



Deacon Greg's Corner



Who Me?

No, I'm Fine, Just Waiting For Fr. Joe's Homily to End!

As you may know, I have been the subject of many of Fr. Joe's jokes in the past in the parish bulletin. I truly enjoy and look forward to these jokes to see what's coming next. So, on that note, I feel a little good humor and laughter are a fitting pay beck.

One of the best feelings in the world is the deep-rooted belly laugh. It can bring people together and establish amazing connections. Everything from a slight giggle to a side-splitting howl can change the temperature of a room from chilly unfamiliarity to a warm family-like atmosphere.

There is already so much to love about with laughter that it seems greedy to look for more, but that's exactly what we need. Here's why:

- 1. Lowers Blood Pressure:* So, grab the Sunday paper, flip to the funny pages, and enjoy your laughter medicine.
- 2. Reduce Stress Levels:* Laughing along as a co-worker tells a funny joke can relieve some of the day's stress and help you reap the health benefits of laughter.
- 3. Improver Cardiac Health:* Laughter is a great cardio workout; it gets your heart pumping, so laugh your heart into health.

My dear friends smile, laugh and live longer; that way you'll be able to enjoy many, many more of Fr. Joe's Homilies!

God Bless!

Deacon Greg