

Saint Mary's News

Mass Schedule

Saturday, January 21st - 3:30 p.m. - Hattie Kompa
Sunday, January 22nd - 10:30 a.m. - Deceased Members of the Jermac Family

SAINT MARY'S 2016 CHURCH CONTRIBUTIONS:

Those desiring statements for their contributions to this parish in 2016 for income tax purposes should PRINT the word STATEMENT on their Sunday envelope. The statements will be available on the table in the vestibule of the church within two weeks of receipt of request.

Bishop's Annual Appeal Update: As of today, our parishioners have raised \$11,779 from 89 parishioners representing 29.87% of our total number of registered families in our parish.

Catholic Charities, Diocese of Allentown will hold its Tenth Annual Gala, on Sunday, March 5, 5:30 p.m. at The DeSales University Center, Center Valley. Reverend Monsignor Walter T. Scheaffer, pastor of St. Mary Church, Kutztown, and Anne Jandl and Jandl Family Farms, will be honored for their contributions in helping the poor in the Diocese of Allentown. To receive an invitation, become a sponsor or place an ad in the program book, please contact Julie Scheck at 610-871-5200, ext. 216 or jscheck@allentowndiocese.org. Information is posted on www.catholiccharityAD.org.

PLEASE NOTE - The Mass Book for 2018 will open this Monday. You may stop by to make your requests Monday through Thursday from 9 a.m. until 3 p.m.

The Scrip Program is looking for a volunteer to sell the third Sunday every month from 7:10-10:10am. Please consider volunteering your time to help our parish. Please email scripprogramscs@gmail.com if you are interested.

Bishop Barres' Farewell Mass

Before departing to become the fifth bishop of the Diocese of Rockville Centre, NY, Bishop Barres will celebrate a final Mass in the Diocese of Allentown on Sunday, January 22, 2017 at 12:00 PM at the Cathedral of Saint Catharine of Siena (1825 West Turner Street, Allentown, PA. 18104). All in the Diocese are welcome and invited to attend this Mass. Following the Mass a social will follow with light refreshments in the Parish Activity Center, directly below the Cathedral.

TAX STATEMENTS

Please note: If you would like a copy of your **giving record for tax purposes**, please fill out the form below and place it in the collection basket. **If you would like your statement sent through email please print email address clearly on this form. You can also email with your request anytime at dsitler@comcast.net. If you do not have a computer we can mail you a copy of your statement. Statements will be not be ready until the week of the 23rd.**

Name: _____

Address: _____

Phone: _____

Email _____

If you have any questions, please call Diane Sitler at 610-779-4005 .



SECOND SUNDAY IN ORDINARY TIME

Is 49:3,5-6: Through Israel the Lord will show forth His glory and splendor. Israel is to be a light for all nations whereby salvation will come to all people.

1 Cor 1:1-3: Paul and Sosthenes greet the people at Corinth. They are to be a holy people as are all who call upon the name of Jesus, acknowledging Him as Lord.

Jn 1:29-34: John the Baptist recognized Jesus: The Lamb of God who takes away the sins of the world. This is God's chosen one upon whom the Spirit descended and came to rest.

Today's Message - Jesus, the Lamb of God, is the light of the nations who came to do the Father's will. In Christ we have been called to be a holy people.

THIS WEEK IN OUR PARISH

SUNDAY, JANUARY 15

CHILDREN'S LITURGY- during the 10:30 Mass
HOSPITALITY SUNDAY – 8 a.m. until noon – JPTSMITH Social Hall
CUB SCOUT MTG. – 6:30 p.m. – JPTSMITH Social Hall

MONDAY, JANUARY 16

EUCCHARISTIC ADORATION-after 8 a.m. Mass until 9 p.m.
PREP (LEVELS 6-8) 6:45 p.m. – School
ULTREYA -7:30 p.m. – JPTSMITH Social Hall

TUESDAY, JANUARY 17

RCIA – 7 p.m. – Parish Center

WEDNESDAY, JANUARY 18

LEGION OF MARY – 6:30 p.m. – Parish Center
PREP(LEVELS 1-5) 6:45 p.m. – School
UNEMPLOYMENT MTG. – 7 p.m. – Parish Center

THURSDAY, JANUARY 19

“SIENA STITCHERS” – 10 a.m. – Church Gathering Area
YOUTH CHOIR – 5:30 p.m. – Church
K of C MTG. – 7:30 p.m. –Knights' Room

SATURDAY, JANUARY 21

SPAGHETTI SUPPER – 4-8 p.m. – JPTSMITH Social Hall

SUNDAY, JANUARY 22

CHILDREN'S LITURGY0 during the 10:30 Mass
AHG MTG. – JPTSMITH Social Hall



Join Us

Looking for Employment or know someone who is?

