekc0

Eqpictcvncvkqpu
Jaxon Schroeder, Avalynn Schroeder, Clay Green, and Eleanor Logsdon
 who have been baptized into Roman Catholic faith!

Prayer to Saint Joseph

O St. Joseph, whose r^tqvevkqp"ku"uq"igtcv."uq" uvtqpi."uq"rtqorv"dghqtg"vjg" vjtqpg"qh"lqf."yg"rnceg"cm" our interest and desires in you.

O St. Joseph, do assist us by your powerful intercession, and obtain for us from your divine Son all spiritual dngukpiu.vjtqwij"Lguwu" Ejtkuv."qwt"Nqtf0"Uq"vjcv." jcxkpi"gpicigf"jgtgdgnqy" your heavenly power, we oc{"qgt"qwt"vjcpmuikxkpi" cpfjqocig"vq"vjg"oquv" nqxpki"qh"Hcvjgtu0"

O St. Joseph, we never weary qh"eqpvgorncvkpi{"qw."cpf" Jesus asleep in your arms; We dare not approach while He reposes near your heart. Press

Him close in our name and mkuu"Jku"lpg"jgcf"htq"wu"cpf" ask Him to return the kiss when we draw our f{kpi"dtgcvj0 St. Joseph, patron of fgrctvkpi"uqwnu."rtc{"hqt"wu0" Amen.

Date	Observances	Intentions
Monday March 16	Ngpvgp"Fc{"	12:03pm †Lgtt{"Ngjogp"
Tuesday March 17	St. Patrick	8:00am †Rick Hack 12:03pm "Rgi i {"cpf"Lqj p"Ncpf y g j t
Wednesday March 18	Ngpvgp"Fc{"	:<22c o "ÄVtwf {"Dtwpu 34<25r o "ÄCtvj wt"Nwgemgpj q "Hc o kn {"
Thursday March 19	St. Joseph	12:03pm ÄCnhtgf"Ykgdgti
Friday March 20	Ngpvgp"Fc{"	:<22c o ""ÄUvgxg" ("Fqppc"Uwg"Dtcwp 12:03pm †David Wurst
Saturday March 21	Fifth Sunday qh"Ngpv"	4:30pm JoAnn Paden
Sunday March 22	Fifth Sunday qh"Ngpv"	:<22c o "Gpectpcekqp"Guvtrkc" 10:00am †Josephine and Charles Stevens 12:00pm People of the Parish

VOCATIONS
 Please pray for all yjq"ctg"uwf{kpi"cpf" fkuegt pki"cxqecvkqp"vq" the priesthood or consecrated life. Please pray for: **John Paul McGuire**

Hospital Mass
 Mass is celebrated at St. Oct{)u"Jqurkvcn"Ejcrgn *qp"vjg"ltuv"lqqt"d{"vjg" ockp"gpvtcpegt"kp"Lggtuqp" City on Tuesdays and Thursdays at Noon.

The Carmelite Nuns
 Kpxkvg{"qw"vq"ugpf{"qwt" prayer requests to them at carmelofjc.prayers@i ockn0eq o"qt"ockn"vjgo" to: 31970 State Hwy P Clyde, MO 64432

Diocesan News

Uvc{"wr"vq"fcvg"qp"cm"fkqegucp"pgyu."cppqwppegogpvu."wrfcvgu."cpf"gorng{"ogpv"qrrqtvpkvgu0"lq"vq"vjg"nkpm" dngny"vq"ugg"vjg"yggmn{"\$Oqpf{"Oqtpki"Ogoq\$htqo"vjg"Ejcpegt{0" jwru<lflkqlg ekv{0qtilpgyu/gxgpvulOqpf{/oqtpki/ogog

To Be An "Active" Steward Means

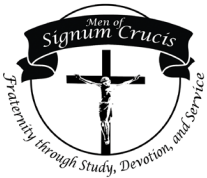
To Pray: that is, attend Mass faithfully in the parish on weekends and Holy Days.

To Participate: "vjcv"ku."vq"wg"qpgou"vko"cpf"vcngpvu"vq"uvtgpi"vjg"rcvkj"eqo"owpkv{"cpf"cfxcpeg"vjg"lqurgn0

To Sacrificially Give: "vjcv"ku."rngfig"cpf"tgo"ckp"ewttgpv"qp"cvkjg"qh"lpcpekc"ltuv"htwkvu"vq"uwrrqtv"vjg"nkhg"cpf" o kpkuvtkgu"qh"vjg"rcvkj0"Vjg"iqcn"ku"**8%** to the parish and **2%** to other worthy charities.

