In This Bulletin...

July 4th Mass.................................................................page 2
One in Prayer with the Military........................................page 2
Little Sisters of the Poor................................................page 3
Join the Baptism Ministry Team.....................................page 5
RCIA.................................................................................page 8
Theology on Tap.............................................................page 10
Special Independence Day Mass  
Thursday, July 4 at 9 a.m.

Thursday, July 4 is Independence Day. Please consider beginning this important day with the celebration of the Eucharist at 9am. For Catholic Americans, the Eucharist remains at the heart of all that we are and all that we do. Let us gather and give thanks to God for his many blessings to us and to this great land. Let us also remember to pray for those who do not have the great blessing of living in a land with political and religious freedom.

One in Prayer with Loved Ones in the Military

Michael Ryan Burke, grandson of Joseph & Laverne Kusper  
Captain Brandy Caffy, friend of Julie and Katie Warren  
A1c Matthew Callaghan, son of Judy Callaghan  
Lt. Mark Callari, grandson of Jane Domagala  
Captain Sean Christopherson, friend of Katie Warren  
Matthew Curin, son of Donna Curin  
2Lt. Ken Engberg, Army National Guard  
Capt. Michael Federico, son of Rick & Jeanne  
Pfc. Amy Harris, niece of Gary & Barbara Ainge  
Private First Class Drew Hillebold, National Guard  
Sgt. Joseph Johnson, son of Pete & Jan Van Merkestyn  
Capt. Kevin Junius  
Pfc. John T. King, cousin of Catherine Mini  
Lt. Matthew Kopp, nephew of Larry & Mimi Powers  
Msg. Carl Kroll, son of Mary Lou Kroll & brother of Judi Llapitan  
Capt. James A. Maicke, grandson of Phil & Mike Maicke  
Spc. Robert Marburger, son of Kathleen and David  
Major Brendan D. Masini, M.D., grandson of Marilyn & Charles Scallon  
Tim McMillan  
Douglas Murphy, brother of Jeanne Fornari  
Rief Murphy, nephew of Bill & Molly Iovino  
Sgt. Krista Nelson, USMC, niece of Mary and Len Novotny  
Ross Rafferty, nephew of John Rafferty  
Sgt. Daniel Roche, cousin of Jacqueline McDonnell  
Cameron Saltus, cousin of Jack and Rory Gordon  
1Lt. Joseph Salvey, nephew of Terese Kane  
Lance Cpl. Nicholas Schultz, friend of the Chrusciel Family  
Jarett Smith, grandson of Dan and Jo Rudakas  
Pfc. Robert M. Sullivan, son of Michael & Helen  
Spc. Alex Teckenbrock, 3rd Infantry Div. ARMY  
Joshua Francis Tischler, son of Lea and Rick, grandson of Betty and Frank Madler and Mary Tischler  
Alex Uribarri, son of Mari Uribarri  
Pfc. Larry Waszak, grandson of Bruno and Barbara Gacek  
Spc. James C. Woods, nephew of Mary Neel

Thank You, Lord, for the courage and selfless service of our military troops. May our loved ones and all who serve around the world turn to You for rest and protection. Keep them safe from all hidden dangers and deadly diseases. May they not fear the terrors of night or the disaster that strikes at midday. Order your angels to protect them wherever they go. Keep their feet from slipping, and hold them securely in Your strong right hand until they are safely home. (Ps. 91:1-11, 121:3, 139:10)
Dear Parishioners,

The Little Sisters of the Poor will be coming to visit our parish in July to share news of their work and mission and ask for our support—both financially and in prayer. Since I will be visiting my family in Tanzania when they come, I thought I would learn more on my own about their work to share with you.

The Little Sisters were founded in 1839 by Saint Jeanne Jugan. Today they serve the elderly poor in over 30 countries around the world. Outlined below are their Mission, Vision, and Core Values.

**Mission:**
Offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

**Vision:**
Contribute to the Culture of Life by nurturing communities where each person is valued, the solidarity of the human family and the wisdom of age are celebrated, and the compassionate love of Christ is shared with all.

