

Christmas Service
SEINE RIVER CHURCH
 Jubinville Hall, Lorette
 Sun Dec 25
 10:30 - 11:30 am



Stress reduction involves regular exercise, good nutrition, plenty of sleep, talking about your worries, doing good things for others, meditation or prayer, and taking time-outs from

Seine River Church
 Jubinville Hall, Lorette
Cleansing Stream
Seminar
 beginning Jan 2006

In a mere half-century movies have gone from silent to unspeakable.

Did you hear about the robot so ugly only a motor could love?

NOTRE DAME DE LORETTE PARISH
 1282 Dawson Rd., Lorette
SCHEDULE FOR ADVENT - CHRISTMAS 2005 and NEW YEAR'S DAY 2006

Penitential Service (Confessions)
 Sunday, December 18th, @ 7:00 p.m. (in French)
 Monday, December 19th @ 7:00 p.m. (in English)

CHRISTMAS CELEBRATION MASS TIMES

Saturday, December 24, 7:00 p.m. (English)
 Saturday, December 24, 9:30 p.m. (French)
 Sunday, December 25, 10:30 a.m. (Bilingual)

NEW YEAR'S DAY, January 1st, 2006 - MASS TIMES

Saturday, December 31st at 5:00 p.m. (Bilingual service)
 Sunday, January 1st at 9:15 a.m. (English) & 11:00 a.m. (French)

Treat Your Poinsettia Well

Once you get your Poinsettia home, position it carefully, away from draughts and heat sources, which can cause leaf drop. Don't put it on top of a television, near a fireplace or ventilating duct, or anywhere near a door.

Poinsettias like room temperatures of between 68 - 70° F; their colour lasts longest when temperatures do not exceed 70° F during the daytime or fall below 65° F at night. They need at least six hours a day of indirect sunlight; if direct sun can't be avoided, diffuse the light with a shade or sheer curtain.

Allow your Poinsettia to dry out slightly between watering; water when the soil feels dry to the touch, so that the water just starts to come out of the drainage holes. It's important that you don't over water your plant, or allow it to sit in standing water. If you're keeping your Poinsettia in a decorative container, remove it before watering, and let the water drain away completely. Standing water can lead to root rot.

On the other hand, Poinsettias need moist air; mist your plant frequently during the blooming season to keep it happy. While the Poinsettia is blooming, it won't need to be fertilized, but applying a balanced fertilizer after the blooming season is over will maintain healthy foliage and promote new growth

If you treat your Poinsettia well, it will reward you with brilliant colour for many months.

Next Communiqué -Jan. 2006

Communiqué is written the first and third Mondays of each month. Submissions are very welcome.