You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.

Luke 10:27
Blessings on the Fifteenth Sunday of Ordinary Time.

I remember that the late newspaper columnist Sydney Harris would occasionally write about *Things I Learned En Route to Looking Up Other Things*. I respectfully borrow that idea for this weekly mid-July column.

**Why Are They Called the "Dog Days" of Summer?**

According to the on-line *Farmers’ Almanac*: The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star. In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculārēs*, or “dog days.”

Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun: July 3 to August 11.

July is the seventh month of the year in the Julian and Gregorian Calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honor of Roman general Julius Caesar, it being the month of his birth. July is National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month, National Hot Dog Month, National Ice Cream Month, and National Picnic Month.

I understand that blueberries, hot dogs, ice cream, and picnics can be seasonal; but why limit cell phone courtesy to thirty-one days?

**Special days this week:**

**July 14** - Bastille Day, Pandemonium Day, Shark Awareness Day  
**July 15** - Be a Dork Day, Cow Appreciation Day, Tapioca Pudding Day  
**July 16** - Fresh Spinach Day, World Snake Day  
**July 17** - National Hot Dog Day (annually on the third Wednesday), Peach Ice Cream Day, World Emoji Day, Yellow Pig Day  
**July 18** - National Caviar Day  
**July 19** - National Daiquiri Day, National Raspberry Cake Day  
**July 20** - National Ice Cream Soda Day, National Lollipop Day, Moon Day (50th anniversary of “…one giant leap for mankind.”)  
**July 21** - National Ice Cream Day (annually on the third Sunday), National Junk Food Day

Calendars are important. Some recognitions are more important than others.

Liturgically we are in Ordinary Time (think green). As a noun, the word *Ordinary* can refer to the local diocesan bishop. As an adjective, *Ordinary* refers to that which is counted. We are counting the Sundays until Advent.

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

Father Reszel
Spread the Word…
Invite a friend or someone you know to become Catholic and/or to receive the sacraments of Confirmation and First Eucharist.

This fall St. Francis Xavier & St. John of the Cross Parish will begin Year 3 of a collaborative RCIA process. The Rite of Christian Initiation of Adults (RCIA) is the process of spiritual and educational formation through which adults become fully initiated members in the Roman Catholic tradition.

The number one reason women and men decide to join the RCIA process is that someone they trust invited them to consider it. And we ask you or someone you know to consider the same.

For fully initiated Catholics (have received Baptism, Confirmation and First Communion), your help is greatly needed by personally inviting someone you know to consider becoming Catholic. This person may already be baptized in another Christian tradition, but has interest in or desire to enter the Catholic faith. The RCIA is also ideal for already baptized Catholics who, for whatever reason, have not been confirmed or received First Eucharist.

Contact Steve Weigand (sweigand@stjohnofthecross.org) with your questions or for more information.

O God of love, send down the power of the Holy Spirit to those who long for your grace and presence. Draw them to the saving death and resurrection of the Lord as they search for meaning and purpose in their lives. We ask this in Jesus' name. Amen.

Seasons of Hope Grief Support
6 Monday evenings beginning August 12
Sooner or later all families face the loss of a loved one and St. John of the Cross Parish is committed to helping families work through each step of the grief process. Our Seasons of Hope Support Group and the resources it provides can nurture and enrich one's faith regardless of Christian denomination. Scripture assures us that those who mourn are blessed, and that they shall be comforted. Seasons of Hope offers an opportunity to come together with the support of the faith community, so we can give voice to our unique journey, as well as find healing and spiritual growth. Weekly sessions explore topics related to the grieving process and include scripture, prayer, reflection activities and faith sharing. Seasons of Hope is centered on Jesus Christ and grounded in the healing wisdom, traditions, and practices of the Catholic Church. No fee.

