

Saint Peter ^{the} Apostle

CATHOLIC CHURCH

524 NORTH RUSH STREET | ITASCA, ILLINOIS 60143 | 630.773.1272



Restore • Renew • Rejoice

www.stpeteritasca.com



**They left their
nets and
followed him**

January 23, 2011

Third 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: pastor@stpeteritasca.com

Rev. John Guiney, SMA, Weekend Associate

Diane Blackburn & Mrs. Carla Fortuna, Parish Secretaries

phone ext. 200 e-mail: office@stpeteritasca.com

Carol Schubert, Director of Liturgy and Adult Faith Formation

phone ext. 201 e-mail: liturgy@stpeteritasca.com

Deacon Ron Searls, Operations Manager

phone ext. 204 e-mail: business@stpeteritasca.com

Deacon Robert Ziomek, Deacon

phone ext. 202 e-mail: deacon@stpeteritasca.com

Andrzej Ciupek, Director of Music

phone ext. 207 e-mail: music@stpeteritasca.com

Angela Scanlon, Director of Religious Education

phone ext. 216 e-mail: religiouised@stpeteritasca.com

Linda Moretti, Religious Education Secretary

phone ext. 215 e-mail: religiouised@stpeteritasca.com

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)



TRAVELING?

Call 410-676-6000 or log onto www.masstimes.org for the location and schedule of Masses throughout the U.S.

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, January 29**, and **Sunday, January 30**, must be received by **Tuesday morning, January 25**. Requests for pulpit announcements are to be submitted to the Parish Center, by phone 630-773-1272 (ext. 201) or by e-mail to liturgy@stpeteritasca.com.

Bulletin submissions for publication in the **Sunday, February 6** issue must be received by **Friday, January 28**. 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 bulletin@stpeteritasca.com.

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

First Friday of every month following 8:00 am Mass

NEW PARISHIONERS

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

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Adults interested in becoming Catholic or learning about the Catholic faith should contact the Parish Center (ext. 201) for more information.

BAPTISMS

The sacrament of Baptism is celebrated either during a weekend Mass or on the third Sunday of the month (except during Lent) at 12:30 pm (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.

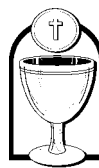
IF YOU ARE HOSPITALIZED...

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

This weekend 200 people, mostly the youth of our diocese, left for the Right to Life March in Washington, DC. Many of the young people who went to the March have been affected by abortion. Some know of someone who has had or been involved in an abortion. Others are deeply affected by the profound knowledge that so many of their generation has been lost and never had a chance for life.

Abortion affects us all. There may be some who deceive themselves into thinking it is a private matter and a women's right to choose. As Catholics, we believe and recognize the value of every human life at every stage from conception to natural death. Does God love a baby's mother anymore than the child she carries in her womb or the older person who can no longer take care of himself?

The abortion industry is a big business. They tell women abortion is the solution to their unplanned pregnancy, but they lie because they do not tell the entire truth. They do not tell about the great loss women feel and the overwhelming grief and sorrow when they confront what they have done. As a priest for over ten years, I have heard time and time again the devastation women feel from having an abortion. They believed the lies they were told, only to find out the truth when it was too late. If you or someone you know has been affected by abortion, then I encourage you to help them start the healing process by encouraging them to seek reconciliation with the Church by contacting me or another priest. Sometimes, although God has forgiven them, they cannot forgive themselves. In these circumstances, Rachel's Vineyard retreats are very beneficial.

We, of course, are not to judge them; however, our non-judgment does not alleviate our responsibility to get involved. We have to know why we defend life and help and support others to choose life. We can and must make a difference.

One of the ways we can get involved is by praying in front of the Advantage Clinic in Wood Dale on the third Wednesday of every month. We can pray any time between 7:00 am and 2:00 pm, but St. Peter's is assigned the 9:30 am to 10:30 am time slot. Many times the prayers from those outside the clinic have moved women to change their decision to have an abortion. Not only have the lives of the babies been saved but their mother's anguish, as well.

