



# Saint Alphonsus

ROMAN CATHOLIC CHURCH

JANUARY 28, 2024: THE FOURTH SUNDAY IN ORDINARY TIME



Catholic Schools  
United in Faith and Community

AACA  
ALPHONSUS ACADEMY  
& Center for the Arts



WE ARE A PROUD  
CATHOLIC SCHOOL

Share why you love Catholic Schools on  
social media using #CSW2024

*The people were  
astonished at his  
teaching,  
for he taught them  
as one having  
authority and not  
as the scribes.  
(Mk 1:22)*

## LITURGY SCHEDULE

### Mass Schedule

**Mon, Tue, Thur, Fri, Sat** 8:30 AM  
**Wed** 6:00 PM  
**Sunday** 9 AM, 11 AM, 12:30 (Spanish)  
and 5 PM

**Alphonse Academy & Center For the Arts**  
**Friday** 8:30 AM or as announced

### Eucharistic Adoration

**Wednesday** 6:30—7:30 PM

### Confessions

**Wednesday** 6:30—7:30 PM  
**Saturday** 11:00—12:00 PM

*\*Or call one of the priests for an appointment*

# Worship

## This Week's Readings

Sunday: Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 (8)/1 Cor 7:32-35/Mk 1:21-28  
 Monday: 2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5, 6-7/Mk 5:1-20  
 Tuesday: 2 Sm 18:9-10, 14b, 24-25a, 30-19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43  
 Wednesday: 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6  
 Thursday: 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13  
 Friday: Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/Lk 2:22-40 or 2:22-32  
 Saturday: 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34  
 Next Sunday: Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 (see 3a)/1 Cor 9:16-19, 22-23/Mk 1:29-39

Left QR code for GiveCentral

Right QR code for Venmo

## Giving Update

Weekly Budget Amount: \$14,890  
 Offertory for 1/21: \$11,879

Please remember to help the poor. Donations to the poor box in the narthex go to our St. Vincent DePaul Society.

## Please Pray for the Sick

Dorothy Bonds	Michael and Elizabeth Velten	Tracy Duda
Jamie Wallett	Fidel Mercado Chavez	Jacob Duda
Monica Alexis Rios	David Birks	Dorothy O'Brien
Margaret Nichols	Celeste Soutl	Ryan Meadow
Tessa Sergent	Magdalena Gonzalez	Danny Browder
Diane Mareci	Michael Aldape	Carol Kania
William Ahearn	Janet Horvat	Leslie Salimi
Emilia Hurtado	Frank G. Bauer	Jason Jamero
	Al Corleone	



## Welcome Our Recently Baptized

Cameron Cooper Knust  
 Michael Robert Lischke  
 Riley Ann Ording

### Eucharistic Adoration: A Source for Peace:

Sometimes our weeks can be quite hectic, making it hard to find quiet time to pray. If this sounds familiar, join us for Mass on Wednesdays at 6 PM, followed by Eucharistic Adoration from 6:30-7:30 PM. This can be a great way to re-center yourself in God and experience the peace that only Christ can give.

### Wednesday Evening Men's Vespers

Men of the parish are invited to attend our Communio prayer group each Wednesday from 8:15 PM-9:00 PM in the rectory chapel (come to the rectory side door). It's a great way to take your spiritual life a step further as we enrich our knowledge of the faith, encourage each other in life's challenges, and grow in fortitude together. We chant the Liturgy of the Hours and share reflections on the upcoming Sunday gospel reading, followed by a social with refreshments, fellowship, and conversation. All men of the parish are invited. Questions or more info, contact James Morrow, [jemseoul@hotmail.com](mailto:jemseoul@hotmail.com)

## MASS INTENTIONS

### Sunday, January 28

9:00 AM +Kathleen Golden Weiss  
 11:00 AM +Erlinda Alban  
 12:30 PM +Manuel & Mario Naula  
 5:00 PM +Ceneca T. Perez

### Monday, January 29

8:30 AM The People of St. Alphonsus

### Tuesday, January 30

8:30 AM Lynn Ray

### Wednesday, January 31

6:00 PM Jeff Graham (Birthday Blessings)

### Thursday, February 1

8:30 AM +Chris Wiltzius

### Friday, February 2

8:30 AM Justin Pellino

### Saturday, February 3

8:30 AM Helen Ely (Birthday & Health Blessings)

### Sunday, February 4

9:00 AM +Lisa Reynolds Grant  
 11:00 AM +Alan Thiel  
 12:30 PM The People of St. Alphonsus  
 5:00 PM +Nikke Jenkinson

## Ash Wednesday Schedule

- 7:00 AM Service, with distribution of ashes (English)
- 8:30 AM Mass w/ AACCA
- 12:00 PM Service, with distribution of ashes (English)
- 3:30 PM Service, with distribution of ashes (English)
- 6:00 PM Mass (Español)
- 7:00 PM Mass (English)

## Ash Wednesday is February 14!



There are traditional practices for Lent which help us to engage in the penitential nature of the season.

**Fasting** All adults from the age of 18 until their 59th birthday are asked to fast on Ash Wednesday and Good Friday. This means eating only one full meal that day. One can eat at two other times, but the total food should not equal a full meal. This does not apply to those who are ill, pregnant or nursing.

## News and Events

### Eucharistic Ministers of Holy Communion



Our parish is in need of faithful Eucharistic Ministers of Holy Communion. EMHC's should be fully initiated and practicing Catholics

having received baptism, confirmation, and first Eucharist. If you would like to volunteer for this important ministry at Mass, please contact Harvey Levin, [harveylevin@rcn.com](mailto:harveylevin@rcn.com)

### Baptisms at St. Alphonsus



Baptism is a fundamental sacrament for Christians. It is a sacrament of initiation that unites us to Christ's mystical body, incorporates us into the Church, and marks the beginning of the Christian journey. Without baptism we cannot participate in the full sacramental life of the Church. In

the sacraments we concretely and most visibly encounter God's grace—life reunited with life.

