



Saint Alphonsus

ROMAN CATHOLIC CHURCH

OCTOBER 8, 2023: THE TWENTY SEVENTH SUNDAY IN ORDINARY TIME



*The stone that the builders rejected
has become the cornerstone;
by the Lord has this been done,
and it is wonderful in our eyes? (Mt 21:42)*

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: Is 5:1-7/Ps 80:9, 12, 13-14, 15-16, 19-20 (Isaiah 5:7a)/Phil 4:6-9/Mt 21:33-43
Monday: Jon 1:1—2:2, 11/Jon 2:3, 4, 5, 8/Lk 10:25-37
Tuesday: Jon 3:1-10/ Ps 130:1b-2, 3-4ab, 7-8/Lk 10:38-42
Wednesday: Jon 4:1-11/Ps 86:3-4, 5-6, 9-10/Lk 11:1-4
Thursday: Mal 3:13-20b/Ps 1:1-2, 3, 4 and 6/Lk 11:5-13
Friday: Jl 1:13-15; 2:1-2/Ps 9:2-3, 6 and 16, 8-9/Lk 11:15-26
Saturday: Jl 4:12-21/Ps 97:1-2, 5-6, 11-12/Lk 11:27-28
Next Sunday: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 (6cd)/Phil 4:12-14, 19-20/
Mt 22:1-14 or 22:1-10

Please Pray for the Sick

Fidel Mercado Chavez	Frank G. Bauer
Emilia Hurtado	Al Corleone
Bernard Zapp	Tracy Duda
David Birks	Jacob Duda
Celeste Soult	Dorothy O'Brien
Magdalena Gonzalez	Ryan Meadow
Michael Aldape	Danny Browder
William Ahearn	Carol Kania
Janet Horvat	Leslie Salimi
	Jason Jamero

Welcome Our Recently Baptized

Natalia Giselle Corona
Ricardo Isaias Corona
Simon Paul Brumley
Conor Banach
Jacob Paul Buczynski
Abraham Michael Weinert

At Rest in the Peace of Christ

William Haley

Please join us in
prayer for the repose of the soul of
Bishop Kevin Birmingham,
auxiliary bishop of Chicago.

Date of Birth: 10/7/71
Ordination Date: 5/21/97
Episcopacy: 11/13/20
Date of Passing: 10/2/23



WEDDING BANNES

Clare Potyrala
and
Michael Salamun

Jennifer Streng
and
Michael Flores



Giving Update

Weekly Budget Amount:
\$14,890

Offertory for 10/1:
\$12,945

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



MASS INTENTIONS

Sunday, October 8

9:00 AM +Christian Kebr
11:00 AM +Rev. Erasmo Ramirez, OP
12:30 PM +George Gheorghian
5:00 PM For the People of St. Alphonsus

Monday, October 9

8:30 AM For the People of St. Alphonsus

Tuesday, October 10

8:30 AM For the People of St. Alphonsus

Wednesday, October 11

6:00 PM For the People of St. Alphonsus

Thursday, October 12

8:30 AM +Steven Wagner

Friday, October 13

8:30 AM +Lamar Caldwell

Saturday, October 14

8:30 AM For the People of St. Alphonsus

Sunday, October 15

9:00 AM For the People of St. Alphonsus
11:00 AM For the People of St. Alphonsus
12:30 PM +Emilia Flores Meza
5:00 PM For the People of St. Alphonsus

Return of 8:30 AM Saturday Morning Mass!

Our parish is happy to announce that once again we are able to offer 8:30 AM morning Mass on Saturday mornings for our faithful.



Talk w/ Fr. Rob Ryan— Monday Oct 9 The Second Vatican Council and the Universal Call to Holiness



Monday, Oct 9th 6:30-8:00 PM in St. Alphonsus Festival Hall Join us as Fr. Rob Ryan gives a survey of the circumstances leading up to Vatican II, its structure, major documents, and the fruit of the council as a roadmap for the church and our call to be saints in the third millennium. Drinks and light appetizers provided. This event is free admission; free-will offerings accepted.

