# Saint Alphonsus

ROMAN CATHOLIC CHURCH

OCTOBER 29, 2023: THE THIRTIETH SUNDAY IN ORDINARY TIME



*"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind." (Mt 22:37)*

## 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 |

### Alphonsus 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: Ex 22:20-26/Ps 18:2-3, 3-4, 47, 51 (2)/1 Thes 1:5c-10/Mt 22:34-40
Monday: Rom 8:12-17/Ps 68:2 and 4, 6-7ab, 20-21/Lk 13:10-17
Tuesday: Rom 8:18-25/Ps 126:1b-2ab, 2cd-3, 4-5, 6/Lk 13:18-21
Wednesday: Rv 7:2-4, 9-14/Ps 24:1bc-2, 3-4ab, 5-6/1 Jn 3:1-3/Mt 5:1-12a
Thursday: Wis 4:7-14/Ps 25:6, and 7b, 17-18, 20-21/Rom 5:17-21/Mt 11:25-30
Friday: Rom 9:1-5/Ps 147:12-13, 14-15, 19-20/Lk 14:1-6
Saturday: Rom 11:1-2a, 11-12, 25-29/Ps 94:12-13a, 14-15, 17-18/Lk 14:1, 7-11
Next Sunday: Mal 1:14b—2:2b, 8-10/Ps 131:1, 2, 3/1 Thes 2:7b-9, 13/Mt 23:1-12

## Please Pray for the Sick

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

## Giving Update

Weekly Budget Amount: $14,890

Offertory for 10/22: $17,137

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

## At Rest in the Peace of Christ

Luis Perez

## Welcome Our Recently Baptized

Nico Cirone Smith
Luca Cirone Urosev

## Welcome to the Parish!

Michael Chuqui and Virginia Garcia Julissa
Madeline Beauregard and Noel Ravitz Nancy
Kelly Haas
Brian Rodgers
Claudia Mize
Victor Ramos and Martina Gunaratnam
Dana Dray



## WEDDING BANNS

**Ashlyn Ries**
**and**
**David Kennedy**

**Barbara Zubek**
**and**
**Paul Carpenter**

**Madelyn Nelson**
**and**
**Timothy Kennedy**

## MASS INTENTIONS

***Sunday, October 29***
9:00 AM +Ines Stonehouse
11:00 AM +Mary Jane Sullivan
12:30 PM The People of St. Alphonsus
5:00 PM +Lucille Vicker

***Monday, October 30***
8:30 AM +Julia Gibbons

***Tuesday, October 31***
8:30 AM +Mr & Mrs Mario Mauro

***Wednesday, November 1 (All Saints Day)***
8:30 AM AACA Students and Families
6:00 PM Justine Orillaza (Birthday Blessing/Healing)
+Mathew Lee Barron

***Thursday, November 2 (All Souls Day)***
8:30 AM +For All Souls In Purgatory
7:00 PM +For All Souls In Purgatory

***Friday, November 3***
8:30 AM +Thomas Taslim

***Saturday, November 4***
8:30 AM +Elena Navarro Ortiz

***Sunday, November 5***
9:00 AM +Christian Kebr
11:00 AM +Edward Marsalek
12:30 PM +Manuel and Maria Naula
5:00 PM +Susan Richard

# Opening Doors, Opening Hearts

All across the country children and families are preparing for an evening of Trick-or-Treating. It's a wondrous thing for a child to ring all the doorbells in their neighborhood (and beyond), and doors just open up. And they get candy and treats… lots of it! The only work is to dress up like a chosen superhero, occupation, princess, movie character, or celebrity singer or athlete. (Hopefully they don't dress in costumes that glamorize violence and evil… there's already too much of that in the world as it is!). Adults often join in, too, finding it fun to dress up.

From a spiritual perspective, the most significant "dress up day" a person ever has is the day of their Baptism. Babies and children are dressed in white, whether it's a beautiful new dress, little white suit, or a vintage family gown that's been used for generations. But that's not the "clothing" I am referring to. In the Sacrament of Baptism, a person is clothed in Christ. The beautiful white garment is an outward symbol of what happens interiorly. The child's soul, washed of original sin, is also clothed in the dignity and salvific grace of Jesus Christ – and "putting on" that gift is more beautiful and glorious than our minds can comprehend. It opens up the doors of Heaven so that the child, also anointed with the Holy Spirit, has access to all the gifts and treasures of Heaven. A million times better than any lollipop or Almond Joy.

