Every Life: Cherished, Chosen, Sent

Cherished: Nothing can diminish the priceless worth of any human life.
Chosen: God creates every person for eternal union with himself.
Sent: We are called to be messengers of God’s love.

27th Sunday in Ordinary Time  Respect Life Sunday  October 7, 2018
From the Desk of Fr. Marc Reszel

Blessings
on the Twenty-seventh Sunday in Ordinary Time.

As the first weekend of October today is recognized as Respect Life Sunday and the beginning of Respect Life Month. This year’s theme is *Every Life: Cherished, Chosen, Sent*. More information on this national effort is available through the United States Conference of Catholic Bishops’ website: usccb.org.

Locally, I serve on an advisory board for *Aid for Women* to help thousands of women each year in the Chicago metropolitan area who find themselves facing unexpected and difficult pregnancies. Each woman is provided with the emotional, practical and spiritual support she needs to choose life for her unborn baby and to provide a better future for her and her children. Our life-affirming services are offered to clients free-of-charge. Learn more at: helpaidforwomen.org

When October 7 is not a Sunday it is celebrated as the Memorial of Our Lady of the Rosary; a reason that October has traditionally been associated with Mary and with this form of prayer.

Tonight, is the annual Saint Francis Dinner celebrating the ministry of deacons in the Archdiocese of Chicago. John Schopp and I will be attending. I call your attention to information regarding the diaconate found in this bulletin.

Monday is Columbus Day. Please note that the parish offices are closed for the national holiday. However, the new committee of parishioners working with the seminary in their Teaching Parish Program will have our training session that evening. Tuesday is my first formal meeting with the Parish Advisory Council. May the Holy Spirit direct all our works.

Let us continue to pray for one another and for our parish.

Fr. Marc Reszel
Pastor

August 30, 2018

Dear Fr. Vollmer,

In light of the recommendation of the Sabbatical Board, I grant your request for a sabbatical beginning October 1, 2018 and concluding December 31, 2018. Please inform the Office of the Sabbatical Board of your address during this time.

This appointment is made with the gratitude for your service in your present assignment, and with the understanding that you will return to your position as Associate Pastor at St. John of the Cross Parish.

Thank you for your fine work at St. John of the Cross Parish as well as your twenty-one years of service to the People of God. You are in my prayers, and I ask that you please keep me in yours.

Wishing you every blessing with kindness regards I remain,

Cardinal Blase Cupich
Archbishop of Chicago

Dear Parishioners,

I am very grateful for all the prayers and wishes that you extended to me as I begin my sabbatical opportunity to study spirituality. You are very important to me, and I will miss the people of our parish very much. However you will come with me in spirit and prayer as I head into the desert. To dispel rumors, I look forward to seeing you when I return as your Associate Pastor on January 1, 2019.

With gratitude,

Fr. Bill
Becoming a Deacon

The call to the diaconate, like all Christian vocations, comes from God. It is a call that may be beckoning you.

The Institute for Diaconal Studies (IDS) invites all men who feel the gentle nudge of the Holy Spirit to attend an Exploring the Diaconate session. It is a time to pray, discuss, and learn more about the discernment process and the formation program that aspirants and candidates pursue. Please join us, with your wives, if married, as we explore the potential of a vocation, engage in dialogue and pray in search of the next step. All are welcome to attend any of the sessions. No registration required.

Thursday, October 25, 7:30pm St. Albert the Great, Burbank (Vicariate V)
Sunday, November 11, 2:45pm Divine Mercy at St. Philip the Apostle, Northfield (Vicariate II)
Thursday, November 29, 7:30pm St. Thomas the Apostle, Chicago (Vicariate VI)
Tuesday, December 4, 7:30pm St. John the Evangelist, Streamwood (Vicariate I)
Tuesday, January 15, 7:30pm IDS Office, University of St. Mary of the Lake, Mundelein (Vicariate I)
Tuesday, January 22, 7:30pm St. Emily, Mount Prospect (Vicariate I)
Tuesday, February 5, 7:30pm St. Monica, Chicago (Vicariate II)
Tuesday, February 19, 7:30pm St. Aloysius, Chicago (Vicariate III)
Tuesday, March 5, 7:30pm St. Barbara, Brookfield (Vicariate IV)
Sunday, March 24, 12:45pm St. Damian, Oak Forest (Vicariate V)
Tuesday, April 2, 7:30pm Office of the Diaconate, Forest Park (Vicariate IV)
Wednesday, April 10, 7:30pm St. Barnabas, Chicago (Vicariate V)
Sunday, April 14, 2:45pm St. Henry, Chicago (Vicariate II)
Tuesday, April 30, 7:30pm IDS Office, University of St. Mary of the Lake, Mundelein (Vicariate I)

Who is a Deacon?
A deacon is an ordained minister of the Catholic Church. There are three groups, or "orders," of ordained ministers in the Church: bishops, presbyters and deacons. Deacons are ordained as a sacramental sign to the Church and to the world of Christ, who came "to serve and not to be served." The entire Church is called by Christ to serve, and the deacon, in virtue of his sacramental ordination and through his various ministries, is to be a servant in a servant-Church.