Altar Server Training

This month we will be offering another training for students fourth grade and up who would like to become altar servers. Children who are trained to become altar servers will be able to serve on Sundays and school Masses. Experienced servers can also serve at weddings and funerals (which includes a \$10 stipend). Please contact Associate Pastor, Rev. Jesus Raya Custodio, jraya@stalphonsuschicago.church for details.

Donate Shoes for Refugees



Our St. Vincent DePaul chapter is accepting shoe donations for all the refugees currently staying at the Chicago Police District on Addison near Halsted. You will find bins marked for the shoe collections at the

back of the church and at the rectory. There is a particular need for children's shoes at this time. Shoes dropped off at the rectory should be done during regular business hours. Thank you for your kind generosity!

South Lakeview Neighbors Meeting

Tuesday, October 10, The Athenaeum Center- 2936 N. Southport, Meeting starts- 7PM sharp, doors open 6:30PM. Topic includes: Lakeview Roscoe Village Chamber of Commerce – 2023 Master Plan for the Neighborhood. The Chamber has unveiled its 2023 Master Plan, a transformative roadmap aimed at fostering a more vibrant and resilient neighborhood, which will unfold over the next 7-10 years and will present the Master Plan with a question and answer session to follow. The Master Plan can be seen on the Chamber's website at – www.lakeviewroscoevillage.org. The Master Plan was recently featured on WGN-TV news. Learn more at sneighbors.org

Pumpkin Carving Event!



Pumpkin decorating and carving, **Sunday October 22 after the 11 AM and 12:30 PM Masses**, outside in the Oakdale parking lot. All are invited!! Pumpkins, supplies and treats will be provided.

The event will relocate to Festival Hall in the case of bad weather. Hosted by our parish's Knights of Columbus council.

Thank you to all Knights and friends of the Knights who volunteered at Oktoberfest.

Are you curious about the Divine Office (The Liturgy of the Hours), one of most ancient forms of prayer in the Catholic Church? Come join men's vespers every Wednesday at 8 PM in the rectory's 2nd floor chapel.

Serve Your Parish as an EMHC!

We are looking for parishioners who are interested in serving our ministry of Extraordinary Ministers of Holy Communion. The requirements to serve as an EMHC: persons must have received Confirmation, be attending Mass weekly, have an active prayer life, be a Catholic in good standing in the Church, and above all, have an understanding of and a sense reverence for our Lord in the Holy Eucharist. Contact Fr. Steven Bauer for more info.

Next Sunday October

15, our parish will host representatives of the Catholic Christian Community from Jerusalem and Bethlehem in the Holy Land who will be displaying handcrafted olive wood religious figurines and articles.

Due to the political conflict and covid19 results in the reduction of tourism, the Catholic Community has come to depend more on the sale of these articles abroad to survive. The woodcarvings are beautiful and reflect faith and love for the Lord.



Please consider purchasing a gift that will be remembered and cherished for yourself or someone dear to you. The handcrafted olive wood religious figurines and articles will be available for purchase after all Masses.

Faith Formation

Register Your Child(ren) for Religious Education!

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 Oksana Kuzma, okuzma@alphonsusacademy.org 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.

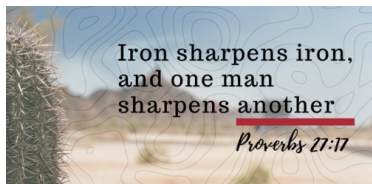
This class is offered for adults in three situations:

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

Eucharistic Adoration: A Source for Peace:

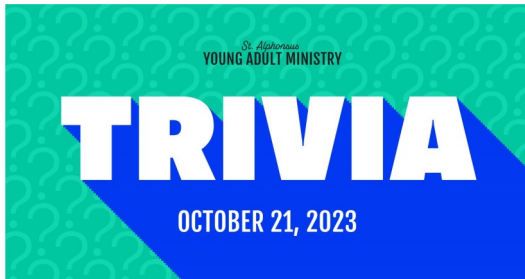
Sometimes our weeks can be quite hectic, making it hard to find quiet time to pray. If this sounds familiar, join us for Mass on Wednesdays at 6 PM., followed by Eucharistic Adoration from 6:30-7:30. This can be a great way to re-center yourself in God and experience the peace that only Christ can give.