New Summer Book Study:
The Universal Christ: How a Forgotten Reality Can Change Everything
6 Wednesdays beginning July 10
from 1-2:30pm in the Parish Center.
Books are available in the Parish Center $20.
Background on the Gospel

As Jesus continues his journey to Jerusalem, he is confronted by a scholar of the law who wants to test him. In the Gospels of Mark and Matthew, Jesus is asked about the greatest commandment. Here, in Luke’s Gospel, the lawyer asks what we must do to inherit eternal life. In the other two Gospels, Jesus answers the question by quoting Deuteronomy 6:5, on loving God with all your heart, and Leviticus 19:18, on loving your neighbor. Here Jesus asks the expert to answer this question, “What is written in the law?” The man is called and responds with Deuteronomy 6:5. This verse is one of the most important prayers in Judaism, and it was said twice a day in Jesus’ time. Love of God and love of neighbor are what is required for eternal life. Jesus’ response is simple, “Do this and you will live.”

Having been shown up by Jesus, the lawyer tries another question: Who is my neighbor whom I must love like myself? In the society of Jesus’ time, with its distinctions between Jews and Gentiles, men and women, clean and unclean, this was a trick question. Jesus responds with one of the most beautiful of all the parables, the Good Samaritan. It is found only in Luke’s Gospel.

The road from Jerusalem to Jericho descends 3,300 feet in just 17 miles. Its narrow passes and rocky terrain made it an easy place for bandits to wait for travelers. The traveler in this parable is identified only as “a certain man.” Luke uses this phrase in many of his parables so that the audience, Jew or Gentile, could identify with the man. After the attack, the man is left for dead, naked and bleeding on the side of the road. A priest comes along, but rather than helping, as one might expect, he moves to the other side of the road. Another religious person comes along, a Levite who assists in the Temple. His reaction is the same as the priest’s. Both of them choose to not even find out if the man is alive. A third person comes along. The listeners would probably expect him to be an Israelite. This would make the parable a criticism of the religious leadership. Instead he is a Samaritan, an Israelite’s most hated neighbor. Samaritans were descendents of Jews from the northern part of the country, who had intermarried with Gentiles and did not worship in Jerusalem. The Samaritan not only goes over to the injured man but cleans his wounds, puts him on his own animal, takes him to an inn to recover, and promises to pay all his expenses. The hated enemy is the compassionate neighbor in this parable.

Jesus has demolished all boundary expectations. It is not social definitions such as class, religion, gender, or ethnicity that determines who is our neighbor. A neighbor is a person who acts with compassion toward another. The point becomes not who deserves to be loved as I love myself, but that I become a person who treats everyone with compassion.

When Jesus asks the lawyer who was the neighbor in the story, the lawyer can’t bring himself to say it was the Samaritan. All he says is that it was “the one who treated him with mercy.” Jesus’ response was similar to that of the first discussion: “Go and do likewise.” The lawyer, and we, know what is right. The key is to do it.
Compassionate God, Father of all humanity, hear the prayers we offer. Give us eyes of faith to see all men and women as our brothers and sisters, and hearts of love to welcome them as your children. We make this prayer through Christ our Lord. Amen.

Lord Jesus Christ,
You came to bring peace and offer reconciliation. You sent your Spirit to heal the separation between people, and to reveal how it is possible for women and men to overcome their differences and celebrate their unity through your body and blood.
You revealed your Father as the Father of all people; a Father who cares for every single individual and embraces them with love and mercy.
It is that love and mercy, made manifest by your cross, that shines your light on us all, creates new life, offers a new way of living, and brings a Gospel message that is a sign of hope.
Give us the courage to live your Gospel fully even when it brings risk, to share your word vibrantly even if it leads to scorn, and to respond to others generously even when we feel like holding back.
Show us the way to live as good stewards of your presence among us, and in doing so, may we shine your light on a darkened world.
Amen.