What are the “various ministries” of the Deacon?
All ordained ministers in the Church are called to functions of Word, Sacrament, and Charity, but bishops, presbyters and deacons exercise these functions in various ways. As ministers of Word, deacons proclaim the Gospel, preach, and teach in the name of the Church. As ministers of Sacrament, deacons baptize, lead the faithful in prayer, witness marriages, and conduct wake and funeral services. As ministers of Charity, deacons are leaders in identifying the needs of others, then marshaling the Church's resources to meet those needs. Deacons are also dedicated to eliminating the injustices or inequities that cause such needs. But no matter what specific functions a deacon performs, they flow from his sacramental identity. In other words, it is not only WHAT a deacon does, but WHO a deacon is, that is important. USCCB

If you would like to learn more about the diaconate, please call our pastor, Fr. Marc Reszel or Deacon Bob Puhala, bpuhala@usml.edu or 847.837.4564. Application deadline for the 2019–2020 Aspirancy Path is June 1, 2019.
Respect Life Sunday

Every Life: Cherished, Chosen, Sent

Father and maker of all, you adorn all creation with splendor and beauty, and fashion human lives in your image and likeness. Awaken in every heart reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life.

In 1531, when the indigenous peoples of Mexico were subjugated and the practice of human sacrifice was still a recent memory, the Mother of God appeared to St. Juan Diego as a pregnant native woman, now known as Our Lady of Guadalupe.

She sent him with miraculous flowers in his cloak to tell the bishop to build a church where people could receive her Son and her loving, tender care. When St. Juan Diego opened the cloak before the bishop, an image of Our Lady was revealed that remains to this day. The chapel was quickly built, millions embraced Christianity, and the Church increased its protection of the indigenous peoples.

By embracing the mission entrusted to him, St. Juan Diego helped bring Christ’s transforming love to cultures gripped by oppression and death.

Today, we again see the dignity of human life disregarded. Unborn children are destroyed through abortion, and ill people are encouraged and assisted to take their own lives. How do we respond?

The essence of our identity is that we are created in God’s image and likeness and loved by Him. Nothing can diminish the priceless worth of any human life. Every person is cherished. God creates every person for eternal union with Himself and continually invites us to embrace a loving relationship with Him. Every person is chosen. We are called to be messengers of God’s love, treating one another as cherished and chosen by Him. In doing so, we help build a culture that respects all human life. Every person is sent.

Like St. Juan Diego, let us embrace our daily mission to help others encounter God’s transforming, life-giving love.

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All are welcome to take part in the annual Life Chain TODAY! The Life Chain is a visual statement supporting the sanctity of human life where people of all ages and faiths stand in silent prayer along major streets at 90 different locations in the state of Illinois holding signs that proclaim the importance of human life. Our parish will gather at Ogden and Wolf and Ogden and Grand from 2:30-3:30pm.
Uniquely You  From your first moments of existence, you had all the DNA that would determine your sex, facial features, physique, and the color of your skin, hair, and eyes. At 24 days, your heart began beating. By 8 weeks, all your organs were present, and your unique fingerprints were forming. Ultrasounds show that by 18 weeks, you could swim, somersault, suck your thumb, and even cover your ears if you heard loud music. If you'd been born just 23 weeks after conception, your chance of survival would be 50-80 percent; by 25 weeks, it’s over 90 percent, and that’s still months before full-term birth.

Now, if someone takes an innocent person’s life after he or she is born, it’s against the law; just minutes before birth, it’s legal in most states and called abortion. The only real difference is a declaration by the United States Supreme Court in Roe v. Wade (1973).

Abortion Is Permitted Up to Full-Term Birth  Many people don’t realize how unrestricted legal abortion is, misled by Roe’s claim that states may ban abortions after viability “except when it is necessary to preserve the life or health of the mother.” (“Viability” is when the baby has a reasonable chance of survival outside the womb.) But in Roe’s companion case, Doe v. Bolton, the Court defined “health” to include “all factors—physical, emotional, psychological, familial, and the woman’s age—relevant to the wellbeing” of the mother. That seems broad enough to permit virtually any abortion post-viability. The Supreme Court, however, has yet to be confronted with a challenge to a post-viability ban that will test Doe’s breadth. Indeed, 20 states currently ban late-term abortions subject to a narrow exception for the mother’s life or physical health (not for emotional, psychological, familial, or age-related reasons). Most of these laws have gone unchallenged, but they are hard to enforce even if they are constitutionally permissible.

Effects of Abortion  Abortion results in the death of a child. For many mothers, abortion causes severe and long-lasting emotional, psychological, and spiritual trauma. Many women experience overwhelming guilt, shame, and grief. Other effects have also been documented: depression, withdrawal from others, eating disorders, self-punishing behaviors like “cutting,” sexual dysfunction and problems with intimacy, alcohol and drug dependency, problems bonding with other or subsequent children, abortion-related nightmares, and other sleep problems. Family relationships may suffer as the aborted child’s father, grandparents, or other family members experience their own guilt, grief, or loss. Even if the mother keeps her abortion secret, family members can be distressed by changes in the mother’s behavior and mental or emotional health.

What the Church Teaches  The Church has consistently taught that every human life is precious and worthy of protection. Every intentional abortion is gravely wrong. In April 2018, Pope Francis wrote: “Our defense of the innocent unborn … needs to be clear, firm and passionate, for at stake is the dignity of a human life, which is always sacred and demands love for each person, regardless of his or her stage of development.”

