Called to be Holy through Prayer, Service & Sharing
to Build up the Kingdom of God.
October 20, 2013
Dear Parishioners,

The Parish Advisory Council (PAC) met for our fall meeting on Tuesday evening, October 8th. To keep you informed of our work, highlights from our meeting are detailed below. More in-depth minutes are posted on our parish website.

Meeting pre-read materials were sent out to PAC members to keep each other informed of what each parish Consultative Body, Ministry Advisory Group, and PAC Goal Committee hopes to achieve this year.

Last year the PAC established a Stewardship Committee to help the parish “faithfully steward our time, talent and treasure.” Over the summer this committee met and revised its goals to primarily focus on inviting parishioners to acknowledge that all of life is a gift from God and to respond through prayer, service and sharing. Mirroring this goal the Parish Advisory Council will focus on these 3 dimensions of stewardship at its 3 meetings this year.

We began our meeting with a prayer service that included song, scripture, intentions, praying the Our Father, and a candle lighting ritual. This service provided an opportunity for the Council to pray together that we may light the way, bringing our parish closer to God and one another through our work. Each consultative body and ministry advisory group received a copy of the prayer service and candles so that they can lead the prayer at their next group meeting.

The Council then discussed the role of prayer in our lives and the importance of praying privately, as a family, and as a parish community at Mass. The PAC discussed ways to help parishioners learn how to pray so that it can become part of their daily life, to understand the benefits of a healthy spiritual life, and to know how to prepare for Sunday Mass to make it a more meaningful experience. The PAC would like to see the parish provide more opportunities for parishioners to pray together and identify tools that will help support us in daily prayer, such as books, websites, and phone apps.

Fr. David taught the Council how to pray the Examen which was developed by St. Ignatius as a way to recognize and invite God into our daily lives. Council members were invited to pray the Examen twice daily and report back at our winter meeting. The PAC thought this prayer was important to share with the parish at large.

The PAC is looking forward to promoting stewardship at our parish in the coming year, an effort that begins by focusing our life in Christ.

Karin Teglia
PAC Chairperson
Prayer ~ Service ~ Sharing

Stewards recognize God as the origin of life and the giver of all gifts. Moreover, stewards ground their lives in gratitude responding through prayer, service and sharing.

Over the next three weekends (and beyond) we will take a closer look at how we can strengthen our spiritual health by focusing on our life in Christ. Beginning with prayer this weekend, each weekend will focus on one dimension of stewardship at Mass, in the bulletin, and on our parish website.

To show our gratitude to you, our parishioners, and to remind us of our call to live as disciples and stewards, we invite you to take a cling decal after Mass to put in your car window. Celebrate your life as a steward of Christ—your commitment to living a life of gratitude by cultivating your gifts responsibly, sharing them lovingly in justice with others and returning them with increase to the Lord.

Prayer

Our lives in Christ must be rooted in prayer. Simply, prayer is defined as a vital and personal relationship with our living and true God. Prayer is communication –listening and responding. Prayer is fostering our relationship with God. It is in prayer that Jesus speaks to our heart and calls us to serve and to share.

Prayer can be classified as communal (public prayer of the Church such as the Mass) or personal (private sharing of our thoughts, feelings, and dreams). There are many ways to pray from adoration, petition, intercessions, thanksgiving, and praise using scripture, the psalms, meditation, the rosary, and learned prayers like the Our Father or the Memoreae.

Here are three comments about prayer that might deepen our understanding and appreciation of this dimension of stewardship.

1. "Prayer ... is communication, in which God's word has the initiative, and we, at first are simply listeners" (Hans Urs von Balthasar). God always takes the first step in reaching out to us with divine love and mercy. God speaks through the scriptures, through Tradition, through our daily experiences, and in the movements of our hearts. Our task is to be open and receptive and then to respond in an appropriate way, be it thanksgiving or sorrow, praise or petition. Stewards know that everything is a gift and they respond with deep gratitude.

