ST. PATRICK'S PARISH

In Focus

Lent: How will you keep the sap flowing?

The season of Lent gets its name from an Old English word for spring-time. If you watch the maple trees carefully around Ash Wednesday, you'll see that the sap begins to flow about that time. You may see a damp spot under the tree or on the trunk, or "sapcicles" on icy mornings, or squirrels crawling along the underside of branches, licking the fresh sap as they go. But you won't see leaves bursting out the next day—it takes the whole season of spring for this wonder to occur.

In the same way, it takes the whole season of Lent for us to experience the growth that is possible in this season. Our "sap" starts to run when we engage in the traditional practices of prayer, fasting, and almsgiving. How will you start the sap flowing this season?

If you are planning to participate in Disciples in Ministry, you will

participate in prayer with your small group. Attending your small group faithfully is also a form of fasting; after all, if you weren't there, you could be doing something else with your time. Perhaps you have some other ideas on how do prayer, fasting, and almsgiving: making a retreat, volunteering your services, giving to the poor, setting aside some extra time for prayer, making the



Way of the Cross, or participating in weekday Mass. These are all wonderful ways to start the sap flowing. How will you keep the sap flowing for the whole season? If your plans for Lent will engage you on just a few days during the season, this may be a good question to ask yourself. Perhaps you could find something very small that you could do every day, just to remind yourself of the season and of the Church community that is keeping the season along with you. It might be a change in your daily prayers, or something that you wear, or turning off the music in the car as you drive to work, or some other small habit that you change. The idea is not to add another discipline to Lent (though that isn't a bad thing) but just to do something to set each day of Lent apart from the other times of the year. Who knows what new leaves will grow if you keep the sap flowing every day!

When I was hungry . . .

Operation Rice Bowl is the Lenten sacrificial project that enables Catholic Relief Services to provide for basic needs of people and to teach self-sufficiency to many around the world who seek to provide for their family needs and the needs of their community.

Writing from West Africa, a woman named Mrs. Ouedraogo tells of the help she received from CRS that enabled her to organize a women's farming group and implement a gardening project. CRS supplied vegetable seeds, watering



cans, and other tools, and also trained the women in the most productive gardening practices. "There are 53 women in the farming organization," she writes, "and with these new techniques in irrigation,

organic fertilizer production, and biological pest management we have increased our incomes and been able to provide food for the family year round."

Catholic social teachings are a call to respect the rights and responsibilities of all people, including the

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The Year of the Eucharist 2004-5

How do we live Eucharist?

2

Eucharist, long recognized as a noun, is also and perhaps more significantly, a verb. Take, bless, break, give—these are the four great verbs of the Eucharist.

Jesus took bread. This is the first action of the Eucharistic Prayer. It is our call, our vocation as baptized Christians. "You did not choose me, but I chose you. And I appointed you to go and bear fruit, fruit that will last" (Jn 15:16). God called us out of love for us and then gave us the grace to respond. However we heard that call, however God took us by the hand, first we had to agree to follow. Like Mary we needed to assent, like the first disciples we had to leave something behind-probably not a fishing boat, but perhaps our illusions or maybe only our own will. We were not kidnapped by God.

Jesus took the bread and said the blessing. A blessing is an act of thanksgiving. When we bless something, we thank God for creating it, for giving it to us, and for holding it in love. To bless is also to consecrate, make holy, or set apart something or someone. It is a dedication to God's service. "Do not fear, for I have redeemed you; I have called you by name, you are mine" (Is 43:1). In the prayer of consecration we call upon the Holy Spirit to change the bread and wine into the body and blood of Jesus Christ; then we pray: "By the power of the Holy Spirit may we who share in this bread and this cup become one Body in Christ."

Jesus broke the bread. When the bread is broken, the one is being prepared for the many. The use of small bread wafers can sometimes cloud this symbol, so the Church asks the priest to break a larger host at this point in the Mass and at Communion to share at least some part of this host with other communicants. This sharing is a sign that we are all part of "one body." The symbolic breaking of the host also reminds us that once broken, the bread can't be put back together again—the breaking is a real com-

mitment.

In Communion we receive broken bread and poured out wine. Ultimately we are what we eat. Are we willing to become broken bread? Are we willing to be poured out for others? In his last homily, just minutes before he was murdered at the altar, Archbishop Oscar Romero said, "This holy Mass, this Eucharist, is clearly an act of faith. This body broken and blood shed for human beings encouraged us to give our body and blood up to suffering and pain, as Christ did-not for self, but to bring justice and peace to our people."

Jesus took the bread, blessed it and broke it and gave it to his friends. The purpose of all this is that we might become Christ. We die, that we may live "no longer I, but Christ in me" (Gal. 2:20). After we receive the Body of Christ in Communion, we are sent to be the Body of Christ in the world. And we are not sent empty-handed, we are sent with the Holy Spirit and all the gifts the Spirit provides "to equip the saints for the work of ministry, for the building up the body of Christ" (Eph 4:11). We are called to be Christ in our world, to serve Christ in our world, to recognize Christ in the poor and the suffering, to love those we serve as we love Christ. This may be simply as with a smile or profoundly as in laving down our lives-but if we have died with Christ, we will most certainly live with him.

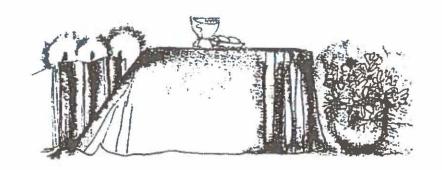
St. Augustine said: "Receive what you believe, become what you receive." We are bread, divine bread, bread taken, blessed, broken, and shared.



The Communications Committee needs two or three people to take turns editing In Focus, the parish newsletter. As a volunteer editor you would need a computer and access to e-mail. The editing work usually falls in

the week following the second Sunday of the month. Your job would be to combine all typed, handwritten, or e-mailed articles into a single file, check for spelling and grammar, apply some style conventions, print out the file, and distribute copies for parish staff review on Thursday morning. On Friday afternoon you'd pick up their copies, add to your file any changes requested, and on Sunday afternoon deliver the file, with a final printout, to the volunteer who will be paging the newsletter.

Editing an issue takes about 6-8 hours, and deadlines are very important. If you enjoy *In Focus*, will you help to keep it going? If you can take a turn at editing the newsletter, please contact Mary Lou Menches (344-1125, mmenches@uiuc.edu).



