

# Saint Peter <sup>the</sup> Apostle

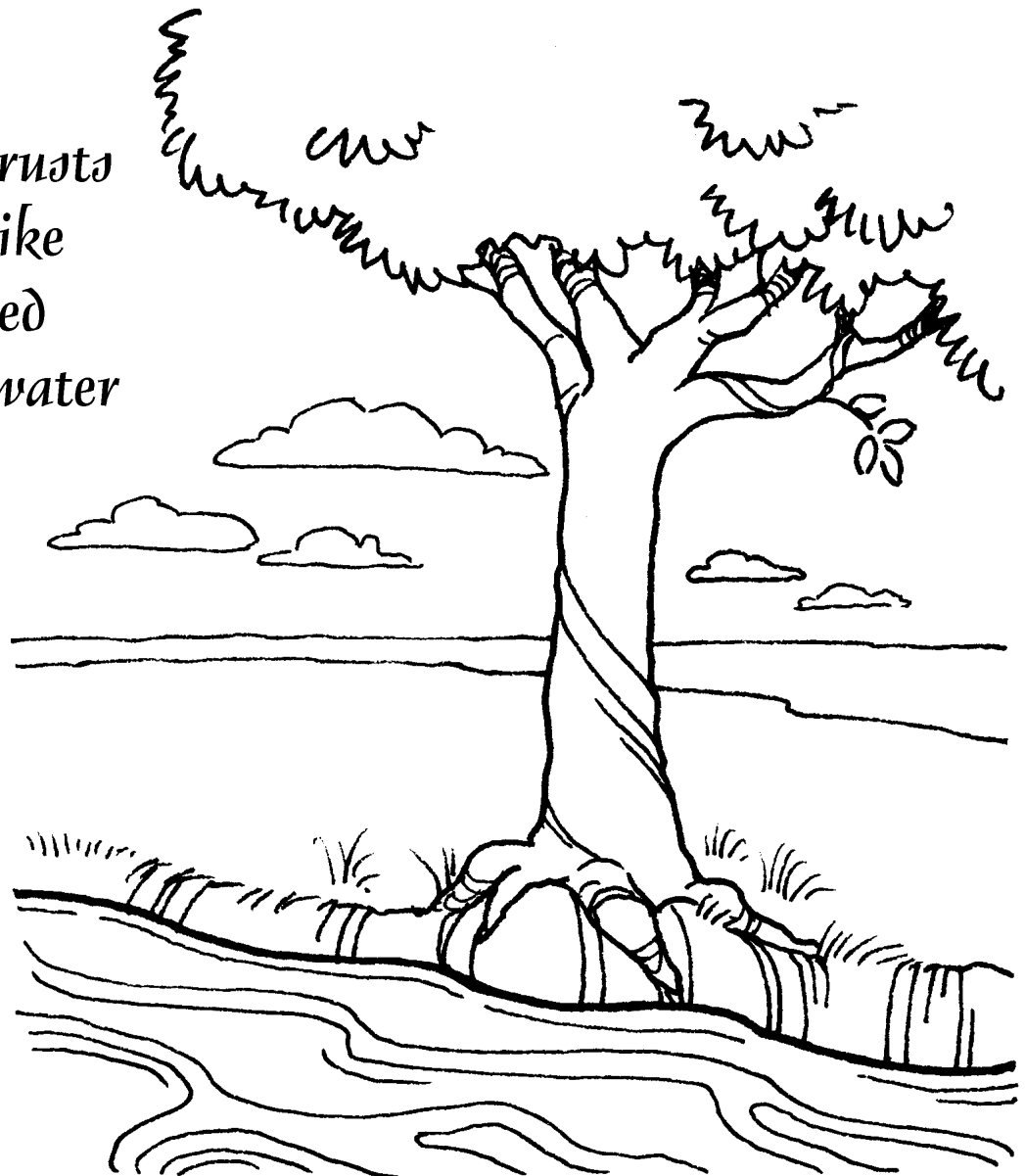
## CATHOLIC CHURCH

524 NORTH RUSH STREET | ITASCA, ILLINOIS 60143 | 630.773.1272

*Restore • Renew • Rejoice*

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

*The one who trusts  
the Lord is like  
a tree planted  
near running water*



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February 14, 2010  
Sixth Sunday in Ordinary Time