2. "St. Therese understood prayer as essentially a matter of paying loving attention to the smallest detail" (Belden Lane). St. John of the Cross describes contemplation, one of the highest forms of prayer, as "loving attention." If we are truly aware of creation and have love in our hearts, we are going to encounter the living and true God. Stewards pay attention; stewards are people who love.

3. "... a very simple method of prayer ... 'It consists' says M. Olier, 'in having our Savior before our eyes, in our heart, and in our hands.' Thus we look at Jesus, unite ourselves with him, and work in him. It is adoration, communion, and cooperation" (Aerled Squire). Stewards recognize God as the origin of life and the giver of all that they have and are. More, stewards ground their lives in adoration, communion, and cooperation with the Lord. This is a life of prayer; it is a whole way of life.

St. John of the Cross Parish is grateful to the diocese of Green Bay and the Most Rev. Robert Morneau for giving permission and sharing their stewardship resources with us.
Praying with The Examen

At all Masses this weekend, the homily focused on the importance of prayer and how to pray using the Examen. Each parishioner received a laminated help card with the basics of The Examen to keep in their wallet or purse and refer to when praying. Here are more details on this method of praying. If you did not receive a card, stop in the parish center to pick one up.

The Examen was developed over 500 years ago by St. Ignatius of Loyola, the founder of the Jesuits, to find God in all things and cooperate with God’s will. The subject matter of the Examen is your life—specifically the day you have just lived through. The Examen looks for signs of God’s presence in the events of the day—lunch with a friend, a walk in the park, a kind word from a colleague, a challenge met, a duty discharged. God is present in transcendent “spiritual” moments, but he’s also there when you cook dinner, write a memo, answer email and run errands.

The Examen looks at your conscious experience; it focuses on God as present in our human experience. The ebb and flow of your moods and feelings are full of spiritual meaning. Nothing is so trivial that it’s meaningless. What do you think about while sitting in traffic or waiting in a long line at the grocery store? What’s your frame of mind while doing boring and repetitive chores? You’ll be surprised at how significant such moments can be when you really look at them.

The Examen is a method of reviewing your day in the presence of God. It’s actually an attitude more than a method, a time set aside for thankful reflection on God’s presence and where God is leading you in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes a day. Here it is in a nutshell:

My Daily Examen

1. **Pray for light:** Begin by asking God for the grace to pray, to see, and to understand. *God, I believe that at this moment I am in your presence, and you are loving me.*

2. **Give thanks:** Look at your day in a spirit of gratitude. Take care to notice what you have received and what you have given. *God, you know my needs better than I know them. Give me your light and help as I review this day.*

3. **Review the day:** Guided by the Holy Spirit, look back on your day. Recognize your blessings and your shortcomings. Pay attention to your emotions and experiences. Look for God in it. *God, help me review the events of this day in order to recognize You in all parts of my life.*

4. **Look at what’s wrong:** Face up to failures and shortcomings. Ask forgiveness for your faults. Ask God to show you ways to improve. *God, please forgive the times I have fallen short and strengthen my attempts to follow you.*

5. **Resolution for the day to come:** What are your needs for tomorrow? Ask for God’s help and guidance. *As I look to tomorrow make me aware that you are with me. Show me how to be the person you want me to be.*

*Conclude with the Our Father.*
Remembering the Dead

The feasts of All Saints and All Souls in November are part of the tradition of the Church to remember our beloved dead in prayer, especially when we gather to celebrate the Eucharist. During November we pray for all those inscribed in our Books of Life and Remembrance. If you would like your intentions remembered at our weekday Masses throughout the year, please inscribe their names on the All Souls envelopes and these will be placed in the basket under the altar.

The Book of Remembrance

During the month of November, the Month of All Souls, parishioners and visitors to St. John of the Cross are invited to write the names of their beloved dead in The Book of Remembrance found by the baptismal font. The Book of Remembrance will remain there until the final feast of the Church year, Christ the King. Please put their name on the envelope and they will be prayed for every week. Remembering all of those who have gone before us, “marked with the sign of faith,” helps us better understand and appreciate our faith in the Christ, our risen Lord, who conquers sin and death and brings new life to all.