The Church does not approach difficult pregnancy decisions with a false “either/or” mentality, pitting mother against child. For example, a baby conceived in rape is not an aggressor deserving death by abortion. She is innocent, like her mother. They both deserve compassionate care and support, not more violence. Abortion doesn’t bring healing or peace, but both can be found in the courageous decision to give birth to the baby.

Today, many babies diagnosed prenatally with a disability are aborted. Frightened parents, unsure of their ability to care for such a child, can trust that God gave them this child for a reason. Parents raising children with disabilities often write about the unexpected joys and transformative effect on their families.

Even when the disabilities are so severe that the baby is likely to die before or soon after birth, “many parents who carried their children to term say that protecting their baby and honoring his or her natural life, no matter how brief, was profoundly healing.”

Very rarely, continuing a pregnancy may put a mother’s life at risk—for example, because of a tubal pregnancy or aggressive uterine cancer. It is morally licit to remove the threat to the mother’s life by removing the cancerous uterus or the fallopian tube where the child implanted, even though it is foreseeable that the child will die as an indirect and unintended result of such surgery. But abortion—a direct and intentional taking of a child’s life—is never morally permissible.

What Are We to Do?  Love them both! Support women who need help during and after difficult pregnancies through the work of your diocesan Respect Life office and local pregnancy care centers. Educate yourself and others about struggles some experience after abortion, and find out where to refer those seeking help at www.hopeafterabortion.org. If you feel called to support your local ministry, contact your diocesan Project Rachel Ministry office for ways you might help. Stay informed about key federal legislation and the voting records of your elected representatives by visiting www.humanlifeaction.org and www.usccb.org/prolife. Stay updated on state issues by signing up to receive information from your state Catholic conference or diocesan pro-life office. Most importantly, pray daily for the end to abortion, that all mothers and children experience the loving support of the Church community, and that all who suffer after abortion find healing and peace. USCCB
Dear God our Father, you have called all Christian families to be a sign of your love to the world. Help us to be generous with the gifts of life and love that you have showered on our family. May we share them so that our homes become true signs of unitive and fruitful love. Let us never forget to thank you each day for all that sustains us and to look to Christ, who comes to us in the events of family life, in the sacraments of the Church, and in service to the poor. In all of this, our family becomes a living expression of your Church, a hallowed home of life and love. By the power of the Holy Spirit, may all of us—spouses, parents, and children—share, as members of his Body, in Jesus’ mission to build a civilization of love. Father, we ask this in Jesus’ name. Amen.

Family Connection

Jesus’ teaching about divorce and remarriage can be challenging for many people. The Church continues to uphold the strong and positive teaching of Jesus that God intends for a man and woman to make a lifelong commitment to one another in the Sacrament of Marriage. Many of us, however, know people whose marriage has not been a lifelong commitment. The example of Jesus teaches us that we are called to act with compassion and love in our relationships with all, and especially when people are hurting because of difficulties in their relationships. Most importantly, we remember that when marriages thrive, it is a sign of God’s grace at work.

As you gather as a family, talk about what it means to make a promise or a commitment to someone. Offer examples of promises that are fairly easy to keep. Talk about examples of promises and commitments that might be more difficult to honor, like the marriage commitment that Jesus is asked about in this Gospel. Talk about how we need God to help us honor our commitment to love and care for each other. Jesus teaches that we should be like children before God, trusting God’s promise to care for us and asking for his help to keep our commitments to love and care for others. Conclude by praying together that God will give his grace to us that we may honor our commitments to one another.

Background on the Gospel

Today we continue to read from the Gospel according to Mark. For the past three Sundays, we have been hearing Mark’s reports of conversations between Jesus and his disciples. Recall that in Mark’s Gospel, Jesus uses these private moments to teach his disciples in greater detail about the Kingdom of God. Beginning with today’s Gospel, Jesus returns to Judea, Jewish territory, and resumes his public ministry. The first verse of chapter 10 of Mark’s Gospel tells us that crowds gathered around Jesus, and he taught them, as was his custom. Immediately, the Pharisees approach Jesus to test him.

The Pharisees question Jesus about the lawfulness of divorce. Under specific conditions, divorce was an accepted practice among the Jewish people during the time of Jesus. It was regulated by the Law of Moses, as found in Deuteronomy 24:1-5. This law only permits that a husband may divorce his wife if he finds her to be indecent. This is the justification that the Pharisees reference when Jesus inquires about the commandment of Moses. In reply, Jesus quotes from the Book of Genesis and counters that God’s original intention was that men and women would become one flesh in marriage. Jesus describes the teaching of Moses as a concession made to God's original intention because of human stubbornness.

In private, Jesus’ disciples question him further about this teaching on divorce. It is to his disciples that Jesus lays out the implications of his teaching by explaining that remarriage after divorce is adultery. Jesus’ teaching was more restrictive than the teaching of the Pharisees, which permitted remarriage. Jesus further distinguished his teaching from the cultural norms of his time by applying his words equally to men and women. Jewish culture permitted only that a husband may divorce his wife. Wives were not permitted to divorce their husband for any reason, including adultery.

At first glance, the final part of today’s Gospel seems unconnected to the previous teaching about divorce. When read together, however, these passages present a strong picture of Jesus’ emphasis on the importance of family. God intended for women and men to be joined together in marriage. Among the purposes of marriage is the raising of children. By welcoming children and fostering their relationship with God, parents and families bear witness to the Kingdom of God.