If you are interested in having your child baptized at St. Alphonsus, please contact Kathryn Kibler at [kkibler@stalphonsuschicago.church](mailto:kkibler@stalphonsuschicago.church)

For adult baptisms, contact Brooks Robinson at [brobinson@stalphonsuschicago.church](mailto:brobinson@stalphonsuschicago.church)

### St. Alphonsus Men's Group

St. Alphonsus Men's Group meets Thursday nights to pray the liturgy of the hours, have fellowship, and to propose challenging topics to discuss.

When great conversations happen, synergy that creates connections and helps values be shared develops. *Proverbs 27:17* describes this as two iron tools being sharpened and made more effective. The same applies with friends coming into contact, sharpening and encouraging each other to greater service.

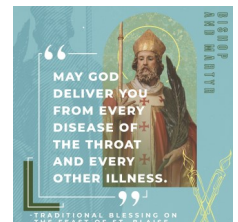
### Weddings at St. Alphonsus

The love between two people is a gift from God. The commitment you make to be together for the rest of your lives is sealed before the community and God during the celebration of the Sacrament of Marriage. If you are recently engaged and planning to get married (either at St. Alphonsus Church or out of town) please review the Marriage page on our website and reach out to Kathryn at [kkibler@stalphonsuschicago.church](mailto:kkibler@stalphonsuschicago.church)



### Blessing of Throats

Saturday, February 3, is the Feast of St. Blaise, patron Saint of candle makers and ailments of the throat. In honor of St. Blaise and his Feast Day, we will be offering blessings of the throat after all Masses on Sunday, February 4.



*Through the intercession of St. Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

We meet every Thursday night at 7 PM in the rectory. Food and drinks provided. All men are welcome, with most men being in their 20s and 30s. Access can be gained at the west facing rectory door in the parking lot. **Men's Group Holy Hour in Church this Friday, Feb. 2 at 7:30 PM**

For questions or more information, contact Men's Group at our email, [divineofficers@gmail.com](mailto:divineofficers@gmail.com)

***"Come to me all you are labored and burdened and I will give you rest" Matthew 11:28***

FOURTH SUNDAY IN ORDINARY TIME

*experience the* **ALPHONSUS  
DIFFERENCE**

**WE OFFER A SMALL SCHOOL FEEL WITH BIG CITY RESOURCES.**

**OUR COMMITMENT TO ACADEMIC EXCELLENCE AND A STRONG CATHOLIC FOUNDATION IS ENRICHED THROUGH AN ARTS-INTEGRATED CURRICULUM AND SUPPORTED BY A COMPASSIONATE, CREATIVE FACULTY.**



Founded in 1906, Alphonsus Academy is steeped in the Catholic tradition and a community landmark in Lakeview



Spirit of continuous improvement, collaboration, and inclusivity throughout the faculty—over half of whom hold Master's degrees and have worked at AACA 5+ years



National Blue Ribbon School, awarded in 2019 for academic and instructional excellence



Very low student to teacher ratio with team of 3 full time learning specialist and guidance counselors dedicated to student success



Enrollment of approximately 500 students between our Tots Program (2 year olds) and Preschool to 8th Grade



Arts-integrated curriculum fosters creativity and a lifelong love of learning with ample experience and opportunities to explore



Active, welcoming environment for families eager to educate their children and engage in community