Living the Greatest Commandment
To give is the essential function of love.
Love gives without tiring, without counting its gifts, without feeling their loss.
Love lavishes its good, gives what it possesses and after giving all spends its own self without stint, without reserve, completely, forever.
He who loves does not look to himself nor does he seek himself.
To the lover, what matters his own well-being, his pleasure, his honor, even his very life?
He is totally preoccupied with the beloved.
Let him rejoice although I suffer; let him be rich even though I be poor; let him smile although I weep...
But is it possible to suffer and to weep if the beloved is happy?
My joy is your joy; my glory is yours; my happiness, your happiness....
Love is both death and life—the most absolute death, the most blessed life.
Love is as strong as death.
But what can I give God if he is in himself eternally rich, happy, the fount of love and ocean of beatitude?
What can I give him if I receive everything from him?
If love consists in giving, how can I love you?
And if I cannot love you, how can I live?
There is one thing I can give to God, only one:
I can give him glory.
For the glory of God the universe was created; for the glory of God Christ lived and the Church exists.
To love God is to give him glory.
The motto of St. Ignatius, “For the greater glory of God,” is the supreme formula of love.

Servant of God Archbishop Martinez of Mexico City

Today’s Gospel turns our attention to one of Jesus’ most familiar stories, the Parable of the Good Samaritan. It is about living how God intended us to live: to acknowledge God’s divine love and compassion lavished upon us, and to extend that love and compassion upon others without reservation. We can find a lot of reasons for not stopping to help someone. We can talk ourselves out of being Good Samaritans. Strangers are not our responsibility, or are they? Good stewards understand that God’s mercy is a gift that must be shared, and that doing the right thing, acting as Jesus would act toward others, is the only course of action for one who lives according to the demands of the Gospel. How might you be a Good Samaritan this week? Isc
WE ARE CALLED…
By virtue of our baptism, we are called to be God’s disciples and are invited to do Christ’s work on earth. As disciples, we are granted all of the tools necessary to bring the light, hope and love of God to others.

WE ARE DISCIPLES…
Our relationship with God is strengthened through prayer. In allowing ourselves to be transformed by this relationship, we have the ability to transform—to give flesh to God in this world and help God’s kingdom come “on earth as it is in heaven.” We are asked to share our gift of faith with others and to be missionaries in the ordinariness of our everyday lives.

WE ARE GIFTED…
As God’s creation, we reflect God’s love and vision for humanity. We each are blessed with unique gifts and talents. In fact, all we have is a gift, all we are is a gift—our very life is a gift. We are asked to be responsible managers of our gifts, utilizing them in a faith-filled spirit of generosity to help fulfill God’s mission on earth.

WE ARE JUST…
We are asked to love…to be in right relationship with God, ourselves, our neighbors, and our world by giving practical expression to Gospel values and tangibly witnessing to God’s miraculous love. We have been told what is good and what God asks of us:
“To live justly, to love tenderly, to walk humbly with your God.” Micah 6:8

Archdiocese of Chicago

"We must understand that to be a disciple of Christ, to actually be one of His followers, requires not just conversion, but action, doing something to serve others." Catholic Stewardship Consultants

Watch Our Garden Grow!
Named in memory of our beloved Fr. David Dowdle, David’s Garden (located behind the Parish Center) is well on its way to producing vegetables that will be donated along with our nonperishable food and paper products to area food pantries each month. All are welcome to sign up to help us weed, water and check the garden each day. This is a terrific service project for parishioners of all ages, especially families. Go to our parish website home page to sign up to help in the garden.

Food Pantry Collection
St. Barbara’s in Brookfield is our receiving parish for the month of July. They are anxious to see us as their shelves are bare and there are lots of hungry families in the area. Please bring nonperishable food and paper products to the church narthex to help feed the hungry!

Job Opening
The Comboni Fathers of LaGrange Park would like to hire a new office manager, part-time, with the potential for full-time. Office operations, communications, special events, budget and finance, donor development/relations. Questions and resumes submitted to Fr. Chris Aleti (amadriga67@gmail.com) Job description available via e-mail.