At the end of today’s Gospel, the people were bringing their children to Jesus, and again Jesus’ disciples show that they just don’t get it. Recall that in the Gospel for each of the past two Sundays, Jesus has taught his disciples the value and importance of these “little ones” in the Kingdom of God. Yet in today’s Gospel, the disciples try to prevent people from bringing their children to Jesus. Jesus reprimands his disciples and welcomes these children. Again Jesus offers these children as an example of the kind of complete trust and dependence upon God that ought to be the attitude of all believers.
Father and Creator,
Show us your face reflected in the faces of our brothers and sisters, especially the least, the most vulnerable, the defenseless, and those in need.
In refugee families fleeing violence or war, show us your face.
In those suffering from hunger, show us your face.
In children not yet born, show us your face.
In those enslaved by drug addiction, show us your face.
In parents who work two jobs but still struggle to get by, show us your face.
In those on death row, show us your face.
In young immigrants brought to the U.S. as children, show us your face.
In those aging and alone, show us your face.
In all faces, we know that your divine image is reflected. Help us to recognize always that image.
Help us to work together to protect the dignity of all people—each one created in your image.
Lord, in our families, communities and world shape your final work of art with the scraps of our frail humanity.
We ask this through Christ our Lord, Amen. USCCB

May we show by our words and actions that every human life is cherished and chosen.

May we build a culture of life by embracing our mission as messengers of God’s love.

Father, in Jesus our Lord, we praise and thank you for your most precious gift of human life and for forming us in your divine image. Keep us, the dwelling place of your most Holy Spirit, ever healthy in body and soul. Jesus, Divine Healer, pour your grace upon all those afflicted with illness or disease. Protect from all harm those who are vulnerable due to sickness, suffering, frailty, poverty or age, whether elderly or unborn. Holy Spirit, touch the hearts of all who serve human life in medicine and science, so they will protect the dignity of each person, from conception to natural death, and remain faithful advocates of all entrusted to their care. Grant those who are called to serve as health care providers experience renewed conviction in their ministry and increased wisdom to treat the whole person, and not merely the illness. Protect the right of health care providers to serve their patients without being forced to violate their moral and religious convictions. Guard them against discrimination, that they might be free to follow you faithfully while fulfilling their professional duties. Grant our lawmakers the wisdom and courage to uphold conscience rights for those called to the ministry of healing, and help them resist the pressure to become collaborators in the culture of death. Give us strength to be bold and joyful witnesses to the truth that every human life is sacred. In your goodness, guard our freedom to live out our faith and to follow you in all that we do. Father, we ask this in Jesus’ name, through the Holy Spirit. Amen. USCCB
Thank You Marianne Firlit

St. John of the Cross Parish extends its deep appreciation to parishioner Marianne Firlit. Over the past fifteen years Marianne has served as a volunteer pastoral staff member as Director of Adult Spirituality & Care and then as our parish Spiritual Director. From her office in the rectory or in parishioners’ homes, Marianne has listened with her heart to our joys, our losses and our challenges, helped us to see God’s presence in our lives and encouraged us in our prayer. By sharing her honest wisdom and strong faith, Marianne has touched the hearts of many, strengthening us and bringing us closer to God.

Thank you Marianne. God’s richest blessings upon you and your family as you enjoy retirement.

Parish News

Pray the Rosary
Join St. Cletus Parish on October 13 at noon to pray the rosary for our country on the 101st anniversary of the apparition of Our Lady of Fatima.

Crossroads Church League Basketball
Registration for Boys Church League Basketball is open. Church League provides a setting for high school boys to have fun, practice good sportsmanship, and build community through sports. We do our best to get every teen on a team, but because space is limited please be sure to register by or before Sunday, October 28. Church League Basketball registration can be found online at www.stjohnofthecross.org/crossroads

Prayer Shawl Ministry
All knitters are welcome to join the Prayer Shawl Ministry. Our next meeting is Wednesday, October 10 from 1-2:30pm in the Parish Center. If you know someone who is ill who would be encouraged by one of our beautiful prayer shawls call Mary at 708-246-5108 or Sheila at 708-246-7836.

New Liturgical Minister Training this Fall
Fall training sessions for new liturgical ministers will be held in church next month. New ministers should be practicing confirmed Catholics.
Communion Ministers—October 21 from 2:30-4pm
Lectors—October 28 from 2:30-4pm
Register on our parish website.

Family Fest 2019 Planning Meeting
The SJC Family Festival has been successful both at creating community and in filling deficits in the budget of our beloved parish for the last 6 years -- but it requires volunteer efforts from several hundred people to make it happen. Many parishioners have contributed their time on the days of the festival, but there is also a need to plan the details each year, and to be open to new ideas to make the Fest even more successful. Many of the Fest working committees have the ability to grow with additional participation from new faces. We are also looking to develop a new committee to drive the creation of additional activities at the Fest for small children.
If you feel a call to give the gift of your time and contribute your talents to planning efforts please come to the 2019 SJC Family Festival informational meeting on Monday, October 22 in the Parish Center at 7pm. If you cannot attend the informational meeting, give your name and contact information to the Parish Center for the SJC Fest mailbox, and someone from the planning committee will reach out to you.