**Values:**
- **REVERENCE** for the sacredness of human life and for the uniqueness of each person, especially those who are poorest and/or weakest. This is reflected in care that is holistic and person-centered.
- **FAMILY SPIRIT:** a spirit of joyful hospitality embracing all with open arms, hearts and minds; fostering participation in the life of the home and rejecting all forms of discrimination.
- **HUMBLE SERVICE:** the desire to raise others up and to put their needs before our own; an appreciation of simple, everyday tasks and experiences and humble means in accomplishing our work.
- **COMPASSION:** empathy for sharing the weaknesses and sufferings of others; eagerness to relieve pain in all its forms and to make the elderly happy.
- **STEWARDSHIP:** the recognition that life and all other goods are gifts from God and should therefore be used responsibly for the good of all; trust in God’s Providence and the generosity of others to provide for our needs; just compensation for our collaborators; a spirit of gratitude and sharing.

Two things stood out to me personally when I was researching the work of the Little Sisters:

- **Have a single focused purpose:**
  The Sisters believe that following Christ is our one and only necessity, making him the center of our life. Making the elderly happy is all that counts.

- **Cherish all life and the elderly you encounter each day:**
  The Little Sisters remind us that all life is a gift from God and that each elderly person remains a person, even in a state of physical or mental decline. Long life is a special gift which the elderly will share with you … they appreciate a listening ear and an open heart …

Please pray for the Little Sisters and support them when they visit our parish.

Peace,
Fr. Filbert Ngwila
Living the Gospel

As Jesus “resolutely determines to journey to Jerusalem,” he encounters a number of conflicts. Jesus is not welcome in a Samaritan village, he rebukes disciples who want to take revenge, he predicts the lack of comfort and security for his followers, he chides those who have excuses for not immediately following him. These conflicts arise because the journey to Jerusalem entails death: dying to self in facing this journey’s conflicts; death at this journey’s end. Nevertheless, the journey must be made—by Jesus, by his disciples, by us—because this is the only journey that leads to life. This is the only journey that leads to salvation.

Single-mindedly following Jesus would seem like an ideal; yet that is exactly what Jesus asks. We must put Jesus and his mission ahead of everything—even more than the Law, even to the point of putting into a different perspective our relationship to family. We must put our hand to the plow and not look back. Jesus’ invitation to “Follow me” is addressed to everyone. Our baptism begins our paschal journey with Jesus and initiates our response to follow Jesus “to Jerusalem.” We spend our whole lives working out what began at baptism: following Jesus through death into life. We spend our whole lives learning how to be resolutely determined and faithful on our journey. Jesus invites us to follow him in the ordinary circumstances of our lives. This is where the going gets tough: not in the extraordinary, but in the ordinary things do we witness to our faithful following. Sometimes when we read the Scriptures we might be discouraged by the leadership of the prophets or early disciples. We always need extraordinary leaders to help us know where we are going in following Jesus. But the church is mostly made up of ordinary people whose very faithfulness to the gospel is an extraordinary way to follow Jesus.

Closing Prayers:

May we courageously respond to Jesus’ invitation to follow him to Jerusalem.

May we grow in choosing to die to self so that we may receive the fullness of life.

Our Father . . .

For Reflection:

· Where and how I struggle most with dying to self along my life’s journey is . . .
· The new life I seek is . . . The new life Jesus offers me is . . .

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Readings for the Week

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>St. Thomas, Apostle</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>14th Sunday in O.T.</th>
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<tr>
<td>Ps 103:1b-2, 3-4, 8-9, 10-11</td>
<td>Ps 26:2-3, 9-10, 11-12</td>
<td>Ps 117:1bc, 2</td>
<td>Ps 115:1-2, 3-4, 5-6, 8-9</td>
<td>Ps 135:1b-2, 3-4, 5-6</td>
<td>Ps 66:1-3, 4-5, 6-7, 16, 20</td>
<td>Ps 66:10-14c</td>
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“Go forth, the Mass is ended.” The Mass ends and something begins. We take what we have received and “go forth” to bring the Mass into our lives and our world.