What will your answer be?

My name is Cheryl
Mitchell, and I'm a
second-year member
of Parish Council. I'd
like to share my
thoughts with you
about Parish Council.

It was a very calm Saturday morning in February, and my life was smooth, not overcommitted and crazy, when my phone rang. "Hi, Cheryl," I heard someone say. "I was wondering if you would be willing to

run for Parish Council."

So my mind did what almost everybody's would—asked all kinds of questions: What's the commitment? No, I mean the *real* commitment? What do I have to do? How much time? Why me, of all people? I've been a member of St. Pat's for only three years, and I know *nothing* about being on a Parish Council!

My answer was, "I need time to pray about this." So that's what I did. I prayed and listened really hard for the answer I wanted: "No, it's too much, I can't do it, it's not for me."

Obviously I said yes. Why? Well, it came through my children, actually. They were 5 and 7 at the time, and one of the things that I'm working very hard to teach them is how to be part of a family—what that means, what that looks like. I've also talked to them about who is the Church and what that means.

What do contributing members of a family do? They participate, they get involved where and when they can, they ask questions and give opinions and listen to the facts of all the workings inside that family.

The same is true for me with St. Patrick's Parish. As I listened to God in my prayer, I kept hearing the same thing over and over again: being a member of the St. Pat's family means more than coming to Mass on Sunday and sitting in the pew. It means getting involved in lots of ways—and this is why I said



yes to Parish Council.

As was mentioned in a Sunday homily not long ago, God has ways of moving that we don't even know, and God lets things in that we hadn't known before. As I've taught my children, we are the Church, you and I. We make up this congregation of St. Patrick's. It cannot run without us, without contribu-

tions of time and talent and dollars from all of us.

So what have I learned? Why was saying yes the best decision I could have made?

- I've gained a better and deeper understanding of this parish from the spiritual to the financial side.
- I've learned that the Council is an advisory body to Fr. Joe, and that because we are the Church, our ideas and our wisdom are respected and valued.
- I've met many incredible people who have wonderful ideas that are different from mine.
- I've learned that a priest's job is awesome and unbelievably diverse.
- I've learned to see the parish from a business perspective and to understand better what it takes to keep it running in order to meet our spiritual needs.
- I am being given the opportunity to get to know our pastor,
 Fr. Joe, in a way that just coming to Mass on Sunday wouldn't have offered me.

Of course you're wondering, really, what is the *true* commitment? I must admit I was concerned about that, but my concern turned out to be unfounded.

First, it is important to realize that it is a commitment (a three-year term), a priority, and that each of us on the Council chooses to make it so. This three-year commitment pro-

vides continuity from year to year. Second, there are two meetings a month—a Council meeting and a committee meeting as liaison between the committee and the Council. Third, Council members take part in an overnight retreat in the fall (Friday-Saturday) and a half-day objectives workshop in October. These are the basics. However, as with everything in life, other situations arise in which there are other opportunities to serve the Council.

I would encourage you to pray about how God is calling you to serve. Is God reaching out to you to give you an opportunity to serve your church family in a special way this year?

Three members will be rotating off the Council this spring, and so a minimum of six_candidates are needed to stand for election to the Council. The Parish Council election this year will be held at all Masses on the weekend of Apr. 16-17. The Council members will be excited to hear from you, to answer questions, and to give you an opportunity to serve. Please contact me (355-4566 or cheryl@egix.net) if you have questions or would like more information—or if you would like to volunteer as a candidate for election!



Deadline for submission of information, articles, and news items for the next issue of *In Focus* is February 13.

Knights of Columbus offer Super Bowl Breakfast Sunday, Feb. 6

The Super Bowl Sunday Breakfast offered by the Knights of Columbus was started a number of years back to provide an event for the parish that was both fun and nourishing. After several seasons of hot competition, in 2004 coaches Steve Beckett and Jim Risatti entered retirement. An exhaustive search has resulted in two new coaches, each determined to lead their respective teams to victory. The event is held in the parish center hall after each morning Mass on Feb. 6, where a free-will donation will purchase pancakes for those who want to sidestep the contest of Omelets vs. Biscuits and Gravy. The Knights will use the proceeds to fund future local charitable causes.

The following comments were released from the two training camps upon the appointment of the new coaches.

"The Biscuits and Gravy Team is revising strategy to include low-fat pork sausage from Ivesdale—the best-tasting, lowest-fat sausage I have found in 30 years of biscuit and gravy tasting in the Midwest and South. The sausage is the same that draws everyone to Philo for the St.

Thomas pancake breakfast. The gravy is a secret recipe that is undergoing intensive research, even at this late date. We have top people working on the formula. Of course, we expect the popular fresh fruit cup to make a healthy block of the free radicals. Pancakes, traditional favorite slow-motion running & passthe syrup will continue to be served by the Biscuits and Gravy Team. The

Omelets Team is formidable opposition and has a really good coaching staff, but it's hampered by high cholesterol and old yolks. We look forward to a good contest—bring it on!" Chris "Zooky" Stohr, Biscuits and Gravy Coach

"It's time to rumble-listen to the sounds of skillful maneuvering and wrestling pans as the mighty Omelets Team creates another eggbreaking victory/strategy. Their milk/egg blend sidestepping out of the shotgun formation at the stove, combined with their blinding blending speed to the ham, cheese, and onion cadence will surely deliver an 'egg-straordinary' victory over the very slow-rising 'flour boys.' They may find their gravy spread too thin against the golden thick front line of this year's mighty Omelets Team. I predict a game spread of 6 to 1, Omelets!" David Mendoza, Omelets Coach

"I do expect the Omelets to run away with the non-trophy in 2005. You see, there are fewer carbs in the Omelets than in the Biscuits and Gravy. Also, the American 'Heart Attack' Association has recommended that Biscuits and Gravy are

> the best to slow your heart. Thank you for eating healthier by consuming the Omelets!" Mike Hodits, Offensive Coordinator in the Frying Pan Booth

Steve Beckett, reminiscing on the Super Bowl Breakfast, believes it began in 2000. Coach Beckett often served biscuits and gravy after 7:30 a.m. Mass, while Coach Risatti was partial to omelets. In that first competition the Biscuits and Gravy Team executed quite

well during the first half (after the 7:30 Mass), but the Omelets Team mustered a strong comeback in the second half (after the 9:00 Mass). The Omelets won again in 2001 but were nearly upset in 2002 when Biscuits and Gravy instituted the "extra point" breakfast item: pancakes! Using the same strategy in 2003 and 2004, Biscuits and Gravy won both years. The series currently stands with Omelets ahead, 3 to 2. The Knights offer public thanks in appreciation of the generous support provided by Jerry McArthur (Sunday Morning Coffee Shop) and Sophia Zeigler (donation of eggs) for this annual event.

