

ST. JOHN OF THE CROSS PARISH

FEBRUARY 12, 2012

SIXTH SUNDAY IN ORDINARY TIME



5005 SOUTH WOLF ROAD WESTERN SPRINGS, ILLINOIS 60558

PARISH CENTER: 708-246-4404 SCHOOL: 708-246-4454 YOUTH CATECHESIS: 708-246-6760

WWW.STJOHNOFTHECROSS.ORG

Our parish is gifted with a lot of generous people who put enormous time in various ministries of the parish. We have so many volunteers involved in all aspects of the parish. It is a blessing and we always appreciate it for without people who tirelessly give themselves up for various ministries in the parish, it would be difficult to run our parish. Moved by faith and compelled by the Spirit, we share our talents with others in different ways. It is the love of our parish and the love of God that unites us as one family of believers and one faithful community of St. John of the Cross.

When I think of 'love' the first definition that comes to my mind is from Fr. Bob Barron who has referred to it as "giving oneself to the other for the sake of the other." It is the unselfish way of giving oneself without expecting anything in return. It is difficult to understand this subject because our society teaches us that when you do something you expect something back. However, the unconditional love, the love of God to humanity is our model and we are called to constantly imitate it. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but will have eternal life." (John 3:16). This is the absolute love of God for us. It is the love that brought our salvation.

In the last three Sundays we have been hearing of the miracles of Jesus. Jesus heals the people who are inflicted with bodily diseases. The passages from the Gospel of Mark teach us of a caring God who touches and heals. What a great love! Jesus reaches out to those who are sick; He prays over them, goes out to their houses and restores their health. Filled by the Holy Spirit, we too can do the same. The ministry of care in our community gives us an opportunity to share our love with the sick, the homebound and the elderly. We bring them communion, we pray with them and we share our faith. Our presence to those in pain is so much appreciated and has a great effect in them.

In this Valentine's season remember to share your love unconditionally with others. May you be filled with the Holy Spirit, to enable you reach out to those who have not experienced a healing touch of God, and those who haven't experienced the love of God.

Yours truly,

Rev. Filbert Ngwila



Love is a fruit in season at all times,
and within the reach of every hand.

--Mother Theresa

Plan now, to celebrate a Black History Liturgy on Sunday, February 26, with the parish with which we first established a sharing relationship, St. Thaddeus.

Black History Month Liturgy at St. Thaddeus



Sharing in a sacramental life and
Thankful for God's blessings

The clergy and parishioners are
Holy people

Adhering to the Gospel they are
Devoted to the Catholic faith and
Dedicated to helping others where they
Enhance life in their community by
Utilizing their God-given talents while
Singing God's praises at all times.



Who? St. John of the Cross Parish students and their families

What? Invitation to attend 9:00 a.m. Mass with our Chicago sharing parish, St. Thaddeus

When? Sunday, February 26, (8:00 a.m.—12:30 p.m.)

Why? For 45 years, St. John of the Cross and St. Thaddeus have shared resources, talents and gifts with each other to live the words of the Gospel. Each year, St. Thaddeus invites us to celebrate Mass with them on the last Sunday of Black History month.

Children are especially welcome to experience Mass with an African American tradition, share in the meal and fellowship following Mass and learn about an important figure in African American culture. Those attending without a parent will need a completed permission form.

Reserve your space on the bus by calling the Parish Center, 708-246-4404.

Be at the Parish Center ready for an 8 a.m. departure on Sunday, February 26.





New Parishioners' Meeting

There will be a New Parishioners' meeting on Sunday morning, **February 26th after the 10:45 a.m. Mass in the Parish Center.**

This meeting is for people who have recently joined the parish or for new parishioners who want to register. This is not only an informational meeting, but also a chance to get an overview of our parish life and to meet some new families.

Babysitting will be available free of charge in the Parish Center.

*I turn to you, Lord, in time of trouble,
and you fill me with the joy of salvation.*

This Week @ SJC

Monday, February 13

9:00 a.m. 8th Grade Speaker
10:30 a.m. 11th Step Christian Meditation
1:00 p.m. Little Rock
2:30 p.m. Eucharistic Adoration
2:30 p.m. Spiritual Journaling

Tuesday, February 14

1:30 p.m. Sr. Josephine's Bible Study
7:00 p.m. RCIA

Wednesday, February 15

9:30 a.m. Bible Study
12:00 p.m. Ladies Bridge
1:00 p.m. Endow Group
2:00 p.m. Christian Meditation
3:30 p.m. Archdiocesan Theology Course
7:00 p.m. Promise
7:00 p.m. Letters to Women
7:30 p.m. Christian Meditation

