

## Small Steps Become Big Strides

By Jennifer Conrad, Wellness Coordinator

Healthy lifestyles are all about making healthy choices. Follow these healthy steps and create a new you. Every time you master one step, move on to a new one. Each step adds up to BIG STRIDES!

1. Start with taking a walk.  
Walking burns calories and is good for the heart.
2. Eat smaller portions.  
While dining out, restaurant portions can be surprisingly large. Split your entrée with a friend or take half home in order to avoid overeating.
3. Eat breakfast.  
Eating a healthy breakfast increases your intake of fiber, vitamins and minerals. You'll feel more energetic throughout the day.
4. Drink more water.  
Water moves nutrients through your body, reduces constipation and protects joints and organs from shock and injury.
5. Smoke one less cigarette today.  
Reduce the number of cigarettes you smoke until you quit, and lower your risk of heart disease, respiratory disease and cancer.
6. Stretch.  
Simple stretching exercises warm your muscles, making them more flexible and less prone to injury.
7. Eat more vegetables.  
Carrots and celery are two fat-free snacks that require little to no preparation.
8. Relax for 10 minutes.  
Find a quiet place, close your eyes, and focus on slowing your breathing while imagining a pleasant scene.
9. Eat more fruit.  
Fruits like bananas, cantaloupe and oranges are high in potassium and help to significantly lower blood pressure.
10. Get more sleep.  
The average person needs eight hours of sleep each night.
11. Say "HI" to the neighbor.  
Strolling around the neighborhood is a good way to get fresh air – studies show that socializing is linked to a longer life.
12. Congrats!  
Create your own ways to start healthy changes and enjoy the results.

## Holy Trinity Parish's 6th Annual Shoppportunity is November 14<sup>th</sup>.

Start making your holiday shopping list...

Mark November 14<sup>th</sup> on your calendar to help complete your holiday shopping. Holy Trinity's community room will be transformed into a HUGE home party. Vendors will highlight their most popular products for this holiday season for just about everyone on your list. The event will take place from 9:00am to 4:00 pm.

Holy Trinity will show case products typically available only through home party plan distributors or sales representatives. "It's like having one BIG home party with all the goodies to choose from" states the committee. Vendors will be displaying their products and accepting orders. Orders placed at Shoppportunity will be available for pick up in early December. A portion of all sales will benefit Holy Trinity Parish.

Products from these vendors plus more will be available: Arbonne, Avon, Discovery Toys, Goldiggers Jewelry Re-Purchaser, Home Celebration, Lia Sophia Jewelry, Learning Express, Longaberger Baskets, Mary Kay, Miche Bags/ Switch Flops, Pampered Chef, PartyLite, Premier Designs Jewelry, Scentsy, Sew-Fun custom embroidery, Stampin' Up!, Tastefully Simple, Tidings of Love, and Tupperware.

Vendors will be prepared to take orders and receive payment at the event; most will accept cash, check and credit card for your convenience. Some vendors even have cash n carry available. Orders placed on November 14<sup>th</sup> will be available for pick up in early December. If necessary, arrangements for early delivery of an order can be made.

Additional activities for the day include:

- Gift Cards for sale for area vendors
- Cash raffles
- Product raffles
- Delicious Homemade soup, sandwich and dessert lunch by the Altar Rosary society from 11:30 til 4.

If you are unable to attend and wish to place an order or need more information concerning this event, please contact Toni Bennett at 419-644-6933 or Cathy Sheets at 419-829-7622.

# CHURCH DIRECTORY

**Ai Union Church**  
4188 County Rd L west of C. Rd 4  
Pastor George H. Shaver  
Pastor's Phone (419) 825-8041

**Berkey Congregational Christian Church**  
Rev. Rebecca Sunday  
Sunday School 9:00 am  
Worship Service 10:15 am  
12036 Sylvania-Metamora Road  
Berkey, Ohio (419) 829-2102

**Faith Evangelical Lutheran Church ELCA**  
Rev. Glen Stadler-Pastor  
124 W. Main St. Metamora, Ohio  
(419) 644-9150  
www.faithlutheranchurch.blogspot.com  
Sunday School 9:30 am  
Sunday Worship 10:30 am

**Farley United Methodist Church**  
Corner of Sylvania Ave and Route 295  
Berkey, Ohio 43504  
(419) 829-2960  
Pastor Rev. Jamie Gill  
Worship Service 9:00 am

**First Universalist Church**  
145 E. Morenci St. Lyons, Ohio 43533  
Rev. Lynn Kerr  
(419) 923-3502  
Sunday School 9:45 am  
Morning Service 10:30 am

**Lyons Christian Church**  
E. Morenci St., Lyons, Ohio 43533  
Pastor Paul Bomeli  
Church phone (419) 923-2161  
Morning Worship 10:30 am  
Sunday School 9:30 am

**Harvester Fellowship**  
Rt 295 Between Old State Line & Angola  
Pastor Randy Liggett  
(419) 779-0968  
Worship Service Sunday 10:30 am  
Wed. Bible Study & Prayer 7:00 pm  
Non-Denominational

**Lytton-Zion United Church of Christ**  
12910 County Rd. 5 & N  
Delta, Ohio 43515  
Pastor Mary L. Burroughs  
Church Phone (419) 826-1521  
Worship Service 9:25 am  
Sunday School 10:15 am  
Office Hrs/ Wed/ & Thurs. 9-12

**Metamora United Methodist Church**  
Meeting at Evergreen Elementary School  
14844 County Rd. 6 at Rd S  
Rev. Terry J. Powell  
10:00 am Morning Worship  
Sunday School at 9am  
Pastor Ph: 419-878-8563  
Churchatevergreen.org

**Holy Trinity Catholic Parish**  
2649 St. Route 20, Swanton Ohio 43558  
Rastor Rev. Ron Schock  
Office Secretary  
Jan Bartos  
(419) 644-4014 Fax: (419)913-0459  
Email: HolyTriParish@roadrunner.com  
Website: www.parishesonline.com (id:20005)  
Mass Saturday, 5:00 pm  
Sunday 7:30 am, 9:30 am, 11:30 am

**Zion United Brethren In Christ**  
4830 E. Weston Rd. Ogen Cednter, MI  
Rev. Aden Porter - Senior Pastor  
Seth Makula - Youth Pastor  
Sunday School 9:30  
Worship 10:30  
Wed. Bible Study & Prayer 7:00 pm  
Phone: (517) 443-5969

**East Chesterfield Christian Church**  
(Disciples of Christ)  
14242 RS  
Lyons, Ohio 43533  
Rev. Floyd Vincent  
(419) 337-5683  
Morning Service 9:00 am




**Pizza Pit**  
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