KC's Lenten fish fries

Each Friday at 5:15 p.m. during Lent, following the Stations of the Cross prayed in the church, the Knights of Columbus will serve their annual fish fries in the parish hall. All parishioners are invited to enjoy the dinners of deep-fried or baked cod with french fries and cole slaw; they will be served Feb. 11 through Mar. 18.

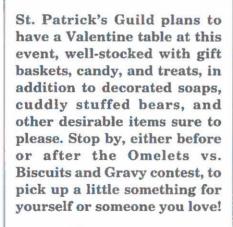
Dinners are \$6.00 for persons over 12 years of age, \$4.00 for children aged 6-12, and \$5.00 for senior citizens. In addition, the dessert table will be stocked with many

stocked with many fine desserts for purchase as a fitting conclusion to your meal.

The fish fries are the sole source of revenue for the Fr. Martell High

School Senior Scholarships. Net proceeds go to applicants selected to receive the Fr. Martell scholarships, which are awarded in May. In recognition of the parish's generous support of the fish fries, the price of the Mar. 18 fish fry will be a free-will offering.

After dinner, stay to enjoy the evening's movie selection in the Faith and Films Series, beginning at 6:30 p.m.





Disciples in Mission to begin Lent 2005

Go, therefore, make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time.

Matthew 28:19-20

Lent is always a time for conversion and renewal. You may think that conversion is not necessary for someone who already professes the Catholic faith. This conversion. though, is based on the Greek word "metanoia," a "turning around." It is no accident that as we receive the ashes that begin the Lenten season we are encouraged to "turn away from sin and return to the gospel." Turning our lives more and more toward God is the goal we should all strive for so that everything we do is colored by our faith. As Lent 2005 approaches, we are presented with a wonderful opportunity to strengthen and deepen our faith.

To assist us with this task, St. Patrick's Parish will begin the first year of the three-year renewal experience called Disciples in Mission. The program grows out of the U.S. Catholic Bishops' letter "Go and Make Disciples: A National Plan and Strategy for Catholic Evangelization in the United States." The focus for the first year is to bring about in all Catholics such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others. This goal



makes perfect sense. We don't live our faith alone, we live it in the midst of the world. We should strive to live our faith in such a deep and committed way that it influences everything we do. We can change the world—one heart at a time. If we start with our own, others will follow.

How will Disciples in Mission work? How will we be helped to grow in faith and love of God? Each week there will be a bulletin insert to take home for use as a starting point for discussion or consideration. Family activities will be suggested in the insert so that families can participate in the experience together. Homilies at Masses during Lent will serve to enrich our understanding of discipleship.

Prayer for Disciples in Mission

Breathe into me, Holy Spirit, that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy.

~St. Augustine

Mary, Mother of the Church, pray for us.

St. Paul the Apostle, pray for us.

Everyone is invited to sign up for one of the small groups that will be formed. These groups will use study materials designed to help us take a deeper look at the Sunday readings, to share our thoughts about personal experiences of faith, and to consider suggestions for actions for the week. There will, of course, also be time for prayer. There will be groups for teens, groups for adults who can meet only at specific times, and already established special focus groups. If you already belong to a small base community, WATCH group, Bible study, or some other group, you may want to stay in that group and be guided by the materials available for the six weeks of

We will all be asked to pray the discipleship prayer regularly.

During the Easter season there will be an evening of reflection for all who have shared in the Disciples in Mission Lenten experience. The evening will be one of discernment as to how well St. Patrick's Parish is doing in the area of evangelization and how we might be able to do more. It will also help the parish leadership team formulate plans for year two of the program. We are all called to spread the Gospel-the Good News of God's immense love for us. Just as we share other good news in our lives, we cannot keep this good news to ourselves. With open hearts and open minds, let us work together to become Disciples in Mission!

Holy Cross Happenings



Shelby Simmering was on the first quarter honor roll and wasn't mentioned in last month's In Focus.

Congratulations, Shelby—please accept our apology for the omission!

Holy Childhood Association: Hannah Noonan, from St. Patrick's Parish, and Rachel Caulfield, both eighth-grade students at Holy Cross School, had their artwork featured as Christmas seals for the Holy Childhood Association, Hannah's work was chosen for the 2003 Christmas seals and Rachel's for the 2004 seals. Their Christmas drawings are on display at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. Each year, from more than 10,000 entries to the Holy Childhood Association Christmas Art Contest. 25 drawings are chosen to become Christmas seals, and an additional 10 are given honorable mention. This



Rachel Caulfield (left) and Hannah Noonan display winning Christmas seal art for 2004 and 2003.

is a great accomplishment and honor for student artists.

Catholic Schools Week 2005:
During the week of Jan. 31 Holy
Cross School will be celebrating
Catholic Schools Week. The theme
that was chosen for the 2005 celebration was "Faith in Every Student."
There will be numerous activities
throughout the week for both students and faculty:

- Monday, Jan. 31: Feast of St. John Bosco
 8:15 a.m. All School Mass (collection for the Sisters of St. Joseph)
 Second-quarter honor roll assembly in church after Mass
 Donuts and juice in homerooms after Mass
 "Faith in Our Eighth Graders" (eighth-grade teams teach K-7 classes)
- Tuesday, Feb. 1: Spirit Day Wear purple and gold Morning prayer service Pep assembly at 2:00 p.m.
- Wednesday, Feb. 2: Feast of the Presentation Morning prayer service Open house from 9:00 a.m. to noon C&A Inspiration display tables
- Thursday, Feb. 3: Feast of St. Blase
 Student Appreciation Day
 Morning Prayer service
 Ice cream treat at lunch
 Classes write to the Sisters of St.
 Joseph