Thursday, February 16

9:00 a.m. Women's Club Meeting
9:30 a.m. Studying the Scriptures
3:30 p.m. Girl Scouts
6:30 p.m. Fostering Faith
7:00 p.m. Career Networking

Saturday, February 18

7:00 a.m. Christian Meditation



RITE OF SENDING

Adults seeking to find out about the Catholic Faith through our RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) Program here at St. John of the Cross have been continuing their journey (begun last September) with a period of catechesis. This has been a time of learning more about the Word of God, the teachings of the Church, the community, prayer and apostolic works of service for others. It has been an important time to deepen their understanding of what it means to be Catholic.

On Sunday, February 26th at the 10:45 a.m. Mass, we will be celebrating the RITE OF SENDING. At this ritual, our parish family formally sends Glenn Aldridge (our Catechumen) for Election, and Bruce Harken, (our Candidate for full Communion) for Recognition by Auxiliary Bishop Rassas at Holy Name Cathedral later that afternoon. A milestone in the RCIA process, the Church will formally ratify Glenn's readiness for the Sacraments of Initiation (Baptism, Confirmation and Eucharist) and Bruce's readiness to be received into full Communion with the Catholic Church (Bruce was baptized Presbyterian) at our parish Easter Vigil Mass on April 7th.

Please join us as we continue with them on their journey of deepening their relationships with God and the Church community.



ARCHDIOCESE OF CHICAGO

Office of the Archbishop



Post Office Box 1979
Chicago, Illinois 60690-1979

February 5, 2012

Dear Brothers and Sisters in Christ:

I write to you concerning a most serious matter that negatively impacts the Church in the United States directly, and that strikes at the fundamental right to religious liberty for all citizens of any faith.

The U.S. Department of Health and Human Services announced on January 20 that almost all employers, including Catholic employers, will be forced to offer their employees health coverage that includes sterilization, abortion-inducing drugs, and contraception. Almost all health insurers will be forced to include those “services” in the health policies they write. And almost all individuals will be forced to buy that coverage as a part of their policies.

In so ruling, the Administration has seemingly ignored the First Amendment to the Constitution of the United States, denying to Catholics our Nation’s first and most fundamental freedom, that of religious liberty. As a result, unless the rule is overturned, we Catholics must be prepared either to violate our consciences, or to drop health coverage for our employees (and suffer the penalties for doing so). The Administration’s sole concession was to give our institutions one year to comply.

We cannot—we will not—comply with this unjust law. People of faith cannot be made second class citizens because of their religious beliefs. We are already joined by our brothers and sisters of all faiths and many others of good will in this important effort to regain our religious freedom. Our parents and grandparents did not come to these shores to help build America’s cities and towns, its infrastructure and institutions, its enterprise and culture, only to have their posterity stripped of their God given rights. All that has been built up over so many years in our Catholic institutions should not be taken away by the stroke of an administrator’s pen. This order reduces the Church to a private club, destroying her public mission in society. In generations past, the Church has always been able to count on the faithful to stand up and protect her sacred rights and duties. I hope and trust she can count on this generation of Catholics to do the same.

Therefore, I would ask of you two things. First, as a community of faith we must commit ourselves to prayer and fasting that wisdom and justice may prevail, and religious liberty may be restored. Without God, we can do nothing; with God, nothing is impossible. Second, I would also recommend visiting www.usccb.org/conscience to learn more about this severe assault on religious liberty, and how to contact Congress in support of legislation that would reverse the Administration’s decision.

A letter similar to this is being sent to their people by diocesan bishops around the country. I thank you for your consideration of this unprecedented challenge to religious liberty. You and your families are in my prayers; please keep me in yours.

Sincerely yours in Christ,

A handwritten signature in black ink, appearing to read "Francis George".

Cardinal Francis George, O.M.I.
Archbishop of Chicago

Most Reverend Francis Kane
Auxiliary Bishop of Chicago

Most Reverend Joseph Perry
Auxiliary Bishop of Chicago

Most Reverend Alberto Rojas
Auxiliary Bishop of Chicago

Most Reverend John Manz
Auxiliary Bishop of Chicago

Most Reverend George Rassas
Auxiliary Bishop of Chicago

Most Reverend Andrew Wypych
Auxiliary Bishop of Chicago



Crossroads

Feb. 10-12 Frosh/Soph UNITY Retreat

Please keep them in your prayers this weekend!