This weekend as the courageous youth of our diocese march for life, let us join them in their decision to make a difference and stand up for life.

God bless you.

Sincerely yours in Christ,

Fr. Slawek



From the Pastor

© J. S. Paluch Co., Inc.

Join our Holy Father, Pope Benedict XVI, in his January prayers for the Church and for the world:



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General Intention:

That the riches of creation be preserved, valued and made available to all, as precious gifts from God to mankind.

Missionary Intention:

That Christians may achieve full unity, bearing witness of the universal fatherhood of God to the entire human race.

-from The Vatican



Today's collection funds pastoral projects in the Church in Latin America. In 2009, the Collection was able to distribute \$7.2 million across 480 projects. Your donations make a difference in the faith life in Latin America. Keep faith. Please be generous in the Collection for the Church in Latin America.

Stewardship of Treasure

A Way of Life
St. Peter the Apostle

	Sunday Collection	Year to Date
Fiscal Week 29: Jan. 16, 2011	\$ 12,176.83	\$ 366,461.69
Fiscal Week 29: Jan. 17, 2010	\$ 12,524.40	\$ 373,188.67
Weekly Surplus/(Deficit)	(\$ 347.57)	(\$ 6,726.98)

Financial figures reflect the parish fiscal year of July 1st through June 30th.

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

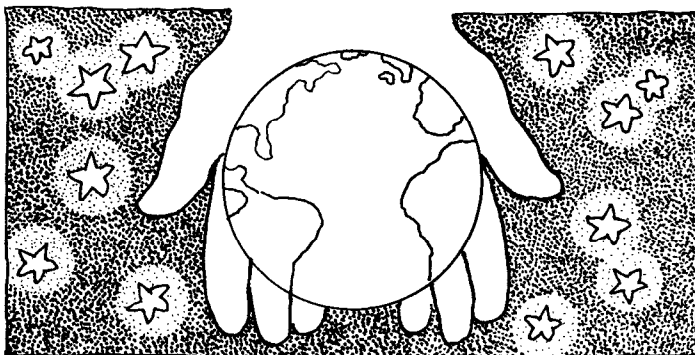
If you would like information on using E-basket to conveniently make your weekly offering, please contact the Parish Center (ext. 200)

SUNDAY OFFERING



This Week at St. Peter's

- Sunday January 23**
 9:30 am RCIA Meeting (PC/RE Office)
- Wednesday January 26**
 6:00 pm Adult Bells Choir (Church)
- Thursday January 27**
 7:00 pm Adult Workshop (PC/Upper Level)
- Saturday January 29**
 9:00 am Religious Education Classes (School, PC/Upper Level, PC/Lower Level)
 11:00 am First Confession (Church)
 4:00 pm Confessions (Church)
- Sunday January 30**
 9:30 am RCIA Meeting (PC/RE office)
 12:00 noon Pinewood Derby—Cub Scout Pack 409 (School Hall)



In Memoriam

Our sympathy and prayers are with the family and friends of

Helena Kozuh
 and
Paul Penio

May perpetual light shine upon them. May they rest they peace.



- Sunday January 23 (Third Sunday in Ordinary Time)**
 8:00 am †Margaret Woods
 9:30 am People of the Parish
 11:15 am †David Gasinski
 †Jose Razon
 †Kelly Dippner
- Monday January 24 (St. Francis de Sales, bishop & doctor of the church)**
 6:25 am Communion Service
 8:00 am †Edward Ganzer, Sr.
- Tuesday January 25 (The conversion of St. Paul, apostle)**
 6:25 am Communion Service
 8:00 am †Michael Morrissey
- Wednesday January 26 (St. Timothy & St. Titus, bishops)**
 6:25 am Communion Service
 8:00 am †Rose Pizzalito
- Thursday January 27 (St. Angela Merici, virgin)**
 6:25 am Communion Service
 8:00 am †Willi Grote
- Friday January 28 (St. Thomas Aquinas, priest & doctor of the Church)**
 6:25 am Communion Service
 8:00 am †Rev. Robert Schuler
- Saturday January 29 (Vigil: Fourth Sunday in Ordinary Time)**
 5:00 pm †Judy Conrad
- Sunday January 30 (Fourth Sunday in Ordinary Time)**
 8:00 am †Walter Kmiec
 9:30 am People of the Parish
 11:15 am †Regina Mendyk
 †Jose Razon