Volunteers Needed for the Assumption Parish/Kolbe House Picnic
On Sunday, August 11 Assumption Kolbe House will be hosting a parish picnic from 1-5:30pm on parish grounds for the community and jail guards following Sunday Mass with a procession beginning at 11:30am. The day will be filled with fellowship, delicious food and games for the children. Volunteers are needed to help with:
• Running the Children’s Games, such as a water balloon toss, tug of war, face painting and a cup cake walk
• Donating homemade or store bought cupcakes for the cupcake walk game. Drop off at the Parish Center on Friday or Saturday, August 9-10 from 9am-1pm.
• Adult beer servers
• Volunteers willing to help with clean up

Call Bill Bright at the Parish Center to talk about the picnic plans and to volunteer.
Reflections from the Sidewalk

A reflection on the dignity of human life and how to protect it by Tom Grenchik, Executive Director of the USCCB Secretariat of Pro-Life Activities.

I was praying the rosary recently on the sidewalk outside of a very busy abortion center in the Washington, D.C., area, where I live. The building, a seedy-looking structure that used to be a convenience store, is located on a busy, divided thoroughfare. Three lanes of traffic head in one direction, and three lanes run the opposite direction. With a major intersection a half block away, heavy traffic often backs up at the red light. Some drivers pretend not to notice the peaceful folks praying or offering pro-life assistance to the mothers, fathers and family members heading into the abortion facility. Some drivers give encouragement, and some will occasionally shout a profanity or give a “thumbs-down.”

The sidewalk is in such a busy location, one really must tune out much of the noise to pray with any concentration for the mothers heading into the abortion facility.

During one of the green light cycles when the cars began to move again, a driver yelled out “Black lives matter!” as he sped off. As his comment sunk in, I realized that his words were both prophetic and challenging. Most of the mothers heading into the abortion facility were black. Most of the children who would die there that day were also black. Their lives have incredible significance to all of us outside the abortion facility who were offering prayers and life-affirming alternatives. To those doing business inside the abortion center, little mattered other than the money.

The abortion industry itself admits that, in the United States, the abortion rate for black women is almost five times that for white women. While every abortion is a tragedy, we should ask ourselves why black children are dying so disproportionately. Why are so many black women abandoned to, and victimized by, abortion? Why has the disproportionate rate of abortion among black women been so ignored by the media, policy makers and abortion advocates?

From the child in the womb to her strong and courageous mother, every life matters. But do I really act accordingly, as the driver proposed? Am I supporting or volunteering at my local pro-life pregnancy care center, maternity home or prenatal care program? Do I work to alleviate poverty, as many women cite lack of financial support as a reason for seeking an abortion? Am I regularly praying for those in great need? Am I working to address racial disparity in its many forms? Now, every time that I return to pray outside that abortion center, I am reminded anew that all black lives matter, and I recommit myself to ensuring their right to life.

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Only God creates
but we are called to enhance that creation.
Only God gives life
but we are called to cherish life.
Only God makes to grow
but we are called to nourish that growth.
Only God gives faith
but we are called to be signs of God for each other.
Only God gives love
but we are called to care for each other.
Only God gives hope
but we are called to give each other reason to hope.
Only God gives power
but we are called to get things going.
Only God can bring peace
but we are called to build bridges.
Only God brings happiness
but we are invited to be joyful.
Only God is the way
but we are called to show the way to others.
Only God is light
but we are called to make that light shine in the world.
Only God makes miracles happen
but we must offer our loaves and fishes.
Only God can do the impossible
but it’s up to us to do what is possible.