Throughout the Year of Sunday Mass we have tried to be alert to the many actions in the Mass. We now end this series and the special focus of this year, but we also begin something as well. We begin a habit of noticing, looking for, and detecting the deeper meanings of our worship of the Living God in every Sunday Mass we celebrate.

Year of Sunday Mass: Question of the Week

As we hear the demands of following Jesus in today’s Gospel, they seem impossible to fulfill.

How can my attachment to him in and through the Eucharist give me the necessary courage to follow him without reserve or condition?

Henri Nouwen invites us to come before God with open hands and say, Lord this is what I have. Take whatever you want to take from me and give me whatever you want to give me. God invites you to empty yourself so that he can fill you up.
Welcomed into God’s Family with Love

In the month of May we welcomed the following children into the Christian community through the sacrament of Baptism.

Daphne Marie
daughter of Mark and Renee (DiNovo) Bagdon

Brianna Mae,
daughter of Bradley and Julie (Bobb) Hirsch

Abigail Mae,
daughter of Andrew and Janelle (Rafferty) Kamin

Robert John,
son of Martin and Anne (Clark) McFadden

Emily Faith,
daughter of Michael and Theresa (Thomas) Anderson

Benjamin Keith,
son of Jonathan and Elizabeth (Petrovic) Mool

John Corbett and Charlotte Elizabeth,
Children of John and Erin (Dillon) Magda

May we remember your light today
when we see the radiant sun,
a burning candle,
or a shining lamp.
Jesus, our light,
we praise and thank you.
Shine on us forever.

John 12:46

In the month of May we welcomed the following children into the Christian community through the sacrament of Baptism.

Welcome and Celebrate the Miracle of Life: Join the Infant Baptism Ministry Team

Your Invitation:
We are looking for both married couples as well as individuals who are parents to join our parish Baptism Team. Members of the baptism team serve as both teacher and role model and are frequently the face of the parish for the very first time as couples bring their baby to be baptized.

The Goals of the Baptism Ministry are to:
⇒ Welcome the parents of infants to the process of preparing for Baptism,
⇒ Affirm the importance of their role as parents and first teachers of faith,
⇒ Celebrate joyfully with them as their child is baptized,
⇒ Pray and support them in the months ahead as they learn to become strong Catholic parents, and
⇒ Help weave these young families into the fabric of our parish community.

Your Role:
Two Team members lead a monthly preparation session together on the first Thursday evening of each month as well as coordinate and attend to the details on the Sunday when the baptisms take place, welcoming the families and assisting the priest or deacon. The time commitment is usually 3-4 prep sessions and 3-4 baptisms during the course of the year.

Next Steps:
If you are interested in learning more, please email Fr. Filbert at fngwila@stjohnofthecross.org. Fr. Filbert will lead a training session in August for new team members and then you will begin your ministry by shadowing current baptism ministers.

New Parents: Next Baptism Prep July 11
The next Baptism preparation meeting will be held on July 11, at 7 p.m. in the Parish Center. Godparents as well as new babies are most welcome to attend with parents. To assist in our class preparation, please register to attend this class by calling the Parish Center at 708-246-4404.

May we remember your light today
when we see the radiant sun,
a burning candle,
or a shining lamp.
Jesus, our light,
we praise and thank you.
Shine on us forever.

John 12:46
Are you exercising your Spirit?

There are any number of ways that you can exercise your body to achieve your fitness goal. What about your spirit?

Is God speaking to you about a life of service?

Is He calling you to deepen your faith?

Is He waiting for you to start a new routine and stretch your wisdom?

Call the YC Office, we are looking for Catechists and Aides to grow and stretch their understanding of the Catholic faith as they journey with students throughout the year.

Share your insights at our NEW discussion boards on our website under YC Parents under “Prayers, Messages and Discussions” at http://www.stjohnofthecross.org/yc/prayers-messages-and-discussions/

Registration for new students Preschool through 8th grade is now open!

Join YC and watch your child grow in faith!