As adult disciples, we strive to see, know, and love the Joy of Heaven that has been opened up for us. What begins in Baptism unfolds through our continued participation in the sacramental life of the Church, especially in the Eucharist. And that enables us to open the door of our hearts to Christ. In the Scriptures, the Lord famously tells us, *"Behold, I stand at the door and knock" (Rev 3:20)*. And with hearts open to the Lord with faith and prayer, we easily recognize and affirm the greatest Commandment, which was enjoined on us by Christ in the Gospel reading this Sunday: "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind."

This commandment actually comes from the Mosaic law code presented in the Book of Deuteronomy (6:5), and has always been central to the spiritual life of the Israelites and Jews, even until today. Jewish homes often have this verse rolled up on a small scroll and affixed to the doorpost at the entrance of their home (in accord with Dt 6:9), that they may always know the Lord in their heart and be reminded of how they are to live.

As followers of Christ, we obviously receive the same law, which is to be written in our hearts. When it is, our lives demonstrate gratitude to God and a commitment to the gifts that Christ has given us in the Church, the fruits of which are seen in our response of stewardship, which is responsibly caring for the people, assets and resources entrusted to us as a parish.



Last weekend I spoke at all the Masses about some of the financial needs of the parish, and myself and the parish staff are greatly encouraged and super grateful to those who responded positively. For those who missed it, look for the text of my talk in a link in the electronic newsletter sent to parishioners. For those who are new to the parish and not yet registered, you can visit www.stalphonsuschicago.org and click on the "belong" tab.

As we all reflect on supporting the parish, we know that the principle of stewardship is that we all have a part. Our world unfortunately has conditioned us to assume that someone else somewhere will take care of things – *i.e., 'not my job!'* – It's a worldly thinking that stands opposed to the Christian spirit and commandment of love, in which the principle of stewardship dwells.

So many of us feel so blessed in so many ways here at St. Alphonsus – the beauty of the church (inside and out), the music, reverent liturgies, dedicated volunteers, grace-filled confessions, a vibrant young adult community, a welcome atmosphere for families, caring priests and staff, and occasionally a good dad joke (or a bad one!) in the homily – all these things are blessings that flow freely to you in your spiritual home. But all of them do come at a cost. And that cost is intended to be shared by all in the community.

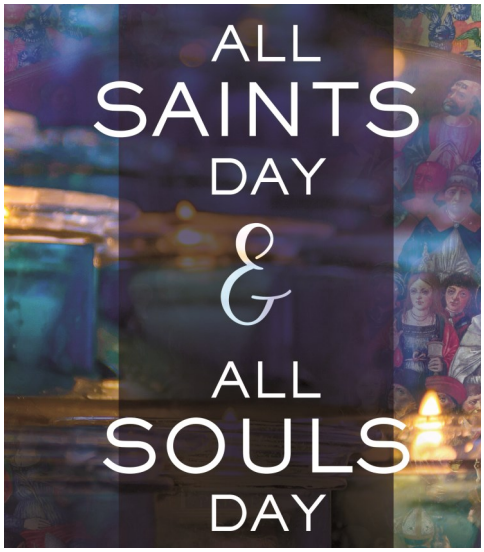
If you appreciate these blessings, consider this an invitation to express gratitude to the Lord for providing these blessings as a gift, one that was given to you through the time and talent of many people, present and past. Then the gift of your support may become a multitude of blessings for the present and the future.

For your convenience, use the QR Code to connect to GiveCentral, the Archdiocese's preferred online giving platform. You can adjust your giving amount and frequency there, or if you've not used it before, you can create a new account and set up regular donations that way.

And again, on behalf of the parish staff, parishioners, and all those who are spiritually and sacramentally served by our ministries, I express my most sincere thanks. And please be assured of my constant prayers for your spiritual growth and well being.

Rev. Steven Bauer, Pastor

## All Saints Day, Wed Nov 1, All Souls Day— Thurs November 2 at 7 PM




All Saints Day is Wednesday November 1 and is a Holy Day of Obligation. **Mass will be at 8:30 AM and at 6:00 PM.**

November 2nd is a special day in the life of the Church as we take time to pray for our deceased family members and friends who have died and gone before us marked with the sign of faith. **St. Alphonsus hosts a special Requiem Mass on Thursday, November 2nd at 7 PM**, to pray for the repose of the souls of those who have died. Through the Sacred Liturgy, the Church invokes the forgiving love and abundant mercy of God, that He may receive all those we remember into His kingdom so they can come to know the fullness of life and peace of Heaven.

