

JER—Jericho
PCC—Parish Center Chapel
PCCR—Parish Center
Conference Rm
RE—Religious Education
Stations—Stations of the Cross

St. Luke Parish

March 2019

Confession: Saturday 4:15-4:45pm
Liturgies:
Saturday — 5:00pm
Sunday — 8:30 & 11:00am
Tuesday, Wednesday & Friday
8:00 am Mass in Church
Thursday — 11:00 Windsor Park

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00 Choir Practice	2 Cash Card Forms Available Spaghetti Dinner Ticket Sales
3 8:30 Mass-Bell Choir 9:40—10:50 RE rms 1-4 & 7	4	5	6 Ash Wednesday Service 12:00 & 4:00 Mass at	7 6:15 Bells rm 4	8 8:30—10:00 Stations 6:30—Soup & Stations 5:30—8:30 Girl Scouts rm 4	9 Cash Card Orders Due Spaghetti Dinner Ticket Sales
10 Daylight Savings Time Begins 9:30—11:00 Adult Ed PCC 9:40-10:50 RE rms 1-4 & 7 & Mass at 11:00	11 6:30 CCW Board mtg JER	12 7:00 VFW rm 1	13 7:00 Parish Council mtg PCCR	14 6:15 Bells rm 4	15 8:30—10:00 Stations 7:00 Choir Practice	16 9:00—11:00 CCW Feed My Starving Children 6:00 Spaghetti Dinner JER
17  9:30—11:00 Adult Ed PCC 9:40—10:50 RE rms 1-4 & 7 Cash Card Pick Up & Sales	18	19	20 	21 6:15 Bells rm 4	22 8:30—10:00 Stations 7:00 Choir Practice	23 Cash Card Order forms available
24 9:30—11:00 Adult Ed PCC 31 9:30—11:00 Adult Ed PCC	25	26 7:00—9:00 Carol Stream Historical Society	27	28 6:15 Bells rm 4	29 8:30—10:00 Stations 7:00 Choir Practice	30 Cash Card Orders due

St. Luke Parish

**Rev. Danilo Soriano
Pastor**

Religious Education

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was a population explosion in the baptismal font, as Christian sympathizers stepped from the shadows. With more and more people becoming Christians, laws were passed to protect Sunday as a work-free day. Soon, it became possible to celebrate Mass later in the morning, rather than the older custom of gathering before dawn to celebrate Eucharist. Amazingly, despite the increasing numbers of Christians, there was great resistance to adding to the number of worship events; the Eucharist that began as a few friends around a table soon was transformed into a more formal event with throngs crowding a large hall. All the Christians in a city or town would gather around the bishop for the one Sunday Eucharist, and only when the crowds became unmanageable was there an impulse to divide the assembly by splitting off a new bishop and flock.

Now, sixteen hundred years later, many parishes see a need to trim or combine Mass schedules. This is often seen as tough surgery. Yet our forebears in the faith would see it as a gain: a filling up of the Eucharist with a large and vigorous assembly, a fullness of ministry, an opportunity to make the Church more fully visible and stronger for service.

—James Field, Copyright © J. S. Paluch Co.

DO NO HARM

We listen quite a while before we get to the “punch line” of the first reading today: even though it would be an easy thing to do, David will not harm the anointed one of the Lord. We, of course, know that Jesus is the Messiah, the anointed one of God, but the Bible uses this term for many different people. It is scripture’s way of indicating who has been chosen by God for a special place and mission in salvation history.

In today’s Gospel, Jesus presents a greatly enlarged list of those who, as children of God, we should not harm, but love instead: our enemies, those who curse us or do us harm, those who owe us money, the ungrateful, the wicked. The point of Jesus’ teaching is not to encourage these kinds of behaviors in others, but rather to form us in the image of our heavenly Father by increasing our opportunities to love unconditionally, expecting no return; to be merciful and forgiving, even when it would be easier not to.