Feb. 20 FMSC service day meet 1:30 p.m. at SJC

Feb. 25 Work Tour & Conference Formation meeting

Feb. 26 Home Group Meetings

March 2 Fish Fry benefitting work tour trips & conferences

March 11 Home Group meetings

March 15-18 Kairos Junior/Senior Retreat weekend

April 1 Easter Basket Project Teens arrive 3 p.m.
2nd graders arrive 4:30 p.m.



Prayer
Simplicity

Service
Community

REGISTRATIONS FOR Summer 2012 Work Tour & Conference were due last week

TURN IN NOW to ensure you can be a part of formation & fundraising!

AVAILABLE ONLINE
www.stjohnofthecross.org/crossroads/service

Thanks to those who joined our Parent Home Group!

It was terrific to share stories and hear from each other's wisdom!

Spend your day off from school serving others!
Gather at SJC 1:30 p.m., carpool to Aurora, package food and learn about FMSC for 2 hours, return to SJC by 5:30 p.m.

Email kwojo1@gmail.com to save your spot NOW!
Adults needed to drive: please share car seat #s!



We've got a couple coaches: great dads willing to share time with their daughters!

Now we need a girls church basketball league SJC coordinator/gym supervisor!

Details of this role is online at www.stjohnofthecross.org/crossroads under Leadership Tab

Please contact Katie if you are an adult willing to fill this role!
708-246-4404 ext. 140
khayes@tjohnofthecross.org



PREPARATIONS FOR the New Year / Second Semester are underway!

We are in need of a few good adults & teens to join our leadership teams for events:

Basketball Coordinator & Coach for girls
Spring Mass April 29, 5pm: 2 adults

Check out who else is on the team:
www.stjohnofthecross.org/crossroads
CLICK on Leaders



Our 4 U 2 concert stories will be shared on our Crossroads Website:
www.stjohnofthecross.org/crossroads

Here's the start of the Light being shared:

"To be perfectly honest, last December, as we were putting together last year's 4U—and I was writing on hundreds of rocks with permanent marker, learning music, and organizing—I looked up at my mom and said, *I know what we're doing is really good, and I am really proud of it, but I don't think I can do this next year.*" Caitlin Cavannaugh

Catholic School's Week 2012! St. John of the Cross Parish School!



We hope you enjoy these photos from our Catholic School's Week celebrations! From Invention Convention to Puppet Shows and 100's Day to Spirit Day, we all celebrated our theme of faith, academics and service! As you can see, we all love school at SJC!

Manna is due February 14 and February 28.





The Anatomy of Love

Today ~ 6:30-8:00 p.m.

in the church

Holistic view of how healthy Christian love progresses

- Discover the difference between Love & Infatuation
- Explore how we fall in love
- See why waiting matters
- Hear the importance of setting boundaries

This presentation is in its place of all Home group meetings this Sunday for all YC 8th graders. Parents are encouraged to attend too! This presentation is engaging, interactive, and informative by popular speaker, John Grossman!



Do you have great computer and/or organization skills?

We are looking for volunteers to help us plan a seminar for The World Community for Christian Meditation featuring Richard Rohr, OFM and Laurence Freeman, OSB scheduled for February, 2013. If you can help us plan this event, please contact parishioner, Betsy Spiering at 708-246-8135 or by email: wccm-chgo@gmail.com

Souper Bowl THANK YOU!!

Students collected over 1600 non-perishable items and \$70 in cash and gift cards for those in need over the weekend. "Families were so generous, it's amazing" one volunteer exclaimed. The St. Cletus Church's Food Pantry in LaGrange and Catholic Charities Food Pantry in Berwyn were so thrilled to benefit from our overwhelming collection. The pantries serve hundred of families a month who are in need of essential food items for themselves and their children. Thank you to all those who donated, counted, sorted, boxed, and delivered.



An amazing YC Council event! Thanks especially to Ellen Meyer for organizing Souper Bowl of Caring!



YC Schedule

Classes K-6	10:15-11:30 a.m.	Sunday, Feb 12, 26
	6:15-7:30 p.m.	Monday, Feb 13, 27
FFC/Preschool	Noon-1:30 p.m.	Sunday, March 4
Home Groups and Special Needs		Sunday, Feb 12,26



Are you thinking of choosing a Catholic High School?

Father Joseph F. McDonnell Scholarship Fund

The Saint John of the Cross Women's Club generates funds in support of Catholic education by awarding scholarships to 8th grade and high school students of St. John of the Cross Parish who plan to attend a Catholic high school.