**RECTORY/PARISH CENTER****mailing address:** 524 N. Rush Street, Itasca, Illinois 60143-1698**phone:** 630/773-1272**fax:** 630/773-1720**Web site:** stpeteritasca.com**Reverend Slawomir Ignasik, Pastor**

phone ext. 208

e-mail: frslawek@gmail.com

**Rev. John Guiney, SMA, Weekend Associate****Mrs. Diane Blackburn & Mrs. Carla Fortuna, Parish Secretaries**

phone ext. 200

**Mrs. Cindy DeLuca, Director of Liturgy**

phone ext. 201

e-mail: cdeluca@stpeteritasca.org

**Deacon Ron Searls, Operations Manager**

phone ext. 204

**Deacon Robert Ziomek, Deacon**

phone ext. 202

e-mail: ziomekrobert@att.net

**Mr. Andrzej Ciupek, Director of Music**

phone ext. 207

e-mail: andrzejmusic@gmail.com

**Ms. Carol Schubert, Director of Youth Ministry**

phone ext. 209

e-mail: stpeterym@yahoo.com

**Mrs. Angela Scanlon, Director of Religious Education**

phone ext. 216

**Mrs. Linda Moretti, Religious Education Secretary**

phone ext. 215

**Knights of Columbus**

phone ext. 205

**Italian Catholic Federation (Branch 418), 630-936-2652 (Rita Bratta, President)****PARISH CENTER BUSINESS HOURS**

Monday, Thursday and Friday: 8:30 am - 5:00 pm

Tuesday and Wednesday: 8:30 am - 7:00 pm

*(closed daily from 12:30 pm - 1:30 pm for lunch)***PARISH SCHOOL****mailing address:** 500 N. Cherry Street, Itasca, Illinois 60143-1699**phone:** 630/773-1979**fax:** 630/773-2826**Web site:** stpeteritasca.org**Mrs. Mary Ellyn Billmeyer, School Principal, ext. 213****Mrs. Linda Gentile, School Secretary, ext. 212****WEEKDAY LITURGIES**

Monday-Friday: 6:25 am (Communion Service)

Monday-Friday: 8:00 am (Mass)

**WEEKEND MASSES**

Saturday Vigil: 5:00 pm

Sunday: 8:00 am, 9:30 am and 11:15 am

**HOLY DAY MASSES**

Day of: 6:15 am and 8:00 am, 12:00 noon and 7:00 pm

**CONFESSIONS**

Saturday 4:00 pm - 4:30 pm and by appointment

**NEW PARISHIONERS**

Please visit or call the Parish Center (ext. 200) to register.

**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)**

Any adult interested in becoming a Catholic or learning more about the Catholic faith should contact the Parish Center (ext. 216) for more information.

**BAPTISMS**

The sacrament of Baptism is celebrated on the third Sunday of the month (except during Lent) at 12:00 noon (immediately following 11:15 am Mass. Parents must attend a Baptism Preparation meeting prior to the Baptism date. Meetings are held in the Parish Center at 7:00 pm on the first Thursday of each month. Please call the Parish Center for more information.

**THE ANOINTING OF THE SICK**

If you or someone you know is in need of this Sacrament, please contact the Parish Center at any time. Upon admission to the hospital, please make it known you are a member of St. Peter the Apostle Catholic Church.

**WEDDINGS**

According to diocesan policy, the parish must be contacted six months prior to the intended wedding date. Please call the Parish Center (ext. 201) for information.

# Welcome

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## Guests and Visitors!

We're so glad you are here and invite you to walk the path to faith with us. The community of St. Peter the Apostle strives to grow closer to Christ in all that we do. We care for one another and together with Christ, we make a difference.

If you would like to become a registered parishioner, please fill out the information below and drop it into the collection basket at any mass or call the Parish Center at 630-773-1272 (ext. 200).

Family Name \_\_\_\_\_

Family Member Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

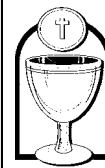
**If you are hospitalized...**

If you or a member of your family are admitted to the hospital, please contact the Parish Center to let us know. Due to new federal regulations, most hospitals will not contact parishes unless you specifically request it. We want to visit our parishioners in the hospital, but we are often unaware of their hospitalization.

**Friday Communion Calls**

Fr. Slawek makes communion calls every Friday for those unable to attend Sunday mass due to illness or bad health.

Please call Fr. Slawek at 630-773-1272 (ext. 208) to make arrangements.



If it is too difficult for you to walk to the front of the church to receive Communion, please know that at each Mass an Extraordinary Minister of Holy Communion comes to the back of the church to distribute Communion. If you would like to have the Extraordinary Minister give you communion in the back of church, please let an usher know before Mass begins. At Communion time, when you see the Extraordinary Minister come to the back, please raise your hand so that they can see you and give you Holy Communion.

**Traveling?**

While traveling, parishioners may call 1-410-676-6000 or log onto [www.masstimes.org](http://www.masstimes.org) for the location and schedule of Masses throughout the U.S.

Just a little over two weeks ago, the diocese made the decision to close our school at the end of this school year. I know many, if not all of us at St. Peter's, are hurt and maybe angry by this decision. It is very hard at these times to see good in any of this; and, yet, we are told "there is good in everything for those who love God."



## From the Pastor

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I believe the good that happens in difficult times, is that it draws us closer to God and together more as a family. In reflecting upon the past, we see it was the difficult times that have helped us to grow in faith because we turned to God more in our anguish and sorrow. We looked to Him for the balm of consolation and His understanding to help us cope and move forward.

As we personally turn to God in prayer, we also turn to each other in a physical way for consolation and comfort. Just as our sharing the depths of our sorrow brings us closer to God; our sharing together brings us closer to each other. That closeness and growing in relationship are newly cherished gifts.