Unlike the Books of Life, which list only deceased parishioners of St. John of the Cross, our Book of Remembrance may include the names of all our deceased loved ones.

Month of All Souls

The origins of the solemnity of All Saints (November 1) and the Commemoration of All the Faithful Departed (All Souls Day, November 2) are connected. From the beginnings of the Church, Christians have cherished the memory of those martyred for the faith and those who lived a life of virtue as icons of Jesus Christ. The martyrs and saints became venerated as disciples and imitators of Christ. All the saints are celebrated each year on November 1; however, most Christian traditions of honoring the dead are linked with All Souls Day on November 2. On this day, we remember our own loved ones who have gone before us in faith. These tributes extend beyond the day itself and last through the month of November, the Month of All Souls.

The Books of Life

In keeping with the important observance of this month, our parish Books of Life will be placed along the north wall of our church. These books, one for each month, list the names of every person who has been buried from St. John of the Cross Parish. As a parish that is rooted in faith in our Lord Jesus, let us prayerfully recall these deceased members of our community.

Take time to look through the books. Find the names of those you know and offer a prayer for them.

Please join us on Saturday, November 2nd at 11:15 a.m. to celebrate the Feast of All Souls. Our liturgy will commemorate parishioners and loved ones who have died during the past year. As the names of all deceased are read aloud, families will be invited to light a votive candle as we prayerfully remember them. After Mass, our bereavement ministers and priests will gather in the community room of church to share hospitality.
To help your family learn about persistence in prayer, teach or review with family members these formal prayers: the Sign of the Cross, the Lord’s Prayer, the Hail Mary, and the Glory Be. Use these prayers as evening family prayers. You may also want to introduce the rosary and other traditional devotions of the Catholic Church.

Discuss with your child what prayer means to you. Explain that God always hears our prayers and always takes care of our needs. Teach a brief prayer to your child to be used in the morning and evening. Write the prayer on an index card and have your child use crayons or markers to design the border. Have your child keep the card as a reminder to pray at different times during the day.

Use the Bible to help your family recognize that praying with Scripture is very important to prayer life. Have each family member take a turn reading a Scripture passage each evening. Discuss how each passage chosen is meaningful to your family.

Take turns leading the family meal prayer, allowing each person a chance to make up a prayer or say the usual prayer alone. At the end of the prayer, ask family members to add any petitions they may have to offer.

Let us pray for steadfastness in our belief that God hears and guides us always.

God of judgment and mercy, thank you for your love, which continually calls me to come closer to you. Help me to see you in all people I meet and to recognize how to serve you by helping others, especially those in need. Amen
First Reading  Exodus 17:8-13 Joshua and the Israelites defeat Amalek with the help of God and his servant, Moses.

Responsorial Psalm  Psalm 121:1-2,3-4,5-6,7-8 The Lord is the Guardian of Israel.

Second Reading  2 Timothy 3:14—4:2 Paul exhorts Timothy to continue to preach the word Timothy received from his teachers.

Gospel Reading  Luke 18:1-8 Jesus urges his disciples to pray and not lose heart, for God hears and answers prayers.

Background on the Gospel Reading
This is the first of two parables that Jesus tells in Luke 18 about prayer. (The second will be read at Mass next Sunday.) This first parable is a lesson in persistence in prayer. (Next Sunday's parable will address attitude in prayer.) While the parable seems to present prayer as nagging God for what we want, such a reading misses the point. God is not like the judge in the parable, worn down by requests and coerced to respond. The key is found in the description of the judge as corrupt and unjust. Since God can be neither, we must understand Jesus to be saying that if even an unjust judge responds to the persistence of the widow, how much more will God listen to our prayers. God truly wants us to be like the persistent widow, staying in relationship with God, confident that God hears and answers prayers. Then Jesus laments, “Will such faith be found when the Son of Man comes?” In this lament, Jesus notes how easy it can be for us to lose heart.

Theme: Never stop praying. Have faith and never give up!