SAM for Men
Saturday Oct 13 at 8:45am Parish Center
The topic for Oct 13 is Holiness is Not About Being Nice. Pre-reading link: http://www.catholicstand.com/holiness-is-not-being-nice/
Getting Your Kids Involved in Worthwhile Service Projects

Parents of young kids often ask if there are any service projects that the whole family can participate in together. Here are some starter ideas:

• There are 2 dates left for volunteers to sign up to make lunches for BEDS Plus. Go to our parish website to sign up. Your family can make 20-30 sandwich lunches for the homeless and deliver them to Ogden Avenue Supportive Housing in LaGrange.

• Go grocery shopping and pick out their healthy favorites for our food pantry collection in the narthex. Make a special trip to church to drop off your donation and explain to your children about those who live in poverty in our community and subsequent poor nutrition experienced by kids just like them.

• Bake a few batches of your favorite cookies. Package them with a ribbon. Make an appointment to visit a nearby senior living center and visit with some seniors who don’t receive guests. Drop another batch off at a neighbor’s home who might need some special attention. Drop off another batch at our police and fired departments and another at BEDS Plus in LaGrange.

• Make welcome cards for new parishioners at SJC. Drop them off at the Parish Center office for our welcome bags given to new members. Get creative with markers or paint! Call Elizabeth Russell-Jones and learn how your family can help her welcome new families at SJC after Mass on Sunday.

• Fill your wagon with rakes and leaf bags and find a neighbor in need of a fall clean-up. Or gather rags, soap and a pail and offer to wash a senior neighbor’s car.

• Make No Sew blankets for patients in RML Specialty Hospital in Hinsdale. The directions are on our parish website at www.stjohnofthecross.org/volunteer-opportunities/

• Clean out your closets. Bring coats and jackets to the Parish Center for the Women’s Club Coat Drive anytime before or on the weekend of November 3-4. All sizes needed.

• Pray a 9 day prayer novena to St. Maximilian Kolbe for the intentions of those involved with Cook County Jail and Kolbe House Jail Ministry. Send a card of completion to Kolbe House in Chicago. Read about it on our outreach website.

Share other suggestions with Bill Bright, Director of Outreach, in the Parish Center office.

Outreach News

Precious Blood Fall Fundraiser: Taco Fiesta

Join us for an outdoor Mass and Taco Lunch next Sunday, October 14 at 11:30am outdoor Mass followed by lunch. Tickets are $50 per person available at the door or online. Funds will go toward renovating a new house for community emergency housing.

Celebrating the Liturgy at St. Gall

St. Gall has invited the St. John of the Cross Parish Traditional Choir to join in the celebration of the Liturgy in Spanish. All SJC parishioners are also invited to attend. Please join us as we build community with our Sharing Parish. Sunday, October 21 at 10:30am Mass

St. Gall Parish, 5511 S. Sawyer Ave., Chicago,
The parking lot entrance is on Kedzie Avenue just south of 55th Street. Call Cathy Pesch 708-246-0432 with any questions.

Food Pantry Collection

During the month of October our donations will again be delivered to the St. Cletus Food Pantry. Listed below is basic information on the St. Cletus Food Pantry. They have asked especially for diapers and wipes and other baby items and $10 gift cards for Jewel that can be used for fresh produce and dairy. Gift cards should be brought to the Parish Center office.

St. Cletus distributes non-perishable groceries from the vestibule of their church every Thursday evening from 6-8pm. Each month food is distributed to 250 families of the working poor, who live in our community (Lyons Township). Families may come once a month. On special occasions families also received fresh produce, school supplies, cleaning supplies, laundry supplies, bread, books, Easter baskets, and grocery store vouchers for perishable items.

Please bring in-date, unopened, non-perishable items to our church narthex when you come to weekend Mass or during the week. Suggested staple items include: dry pinto beans, rice, peanut butter, jelly, pasta, pasta sauce, canned fruit, canned vegetables, canned soup, macaroni & cheese, tuna, cereal, crackers, paper goods, all sizes of diapers, cleaning products, feminine hygiene items, toilet paper, and toiletries.

_If you can't feed a hundred people, then feed just one._

MOTHER TERESA
Family caregivers do many things, and among those we give hope, compassion, love, respect and incredible amounts of time to care for our loved one. How well though do we do these same things for ourselves? The answer to that question is, "not too well."

Failing to practice self-compassion is well studied and we know that neglecting to have compassion for ourselves will take its toll on us, most often in the form of stress, depression, feelings of resentment or problems in our personal relationships, including our relationship with God.

When we show compassion towards ourselves, we are treating ourselves the same way God treats us. When we do not practice self-compassion and self-care, we suffer physically, emotionally and spiritually. The remedy is to plan for and set intentions of self-compassion, praying for the strength and courage to hold us accountable.

**What Can we do to Prevent Burnout?**

Below are ideas and tips to share and start the discussion surrounding ways to set intentions to care for and have compassion for ourselves:

- Be more aware of our personal physical, emotional and spiritual signs that we need to address with self-compassion
- Set specific self-care intentions, such as:
  - Eat healthier
  - Get regular, good night’s sleep
  - Regular exercise
  - Schedule breaks/time with friends
  - Know your limits; what things you simply cannot do and establish boundaries
  - Start/restart a daily ritual of prayer
  - Keep a daily gratitude list
  - Write in a journal
  - Go to Mass during the week

Sometimes, we may find ourselves needing a little extra help. That is where spiritual direction or talking with a professional may be helpful in order to prevent a more serious problem.