We have to fight valiantly when something like this happens, to not get caught up in anger and bitterness. We have to remember even when people are trying to make the best decisions and do the right thing, sometimes people can get hurt causing us to feel unvalued, unimportant, and/or unappreciated. It is not their intention to hurt us, so our pain and sorrow becomes theirs, as well.

We need to forgive to be healed; otherwise, we let the situation hold us in bondage. Jesus knew St. Peter would deny Him and Judas would betray Him; however, He continued to love them but not their sin. While suffering the pain of the cross, Jesus only looked at those who abused Him with love. The key to forgiveness is love, which we remember "bears all things."

So during these difficult times, let us continue to make decisions on what is paramount for our families and children based on what is the very best for them—not because we are hurt and in pain. Let us ask Our Lord, Jesus Christ, for guidance. He will help us to grow in faith, and make us examples to those most in need of one.

God bless you.

Sincerely yours in Christ,

*Fr. Stawek*



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St. Peter the Apostle Parish offers the following schedule of spiritual and social opportunities during Lent. We hope you will join us as we prepare our hearts for the great Easter feast.

### ASH WEDNESDAY | February 17

Masses at 6:15 am, 8:00 am, 12:00 noon, 7:00 pm

### STATIONS OF THE CROSS FOR SENIORS

1:00 pm: All Fridays during Lent

### STATIONS OF THE CROSS

7:00 pm: All Fridays during Lent

### SOUP AND SALAD

Please see bulletin for information

### ST. JOSEPH'S TABLE

Sunday, March 21, following 11:15 AM Mass

### SACRAMENT OF RECONCILIATION

All Saturdays during Lent, 4:00-4:30 pm

Saturday, March 20, 3:30-4:30 PM

### PARISH MISSION *with Father Jim Lennon*

February 21-23 | 7:00 pm

Individual confessions will be available every evening after the Parish Mission talk

### SACRAMENT OF THE SICK

Sunday, March 14 at the 9:30 AM Mass

### 24-HOUR ADORATION OF

### THE BLESSED SACRAMENT

Friday, March 5

8:30 am Friday until 7:30 am Saturday

Morning Prayer, Benediction, and Mass on Saturday morning 7:40 am.

### PALM SUNDAY | March 28

Regular Mass Schedule

### HOLY THURSDAY | April 1

7:00 pm: Mass of the Lord's Supper

Adoration of the Blessed Sacrament until midnight

Bus pilgrimage to local churches following service

### GOOD FRIDAY | April 2

3:00 pm: Stations of the Cross

7:00 pm: Passion of our Lord Service

### HOLY SATURDAY | April 3

9:00 am and 9:45 am: Blessing of food in church

12:00 noon: Easter Egg Hunt (outside)

7:30 pm: Easter Vigil Service

*There is no 5:00 pm Mass on Holy Saturday*

### EASTER SUNDAY | April 4

Mass Schedule: 8:00 am, 9:30 am, 11:15 am

## Stewardship of Treasure


*A Way of Life*  
**St. Peter the Apostle**  
*Sunday Collection*

	<i>Sunday</i>	<i>Year to Date</i>
Sunday, February 7, 2010	\$ 15,858.58	\$ 413,965.70
Required Support	\$ 14,000.00	\$ 448,000.00
Weekly Surplus/(Deficit)	\$ 1,858.58	(\$ 34,034.30)
Debt Reduction Collection	\$ 2,525.00	\$ 57,096.00

Approximate Parish Debt  
 as of January 31, 2010      \$211,144.22

If you have any questions concerning the collection numbers, please feel free to contact the Business Office at 630-773-1272 (ext. 204).

If you would like information on using **E-basket** **SUNDAY OFFERING** to conveniently make your weekly offering, please contact the Parish Center (ext. 200)



## This Week at St. Peter's

- Monday February 15**  
 No School (Presidents' Day)  
 6:30 pm Knights of Columbus (*pc/lower level*)
- Tuesday February 16**  
 2:30 pm School Hand Bell Choir (*church*)  
 6:30 pm Art & Environment Meeting (*church*)  
 7:00 pm School Board Meeting (*School Foyer*)  
 7:00 pm Transitional Housing Meeting (*off-site*)
- Wednesday February 17 ASH WEDNESDAY**–  
 Masses 6:15 am, 8:00 am, 12:00 noon & 7:00 pm
- Thursday February 18**  
 7:00 pm In His Image Faith Enrichment (*pc/upper level*)
- Friday February 19**  
 5:00-7:00 pm Soup & Salad (*school hall*)  
 7:00 pm Stations of the Cross (*church*)
- Saturday February 20**  
 9:00 am Religious Ed Stations of the Cross Practice (*church*)  
 9:00 am Religious Education Classes (*school, pc/upper level, pc/lower level*)
- Sunday February 21**  
 7:00 pm Parish Mission (*church*)