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

Readings for the Week

- Monday: Heb 9:15, 24-28; Mk 3:22-30
- Tuesday: Acts 22:3-16 or Acts 9:1-22; Mk 16:15-18
- Wednesday: 2 Tm 1:1-8 or Ti 1:1-5; Mk 4:1-20
- Thursday: Heb 10:19-25; Mk 4:21-25
- Friday: Heb 10:32-39; Mk 4:26-34
- Saturday: Heb 11:1-2, 8-19; Mk 4:35-41
- Sunday: Zep 2:3; 3:12-13; Ps 146; 1 Cor 1:26-31; Mt 5:1-12a

Extraordinary Ministers/ Lectors/Servers Schedule

Saturday, January 29th and Sunday, January 30th

Extraordinary Ministers

5:00 pm Valerie Serzen
Pat Barbee
Rene Catalano
Lynne Brennan

8:00 am Sharon Hower
Marty Hower
Maureen Kasper
Bob Woods

9:30 am Bill Kolf
Ed Kryger
Ruth Kryger
Phyllis Cimaglia

11:15 am Ken Cleveland
John Carello
George Mendyk
Karen Hepperle

Lectors

5:00 pm Pat Powers
Sr. M. Catherine Rice

8:00 am Don Mago
Erin Durso

9:30 am Nancy Magnus
Rich Olenek

11:15 am Linda Vokoun
Matt Vokoun

Servers

5:00 pm Guiliano Catalano
Francesca Catalano

8:00 am Michael Piatek

9:30 am Matthew Fink
Josh Metoyer

11:15 am Anthony Mannina
Elizabeth Jeffrey

Children's Liturgy Ministers

9:30 am Erin Carey
Madeline Blackburn
Francesca Catalano



Please Pray for the Sick of our Parish Family

Richard Abbinante
Don Angell
Lee Bauman
Candie Bombino
Bob Cleveland
Regina Conti
Marion Crocilla
Thomas Cummins
Rose Diener
Teresa Dunhac
Jacque Dworzycski
Kasey Dworzycski
Nick Fahey
Diane Fejdzasz
Sally Franz
Alyce Friedl
Edmund Gaeke
Dan Galuszek
Mel Gerard
Meghan Henry
Jessica Hilario
Isabel Herrera
Don June
Chaplin Lt. Bob Keener
Daniel Koutsis

Loretta Kruszowski
Joe Kryger
Scott Lehn
Russell Lukes
Dan McDonald
Wanda Mikulecky
Adeline Milostan
Robert Morrison
George Mulcahy
Maggie Nendze
Barbara Pierce
Ramona Rantis
Brendan Reidy
Angie Scianna
Shauna Sheffer
Marilyn Sieradzki
Corrine Skalski
Belinda Sobucki
Sharon Sowers
James Thompson
Linda Ticsay
Jennifer Weil
Irene Wodzinski
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.

For the week beginning
Saturday, January 22nd and Sunday, January 23rd

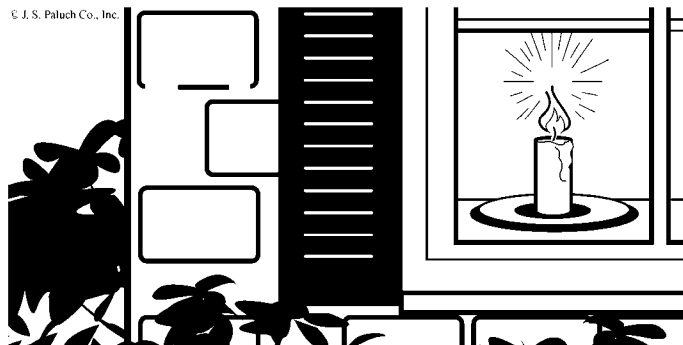


Thank you to
Emil and Monica Leitner
for the beautiful flowers



in the Pope John Paul the Great Eucharistic Chapel
in celebration of their 40th Wedding Anniversary

© J. S. Paluch Co., Inc.