Youth Catechesis Office
yc@sjcross.org * 708-246-6760 * www.stjohnofthecross.org/yc
Summer Hours
Monday thru Thursday 8:30 a.m. - 4:00 p.m.
Or call for an evening appointment

Job Posting:

St. John of the Cross Parish is looking for a Coordinator to join our Youth Catechesis Staff and be responsible for the religious formation and sacramental preparation of parish children in grades K-2. In addition to being a practicing Catholic who possesses a strong knowledge of our faith, the candidate must be able to develop age appropriate curriculum and creative lesson plans, prayer services and materials for each grade level, provide strong direction and leadership to volunteer catechists, and be able to partner with and support parents, affirming their important role as first teachers of faith. The candidate must be professional, organized, faithful, and a team player with strong verbal and written communication skills. Certified catechist or working toward certification and experience as a catechist required. College degree in related field (education, ministry or social work) preferred. This is a part-time position with flexible hours. For a complete job description go to www.stjohnofthecross.org. Send letter of interest and resume to Janet Caschetta, YC Director at jcashingcette@stjohnofthecross.org or 708 51st Street, Western Springs, IL 60558.

Our neighbors at Divine Providence Parish would like to invite our senior parishioners to join them on a Bus Trip to Boston on 9/4-9/10/13. The trip includes the Bus, 6 nights in Hotels (Comfort Inn or Holiday Inn Express etc.), 6 Breakfasts, 4 Dinners, Tour of Boston, Salem, 2 Seaport Villages of Gloucester and Rockport, Concord, & Lexington. Also we see the JFK Library/Museum and the USS Constitution all for only $615 per person based on Double. Call Marianne Krasucki 708-562-3766 ASAP. There are 6 open spots to fill.

Join the Sunday 5pm Mass
Music Ministry
5 Alive Summer Choir Dates

All 8th grade, High School and College singers are invited to sing at the Sunday 5:00 p.m. Mass on July 7 and Aug. 4. The call time is 4:00 p.m. and all are welcome!
CALENDAR EVENTS:
June 27-30 Crossroads hosts water & pop station at our SJC Fest
June 28-30 Teens attend Youth Leadership Conference at Lewis University
July 7-13 Teens serve with Habitat in WV
July 9 post-trip mtg for OLC & YLC

Pray for our teens attending the Youth Leadership Conference this weekend...that they may BE COURAGEOUS in their faith:
“And Jesus stopped and said “Call him here.” So they called the blind man, saying to him, “Take courage, stand up! He is calling for you.” Mark 10:49

LAST CALL FOR KAIROS 15 RETREAT for juniors & seniors in high school
Aug 1-4, 2013
This is our last week to accept retreatants for this amazing retreat opportunity. Brochures and application forms can found on the St. Francis Xavier parish website, http://www.sfx-lg.org/parish/education-2/kairosretreat/ or picked up at SJC parish center office!
Retreatants from past Kairos retreats have called the Kairos weekend one of the best, if not the best, weekend of their lives. It’s an amazing opportunity to get-away, meet new friends, deepen past friendships and grow in your faith. If you have any questions feel free to phone Terri Simeoni, 709-352-0168 or email her at tsimeoni@sfxlg.org.

Many teens will be inviting friends to join so please pray that those invited are open to the personal invitation to try something new.

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” -Mother Teresa

“Step it up a notch — something incredible will happen!”
-Matthew Kelly at SJC 2/2/13

“I think the only kind of acceptable evangelization is the evangelization of good example.” -Fr. Andrew Greeley

“Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.” -Blessed John XXIII

WHY ARE THEY ALL SMILING?
Because they shared their God-given gifts and faith with others and encourage you to as well!!!!!
Becoming Catholic (RCIA)

The Rite of Christian Initiation of Adults (RCIA) is a process designed for those who are considering joining the Catholic Church by celebrating the sacraments of initiation (Baptism, Confirmation, Eucharist) at the Easter Vigil. The process welcomes adults who have never been baptized and those who have been baptized in another Christian tradition, as well as adult Catholics who wish to be confirmed.