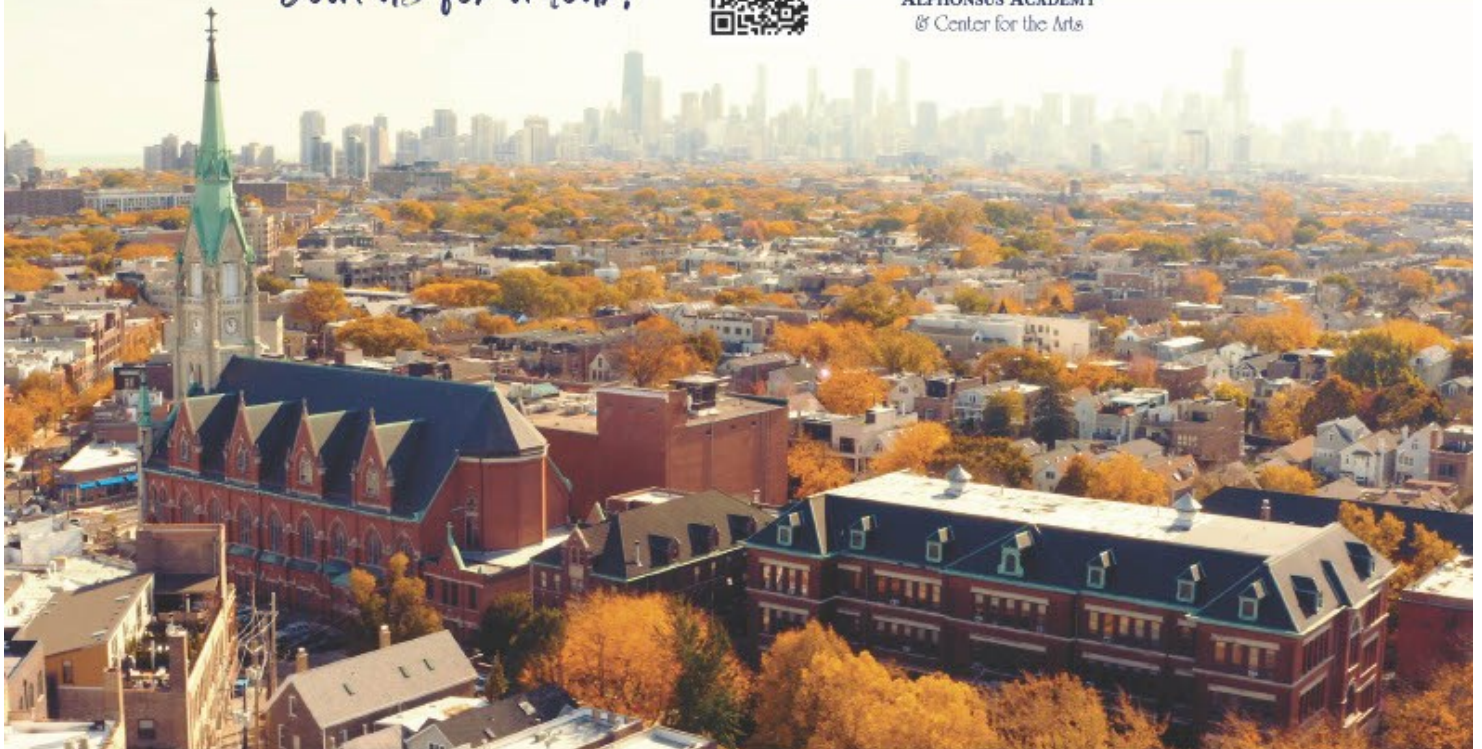


Dynamic specials program including Spanish, visual/performing arts, physical education, and extracurricular enrichment opportunities

*Join us for a tour!*



**AACA**  
ALPHONSUS ACADEMY  
& Center for the Arts



# AACA— Catholic Schools Week

## Catholic Schools Week/ Family Mass Live Ice Sculpting!



St. Alphonsus strongly supports our wonderful Alphonsus Academy & Center for the Arts school and our community families! National Catholic Schools Week is the annual celebration of Catholic education in the United States. It starts the last Sunday in January and runs all week, which in 2024 is January 28 – February 3. The theme for National Catholic Schools Week 2024 is “**United In Faith and Community**”. Schools typically observe the annual celebration week with Masses, open houses and other activities for students, families, parishioners, and community members. Through these events, schools focus on the value Catholic education provides to young people and its contributions to our church, our communities, and our nation.

This Sunday our parish has a special “**Family Mass**” at 9 AM to kick-off Catholic Schools Week. AACA students will serve as greeters and readers, bring up the gifts, and the children’s choir will perform. Interested in sending your children to AACA and would like a school tour? Contact Madeleine Durkin, Director of Admissions, [mdurkin@alphonsusacademy.org](mailto:mdurkin@alphonsusacademy.org)

After the 11 AM Mass this Sunday, thanks to our friends at Lakeview Roscoe Village Chamber of Commerce, worshippers will be treated to a **special Ice Sculpting exhibition starting at 12:00 PM until 2:00 PM** outside of church. The event is free to attend, with one block of ice carved per hour. Complimentary food and beverages to help keep attendees warm! With music, food and winter fun, this is a great event for the whole family!

This Sunday, January 28, there will be a give back event at Crosby’s Kitchen, 3455 N. Southport, from 4-9 PM (10% of each bill goes back to AACA and it’s just up Southport!)



## a dozen reasons to choose Catholic Schools



For the many sisters, brothers, priests, and laypeople who have dedicated their lives in service to our Catholic schools over the years, we pray to the Lord:  
*Lord Hear Our Prayer*

For the teachers and administrators who sustain our schools and religious ed programs today, we pray to the Lord:  
*Lord Hear Our Prayer*

For our school community: that we would serve others in all that we do, and work together to love others as Christ loved us, we pray to the Lord:  
*Lord Hear Our Prayer*

For our parents who have given support and witness to the importance of Catholic education in their daily lives, we pray to the Lord:  
*Lord Hear Our Prayer*

For the students who work hard to further their education, we pray to the Lord:  
*Lord Hear Our Prayer*

In thanksgiving for all the blessings in our lives, especially our families, friends, and school community, we pray to the Lord:  
*Lord Hear Our Prayer*

ARCHDIOCESE OF CHICAGO



## URGENT SCHOLARSHIP HELP NEEDED for Catholic Schools

Please make a gift to safeguard the future of Catholic education.



With the sunset of the Invest in Kids Tax Credit Scholarship program, thousands of Catholic school families cannot keep their children in school.

Thankfully, supporting scholarships has never been easier. Please visit [archchicago.org/scholarships](http://archchicago.org/scholarships) to make an online gift to any school in the Archdiocese of Chicago.



# ART & SOUL

Saturday, February 24, 2024



## Art & Soul 2024

Art & Soul is Saturday, February 24. This wonderful soiree brings together 350+ guests and generates support for our Alphonsus Academy & Center for the Arts school through sponsorships, tickets, and exciting silent and live auctions. It is our parish school's most successful fundraiser and ensures a quality education for our 500 students.

Ticket and table sales are live at [e.givesmart.com/events/A2J/](http://e.givesmart.com/events/A2J/) We are also seeking volunteers and donations to our auction. Successful packages in the past have included vacation stays, ticketed experiences (sporting events, concerts), bourbon and wine priced \$30+, and gift certificates.

If you would like to join our planning team or have any questions, please email Assistant Principal, Angela Kladis, [akladis@alphonsusacademy.org](mailto:akladis@alphonsusacademy.org)

## Stewardship—First Fruits



FIRST FRUITS  
time talent treasure



We invite all parishioners who want to participate in online giving to do so by enrolling through GiveCentral and setting up your donation via the First Fruits campaign (weekly Mass offering).