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TREASURES FROM OUR TRADITION

When the Roman Empire turned a favorable eye toward the once-persecuted Christians, among the effects



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MASSES CELEBRATED

DURING THE WEEK

ARE HELD

IN THE CHURCH

SATURDAY — FEBRUARY 23

4:15 — 4:45pm — Confessions

5:00 — Pauline Koza req. by St. Luke Council of Catholic Women

SUNDAY — FEBRUARY 24

8:30am — The People of St. Luke Parish

11:00 — Audrey Race req. by St. Luke Council of Catholic Women

MONDAY — FEBRUARY 25

Mass will not be celebrated today

TUESDAY — FEBRUARY 26

8:00am — The Intentions of the Celebrant

WEDNESDAY — FEBRUARY 27

8:00am — The Intentions of the Celebrant

THURSDAY — FEBRUARY 28— WINDSOR PARK

11:00am— The Intentions of the Celebrant

FRIDAY — MARCH 1

8:00am — The Intentions of the Celebrant

SATURDAY — MARCH 2

4:15 — 4:45pm — Confessions

5:00 — Edward and Marcella Schultz req. by their family

SUNDAY — MARCH 3

8:30am — The People of St. Luke Parish

11:00 — Teri Miceli req. by Mary Breinig



Please pray for the sick in our parish, especially Pat Angelo, Yecenia Bosley, Ron Breyne, Michelle Chafer, Adele Coplen, Disabled Vets, Angel Faulkner, Abby Peck, John Rossi, Laura Lee Tegtman and Ray Young.

Please remember our beloved dead and the men and women who have given their lives for our country.

WHAT IS THE ST. LUKE CIRCLE OF PRAYER

The Circle of Prayer is a list of names given to the office for people that need our prayers daily.

Who does the praying? It is a group of people who pray for others in need of prayer. Any member of our parish can be in the Circle of Prayer. It is a simple ministry, but one that is so very important. They pray for people on a list that is mailed to them. The office will update them on names that need to be added or deleted. This is done by a phone calling tree or email.

We can always use more people to pray. You pray at any time of day or night that best suits your circumstances. Prayer is accomplished in many different and unique ways. You might have special prayers that are your favorite. Just being silent and aware of the presence of God while sitting outside or walking is a form of prayer. Remembering those in need of prayer as you go about your daily routine is a form of prayer.

So please, consider being one who prays for others every-day and know what a blessing you are to them...and to your parish.

Call the office at 630/668-1325 and ask for Debbie or Mary Lou or email stlgof@aol.com or stloff@aol.com.

TODAY'S READINGS

First Reading — David found Saul in a deep sleep, but would not harm him (1 Samuel 26:2, 7-9, 12-13, 22-23).

Second Reading — We shall bear the image of the heavenly Adam (1 Corinthians 15:45-49).

Gospel — Give to everyone who asks of you. Lend expecting nothing back (Luke 6:27-38).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: Sir 1:1-10; Ps 93:1-2, 5; Mk 9:14-29
Tuesday: Sir 2:1-11; Ps 37:3-4, 18-19, 27-28, 39-40; Mk 9:30-37
Wednesday: Sir 4:11-19; Ps 119:165, 168, 171, 172, 174, 175; Mk 9:38-40
Thursday: Sir 5:1-8; Ps 1:1-4, 6; Mk 9:41-50
Friday: Sir 6:5-17; Ps 119:12, 16, 18, 27, 34, 35; Mk 10:1-12
Saturday: Sir 17:1-15; Ps 103:13-18; Mk 10:13-16
Sunday: Sir:27:4-7; Ps 92:2-3, 13-16; 1 Cor 15:54-58; Lk 6:39-45

ASH WEDNESDAY SCHEDULE

Noon — Service and distribution of ashes
4:00 — Service and distribution of ashes
7:00 — Mass and distribution of ashes

CCW THANK YOU

CCW would once again like to thank everyone who came in from the cold and attended our Brunch and Bunco event held on January 20th. We had a wonderful afternoon filled with laughter, food, fun and of course Bunco. We especially want to thank all those who cooked, baked, cleaned and donated. As promised, we had many wonderful dishes that everyone enjoyed. We truly appreciate each and every one of you and were so happy to have new people join us. As always, all are welcome. Thank you once again and we hope to see you on June 8th where we will once again play Bunco and have a BBQ dinner.



STATIONS OF THE CROSS

Spend an evening contemplating Christ's journey from the Garden of Gethsemane to the tomb. Join us in church on Friday, March 8th, at 6:30 for Stations of the Cross as seen through the eyes of Mary, His mother. A light, meatless dinner will be provided after the service in Jericho. All are invited.

ST. VINCENT DE PAUL OF ST. LUKE PARISH

Our St. Vincent de Paul Society serves families within our parish boundaries. Many of them are parishioners. We make home visits, help with mortgage, rent, utilities, food and many other items. With your help we can continue.

Please help by donating even a few coins, a few dollars into one of the three wooden boxes. Donations are fully tax deductible.

One is by the east side entrance into church
One is near the back by the prayer area with candles
One is just outside the doors into the sacred space at the top of the stairs

Without your help we will be unable to continue serving those who call upon us; and as Jesus commanded us.