If you would like to honor a loved one who has died, go to: bit.ly/stals2023allsouls All those who complete the form and make a suggested offering of $15 or more for a name will receive their designated unlit candle before Mass begins. After the homily, while the choir sings, the person will come forward in a line with their candle, light it from the Paschal Candle, and place it on the Communion rail. Additionally, our music director is arranging a special program with a men's schola singing chant in Latin and English from the traditional Requiem Mass of the Church. You can also write the names of your loved ones in the Book of the Names of the Dead, which will be available in the Church during November.

# *Parish Staff News*

## Welcoming Emily Ember, our new Coordinator of Religious Education and Evangelization!



A Northwestern University Theatre Major and Second City Conservatory Graduate, Emily began her career as a professional actress. In fact, it is through acting that she first learned and memorized her prayers when she was cast as a nun on FOX's TV Show, *The Exorcist*, where her main lines were the Our Father, the Hail Mary, and the Hail Holy Queen. God meets you where you are, and this was the introduction to the faith that Emily needed.

The Lord continued to invite Emily to draw closer to Him. She recently discerned religious life, but discovered that the Lord was calling her to remain in the world. She is thrilled to use her voice and her passion for the greater glory of God. Emily desires to share the love, graces, and fiery zeal that the Lord has poured out upon her with the entire St. Alphonsus community with the hope of setting each and every heart ablaze.

As St. Catherine of Siena said: *"Be who God meant you to be and you will set the world on fire."* And as Jesus said: *"I have come to set the earth on fire, and how I wish it were already blazing!" (Luke 12:49)*. Want to be that light to the world? Reach out to Emily for resource suggestions (for individuals and families) to dive deeper into the faith at: eember@stalphonsuschicago.church

## 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.

# DÍA DE LOS MUERTOS



*Día de los Muertos* or Day of the Dead is not to be confused with a Latino version of Halloween—so what is it? Día de los Muertos festivities unfold over two days (Nov. 1-2) in an explosion of color and life-affirming joy. Although rooted in practices commemorating the dead in pre-Hispanic cultures, Día de los Muertos was incorporated into the Catholic Commemoration of the Faithful Departed (All Souls Day) giving the practice a Christian interpretation.

For the indigenous cultures in Mexico and other parts of Latin America, death was a natural phase in life's long continuum. The dead were members of the community and kept alive in memory and spirit. During Día de los Muertos, the spirits of the deceased temporarily returned to Earth or the realm of the living where family members prepared an *altar de muertos* or *ofrenda* (an offering). The *ofrenda* was loaded with offerings such as food and water to quench hunger/thirst after the journey into the realm of the living. It was a place of rest and encounter.

In Christianity, these *ofrendas* are not altars for worshipping nor places of rest for the spirits; rather, they are memorial shrines honoring our deceased loved ones. The *ofrenda* includes pictures of our deceased relatives and the different items or decorations represent Christian beliefs about life and death. For example, water represents cleansing waters of baptism and the skeletons the fragility of life. Catholics add images of Jesus and saints to represent our hope in the resurrection and life to come. An *ofrenda* can have different levels. For example, two levels represent the earth and heavens; three levels represent the Holy Trinity; and seven levels represent the Christian understating of overcoming the Seven Deadly Sins.

As with other religious holidays that have been secularized, Día de los Muertos is popularly detached from religious practices. Nonetheless, for Christians it is an opportunity to pray and remember those who have died. In short, Día de los Muertos festivities incorporate our Christian faith and hope in the resurrection.

ST. ALPHONSUS ALTAR DE MUERTOS

(MEMORIAL SHRINE OF THE DEAD)

- Visit our community's *ofrenda* in the narthex and pray for the deceased members of our parish.
- If you would like to remember someone at the *altar de muertos*, please bring a picture of them and add it to the memorial located in the narthex (attach a post-it note to the back of the picture with your contact info).
- Hot Chocolate and Mexican bread will be served in the Veranda after the 7:00 PM Mass on November 2nd.