A huge thank you to those that are already giving online. Please consider making St. Alphonsus an extension of your home and family when contributing.

Sign up at [www.givecentral.org/location/39](http://www.givecentral.org/location/39)  
You can also text Sunday to (773) 570-7600

### Stewardship Reflection

*"Brothers and sisters: I should like you to be free of anxieties." - 1 Corinthians 7:32*

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

### Sunday, January 28— Support the Collection for the Church in Latin America!

Comparta Fe



Apoye la Iglesia en América Latina  
[uscbb.org/latin-america](http://uscbb.org/latin-america)

This weekend, we take up the Collection for the Church in Latin America! Many people in Latin America and the Caribbean do not have access to Church programs and ministries because of a rising secular culture, rugged rural terrain, and a shortage of ministers. Your generosity enables our brothers and sisters in Latin America and the Caribbean to share in the life of the Church and grow closer to Christ. Please be generous in the special collection! To learn more about how your gifts make a difference, visit [www.usccb.org/latin-america](http://www.usccb.org/latin-america)

# Young Adult Ministry

The Young Adult Ministry (YAM) is one of St. Alphonsus' most active parish groups! YAM is led by a volunteer board and is guided by Pastoral Associate, Brooks Robinson. Stated simply, the ministry's mission is to help one another participate in Christ's mission, that we, as young adult Catholics, may be effective disciples, evangelists, and agents of charity in all that we do. YAM provides many social, intellectual, service, and spiritual opportunities for growth.

Visit the St. Alphonsus YAM Facebook page, [www.facebook.com/AlphonsusYoungAdult](http://www.facebook.com/AlphonsusYoungAdult) or contact the YAM board at [stalphonsusyam@gmail.com](mailto:stalphonsusyam@gmail.com)

## Eucharistic Revival Retreat in February

The Eucharist is the "source and summit of the Christian Life" (Catechism of the Catholic Church 1324) and the Catholic Church teaches that the bread and wine we bring to the altar are transformed into Christ's body and blood. And yet, in an age when we seem to need Christ more and more every day, barely 31% of American Catholics believe in the real presence of Christ in the Eucharist. Last year, the bishops of the United States initiated a Eucharistic Revival movement to encourage the faithful to rekindle a relationship with Christ.

As part of this movement, we are excited to announce our retreat early this year. On **February 24th**, everyone 18-39 years old is invited to join us at St. Alphonsus for a half day retreat focusing on the Eucharist and our relationship with Christ. This event will kick off at 9AM and end at 1PM. We will be joined by Fr. Derek Ho, who will offer talks on the Eucharist and lead us in small group discussions. Additionally, confession and adoration before the Blessed Sacrament will be available.

The cost to attend this event will be \$15/person. Coffee and Bagels will be available in the morning with light food available throughout the retreat. We ask that you sign up in advance so we can get an accurate count of attendees. Please register at our parish GiveCentral event page at [www.givecentral.org/location/39/event/39058](http://www.givecentral.org/location/39/event/39058)



## Sippin Social Happy Hour



Join us after the 5 PM Mass **this Sunday, January 28th** for some drinks, light snacks, and socialization in the rectory common room on the second

floor. Find some of us in the back of church after Mass and we'll head upstairs together.

## Philosophy Forum

Join us on Tuesdays in the St. Alphonsus rectory for weekly philosophy discussions and digging deeper into the greatest thinkers of all time. Head to our web page for more information:

[www.stalphonsusphilosophy.com](http://www.stalphonsusphilosophy.com)

## More Young Adult News and Events



**YOUNG CATHOLIC PROFESSIONALS**  
*Working in Witness for Christ™*

Young Catholic Professionals Chicago will have their next Executive Panel

Discussion on **Tuesday, February 6** at St. Bonaventure Oratory, 1641 W. Diversey Pkwy. The topic will be **Working at Love and Loving at Work**. Executive Panel Discussions are events promoting focused conversation about living virtuously in the workplace. Four panelists will lead the discussion on the virtue of love and what it means to practice it in daily life. YCP Members receive FREE admission. Cost for non-YCP Members: \$10  
RSVP at [ycp.glueup.com/event/yep-chicago-2024-epd-working-at-love-and-loving-at-work-93683/](http://ycp.glueup.com/event/yep-chicago-2024-epd-working-at-love-and-loving-at-work-93683/)

Calling all volleyball players! St. Alphonsus will be hosting **Catholic Sports League's annual volleyball league on Thursdays at 7:30 PM starting Feb 22 through April 18!**

No games during Holy Week, but the rest of the weeks will be filled with some good old fashioned (and friendly!) competition!

Eight weeks of fun indoor volleyball! Registration is only \$60 until February 1. Sign up now at [www.catholicsportsleagues.com](http://www.catholicsportsleagues.com)



# How to Pray: The Rosary

"The Rosary is a prayer that always accompanies me; it is also the prayer of the ordinary people and the saints ... it is a prayer from my heart."

POPE FRANCIS

The Rosary is a meditative prayer comprised of five decades. In this devotion, we walk with Mary and Jesus through the Joyful, Sorrowful, Luminous, and Glorious Mysteries of Christ's life to meditate on God's love for us.