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

Young Adult Ministry

Trivia Night— Saturday Oct 21



Are you the friend whose schtick is sharing random factoids? Or maybe the one with the most fun party conversations? Well, calling all you trivia fans and friends alike to come join us in St. Alphonsus' Festival Hall (basement), on Saturday, October 21st from 5 PM-8 PM because St. Al's YAM Trivia is back!

Sign up at www.givecentral.org/location/39/event/38222

The Early Bird cost of tickets is \$20 per person (it is a fundraiser!).

Teams of 5-6 people can register individually or together. For anyone registering as a team, simply list the names of everyone in the "Comments" section of the GiveCentral link during your purchase. Light refreshments, beer, and wine are included in the event cost. We will have prizes for 3rd, 2nd, and 1st place winning teams. Ticket price moves to \$25 starting Oct. 11.

Don't know anyone or don't have 6 people on your team? Fear not! You may also register individually or in a smaller group (2-4 people). We will assign you to a team. All are welcome!

***Please note: pre-registration with payment through the GiveCentral link is required to attend. No walk-ups will be allowed since we have teams.

If trivia isn't your thing, but still want to join us, consider volunteering as well!

A Google Doc form can be found at linktr.ee/stalphonsusyam

For bonus points to your team's final score, bring 2 unopened, unexpired, non-perishable food items! All items will be donated to Nourishing Hope- the Lakeview food pantry! They especially need pastas, jams and jellies, canned beans, rice, and canned goods with pop-tops!

For any questions or concerns, please reach out to the YAM social team, stalsyamsocial@gmail.com

County Line Orchard Trip— Saturday October 14

Sign up online!



Hay there, St. Al's YAM community! St' Al's YAM will be going to County Line Orchards on Saturday, October 14th. The orchard has apple picking, pumpkin patch, farm, corn maze and train. So pumpkin spice up your life and come along with us to this appletastic event.

Cars will leave from the St. Alphonsus Oakdale parking lot around 9:00 AM on Saturday, October 14th. Please let us know in the sign-up form if you're able to drive. We will be carpooling to County Line Orchard in Indiana, 200 S County Line Rd, Hobart, IN 46342, about a hour and a half drive. We will stop at some

point as a group to have lunch at the kitchen/grill onsite at the orchard. Expect to return to the city around 5PM/ leave the orchard to come back around 3 PM.

Please sign up in the Google Form in the recent YAM Newsletter so we know who all to expect and can coordinate rides if needed. We're looking for a handful of people to volunteer to drive so people can carpool as well.

Pope Francis October Intention

For the Synod

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

Living the Gospel of Life

Support “The Baby Bottle Project”

This October, our parish is participating in The Baby Bottle Project benefiting Aid for Women. Aid for Women was founded over 42 years ago on the faith and teachings of the Catholic Church. Aid for Women operates four pregnancy resource centers throughout the Chicago metropolitan area. Services include pregnancy tests, ultrasound exams and confidential counseling. Aid for Women’s residential programs, Heather’s House and Monica’s House, help women whose decision to choose life is further complicated by lack of adequate housing.

Please take a Baby Bottle home with you this weekend. Fill it with your spare change and return it to church in October. The bottles may be found at the exits as you leave Mass. Thank you for your support!

PLEASE SUPPORT OUR

BABY BOTTLE FUNDRAISER

DONATE ONLINE AT:

[helpaidforwomen.org/
babybottle](http://helpaidforwomen.org/babybottle)

Your donation can make a difference in the lives of a mother and her baby!

(312) 621-1107

contact@aidforwomen.org
helpaidforwomen.org



Project Rachel— A Journey of Hope and Healing for Those Suffering the Effects of Abortion



What are some of the symptoms of Post-Abortion aftermath?

- Grief

- Depression
- Low Self-Esteem
- Guilt
- Shame
- Anger
- Suicidal Thoughts

Without a doubt, abortion is one of the most traumatic experiences a person can have. Initially, the pain of loss is often buried, but may come to the surface in dysfunctional relationships, depression, or other emotional or spiritual problems.

Who is affected by abortion?

Feelings of grief, anxiety, guilt and anger are common, not only for the woman who undergoes an abortion, but also for the father of the child, grandparents, relatives, friends, and even medical personnel.