Josephs People Berks Unemployment Support Group Presents - LinkedIn is social media tool that is critical for networking during your job search. Please plan on joining us on

Wednesday January 18th for this informative session. We will discuss everything from setting up a LinkedIn account with best practices on expanding your network, How to invite new contacts to join your network, researching companies and how to maximize LinkedIn during your job search and beyond. Staffed by volunteers there are never any fees and you do not need to be a member to join any workshop.

**Where- Josephs People Berks - St Catharine's Parish Center
2427 Perkiomen Ave Reading Pa 19606,
Basement Meeting Rooms**

610-779-4005 m & 484-651-0498 c

When- 1st and 3rd Wednesday of each month - 7pm-8:30pm

MASS INTENTIONS

MONDAY, JANUARY 16

6:30 Helen Frey
8:00 Charles J. McDonald

TUESDAY, JANUARY 17

6:30 Michael Hoover
8:00 Vivian Marie Frantz

WEDNESDAY, JANUARY 18

6:30 Gloria Lynch
8:00 Casimir Wulkowicz

THURSDAY, JANUARY 19

6:30 Living and Deceased of the Parish
8:00 Peter Curtis

FRIDAY, JANUARY 20

6:30 D. Regina Skrincosky (11th Ann.)
8:30 Mark Grosso

SATURDAY, JANUARY 21

8:00 William Curtin
4:30 Thomas Fry

SUNDAY, JANUARY 22

7:30 John V. Nowotarski, Sr. (6th Ann.)
9:00 Martha Safko (18th Ann.)
10:30 Francis McCormick, Sr.
12:00 Earl Heintz (6th Ann.)

Readings for the Week of January 15, 2017

Sunday	Second Sunday in Ordinary Time
	Is 49:3, 5-6; Ps 40:2, 4, 7-8, 8-9, 10; 1 Cor 1:1-3; Jn 1:29-34
Monday	Heb 5:1-10; Ps 110: 1, 2, 3, 4; Mk 2:18-22
Tuesday	Saint Anthony, Abbot Heb 6:10-20; Ps 111:1-2, 4-5, 9 and 10c; Mk 2:23-28
Wednesday	Heb 7:1-3, 15-17; Ps 110:1, 2, 3, 4; Mk 3:1-6
Thursday	Heb 7:25—8:6; Ps 40:7-8a, 8b-9, 10,17; Mk 3:7-12
Friday	Saint Fabian, Pope and Martyr; Saint Sebastian, Martyr Heb 8:6-13; Ps 85:8 and 10, 11-12, 13-14; Mk 3:13-19
Saturday	Saint Agnes, Virgin and Martyr Heb 9:2-3, 11-14; Ps 47:2-3, 6-7, 8-9; Mk 3:20-21
Sunday	Third Sunday in Ordinary Time Is 8:23—9:3; Ps 27:1, 4, 13-14; 1 Cor 1:10-13, 17; Mt 4:12-23 or 4:12-17

We pray for the Gift of Peace in the world and the safety of those working for peace through the military services, especially: Pvt. First Class Mackenzie Adame, Pvt. David Ermentrout, Major Brian Maurelli, Second Lt. Morgan Hissick, Second Lt. Anthony Bennett, Tom Bristol, Danny Bristol, Spc. Erin Pawlik, Commander Daniel M. Simon, Senior Airman Michael Porcaro, Staff Sgt. Zak Ribble, Staff Sgt. John V. Nowotarski, III, Airman First Class Domenic Martino, Peter Hinsey, Corporal Matthew Pawlik, Thomas Bristol, Col. Patrick Sullivan, Second Lt. Joshua Kline, Captain Kevin Madary, Sgt. First Class Andrew Spies, Major Jeffrey Brizek, Warrant Officer Gregory Van Horn, Captain Jeffrey Van Horn, Lt. Cdr. Allison Rosati Martin, Commander Master Chief Marie Rosati Clark, Lt. Brandon Daughtry, David L. Busch, Zachary Deissler, Amy & Gregory Boland, Lt. Col. Adam Sawyer, Staff Sgt. Jeremiah Sola, Lt. Mathew Stuber, Sgt. Nathan Essig & Lt. Cdr. Brian Blair. Please contact the Parish Office with your prayer requests or email them to dsitler@comcast.net. Please call with addresses of military to Terri Mueller at 610-779-1766.