## Readings for the Week

- Monday: Jas 1:1-11; Mk 8:11-13  
 Tuesday: Jas 1:12-18; Mk 8:14-21  
 Wednesday: Jl 2:12-18; 2 Cor 5:20-6:2; Mt 6:1-6, 16-18  
 Thursday: Dt 30:15-20; Lk 9:22-25  
 Friday: Is 58:1-9a; Mt 9:14-15  
 Saturday: Is 58:9b-14; Lk 5:27-32  
 Sunday: Dt 26:4-10; Ps 91; Rom 10:8-13; Lk 4:1-13

Mass Intentions  for the week  
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- Sunday February 14** (*6th Sunday in Ordinary Time*)  
 8:00 am Hilard Palace  
 9:30 am †Hillard Bieschke  
 11:15 am †Tony Venturini
- Monday February 15** (*weekday*)  
 6:25 am Communion Service  
 8:00 am †Edward Filipek
- Tuesday February 16** (*weekday*)  
 6:25 am Communion Service  
 8:00 am †Betty Jean Schutt
- Wednesday February 17** (*Ash Wednesday*)  
 6:15 am People of the Parish  
 8:00 am †Sam Faroma  
 12:00 noon †Helen Denze  
 7:00 pm †Angelo DiLeo
- Thursday February 18** (*Lenten weekday*)  
 6:25 am Communion Service  
 8:00 am †Carmela Kapraun
- Friday February 19** (*Lenten weekday*)  
 6:25 am Communion Service  
 8:00 am †Rose Schlager
- Saturday February 20** (*Vigil: 1st Sunday of Lent*)  
 5:00 pm People of the Parish
- Sunday February 21** (*1st Sunday of Lent*)  
 8:00 am Special Intention of the Franz Family  
 9:30 am †Joey Sikorski  
 11:15 am †Edward Pignataro

If you would like to bring the gifts to the altar at Sunday Mass, please see one of the ushers before Mass begins.

 **PLEASE NOTE:**  
 The Parish Center will be closed on Monday, February 15 in observance of Presidents' Day.

For the week beginning  
 Saturday, February 13th and Sunday, February 14th

Thank you to

**The Palace Family**

for the beautiful flowers  
 in the Pope John Paul the Great Eucharistic Chapel

**in memory of**

**Hilard Palace**

**Extraordinary Ministers/  
Lectors/Servers Schedule**

Saturday, February 20th and Sunday, February 21st

**Extraordinary Ministers**

5:00 pm Linda Aiani  
Karen Kunze  
Mike Maggio  
Nancy Riley

8:00 am Marty Hower  
Sharon Hower  
Ralph D'Andrea  
Elaine Appler

9:30 am Ed Kryger  
Ruth Kryger  
Kathy Frank  
Arlene Derma

11:15 am Deacon Bob  
Pat Cleveland  
Ken Cleveland  
Jackie Dworzynski

**Lectors**

5:00 pm Margaret Trepal  
Chris Kunze

8:00 am Art Gorr  
Warner Cruz

9:30 am Doug Blanchard  
Rich Olenek

11:15 am Diane Blackburn  
Mary McNamara

**Servers**

5:00 pm Liam Fleming  
Drew Cotton

8:00 am Eric Sgarbossa  
John Hower

9:30 am Colin Carey  
Sam Green

11:15 am Brian Kearney  
Jack O'Brien

**Children's Catechist**

9:30 am Erin Carey

**Please Pray for the  
Sick of our Parish Family**

Lee Bauman  
Irene Brochema  
Sandra Buckingham  
Bob Cleveland  
Regina Conti  
Thomas Cummins  
Rose Diener  
Teresa Dunhac  
Dan Galuszek  
Dick Gamache  
Mary Gawlik  
Mel Gerard  
Mary S. Giannelli  
Meghan Henry  
Don June  
Daniel Koutsis  
Loretta Kruszowski  
Joe Kryger  
Jennifer McDevitt  
Wanda Mikulecky  
Adeline Milostan

Kazimierz Pach  
Barbara Pierce  
James Purner  
David Rizleris  
Linda Robinson  
Angie Scianna  
Anthony Scianna  
Shauna Sheffer  
Sharon Sowers  
Patty Szerlong  
James Thompson  
Linda Ticsay  
Ron Torii  
Maria Trejo  
Violet Weiff  
Jennifer Weil  
Lynda Wade  
Lauren Willie  
Margaret Woods  
Philip Zerante

*Published and/or announced prayer requests require permission from the named individual or their family. Names will be listed for six weeks. At the end of that time, you may call the Parish Center and request a name remain on the list for another six weeks.*



**LET US PRAY FOR THOSE WHO SERVE**

*Lord, hold our troops in your loving hands.  
Protect them as they protect us.  
We ask this in Jesus' name.  
Amen.*

- Lt. Kassy Cinatl, U.S. Coast Guard**
- Sgt. Felicia Cinatl, U.S. Marine**
- Sgt. Matt Cinatl, U.S. Army**
- Todd Kirwan, U.S. Army**
- Michael Putze, U.S. Navy**
- Megan Putze, Army National Guard**
- HM3 (FMF) Bryan C. Thude, U.S. Navy**
- Lance Corporal Lauren Twarog, U.S. Marines**

**POPE JOHN PAUL THE GREAT  
EUCHARIST CHAPEL DONATION**

If you or your family would like to be responsible for the "Flowers of the Week," just fill out this coupon, put it in an envelope marked chapel flowers and drop it in the collection basket with \$25.00 or more. Your name will be printed in the bulletin the week your gift purchases flowers for our Eucharistic Chapel.