Can I be forgiven?

Abortion is not the unforgivable sin. God chose to send His only Son our Lord Jesus Christ to suffer and die on the cross for all of us, so that our sins would be forgiven. All sin separates us from God. But this can be changed. He will forgive us if we are truly sorry, but we need to ask.

A Message to Catholics...

The Sacrament of Reconciliation brings you back into communion with the Church. Once in the state of grace, you can then receive the Holy Eucharist at Mass. Catholics believe that the Eucharist is the body, blood, soul, and divinity of our Lord Jesus Christ. Sin has the tendency to keep us in a depressed state. Frequent confession and reception of the Holy Eucharist helps you to maintain strength under the daily pressures of life and accept God’s mercy. If you decide not to go forward with Project Rachel, please seek out a Catholic priest to hear your confession.

What is Project Rachel?

The Archdiocese of Chicago invites you to contact Project Rachel, a path to healing and reconciliation for those injured by abortion. Project Rachel is a sensitive, private, free, and confidential experience with a network of specially trained priests and caring people who understand the painful road back from abortion. It is open to Catholics and those of other faiths.

How does Project Rachel work?

The Church, through its sacramental life, offers those who have been traumatized by abortion a powerful way to encounter the healing and reconciling love of God through the Sacrament of Reconciliation and especially the Eucharist. Your meeting with the priest or counselor will focus on preparation for the Sacrament of Reconciliation. Forgiveness in the Catholic tradition is not forgetting what happened. Nor is it simply relief from guilt or punishment. Rather, it means being restored by the One who knows and cares, and being transformed in our heart and created anew.

How do I get started?

To begin your healing journey, simply call Project Rachel for a referral to a priest, counselor, or support group. In your meeting with the priest, he will guide you toward the Sacrament of Reconciliation. Generally, the process will include counseling, prayer, and scripture. The Project Rachel team also offers periodic retreats, overnights, days of prayer and healing, and special gatherings.

Call (312) 337-1962 or (888) 456-HOPE or visit hopeafterabortion.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 us how much Jesus loves us and how His love is the true satisfaction of our souls.

Questions? Contact Susan Combes at suecombes@hotmail.com

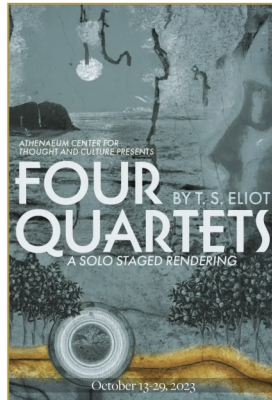
At the Athenaeum



Athenaeum Center for Thought and Culture are thrilled to present these opportunities for you to experience poetry on stage. Poetry that pierces the depths of reality and invites us to look beyond the here and now to what is eternal, unchanging, and shapes our knowledge of our own humanity and its relationship to the Divine.

T.S. Eliot's Four Quartets October 13-29

Journey with us into the heart of creation as we explore the still point of the turning world, where eternity and time meet in poetry. T. S. Eliot's masterpiece, *Four Quartets*, distills three thousand years of thought about human nature and our destiny into his spare, perfectly cadenced verses; the poem will be brought to life in a whole new way by Chicago actor Michael Rogalski.



The Triumph of T.S Eliot's Four Quartets Saturday October 14 at 2 PM

Given our immersion in the merely temporal, is there anything of permanent value about our lives or the world as a whole? Eliot provides profound answers to these questions and does so after the fashion of the greatest works of art—by earning those answers. *Four Quartets* is his final, most magnificent and musical, statement about what it means to be human and what it means to be created in the image of God. Join us for a profound exposition of Eliot's masterpiece with renowned poet and Eliot scholar James Matthew Wilson.

Dante 360— Nov 18-20

Returning to our Historic Main Stage for its third year, this Athenaeum Center original is a journey through the mystical structure of the universe so beautifully crafted by the great Dante Alighieri. Experience the depth and complexity of Dante's vision through a series of dramatic performances, visual art, and music by the vocal ensemble Schola Antiqua, which carry the soul alongside the pilgrim in his ascent to Paradise.