# Faith Formation

## Join Our RE Catechist Team!

Each year, St. Alphonsus joyfully educates the children of our parish in their Catholic faith. If you would like to spend more time with children, strengthen the faith bonds in our families or enjoy serving in our parish—please consider volunteering as a catechist for our religious education program! We'd love to talk to you and no experience is necessary :) There are training opportunities and support as you get started and throughout your time of service.

Contact our RE Coordinator Emily Ember, eember@stalphonsuschicago.church for more info.

Our Religious Education program is currently underway for the 2022-2023 school year. If you are interested in registering your child, please visit www.stalphonsuschicago.org/religious-education for more information.



## Are You Ready To Become Catholic?

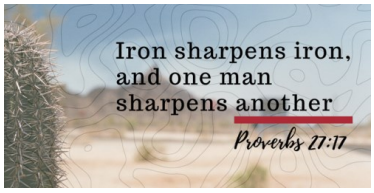
Registration is open for The Rite of Catholic Initiation for Adults (R.C.I.A.) Each year we are blessed with several individuals who desire to enter and learn more about the Catholic faith. The RCIA program is the study of the Catholic Faith and the process of introduction into the faith community.

This class is offered for adults in three situations:
1. Un-baptized adults who desire to be baptized in the Catholic Church.
2. Baptized non-Catholic Christians who desire to be formally admitted into communion with the Catholic Church.
3. Baptized Catholics who have not yet been confirmed and desire to receive the Sacrament of Confirmation.

Adult baptism (and if applicable, Confirmation and First Holy Communion) takes place at the Easter Vigil (Evening before Easter Sunday). It is one of the highest celebrations in the Catholic Church's liturgical year!

If you or someone you know is interested in taking the class, please contact our pastoral associate, Brooks Robinson at brobinson@stalphonsuschicago.church

## St. Alphonsus Men's Group — Thursday Evenings




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.

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.
For questions or more information, contact Men's Group at our new email, divineofficers@gmail.com

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

**Men's Group Holy Hour— Friday November 3 at 7:30 PM**

**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. 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 at 8:15-9 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, 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

# Walking With Purpose

***Women's Group at St. Alphonsus— 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

# Stewardship—First Fruits




It is encouraging to see both new and familiar faces at our worship services. Throughout the year, many already support St. Alphonsus with your time, talent and treasure.

Thank you again for your continued support of our church! Your spirited generosity ensures our parish continues our mission and good works throughout our community and beyond for years to come!

**Sign up at www.givecentral.org/location/39**

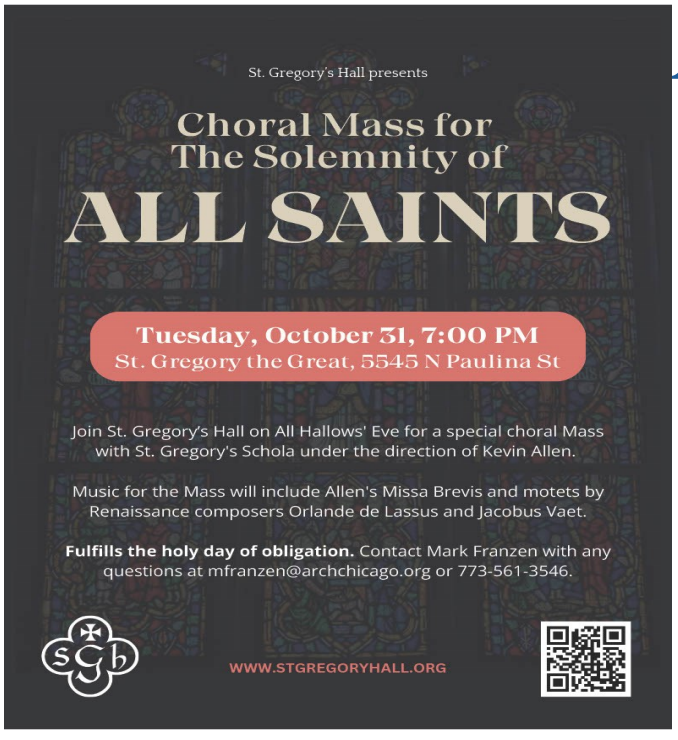
**You can also text *Sunday* to (773) 570-7600**

## Stewardship Reflection

*"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind." – Matthew 22:37*

Do you put other "gods" before God? Is your love of money, power, status, comfort or some personal possession greater than your love for God? Do you recognize that everything you have and that everything you are is a gift from God? Putting God first in everything helps keep us from becoming a slave to our possessions and to our pride.