Breaking Open the Word
Suggested text for faith sharing: Today’s Gospel

Step One: Listen to the Word
When you hear the story of this stubborn widow, what strikes you about her? What phrase or word in this reading remains with you now?

Step Two: Look into Your Life
Question for Children: Jesus teaches us to trust God. How does God help you in your daily life?

Question for Youth: Jesus tells us that persistence will pay off, if we continue to pray to God. How and when do you pray? How could you grow in the ways that you pray?

Question for Adults: When you pray, what do you ask for most often? How do you know God gives you this request?

Workplace Holy Place
Incorporating spiritual activities into our workday doesn't come naturally. Here are a few simple ideas to try:

Praise before criticism. Make a point to always say something positive to a co-worker or employee. Along the same lines, decide to never take part in gossip or negativity.

Strive for excellence. Approach each undertaking with the idea that you will do it to the best of your ability and in doing so, transform it into a gift to the Lord.

Forgive imperfection. While we should hold ourselves to the highest of standards, being willing to accept the fact that we live in an imperfect world and the people we work with are going to make mistakes can be a great spiritual gift to us and to them.

Smile. How can smiling be a spiritual practice? Mother Teresa of Calcutta said, "Peace begins with a smile."

Time your prayer. How often do you look at your watch or check your computer clock? Link your prayer to an activity you do throughout the day, you'll soon be praying throughout the day.

To read the full article go to https://www.osvparish.com/ResourceLibrary/CatholicSpirituality/Article/tabid/405/itemId/459/Workplace-Holy-Place.aspx
There are two easy ways to pray with Scripture. One is called in Latin, *Lectio Divina*, (Holy Reading) and the other is Gospel Contemplation. Last week we discussed *Lectio Divina*.

**Contemplation**

The early Christians did not waste a lot of energy looking back and wishing they had been born a hundred years earlier so they could have walked with Jesus. Instead they focused on coming to know Christ in three powerful ways: through the sacraments, especially the Eucharist; the stories and emerging writings about Jesus; and his powerful presence when they gathered in his name.

Saint Ignatius Loyola invited a person when an individual made a retreat in the pattern of his Spiritual Exercises to pray to come to know Christ so that one may love him in a more real way and following from this knowledge and love become a more faithful disciple.

In order to grow in this faith knowledge, Ignatius invited the retreatant to engage in a prayer method called contemplation. This is not some kind of mystical prayer but a prayer form in which one uses his or her senses in an imaginative way to reflect on a Gospel passage. One uses the senses, seeing, hearing, tasting, touching, and smelling to make the Gospel scene real and alive.

Here is a way of engaging in this prayer form which is relaxing and rather easy. Select a passage from one of the Gospels in which Jesus is interacting with others.

- Recall what one is doing in engaging with the Word of God and what one desires from this encounter. God is present and because God is present one relies on God.
- Read the Gospel passage twice so that the story and the details of the story become familiar.
- Close one’s eyes and reconstruct the scene in one’s imagination. See what is going on and watch the men and women in the scene. What does Jesus look like? How do the others react to him? What are the people saying to one another? What emotions fill their words? Is Jesus touching someone? As one enters into the scene, sometimes there is the desire to be there. So a person can place oneself in the scene, perhaps as an observer, as one lining up for healing, or as one helping others to Jesus.
- Some people’s imaginations are very active so they construct a movie-like scenario with a Gospel passage. Others will enter the scene with verbal imagination, reflecting on the scene and mulling over the actions. Vividness is not a criteria for the effectiveness of this kind of prayer. Engagement is and the result is a more interior knowledge of Jesus.

As one finishes this time of prayer, one should take a moment to speak person to person with Christ saying what comes from the heart.

Because this program is sponsored by our parish, the fee to attend is waived for our parishioners. We ask that you drop off $10 in an envelope for your lunch that day. Please register by calling or stopping by the parish center by Wednesday, October 23rd.
Parish School

One of our Librarians, Mrs. Sue Michalowski, spearheaded a bridge program for our sixth grade students. The game of bridge encourages students to hone their communication skills, as it embodies cooperation, logic, and problem solving. Trust and patience are also attributes of winning the game of Bridge. Mrs. Michalowski suggested teaching the game because it can be much more difficult than even chess. She says it is about math and strategy. She believes that if students continue to learn and play the game, it is a skill that will set them apart on college applications and interviews. It can open the door to international competitions. The sixth graders are having a great time learning this card game. Matthew Blouin told his classmates that he was confused at first, but once he learned how to play, it is fun.