It's Never Too Late To Turn In Time & Talent Sheets.

CTQWPF"V J G"FKQEGUG



Men of the Proto-Cathedral of St. Peter:

[qw"ctg"kp"kvf"vq"lqkp"v jg"Ogp"qh"Uki pw o "Etweku"cv"qwt"pgzv"i cv jgtkpi." y jkej"dg ikpu"cv"8<52" r0 o0"qp"Ygfp"gufc{"Octej"3:."cv"Jgnkcu"Ecv jqnke"Jki j"Uejqqn"kp"Lg gtuqp"Ekv{0 Hqt"o qtg"kpht"o cvkqp"cdqvw"v jg"Ogp"qh"Uki pw o "Etweku."eqpvcev" Fppgnn" Tgjc i gp"cv 573-462-9501; or Tim Holly at 573-298-1295; or Mike O'Rourke at 214-663-9694; or Mark Tgjc i gp"cv"795/8:2/4742="qt"xkukv"wu"cv"y y0 o gpqhuk i pw o etweku0eq o 0

SUMMER CAMPS
FOR INCOMING 6TH-12TH GRADERS

June 7-11, 2026 - Boys
Camp Lolek FOR JUNIOR HIGH

June 14-18, 2026 - Girls

June 21-26, 2026
Camp Maccabee FOR YOUNG MEN

July 12-17, 2026

June 28-July 3, 2026
Camp Siena FOR YOUNG WOMEN

July 19-24, 2026

For more info, visit diojeffcity.org/camps

Signs from God, Miracles and Their Meanings

Sacred Heart Chapel of St. Vincent de Paul Parish
(421 W 3rd St, Sedalia, MO)

6:30pm - 9:00pm

March 23 or March 24.

Vk o "Htcpeku"rtgugpvu"Uki pu"htq o " I qf."Oktcengu"cpf" V jgkt"Ogcpki u0"Eq o g"cpf"ngctp"v jg"vtwju"vq"dg" hqwpf"kp"v jg"Gwe jctkuv"cpf"uwtgpi v jgp" {qwt"hc vj"cu"y g" approach Holy Week.

V jg"rtgugpvckqp"y knn"dg"v jg"uc o g"gej"pki jv."ejqqug" y jkej"gxgpkpi"y qtmu"dguv"htq" {qw0

SEAFOOD BUFFETS

Most Pure Heart of Mary in Chamois

Friday, March 20!

4:00 p.m.-7:30 p.m.

Ugtxkpi"cm/{qw/ecp/gev"Łuj."htqi"ngiu."

ujtk o r."cpf"cm"v jg"Łzkpu0

Adults/\$20, ages 6-12/\$10, ages 5 and under/free

Tc g"vq"dg"jgnf"qp"Octej"42

A Journey Through the

Glorious Mysteries of the Rosary.

Saturday, April 25, 2026.- \$15 for lunch

10:00 am – 3:00 pm (Doors open at 9:00 am).

The National Shrine of Mary, Mother of the Church

*398"Octkcp" F t0."Ncwtkg."OQ+0

3rd Annual Heart of a Hero Men's Conference

Tg i kuvtckqp"ku"pqy"qrgp"htq"v jg"5tf"Cpwwcn"J gctv"qh"c" J g t q" Ogp)u"Eqphgtgpeg."vq"dg"jgnf"kp"Ecp"J cmn"qp"Cr tkn"32"cpf" 330"V jku"gxgpv."urquqtg" d{ "v jg"Ogp"qh"Uki pw o "Etweku." ku"rtqfwegf"htq"v jg"rwtrqug"qh"dtkpi"i" o gp"vqi"gvjgt"kp" fraternity to deepen their faith and relationship with Christ. "Eqpvcev"Octm" Tgjc i gp"cv"795/8:2/4742"y kvj"swgukvqpu.

Lenten Leader Retreat for DREs, Catechists, and Youth Ministers

""Octm" {qwt"ecngpfctu"htq" c"Ngpvgp"ngcftg"tgvtgcv" fguki"pgf"htq"FTGu." [qwj"Okpkuvgtu."cpf"Rctkuj" Ngcftgu"qp" **March 28, 2026.** Join us for a day of rest, eqo o wpkv{."cpf"rtc {gt#"Tg i kuvgt"jgtg0"jvrucl1fkqlg ekv{0 qti l4248/ngpvgp/ngcftg/tgvtgcv/tg i kuvtckqp1" ""

J c r r { "Uv0"Rcvtkem)u" F c {

HQTOGF"

Joseph of Nazareth

Egngdtevg"v jg"hgcu"qh"Ej tkuv)u"huvgt"hc v jgt"y kvj"gxgp" o qtg"lq{"cpf"tgurve"v jku" {gct"d{ "y cej kpi" c" o qxkg" cdqvw"jk o #Gpvgt"kp vq"v jg"nkhg"qh"v jku" i tgc v"uckpv"v j tqw i j" the movie Joseph of Nazareth!