# Around the Archdiocese




ARCHDIOCESE OF CHICAGO

## NATIONAL VOCATION AWARENESS WEEK

November 5–11 we are praying, educating and promoting all vocations to the priesthood, diaconate, consecrated life and marriage. In addition to your prayers, you are invited to join a Holy Hour of Adoration at the parish, or a sponsor parish, to pray for our priests, seminarians and all those who are discerning their vocation. Visit **vocations.archchicago.org**.




We Remember...

*Children lost through miscarriage, stillbirth, abortion, illness, trauma, injury, or early infant death.*

On **Wednesday, November 8th** at the **6:00 PM Mass**, our St. Alphonsus community will remember babies and children lost through miscarriage, stillbirth, abortion, illness, or injury. Grief over the loss of a child is profound and long-lasting. This opportunity allows our community to grieve with and support our families who have lost a child. All those who have lost children of any age, as well as those who wish to support these families, are encouraged to attend.

Immediately following Mass, there will also be a special time of Eucharistic Adoration in which families can light a candle, inscribe the name of a child in a book of remembrance, or offer other personal prayers.







# Young Adult Ministry

## *"Stress, God & Us" w/ Sister Lekan, OP— Tuesday Oct. 31*




We're excited to introduce a brand new speaker! On Tuesday, October 31 at 6:30 PM, we will be joined by Sr. Margaret Lekan, OP for a talk on the various stresses in our lives and God's working through them. Sister Margaret comes to us with a tremendous wealth of experience having organized numerous retreats and workshops for the laity, clergy, and religious on various aspects of human psychology, mental health, and God's connection to them in the workings of our daily lives.

Afterwards, you're invited to participate in pumpkin carving organized by our Social Committee! Everyone is welcome to attend and refreshments will be provided. While we will provide carving tools, we ask that anyone interested in participating please bring your own pumpkin. This is a great way to get to know some new people in our community while getting into the fall spirit! Hope to see you all there!

# More News and Events

## Donate Winter Coats for Refugees!

Thank you for your wonderful generosity w/ all the shoe donations for the refugees! With winter coming soon, our St. Vincent DePaul chapter are now requesting any winter coat donations for those less fortunate. You can drop off coats (any size) at the bins in the church or at the rectory office during business hours.

## 2022-2023 Annual Report— Coming Soon!

Our pastor Rev. Steven Bauer, S.A.L.T, Finance Council, and staff have been working diligently to prepare our annual report, which highlights our parish and AACA school's finances, our good works, and challenges moving forward. It is a LOT of work! Many parishes in the Archdiocese publish a mere two page flyer; St. Alphonsus does more because YOU deserve more. You can read the annual report for the past 3 years on the parish website.

## Special Collection for World Mission Sunday— October 29




Dear Sisters and Brothers in Christ,

Today we observe World Mission Sunday and proclaim in the words of Pope Francis, "everyone has a right to receive the Gospel." In his annual message, the Holy Father reminds us that as baptized Christians, we are duty bound to announce the Gospel without excluding anyone. Through this worldwide Eucharistic celebration, all of us participate in the missionary movement of the Church with our prayers and activities, material offerings, our sufferings and our personal witness.

Reflecting on the theme for this year, "Hearts on fire, feet on the move," Pope Francis invites us to kindle the fire of Christ's love in our hearts and to actively share our joy. Inspired by the Holy Spirit, we go forth and bring this Good News to all corners of the globe.

The World Mission Sunday collection, organized by the Pontifical Society for the Propagation of the Faith, contributes to the building up the Church in over 1,100 dioceses and territories that are too young and many too poor to sustain themselves. Our offerings support the formation of seminarians and religious men and women, assist in the construction of schools and orphanages and enable missionaries to build churches in remote and resource-limited areas. Through this collection, we support the Church's efforts to proclaim the Gospel and celebrate the Sacraments.