Youth Catechesis

7th Grade Commitment Ceremony

Tuesday, October 22nd
6:30 pm in the Church

Parents and students attend this beautiful ceremony welcoming the Confirmation candidates into the two year preparation journey.

Day of Spirit Retreat

for all 8th grade Confirmation Students is

Saturday, October 26th
11:30am to 6:00pm

The Parish School Book Fair will be held on October 22 & 23 during school hours. Shop for the holidays. Gift the child or grandchild in your life with a new book.

This Week at SJC

Monday, Oct. 21
All School Liturgy. 9:15 a.m.
Book Fair, 10:30 a.m., PC
Confirmation Commitment Ceremony, 6:30 p.m.

Tuesday, Oct. 22
FFC Noon-1:30 pm
Jr Hi Groups On campus
Special Needs Sunday, Oct 20, Nov 3, 17

Wednesday, Oct. 23
Book Fair, 10:30 a.m., PC

Saturday, Oct. 26
8th Grade Day of the Spirit, PC

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8th Grade Day of the Spirit, PC
Crossroads Family

Community News & Events

St. Francis Xavier School Race
Join the festivities at the 8th Annual Falcon 5K Run/Walk to benefit St. Francis Xavier School. Race starts at Richmond & Waiola Avenues on Saturday, November 2nd at 8:30am. Register online at www.imathlete.com/events/Falcon5KRunWalk or go to the SFX website at www.sfx-lg.org for the link.

47th Annual Comboni Missionaries Dinner Dance Celebrating 75 Years of Mission Work Saturday, November 2
Special guest of honor will be Francis Cardinal George, who is celebrating his 50th anniversary of his priestly ordination. For tickets, raffle chances or further information please call 708-354-1999 or e-mail at cmcoffice@sbcglobal.net

Benet Academy Open House
Benet welcomes Jr. High families on Sunday, October 27 from 1-3pm and Tuesday, October 29 from 6:30-8:30pm. Meet the faculty and staff and take a guided tour. Any questions please call Terry Nadolski. The school is located at 2200 Maple Ave., Lisle, IL 630-719-2814 tnadolski@benet.org

Solemn Novena to St. Jude
St. Vincent Ferrer Catholic Church, 1530 Jackson Ave., River Forest. Monday-Friday, Noon & 7pm, Saturday, 10/26, 10am & 5 pm and Sunday, 10/27, 11 am & 5:30 pm. Dominican Shrine of St. Jude For more info—shrineofsaintjude.com.

Elementary & High School Parents
Come hear nationally acclaimed expert Jason Evert share advice and techniques for raising virtuous kids. Learn how to navigate the challenges of raising healthy children amidst 24/7 technology, the Internet, and MORE! Wondering how to answer your kids’ questions about peer pressure and relationships? Then this is for you. Thursday, October 24, at 7 p.m. at St. Isaac Jogues Church, 306 W. Fourth St., Hinsdale.

Illinois Citizens for Life
41st annual FORGET ME NOT DINNER will be held on Friday, October 25 at The Carlisle, 435 E. Butterfield Rd. in Lombard. Guest speaker will be Most Rev. Thomas Paprocki, Bishop of Springfield. Reception 6:30 p.m., Dinner 7:30 p.m. contribution $70 per person, $35 clergy/student. For reservation call ICL office, 630-852-5448.

CALENDER OF EVENTS

Oct 20  Home Group meetings
Freshmen Experience PC 6-7:30pm
Oct 26  Kickball North lawn 3:30pm
Day of Spirit Retreat
Ronald McDonald House Service
Project 3-6 pm
Oct 27  Crossroads Pizza Party 6pm at PC

For a complete calendar of Crossroad events for the year go to:
www.stjohnofthecross.org/crossroads/events

Stay connected with Crossroads through Facebook. All teens enrolled in Crossroads are encouraged to join us online for up to date information and easy way to say connected.