PRAYER REQUEST FOR PRIESTS

Monday 1/16	Father Edward McElduff
Tuesday 1/17	Father John McGinley
Wednesday 1/18	Father Timothy McIntire
Thursday 1/19	Sick and infirm priests
Friday 1/20	Father Kenneth Medve
Saturday 1/21	Msgr. Raymond Merman
Sunday 1/22	Father Brian Miller

Saint Catharine of Siena School News

**Catholic Schools Week –
January 29 – February 4**

Open House – Sunday, January 29, 10:30 a.m. – 1:00 p.m.
Tuesday, January 31, 9:00-10:00 a.m.

Guided tours for parents of prospective students and families of current students will be given on Sunday. Open House on Tuesday is for new students and their families. New registrations for pre-kindergarten through 8th grade will be taken.

Pre-Kindergarten – St. Catharine's Pre-Kindergarten is located in the school building. Three options are offered: five days full-day, three days full-day (M, W, F), or three days half-day (M, W, F). The hours are: 8:30 - noon for half-day and 8:30 - 2:30 for full-day. Children can also use the before and after care program if needed. If you are looking for a pre-kindergarten program for your child for the 2017-2018 academic year, call the school office for more information. (610-779-5810)

Age Requirements for Registration - Pre-kindergarten: Children must be 4 years of age by October 15, 2017. Kindergarten: Children must be 5 years of age by October 15, 2017. First Grade: Children must be 6 years of age by October 15, 2017. Any questions, please call Mrs. Maryann Weiser at 610-779-5810.

SCRIP generates free money at no additional cost to the buyer. If you shop and use gift cards, purchase them through the SCRIP program. A percent of each sale returns to the parish and school.

Baskets of Love - Our parish family is more than those of us who are blessed to be able to attend Mass on Sunday. We are also the "shut-ins", they are often times, the ones who taught, song, led groups at our Church and more. Please help us tell them we still care. Bring your medium size baskets, men's hankies, socks, lotions, tissues, etc. to our "Baskets of Love" table in the back of the Church. We will be taking the made-up baskets to them with love from you their parish family.

Siena Stitchers always welcomes new comers-whether you already do needlework or would like to learn. We meet the 1st & 3rd Thursday of each month. For more information, please call Judy 610-779-8654.

Thanks to all who have donated children's new or gently used scarves, boots, winter hats, mittens. St. Vincent de Paul will continue to collect through February.

Weekend Mass Schedule

January 21st - 4:30 p.m. (Church)
Lector - Rosemary Caffrey
Cantor - Kate Bobb
Organist - Joe Schwartz
Altar Servers - J. Abramowicz - D. Formando - J. Bobb
January 22th - 7:30 a.m. Mass (Church)
Lector- Kathy Lavanga
Altar Servers - N. Krepps - A. Gillner - S. Robinson
January 22th - 9:00 a.m. Mass (Church)
Lector - Theresa Pauley
Youth Choir
Altar Servers - H. Gorman - P. McCullough - E. Oscar
January 22th - 10:30 a.m. Mass (Church)
Lector - Vince McDevitt
Voices In Praise Choir
Organist - Dave Kostival
Altar Servers - M. Feeney - C. Griffith - N. Griffith
January 22th - 12:00 p.m. Mass (Church)
Lector - Mary King
Cantor - Hailey Zambito & Organist - Dave Kostival
Altar Servers - C. Higgins - C. Nguyen - E. Nguyen

ALTAR SERVERS LIST - WEEKDAYS

Week of January 16th - 21st

8:00 a.m. - K. Amey & S. Cortes - (Monday - Wednesday)
8:00 a.m. - H. Keperling & T. Keperling - (Thurs., - Saturday)
8:30 a.m. - H. Keperling & T. Keperling - (Friday Only)

An afternoon of SNOWTUBING for Jr High and Sr High on Sunday, February 12! - Back by popular demand! We will travel to Blue Mountain Ski Resort for an afternoon of Snowtubing. We will leave St. Catharine's Church after the 9am Mass and travel to Blue Mountain Ski Resort. A cost of \$30 will include: transportation, a pizza lunch, and three hours of snowtubing. Permission forms and money are due to the Parish Center no later than Monday, February 6. We will need parent drivers with all diocesan clearances to help out for this awesome afternoon. Interested chaperones please contact Marci Zambito (610-223-7189) or mzambitoscs@gmail.com.