Wait for the LORD with courage;
be stouthearted, and wait for the LORD.

~Psalm 27:14



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
- Sgt. Megan Putze, Army National Guard
- Ens. Albert J. Schrautemyer III, US Navy Pilot Training
- HM3 (FMF) Bryan C. Thude, U.S. Navy
- Cprl. Lauren Twarog-Rocha, U.S. Marines

Living Liturgy 2011

Source: Living Liturgy by Liturgical Press, Collegeville, MN, 2010

ORDINARY TIME, SECOND READING AND REPENTANCE:

During Ordinary Time of Year A the second readings from the apostolic writings are taken from 1 Corinthians, Romans, Philipians, and 1 Thessalonians. Since these readings are assigned in a semi-continuous way (but with verses omitted because there is more Scripture than could fit into the number of Sundays in Ordinary Time), we ought not to expect that these second readings will exactly correspond to the Gospel as they do during festal seasons.



However, since the thrust of Ordinary Time is to walk with Jesus through a synoptic Gospel to Jerusalem and during this find out the meaning of discipleship and the cost of Christian self-sacrifice, the second readings in a generic way can help us to know what living the Gospel means. Often they spell out concrete Christian behaviors (or warn against what should be avoided) that enable a practical interpretation of the Gospel.

These second readings, then, help us to instruct ourselves so that we can repent and follow Jesus the Light as light that brings others joy and well-being. Although the second readings aren't the focus of our attention and preaching, they are not unimportant. They are still God's word addressed to us in the here and now.

Six Week Women's Bible Study

God has created us all in His image, but sometimes we forget that we are His daughters. Starting in February, we will be offering a six week Bible Study for women called "Real Beauty." This is open to women of all ages and is free. We will meet in the Parish Center from 7:00 pm to 8:30 pm. Please call Carol Schubert at the Parish Center (ext. 201) to register for this time of prayer, scripture, friendship and conversation about how to be the women God created us to be.

- Tuesday, February 8 I Don't Measure Up
- Tuesday, February 22 Struggle to Stay in Shape
- Tuesday, March 8 Keeping Up My Image
- Tuesday, March 22 Finding My Own Style
- Tuesday, April 12 Staying Focused
- Tuesday, April 26 Achieving Real Beauty



NOTE: Out of courtesy to the choir, please DO NOT use either of the side doors to exit church until Mass is over and the recessional song is finished.



Thank you!

Food Pantry Needs Restocking

On your next trip to the grocery store, please consider adding a few non-perishable food items to your shopping cart to contribute to the **Itasca Food Pantry**.

The following items are needed:

- coffee
- cereal
- paper towels
- toilet tissue
- toothpaste
- laundry detergent



If you would like more information about the food pantry, please call Pat Tardi at 630-773-4703.

Do You Need Help with Food?

Catholic Charities has resources available to help those who are in need of food. Even if you may not have qualified for assistance in the past, Catholic Charities can help.

Please call our DuPage County office located in Lombard at 630-495-8008. To learn more about Catholic Charities of the Diocese of Joliet, visit our Web site at www.cc-doj.org

"Marriage and the Eucharist"

JANUARY 29

8:30 am to 12:30 pm

The very successful **Marriage and the Eucharist** half-day event, will be presented on **January 29** at St. Daniel the Prophet Parish in Wheaton. The morning includes the "Marriage and the Eucharist" presentation by Dr. Jim Healy, a structured reflection/liturgical preparation time for the couples, and the celebration of the Eucharist.

Breakfast will be offered. There is no cost, but couples are asked to make a small contribution to a charity picked by the parish.

All married couples are invited.

To register for the event at St. Daniel the Prophet in Wheaton, please call Dan and Cheryl Montgomery at 630-629-2506.



Just a reminder....