Run for Life 2019
5K Run & 2.2 Mile Walk
Saturday, August 3
St. John the Baptist Church in Winfield
Register at www.raceroster.com/23517
On-site registration starts at 6:30am
Race starts at 8am
Performance tees for first 100 registrants.
Pancake breakfast for all participants
Proceeds and sponsorships benefit Waterleaf Women’s Center
Read the Gospel: Luke 10:25-37

**Gospel Summary**

Jesus was tested by a lawyer who wanted to prove that he was a good person. Assuming that he knew the answer, he asked Jesus what one must do to have eternal life. Jesus coaxed from the man what was the greatest commandment: To love our neighbor as we love ourselves. But the man asked Jesus to define neighbor. Jesus explained who our neighbors are by telling the story we know as the Good Samaritan. In a land where Samaritans were despised, a man traveling on a road fell into the hands of robbers who beat and robbed him. Two people who would have been expected to stop, a Levite and a priest, actually passed the man by leaving him for dead. A Samaritan, however, stopped and tended to him, took him to a safe place and paid for his care. The point of Jesus’ story was not so much who the neighbor was but how the lawyer should have responded as a neighbor.

**Reflection for Families**

Most parents will see at least one occasion in their child's life where the child is rejected in some way. Like the Samaritan who faced much rejection from his Jewish neighbors, we can still teach our children to act compassionately even if this was not their own experience. Often the primary way we teach our children is by our own example. What do we do when someone offends us? How do our children see us react? Sometimes all we have to do is think about the last time our children rode in the car with us to be just a little embarrassed by how we react to another person's mistakes.

**Bringing the Gospel Into Your Family**

Read through your local newspaper or a news magazine to see if you can identify Good Samaritans in your community or in our country. Is there something they are doing that your family might be a part of? Either by reading something in the news or finding an opportunity in your parish bulletin, see if you can put this Gospel to work in your family this week. Rclblectionary.com

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Adults: When have you gone out of your way to help a stranger in need?
Children: Would you help a new student who needed help? Why or why not?

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**Children’s Liturgy of the Word at Sunday Mass**

Look for CLOW at the 9am Mass on Sundays during the summer months. Children in grades K through 3rd grade are dismissed after the Greeting. Led by trained parish volunteers, the children gather in the church community room to learn about the Gospel and pray together—using age appropriate materials. The kids return to you after the Prayer of the Faithful. If you would like to learn how you can be a CLOW leader call the Parish Center office.

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**Nursery Service**

Child care is offered to parents for children ages 1-5 years old during the 9am and 11am Masses. There is no fee and no need to sign up ahead of time. Bring your children to the Rectory Garden Room. The rectory is located just south of church down the sidewalk from the Mary Garden. The double glass doors face north. Just ring the bell to be buzzed in. There is no sitting on holiday weekends.
After you have read today’s bulletin share this page with your children to help them learn more about sacraments.

Finish the statements on sacraments below. To find out if your answers are correct, check for each of your answers in the word search and cross them off. Put the unused letters from the word search in order using the spaces at the bottom of the page to complete the statement about sacraments. There will be extra letters at the end of the word search.

1. The number of official sacraments. (5 letters)
2. Baptism, Confirmation, and the Eucharist are the Sacraments of _____. (10 letters)
3. We become members of Christ and part of the Church through this sacrament, and so it is the first one celebrated. (7 letters)
4. This sacrament is the high point of Christian life, and all the other sacraments are oriented toward it. (8 letters)
5. Anointing of the Sick, and Penance and Reconciliation are Sacraments of _____. (7 letters)
6. Holy Orders and Matrimony are the Sacraments at the ____ of Communion. (7 letters)
7. In a sacrament, ordinary human beings come face to face with _____. (3 letters)
8. The ____ is a sign of Christ’s presence. (6 letters)
9. The works of the Church become the presence of God in the world through the Holy _____. (6 letters)
10. Sacraments are called ____ because what happens is so profound that no words can adequately describe them. (9 letters)
11. Some sacraments are celebrated many times over a lifetime; others are celebrated only _____. (4 letters)
12. Sacraments are liturgies that use these. (7 letters)
13. ____ are sacramentals that are liturgies (public prayers) of the Church. (9 letters)
14. ____ is the saving power of Jesus Christ and God’s love for us. We encounter it most fully in the sacraments. (5 letters)

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We often hear about patron saints in the Catholic tradition, but, how do saints become patron saints of something?