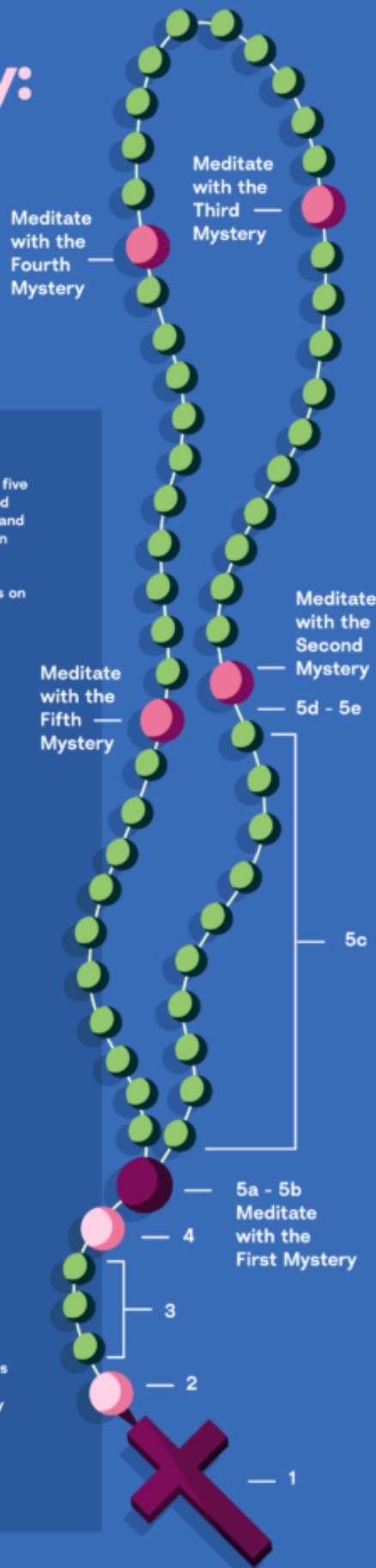
The Church traditionally prays certain mysteries on certain days of the week, as follows:

MON	TUES	WED	THURS	FRI	SAT	SUN
Joyful	Sorrowful	Glorious	Luminous	Sorrowful	Joyful	Glorious

## STEPS TO PRAYER USING ROSARY BEADS

- On the crucifix - Pray the Apostles' Creed
- On the first bead - Say an Our Father
- Next three beads - Say a Hail Mary
- Pray a Glory Be
- Pray the first decade
  - Announce the mystery
  - Large bead - Pray an Our Father
  - 10 small beads - Say 10 Hail Marys
  - After each decade - Say a Glory Be
  - Pray the Fatima Prayer

*O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*
- Repeat this pattern for the remaining decades
- After the 5 decades, conclude with "Hail, Holy Queen."
- Close with prayer and the Sign of the Cross.



## Why Register at a Parish?

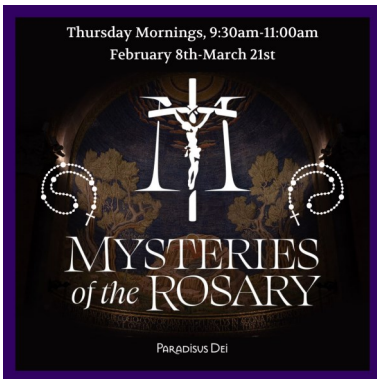
- It is a sign of commitment and support to the life of a parish community and indicates willingness to belong to our parish family.
- Our Parish Staff will have the basic information needed to communicate with individual families, especially in times of emergency.
- Every Catholic needs to have their sacramental information documented. Copies of one's Baptismal, First Communion, and Marriage records are required at various times in our life.
- Families that enroll their children in our Parish School or Religious Education program should be registered and active in the parish, especially if they intend to have their children receive the Sacraments.
- Families are able to receive important information about the parish that often comes through direct mailing.
- For Godparents, it is required to provide information stating active parish registration, practice of faith and ongoing support to the overall life of the parish.



# Faith Formation

## Mysteries of the Rosary— The Sorrowful Mysteries Lenten Study

Thursday Mornings, Feb. 8— Mar. 21, 9:30 AM-11:00 AM, in the Rectory



Enter into the Mysteries of Christ and Rediscover the Power of the Rosary!

This Lent, join us for a 7 Week Series, diving deeper into each Sorrowful Mystery and the power of this spiritual weapon for our times.

Never prayed the Rosary? No problem! We'll teach you how to pray it step by step.

Pray the Rosary all the time? Perfect! This series will help you to meditate more deeply on the life of Christ.

Filmed on location in the Holy Land, this series will make the Rosary come alive in your heart and mind.

Join us for one session or come to all! No homework or outside reading. Simply show up as you are and receive.

Questions? Email Emily at [ember@stalphonsusichicago.church](mailto:ember@stalphonsusichicago.church) for more info.

**“Give me an army saying the Rosary  
and I will conquer the world.”**

~Blessed Pope Pius IX

## Parent Formation Class

Tuesday, February 6 at 6:30 PM in Festival Hall (Church Basement)



Do you ever feel like it's almost impossible to raise holy kids who love God (and sit still in Mass!) in our modern world? **You're not alone.**

**God has chosen YOU and He has given you a special mission: to be a parent!**

Join us for our first Parent Formation Class to share snacks and stories and to hear the advice and struggles of other parents who are trying to raise faithful kids just like you.

The Lord has entrusted to you the gift of one or many little souls, and He will give you everything you need to raise them so that your entire family may become saints. **Join us and feel more equipped to fulfill your mission!**

## Walking with Purpose

Women's Group— Tuesday mornings and evenings

9:30-11 AM or 6:30-8 PM

**Come as you are. You are welcome here. Make authentic connections with other women! Refuel and Refresh! Learn more about God!**



The **Touching the Divine** Bible study focuses on qualities of Jesus revealed through the Gospel of John. This study draws us into a deeper loving relationship with Jesus as we reflect on His life and personality.