The next St. Peter the Apostle "Women's Club" meeting will take place on Thursday, February 3, at 7:00 pm in the School Hall.

We will be celebrating Valentine's Day with a "WINE AND CHOCOLATE" theme— feel free to bring either or both of these for yourself to enjoy or to share with the group.

(Other light refreshments and coffee will be provided—
Feel free to contact Rose Ann Roll with any questions about hospitality.)

A brief meeting will be held followed by a social. ALL WOMEN OF THE PARISH ARE WELCOME.

If you have any questions, feel free to contact Diane Blackburn at the Parish Center (630-773-1272 ext 200) or by e-mail at dtmb3@aol.com.



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

The Knights of Columbus Council 10884 cordially invites you to join us for an evening of hors d'oeuvres, open bar, dinner, dancing and romance. . .

17th Annual Valentine's Dinner Dance

Saturday, February 12, 2011

Belvedere Banquets

Elk Grove Village, Illinois

6:30 pm Cocktails | 7:30 pm Dinner

\$75 per person

Reservations need to be made by January 26, 2011.
Tables seat 10 guests and only 300 tickets will be sold.

Please detach and return the bottom portion with your check to any Knight or mail to the address below. Thank you.

Name _____
Address _____
City/State/Zip _____
Phone _____

_____ Ticket(s) @ \$75/person \$ _____
_____ Table(s) of 10 @ \$750** \$ _____
_____ Raffle Ticket(s) @ 50eac. \$ _____
1st Prize \$ 1500
2nd Prize \$ 500
3rd & 4th Prizes \$ 250

Donations of raffle and door prizes graciously accepted, as well as ads in our ad book: \$90 full page, \$55 half page, \$35 quarter page. Contact Tom Kryger at 630-773-9392 for more information.

My check for \$ _____ is enclosed. (Please make check payable to Knights of Columbus #10884).

Mail reservation and payment to:
KNIGHTS OF COLUMBUS #10884
c/o Scott Zapalik
400 S. Broker Avenue
Itasca, Illinois 60143

**If purchasing a table of 10 please include names, otherwise seating will be arranged.

If you have any questions, please call
Scott Zapalik at 630-773-8604.

Catholic Schools A+
For America Catholic Schools
YOU'RE INVITED –SUNDAY, JANUARY 30

In celebration of Catholic Schools Week, Queen of the Rosary School is hosting an open house to celebrate the school's success and excellence. Kicking off the week's activities is the 10:00 am Mass, which will be followed by the Open House and Reception (11:00 am -1:00 pm) in the school. Join us for a variety of events that demonstrate our high academic standards and our strong moral values. *Come see how Queen of the Rosary School is A+ for America!*

Queen of the Rosary School serves pre-school through grade eight, with full and half day pre-school and kindergarten programs. Additionally, the school offers before and after school care.

For more information regarding the open house or questions about the school, please contact Ms. McGinn at 847-437-3322 or visit the school's Web site at www.qrcougars.org

Encourage friends who may be considering Catholic education for their children to visit the school.



Special Presentation:
Where Are Our Young Adults?

When: Tuesday, February 8, 2011 | 7:00 pm – 9:00 pm

Where: St. Philip the Apostle Parish
 1223 Holtz Avenue | Addison, Illinois

What:

This program is a presentation on ten things every Catholic can do to refill the pews, given by Paul Jarzembowski, Director of Young Adult Ministry for the Diocese of Joliet and Executive Director of the National Catholic Young Adult Ministry Association.

Recognizing the increased absence of young adults in their 20s and 30s from Catholic pews, this session will help audiences better understand these younger generations and some practical tips on how we can start making a difference.

This program is free and requires no RSVP. It is open to all Catholics, especially those in ministry and leadership of their parishes and those with a concern for the evangelization of young adults. This session will be repeated on three other occasions during the spring months; participants only need to attend one.

For more information, contact Paul in the Diocesan Young Adult Ministry Office at 815-834-4047 or by e-mail at pjarzembowski@dioceseofjoliet.org.

This special event is sponsored by the Diocese of Joliet Young Adult Ministry Office in partnership with the North DuPage Young Adult Ministry Network.