The coming and going of the seasons give us more than the springtimes, summers, autumns, and winters of our lives. It reflects the coming and going of the circumstances of our lives like the glassy surface of a pond that shows our faces radiant with joy or contorted with pain. ~Gary Zukav

Steve Foody: crossroads@stjohnofthecross.org
Katie Hayes: khayes@stjohnofthecross.org
Today is World Mission Sunday!
We are called to this Eucharistic Celebration and invited to “do good on earth,” to be missionary by putting our faith into action in support of the work of missionaries like Sister Clara who rescues girls from human trafficking in India, giving them a loving home. Your prayers and generous gifts to the Society for the Propagation of the Faith on World Mission Sunday support the tireless work of so many priests, religious and lay leaders around the world as they offer practical, emotional and spiritual care to communities, children and families in desperate need, bringing the light of Christ to the darkest of circumstances. For more information visit: www.IAmAMissionary.org.

Save the Date

Little Sisters of the Poor Thanks SJC

Dear Parishioners,

We here at St. Joseph’s home can not thank you enough for allowing us to come speak to your parish. It was a pleasure to meet you and your parishioners. We realize that you have many requests to consider & we are most grateful that you were able to accommodate our need.

With your parish’s generous donations totaling $29,413.25, you help us keep the spirit of St. Jeanne Jugan alive, making St. Joseph’s Home a place of hope, where life is celebrated and lived to the fullest for as long as possible!

Please be assured that you and your parishioners are counted among our many blessings. St. Jeanne Jugan knew that prayers of gratitude were a direct way to God’s heart. The Little Sisters and Residents offer our prayerful gratitude for you and your intentions in a Mass offered in our Chapel each month.

Thank you for your kindness to us. God bless you!

Gratefully,
Sister Pauline, lsp

Interfaith Career Network invites you to join us on Tuesday, October 22, 7-9pm for a helpful and informative workshop. Aileen Gilipin, Principal with AGilipin consultants, will show you how to get started on LinkedIn by setting up a compelling profile, how to build connections, how to find professional opportunities, how to get noticed by employers and how you can effectively use this online resource. There is no cost to attend this workshop. We look forward to welcoming you in Westminster Hall at the First Presbyterian Church of La Grange, 150 South Ashland Avenue. Please enter church on Catherine Avenue. For further information, please visit our website at www.interfaithcareernetwork.org.

Boy Scout Troop 117 is taking orders for Christmas wreaths. Wreath orders must be received by October 30. Delivery will be made November 23.

Go to our parish website for a look at the handcrafted wreaths, decorations and order form. Order forms can also be found at church exits and the parish center office. For your convenience, you can buy after Mass next weekend ~ or buy online. Forms can be returned to the parish center.

Thanks for your support!
Women’s Club
Holy Yoga!
Wednesday, October 23rd
7:00 pm Parish Center
This is a free event! Please bring a yoga mat!

Holy Yoga is experiential worship specifically created to deepen your connection to Christ. The sole purpose is to combine world class yoga with a Christ honoring experience that offers an opportunity to authentically connect with God. We do this by integrating God’s Word, prayer, worship and the physical practice of yoga to contemporary and Christian music. Session will be led by Sue Bidstrup, R-HYI. All are welcome!

SJC WOMEN’S CLUB ANNUAL COAT DRIVE
To benefit St. Vincent De Paul
Help keep others warm this winter!
October 11 - November 1
Drop boxes are located at the Parish Center, school and in the Church narthex
For more information contact Colleen Pabst at mahoney5674@yahoo.com or Amanda Collins at aj_collins03@yahoo.com
Thank you for your support!

SJC Parish Moms’ Club
Attention mothers of young children (6 and under)!
Join us for Trick or Treating at Bethlehem Woods retirement community, October 25th @ 9:30am. We would love to have you and your child/children whether you have attended many meetings or none at all. All are welcome. Please email sjcmomsclub@gmail.com to get added to our weekly no-obligation email list so that you can receive the most up-to-date information about our meeting.