Saint John referred to himself as “the disciple whom Jesus loved,” and as we study, John will teach is how much Jesus loves us and how His love is the true satisfaction of our souls.

Questions? Contact Susan Combes at [smbcombes51@gmail.com](mailto:smbcombes51@gmail.com)

**Our group is on a short break and will meet again starting February 6!**

# Gospel Reflection

In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” — M k 1 : 2 3 - 2 5

## The Subtleties of Grace

It’s interesting to note that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit.

This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good.

But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken. So it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good.

This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they

had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness.

In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways.

Reflect, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path.

*Lord of all holiness, please continue to draw me into the life of perfection. Help me to grow in every virtue and to continually be aware of every gift of grace I am given. Please help me, especially, to be attentive to every small and subtle grace and to respond to those graces with a truly open and grateful heart. Jesus, I trust in You!*

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## Our Narthex is Designed for Children and Parents

Did you know that we designed the narthex for the convenience of young families? We know that it can be difficult to take a young child to Mass. We applaud the effort you make! If you feel the need to take your child out of the church, please feel welcome to bring him or her to the narthex. The glass wall and speakers enable you to still see and hear the Mass while you soothe your child.

# Youth Free Throw Competition

All boys and girls ages 9 to 14 are invited to participate in the local level for the 7th annual Free Throw Championship sponsored by the St. Alphonsus Knights of Columbus. The local competition will be held on **Sunday, February 18, 2024 in the St. Alphonsus parish gym starting at 1:00 PM.**

Sign-up at [stalphonsusknights.com/freethrow/](http://stalphonsusknights.com/freethrow/) You can also click on the logo on the St. Alphonsus website.

Volunteers Needed! To volunteer, please contact Logan at [lcobell@gmail.com](mailto:lcobell@gmail.com)

## **COMPETITION FORMAT:**

Each contestant receives three warm-up tosses followed by 15 consecutive Free Throw attempts from the appropriate age-designated foul line. To break a tie, contestants take a second round of five free throws. No warm-up tosses are permitted for the tie-breaker rounds. Successive rounds of five free throws each continue until a winner emerges.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district and state competitions. All boys and girls 9 to 14 years old are eligible to participate and will compete in their respective age divisions.

The Knights of Columbus is an international Catholic family fraternal service organization with 1.9 million members in 17,000 local councils. Last year, Knights donated over 70 million volunteer hours and \$170 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, culture of life, families and youth.

**FREE THROW  
CHAMPIONSHIP**



## **RULES:**

- All children must be pre-registered in order to compete.
- ONLY GYM SHOES are allowed in the gym, no marking shoes are permitted.
- VIRTUS trained adults will be on staff to run the event
- No food or drink allowed on basketball court.

# Safe Families for Children

## Safe Families for Children New Volunteer Training

Saturday Feb 24th | 8:30am-1pm

St. Alphonsus Rectory | 1429 W Wellington Ave

Training covers "Host Family" and "Family Friend" volunteer roles.

**FREE breakfast & lunch  
included!**

Please join us for New Volunteer Training on Saturday, February 24th here at St. Alphonsus! FREE light breakfast and lunch included! RSVP at [www.eventbrite.com/e/safe-families-illinois-training-fingerprinting-tickets-800086639677](http://www.eventbrite.com/e/safe-families-illinois-training-fingerprinting-tickets-800086639677)

Volunteer roles covered in training:

- "Host Family" - host local children in your home for short periods of time
- "Family Friend" - provide volunteer babysitting or transportation for host families and local families in crisis situations

Safe Families for Children is a national, Christian nonprofit which connects local families in crisis with "safe families" who volunteer to watch their children while parent(s) get back on their feet. This is a great opportunity to show Christ's love and compassion for local families, often young

single moms with no support system, in a tangible and meaningful way. For questions, please reach out to us at [safefamiliesstals@gmail.com](mailto:safefamiliesstals@gmail.com)

## Helpful Household Hints by Harvey Levin

The reason why your eyes tear when cutting onions is because a chemical is released from the onion cells which is an irritant to your eyes. Here are some tips to decrease these irritants. Chill the onions in the refrigerator or the freezer for a few minutes. Use a fan in the kitchen to blow away the irritant. Cut under water. (In the sink, not in the shower.) Use a very sharp knife. It will break less onion cells.