The number of scholarships and awarded sums are decided by the Scholarship Committee and based on the number of qualifying applicants and funds available.

Preference will be given to those students who demonstrate financial need and are actively involved in the St. John of the Cross Parish community.

Timeline for Applications

February—Completed Applications Due

April—Scholarship Committee meets and notifies awardees



If you are interested in learning more about this opportunity please contact Katie Hayes at 708-246-4404 ext. 140



Tommy's Kids and Teens for Teens

Tommy's Kids and Teens for Teens is a six week grief support group for children ages 4 to 17 who have experienced a significant loss due to death. Children/teens meet in age appropriate groups to participate in art and expressive activities.

A support group for parents or guardians meets at the same time the children/teens are meeting. Adults have the opportunity to share ideas and thoughts on how to support their children and themselves as they all journey through their grief.



6 consecutive Thursdays, March 15-April 19

6:00 p.m.—7:30 p.m.

Adventist St. Thomas

Hospice

119 E. Ogden Ave.,

Suite 111

Hinsdale, IL 60521

Group size is limited and registration is required. There is no cost to attend the groups. To register go to www.asthospice.org and click on 'Bereavement Services' in the left margin. For questions, please contact: Rosie Cohen, Bereavement Counselor, 630-856-6993 or Rosemarie.cohen@ahss.org

"Your welcoming attitude helped us all, and the program exceeded my hopes and expectations. We have all benefited from the opportunity to talk, listen, to others and face our feelings. Thank you." **Bereaved Parent**

St. Joseph High School Make-up Exam

St. Joseph High School will be offering a make-up entrance exam on Saturday, February 25, beginning at Noon for those students who were unable to make a previous exam date.

Students should report to St. Joseph High School, 10900 West Cermak Road in Westchester, by 11:45 a.m. with two no. 2 pencils and a \$25 dollar test fee. No registration is required. **Please note: If students have not tested at any other Catholic High School, then they are eligible to take the exam on the make-up date.**

Parish News and Notes



Want to learn more about saving for your kids college funds? Do you know how much your family should be saving now for retirement? To hear about these and more topics of interest to moms, please join the SJC Mom's

Club for a discussion with Kirk A. Kreikemeier of Pebble Valley Wealth Management on Friday, February 24 at 9:15 a.m. in the Parish Center. Light refreshments will be provided. Little ones are welcome to attend. The SJC Mom's Club is a new group for moms with young children at home. Make some new friends or catch up with old ones!

If you have any questions, please contact Jennifer Nikolic, jkravcik@gmail.com, or Susan Sherlock, susan.sherlock@gmail.com.

Fill God's Closet

Let's warm the hearts of those in need this Valentine's Day.

Our SJC Women's Club is collecting clothing and toiletries for God's Closet, a nonprofit which supplies donated clothing, shoes and supplies to people in need before the Saturday Lunch Program at the First Congregational Church in LaGrange.

Please bring any of the following new items to the collection bins in the church vestibule, Parish Center or School lobby.

Hand warmers, razors, foot powder, toothpaste, backpacks & sleeping bags

Size XL Men's underwear, long underwear, white socks, hoodies, jeans and sweatpants

Size XL Women's sweatpants, undergarments and socks

Children's clothes, underwear, socks, shoes and toys

Please call Deb Finn at 784-1541 with questions or send an email at jjmanddeb26@sbcglobal.net

Whether you eat or drink, or whatever you do, do everything for the glory of God.

-1Corinthians 10:31



Father Kevin Feeny
*"Christ and the Community of the Beautiful:
The Transforming Power of Beauty in Our Spiritual Lives"*


**Thursday, February 23, 2012, 7:00 p.m.
Parish Center**

Our Men's Club has rescheduled Speaker, Fr. Kevin Feeny! Father Kevin Feeny is the Vice President and Dean of Formation at the nation's largest Catholic seminary, University of St. Mary of the Lake/Mundelein Seminary. We are fortunate to once again have this highly sought after Retreat Master speak to us. His presentation will be on the images and actions which shape us and the community into Christ. All men of the parish are encouraged to attend.