Our upcoming meetings are:
Friday, October 25th  Bethlehem Woods  9:30-11:00am
Friday, November 1st  Parish Center  9:30-11:00am
Friday, November 8th  Parish Center  9:30-11:00am
Friday, November 22nd  Parish Center  9:30-11:00am
Contacts: Ellen Twomey & Jennifer Van Wyck
What are we ultimately, saints or sinners? What's deepest inside us, goodness or selfishness? Or, are we dualists with two innate principles inside us, one good and one evil, in a perpetual dual with each other?

Certainly, at the level of experience, we feel a conflict. There's a saint inside us who wants to mirror the greatness of life, even as there is someone else inside us that wants to walk a seedier path. I like the honesty of Henri Nouwen when he describes this conflict in his own life: "I want to be great saint," he once confessed, "but I don't want to miss out on all the sensations that sinners experience." It's because of this bi-polar tension inside us that we find it so hard to make clear moral choices. We want the right things, but we also want many of the wrong things. Every choice is a renunciation and so the struggle between saint and sinner inside us often manifests itself precisely in our inability to make hard choices.

But we don't feel this tension only in our struggle to make clear moral decisions; we feel it daily in our spontaneous reaction to situations that affect us adversely. Simply put, we are forever bouncing back and forth between being petty and being big-hearted, spiteful and forgiving, whenever we are negatively impacted by others.

For instance, we all have had this kind of experience: We are at work and in a good emotional state, thinking peaceful and patient thoughts, nursing warm feelings, wishing harm to no one, when a co-worker comes in and, without good reason, slights or insults us in some way. In one instant, our whole inner world reverses: A door slams shut and we begin to feel cold and spiteful, thinking anything but warm thoughts, seemingly becoming different persons: moving from being big-hearted to being spiteful, from being saints to entertaining murderous feelings.

Which is our true person? What are we really, saints with big hearts or petty, spiteful persons? Seemingly, we are both, saints and sinners, since goodness and selfishness both flow through us.

Interestingly, we don't always react in the same way. Sometimes in the face of a slight, insult, or even positive attack and injustice, we react with patience, understanding, and forgiveness. Why? What changes the chemistry? Why do we sometimes meet pettiness with a big-heart and, other times, meet it in kind, with spite?

Ultimately, don't know the reason; that's part of the mystery of human freedom. Certain factors obviously play in; for example, if we are in a good inner-space when we are ignored, slighted, or unfairly treated, we are more prone to react with patience and understanding, with a big heart. Conversely, if we are tired, pressured, and feeling unloved and unappreciated, we are more likely to react negatively, and return spite for spite.

But, be that as it may, ultimately there's deeper reality at work in all of this, beyond our emotional well being on a given day. How we react to a situation, with grace or spite, for the most part depends upon something else. The Church Fathers had a concept and name for this. They believed that each of us has two souls, a big soul and a petty soul, and how we react to any situation depends largely upon which soul we are thinking with and acting out of at that moment. Thus, if I meet an insult or an injury with my big soul, I am more likely to meet it with patience, understanding, and forgiveness. Conversely, if I meet an insult or a hurt while operating out of my petty soul, I am more likely to respond in kind, with pettiness, coldness, and spite. And, for the Church Fathers, both of these souls are inside us and both are real; we're both big-hearted and petty, saint and sinner. The challenge is to operate more out of our big soul than our petty one.

But we must be careful to not understand this dualistically. In affirming that we have two souls, a big soul and a petty soul, the Church Fathers are not teaching a variation of an old dualism, namely, that there are inside us two innate principles, one good and one evil, perpetually fighting for control of our hearts and souls. That kind of struggle in fact does go on inside us, but not between two separate principles.

The saint and sinner inside us are not separate entities. Rather the saint in us, the big soul, is not only our true self, it's our only self. The sinner in us, the petty soul, is not a separate person or separate moral force doing perpetual battle with the saint, it's simply the wounded part of the saint, that part of the saint that's been cursed and never properly blessed.