Extra morning and lunch recesses
• Friday, Feb. 4:

9:30 a.m.: Catholic Schools Week Mass at The High School of St. Thomas More

12:50 p.m.: School Talent Show

Mark Your Calendars



Jan. 31: Catholic Schools Week; 8:15 a.m. All School Mass

Feb. 1: Kindergarten Roundup, 7:00 p.m., for children 5 years old by Sept. 1

Feb. 2: Open House, National Catholic School Appreciation Day; Box Top Collection

Feb. 9: Ash Wednesday, 8:30 a.m. All School Mass

Feb. 16: "Protecting All God's Children," 5:30 p.m. at STM

Feb. 17: Casual Picture Day

Feb. 18: Mid-quarters

Feb. 19: Market Day

Feb. 21: Presidents Day (no school)

Feb. 25: Fifth-grade field trips to Carle Arbors and Circle of Friends

Mar. 4: All School Mass, 8:15 a.m.

Mar. 12: Market Day

Mar. 18: All School Mass, 8:15

a.m.

Mar. 21-28: Spring Break

Knights of Columbus seek stories, photos, ...

If you have stories or information about the Knights of Columbus at Urbana, especially for the years 1965-1985,



please leave them with the parish secretary. Information, videos, or photos featuring Ladies Knight Out, fish fries, or past officers will be used to create an archive of information. The year 2005 is the 40th anniversary of the Knights' Urbana Council, so some of the acquired information may be used in upcoming anniversary celebrations.

The Knights are also seeking new members for an initiation event on Jan. 30. If you are male, 18 years of age, a practicing Catholic, and have interest in service to the Church, community, family, and nation, please contact a Knight. If you leave a note in the Knights' parish mailbox, someone will contact you. Meetings are every third Sunday at 10:15 a.m.; attendance is not manda-

tory, but an open and caring heart is vital.

As always, when there are needs within the St. Patrick's community, the Knights of Columbus would like to help. For example, the Knights are available to serve as pallbearer when one is needed during those sorrowful times when a loved one passes into God's care. Fr. Hogan can arrange this if requested.

Parish Council News

At their January meeting Council members heard from Amy Blake, representing CREW. She reported that although attendance at religious education classes is down somewhat, those who come are saying good things about the classes. A few students have signed up for the Catholic Teen Connection on Jan. 30 at Our Lady of the Lake (Mahomet). CREW fundraisers for the mission trip are in the planning stage, among them the Service Auction at Coffee Shop on Mar. 6 and the Butter Braids (signup begins Jan. 30, with delivery Mar. 4). The mission trip will take CREW to Memphis again this year, July 25-30.

Fr. Hogan said that he will soon appoint about 15 parishioners to an ad hoc Long Range Planning Committee to focus on the parish's long-term plans and property. He also pointed out that the Council needs to address interim steps to achieve the five-year parish goals set in October. Council members will hold a special meeting on Tuesday, Feb. 1, for this purpose.

Sr. Charlene reported that on the first of two signup Sundays 191



parishioners had indicated an interest in participating in Disciples in Mission discussion groups. She added that the movies to be shown during the Lenten film series will tie in with Disciples in Mission.

The Parish Council election of new members will be held the weekend of Apr. 16-17, with a minimum of six candidates needed for the three positions to be filled. The ad hoc election committee will be headed up by Cynthia Mitchell; she will be assisted by another Council member and three members of the parish at large.

Committee news: The Communications Committee is making a major push to acquire more members to bring fresh ideas to the planning of

the parish newsletter. The Financial Affairs Committee is working with the parish bookkeeper to bring the parish budget into balance so that up-to-date reports can be issued to the Council and its committees. The Liturgy Committee's annual event for ministry enrichment, tentatively planned for late April or early May, will be based on the Year of the Eucharist. The Social Committee is hard at work planning a St. Patrick's Day celebration, to be held on Mar. 12. The Social Action Committee has been hearing from many parishioners with ideas for the multicultural program, which has been moved to Apr. 23.



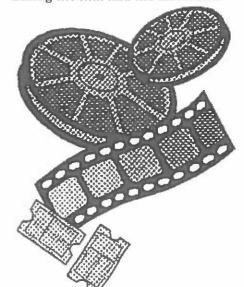
The next regular Council meeting will begin at 7:00 p.m. on Feb. 17. All parishioners are welcome to attend these open parish meetings. For those interested in a more complete report, the minutes of the most recent Council meeting are posted in the church vestibule and on the bulletin board in the office wing of the parish center.

Faith and Film Series explores Lenten Lectionary themes

Building on the readings for the Sundays of Lent, the Faith and Films Series offer a way for adults, young adults, and families to participate in the parish program Disciples in Mission. After viewing a film that parallels the theme of the Scripture readings for the coming Sunday, viewers will talk about how ordinary people are asked at times to do extraordinary things. They will consider Christ's call to be his disciples and how they can bring him to one another. As they see the lives portrayed in the films, they will have an opportunity to consider God's power to transform all for good, even life's most surprising experiences.

The film series will be shown at St. Patrick's on Friday evenings during Lent, beginning at 6:30 p.m. Come for the KCs' fish fry at 5:30 p.m. and stay for a movie. Each

showing will include an introduction and a viewing of the film, followed by discussion. Dessert and refreshments will be available during the film and the discussion



that follows.

Come for entertaining, thoughtprovoking films and to participate in the parish's Disciples in Mission program.

Feb. 11: Tender Mercies (1983, PG)

Feb. 18: Children of Heaven (1997, PG)

Feb. 25: The Station Agent (2003, R)

Mar. 4: Antwone Fisher (2002, PG-13)

Mar. 11: Shadowlands (1993, PG)

Mar. 18: Entertaining Angels (1996, PG-13)

The time is coming...

Yes, the time is coming for the Talent and Service Auction sponsored by CREW, St. Patrick's youth group. Proceeds from the Talent and Service Auction will be used to help fund CREW's annual Mission trip. The auction will be

held in the parish center on Sunday, Mar. 6.