2019 LENTEN WEEKEND RETREAT

WHAT: A retreat open to all women who desire to enrich their spiritual growth during the Lenten season.

SPONSORED BY: *Servants of the Holy Heart of Mary.*

WHERE: NAZARETH SPIRITUALITY CENTER,
717 North Batavia Ave., Batavia, IL 60510.

Retreat Weekend Choices

WEEKEND #1

Begins at 7:00pm on Friday, March 1st and ends at 2:00 pm on Sunday, March 3rd

Registration Deadline: Monday, February 25th

WEEKEND #2

Begins at 7:00pm on Friday, March 8th and ends at 2:00pm on Sunday, March 10th

Registration Deadline: Monday, March 4th

COST: \$100 per person. --- Space is limited.

FOR MORE INFORMATION OR TO REGISTER: Please call Linda Isleib at 630/879-1296.

JOYFUL AGAIN!



Widowed and feeling stuck? Come and find ways to move toward inner peace and new hope in life. Joyful Again! Widowed Ministry presents a Retreat/workshop for widowed men & women. All are welcome.

March 9th & 10th
at the Mt. Assisi Center, Lemont

March 30th & 31st
Holy Family Med. Ctr., Des Plaines

To register call: 708/354-7211 or you can email us at joyfulagain7211@gmail.com or visit our website at www.joyfulagain.org.

HOSPICE AND PALLIATIVE CARE EDUCATIONAL FORUM

Confusion exists regarding hospice and palliative care. This educational forum will provide an opportunity to learn about the differences.

Please join us to learn about the benefits and value of supportive and comfort care. Resources and materials will be provided for each attendee. Dinner will also be provided.

St. Michael Catholic Church, Parish Center- Entrance
doors #8, 12 or 13 (Elevator Accessible)

310 S. Wheaton Ave, Wheaton, IL 60187

Time: 6:30 – 8:30pm

Date: Tuesday, March 12th

RSVP: Deacon Dan Aderholdt, 630.234.8704
(dladerholdt@gmail.com) as space is limited.

FAMILY MINISTRY

CONFERENCE FOR THE DIVORCE AND WIDOWED

“Six Keys to Healing and God’s Plan for your Life”
March 16th, Blanchette Catholic Center
8:30am—4:00pm (Concludes with Vigil Mass)

Whether a loss of a spouse is through death or divorce, it is a painful process and often difficult life transition. The Office of Family Ministry is pleased to offer a day of encouragement and support for those who are divorced or widowed. The goal of this day is to help you learn ways to heal and begin to move forward in your life.

Our speaker for the day is Catholic author and speaker Lisa Duffy. A relationship and divorce recovery expert, she experienced the tragedy of an unwanted divorce in the early 1990s. Lisa has nearly 20 years of personal experience helping people rebuild their lives after the loss of a spouse. She is the author of a number of books, including *Mending The Heart* and *A Road to Healing*. She has instituted the *Journey of Hope* program in parishes across the US and in Canada. Aside from her dedication to her family, Lisa speaks at conferences, appears on television and radio, coaches one-on-one and in groups and holds online events. She resides in South Carolina with her husband and three children. Her talks will address those who have lost a spouse either through death or divorce.

The conference day begins with a 8:30am check-in at the Joliet Diocesan Blanchette Catholic Center in Crest Hill, and concludes with a Vigil Mass at 4:00pm. The suggested donation is \$35 which includes morning coffee and refreshments, lunch, and materials. Please register by March 11th by calling the Office of Family Ministry at 815/838-5334 or online at <https://conta.cc/2RULZmY>.

WORLD WIDE MARRIAGE ENCOUNTER

Don't miss out on the upcoming enrichment for married couples and religious on April 12th—14th at the Wyndham Garden Hotel in Elk Grove Village. The enrichment begins with a private weekend experience including 11 presentations about practical tools for growing in loving relationships, and provides ongoing enrichments after the weekend from the Worldwide Marriage Encounter community.

For information on applying to wwme-chicagoland.org.

SENIORS INVITED TO DEFER PROPERTY TAXES

Qualified senior citizens, aged 65 years and older are invited to apply for the Senior Citizen Real Estate Tax Deferral Program. The program allows participants to defer property tax payment until the property is sold. The deferral is treated as a loan and accrues 6 percent simple interest until paid. To qualify, the applicant's household income cannot exceed \$55,000. Additionally, the property must be used exclusively for residential purposes.

The application period closes March 1st. For more information, contact the DuPage County Treasurer's Office at 630/407-5900 or go to www.dupageco.org/treasurer. Gwen Henry, Treasurer.