Celebrate World Marriage Day February 12, 2012

Prayer for our Marriage

Heavenly Father, we thank You for your tremendous gift of the Sacrament of Marriage. Enable us to grow in our intimacy with You and with each other. Teach us the beauty of forgiveness so we may become more and more one in heart, mind and body. Strengthen our communication with each other, and help us become living signs of your love. Help us to be examples of commitment, love, and service to our families and children. Make us a sign of the unity which Jesus prays for at the Last Supper. We open ourselves to the guidance of your Holy Spirit, who empowers us to love in Jesus' name and walk in His footsteps. Amen

Sponsored by 

Celebrate your Marriage

For more on marriage and family life,
www.foryourmarriage.org



FRIENDSHIP WITH GOD: DO YOU SEE JESUS AS A FRIEND? IF HE IS YOUR FRIEND, HOW DOES THAT FRIENDSHIP MANIFEST IN YOUR LIFE? CAN JESUS REALLY BE A PART OF YOUR LIFE HERE IN WESTERN SPRINGS IN 2012? JOIN US AS WE EXPLORE OUR FRIENDSHIP WITH GOD AS WELL AS OUR FRIENDSHIPS WITH EACH OTHER!

ST. JOHN OF THE CROSS WOMEN'S CLUB
Annual Women's Retreat 2012

Carve out some time for yourself with a night away to nurture your soul



Friday, February 24th, 7 pm – Saturday, February 25th, 3 pm
Hilton Double Tree Hotel • 2111 Butterfield Rd. Downer's Grove, IL

We are delighted to welcome our speaker:

Dr. Mary Amore, Executive Director of Mayslake Ministries
mayslakeministries.org

All women seeking friendship with God and a night away to recharge and be inspired are welcome!

- Learn what Jesus taught about friendship
- Cultivate a friendship with Jesus that will change your life
- Learn to be a better friend
- Meet new friends
- Learn and discuss ways to encourage your children to be good friends

We are excited to be offering a "Yoga from a Christian Perspective" class on Saturday morning!

\$130 for a private room • \$80 for a double room • \$35 for Saturday only (add \$10 to participate in yoga)
(Overnight price includes a wine and cheese reception Friday night and breakfast and lunch on Saturday. Overnight price also includes yoga if you choose to participate. Saturday only price includes lunch.)

We hope you will join us to rejuvenate and celebrate!

To RSVP, please drop off or mail check with response portion of this paper (below) to:
Sue Bidstrup, 4906 Woodland Ave., Western Springs IL 60558

Name: _____

Private Room \$130 Double Room \$80 Name of Roommate: _____

Saturday Only \$35 Saturday with Yoga \$45

Phone: _____ Email: _____

Emergency contact: _____ Phone: _____



Other Notes

IN A JOB SEARCH?

Interfaith Career Network invites you to join us on Thursday, February 16 at 7:00 pm for an evening of lessons learned during a successful job search. Our guest speaker, Michelle (Halm) Nacker, a “graduate” of ICN will discuss how she successfully landed a position after her extensive search. Michelle will share valuable insights on timely topics such as Good Days/Bad Days, Resumes/Cover Letters/Templates, Business Cards, Getting Organized, LinkedIn, Handbills, Elevator Speech and Networking. Many of these are tools you already have at hand but may not always know how to use or where best to begin. This evening promises to be time well spent on your journey to a successful career transition. Don't miss it! Meet with us at St. John of the Cross Parish Center. This program is open to all and there is no charge to attend.

Interfaith Career Network (ICN) offers job support through various programs throughout the month.

For information, visit our website at www.interfaithcareernetwork.org.

What Comes After High School?

by Consuelo Puente, JD
Consultant for Equip for Equality

February 16, 6-8 p.m.
9021 Ogden Ave., Brookfield, IL

Leaving high school and planning for what comes next is difficult for any student. It is especially challenging for students with a developmental/intellectual disability.

This workshop will offer parents information, strategies, and motivation in assisting their son or daughter in making the transition from high school to the rest of their lives.

This workshop will be provided in English.

Please call 708-354-4547 x109 to reserve your place.

Materials in alternative formats will be available upon request with at least 7 days prior to beginning to the workshop.



Interfaith Community Partners
Invites You to a Valentine Day Social
February 14, 2012, 10 a.m.
Congregation of St. Joseph Ministry Center
1515 W. Ogden Avenue, La Grange Park
Entertainment
“Singing the Standards”
A program of reminiscent oldies and goodies
Performed by Kym Frankovelgia
Sponsored by Independence-4-Seniors
RSVP by February 7th 708-579-8929



Aging Care Connections, 111 Harris Ave. in La Grange, will Offer Dementia Care Classes beginning in March. The first is a five-session class for caregivers of individuals with late stage Alzheimer's disease or other related dementias. Topics that may be included are: understanding late stage dementia, communication with Individuals with late stage dementia, understanding the levels of medical care, anticipatory grief and loss, end of life options, stress relief and self-care, legal and financial issues, and community resources. The program will be provided at no cost to caregivers, but enrollment is required.