CREW, the name chosen by the teens for the youth group at St. Patrick's, stands for Christ Renews Everyone's World. CREW will be heading back to Memphis (Tenn.) this summer—the sixth annual mission trip for CREW. Past Mission trip destinations have included Washington, D.C.; Frazer, Colo.; Memphis, Tenn.; Dunkirk, N.Y.; and Wilmington, N.C. Pictures from the 2004 trip to North Carolina are still posted on St. Patrick's Web site, www.stpaturbana.org; just click on the CREW link.

The success of the mission trip



relies on the involvement of many parishioners. Staff support originates with the commitment of the pastor. Beginning with Fr. Remm and continuing with Fr. Hogan, St. Patrick's has been blessed with leaders who have the vision to

foster and stretch the spiritual development of our teen parishioners through the mission experience. These young people truly are the future of our faith community! Other staff members and volunteers contribute countless hours to help make the mission trip an experience that has a lasting effect on many people. And countless parishioners support the mission trip both financially, through CREW's fundraisers, and spiritually, by participating in the Bible studies that parallel the studies the teens use on the trip.

On the mission trip the teens get the opportunity to meet and interact with others who are active in service and ministry. They also get to see how their gifts and talents can benefit others. They have many experiences while on a mission trip. Some of these experiences are well thought out and planned in detail, to a large part by the teens themselves. However, many experiences (sometimes the best ones) are not planned at all. As a group they put themselves in a position of service and experience whatever comes their way-they are called to serve, and sometimes that service is not what they had in mind. They are committed to following the guidance of the Spirit, even when it seems a bit frustrating or difficult to understand.

CREW appreciates all the support the parish community provides and invites you to participate in the Talent and Service Auction on Mar. 6. Members will be auctioning off a variety of their services and talents as well as some items donated by local businesses. Watch the Sunday bulletins for additional details as the date of the auction draws near.

Why support the CREW mission trips?

Fellowship and caring made the mission trip last summer memorable for Anna Mayer, a member of CREW. She shares her thoughts on it here:

My favorite part of the mission trip last year was how nice the people were to me. Because I go to St. Thomas More, I didn't know too many people going on the trip. I was nervous about who I was going to sit with on the bus for twenty hours and if I would have fun working with the people on my work site. What I found out, though, was that I didn't need to be nervous about any of that.

I was one of the last ones to get on the bus, so I was looking for a seat when someone offered me one. She had the whole seat to herself and it would have been easier for her to spread out and sleep, but she generously moved her things and made me feel welcome. On the work site, the majority of the people had experience being on a mission trip, and they were all friendly and ready to work. They were all very nice to those of us who were new to the trip and helped us figure out what to do.

I also found fellowship in my Bible study. At first we were all quiet because we didn't know each other well, but by the end of the week we became more open and friendly with each other. I was impressed with and appreciated the work that our Bible study leaders put into the Bible studies. For the most part, it was two of my peers who led the discussions, with a little help from an adult, and they were always the first to share and encouraged us to contribute.

All in all, I was impressed with the way we all came together and did so much in just a week, and the way people treated each other.

Shine the spotlight...

...on St. Patrick's children!

St. Patrick's In Focus would like to showcase our children's many talents, activities, and accomplishments as a way of helping our community recognize the wonderfully creative, talented, and generous young people of St. Patrick's Parish.



Shine the spotlight on St. Patrick's children by sharing their academic accomplishments, special projects, honors, awards, programs, performances, sports, theatre and the arts, music or band or dance, art contests, community projects, and upcoming events. Please submit your information to Cheryl Mitchell (355-4566 or Cheryl@egix.net). Photos of featured children are also very welcome and will be returned.

Mental Health Ministry Series explores parish support

"Creating Caring Congregations" was the topic of the video and discussion at the first of the new Mental Health Ministry Series at St. Patrick's, co-sponsored by the Parish Nurses and the Social Action Committee.

In the video a near-suicidal teen, a middle-aged career woman, a senior, and a pastor told their stories of regaining health after depression or bi-polar illness. Their support came from their congregations as well as from mental health professionals.

Sharon Dorsey, of the Social Action Committee, facilitated discussion as parishioners considered how the parish can fill the role of a "caring congregation."

Lilia Peters, a registered nurse, spoke about the Parish Nurses program and of the limiting effect of privacy rules on their outreach. If asked by a person suffering an emotional disturbance or by a family member, the Parish Nurses can provide understanding and counsel, usually in the form of referral to appropriate resources. To reach a Parish Nurse, call Lilia (355-9233) or leave a message at the Parish Nurse office (278-2118).

"We all need more mental health," remarked Paul Doebel, member of the board of directors and past president of GROW. GROW is a community mental health organization for support and recovery from emotional illness. A GROW group meets at St. Patrick's in the classroom wing of the parish center every Wednesday from 7:30 to 9:30 p.m. GROW is open to all, and membership is both free and anonymous. Several other GROW groups meet in Champaign and worldwide. For

more information, contact Kerrie Pruitt (621-4741).

Using the forum of an Evangelization Minute to tell a story of regaining emotional health is yet another way the parish could fill the role of a "caring congregation."

Refreshments and dissemination of resource information concluded this first of four Mental Health Ministry films and discussions. Dates and topics of future events are:

Feb. 16: Overcoming Stigma, Finding Hope Mar. 9: Teenage Depression and Suicide

Apr. 13: Alzheimer's Care and Support

Everybody, come! Everybody needs more mental health!

Fish bones and candles, a wolf, a pig and St. Blase

S. BIASIUS

He miraculously saved a boy from choking on a fish bone—at least, that is the legend. And that's why St. Blase is the patron saint of throats and related illnesses, and why we have our throats blessed on his feast day. Feb. 3.

The two crossed candles used in the ceremony are usually blessed on the preceding day, the Feast of the Presentation, along with other candles used in parish liturgies. This feast was originally celebrated in Jerusalem and dates from the fourth century. It commemorates the purification of Mary when, in accordance with Jewish law, forty days after the birth of Jesus his parents

presented the child to the Lord at the Temple. By the fifth century, the feast was being celebrated in Rome with the addition of a candlelight procession. The candles were blessed before the Mass, and so the day came to be called Candlemas.

The traditional blessing of throats also goes back to the fourth century. Blase was a martyr, tortured and beheaded around the year 316. The

> use of candles is related to the legend that, as he was being led to prison, he persuaded a wolf not to eat the only pig belonging to a poor woman. The woman was so grateful that she brought candles and food to his cell. More important to the use of candles in the blessing, however, is that their light symbolizes the light of God's love for the world.