**Sorry, we cannot promise a certain week, but will try if possible.**

Donor's Name: \_\_\_\_\_

Parish Envelope Number: \_\_\_\_\_

Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_

What would you like the acknowledgement to read?

In Honor of

\_\_\_\_\_

**OR. . .**

In Memory of

\_\_\_\_\_



**PLEASE SAVE  
THE DATE...**

**ST. JOSEPH TABLE**

On **March 21**, after the 11:15 Mass, St. Peter's will celebrate our annual Saint Joseph's Table.

Please join us for food and fun to honor one of God's most faithful servants.

**NOTE:**

Please do not drop off items in the church for others to take, such as pamphlets, books or old household items. If you have something for the bulletin board or pockets in the back of church, please first give them to Cindy DeLuca for approval, and she will put them out for you.

Thank you for your cooperation.

**PEGGY KUSINSKI TO BE HONORED AT  
RESURRECTION COLLEGE PREP  
HIGH SCHOOL**

Ms. Peggy Kusinski, a member of St. Peter the Apostle Parish, will be honored as the recipient of the Resurrection College Prep High School 2010 *Renaissance Award*. This award is Resurrection High School's highest honor and is awarded to individuals who have exemplified the Renaissance spirit by embracing new ideas, independent thought, and classical values as well as excellence in their field of endeavor.

As an accomplished Emmy Award winning female producer and sportscaster, in a male dominated profession, Peggy Kusinski is a most worthy recipient of this honor. Her charity work, as well as her work with the "Girls in the Game" organization, supports the founding mission of the Sisters of the Resurrection—the "transformation of society" with an emphasis on the "uplifting of women in that society." Her personal and professional efforts demonstrate a passion for excellence and the courageous advancement of women in society. As a Resurrection alumna, she continues to remain involved and supportive and is a great role model for the young women of Resurrection College Prep High School.

Ms. Kusinski will be honored at Resurrection's annual dinner auction, *Res-Ma-Tazz*, on Saturday, February 27, 2010 at the White Eagle Banquets and Restaurant at 6839 N. Milwaukee Avenue in Niles. We are excited about honoring Ms. Kusinski and would like to invite you and other parish members to show your support for Ms. Kusinski by attending this event. The theme for this year's event is *My Kind of Town, Chicago Is!* The event includes hors d'ouvres, drinks, dinner, music and silent and live auctions. Reservations for the *Res-Ma-Tazz* dinner auction are \$50 per person and are available by calling Carol Marchetti at 773-775-6616 (ext. 112) or by e-mail at [cmarchetti@reshs.org](mailto:cmarchetti@reshs.org). Details are also available on the Resurrection Web site at [www.reshs.org](http://www.reshs.org). We hope that you will join us for this exciting evening.

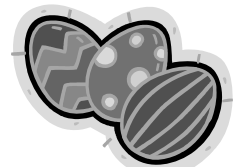
**CANDY DONATIONS NEEDED**



St. Peter's is looking for candy donations for our annual Easter egg hunt. Tootsie rolls, airheads, any candy that will fit into an Easter egg, are the types of candy needed. All candy must be wrapped.

Please drop off your donations in a basket in the back of church the weekends of February 21 and February 28.

Thank you!



## LENTEN REGULATIONS

Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.

Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.

On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected the law does not apply.

To disregard completely the law of fast and abstinence is seriously sinful.

Lent is the principal season of penance in the Christian year. All of the faithful are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer and a performance of works of charity and mercy.

## PARISH MISSION

Please mark your calendars for our Parish Mission:

Sunday, February 21 through  
Tuesday, February 23  
7:00 pm in Church

## Diocese of Joliet Young Adult Ministry

### YOUNG ADULT EVENTS & ACTIVITIES

more details are available online at the diocesan calendar page—

<http://www.dioceseofjoliet.org/yam/yamcalendar.asp>

### Young Adult Stations of the Cross "Tours" Friday Nights in Lent

February 19	St. Philip's   Addison, Illinois
February 25	St. Walter's   Roselle, Illinois
March 5	Christ the King   Lombard, Illinois
March 12	St. Peter's   Itasca, Illinois
March 19	Corpus Christi   Carol Stream, Illinois
March 26	St. John the Baptist   Winfield, Illinois

*These and other great events are available at the diocesan calendar page. For more information, contact Paul Jarzembowski at [pjarzembowski@dioceseofjoliet.org](mailto:pjarzembowski@dioceseofjoliet.org).*

It happened in August 2007 on the first day of school. After all the introductions, I told one student, Clark, that I knew his middle name. Shocked, he wondered how I would possibly know this information. It was simple; I was doing music at that time and played for his Baptism. Anyone who knows anything about the *Cubs*, would never forget a baby named Clark *Addison*!!