Patrick: Brave Shepherd of the Emerald Isle

Hwp/nqxp i "Rcvtkem" jcf"kv" gcu { "cv" jku" rctgpvu)ugcukfg" xknc0" Cv"38." jg"v j qw i jv" jg" jcf"kv" o c f g"htq"nkhg0v jcv"ku." wpkn"v jg"fc { "tkfgtu"mkfpcr r g f" jk o"vq"pgctd { "Ktgncpf0" Now a slave and shepherd, Patrick faced a bleak and wpegvckp"hwvwtg0"Vq"uwtxkg." j g f" j cxg"vq"eqpswgt"eqnf." jwpigt."y knf"dgcuvu."cpf"gxgp"y qtuq" gpg o kgu0

Qwt"rctkuj"jcu" c"HQTOGF"uwduetkrvkqp0"Xkukv" hqt o g f0qti lukipwr"cpf"ugngev"qwt"rctkuj0"Ueep"v jg"ST" eqfg"vq"fqy pncf"v jg"HQTOGF"cr"vq" {qwt"r j qpg0"



Qwt"rctkuj"jcu" c"HQTOGF"uwduetkrvkqp0"Xkukv" Hqt o g f0qti lukipwr"cpf"ugngev"qwt"rctkuj0"Ueep"v jg"ST" eqfg"vq"fqy pncf"v jg"HQTOGF"cr"vq" {qwt"r j qpg0"



PWTUGU" P QVGU

Spotlighted Column Topics: nutrition, daily choices ~ lifelong impact, 8 Dimensions of Wellness

As I have prepared the last several Nurse's Notes columns ~ covering topics such as American Heart Month, Lent's alignment with cancer awareness months, cancer risk and protective factors ~ I knew **NUTRITION** would soon manifest as the spotlighted topic because it is so intricately interwoven into many recent themes. As I pondered the vastness of the nutrition topic and sought to learn more, I wondered what type of awareness months existed for nutrition topics. Serendipitously, guess what I learned? ... March is National Nutrition Month! A second God-wink that sohilified this week's topic occurred by way of a Mass petition. I attended 5:30pm daily Mass on March 10 at Immaculate Conception, and Petition #3 grabbed my attention ~ *For those who suffer from hunger or malnutrition and lack the means to provide food for themselves and their loved ones, let us pray to the Lord.* Nutrition is such a gargantuan topic, so I will focus on a few key points at this time.



National Nutrition Month Challenge:
Eat the rainbow 🌈



The United States healthcare system is predominantly driven by the biomedical approach to disease and illness. As patients, we often put great trust in having surgery/procedures and taking medicines to treat our ailments. Certainly, those are cornerstone! However, Little to none of that matters if our bodies are not well-cared for – such as, in the form of restful sleep, nutrient-dense food, clean water, adequate safety & safety, supportive friends & family, and minimal stress. This is one of the benefits of approaching health from a holistic perspective, such as the *8 Dimensions of Wellness* framework previously referenced in this column. A holistic, or whole-health, approach ensures we consider all aspects that impact our bodies' structures and functionality. The theme for 2026's National Nutrition Month is **Discover the Power of Nutrition**. Truly, nutrition is INFUSED into every body cell and function! DeBruyne and Pinna (2020, p. 392) summarize the **POWER** of our daily imake choices:

The most urgent nutrition need of older people, however, is to have made good food choices in the past!

All of life's nutrition choices incur health consequences for the better or for the worse.

A single day's intake of nutrients may exert only a minute effect on the body organs and their functions, but, over years and decades, the repeated effects accumulate to have major impacts.

This being the case, it is of great importance for everyone, of every age, to pay close attention today to nutrition.

~ 2026 National Nutrition Month Resources @ <https://www.catrigh.org/national-nutrition-month/resources> ~

In Health, Wellness, & Nutrition ~ *Abbie Bredeman, MSN, RN*

DeBruyne, L. K., & Pinna, K. (2020). *Nutrition & Diet Therapy* (10th ed.) Cengage.

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