With the summer travel season upon us, many Catholics will begin their journeys and pilgrimages with a prayer for the intercession and protection of St. Christopher, the traditional patron saint of travelers. St. Christopher has always been one of the most popular saints, and one of the most mysterious.

According to legend, Christopher was a tall Roman man, almost a giant. When he became a Christian, he sought out a saintly hermit to ask what to do with his life. The hermit suggested he go to a local river with a dangerous crossing and assist travelers across the swift current on his back. One day a small child asked to be carried across, and as Christopher carried him, he found him extraordinarily heavy. The child revealed himself to be Jesus Christ, who then baptized Christopher, and told him to plant his staff in the ground, where it became a fruit-bearing tree. When many people converted to Christianity because of this miracle, the local king had Christopher killed, and so he is venerated as a martyr. In Christian art and iconography, St. Christopher is depicted as a tall man, usually with a tree, branch, or staff, and carrying the Christ Child. The difficulty with the legend of St. Christopher is that all we have is legend. There is no reliable historical verification of his existence. Even his name, which means “Christ-bearer” seems mythical. And his burial place is unknown, which is unusual for a time when the graves of the martyrs were well marked and venerated.

In 1969, the Vatican removed Christopher’s feast day from the Church calendar. It never said he’s not a saint, since we don’t really have a process for such a declaration, but given his lack of historical attestation, his feast day and his cult have been suppressed.

If, while you’re traveling, you feel like a prayer to St. Christopher is appropriate, I wouldn’t worry about his status. I’m sure that in heaven there’s someone named Christopher, who would be happy to intercede for you.

The Church has a patron saint for nearly every person, group of people, situation, and occupation. These heavenly friends benefit us with their prayers of intercession, speaking, as it were, to God on our behalf. If you ask nearly any Catholic whose intercession they seek when something has gone missing, nearly all will tell you it’s St. Anthony who is responsible for the recovery of car keys and eyeglasses by the millions. But how did Anthony become the patron saint of lost articles? Legend has it that Anthony was the novice master at a friary in Montpellier, France. One of his charges was a somewhat discontented novice named Louis. When he wasn’t at prayer or teaching the novices, Anthony devoted his time to writing a book of the psalms— he had worked on it for years. One afternoon, the manuscript vanished, and Anthony searched carefully to no avail. Having no other recourse, he prayed for its recovery.

At the same time, it seems that Br. Louis, the discontented novice, had disappeared as well and had been seen leaving with a somewhat manuscript-sized parcel. Anthony, believing that Louis was much more valuable than his manuscript, prayed that Louis would find his true path in life.

The legend says that the former Br. Louis, while on his way to sell the manuscript as his own, was moved to return the stolen book and turn his life around. So, Louis went back to the friary and returned the stolen manuscript. St. Anthony became his mentor, and from that time forward Anthony’s prayers were sought whenever something was lost.

It’s a tradition that continues today. For centuries, when Catholics have lost something important—their car keys or their way in life, they’ve sought the prayers of St. Anthony.

O Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Encouraged by this thought, I implore you to obtain for me (request). O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours. Amen.
SAVE THE DATE!

LOOKING TO EXPLORE?

How does God guide us?

How can I have faith?

Why am I here?

Does God Heal?

How can I resist evil?

Is there more than this?

CONSIDER ALPHA.
WATCH FOR MORE DETAILS.

ALPHA BEGINS SEPT. 11
All of us live with some wounds, bad habits, addictions, and temperamental flaws that are so deeply engrained and long-standing that it seems like they are part of our genetic make-up. And so we tend to give in to a certain quiet despair in terms of ever being healed of them.

Experience teaches us this. There’s the realization at some point in our lives that the wounds and flaws which pull us down cannot simply be turned off like a water-tap. Willpower and good resolutions alone are not up to the task. What good is it to make a resolution never to be angry again? Our anger will invariably return. What good is it to make a resolution to give up some addictive habit, however small or big? We will soon enough again be overcome by its lure. And what good does it do to try to change some temperamental flaw we’ve inherited in our genes or inhaled in the air of our childhood? All the good resolutions and positive thinking in the world normally don’t change our make-up.