We are excited to announce Saint Catharine's first Mission Trip opportunity! We will be going to Baltimore, MD with Young Neighbors In Action from June 25th to July 1st, 2017. All current high school teens are eligible to go! A permission slip and a \$50 non-refundable deposit is due by the end of February 2017, BUT SPACE IS LIMITED. So, if you are interested, please contact Julia Sneeringer at jsneer12@gmail.com OR plan to meet on Monday, January 23rd @ 7pm at the parish center for a "Come and See Night" about the mission!

High School Youth Retreat 2017 will be Feb 24-16! This incredible retreat led by teens from our parish (Mary Stratton, Holly Gorman, Haley Buser, Jordan Headen, Alex Pack, Ryan Wentzel and more!) for teens like you will be held at beautiful Camp Manatawny in Douglasville. Here's hoping you decide, or someone who loves you decides, to sign you up for this year's retreat which will start after school on the 24th and go until early afternoon on the 26th. Check out the parish website for a permission slip. Hand it in to the parish center with your \$50 nonrefundable deposit to hold your seat asap. **Participants will be asked to help with a hoagie sale fundraiser before the retreat to help defray additional costs that the parish is covering.** Space is limited, don't delay. Contact Fr Miller or Mrs. Stratton 610-406-0452 with any questions.

Next Blood drive Sunday Feb 5th in Msgr. Smith Social Hall Email David.Sheehan@med.ge.com or call 8002236667 to schedule an appointment.

SECOND SUNDAY IN ORDINARY TIME

To everything there is a season and a time to every purpose under heaven"
"a time to be born..."