I urge you to keep your hearts aflame and your feet moving as we are continually transformed through Renew My Church. Your prayers are invaluable, and your financial support provides life-giving aid to our brothers and sisters in the world's most vulnerable communities. Wishing you every blessing, with kind regards, I remain,

Sincerely yours in Christ,
Cardinal Blase J. Cupich

Please be generous in this collection; you can learn more and make an online donation at https://pvm.archchicago.org/es/mission-office/world-mission-sunday

# ATHENAEUM CENTER *PRESENTS*




## DANTE 360

### November 10–19, 2023

Returning in a new and expanded production, *Dante 360* is a meditation on humanity's journey from this beautiful but ever-challenging world to the joy of Paradise.

The show is a unique blend of visual art, dramatization, and exquisite music—all drawn from a masterpiece of poetic composition, *The Divine Comedy*. True to Dante's goal, *Dante 360* aims to enrich our understanding of the meaning of life as well as our experience of the journey through it in a compelling narrative of hope and beauty.

*Featuring* **Liz Lev** *and* **Schola Antiqua.**
*Produced by* **Lawrence Daufenbach.**
*Directed by* **Peggy Garvey.**

TICKETS: www.athenaeumcenter.org *OR*
CALL: (312)820-6250
LOCATION: 2936 N Southport Ave

***Use promo code ALPHONSUS at checkout to receive 10% off, and 10% will be donated to your parish.***

## Return Baby Bottles This Sunday

Thank you for participating in The Baby Bottle Project supporting Aid for Women! Please return your bottle this weekend to a basket in the narthex. Aid for Women is a non-profit organization that directly assists mothers and families experiencing crisis pregnancies. Your donations make a difference in the lives of mothers and babies! Learn more at helpaidforwomen.org



## Serve St. Alphonsus as an Altar Server!

We invite all 4th-12th graders who have received their first Holy Communion to please attend a training session in the Church on **Monday November 6 at 6:30 PM**. Training is for current and new altar servers. Light refreshments will be available. For questions or more details, please contact Fr. Jesus Raya (Fr. Chuy) at jraya@stalphonsuschicago.church




# St Alphonsus Blood Drive

## Festival Hall
## 1429 W Wellington Ave
## Chicago, IL 60657

## Sunday, November 5, 2023
## 9:00 a.m. to 2:00 p.m.

For an appointment call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org. Use the sponsor code: StAlphonsusChurch

Appointments preferred.

Eat a healthy meal and drink an extra 16 oz. of water and fluids before the donation.

You can save up to 15 minutes when you donate blood by using RapidPass! Visit RedCrossBlood.org/RapidPass for more information.

**Come give Oct. 21 thru Nov. 9 and get a $10 gift card by email. PLUS, get a chance to win a $5,000 prize to treat yourself! You could be one of three lucky winners (one a week). Terms apply: rcblood.org/lunch**

Scan to schedule an appointment.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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# Health and Wellness

## How to Deal With Stress When Events Have You Worried



World events or life in general can often be stress-inducing. Here are 5 things you can do to lower your stress. (Plus 3 things you should definitely NOT do!)

*"Do not worry about tomorrow; tomorrow will take care of itself,"* Jesus tells us in the Gospel of Matthew. Yet trying not to worry is often extremely difficult, and sometimes feels impossible. That is especially true during times when our news feeds seem to be full of tragedy, war, violence, and uncertainty.
Here are 5 ways you can effectively respond to stress:

### Prayer

Turning to God in prayer should be the first thing we do when we are feeling worried or stressed out. If you are near a parish that has Perpetual Adoration, **go and kneel before the Blessed Sacrament for a period of time**. Christ wants us to hand over our worries to him. Your prayer does not have to be perfect – God knows what you are going through and will simply be happy you stopped by. **A simple Our Father can be enough** to help you place your trust in God.

Reading the Bible can also open your mind and heart up to trust in the Lord. **The psalms in particular are a great gift** for those of us who are anxious about the future. Everybody knows Psalm 23 ("The Lord is my shepherd…"), but there are many other beautiful psalms that can bring you peace. Friends, open up your Bible to a random page and eagerly let God to speak to you.

### Physical Activity

The stress you are experiencing is not all in your head. **It also has a physical component.** Deep breathing, stretching, and getting exercise outdoors are all activities recommended by professionals when dealing with stress and anxiety. If the weather is bad, even walking up and down the stairs while listening to music or a podcast can be helpful. Or get up to wash the dishes or do some cleaning. It will take your mind off your problems and when the task is done you will feel that you have accomplished something and now have one less thing to worry about.