SUPPORT FOR ANNULMENT PETITIONERS

A Day of Support for Annulment Petitioners is being offered for divorced persons who have petitioned the Diocesan Marriage Tribunal to begin the annulment process, have submitted basic data for introduction of their case, but have not yet completed the Marriage Summary Questionnaire. Catholics and non-Catholics are welcome to attend, whether remarried or not.

The day will include a time of prayer, time for questions and input regarding annulments and the relational issues which are addressed in the questionnaire. A team of pastoral ministers will be available for private consultation.

Support for Annulment Petitioners:

- Date: Saturday, February 26
- Time: 8:30 am to 4:30 pm
- Place: St. Charles Borromeo Pastoral Center
- Cost: \$25 includes continental breakfast, lunch, and materials
- Register: (815-838-5334)
- Brochure: <http://www.dioceseofjoliet.org/jobinserts/2011-01/AnnulmentReflection.pdf>

**CONFERENCE FOR THE
 DIVORCED & WIDOWED**

This conference is intended to offer spiritual nourishment, enrichment, encouragement, resources, and community building for those who have suffered the loss of a spouse. Br. Loughlan Sofield, S.T., will be the speaker for this event, which will take place on April 9 at St. Charles Borromeo Pastoral Center from 9:00 am to 5:00 pm. For more information see <http://www.dioceseofjoliet.org/jobinserts/2011-01/BreadBrokenButMultiplied.pdf> or call 815-838-5334.

WORLDWIDE MARRIAGE ENCOUNTER WEEKEND

For reservations, call 630-577-0778 or go to www.wwme.org

UPCOMING DATES FOR 2011 (HELD IN BURR RIDGE):

- | | |
|----------------|------------|
| January 28-30 | April 8-10 |
| February 18-20 | June 3-5 |
| March 4-6 | June 24-26 |

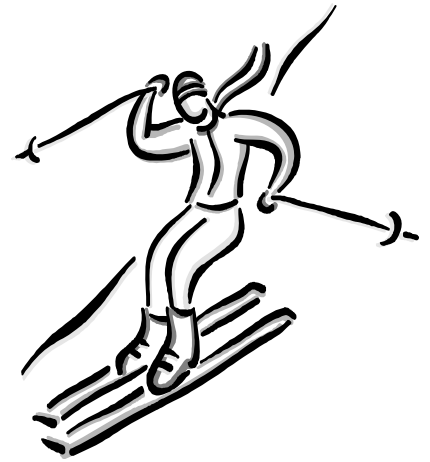
**RETRouvaille WEEKEND
 FOR TROUBLED MARRIAGES**

For reservations, call 708-802-1830 or go to www.retrouvaille.org

UPCOMING DATES FOR 2011:

- | | |
|-----------------------------|----------------------------|
| March 4-6 (Chicago) | July 8-10 (Rensselaer, IN) |
| April 29-May 1 (Romeoville) | August 12-14 (Rockford) |

ALPINE SKI TRIP



For Jr. High (7th & 8th) and High School Freshman

Date: Sunday, February 20, 2011 to Monday, February 21, 2011

Time: Bus leaves St. Peter's parking lot at 4:00 pm on Sunday and will return on Monday 2/21 at approximately 7:00 pm

Forms and money must be returned to the Parish Center by Tuesday, February 1, 2011.

Thank You!

Bus Trip	\$ 26.00
Room (4 persons to a room) Room total \$80	\$ 20.00
Lift Tickets (2-days) \$25 each day	\$ 50.00
Rental (2-days) \$22 each day	\$ 44.00
Total with Rental	\$ 140.00
Total w/o Rental	\$ 96.00

When you sign up, the following information is required:

Roommate Preferences:

1. _____
2. _____
3. _____
4. _____

Will you be renting:

Ski Equipment

Snowboard

(There will be a \$10 fee to change equipment at Alpine)

Permission Forms:

A permission form is required for all teens under 18, and will be provided upon registration. **MEALS ARE NOT INCLUDED**, so spending money will be needed for meals.