Recently Baptized: *Ania Deborah June Snader*

Recently added: **Todd Lenich,**

& **Please pray for our sick : & our soldiers in harm's way:**

Paula Abel, Anita Adamo, Stella Albrecht, Jeannine Ambrosi, Sue Ambruch, Tony Angello, Anthony Antonucci, Barbara Ash, Beverly Bansner, Kathy Barnes, Bob Bates, Kailee Baxter, Melanie Bechtel, Debi Bennett, Harrison Bergstresser, Jan Bertolet, Sandy Bibbo, Stella Bickleman, Nicky Biondo, Karen Bird, Christine Blair, Kim & Michael Blair, Madison Blair, Catherine Blanchard, Gerri Blessing, Christina Boehning, Adolph Bomba, Edward Boris, Susan Brennan, Maria Briand, Robin Briand, Frank Broga, Kathryn Brubaker, Robert Bryden, Renee Brzostek, Emily Buelow, Marvin Bush, Jeannine Caffrey, Neil Carroll, Nancy Cassidy, Brianna Chery, Mark Christ, Nancy Ciccone, Marilyn Clifford, Donna Cocchia, Michael Conrad, Lisa Costello, Audrey Crilley, Joan Cronan, Alexa Cupitt, Ryan Curley, Larry Curtin, Robin Cuzner, Kelly Davis, Yvania Dawson, Tony DeAngelis, John De Frees, Julie Denunzio, Melissa DeWees, Gretchen Dialectus, Paula DiBuilda, Arthur Dietrich, Jr, Carmela Donato, Henry Dolinski, Mildred Donnelly, Kate Doughton, James Dowling, Kathy Doyle, Father Michael Drury, Dick Dunn, Gina Ebright, Lu Ann Eyre, Peter Fanticone, Jack Farrell, Josie Farrell, Jared Fenstemacher, Pearl Fillman, Jennifer Flook, Laurie Flynn, Frances Ford, Jane Fordyce, John Fordyce, Margaret Frisbee, Kim Furtow, Adam Gajewski, Anna Mae Gantert, Donna Gentry, Grace Gerace, Pat Gerace, Joseph Gierschick, Jr, Frank Gill, Kathy Glaser, Larry Glaser, Johanna Goheen, Albert Gombar, Robert Grauert, Sr., Claire Griffith, Ruth Guyah, Tom Hafer, Warren Haggerty, Jeanne Goodwin Hall, Beverly Hannahoe, Eva Hare, Maria Harp, Leann Harris, Debbie Heberling, Jason Heckman, William Hedl, Robyn Hefferan, Diane Herbein, Emory Hilton, Melissa Himmelberger, Ethan Himonitis, William Hinkle, Siegfried Hosey, Robert Hough, Allison Howard, John Hull, Mary Louise Hydock, Genevieve Iswalt, Catharine Jagielski, Frank Jagielski, Erick Jefferson, Steven Julian, Blake Kauffman, Andrew Kazmierczak, Elizabeth Kehlor, John Kiedeisch, Carolyn Kilyk, Joyce Kleckner, Marilla Kleinsasser, Mary Klick, Barry Kline, Sr, Benjamin Kline, Ginny Koch, Judy Koch, Helen Koehler, John Kogut, Mary Kolakowski, Mary Konopelski, Mary Koren, Jim Kowalczyk, Jack Kuhn, Mary Kusek, Tracy Larish, Mike LaScala, Vanessa Leaizer, Harry Logan, Mary Lomnyczuk, Stephen & Genevieve Luskie, Kelly Lynch & family, Eleanor Majka, Julia Marason, Megan Marino, Angela Marroccoli, Ron Marshman, Linda Martz, Anna Mastandrea, Charles Mathews, Mary Ann Matthews, Chris McCarron, Coral McConnell, Jacob McCue, Mary Rita McFadden, Rita McHale, Dorothy McGill, Ainsley McLain, Edward McKeaney, Abbie McKinney, Michael McMahan, Rosemary McNish, Arthur Mengel, Susan Mertz, Rick Mims, Jacob Mower, Goup Toy Moy, Gertrude Moyer, Thomas Muchanic, Patrick & Louise Murtagh, Gordon Newmoyer, Bill Norquist, Bernie Nowotarski, Virginia O'Brien, Evelyn Oquendo, Anna Ospina, Anna Paone, Gabriella Paone, Landon Paul, Peter Pietrzyk, Dolores Pikula, Melly Pimentel, Pat Pinto, Donald Pisker, James Pisker, Anne Poserina, Potts Family, Sharon Prectl, Mary Price, Kathleen Rainey, Thomas Joseph Rainey, Richie Rickers, Ricky Ricketts, Eileen Rimby, Agnes Roach, Lynn Roberts, Barbara Rowe, Catherine Rudy, Mary Ryan, Anne Schaeffer, Gladys Schell, Ann Schweitzer, Debra Schwenk, Beth Serafin, Tom Shaaber, Garth Shannon, David Sharples, Sr., Earl Sheetz, Dawn Siderowicz, Janet Smith, Patricia Smoyer, Baby Ania Snader, Tyson Snader, Susan Sneddon, Julie Staber, Christopher Starr, Maureen Steimetz, Pam Stribbling, Maria Stubblebine, Annabelle Stump, Ken Styer, Earl Suchomelly, Cullen Sullivan, Carolyn Taraba, Paul Teske, Hilda Thomas, John Thorne, John Tittle, Bella Tomalis, Jan Tomalis, Wendy Tustin, Jane Valeriano, Johnathon Velez, Alan Wachowicz, Patty Wagner, Mark Walter, Marie Weber, Annetta Wilson, Leo Woelkers, Julia Wolff, Sue Yapsuga, Ann Marie Zawislak, Bob Zeiler, Sr., Bob Zeiler, Jr. & Mary Zettlemoyer.

...and a time for peace ...a time to die: ... **Father Frank Straka; Father John Conte; Ann Kiefer,** (mother of Joann Marnell);
Nila Garces-Romero, (sister of Bella Tomalis)

To have someone from your family enrolled on our prayer list, please call the Parish Center. Names will be listed for one month unless the office is notified that the condition continues and prayers are still requested. Parishioners who are sick or hospitalized, in a rehabilitation facility or at home wishing to receive the Holy Eucharist may call the Parish at 610-779-4005.