Baptism is the wonderful time a person becomes a member of God's family and part of our parish community. Through this Sacrament of Initiation, a person now has the right and responsibility to worship in our Church. There are many other wonderful effects of Baptism, such as receiving God's life in us called grace, and the removal of original sin. As members of our parish family, it is important that we welcome our newest members. It is important that we support the parents who bring their child to Baptism. We, as Church, have a responsibility to help parents raise their child(ren) in the faith, whether it is by getting involved in Religious instruction, ministering at Mass, or just giving good example or good advice. *Who knew that I would end up being Clark's Religion teacher?*

St. Peter's is now giving parents the option to have their child(ren) baptized during a Mass (although, they can still have a Baptism after the 11:15 Mass on the third Sunday of the month). If parents choose to bring those to be baptized to Mass, not only relatives and friends will witness the baptism, but also the parish family. Watching a baptism will remind us of our own baptismal promises and the Paschal Mystery of Christ (suffering, death and resurrection of Christ).

Since a Baptism will take some time, there will not be a homily at those particular Masses.

Adult Baptisms happen at the Easter Vigil (the night before Easter Sunday). These adults, who have completed the RCIA (Rite of Christian Initiation of Adults) program will receive all three Sacraments of Initiation: Baptism, Eucharist and Confirmation at that time. This year we will have two adult baptisms, Dennis and David. As they make their final preparations before their Baptism, they will be going through some preliminary Rites during Lent. Be sure to welcome them if you happen to be lucky enough to be in attendance at Mass when they go through one of their Rites.

As we prepare for the season of Lent, take time to reflect on your own Baptism. What gifts do you have through Baptism? What does God ask of you because you are His beloved child? How can you bring the love of Christ to those you meet everyday?

*Cindy DeLuca*

# CATHOLICS *at the* CAPITOL

## PLEASE JOIN

Bishop Sartain, Cardinal Francis George  
and the other Bishops of Illinois, clergy and laity  
from across the State of Illinois at the  
Second Annual Catholics at the Capitol

**WEDNESDAY, MARCH 3, 2010**

**SPRINGFIELD, IL**

10 AM – Mass at Cathedral

11 AM – Briefing at Cathedral

12 PM-2 PM- Meeting with legislators

1:30-2:30 PM – Box lunch & lobby reports (Howlett)

## DIOCESE OF JOLIET TRAVEL INFORMATION

**BUS LOCATION:** SS. Peter & Paul Church

36 N. Ellsworth St., Naperville

Bus will be located in the parking lot directly across from Church  
(Free parking available in lot kitty corner from Church)

**COST:**

Cost of transportation by coach bus to Springfield and back  
to Naperville is \$20.00. Seating is limited and available on  
a first come first served basis.

**TIME:**

The bus will depart promptly at 6:30 AM and return to  
SS. Peter & Paul at approximately 6:00-6:30 PM.

**RESERVATIONS:**

Please call Mary Scholp in the Life Office at 630-718-2121 or e-mail  
your reservation to [prolife@dioceseofjoliet.org](mailto:prolife@dioceseofjoliet.org)  
Reservation and payment is due on or before March 2, 2010.  
Please make checks payable to Joliet Diocese Life Office and send your  
payment to the address listed below. Attn: Mary Scholp

## The Danger Women Ignore: Heart Disease

Heart disease is the #1 cause of death for women. Surprisingly, more women than men die of heart disease, and it kills more women over 65 than do all cancers combined.

While the most common heart attack symptom for both sexes is pain or discomfort in the chest, it is often less severe in women. This may be because women tend to have blockages not only in their main arteries but also in their smaller arteries. In general, women's symptoms are more vague than men's. Women are somewhat more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain. The subtlety of the symptoms may be the reason women show up in emergency rooms later—after heart damage has already occurred.

Although the traditional risk factors for coronary artery disease—high cholesterol, high blood pressure, and obesity—affect both women and men, other factors have more impact on women: smoking, mental stress and depression, and metabolic syndrome ( a combination of fat around the abdomen, high blood pressure, high sugar, and high triglycerides).

Women also are more likely than men to develop a condition called broken heart syndrome. In this recently recognized heart problem, extreme emotional stress can lead to reversible heart muscle failure.

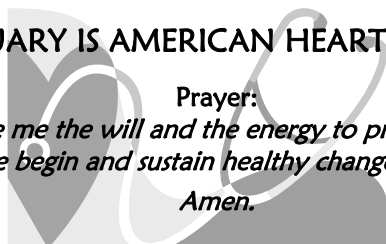
Lifestyle changes, medicines, and/or medical or surgical procedures can help reduce the risk of heart disease. Early and ongoing prevention is important. But if you think you're having a heart attack, call for emergency medical help immediately. Do NOT drive yourself to the emergency room.