The second program is the Early Stage Memory Loss Support Group. This eight-week program is designed for individuals diagnosed with early stage Alzheimer's disease or related dementia, and their family members or friends. The program provides education, emotional support, and social interaction in a safe and supportive environment. Group sessions will offer participants the opportunity to explore what memory loss means to them, learn ways to cope with changes, maximize strength, enhance communication, and plan for the future. Participants will meet in two groups with those experiencing memory loss in one group and family members or friends in the other group. This program is offered at no cost to those attending the sessions. Enrollment is required.

For further details about these programs and enrollment, please contact Ruth Folkening at 708-354-1323, ext 228 or rfolkening@agingcareconnections.org.

On Mourning and Dancing

Rev. Ron Rolheiser, OMI

Henri Nouwen used to publish some of his diaries under the title, *On Mourning and Dancing*. The title was wholly appropriate since those diaries chronicled much of his own struggle to give public expression to what was bubbling up inside of him and, at the same time, respect a highly sensitive self-consciousness and reticence that made him hesitate to publicly express those same feelings. And so his writings are a rare expression of both inner freedom and inner fear. His thoughts and feelings are sometimes tortured, but that's what makes them rich. It's not always easy to find that delicate balance between healthy self-expression and unhealthy exhibitionism, even if you are Henri Nouwen - or perhaps especially if you are Henri Nouwen.

The struggle to find a way to express oneself freely and deeply and yet not cross the line into unhealthy exhibitionism is tough task for everyone. You see it done well in rare cases, Jesus and a number of great people like Mother Theresa. They can be great without being grandiose and can give public expression to what's most intimate within them without making you cringe or feel uncomfortable or embarrassed for them. But that's a rare talent; check out any dance floor.

How someone dances is often an indication of the kind of balance he or she has been able to achieve on this. Sometimes you see a healthy dancer who exhibits no inhibiting self-consciousness and, at the same time, no excessive self-focus or self-abandonment. A healthy dancer's movements have an easy, natural flow that draws your eyes and attention to the dance and not to the dancer. Moreover, even in the dance, a healthy dancer is still recognizably the person you know and not some impersonal, anonymous energy that is acting out in a dance. But it's hard to dance well.

More often than not someone's dance step is colored by his or her inner struggle and by where his or her internal compass has been set: Too self-aware, too cautious, too fearful, and we see a dance-step that is reticent, halting, and apologetic. Conversely, too little self-awareness and we see a dance-step that's free and uninhibited but which manifests an unhealthy exhibitionism. Sometimes our dance step reveals too little, just as sometimes our dance step reveals too much and we cross a line where self-expression becomes acting out and people see an unhealthy narcissism and self-abandonment in our dance step and are embarrassed for us.

And this, our struggle to dance well, mirrors another tension inside us, namely, the struggle between depression and inflation, between feeling too-high or feeling too-low. Just as a healthy dance step is not easy to achieve so too is a healthy psyche, one within which our energies flow freely but without unhealthy narcissism or exhibitionism. The problem is that we are forever being pulled up or down, over-stimulated in our grandiosity or undervalued in being. Both can leave us less than steady.

Only the most mature and secure of us are not unduly swayed in our moods and our actions by the affirmations and rejections we meet in our daily lives. Inside of our families, our friendships, our places of work, our churches, and even inside of many of our simple impersonal interactions with others in public life, we are constantly meeting either affirmation or rejection of some kind (a smile, a thank you, a compliment, a warm pat on the back, a recognition of a job well done, some other gesture of love, or, conversely, a coldness, a put-down, an insult, a criticism, a slight, a snub). Whenever this happens we are powerless to protect ourselves against how this infects our psyche and our emotions. Lots of affirmation and we can easily find ourselves too full of ourselves and too empty of God and others. Too much coldness and rejection and we can easily find ourselves too empty of ourselves and of God's wonderful energy inside us.

I say this with empathy. Life is hard for everyone, particularly if you are trying to live in way that respects others even as you try to honor your own energies. If you are healthily sensitive it will always be a struggle: How do you properly honor, act out, and celebrate your own more-exuberant energies in ways that fully respect others and don't cross any moral or aesthetic lines? Not an easy formula. Too little allowance for exuberance and you will find yourself overly-reticent, tongue-tied, frustrated, sterile, and dealing with a lot of anger; too much unchecked exuberance and you will act out in ways that embarrass you and embarrass others.