The Raffle is Coming! To Benefit St. Catharine of Siena School Ticket Cost: \$25 Each or 5/\$100

1st Prize - \$3,000
2nd Prize - \$1,500
3rd Prize - \$1,000
4th - 5th Prizes - \$600
6th - 7th Prizes - \$300
8th - 9th Prizes - \$100

Every Ticket Purchased Gains Entry For ONE Person To Our Special Not-To-Be-Missed Party Event - Where The Raffle Winners Will Be Announced Over Complimentary Food/Drinks/Dancing - **Saturday, February 25, 2017, 7:00-10:00 P.M. (Social Hall)**

*** Chinese Auction & Other Games***

TICKETS ON SALE AT IN THE GATHERING AREA AFTER EVERY SATURDAY/SUNDAY MASS



March for Life in D.C.
Friday, January 27, 2017
**Open to parishioners, their family
and friends**

We have several charter bus seats available at a cost of \$10 per person.

Our physical presence is the best way to draw attention to this truly groundless decision and to persuade our leaders to eradicate it from America's future.

Contact Pat Davis
at
Patrickdavis7@ptd.net
or 610.322.0857

Please keep in mind there is a significant amount of walking associated with the march.

Schedule

4975 Boyertown Pike St. Catharine parking lot

7:45 a.m. Depart

11:45 a.m. Musical Opening

12:00 p.m. Rally

1:00 p.m. March

3:30 p.m. (approx) Supreme Court

Take Metro to Gallery Place Chinatown (1/2 hr)

4:30 p.m. Tony Chengs Restaurant

6:00 p.m. Depart Tony Chengs

9:30 p.m. (approx) Arrive St. Catharine

Church, 4975 Boyertown Pike



Knights of Columbus Homemade Soup

**Made with the freshest ingredients
from scratch**

The flu and cold season is upon us and to have a quart or two of this delicious soup on hand just makes sense

Chicken Vegetable - \$5.50 per quart/ two or more quarts \$5.00 each
or

Seafood Soup - \$7.50 per quart/ two or more quarts \$7.00 each

Email order to
patrickdavis7@ptd.net
or

Robert.Pauley@novipax.com

Bishop's Annual Appeal Update: As of today, our parishioners have raised \$136,284 from 605 parishioners representing 22.1% of our total number of registered families in our parish.



St. Catharine of Siena School Spaghetti Dinner

**Come and enjoy a spaghetti with your family and ours at
Casa Siena (Social Hall)!**

Saturday, January 21st from 4:00 – 7:00 P.M.

Dinner Includes: Beverage, bread, salad, spaghetti & meatballs! Adult - \$8.00, Children 10 & Under- \$5.00, Children 2 and Under FREE. Take Out Available! Tickets for sale after all weekend Masses and at school. Assorted desserts for sale. For more information, please call Ann Caccese at 484-332-9734.

50 Plus News

The monthly meeting for the 50+ Club will be held on **February 1, 2017**. The board meeting will be held on **January 31, 2017** at 10:00 am. Please call Carol Buddell, President of the 50+ club at 610-401-0600, with any questions or concerns.

MEETINGS

FEBRUARY 1, 2017: SUPER BOWL, Donations of your favorite SOUP, with bread and butter... Cake & Coffee
Speaker: Barbara Reeser for SENIOR LIFE

MARCH 8, 2017: ST Patrick's Day Celebration, wear your green - Cake and coffee, get Irish Cream for your coffee.

Entertainment: STEVE WALKER – plays guitar, banjo and will sing Irish songs and other music for seniors.

APRIL 5, 2017: Italian Sandwiches, as well as cake and coffee, then Bingo, Bingo, Bingo

2017 TRAVEL PLANS

March 15th, Wednesday - Silver Birches (formerly Ebrhardts) St Patrick's Festival Cost: \$100.00

April 19th, Wednesday - A Taste of Lancaster County with family style lunch at the famous Cork & Cap Restaurant at the Cork Factory Hotel Cost: \$70.00

Call **Pat White 610-582-1437** for more trip information

We always welcome new members and encourage guests to join us at any of our meetings. Our meetings are held at 1:00 P.M. on the first Wednesday of every month at St. Catharine's Social Hall on Route 562 in Exeter Township, dues are \$5.00 per year. **ALL ARE WELCOME**

Parish Nurse News - Limit dietary cholesterol. Saute foods with two tablespoons of water or chicken broth instead of using cooking oil (bcbsil.com12.16). Also use less salt in food by adding herbs and spices instead!