## FEBRUARY IS AMERICAN HEART MONTH

Prayer:

*Merciful God, give me the will and the energy to properly care for myself.  
Help me begin and sustain healthy changes in my life.*

*Amen.*





**AWAKENING  
FAITH**

**RECONNECTING WITH  
YOUR CATHOLIC FAITH**

Awakening Faith is a small group experience centered around socializing and talking about spirituality, Jesus, the Holy Spirit, God's mercy, the Mass, and the Church. The meetings foster reflection, prayer, and honest sharing in a setting of hospitality and acceptance.

Three sessions are being offered in St. Philip the Apostle Parish Meeting Room 1 on the following dates:

Tuesday, February 9 - Spirituality: What's the Buzz?  
 Tuesday, February 16 - Can Mass Make My Life Meaningful?  
 Tuesday, February 23 - The Church and Me

Each session will begin with a dinner at 6:30 p.m. and will be followed by the rest of the evening's activities from 7:00 to 9:00 p.m. There is no charge for these sessions, but please call or e-mail to let us know if you will be attending so we can get an accurate count for food.

St. Philip the Apostle Parish  
 1233 W. Holtz Avenue in Addison, IL 60101  
 Phone #: 630 543-1754 Fax #: 630 543-4672  
<http://www.stphiliptheapostleparish.com>  
 Contact Person: Vince Zaprzal at [vzaprzal@yahoo.com](mailto:vzaprzal@yahoo.com)

**ASH WEDNESDAY:  
A CHALLENGE TOWARD  
FORGIVENESS**

**Wednesday, February 17, 2010  
9:30 am to 1:30 pm**

As we begin the Season of Lent, we take time to consider the gift of Forgiveness given to us through the life and death of Jesus Christ. Join Sr. Jane Schlosser, RSM at the Carmelite Spiritual Center in Darien, IL. **"AS WE FORGIVE OTHERS"** is to participate in the Mystery of God's Love.

Cost: \$40.00 person (includes Eucharist and lunch and distribution of ashes).

Register by calling 630-969-4141.

**Annual Conference for the  
Divorced and Widowed:  
Risking Faith, Achieving Joy**

**St. Charles Pastoral Center  
Romeoville, Illinois**

Featuring Reverend Tony Palazzolo

**March 20, 2010 | 9:00 am**

The loss of a spouse due to death or divorce can deeply affect our faith. Some of us become closer to God; others become extremely angry at him; others may even question his existence. For Father Tony Palazzolo, faith is a gift from God that ultimately answers every question. However, our faith is profoundly influenced by what we allow to enter our minds. On this day of retreat we will take the time to look at the connection between the gift of faith we are given and the daily choices we make to nourish it. Through good times and bad, our faith works if we work at it.

Fr. Tony has a great deal of compassion for those who have suffered the loss of a spouse through death or divorce. Years before his ordination as a priest in 1993, he was married, divorced and subsequently was granted an annulment. He single-parented three children through high school and college and has 11 grandchildren. Fr. Tony is a consultant for the Family Life Office of the Diocese of St. Augustine in Florida, where he presents workshops and seminars on parenting, divorce adjustment, faith, relationships and other related subjects. In 2008, he was awarded the James J. Young award by the Catholic Divorced Ministry formerly the North American conference of Separated and Divorced Catholics for his many years of dedicated service to this ministry.

We will conclude with a 4:00 pm liturgy that satisfies the Sunday obligation, celebrated by Bishop Imesch. **The \$35.00 fee includes lunch, refreshments and materials. To register please call The Center for Family Ministry 815-838-5334.**

**PREGNANT? NEED HELP?**

Birthright of DuPage	630-355-9888
National Birthright	1-800-848-LOVE
Aid for Women	630-896-8600
National Pregnancy Hotline	1-800-535-9947
National Adoption Hotline	1-202-463-7563
Greater Dosage MYM (Teen Parent Service)	630-790-8433 x 266
<b>RETURN</b>	
(Post Abortion Counseling)	1-815-838-7171
Natural Family Planning	1-815-838-1002
DuPage Catholic Charities	
Children's Services	630-495-6864
The Nurturing Network	1-800-TNN-4MOM
Crisis Pregnancy	1-800-67-BABY-6 1-800-NO-ABORT
Women's Choice Services	630-261-9221
The Gabriel Project	1-877-734-2444

**PRAY OUTSIDE WOOD DALE ABORTION CLINIC**

Please join the Life groups of St. Peter and St. Walter's in praying the rosary for one hour outside of Advantage Clinic, 203 East Irving Park Road, Wood Dale, every first Friday and third Wednesday of the month at 9:30 am. Upcoming dates are February 17th and March 5. A prayer book is available by contacting Jean Angell at 630-773-0987.

**THE NATIONAL CATHOLIC BIOETHICS CENTER**

If you are facing emergent medical situations regarding end of life decisions, the National Catholic Bioethics Center ([www.ncbcenter.org/emergency\\_consultation.asp](http://www.ncbcenter.org/emergency_consultation.asp)) will respond ASAP with help from an ethicist, doctor, etc. The number to call is **215-877-2660**. Even though the site states "Monday - Friday, 9:00 am - 5:00 pm" for emergency consultation questions, calls are returned even after hours.