**Prayer:** Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God. For as Christ’s sufferings overflow to us, so through Christ does our encouragement also overflow.

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**Who Are the Victims?**

1 Twenty-five percent of American women and eight percent of American men will experience domestic violence at some point in their lives. Children are very often witnesses and victims themselves. This statistic does not include the vast number of unreported incidents of violence.

There is no evidence that the prevalence of domestic violence is any lower within faith communities.


**Speaker at St Cletus on**

**Tuesday, October 9 at 7:00pm**

‘Denise’s Story’ will focus on the problem of domestic violence in our community. Together, we will view a short video on domestic violence, hear the personal journey of Denise, a survivor, share in a Q&A, and learn what we can do to help others in this struggle.

**Help and Resources are Available**

Visit the information tables after Mass during the weekend of October 27-28 for information and resources. Books are also available to borrow in the Parish Center. If you or someone you know is afraid of someone they love or live with, help is available.

**Call the National Domestic Violence Hotline, 1.800.787.SAFE (7233) or**

**Pillars Community Health 708-485-5254**

Counseling and support groups are available at St John of the Cross, St Cletus, and St Francis Xavier. If you are interested in joining the SJC DVO committee, contact Steve Weigand, SJC Pastoral Associate, or Kristen Ras at kj735@hotmail.com.
Parish School News

School News: Grandparents Day!
Our early childhood and primary students invited their grandparents and special friends for an exciting opportunity to share their school. Many of the guests enjoyed working on projects with the children, learning different songs, and sharing a snack. Each year, our children look forward to this day with great anticipation.

Learn more about St. John of the Cross Parish School: www.stjohnofthecross.org/school

SJC Athletic Association Presents A Night of Comedy
Join us for a night of laughter hosted by Chicago comedian Jim Flannigan with special guest Kevin Bozeman.

Saturday, November 3 from 7-11pm School Gym
All proceeds will benefit SJC athletic programs. Tickets are $60 per person. Please bring your favorite food and beverages to share. Requests to be seated with friends are being accepted. Tables can accommodate ten people. Open seating is also available.

Please direct ticket & seating questions to: Laura Nemecek at nemecek@sjcross.org
For additional information, contact: Kevin McNamara at kevinmcnamara14@hotmail.com
YC Schedule

October 14-15  10:15am/6:15pm K-6
October 14    Adapted Catechesis 9-10am
              7th-8th grade in homes
October 21-22 10:15am/6:15pm K-6
October 21    Adapted Catechesis 9-10am
              7th-8th grade in homes
October 27    8th grade Day of the Spirit
October 30    7th grade Commitment Ceremony

Contact Janet Caschetta, Director of YC,
708-246-6760 or email at
jcaschetta@stjohnofthecross.org
with any questions.

God of the covenant, stretch your rainbow above us as a sign of your faithfulness. In the beauty of creation may we see your love written large and make a response of faith, with your help, Amen.

Fr. Greg Friedman, OFM

The best legacy children can receive from parents is faith.

YC: Excellence in Religious Education

Kindergarten parents and grandparents joined their little ones for a day learning about Noah’s Ark and God’s great promise to always be with us! They shared crafts, storytelling and fellowship! Each class also creates a prayer cloth to use on their classroom prayer table throughout the year.
Premiere Fall Programs
The Well Spirituality Center in LaGrange Park
Free for SJC Parishioners
Call the Parish Center to Register

As part of our adult formation efforts, St. John of the Cross Parish and St. Francis Xavier Parish sponsor programs at The Well throughout the year. Our sponsorship helps The Well bring many inspiring speakers to our area and allows for our parishioners to attend special programs free of charge. Listed below are the upcoming sponsored fall programs. Please register by calling the Parish Center at 708-246-4404 at least one week before each program. The Well Spirituality Center is located at 1515 Ogden Avenue in LaGrange Park. Visit their website to view more at www.csjthewell.org.

Sara Thomsen:
Concert and Sacred Universe Award
Saturday October 20 at 7pm
Sara Thomsen’s music draws us in, to the movements of what is deep within, into the humanity we all share. Join us for a concert that is sure to inspire.

Matthew Fox: Naming the Unnameable
Thursday, October 25 from 7-9pm
Do the names for God change as we mature and evolve? Theologian and author Matthew Fox will ignite our imaginations in this presentation and book signing.

Annual Parish Boy Scout Troop 117
Christmas Wreath Sale
Order your Christmas wreath, centerpieces, garland from our parish scouts by November 4. Receive free home delivery. Go to our parish website:

https://www.stjohnofthecross.org/parishlife/scouting/christmas-wreath-sale/

Job Search Assistance
Career Search and Development Boot Camp
Tuesday, October 16 from 7-9pm at our final session of Boot Camp, a panel of HR professionals will provide phone and onsite interviewing techniques. First Presbyterian Church of La Grange
Free Resume Review & More
Saturday, October 20, 9:30-11:30am. Come for a helpful 20-minute one-on-one conversation at St. Cletus Parish Center.