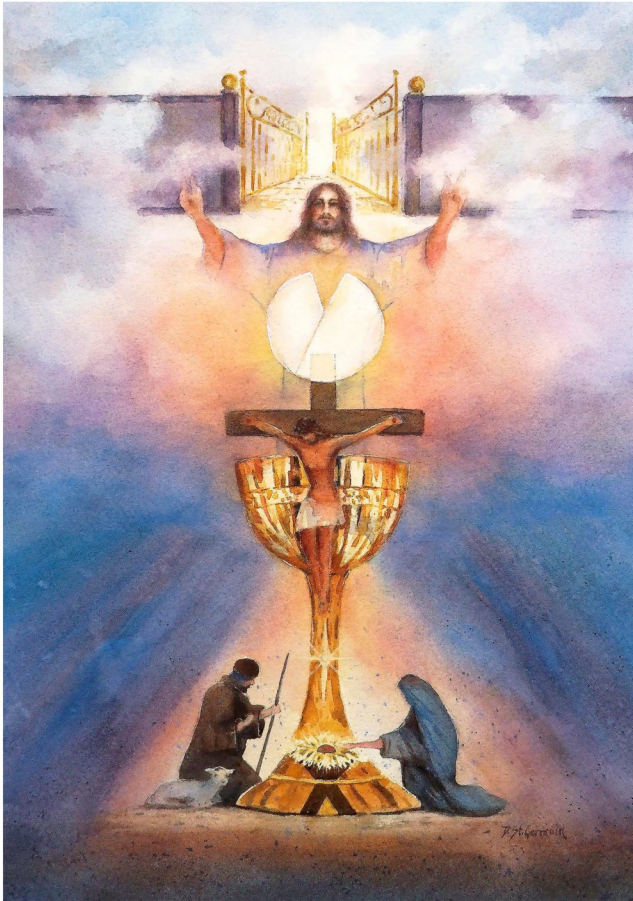
FOURTH SUNDAY IN ORDINARY TIME



**“This supernatural bread and this consecrated chalice are for the health and salvation of mankind.”**



**St. Maximilian Kolbe**



*“The Eucharist: The True Presence of Jesus Christ”  
by Diane C. St. Germain  
[www.dianestgermain.com](http://www.dianestgermain.com)*

## **How did Christ institute the Holy Eucharist?**

During the Last Supper, “He took bread, blessed and broke it, and giving it to His apostles, said: “Take this, all of you, and eat of it, for **this is My Body, which will be given up for you.**” Then He took a cup of wine, blessed it, and giving it to them, said: “Take this, all of you, and drink from it, for **this is the chalice of My Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins...Do this in memory of Me.**” (Baltimore Catechism #346)

Do those words sound familiar to you? Those are the same words that the priest says during Mass! The priest does the same thing at the consecration that Jesus did during the Last Supper. By the words of Christ and the invocation of the Holy Spirit, the bread and wine become Christ’s Body and Blood, and being faithful to the Lord’s command, the Church continues to do what Jesus did on the eve of His Passion. (CCC 1333)

This means that when the priest says, ‘This is my Body,’ the entire substance of bread is changed into Jesus’ Body. The substance of bread no longer remains, only the appearances of bread remain. Similarly when the priest says, ‘This is My Blood,’ the entire substance of wine changes into His Blood. Though it still looks and tastes like wine, the substance of wine is no longer present.

(Baltimore Catechism #347-349; 351)

*This change of substance is called **transubstantiation.***



## **What is a Eucharistic Revival?**

The Revival is “a movement to restore understanding and devotion to this great mystery” of our Eucharistic Lord and to recognize the wondrous gift God has given us: Himself. ([eucharisticrevival.org](http://eucharisticrevival.org))

The Lord desires to heal our broken hearts. Let us draw near to Him in the Eucharist.

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- 1) Go to [formed.org/signup](http://formed.org/signup)
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- 3) Choose St. Alphonsus
- 4) Fill out your Name and Email
- 5) YOU'RE IN!

PARA REGISTRARSE GRATIS:

- 1) Vaya a [formed.org/signup](http://formed.org/signup)
- 2) Escriba el código postal 60657
- 3) Elige a St. Alphonsus
- 4) Escriba su nombre y correo electrónico
- 5) ¡DISFRUTA!

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Perfect for Family Movie Nights and when you're On-the-Go.  
Download FORMED today!

# *February Calendar*

<i><b>Sunday</b></i>	<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
				<b>1</b> 3:00 PM Tiger Boy Scouts 6:15 PM Leonine Forum Mass 6:30 PM Women's Faith Group 7:00 PM Men's Faith Group 7:00 PM Women's Faith Group	<b>2</b> 7:30 PM Men's Group Adoration	<b>3</b> 12:00 PM Boy Scouts—Philmont
<i><b>Catholic Schools Week</b></i>						
<b>4</b> Scout Sunday at 9 AM 3:00 PM RCIA 6:00 PM Young Adult Ministry Board Meeting 7:00 PM Big Book AA Meeting	<b>5</b> 8:30 AM AA Daily Reflections Group 7:00 PM Bible Time-line Study Group 7:30 PM Knights of Columbus Meeting 7:00 PM AACA School Board Meeting	<b>6</b> 9:30 AM Walking With Purpose 6:00 PM Boy Scouts Troop 889 Meeting 6:15 PM Religious Education 6:30 PM Walking With Purpose 6:30 PM Parents Formation Class 7:00 PM Philosophy Forum	<b>7</b> 1:45 PM Brownie Scouts— 3rd 4:00 PM Cub Scouts— Arrow of Light Den 6:30 PM Young Adult Book Club	<b>8</b> 9:30 AM Lenten Rosary Group Study 3:00 PM Tiger Boy Scouts 6:30 PM Women's Faith Group 7:00 PM Men's Faith Group 7:00 PM Women's Faith Group	<b>9</b>	<b>10</b> 9:00 AM Boy Scouts— Pinewood Derby