The Rite of Christian Initiation of Adults (RCIA)

Each year people are welcomed into the church at St. John of the Cross Parish through the RCIA process. The RCIA is an engaging, dynamic, respectful, challenging and – ENJOYABLE journey. Fr. Filbert Ngwila and his RCIA team graciously host the RCIA on Tuesday evenings during the school year. If you would like to learn more about how you can become Catholic please contact Fr. Filbert Ngwila at fngwila@stjohnofthecross.org.

Pictured below are many of those who accepted the Lord’s invitation and journeyed through RCIA at St. John of the Cross Parish.

Can you picture yourself in their shoes?

RCIA gives people on a faith journey an opportunity to “come and see” not only what the Catholic Church and a life of faith in it is all about, but also an opportunity to explore how the Lord may be calling them into his life in a more complete way.
Thank You from Catholic Charities

Dear Parishioners,

On behalf of Catholic Charities, please accept our thanks for donating clothing on a monthly basis to benefit Catholic Charities West Regional Clothing Room. Every day, those in need turn to Catholic Charities for the most basic of necessities. Thanks to your help, more families will be able to dress their families.

A special thanks to the wonderful women that coordinate, collect and bring the donations and organize our clothing room as well. Thank you Kelly McAuliffe, Maureen King, Susan Mazur, Linda Meehan and to the new volunteers, Molly Nocerino, Kelly Murphy, Sarah Scudder and Karen Fedyk.

Our programs are fortunate to have the support of neighbors like you. Again, thank you for partnering with us to improve the lives of the families in our community.

Esmeralda Zepeda,
Regional Services Director

More to the Story

Our Crossroads teens and SJC Parishioners have been doing work tours for many years in the name of our wonderful parish. All of the tasks completed on a list would be long indeed. Cleaning, demolishing, building, painting, moving, praying, celebrating, breaking bread, traveling, and the listing of other physical accomplishments could go on for many pages.

What accomplishments should be added to the list which are not physically measurable? Off the top of my head, here is my list:

1. Team work
2. Self-reliance
3. Independence
4. Sharing
5. Responsibility
6. Satisfaction in being a part of something good
7. Doing something “out of the box”
8. Giving
9. Receiving
10. Learning by doing
11. Learning by watching
12. Working in GOD’S name

If your son or daughter was a part of a SJC WORK TOUR, ask her or him what was accomplished on as well as off the list! If your son or daughter didn’t get to share is this great opportunity…. There is always the next one, and for each of their sake, I truly hope so! Adults are always welcome too!

Bill Bright
Director of Outreach

Amate House, the young adult volunteer program for the Archdiocese of Chicago, is currently seeking new members for its Board of Directors.

Each year, more than 30 Amate House volunteers devote a year to serving the poor and under-resourced populations of Chicago. These young adults live in community houses in the neighborhoods where they serve; spend 40+ hours a week performing critical tasks at financially strapped nonprofits, parishes and schools in Chicago; and participate in a formation program that encourages them to understand and explore the link between Christian faith and service. Programming and development for the volunteers centers around five tenets: Community; Faith; Service; Social Justice and Stewardship.

Amate House is beginning its 30th year of operation and the Board is seeking established individuals to serve as Board Members during this exciting time of growth.

For more information about Amate House, please see our website: http://www.amatehouse.org/

To inquire about Board membership, contact Board Member and fellow parishioner, Pat Kinsella, 312.609.0478 or pkinsella@clunegc.com.
Theology on Tap: Wednesdays—July 17-August 7

7/17/13 from 7-9PM
Fr. John Cusick
*Recognizing God in Everyday Events: Is There More There Than Meets the Eye?*

Fr. John Cusick, ordained a priest for the Archdiocese of Chicago in 1970. In 1977 he was given the task to create Young Adult ministry and as the Director of Young Adult Ministry has dedicated his life to Young Adults. He has designed a number of programs including Theology On Tap. His influence is extensive and accomplishments are too many to number. He is a dynamic priest and a passionate speaker.

