If you are interested in learning more about the Catholic Faith and St. Elizabeth Church, or in the sacraments of Baptism, Confirmation or Reconciliation, contact Fr. Steve. For Marriage, contact Fr. Steve at least 6 months ahead of time.

Welcome to St. Elizabeth Mother of John the Baptist

Mass Times & Intentions
Monday, April 09, 9:00 am (SLCA)
  Francis Carroll
Tuesday, April 10, 8:15 am
  Dr. Hani Souda
Wednesday, April 11, 8:15 am
  Ann Martin & Family
Thursday, April 12, 8:15 am
  Jack Beck
Friday, April 13, 8:15 am
  Alicia Riley
Saturday, April 14, 4:00 pm
  Confessions
Saturday, April 14, 5:00 pm
  Roosevelt McNeair
Sunday, April 15, 7:30 am
  People of the Parish
Sunday, April 15, 10:00 am
  Kori Lloyd

Meetings
The Ladies’ Council and Men’s Club will meet this Sunday, April 8th following the 10am Mass. The Ladies will meet in the Lwanga basement and the Men will meet in the upper Lwanga. All are welcome.

Save the Date
On May 6, 2018, there will be an Alzheimer Presentation on Healthy Living For Your Brain. More details to follow.

“Catholic Sisters: The Spirit of St. Louis”
The St. Louis Public Library has opened their latest exhibit, “Catholic Sisters: The Spirit of St. Louis”. The exhibit is located at the Central Library downtown and will be open until April 28th. The exhibit celebrates 200 years of the impact the Catholic Sisters has made upon St. Louis. For information or tours contact 314-539-0345. See Flyer for more information.

Men’s Club Breakfast
Parishioners, family and friends are invited to attend the Annual Men's Club Breakfast on Sunday, April 22nd following the 10:00 AM mass in the St. Louis Catholic Academy Gymnasium. Tickets are available in advance from any Men's Club member for $15 or $17 at the door. The guest speaker will be Dr. Vernon Mitchell who will speak on Black Catholicism.

Remembering A Loved One
Did you know you can remember a loved one’s birthday or anniversary (living or deceased) with a Mass intention? Mass Intention cards are in the rack on the back wall in church. The cards can be placed in the collection basket or mailed to the rectory.

Offering Totals for, March 31 & April 01, 2018
Offertory.........................$8,997.30

Money Counters for April 09, 2018 *2nd Sunday*
  Delphin Bell    Jim Velten    Pat Taylor
*Money Counters will count at 8:45am*
**Readings for the Week of April 8, 2018**

<table>
<thead>
<tr>
<th>Day</th>
<th>Text</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Is 7:10-14; 8:10/Ps 40:7-8, 8-9, 10, 11 [8a, 9a]/Heb 10:4-10/Lk 1:26-38</td>
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<tr>
<td>Tuesday</td>
<td>Acts 4:32-37/Ps 93:1ab, 1cd-2, 5 [1a]/Jn 3:7b-15</td>
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<tr>
<td>Wednesday</td>
<td>Acts 5:17-26/Ps 34:2-3, 4-5, 6-7, 8-9 [7a]/Jn 3:16-21</td>
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<td>Thursday</td>
<td>Acts 5:27-33/Ps 34:2 and 9, 17-18, 19-20 [7a]/Jn 3:31-36</td>
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<td>Friday</td>
<td>Acts 5:34-42/Ps 27:1, 4, 13-14 [cf. 4abc]/Jn 6:1-15</td>
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<tr>
<td>Saturday</td>
<td>Acts 6:1-7/Ps 33:1-2, 4-5, 18-19 [22]/Jn 6:16-21</td>
</tr>
<tr>
<td>Sunday</td>
<td>Acts 3:13-15, 17-19/Ps 4:2, 4, 7-8, 9 [7a]/Jn 2:1-5a/Lk 24:35-48</td>
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**Causes for Nosebleed for No Apparent Reason**

"Then I passed by and saw you kicking about in your blood, and as you lay there in your blood, I said you "Live"! ~Ezekiel 16:6

When an adult has a nosebleed for no apparent reason it could be related to medication, health conditions or simple dry air. Nosebleeds are common, and while the cause may be unclear at first, most causes are minor and can be managed from home. Immediate causes of nosebleeds include trauma to the nose from a injury, deformities inside the nose, inflammation in the nose, or in rare cases, intranasal tumors. Any of these conditions can cause surface blood vessels in the nose to bleed.

Sudden and inexplicable nosebleeds may seem scary, but typically they are not. Here are some tips on how to treat some nosebleeds and when to seek medical help. Liver disease, kidney disease, chronic alcohol consumption, or other underlying health conditions can lower your blood’s ability to clot and therefore cause your nose to bleed.

Heart conditions like hypertension (high blood pressure) and congestive heart failure can also cause nosebleeds, as can hypertensive crisis - a sudden increase in blood pressure, that may be accompanied by a severe headache, shortness of breath, and anxiety.

Colds, allergies, and frequent nose blowing can also irritate the lining of the nose, resulting in nose bleeds. Dry air from indoor heating or outdoor cold can dry the lining of the nose, causing it to crack and bleed. Using a humidifier while sleeping can help relieve dryness and nasal sprays are helpful for moisturizing the nostrils.

Anti-coagulates (blood thinning) medications, aspirin and non steroid anti inflammatory drugs NSAIDS used to treat pain can cause nosebleeds. Because blood clotting is a necessary step in preventing or stopping a nosebleed, any medication that changes the blood ability to clot can cause a bloody nose, to make one harder to stop. Examples are Coumadin, Plavix, and naproxen.

Accidental to the blood vessels in the nostril from nose picking can cause a nosebleed. This is common in children but also in adults who are prone to itching or scratching inside your nose.

**Diaper Drive**
The Youth Ministry is having a Pamper Drive throughout the month of April. We are collecting diapers of all sizes (including adults). They will be blessed and then donated to our SVDP. Thank you in advance.

**St. Elizabeth 2018 Youth Scholarship Applications**
All graduating seniors, who are REGISTERED AND PRACTICING parishioners, and are planning to attend a 2 or 4 year college or university, or trade school, are eligible to apply for a youth scholarship. Applications are available from Fr. Steve Giljum. If you have any questions please contact Carla Harper or Marjorie Pulley at 314-381-4145, 314-395-2908 or marjoriepulley@yahoo.com. Applications must be postmarked no later than April 09, 2018 or dropped off at the rectory no later than April 09, 2018 at 3:30pm. Applicants will be notified by April 30th and scholarships will be awarded in May.

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**St. Vincent DePaul**
- Some Basic SVDP (food pantry) Info: Open Tuesdays and Thursdays from 9am-11am. Must have valid photo ID and copies of SS cards for all individuals in household and proof of income. For more info, contact 314-381-1900 between 9am-11am.

**Lwanga Center News**
- Join us to reflect & pray with the Book of Esther. Sessions begin at 1pm on altering Wednesdays at the Center or St. Nicholas. Please bring a bible. For questions and information contact the center.
- All are invited to attend the annual Testimonial Dinner on Sunday, April 29th at the Renaissance Airport Hotel. The auction begins at 2:30pm and the program will begin at 4pm. SEMOJB honorees are Michele Randle, Christopher Hannon and Narrez Hopson and The Lifetime Achievement Honoree is Judith Jackson. Tickets are $65 each. For more information or tickets please contact the Lwanga Center.