# February Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>11</b> <b>Annual Catholic Appeal Collection</b> 3:00 PM RCIA 7:00 PM Big Book AA Meeting	<b>12</b> 8:30 AM AA Daily Reflections Group 7:00 PM Bible Time-line Study Group	<b>13</b> 9:30 AM Walking With Purpose 6:00 PM Boy Scouts Troop 889 Meeting 6:15 PM Religious Education 6:30 PM Walking With Purpose 7:00 PM Philosophy Forum	<b>14</b> <b>Ash Wednesday; See Blurb on page 3 for Services</b> 1:45 PM Brownie Scouts— 2nd 1:45 PM Junior Scouts— 4th/5th 4:00 PM Cub Scouts— Arrow of Light Den 6:30 PM Young Adult Book Club	<b>15</b> 9:30 AM Lenten Rosary Group Study 3:00 PM Tiger Boy Scouts 6:30 PM Women's Faith Group 7:00 PM Men's Faith Group 7:00 PM Women's Faith Group	<b>16</b> <b>AACA— No School; Professional Development Day</b> 7:00 PM Stations of the Cross	<b>17</b>
<b>18</b> 1:00 PM Youth Free Throw Shooting Competition 1:00 PM Samuel Group 3:00 PM RCIA 7:00 PM Big Book AA Meeting	<b>19</b> <b>AACA— No School President's Day</b> 8:30 AM AA Daily Reflections Group 7:00 PM Bible Time-line Study Group	<b>20</b> 9:30 AM Walking With Purpose 6:00 PM Boy Scouts Troop 889 Meeting 6:15 PM Religious Education 6:30 PM Walking With Purpose 7:00 PM Philosophy Forum	<b>21</b> 4:00 PM Cub Scouts— Arrow of Light Den 4:30 PM Lumen Christi Institute Mass w/ Cardinal Cupich 6:30 PM Young Adult Book Club	<b>22</b> 9:30 AM Lenten Rosary Group Study 3:00 PM Tiger Boy Scouts 6:30 PM Women's Faith Group 7:00 PM Men's Faith Group 7:00 PM Women's Faith Group 7:30 PM Catholic Sports League Volleyball	<b>23</b> 7:00 PM Stations of the Cross 7:30 PM Praise and Adoration	<b>24</b> 8:30 AM Safe Families for Children Volunteer Training 9:30 AM Eucharistic Revival Lenten Retreat 6:30 PM AACA Art & Soul
<b>25</b> <b>Collection for Church in Central/Eastern Europe</b> 3:00 PM RCIA 7:00 PM Big Book AA Meeting	<b>26</b> 8:30 AM AA Daily Reflections Group 7:00 PM Bible Time-line Study Group	<b>27</b> 9:30 AM Walking With Purpose 6:00 PM Boy Scouts Troop 889 Meeting 6:15 PM Religious Education 6:30 PM Walking With Purpose 7:00 PM Philosophy Forum	<b>28</b> 4:00 PM Cub Scouts— Arrow of Light Den 6:30 PM Young Adult Book Club	<b>29</b> 8:15 AM Blessings in a Backpack 9:30 AM Lenten Rosary Group Study 3:00 PM Tiger Boy Scouts 6:30 PM Women's Faith Group 7:00 PM Men's Faith Group 7:00 PM Women's Faith Group 7:30 PM Catholic Sports League Volleyball		

## Sacramental Information

Contact our parish office at (773) 525-0709 for information regarding celebrating sacraments including Baptisms (infant and adult), Reconciliation (confession), Eucharist (Communion), Confirmation, Marriage, Anointing of the Sick. For information regarding Funerals, please first contact the funeral director of your choice to begin making arrangements.

## How to Offer a Mass Intention

Have you ever noticed that every Mass said here at St. Alphonsus is offered for a special intention? The entire congregation prays for that intention during the petitions (Prayers of the Faithful) when we say,

"For those who have died, and for the intention of this Mass: (named intention)"

[You can make a Mass Intention request here.](#) Masses are often offered for family, friends and relatives that have died. Praying for the dead is a Spiritual Work of Mercy. Offering a Mass for someone that has died is an especially comforting gesture to the family. Mass can also be offered to commemorate joyful occasions and to give thanks to God for blessings received.

**The customary offering for a Mass is \$15.**

However, any amount that you would like to offer is acceptable. You can request Masses by visiting the Parish Office during office hours or calling the Parish Office at (773) 525-0709.

You can **register in the parish** by coming to the rectory office or going online at [www.stalphonsuschicago.org](http://www.stalphonsuschicago.org). The advantage to registering is that we know who you are and can better plan our programs by knowing whom we serve.

**Want to find out what is happening in the young adult community?** Join the St. Al's Young Adult Listserv. We send out monthly emails to let people know about our upcoming events. To register for the listserv, contact [stalphonsusyam@gmail.com](mailto:stalphonsusyam@gmail.com)

The **Knights of Columbus** are the world's largest Catholic fraternal service organization. For more information, visit [www.stalphonsusknights.com](http://www.stalphonsusknights.com)



## St. Alphonsus Social Media

Choose to participate in meaningful engagement! Having an attitude of engagement challenges us to love our digital neighbor as ourselves. You can find St. Alphonsus' [Facebook](#) and [Twitter](#) by going to the parish website and clicking the icons at the footer of the page.



## Directory

### Parish Office

1429 W Wellington Ave, Chicago, IL 60657-4121  
(P): 773-525-0709 |  
[www.stalphonsuschicago.org](http://www.stalphonsuschicago.org)  
[parish@stalphonsuschicago.church](mailto:parish@stalphonsuschicago.church)

### Parish Office Hours:

**9:00 AM— 5:00 PM Mon- Fri**

### School Office

1439 W Wellington Ave, Chicago, IL 60657-4121  
(P): 773-892-1397 |  
[www.alphonsusacademy.org](http://www.alphonsusacademy.org)

### School Office Hours:

**8:00 AM— 3:00 PM**

## Staff

### Parish Staff

**Rev. Steven Bauer**, Pastor  
**Rev. Jesús (Chuy) Raya**, Associate Pastor  
**Brooks Robinson**, Pastoral Associate  
**Emily Ember**, Coordinator of RE/Evangelization  
**Brian Bloye**, Director of Music and Organist  
**Daniel Szymanski**, Director of Operations  
**Mario Serrano**, Parish Office Manager  
**Kathryn Kibler**, Sacrament Ministry Coordinator/Parish Secretary

### School Staff

**Gerit McAllister**, Principal  
**Angela Kladis**, Assistant Principal  
**Madeleine Durkin**, Director of Admissions  
**Kim Walleth**, Secretary  
**Connie Del Toral**, Administrative Assistant