So what do we do? Just live with our wounds and flaws and the unhappiness and pettiness that this brings into our lives? Or, can we heal? How do we weed-out our weaknesses?

There are many approaches to healing: Psychology tells us that good counselling and therapy can help cure us of our wounds, flaws, and addictions. Therapy and counselling can bring us to a better self-understanding and that can help us change our behavior. But psychology also admits that this has its limitations. Knowing why we do something doesn’t always empower us to change our behavior. Sociology too has insights to contribute: There is, as Parker Palmer puts it, the therapy of a public life. Healthy interaction with family, friends, community, and church can be a wonderfully steadying thing in our lives and help take us beyond our lonely wounds and our congenital missteps.

Various Recovery (12-Step) programs also contribute something valuable: These programs are predicated on the premise that self-understanding and willpower by themselves are often powerless to actually change our behavior. A higher power is needed, and that higher power is found in ritual, communal support, radical honesty, admittance of our helplessness, and a turning over of ourselves to a Someone or Something beyond us that can do for us what we cannot do for ourselves. Recovery programs are invaluable, but they too aren’t the answer to all of our problems.

Finally, not least, there are various theories and practices of healing that ground themselves in spirituality. These range from emphasizing church-going itself as a healing, to emphasizing the sacrament of reconciliation, to recommending prayer and meditation, to counseling various ascetical practices, to sending people off to holy sites, to letting oneself be prayed-over by some group or faith-healer, to undergoing long periods of spiritual guidance under a trained director.

There’s value in all of these and perhaps the full healing of a temperamental flaw, a bad habit, an addiction, or a deep wound depends upon drawing water from each of these wells. However, beyond this simple listing, I would like to offer an insight from the great mystic, John of the Cross vis-à-vis coming to psychological, moral, and spiritual healing.

In his last book, The Living Flame of Love, John proposes a theory of, and a process for, healing. In essence, it runs this way: For John, we heal of our wounds, moral flaws, addictions, and bad habits by growing our virtues to the point where we become mature enough in our humanity so that there’s no more room left in our lives for the old behaviors that used to drag us down. In short, we get rid of the coldness, bitterness, and pettiness in our hearts by lighting inside our hearts enough warm fires to burn out the coldness and bitterness. The algebra works this way: The more we grow in maturity, generativity, and generosity, the more our old wounds, bad habits, temperamental flaws, and addictions will disappear because our deeper maturity will no longer leave room for them in our lives. Positive growth of our hearts, like a vigorous plant, eventually chokes-out the weeds. If you went to John of the Cross and asked him to help you deal with a certain bad habit in your life, his focus wouldn’t be on how to weed-out that habit. Instead the focus would be on growing your virtues: What are you doing well? What are your best qualities? What goodness in you needs to be fanned fan into fuller flame?

By growing what’s positive in us, we eventually become big-hearted enough so that there’s no room left for our former bad habits. The path to healing is to water our virtues so that these virtues themselves will be the fire that burns out the festering wounds, addictions, bad habits, and temperamental flaws that have, for far too long, plagued our lives and kept us wallowing in weakness and pettiness rather than walking in maturity, generosity, and generativity.