And our wounded self shouldn't to be demonized and cursed again. Rather it needs to be befriended and blessed - and then it will cease being petty and spiteful in the face of adversity.

Oblate Father Ron Rolheiser, theologian, teacher, and award-winning author, is President of the Oblate School of Theology in San Antonio, TX. He can be contacted through his website www.ronrolheiser.com.
This Week at SJC

Monday, October 21
10:30 a.m. Step 11 Christian Meditation
2:30 p.m. Eucharistic Adoration
2:30 p.m. Spiritual Journaling

Tuesday, October 22
9:05 a.m. Rosary
9:30 a.m. Book Fair
9:30 a.m. Focus on Sunday Scriptures Group
1:00 p.m. Sacraments Study, The Creed
3:45 p.m. Altar Server Training
7:00 p.m. YC Commitment Ceremony
7:00 p.m. Sacraments Study, The Creed
7:00 p.m. RCIA

Wednesday, October 23
9:00 a.m. Fr. Bonin Reflection
9:30 a.m. Book Fair
9:30 a.m. Bible Study 3
2:00 p.m. Christian Meditation
7:00 p.m. Women’s Club, Evening of Reflection
7:30 p.m. Christian Meditation

Thursday, October 24
9:00 a.m. Flourish
2:15 p.m. Market Day
7:00 p.m. Men’s Club Meeting
7:00 p.m. Promise

Friday, October 25
3:45 p.m. Altar Server Training
7:00 p.m. Divorce and Beyond, Learning Center

Saturday, October 26
7:00 a.m. Christian Meditation
11:30 a.m. Day of the Spirit

Sunday, October 27
6:00 p.m. Crossroads Pizza Night

Mass Intentions

Monday, October 21
7:45 James A. Piszczor; Sally Gage

Tuesday, October 22
7:45 George Jakicic; Tom Baer

Wednesday, October 23, St. John Capistrano
7:45 Joseph Scelsi; John Koczwara

Thursday, October 24, St. Anthony Mary Claret
7:45 Members of the Hague Family;
John & Elizabeth Treacy

Friday, October 25
7:45 Eleanor Teglia; Gorge Jakicic

Saturday, October 26
8:00 Gloria Oechsel; Jerry Jung
5:00 John Barron; Jack Polivka

Sunday, October 27, 30th Sunday in Ordinary Time
7:30 Jack Roche; Julianne Clancy
9:00 Rosemary Pembroke; Genrose Hlavin
10:45 George H. Kiefer, Jr.; Gene Miley
12:15 Goa & Maier Families;

Holy Cross (Uganda) and SJC Parishioners
5:00 Virginia Kuchta; Irene McGill

Italics—Living

Pray for our Sick

Dale Alm
Jay Meehan
John Casey
Baby Meghan Hope Pacyna
Paul Cervony
Marion Pascale
Terry Cullen
Bob Pietras
William Dwyer
James Reilly
Melissa Morrissey Eldredge
Rick Reimer
Bemadine Gordus
Dan Santucci
Sally Hawkins
Teresa Schaefer
Barbara Jacob
Charles Sugre
Dee Kennedy
Guy Thomas
Kelly Kennedy
Baby Kameron Walters
Greg LaValle
Mary Catherine Warren
Fr. William Mannion
Pam Wilson
Maddie Mayer
Elizabeth Witek
Vickie McNally

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

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Elizabeth Russell-Jones Welcome erussell-jones@stjohnofthecross.org
A Steward’s Creed

I believe in the gifts of God.
I am grateful for all I have been given.
These gifts are not mine to have, but mine to share.
When they are shared, my gifts will make a difference for others.
I believe that the act of giving is more important than the gift itself.
I will make giving a priority.
I will give to others because so much of what I have comes from others.
I give of who I am, what I do and what I have.
To my family, my faith, and my community, I will give of myself.
As Christ gave so much for so many, so I will give to you.
And I will be thankful for the opportunity to give.