And so we should accept this struggle as a given and not be too hard on others and ourselves. We're human and so we need to forgive each other and ourselves for being uptight and halting in our dance steps, even as we forgive others and ourselves for the acting-out we've done on those same dance-floors. There are very few free, fully healthy, persons in this world. Nobody dances perfectly.



Oblate Father Ron Rolheiser, theologian, teacher, and award-winning author, is President of the Oblate School of Theology in San Antonio, TX. He can be contacted through his website www.ronrolheiser.com.



One in Prayer with Loved Ones in the Military

Lt C. Edward Bayouth, relative of Pat Clarke
Michael Ryan Burke, grandson of Joseph & Laverne Kuser
Captain Brandy Caffy, friend of Julie and Katie Warren
A1c Matthew Callaghan, son of Judy Callaghan
Lt. Mark Callari, grandson of Jane Domagala
Captain Sean Christopherson, friend of Katie Warren
Matthew Curin, son of Donna Curin
2Lt. Ken Engberg, Army National Guard
Capt. Michael Federico, son of Rick & Jeanne
Petty Officer MM2 (SS) Daniel Fox, USN, son of Chris and Irene O’Ryan-Fox
Pfc. Amy Harris, niece of Gary & Barbara Ainge
Sgt. Joseph Johnson, son of Pete & Jan Van Merkestyn
Capt. Kevin Junius
2Lt Catherine Kane, niece of Michael & Terese Kane
Pfc. John T. King, cousin of Catherine Mini
Lt. Matthew Kopp, nephew of Larry & Mimi Powers
Msg. Carl Kroll, son of Mary Lou Kroll and brother of Judi Llapitan
Master Sgt. Matthew Kuser, grandson of Joseph & Laverne Kuser
Spc. Robert Marburger, son of Kathleen and David
Major Brendan D. Masini, M.D., grandson of Marilyn & Charles Scallon
Tim McMillan
Douglas Murphy, brother of Jeanne Fornari
Rief Murphy, nephew of Bill & Molly Iovino
Sgt. Krista Nelson, USMC, niece of Mary and Len Novotny
Capt. Annette Podolak, niece of Marguerite Chrusciel
Ross Rafferty, nephew of John Rafferty
Sgt. Daniel Roche, cousin of Jacqueline McDonnell
Cameron Saltus, cousin of Jack and Rory Gordon
Alex Scalise, nephew of Cathy Pesch
Lance Cpl. Nicholas Schultz, friend of the Chrusciel Family
Jarett Smith, grandson of Dan and Jo Rudakas
Pfc. Robert M. Sullivan, son of Michael & Helen
Spc. Alex Teckenbrock, 3rd Infantry Div. ARMY
Alex Uribarri, son of Mari Uribarri
Lt. Katie Warren, daughter of Julie Warren
Spc. James C. Woods, nephew of Mary Neel

Almighty and eternal God, those who take refuge in you will be glad and forever will shout for joy.

Protect these soldiers as they discharge their duties.

Protect them with the shield of your strength and keep them safe from all evil and harm.

*May the power of your love enable them to return home in safety, and that with all who love them,
they may ever praise you for your loving care.*

We ask this through Christ our Lord.

Lord Hear Our Prayer

Pray for our Sick

*God of love,
ever caring, ever strong,
stand by us in our time of need.
Watch over _____ who is sick,
Look after him/her in every danger, and
grant him/her your healing and peace.
We ask this in the name of Jesus. Amen.*

Colin Campbell	Olga Matusik
Patricia Cebula	Linda Meyers
Garth Christie	Tom Muldowney, Sr.
Denny Dine, Sr.	Nancy Olin
Mark Glassgow	Greg Palaschak
John Grand	Marion Pascale
Christopher Grant	Matthew Pecis
Karen Hult	Margaret Prost
Ruth Ilg	Emerson Roessler
Emily Johanns	Bob Sturenfeldt

Eternal Rest Grant unto These, O Lord

Mildred Baltikas,
mother of Mary Orlowski and
grandmother of Matthew, Sarah and Maggie
Katie Courtemanche, sister of John Hackett
Dave Gallagher, nephew of Roe Lawinger
Frank Gorcowski
Frances Grady, mother of John
Frieda Milligan, mother of Karen Rupar and
grandmother of John & Sarah
Dr. Edna Richard, mother of Tania Gaul
Olga Wogronic, sister of Andrew Fernandez

Baptisms

Louis Franklin,
son of Christopher & Grace (Blum) Johnson
Emilia Lea,
daughter of Robert and Melissa (Roth) Merz

*St. John of the Cross would be honored if you
would consider remembering
the parish in your estate planning.*

Thank you.