St. Francis Xavier Parish Invites All Women to: Women’s Career Re-Launch Program
This two part workshop is for women who would like to return to work after a career break or who are interested in a career change.
Session 1: October 10 from 7-8:30pm
Making the decision and getting started.
Learn steps and resources to help you determine your next career path. Receive guidelines on interviewing and building your network.
Session 2: November 10 from 9:30-11:30am
Workshop with experts
Learn from the experts: resume writing, LinkedIn, preparing for interviews and negotiating your offer. Register is http://bit.ly/sfxrelaunch. No cost to attend.
Both sessions at Unity Hall at SFX. Contact Mary McGovern with any questions at 708-691-6764 or mary.mcgovern@morganstanley.com.

Monday, October 8
Columbus Day - No School - Parish Center Office Closed - No Adoration

Tuesday, October 9
9:00am Tuesdays with Mary Rosary
2:30pm Christian Meditation
7:00pm HS Information Night
7:00pm PAC Meeting
7:00pm RCIA

Wednesday, October 10
9:30 AM 11:30 AM Faith Sharing Group
10:00am CCSS
12:45pm Prayer Shawl Ministry
2:30pm Christian Meditation
3:30pm Wednesday Meditation Study Group
3:45pm Cherub Choir Rehearsal
6:30pm SPRED
7:00pm Bridges Faith Sharing
7:00 pm CCSS
7:30 pm Traditional Choir Rehearsal

Thursday, October 11
8:30am Thursday Morning Study
3:45pm Youth Choir Rehearsal
6:30pm 8th Grade Parent Meeting
7:00pm Divorce and Beyond
7:00pm Communication Book Study LRC
7:30pm Contemporary Ensemble Rehearsal
7:30pm SAM Planning

Friday, October 12

Saturday, October 13
7:00am Christian Meditation
8:45am Men’s Club SAM Gathering

Sunday, October 14
10:15am YC Session
1:30pm Baptisms
6:00pm Crossroads Freshmen Experience
In a book, *12 Rules for Life – An Antidote to Chaos*, that's justifiably making waves in many circles today, Jordan Peterson shares about his own journey towards truth and meaning. Here's that story:

At one point in his life, while still young and finding his own path, he reached a stage where he felt agnostic, not just about the shallow Christianity he'd been raised on, but also about most everything else in terms of truth and trust. What really can we believe in? What's ultimately to be trusted?

Too humble to compare himself to one of the great minds in history, Rene Descartes, who, five hundred years ago, struggled with a similar agnosticism, Peterson nonetheless could not help but employ Descartes’ approach in trying to find a truth that you could not doubt. So, like Descartes, he set off in search off an “indubitable” (Descartes' term), that is, to find a premise that absolutely cannot be doubted. Descartes, as we know, found his “indubitable” in his famous dictum: *I think, therefore, I am!* Nobody can be deceived in believing that since even to be deceived would be indisputable proof that you exist. The philosophy that Descartes then built upon the indubitable premise is left for history to judge. But history doesn’t dispute the truth of his dictum.

So Peterson sets out with the same essential question: *What single thing cannot be doubted?* Is there something so evidently true that nobody can doubt it? For Peterson, it's not the fact that we think which is indisputable, it's the fact that we, all of us, suffer. That's his indubitable truth, suffering is real. That cannot be doubted: “Nihilists cannot undermine it with skepticism. Totalitarians cannot banish it. Cynics cannot escape its reality.” Suffering is real beyond all doubt.

Moreover, in Peterson’s understanding, the worst kind of suffering isn't that which is inflicted upon us by the innate contingencies of our being and our mortality, nor by the sometimes blind brutality of nature. The worst kind of suffering is the kind that one person inflicts upon another, the kind that one part of humankind inflicts upon another part, the kind we see in the atrocities of the 20th century – Hitler, Stalin, Pol Pot, and countless others responsible for the torture, rape, suffering, and death of millions.

From this indubitable premise he submits something else that too cannot be disputed: This kind of suffering isn't just real, it’s also wrong! We can all agree that this kind of suffering is not good and that there is something that is (beyond dispute) not good. And if there’s something that is not good, then there’s something that is good. His logic: “If the worst sin is the torment of others, merely for the sake of the suffering produced – then the good is whatever is diametrically opposed to that.”

What flows from this is clear: *The good is whatever stops such things from happening.* If this is true, and it is, then it is also clear as to what is good, and what is a good way of living: If the most terrible forms of suffering are produced by egotism, selfishness, untruthfulness, arrogance, greed, lust for power, willful cruelty, and insensitivity to others, then we are evidently called to the opposite: selflessness, altruism, humility, truth-telling, tenderness, and sacrificing for others.

Not incidentally, Peterson affirms all of this inside a chapter within which he highlights the importance of sacrifice, of delaying private gratification for a greater good long-range. His insight here parallels those of Rene Girard and other anthropologists who point out that the only way of stopping unconscious sacrifice to blind gods (which is what happened in the atrocities of Hitler and what happens in our own bitter slandering of others) is through self-sacrifice. Only when we accept at the cost of personal suffering our own contingencies, sin, and mortality will we stop projecting these on to others so to make them suffer in order to feel better about ourselves.

Peterson writes as an agnostic or perhaps, more accurately, as an honest analyst, an observer of humanity, who for purposes of this book prefers to keep his faith private. Fair enough. Probably wise too. No reason to impute motives. It’s where he lands that’s important, and where he lands is on very solid ground. It’s where Jesus lands in the Sermon on the Mount, it’s where the Christian churches land when they’re at their best, it’s where the great religions of the world land when they’re at their best, and it’s where humanity lands when it’s at its best.