For more info and other future events, please visit

athenaeumcenter.org/events/

Stewardship—First Fruits



services. Throughout the year, many already support St. Alphonsus with your time, talent and treasure.

It is encouraging to see both new and familiar faces at our worship

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

"The stone that the builders rejected has become the corner stone..." - Matthew 21:42

Jesus was rejected by the religious and political leaders of his day, as well as ordinary citizens, but he was still obedient to God, the Father. Similarly, living a stewardship lifestyle may cause you to be "rejected" by others, but we, too are called to be obedient. Saying grace before a meal in a restaurant may attract some strange looks from some. But to others it is a sign that God is alive and well!



Serve as a Wedding Coordinator!

Are you someone who would consider themselves organized and a hopeless romantic, looking to get more involved in our parish? St. Alphonsus is currently looking for wedding coordinators to join our team. Weddings are joyful and jam-packed events filled with lots of details—it's an all-hands-on-deck ordeal! Being part of the Wedding Ministry is a rewarding opportunity as we help couples enjoy their special and Sacramental day. All volunteers receive a stipend for their time. **For more information, contact Priyanka Golwala weddings@stalphonsuschicago.church**

Helpful Household Hints by Harvey Levin

Now that prices for everything is sky high, we should not waste anything. Do not waste that Halloween pumpkin by carving it. You can make the pumpkin into soup. Paint it, instead of carving it. Quantities vary according to the size of pumpkin.

For a 12" pumpkin: Wash the pumpkin. Cut pumpkin in half and scrape out the seeds and the membrane. (If you want, separate the seeds for roasting.)

Bake the split pumpkin on a jelly roll pan at 350° for 45 min.

While it is cooking, sauté 8 diced stalks of celery & 2 large diced onions.

Let the pumpkin cool. Separate the meat from the skin and place the meat in a large pot & add the celery and onions and water to cover the pumpkin.

Add 4 – 8 cloves of chopped garlic & 2 T salt.

Bring to a boil and simmer 45 min.

Let the soup cool and run through a food processor or immersion blender to give a smooth consistency.

Heat and add one pint of whipping cream (or less to your taste) and serve.

Volunteer Opportunities

Volunteer with Cleaning Angels!



All parishioners are invited to join us on **Saturday October 28 from 9 AM to 10:30 AM** as we help to clean and beautify our Saint Alphonsus campus! It is our duty as good Catholics to be of service to our faith community and our local parish! The focus area will be on the rectory instead of the church this month. Contact

Coordinator Kelly Lovewell at kjlovewell@gmail.com for questions.

Safe Families for Children

When Safe Families volunteer to provide Christ's love and compassion to the most vulnerable in our community, these beautiful families can bounce back and remain intact after a crisis ends.



We know that God calls us to feed the hungry, welcome the stranger, and clothe the naked; supporting families in crisis in our community (AND supporting the volunteer Host Families that temporarily take in the children) is a wonderful way to do that.

General Resource Closet needs:

- Diapers, sizes 1,2,3,5,6 (<- we're low on diapers!!!)
- Pull-ups, sizes 3T-6T
- Baby 3-in-1 body wash
- Baby/toddler/kid clothes sizes: 18mo, 2T, 3T, 4T

If you can help provide any of these items (or equivalent gift card), please either leave the items in the narthex/parish office Safe Families donation bins, or reach out to safefamiliesstals@gmail.com to coordinate a drop-off time. Thank you for your generosity!

Knights of Columbus Pumpkin Carving Event



On Sunday October 22, we are hosting our wonderful family friendly pumpkin carving and decorating event! If you would like to volunteer with helping out with set-up and clean-up, contact parishioner Ray San Agustin, raysanagustin15158@gmail.com

Volunteer w/Little Sisters of the Poor

Little Sisters of the Poor in our Lakeview area, St. Mary's Home 2325 N. Lakewood, are looking for volunteers to visit residents and help with serving meals as well as other volunteer opportunities. Make a difference in the lives of others, put a smile on someone's face! For more info, contact volunteer coordinator Angelika Bravo at (773) 935-9600 or volchicago@littlesistersofthepoor.org

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, Confirmation, 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.