7/24/13 from 7-9PM
Dr. Kate DeVries
*Why Bother With Church?*

Dr. Kate DeVries was the associate director of Young Adult Ministry for the Archdiocese of Chicago. She holds a Doctor of Ministry Degree from Catholic Theological Union, and Masters Degrees in Divinity, Pastoral Studies and Special Education. She is an amazingly talented and caring individual, speaking on an important question we should all answer.

7/31/13 from 7-9PM
Fr. Terry Keehan
*Reconciliation & Eucharist: Two Fascinating Fonts of God’s Desire to Connect With Us*

Fr. Terry Keehan is the Pastor of Holy Family parish in Inverness. He has led retreats, Missions and workshops nationally with a special focus on young adult issues, and responding to God’s call in life. He always speaks from the heart with great enthusiasm.

8/7/13 from 7-9PM
Fr. Paul Novak
*Letting Go & Letting God: A Catholic Strategy for Getting Free?*

Fr. Paul Novak, O.S.M., who was ordained a Servite priest in 1990, currently is president of De La Salle Institute High School. Additionally, he currently assists at Old St. Patrick’s Church. He will help us to understand that we don’t have to hold onto our baggage.

Theology-on-Tap is a free summer speaker series for Young Adults in their 20’s and 30’s (married or single). All the talks occur in a casual environment with time for socializing, learning and sharing. Light refreshments will be provided. Please join us each week to learn more about our Catholic faith and ourselves.

Know someone who might love to attend? We can send them an e-vite! Go to the home page of our website to add their name and email.
Recently I attended an Institute on contemplative awareness at which James Finley was the keynote-speaker. He brings some pedigree to the task. He has nearly forty years of experience as a therapist, is a much sought-after lecturer, has written extensively and deeply on the subject of contemplation, and, as a young man, for several years, had Thomas Merton as his spiritual director and mentor. He knows of what he speaks.

I would like to share some of his insights with you by way of a collage of sound bytes, each of which has a certain "stand-alone" quality; but, when taken together, also shed some light on the nature of God, on the nature of contemplation, and on our struggles with both faith and contemplation.

Here are some of Finley's perspectives:

- The mystics bear witness to the perfectly holy nature of human existence, to the fact that we are infinitely loved and held in existence by love, and that there are times when we momentarily glimpse and taste that in our lives. A mystic is a person who has been transformed by such an experience.

- Anxiety comes from our estrangement from the consciousness of God's love inside us.

- Why do we spend so many hours trapped outside the richness of our own lives, living like persons standing outside our own houses looking in through the windows of our own homes? Or, worse still, why are we inside our own houses but in a mental condition that has us believing we are living outside? What must we do to wake up before we die?

- Our lives are habitually pressured and so this is the perennial task: How do we, in the midst of our pressured lives, give ourselves over to the love that holds us? We cannot make a graced moment happen, but we can work at putting ourselves into a position where we offer the least resistance to be overtaken by a graced moment.

- Contemplative awareness isn't hard to find - it's hard to not run away from.

- Contemplative awareness is seeing things as they are. It's resting in God. To be in contemplative awareness is to sit like "an unlearned child", in a time of "non-thinking".

- By sitting still we can learn to be still. Contemplation depends upon fidelity: If you are faithful to your practice, your practice will be faithful to you.

- There are some simple rules for the practice of contemplation: Sit still. Sit straight. Have your eyes closed or lowered. Take slow deep natural breaths. Have your hands in a comfortable position. Then be present, open, and awake: Do not cling to nor reject anything that comes to you in thought. As a thought arises, let it arise, if it lingers, let it linger, if it passes away, let it pass away, but don't let the thought carry you away with it. Move gently and slowly in prayer - don't violate your body's stillness.

- A recommended exercise: Go to your room just before sunset some night for no other reason than to be there with God when the sun sets. Have absolutely no other agenda than to watch it grow dark. Sit for a full hour. Sit in the unrelenting sovereignty of the day's end. Sit in radical obedience to the falling light. You'll know solitude.

- People who pray regularly generally do not pray well ... but they become persons who rely upon God to make their prayer well. And those who pray regularly will, like everyone else, still experience sadness and death, but sadness and death will no longer have a tyranny over them.