The medieval mystic, Theresa of Avila, wrote with great depth and challenge. Her treatise on the spiritual life is now a classic and forms part of the very canon of Christian spiritual writings. In the end, she submits that during our generative years the most important question we need to challenge ourselves with is: *How can I be more helpful?* Jordan Peterson, with a logic and language that can be understood by everyone today, offers the same challenge.

*Oblate Father Ron Rolheiser*
Pray for Our Sick
Karl Andrzejewski
Julia Barnicle
Beth Beutell
Sally Bradley
Margaret Brooks
Patricia DeLong
Fr. David Dowdle
Janet Fry
Brenda Gallagher
Bill Harley
Jean Herman
Linda Hillsman
Carlotta Hoffman
Lucine Kassis
Peggy Koucky
Christine Moran
Bobbie Misiora
Andrew Nixon
Anthony Portillo
Suzanne Reecer
Betty Rosenberger
Trudy Schmitt
Kenneth Schuster
Rachael Schopp
David Sipeck
Shawn Sweeney
Don Vollmer

Mass & Reconciliation Schedule & Intentions

Living Intentions in Italics

Monday, October 8 Weekday
7:45am Edward Hoffman; Daniel Pallat; John Misantoni

Tuesday, October 9 Weekday; St. Denis; St. John Leonard
7:45am John Misantoni; John Glimco

Wednesday, October 10 Weekday
7:45am Mike Reidy; Ashley Steele

Thursday, October 11 Weekday; St. John XXIII
7:45am Tom & Kay Berger 60th Anniversary; Coretta Spalo

Friday, October 12 Weekday
7:45am Dennis Callahan; John & Joan Kravcik

Saturday, October 13 Weekday; Blessed Virgin Mary
8:00am Thomas Siragusa; Peter Shannon Jr., Our Beloved Dead

~ Confessions after Morning Mass ~
5:00pm John Fash; Edward Ciszek

Sunday, October 14 28th Sunday in Ordinary Time
7:30am Franklin Smith; Richard Smith
9:00am Irene Rooney; Patrick McNaughton
10:45am John & Joan Kravcik; William Egan
12:15pm Jerome Tesmond; Guadalupe Martinez
5:00pm George Zurowski; Frank Kane

Pray for Our Beloved Dead
Nancy Frolik, sister-in-law of Warren Frolik
Rita Kaiser, mother of Debra Kaiser Marquez

Catholic High School Information Night
SJC Parish School will be hosting a Catholic High School Fair for all parish junior high students on Tuesday, October 9 from 7-8:00pm in the school multi-purpose room. Representatives from local Catholic high schools will be available that evening and are anxious to meet 6th, 7th, and 8th grade students and parents. Also, flyers explaining the Reverend Joseph McDonnell Catholic High School Scholarship Fund will be available.

Marriage Banns
Emily Monteagudo & Joseph Crohn
Julia Champlin & Ryan DiPompeo

Rev. Marc W. Reszel, Pastor
mreszel@stjohnofthecross.org
Rev. Peter P. Galek, Assoc Pastor
pgalek@stjohnofthecross.org
Rev. William J. Vollmer, Assoc Pastor
bvollmer@stjohnofthecross.org
Rev. David P. Dowdle, Senior Priest
ddowdle@stjohnofthecross.org
Deacon John Schopp, Deacon
john.schopp@sbcglobal.net
Bill Bright, Director of Outreach
bbright@stjohnofthecross.org
Janet Caschetta, Director of YC
jcascchetta@stjohnofthecross.org
Kathleen Gorman, Principal
gorman@sjc.pvt.k12.il.us
Jessica Koch, Director of Music
jkoch@stjohnofthecross.org
MJ Martin, Director of Operations
mjmartin@stjohnofthecross.org
Katie Nicholson, Crossroads Coord
knicolson@stjohnofthecross.org
Joe Pepitone, Senior Deacon
joepepitone@comcast.net
Steven Weigand, Pastoral Assoc
sweigand@stjohnofthecross.org
708-246-4404 Parish Center
Join us for 5 Saturday morning sessions to find fun ways to bring faith into your home. Children and parents participate together in:

- Storytelling
- Music & Singing
- Games & Crafts

It's never too early to teach children about love, forgiveness, faith and how to make good choices. Our parish’s Family Style Preschool introduces those important concepts to young children while they have fun. It’s designed to engage the imagination of our youngest parishioners and to support parents of preschool children 2 1/2 years and older. We will be meeting 5 Saturday mornings from 10:45am-Noon in the Parish Center highlighting Bible stories, Christmas family traditions, Lent/Easter and how to follow Jesus. The sessions last an hour and 15 minutes. The dates are October 20, December 8, February 16, March 9, and April 27. An adult (parent or grandparent) comes with the child to play, sing, make a craft and listen to stories. In each Family Style Preschool session children create materials to take home, which strengthen the faith lives of everyone in the family!

Register for the October 20 Family Style Preschool session by October 12 by contacting the Parish Center 708-246-4404 or register online at stjohnofthecross.org. A donation of $50 covers all 5 sessions, or $10 per session.
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