Ron Rolheiser
Mass Remembrances
Monday, July 15 St. Bonaventure
9:00am
Don Spiering †; Frank Berger †
Tuesday, July 16 Weekday; Our Lady of Mt. Carmel
9:00am
Lisa Ann Kraska †; Don Vollmer †
Wednesday, July 17 Weekday;
9:00am
Kristin Santoro Rahman †; William Lenzi †
Wantroba Family †
Thursday, July 18 Weekday; St. Camillus de Lellis
9:00am
Don Vollmer †
Friday, July 19 Weekday;
9:00am
John Misantoni †; Stanley Schultz †
Saturday, July 20 Weekday; St. Apollinaris;
Blessed Virgin Mary
9:00am
Grace Falco † Bee Duquette †
Evening Mass
4:00pm
Bernice and John Wisniewski †; Patricia Ann Manno †
Sunday, July 21 Sixteenth Sunday in Ordinary Time
7:30am
Don Vollmer †; Kristine Goralka †
9:00am
Jack Scriba †; Bob Rose †; Daniel Vitale †
11:00am
Maryann Scalise †; Robert Coyne †; Anita Smith †
John Devona †
5:00pm
John Misantoni †; Maureen Liston †
Living Remembrances in Italics

Prayer Requests
We Pray for Our Sick
Beth Beuttel, Helen Bouchard, Sam Cibula, Amanda Cook, Helen DiNuzzo, Fran Domanskis, Linda Dorminey, Bart Frasier, Aggie Frolik, Frank Gambala, Karen Hult, Thomas Ivaska, Don King, John Kost, Peggy Kouchy, Tom Laskey, Sophie Ann McDaniel, Bobbie Misiora, Ernie Misiora, Gail O’Toole, Blanche Terry Pepin, Jeff Reitmeier, John Ryan, Rachael Schopp, Rebecca Shannahan, Tatiana Streckett, Janet Sturges, Shawn Sweeney, Dominic Yocius
We Pray for Our Loved Ones Serving Our Country
For current funerals at SJC go to our parish website under the About Us tab.

Confessions
Saturdays after morning Mass
Eucharistic Adoration
Mondays 2:30-8:45pm
Except Holidays
Christian Meditation
Mondays 10:30am (11th Step), Tuesdays 7:30pm, Wednesdays 2:30pm, Saturdays 8:00am
St. John of the Cross Parish Center
5005 Wolf Road
Western Springs, IL 60558
708-246-4404
Parish Center Summer Office Hours
Monday-Thursday 9:00am-8:00pm
Fridays 9:00am-4:00pm
Weekends 8:00am-1:00pm
Parish School Office
708-246-4454
Youth Catechesis Office

Honor a loved one (deceased or living) with a Mass Remembrance. The person’s name will be printed in the Sunday bulletin, mentioned at Mass, and a card will be given to you or sent to the person you designate. The cost is $10 per Mass Remembrance. Call or stop in the Parish Center office for Mass Remembrances in 2019 and 2020.
Sign Up to Receive our Weekly Newsletter and Bulletin: info@stjohnofthecross.org
Low gluten hosts are available by contacting a Sacristan before Mass in the sacristy.
Childcare is available during the Sunday 9:00am and 11am Masses in the Rectory Garden Room. No sitting on September 1.
Back to School Collection for the St. Gall Community

Help children at St. Gall and the surrounding community get ready for school!

DONATE

New school supplies can be dropped off in the marked boxes in the church narthex or the Parish Center lobby. Please drop off the supplies by Sunday, August 11. Items needed include:

- Backpacks ($5 backpacks purchased at Five Below are perfect)
- Pencil bags/boxes*
- Pens (black, blue, and red)
- Pencils
- Scissors*
- Crayons*
- Glue (stick and bottle)*
- Erasers*
- Colored pencils*
- Colored markers*
- Rulers
- Notebook paper (wide or college rule)

* Most Needed

Shop at Five Below in Countryside on July 27-28 or August 3-4 and SJC will receive 10% back to buy more school supplies! Simply print the coupon from our parish website.

VOLUNTEER

Sort the donations on Tuesday, August 13 at 7pm

Volunteer on the day of the event: Wednesday, August 14 from 8am-1pm

Adults, teens, families, and Confirmation candidates (with a parent or adult) are needed to set up, unload and organize food and school supplies, distribute, assist the elderly, and help clean up. Volunteers will carpool from the SJC parking lot at 7:30am and arrive at St. Gall for the volunteer sign-in and setup by 8:00am.

Sign up to volunteer on our parish website home page.