Mass Intentions

Monday, February 13

6:30 Purgatorial; David Gallagher
7:45 Kathleen O'Flaherty; Ed Cycon

Tuesday, February 14, Ss. Cyril & Methodius

6:30 Julia Pesce; Mary Romano
7:45 Irene Rooney; Special Intention

Wednesday, February 15

6:30 Florence Devine; Roger Alberico
7:45 Rose Adducci; Carmella Cosenza

Thursday, February 16

7:45 Leona Rompala; Gora & Maier Families

Friday, February 17

7:45 Anthony Madaio; Michael J. Brady

Saturday, February 18

8:00 Antoinette Piszczor; Joanne Costigan
5:00 Ann Grecco; Fr. Tom Zimmer

Sunday, February 19, Seventh Sunday Ordinary Time

7:30 Edward Montgomery; Rose Balden
9:00 Patricia Swain; Henry Tymick
10:45 Ann Grecco; Wayne Lenczycki
12:15 Deceased Members of Dwyer & Millette Families
Augustine Nilles
5:00 Patricia Hamilton; Kelli O'Laughlin

READINGS FOR THE WEEK

Monday: Jas 1:1-11; Mk 8:11-13
Tuesday: Jas 1:12-18; Mk 8:14-21
Wednesday: Jas 1:19-27; Mk 8:22-26
Thursday: Jas 2:1-9; Mk 8:27-33
Friday: Jas 2:14-24, 26; Mk 8:34 — 9:1
Saturday: Jas 3:1-10; Mk 9:2-13
Sunday: Is 43:18-19, 21-22, 24b-25; Ps 41;
2 Cor 1:18-22; Mk 2:1-12

"A committed, permanent, faithful relationship of husband wife is the root of a family. It strengthens all the members, provides best for the needs of children, and causes the church of the home to be an effective sign of Christ in the world".

(U.S. Catholic Bishops, *Follow the Way of Love: A Pastoral Message to Families*)

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This *Little Black Book* can be our constant companion for Lent—a commitment of just 6 minutes a day. The right-hand side of each page will cite a part of the Gospel for the Mass each day and suggest some reflections. The left-hand side has timely thoughts, quotes and information that will teach us about our faith. The *Little Black Book* will be available after Masses on the weekend of February 18 & 19 and February 22, Ash Wednesday for a free will offering of \$1.

TWO SMALL FAITH-SHARING OPTIONS FOR LENT:



**Bridges to Contemplative Living with Thomas Merton,
with Living Your Deepest Desires**

This is a different program from last year by the same editors. If you joined us last year it will continue your spiritual journey. If you are new this is a perfect place to start. This program will gently lead participants on a journey toward spiritual transformation and a more contemplative peace-filled life. Contemplative living is a way of responding to our everyday experience by consciously attending to our relationships. It deepens our awareness of our connectedness to others and this becomes a meaningful direction in our lives. Bridges does not require an academic background in theology or spirituality. The program will involve weekly readings and time for reflection questions that will be discussed in small groups that will meet in homes or the Parish Center. The times are listed below. Register online or in the Parish Center or 708-246-4404, x155.

Open Our Hearts



Open Our Hearts is a Lectionary-based, small-group faith-sharing program. The book includes daily scripture meditations and a weekly program for lively discussion. Sunday gospel texts are printed right in the booklet, and citations with brief commentaries on the first and second readings appear as sidebars. Group sessions link the scriptures with informative and practical commentary and reflection questions, space for written responses, prayers, and suggested activities help reinforce the week's message. This is the perfect format for those looking for a first time Lenten experience or for those seasoned veterans. Join us this year in this new series here at St. John of the Cross. There is a separate group for seniors. Register online or in the Parish Center or call 708-246-4404, x155.

Please circle your choice(s)

Bridges to Contemplative Living

Starting date is Feb. 22

Please check your time preferences:

- Monday 9:30-11:00 a.m.
- Wednesday 12:00-1:30 p.m. or 7:30-9:00 p.m.
- Thursday 12:00-1:30 p.m. or 7:00-8:30 p.m.
- Friday 7:00-8:30 p.m.

Open Our Hearts

Starting date is Feb. 22

Please check your time preferences:

- Monday 1:30-2:30 p.m.
- Thursday, 9-10 a.m.
- Friday, 1-2 p.m. (Seniors Only)

(A one-time \$6 free will offering is suggested.)

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