DESTROYING ONE'S ENEMIES

Am I not destroying my enemies when I make friends of them?

—Abraham Lincoln

RECIPROCITY

If God loved us as much as we love God, where would we all be?

—Anonymous



THE CHURCH AS MOSAIC

A mosaic consists of thousands of little stones. Some are blue, some are green, some are yellow, some are gold. When we bring our faces close to the mosaic, we can admire the beauty of each stone. But as we step back from it, we can see that all these little stones reveal to us a beautiful picture, telling a story none of these stones can tell by itself.

That is what our life in [the church] is about. Each of us is like a little stone, but together we reveal the face of God to the world. Nobody can say: "I make God visible." But others who see us together can say: "They make God visible." [Christian] community is where humility and glory touch.

—Henri J.M. Nouwen

NEIGHORLY LOVE

As an ordained minister, Fred Rogers harnessed the power of television to tell children they were loved — and to show them how to love others. In *You Are Special*, he writes, "When we love a person, we accept him or her exactly as is: the lovely with the unlovely, the strong along with the fearful, the true mixed in with the façade, and of course, the only way we can do it is by accepting ourselves that way."

In a review of the touching documentary *Won't You Be My Neighbor?* a writer for *Variety* notes: "Rogers' real secret was ... that the call to love your neighbor as yourself isn't a slogan to hang in your kitchen with flowers around it — it's a decision you make at every moment, to view every man, woman and child on earth as your neighbor. If you don't see and feel that, and act on it, then you're just another narcissist with a kitchen slogan."

Last October, when a synagogue shooting shattered the peace of Rogers' real-life former neighborhood, residents of all religions embraced one another as neighbors. Afterward, the Fred Rogers Center stated, "We long for a day when there is no more tragedy born from hatred."

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WOMEN WHO ATTEND RELIGIOUS SERVICES LIVE LONGER

In a new study of nearly 75,000 women, researchers found that women who attended services more than once a week had a 33 percent lower risk of death over a 16 year period. Weekly attendance cut the risk of death by 26 percent!

“Spiritual belief can have a powerful effect on a person’s physical and mental health,” says Dr. Tonja Austin, a family medicine physician on staff at Advocate South Suburban Hospital in Hazel Crest, IL. “As a physician, I see many people turn to prayer when faced with poor health, and it seems to help with anxiety and their ability to cope with their diagnosis.”

The majority of women who participated in the study were Catholic or Protestant. Those who reported frequent church attendance were more likely to be married, less likely to smoke and less likely to suffer from depression. Further research could help determine exactly how these influence each other – are women healthier because they go to church, or are healthier women more likely to attend church?

“Not all people belong to a religious faith, but those who attend church or other religious services regularly probably benefit from a strong sense of community and support from peers. I imagine membership in other social clubs and groups could show similar benefits,” says Dr. Austin. “Social isolation has been tied to a greater risk of heart problems and stroke, so strong social ties and a sense of belonging are vital to good health.”

Prayer: Holy God, thank you for blessing our minds, bodies and spirits as we gather together in prayer and fellowship.

Amen

WOMEN, STRESS AND HEART HEALTH

Pregnancy, the multi-tasking of raising young families with career development, the burden of caring for older parents are just a few examples of the life stages that can bring significant emotional and mental stressors that can contribute cardiovascular risk for women. Since women have longer life expectancies, they often are exposed to the loneliness and depression of living alone. “Combined with hormonal changes, these life stresses can create heart issues,” says Dr. Carissa Buenvenida, a cardiologist with Advocate Heart Institute.

“Eliminating mental stressors is not always an option. Mental and emotional stressors from family, relationships and work are present at all stages in life,” says Dr. Buenvenida. “Finding healthy coping mechanisms to deal with stress helps keeping inflammation down and helps women stay healthy.”

Dr. Buenvenida recommends the following:

Get active. Exercise regularly and keep an active lifestyle.

Cherish quiet time. Meditate. Do yoga. Take at 10-minute mental break.

Socialize with friends, family and people who bring you joy.

Eat Well. A well-balanced diet includes controlling salt and sugar content, adding in multigrain, high fiber foods and lowering saturated fats and high cholesterol foods. A clean and healthy diet often leads to us feeling good about ourselves both physically and mentally.

Hydrate with water. Avoid sugary and caffeinated beverages. Maintaining adequate fluid balance wards off some of the physical manifestations of stress.

Sleep. Make time to sleep and identify and treat any health issues that might be affecting sleep, such as sleep apnea.