> As we have our throats blessed on the feast of St. Blase, let us remem-

ber that not only are we hopeful that any related illness will be healed, but that we will use our throats to praise God and to spread the Good News.



Welcome to new parishioners Mary Dailey, Sharon Ann Catlin, and Angelica Agnoletti.

Farewell to these parishioners, who have moved from C-U: Joseph and Mary Hopkins.

Welcome to those recently baptized into our faith community: Teresa Han Diem Nguyen, Jordan Amos Marcus Straw, Quinn Kirkpatrick Gifford, and Asher Dane Elkins.

Please pray for deceased parishioner Mary Anne Smith.

Please also remember in your prayers the very many seriously and chronically ill members of our parish, whom the "Privacy Act" prevents us from naming here.

From Dr. Susan Nagele in Africa

The following letter, dated Dec. 11, 2004, is from Dr. Susan Nagele, daughter of parishioners Lenore and Tom Nagele, who has served for several years with the Maryknoll lay missionaries in Africa. Susan expects to be back with us this spring and will speak at St. Patrick's the weekend of Apr. 23-24. Correspondence may be addressed to her at Box 2406, Kitale 30200, Kenya, East Africa.

Dear Fr. Hogan and all the good people of St. Pat's,

Greetings! I am doing well and keeping very busy these days. We welcomed four new lay missioners to Kenya, and they came to Kitale to do their language practice in Kiswahili from mid-May to mid-July. I helped to organize their stay here, and they found it a good place to practice the language—the people are friendly, patient, and more than willing to speak their own language slowly and with smiling faces.

In July I was back in the U.S. to take my family practice board recertification exam. I have done this every seven years as required by the Board. It is a good way to make sure that I keep up-to-date with medicine in the U.S., and I am happy to say that I passed.

In August I attended the Annual General Meeting of the Health Commission at the Kenyan Episcopal Conference in Nairobi. It was interesting to see the national health care picture in Kenya. The government wants to provide basic, affordable, quality health care for all its citizens. They want to institute a National Health Care Program that everyone would be required to pay into. However, the level of corruption in the government is so bad that no one believes the money will go for health care, but rather into the pockets of the big people.

In our own small hospital in Kiminini, we found out about corruption too. In September the man in charge of finances was misappropriating money and was dismissed. A young Kenyan Patrician Brother who trained as a nurse was made the local acting administrator. He is a fine person and is really trying hard to do a good job. The attitude of the workers has improved greatly. We still struggle to pay our bills with the money we generate from the patients, but things are improving. We are hoping that a Congregation of Franciscan Sisters from India will come next February to take over the administration.

In October I participated in a Charity Walk for the Bosco Street Children's Rehab program run by the Diocese of Kitale. I was able to finish the whole 12-mile walk. About 150 people walked, but most were students. I was able to raise \$70. sponsored by 16 people. Half the sponsors were workers at the hospital. It's good to see Kenyans supporting some of the local social programs. It was a beautiful day, and I must say I enjoyed the walk with two other Kenyan women. I saw parts of Kitale I wouldn't have seen otherwise, and although my hips ached and I was tired afterward, I was happy to have been able to support the effort.

This month the Justice and Peace Commission in the diocese has been focusing on land issues. Yesterday there was a Eucharistic liturgy in the cathedral, followed by a march through the town. Large amounts of land have been "grabbed" by big people, and the average person doesn't have enough land to feed her family. Over a thousand people filled



On safari to Sr. Encarnacion's clinic in Amakuriat West Pokot, Kenya. Four different nationalities of missioners; Sr. Elizabeth (Irish), Angeline (Ugandan), Encarnacion (Mexican), Susan (U.S.)!

the church-ordinary, everyday, hardworking people. It was wonderful to see the Church working for justice using peaceful means. I think Jesus and Mary were smiling down on us all.

Thank you for your prayers and support over the past year. Wishing you a very Merry Christmas and Happy New Year,



VOCATION PRAYER My God, in times past you called forth men and women to serve the needs of your people, especially those in crisis. Today we are experiencing a great need for priests and religious to help us know, love, and serve you better, to understand better how we can live out our faith every day in the circumstances of our lives, to help those who cry for peace, justice, and life's necessities. Today many churches are being closed, parishes combined, outlying missions established, and priests are able to serve your people only with great effort and under great stress. Please call many more men and women to serve your people as priests and religious. Give them the generosity to respond to that call! What is it that you want me to do? I want to serve you to the best of my ability, to be a good steward of the gifts and

talents you have given me. I am listening, God.

St. Pat's Eucharistic ministers serve Carle patients Make a Date

Did you know that on any day of the week Catholic patients at Carle Foundation Hospital are able to receive Communion, thanks to St. Patrick's volunteers? What a blessing it is to have such a visit when you are sick or overwhelmed! For those who have experienced long stays in the hospital, these visits are a wonderful connection to the parish community.

Over 25 people are currently serving as Eucharistic ministers to Carle, taking Communion to patients Wednesday through Friday and on Sunday. Fr. Joe and Sr. Charlene take Communion to them on Monday and Tuesday.

These ministers of pastoral care vary in age and gender, but they all take a couple of hours once a month to visit and pray with patients. Sara Thomas, former coordinator of this ministry, explained that the ministers come to the church to pick up the Blessed Sacrament and walk over to Carle where they visit all patients who have registered as Catholic, not just St. Patrick's parishioners, praying with them and

Rice Bowl from page 1

right to life, food, shelter, education, and employment. They are a call to opt for the poor and vulnerable as a community of faith reaching out to those most in need. We are called to recognize our solidarity with all others regardless of race, color, gender, ethnic background, economic circumstances, gender, or ideological boundaries.

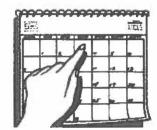
At all Masses on Feb. 13 the Social Action Committee will once again invite parishioners to pick up a small cardboard "rice bowl" and to participate in Operation Rice Bowl by fasting and putting into the rice bowl what might otherwise have been spent on a full meal and by praying for those who lack adequate food. Rice bowls will be available in the church vestibule after each Mass and in the parish center during the week. Through this practice participants are exercising the threefold injunc-

offering them Communion.