All chaperones are required to have completed the Diocese of Joliet Protecting God's Children workshop and background check.

The Incarnation reveals to us, with intense light and in a surprising way, that every human life has a very lofty and incomparable dignity.



- Pope Benedict XVI, Homily, Vigil for All Nascent Human Life, Nov. 27, 2010

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
RETURN (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, Paluch Co., Inc.	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 4 and February 16. 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) 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.

**Diocese of Joliet
Life Office Events**

RACHEL'S VINEYARD RETREAT

February 11-13, 2011 or September 9-11, 2011

Post-abortive women and men are encouraged to attend the Rachel Vineyard Weekend Retreats held twice yearly at St. Charles Borromeo Pastoral Center.

Contact Kay at 866-994-GIVE (4483) for additional information. See registration information at <http://www.dioceseofjoliet.org/life/documents/RachelVineyardBrochure.pdf>

Practical Tips for Weight Control

Getting weight under control is challenging! This week, try using some of these common sense pointers to help you:

- Drink a glass or two of water before you eating.
- Eat slowly. Set down your fork between bites.
- Concentrate on your food. Don't read or watch TV.
- Use smaller plates, spoons and cups. You'll eat less.
- Purchase items in smaller packages, or immediately repackage items into smaller portions if you buy in bulk.
- Get familiar with appropriate portions. Weigh and measure or buy pre-portioned, single-serve meals.
- Never eat directly out of a box. Instead, use a bowl and put the box back in the cupboard.
- Sit when you eat. Savor. Enjoy.
- Limit alcohol. It stimulates appetite, weakens will power and is high in calories (calories without nutrition)
- Stop eating when you *begin* to feel full.
- Do without large, sweet beverages.
- Plan ahead and pack healthy snacks for work or travel.
- Cook simple. Cook real foods. Skip the sauces.
- Try to prepare more meals at home.
- When you do eat out, share an entrée, box up half of it or order an appetizer as the main course.

NEW RESEARCH ABOUT OVEREATING

Recent scientific studies have shed light on some of the phenomena behind the obesity epidemic.

Eaters Are Copy Cats. People model the amount they put on their plates by others' plates! They look at what family or co-workers are doing and fill their plates similarly. Research shows that all it takes is one big eater at the table, and everyone else feels okay loading up. **Suggestion:** Plan how *much* you will eat *before* you sit down. If you can, sit near those who eat healthy foods and smaller portions.

More Variety Means More Eating. Too many flavors all at once and a wide selection of foods result in an over-stimulated appetite center. The more we have to choose from the more we eat! One study showed that increasing the variety of foods available increased consumption by 60 percent. **Suggestion:** Plan how *many* different things you will put on your plate *before* you reach the buffet line.

Larger Portions Equal Great Consumption. People are likely to finish whatever portion they are served. When subjects ate soup from bowls that had been rigged to be endless, they ate 73 percent more than those with ordinary bowls. A stomach can hold up to three pints of food, and its ability to expand can play havoc with eating modest amounts. **Suggestion:** Learn to recognize your body's hunger and satisfaction signals. Eat slowly and keep in mind it takes 20 minutes for your stomach to get its signals to your brain.

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(s) _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

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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.

Specific weeks cannot be guaranteed, but we will try if possible.

Donor's Name: _____

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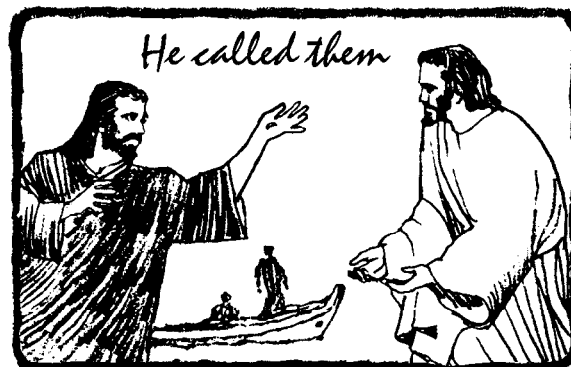
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