**QUIETING THE MIND, HEALING THE SPIRIT**

**Dates: Thursday evenings**  
**February 18 - March 18, 2010**  
**6:30 pm - 7:30 pm**

**Start the New Year off right by focusing on someone important—You!**

This 5-week session, taught by Reverend Godwin Raj, will help you explore the process of meditation and teach you how to relax, center yourself, organize your thoughts, help you become less anxious and reduce your stress.

Cost: \$25 for the 5-week session

Registration is required. Call 630-909-7102

**Upcoming Joliet Diocese  
Life Office Events**

**Friday, February 19, 2010 | 7:00 pm**

**CELEBRATION OF LIFE FILM FESTIVAL**

Immaculate Conception High School (Costello Hall)  
217 S. Cottage Hill  
Elmhurst, Illinois

Respect Life Ministry is hosting a **FREE** Film Festival.

"Come What May" will be shown on this movie night. For further information contact Deacon John Feeley at 630-834-8372.

**Friday, February 26, 2010 | 7:00 pm**

**"WHAT ARE THE PRO-LIFE ISSUES" OF TODAY?**

St. Joan of Arc Parish (Parish Center)

Please come and hear Father Thomas Milota speak about the pro-life issues in society today. Father is the pastor of Ss. Peter and Paul in Naperville, and the Director of the Diocese of Joliet Life Office. He is at the forefront to defend life at all stages. A free will offering will be accepted for the Diocese of Joliet Life Office. Please contact Carole Gasset at 630-960-2916, with any questions.

**MAKING MORAL CHOICES SERIES  
ETHICS OF HEALTH CARE REFORM**

Rebecca Davis Mathias, PhD

**Thursday February 18, 2010**

**7:00-9:00 pm**

**St. Isidore Parish Main Church**  
**Army Trail Road at Gary Avenue**  
**Bloomington, Illinois**

In November last year, Cardinal Francis George of Chicago, president of the U.S. bishops' conference, confirmed that the current health care debate is "one of the most critical issues" of the country and the conference. This interactive ethics session will discuss the political, economical, social, and moral considerations of health care reform from a Catholic faith perspective to help update, educate, and inform your own ethical health care reform decision-making. Dr. Davis-Mathias, a St. Isidore parishioner and faculty member of Dominican University, will provide us with tools, using our Catholic Tradition to make the complex decisions that we have to face in our everyday lives. This workshop is open to all who want to have a better will help us to view this timely topic from a Catholic ethical perspective. For more information or to register contact Deacon John at 630-529-9191 or [jfreund@stisidoreparish.org](mailto:jfreund@stisidoreparish.org).

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## PULPIT ANNOUNCEMENTS AND BULLETIN DEADLINES

**NOTE: Parish staff reserves the right to accept and/or decline, as well as edit, both pulpit announcements and bulletin submissions.**

**Pulpit announcements for Saturday, February 20th and Sunday, February 21st must be received by Tuesday morning, February 16th. Requests for pulpit announcements are to be submitted to Cindy DeLuca at the Parish Center, by phone 630-773-1272 (ext. 201) or by e-mail to [cdeluca@stpeteritasca.org](mailto:cdeluca@stpeteritasca.org).**

**Bulletin submissions for publication in the Sunday, February 28th issue must be received by Friday, February 19. Notices and full page flyers will run for a maximum of two weeks, and priority will be given to items that are date sensitive. If possible, all items should be typed for legibility and accuracy and dropped off at the Parish Center or sent via e-mail to [stpetebulletin@yahoo.com](mailto:stpetebulletin@yahoo.com).**

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## BECOME A VALUABLE RESOURCE FOR YOUR COMMUNITY BY WATCHING THE WEATHER

*Lisle, Illinois*—The National Weather Service (NWS) relies on a number of devices to detect severe thunderstorms, including radar, satellite and lightning detection networks. But, the most important tool for observing severe weather is a trained weather spotter.

Benedictine University will host a NWS Basic Weather Spotter Class from 1:00 pm until 3:00 pm on Monday, March 15 in the Krasa Center Presentation Room on the University's Lisle campus. The seminar is free and open to the public.

Real-time observations of tornadoes, hail, wind and significant cloud formations provide a reliable information base for severe weather detection and verification. Weather spotters assist NWS staff in their warning decisions and enable the NWS to fulfill its mission of protecting life and property.

The NWS trains people to identify severe storms and tornadoes and report them via organized communication networks such as local and county emergency management, law enforcement and amateur radio. Training consists of a slide and video program which teaches spotters about severe storm structure, how to identify cloud features and other environmental clues.

Some spotters are "mobile" in vehicles, but most spot from fixed, strategic locations around the community such as schools, hospitals, retirement facilities and other locations where people may be at immediate risk from severe weather.

*Contact: Phil Brozynski  
630-829-6094*

*Benedictine University  
5700 College Road  
Lisle, Illinois 60532-0900*