### Take A Break

It can be difficult to stay productive and effective if you are stressed out. Take a day or at least some hours to get away. Try to avoid the temptation to stay in bed all day, though if you desperately need the sleep, go ahead and take it and don't feel guilty about it.

A lot of the lethargy and fatigue you are feeling may be mental, in which case a good strategy would be to **go someplace beautiful or interesting**. A museum visit is always medicinal for the soul. You can walk on the beach any time of the year. Taking a stroll in a park or visiting an interesting neighborhood might also prove beneficial. If the weather is not cooperating or you cannot travel, **try watching an old Hollywood musical**. *Singin' in the Rain*, *The Band Wagon*, or *Top Hat* are all good choices. It's all but impossible to think about your problems while Fred Astaire or Gene Kelly are dancing in front of you.

### Verbalize Your Worries

**Talk to a friend, family member, priest or religious, or to a licensed therapist about what has you worried.** The simple act of verbalizing your worries may be enough to lower your sense of stress. When we keep problems all to ourselves, they often grow larger in our minds than the reality warrants. A supportive listener can help you understand when you are blowing a problem out of proportion. And if a situation is indeed serious, the other person can help you to **articulate a plan of action** to deal with the problem.

### Get Creative

Most of the great artists (and many minor ones) had complicated lives that were full of problems. Often, these artists **poured their anxieties into works of art**. You may not be a Van Gogh or Picasso, but you can write a poem, take photos on your phone, or create a new dish in the kitchen. Knitting, woodworking, or other manual activities can be particularly beneficial. Creative activities help make the world better and more beautiful and **are a way to respond to your worries in a positive and affirming way**.

### 3 Things NOT to do When Stressed

**INDULGING** – "Stress eating," chain smoking, taking drugs, drinking excessive amounts of alcohol. These behaviors are easy to fall into, but they will not relieve your stress and will only make matters worse.

Continued on page 13

# Health and Wellness cont...

**LASHING OUT** – It can be very easy to turn your stress into anger at another person. If someone is irritating you and says something that angers you, try to walk away. Never take your stress out on your family members, co-workers, the other drivers on the road, and especially never on your children.

**DESPAIRING** – It can sometimes feel like the world is going crazy or that the walls are closing in on you. You might be tempted to give up hoping that things will ever change. At those moments, it is particularly important to turn to Jesus, who told us "ask and you will receive."

Finally, if you find yourself engaging in any of the above behaviors, or if you feel like you are suffering from serious or chronic anxiety or stress, **please speak to your doctor or to a medical professional.**

# November Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | **1**<br>*All Saints Day— Mass at 8:30 AM and 6:00 PM*<br>**1:45 PM** Brownie Scouts— 3rd<br>**7:00 PM** Book Club Meeting<br>**8:00 PM** Men's Group Vespers | **2**<br>*All Souls Day— Requiem Mass @ 7 PM*<br>**10:00 AM** Sent Ventures Regional Conference at ACTC<br>**3:00 PM** Tigers Cub Scouts<br>**6:30 PM** Women's Faith Group<br>**7:00 PM** Men's Faith Group<br>**7:00 PM** Women's Faith Group | **3**<br>**7:30 PM** Men's Group Holy Hour | **4**<br>**10:00 AM** Cub Scout Raingutter Regatta |
| **5**<br>*Daylight Saving Time Ends*<br>**9:00 AM** Red Cross Blood Drive<br>**3:00 PM** RCIA<br>**6:00 PM** YAM Board Meeting<br>**7:00 PM** Big Book AA Meeting | **6**<br>**8:30 AM** AA Daily Reflections Group<br>**6:30 PM** Altar Server Training<br>**7:00 PM** Bible Timeline Study Group<br>**7:30 PM** Knights of Columbus Meeting | **7**<br>**9:30 AM** Walking With Purpose<br>**4:00 PM** Cub Scouts<br>**6:15 PM** Religious Education<br>**6:30 PM** Walking With Purpose<br>**6:30 PM** Boy Scout Troop 889 Meeting<br>**7:00 PM** Philosophy Forum | **8**<br>*6 PM Mass & Holy Hour for Hope and Healing*<br>**1:45 PM** Junior Scouts—4th/5th<br>**7:00 PM** Book Club Meeting<br>**8:00 PM** Men's Group Vespers | **9**<br>**3:00 PM** Tigers Cub Scouts<br>**6:15 PM** Leonine Forum Mass/Session at ACTC<br>**6:30 PM** Women's Faith Group<br>**7:00 PM** Men's Faith Group<br>**7:00 PM** Women's Faith Group | **10** | **11** |