- There is a difference between spiritual "sweetness" and spiritual "consolation": "Sweetness" is feeling good while in prayer; "consolation" is the sense of having your heart enlarged (and that can be painful).

- Quoting Gabriel Marcel: We know we love someone when we glimpse in that person something that is too beautiful to die.

- From Theresa of Avila:

  When you reach the highest level of human maturity, you will have just one question: How can I be helpful
  Love is two people sitting in a room, talking to each other. Neither knows what to say, but they recognize each other.

- Death is the eternal fertility of God.

- Why do the Buddhists speak of "emptiness" in relationship to the concept of God? They do so to refer to God's infinite simplicity, that is, God as God is before all the distinctions made about God. "Emptiness" is our standing before God's ineffability, utterly overwhelmed by an over-fullness.

- How can we be helpful in the face of others' suffering when we feel so helpless to do anything about it? When persons share their fragility and pain with someone who hears with a true listening, those others uncover inside themselves the 'pearl of great price'.

- The generosity of the Infinite is infinite. Among other things, this means that we must give ourselves over to a generous orthodoxy.

- To be unknown by God is altogether too much privacy!

- With God, a little sincerity goes a long way!

Rev. Ron Rolheiser, OMI
A Good Habit…….

At the inauguration of the meditation group at Georgetown’s McDonough School of Business, World Community of Christian Meditation director Fr. Laurence Freeman noted that “Meditation is a good habit and habits take time to learn.”

Fr. Laurence’s subtle and often overlooked point is one that helps answer the most frequent question asked by busy professionals when they hear about meditation: It sounds good, but how will I ever find time for this?

The inescapable answer is, you have to acquire the habit. Habits are the fly-wheels of human behavior. The momentum of habit circumvents the friction that accompanies making a decision. Decisions, after all, require psychic (mental) energy. If we had to consciously decide everything in our day, we’d be exhausted shortly after breakfast. Habits are therefore the great conservers of psychic energy.

The bad news, as we all know, is that habits come in two varieties, namely, those that are helpful, healthy and constructive, and the other kind. And there’s further bad news: the universe is organized such that bad habits seem to insinuate themselves into our lives effortlessly, colonizing our psyches surreptitiously. By the time we know they’re there, it’s hard to uproot them. Good habits, on the other hand, have to be built slowly, painstakingly, and with a plan. It’s not symmetrical and it’s not fair, I know but that’s life.

Gregory Robison, Director MeditationCenter@georgetown.edu

More next week......

Would you like your life to change?

Change your habits.

From a person’s habits it is easy to deduce what his or her future will be like, because habits create character, and your character is your destiny.

If we accept that God has not created us to be some second-rate version of ourselves, but that God yearns for us to become the best version of ourselves, then a great many more of life’s choices become very clear—perhaps clearer than we would like. Should we work out or watch endless hours of television? It is easy to see God’s will in the context of his desire for us to become all he created us to be.

You have been told what is good and what Yahweh wants of you. Only this, that you live justly, love tenderly, and walk humbly with your God. Micah 6:8

What is Contemplative Prayer?
By Richard Rohr

Contemplative prayer, remaining silently and openly in God’s presence, “rewires” our brains to think non-dually with compassion, kindness, and a lack of attachment to the ego’s preferences. In contemplative prayer we move beyond language to experience God as Mystery. We let go of our need to judge, defend, or evaluate, plugging into the mind of Christ which welcomes paradox and knows its true identity in God. During contemplation we come to know that there is no separation between sacred and secular. All is one with Divine Reality. Through contemplation we develop the capacity to “witness” our egoic motivations and bring this knowledge into our day-to-day actions, living with increased freedom and authenticity through this deep awareness of our self and God’s Self. Fr. Richard often says that contemplation is an exercise in failure. Each time we pray, we come with “beginner’s mind,” true humility, an openness to not knowing. Even with our best intentions to remain present to Presence, our habitual patterns of thinking and feeling interrupt and distract. Yet it is the desire that matters, and through our failing we encounter God’s grace. Contemplative prayer is a practice for a lifetime, never perfected yet always enough.
Week at a Glance