These ministers receive the usual Eucharistic ministry training as well as training on visiting with the sick offered by Sister Charlene. They listen to tapes or read books on the topic, and then they "shadow" one of the "regulars" on a visit. Sara said this is not a ministry to enter into lightly, but it is very rewarding. She feels that she has always come away enriched by the experience.

Sara has been a pastoral care minister for many years and has served as coordinator for five years, scheduling and working with ministers and visiting with patients. Anyone who has spent time in the hospital will recognize and appreciate the value of her ministry. Sr. Charlene expresses deep gratitude on behalf of the parish for her work with the sick. Sara is now passing on to Laura Cohen the responsibility for coordinating this ministry. If you'd like to learn more about Eucharistic ministry to patients at Carle, please call the parish office (367-2665) to leave a message for her.

tion of the Church for Lenten prayer, fasting, and almsgiving. When the call goes out for individuals and families to turn in their rice bowls, on the Sunday after Easter (Apr. 3), the contents will be tallied and a check sent to CRS to feed the hungry—or to help the hungry feed themselves.



Feb. 3: Blessing of throats at 7 a.m. Mass (multipurpose room) and 7 p.m. (church)

Feb. 6: Opening week of Disciples in Mission program

Feb. 6: Super Bowl Sunday Break fast, 8:30-11:30 a.m.

Feb. 9: Ash Wednesday; Mass at 7 a.m., 12:10 and 5:15 p.m.; ashes (no Mass) at 7:30 p.m.

Feb. 11: First of the Friday Stations of the Cross, 5:15 p.m.; Fish Fry, 5:30 p.m.; Faith and Film Series presentation, *Tender Mercies*, 6:30 p.m.

Feb. 11: World Day of the Sick, Feast of Our Lady of Lourdes Feb. 12: Vietnamese New Year celebration

Feb. 16: Mental Health Ministry video and discussion ("Overcoming Stigma, Finding Hope"), 7:30 p.m.

Feb. 18: Stations of the Cross, 5:15 p.m.; Fish Fry, 5:30 p.m.; Faith and Film, Children of Heaven, 6:30 p.m.

Feb. 25: Stations of the Cross, 5:15 p.m.; Fish Fry, 5:30 p.m.; Faith and Film, *The Station Agent*, 6:30 p.m.

Feb. 25-27: WATCH retreat on the theme "Walk in the Light"

Family Fun Night on a cold Saturday evening

Temperatures were in the single digits on Saturday, Jan. 15, but several parishioners braved the cold to attend the Family Fun Night.

This event included several hardfought games of Dominoes, very intense matches of Scrabble, and a father-son game of "Go Fish." Key to the warmth of the evening were some Latin tunes played by Quentin and Blanca Kirk, who had just returned from southern Mexico. An informal evening of fun, games, and dance helped take the chill off bones both young and old, and succeeded in running down the energy of several youngsters out of school for the short term as a result of Martin Luther King Day and teacher conferences. It also allowed at least one parishioner to enjoy his birthday with friends and new acquaintances.



Q: I sometimes find references to the Sundays around the time of Lent given as Septuagesima, Sexagesima, Quinquagesima,

and Quadragesima Sundays. But I don't find these names for those Sundays in my missal or in our parish bulletin. What are they?

A: In the years before the changes in our liturgical practices that were brought about by the Second Vatican Council, the Sundays known as Septuagesima, Sexagesima, and Quinquagesima served as a period of transition from the joyous spirit of Christmas to the sober character of Lent. This pre-Lenten period was intended to give us a little "mental conditioning" in preparation for Ash Wednesday.

As their Latin names indicate, Septuagesima, Sexagesima, and Quinquagesima Sundays marked the seventieth, sixtieth, and fiftieth days before Easter. The numbers, of course, do not result from an accurate calculation, but because the first Sunday following Ash Wednesday was called Quadragesima (the fortieth day before Easter), the three previous Sundays received the names of the nearest round figures.

With the liturgical reforms of Vatican II, the Sundays following Christmas retained the celebratory character of the season, and Sundays marking the time between the Christmas season and Ash Wednesday were renamed as Sundays in Ordinary Time. Quadragesima Sunday is now known simply as the First Sunday of Lent.

Questions about Catholic practice or Catholic teaching may be sent to the Communications Committee in care of the parish office.

Parish electronic capability and Web site expands

It is a common perception that today for most people computers are a part of their life. Bookkeepers, choir directors, and pastors are no different. Over the last few years, several steps have been taken to offer our parish staff and volunteers the computer technology and

connectivity necessary for their tasks. The parish center and religious education building now have high-speed Internet connections and wireless connections between the various offices. Computers are

gradually being upgraded, as is the software used by catechists, coordinators, and the parish bookkeeper.

With the help of computer-savvy parishioners, St. Patrick's Parish has its own Web site:

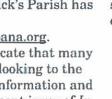
www.stpaturbana.org.

Recent surveys indicate that many parishioners are now looking to the Web site for bulletin information and to re-read the most recent issue of *In Focus*. Calendars of parish events and the religious education programs have been implemented and will be monitored closely in the coming months. The Web site also provides a wealth of information

through useful links on topics from the Vatican to Baptism to Weddings. Development of search routines and databases are being developed to make the Web site more interesting and useful to parish staff and parishioners. Webmaster Bob Andersen oversees a small group of

trained and interested parishioners on the development and deployment of issues concerning the parish's Web site and computer technology that may be needed in the future. The Web site committee meets on

the first Sunday evening of the month until July. If you want more items of parish interest posted on the Web site or would like to try designing or even maintaining the site, please come to one of the committee's meetings.



Quick fixin's from the kitchen of . . .

Gayle Daly

Red Beans and Rice

2 c cooked rice

- 1 can red beans, drained
- 1 4-oz can chilies, chopped
- 2 t chili powder
- 2 t ground cumin
- 1 t oregano
- 1 t Creole seasoning
- 1 onion, chopped
- 1-1/2 c shredded cheddar cheese

In a greased 2-quart pan (with lid) add all ingredients except the cheese and mix. Top with cheese. Bake covered 45 minutes to an hour at 350 degrees; remove lid and continue baking for 10 minutes.