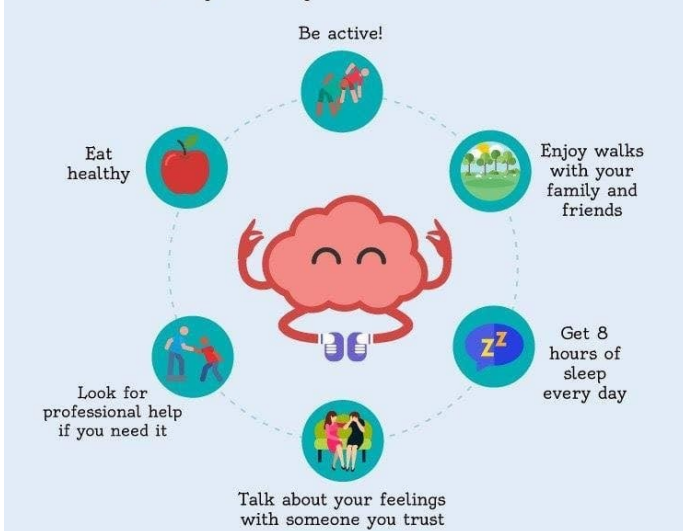
Parish Mailing list is **only used for church purposes and never shared with businesses or other organizations.

All who worship at St. Alphonsus are invited to register as a member if you have not yet done so! There is a link on our website, www.stalphonsuschicago.org/visitors

Health and Wellness

World Mental Health Day— Tuesday October 10

Tips for a good mental health



The global mental health crisis is impacting people of every age and background. Mental health is critical to your well-being and should be valued, promoted and protected. Learn more about how to care for your own mental health and the mental health of those around you.

Five Ways to Prioritize Mental Health/Wellbeing

1. **Connect With Others**— Surround yourself with people that bring you positive energy. Good relationships can help you build a sense of belonging and self-worth.
2. **Practice Self-Care**— Get enough sleep, eat well and exercise regularly. Even daily short walks can boost your mood and improve your mental health.
3. **Learn Stress-Reducing Techniques**— Meditation, yoga, guided imagery or breathing exercises can help you better manage reactions to stressful situations and will help you communicate more effectively with others.
4. **Transform Your Self-Talk**— By improving your self-talk, you can reduce anxiety, improve your heart health and change how you deal with stress.
5. **Normalize Experiences**— Speak out about your experiences with mental health challenges and encourage others to seek treatment even if it is just to talk to someone. Therapy is not just for people in crisis, but can help anyone develop healthy coping strategies.

Alphonsus Academy

Rocket Run—Oct 12-13



Our parish school is hosting their annual fun run fundraiser, Rocket Run! On Thursday, October 12th, we will be blocking off the Oakdale parking lot during the school day as our PK and K students will be participating. On Friday, October

13th, our 1st through 8th grade will be running around the school block. A family run will take place after school! For more information and how you can make a donation, visit secure.frontstream.com/rocket-run-2023

Blessings in a Backpack



On Thursday Sept. 28, our eighth graders kicked off this year's Blessings in a Backpack efforts. This annual service project provides necessary weekend food to school students. We support students at Jahn Elementary (just west of AACA on Belmont Avenue) and Manierre Elementary School (southeast of AACA on Lincoln in Old Town).

Please stay tuned for an upcoming 5K fun run to benefit our Blessings in a Backpack efforts!

"I have come that they might have life and have it to the full." John 10:10

All upper school AACA families are invited to Loyola Academy's presentation 10/26 at Queen of Angels

A Knight with LOYOLA

JOIN MEMBERS OF OUR COMMUNITY IN CONVERSATION ABOUT THE UNIQUE LOYOLA ACADEMY EXPERIENCE; A JESUIT TRADITION LIKE NO OTHER!



Welcoming

prospective parents from Alphonsus Academy, St. Andrew, St. Benedict, St. Matthias, Queen of Angels, including all local CPS elementary schools

When

Thursday, October 26th
6:00 p.m. meet & greet with refreshments
6:30 p.m. presentation

Where

Queen of Angels
Lower Parish Center
4412 N. Western Ave Chicago

RSVP to admissions@loy.org



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
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