*National Vocations Awareness Week Nov 5-11*

*vocations.archchicago.org/events/national-vocation-awareness-week*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **12**<br>**3:00 PM** RCIA<br>**7:00 PM** Big Book AA Meeting | **13**<br>**8:30 AM** AA Daily Reflections Group<br>**7:00 PM** Bible Timeline Study Group | **14**<br>**9:30 AM** Walking With Purpose<br>**4:00 PM** Cub Scouts<br>**6:00 PM** AACA Concert @Athenaeum<br>**6:15 PM** Religious Education<br>**6:30 PM** Walking With Purpose<br>**6:30 PM** Boy Scout Troop 889 Meeting<br>**7:00 PM** Philosophy Forum | **15**<br>**1:45 PM** Brownie Scouts— 2nd<br>**6:00 PM** Religious Education—1st Communion Seminar<br>**6:30 PM** Baptism Prep Class<br>**7:00 PM** Book Club Meeting<br>**8:00 PM** Men's Group Vespers | **16**<br>**3:00 PM** Tigers Cub Scouts<br>**6:30 PM** Women's Faith Group<br>**7:00 PM** Men's Faith Group<br>**7:00 PM** Women's Faith Group | **17**<br>**7:30 PM** Praise and Adoration | **18**<br>**4:00 PM** Night of Communion |
| **19**<br>***Catholic Campaign for Human Development Collection***<br>***Celebration of Giving/ Giving Tree Service project Begins***<br>**1:00 PM** Samuel Group<br>**3:00 PM** RCIA<br>**6:00 PM** Lakeview Roscoe Village Community Tree Lighting<br>**7:00 PM** Big Book AA Meeting | **20**<br>**8:30 AM** AA Daily Reflections Group<br>**7:00 PM** Bible Timeline Study Group | **21**<br>***No RE—Thanksgiving Break***<br>**9:30 AM** Walking With Purpose<br>**6:30 PM** Walking With Purpose<br>**6:30 PM** Boy Scout Troop 889 Meeting<br>**7:00 PM** Philosophy Forum | **22** | **23**<br>***Thanksgiving***<br>***Mass at 9:00 AM***<br> | **24** | **25** |
| | | ***AACA No School; PD/Thanksgiving Break*** | | | | |
| **26**<br>***Blessing of Advent Wreath at Masses***<br>**7:00 PM** Big Book AA Meeting | **27**<br>**8:30 AM** AA Daily Reflections Group<br>**7:00 PM** Bible Timeline Study Group<br>**7:00 PM** Knights of Columbus 4th Degree Meeting<br>**7:00 PM** SALT Team Meeting | **28**<br>**9:30 AM** Walking With Purpose<br>**4:00 PM** Cub Scouts<br>**6:15 PM** Religious Education— Alpha Retreat Confirmation Year A<br>**6:30 PM** Walking With Purpose<br>**6:30 PM** Boy Scout Troop 889 Meeting<br>**7:00 PM** Finance Council Meeting<br>**7:00 PM** Philosophy Forum | **29**<br>**7:00 PM** Book Club Meeting<br>**8:00 PM** Men's Group Vespers | **30**<br>**8:15 AM** Blessings in a Backpack<br>**3:00 PM** Tigers Cub Scouts<br>**6:30 PM** Women's Faith Group<br>**7:00 PM** Men's Faith Group<br>**7:00 PM** Women's Faith Group | | |

## Scheduling at St. Alphonsus

The monthly calendar in the bulletin only reflects all current parish events/activities. It does not indicate sacraments of weddings and baptisms. The entire parish calendar is online at www.stalphonsuschicago.org/calendar If your group's events are not listed in our calendar, please contact Mario Serrano, mserranostals@gmail.com

# Contact

## Sacramental Information

Contact our parish office (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

Did you ever notice 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*. 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*

The ***Knights of Columbus*** are the world's largest Catholic fraternal service organization. For more information, visit *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
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

### 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 Wallett,*** Secretary
***Connie Del Toral,*** Administrative Assistant