Lent is almost here! If you'd like to add some spiritual readings to your daily routine, the parish library has many possibilities. Here are just a few:

Here and Now: Living in the Spirit, by Henri Nouwen (248 NOU) Nouwen challenges us to think about living in the present, joy, conversion, suffering, disciplined living and prayer. His straightforward style, the brevity of these meditations, and his practical statements will give you plenty to ponder this Lent.

Living a Gentle, Passionate Life, by Robert Wicks (158 WIC) This author presents a healing life philosophy to help you develop a strong inner life. The book emphasizes simplicity and silence. Each chapter has reflections for further consideration.

Psalms for All Seasons, by John F. Craghan (223 CRA) No matter

Thank you, St. Patrick's!

Kathleen Kessler, Community Support Manager of Provena Behavioral Health at Mental Health Center, sent the following letter of thanks on behalf of staff and their clients who received Thanksgiving dinners through the efforts of the St. Vincent de Paul Society and the generosity of parishioners.

We would like to thank you and the parishioners of St. Patrick's Church and the St. Vincent de Paul Society for the generosity shown to clients of Provena Behavioral Health for the Thanksgiving boxes provided last year. ... Our staff, two volunteers, and several of our clients took part in the true meaning of the holiday season by distributing these boxes to 272 of our clients.

Our clients look forward to receiving these Thanksgiving boxes. It helps them supplement their own food supply and stretch their limited incomes a little further. One client had tears in his eyes as his what stage of life you're in at the moment, you'll be able to find a psalm that speaks to it. This book looks at 55 psalms and how they address times of life, from "the pits" to times of confidence or praise.

Reaching Jesus: 5 Steps to a Fuller Life, by David Knight (248 KNI) This book suggest 5 choices to die to ourselves and rise to being Christ. Knight offers clear steps to a more meaningful life.

If you need help locating books or materials in the library or want to know whether the library has something on a subject of special interest, you may contact Frances Drone-Silvers (francesds@yahoo.com or 398-1458), library coordinator. She will be pleased to help.

Thanksgiving box was delivered. He was touched that someone had remembered him around Thanksgiving. Your generosity made this possible.

From many of our clients we hear their sincere appreciation for these food boxes, how they were provided an entire meal that they could prepare for Thanksgiving Day. They commented on the variety, the quantity, and the usefulness of the food items, most of which they are able to use even after Thanksgiving Day. Many of them would have gone without a nice meal at Thanksgiving without the generosity shown by your congregation.

Our staff and our clients greatly appreciate your time, efforts, and the tremendous organization and coordination required to carry out this yearly tradition. Thank you once again for being so kind to our clients during this holiday season by providing them this special gift.

Year of the Rooster

The Vietnamese/Chinese lunar New Year falls on Feb. 9 this year. The Vietnamese community, which includes many St. Patrick's parishioners, will celebrate the Year of the Rooster in St. Patrick's social hall on Saturday evening, Feb. 12. "This event usually draws a crowd of over 200 people," said Anh Ha Ho, president. Food and refreshments will be served, and entertainment will be provided.

This is an opportunity to introduce newcomers to "all timers" and to make good resolutions for the New Year. "All are welcome," said Anh Ha Ho.



St. Patrich's Parish In Focus is published on the last weekend of the month in Urbana, Illinois. News items and information may be submitted by mid-month for the next issue. Written materials must include the name and telephone number of the writer.

Please leave news items in the Communications Committee mailbox in the parish center, or call a committee member. All submissions are subject to review and/or editing by the committee and staff. By-lines are generally omitted.

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Articles and information for this issue were provided by Claude and Susan Cole, Gayle Daly, Frances Drone-Silvers, Anh Ha Ho, Arden Howey, Bob Kimmey, Anna Mayer, Mary Lou Menches, Cheryl Mitchell, Lenore Nagele, Ellen Noonan, Nancy Olson, Leslie Risatti, Cathy Salika, Margaret Stewart, Peggy Whelan, and Sophia Zeigler. This issue was paged by Jim Urban.

St. Patricks Parish

February 2005

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am Mass Canterbury Ridge 12pm Bible Study 5:30pm Financial Affairs 7pm WATCH Women's Study Group	9:30am Moms Group 11am, 4:30,7pm Bible Study 5:15pm SVDP 5:15pm Children's Choir 6pm Rel Ed Urbana 7pm RCIA 7pm Choir 6:30pm Rel Ed St. Joseph	6:45am Men's Bible Study 7pm Building & Grounds 7pm Baptism Prep 7pm Choir 7pm Bible Study	10.45am Mass CCNH	
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9,11am Rel Ed 10:15am Children's Liturgy 8:30am Pancake Breakfast 6:30pm Leaders Bible Study	1:30, 7pm Bible Study 7pm FGDW 7pm Centering Prayer 7pm Pro-Life 7pm Education	12pm Bible Study 6pm Education Appreciation Dinner 7:30pm Parish Council Executive Com.	Ash Wednsday Mass at 7am, 12:10,5:15pm 9:30am Schola 9:30am Moms Group 11am, 4:30,7pm Bible Study 5:15pm Child, Choir 6pm Rel Ed Urbana 6:30pm Rel Ed St. J 7pm RCIA 7pm Choir 7 pm Ashes	6:45am Men's Bible Study 7pm Bible Study 7pm Choir 7pm Re-Membering Church	10:30am Mass Care Center 10:45am Mass CCNH 5:15pm Stations of the Cross 5:30pm Fish Fry 6:30 pm Lenten Film Series	Vietnamese New Year Celebration
6	7	8	9	10	11	12
9,11am Rel Ed 10:15am Children's Liturgy 6:30pm Leaders Bible Study 6:30pm Jr/Sr High Reconciliation Service	1:30, 7pm Bible Study 7pm FGDW 7pm Centering Prayer	12pm Bible Study 6:30pm Liturgy 7pm WATCH Women's Study Group	9:30am Moms Group 11am, 4:30,7pm Bible Study 5:15pm SVDP 5:15pm Child Choir 6pm Rel Ed, Urb. 6:15pm Social Action 8:30pm Rel Ed St. J 7pm RCIA 7pm RCIA 7pm Mental Heath Series	Church 7pm Bible Study 7pm Choir 7pm Parish Council	10:30am Mass Clark Lindsey 10:45am Mass CCNH 5:15pm Stations of the Cross 5:30pm Fish Fry 6:30 pm Lenten Film Series	
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