Monday, July 1
10:30 a.m. 11th Step Christian Meditation
2:30 p.m. Eucharistic Adoration

Wednesday, July 3
2:00 p.m. Christian Meditation
7:30 p.m. Christian Meditation

Saturday, July 6
7:00 a.m. Christian Meditation

Pray for our Sick

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<th>Linda Drone</th>
<th>Jay Meehan</th>
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<tr>
<td>Kat Egan</td>
<td>Baby Maddie Mayer</td>
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<td>Melissa Morrissey Eldredge</td>
<td>Rick Reimer</td>
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<td>Todd Goldstein</td>
<td>Primet Rotondo</td>
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<td>James Walter Grant</td>
<td>Teresa Schaefer</td>
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<td>Mary Beth Held</td>
<td>Declan Sheedy</td>
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<td>Karen Hult</td>
<td>Ray Stanis</td>
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<td>Barbara Jacob</td>
<td>Guy Thomas</td>
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<td>Allison Kazragis</td>
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<td>Shirley Kazragis</td>
<td>Mary Catherine Warren</td>
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<td>Joe &amp; Rosie King</td>
<td>Pam Wilson</td>
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<td>Fr. William Mannion</td>
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Pray for our Beloved Dead

Joan Hemzacek, wife of Raymond and mother of Elizabeth and Jean

O beautiful for spacious skies
For amber waves of grain,
For purple mountains majesty
Above thy fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

St. John of the Cross Parish would be honored if you would remember our parish in your will and estate planning.

Mass Intentions

Monday, July 1, Blessed Junipero Serra
7:45 Frances Albertson; Goldie Roggio

Tuesday, July 2
7:45 Don Spiering; Mae Rieb
Anne and Charles Ward

Wednesday, July 3, St. Thomas the Apostle
7:45 Francesco Brotto; Thomas Martin
Our Beloved Dead

Thursday, July 4
9:00 John Santucci; Ellen McGowan

Friday, July 5, St. Anthony Zaccaria
7:45 Francesco Brotto; Catherine Pozen

Saturday, July 6, St. Maria Goretti
8:00 Dr. Jerry Scanlon; Social Steffen
5:00 David V. Yu; George Gallagher

Sunday, July 7, 14th Sunday in Ordinary Time
7:30 SJC & St. Mark Parishioners
9:00 Virginia Hague Boylson; Betsy Hague
10:45 Anastasia Esposito; Jean Labak
5:00 John Jurkacek; Andrew Applegate

Italics—Living

DAILY OFFERING
Jesus Lord,
I offer you the suffering and joy of this new day.
I believe in you,
love you
hope all things in you
and thank you for your blessings.
Lord,
look on me
and leave in me
healing and health
and your humble spirit
that I may do the Father’s will
and be pleasing to you all day.
Amen.

Trying to get in touch with us? More info is on our website: www.stjohnofthecross.org

Fr. David P. Dowdle  ddowdle@stjohnofthecross.org
Fr. Filbert F. Ngwila  fngwila@stjohnofthecross.org
John Schopp           john.schopp@newhemispheres.com
Bill Bright           bbright@stjohnofthecross.org
Janet Caschetta       jcaschetta@stjohnofthecross.org
Jim Clauer            jclauer@stjohnofthecross.org
Kathleen Gorman       gorman@sjc.pvt.k12.il.us
Katie Hayes           khayes@stjohnofthecross.org
Jessica Koch          jkoch@stjohnofthecross.org
MJ Martin             mjmartin@stjohnofthecross.org
Elizabeth Russell-Jones erussell-jones@stjohnofthecross.org
Go forth, the Mass is ended. The Mass ends and something begins. We take what we have received and "go forth" to bring the Mass into our lives and our world. Throughout the Year of Sunday Mass we have tried to be alert to the many actions in the Mass. We now end this series and the special focus of this year, but we also begin something as well. We begin a habit of noticing, looking for, and detecting the deeper meanings of our worship of the Living God in every Sunday Mass we celebrate.