

# St. Patrick Parish IN FOCUS

www.stpaturbana.org

December 2011

## Advent: Is it “just pretend”?

During Advent we sing, “O come, O come, Emmanuel, and ransom captive Israel.” What are we doing? Are we just pretending that Jesus hasn’t come yet? Will we have to pretend that we’re surprised when we find a baby in the manger?

No, liturgy isn’t about pretending. Liturgy is an encounter with a very real, vibrant, present God. We don’t have to pretend that Jesus is here, or pretend that he is active among us, or pretend that he loves us. Jesus is here, and active, and loving. What we do need to do, however, is to remember that he is here, and active, and loving. That’s why our seasons, our scriptures, and our prayers are repeated throughout our lives. We need that repetition to help us remember.



At Christmas, we remember that God chose to become one of us, to teach us, to show us how to live,

and to die and rise again for our salvation. The infinite God chose to accept limitations. The everywhere



God chose to confine himself to one place and time in the person of Jesus. The loving God chose a way of being that included anger and frustration.

To appreciate the gift of God incarnate, it helps to *remember* how deeply humanity needed Jesus then and how deeply each of us needs him now. We remember that sin had no solution before Jesus came to live with us. We remember that prophets could only hope that God was going to change the hearts of his people. We need to remember the call to justice and integrity that the prophets said would prepare us for Jesus’ coming. And we need to remember that we are dependent on God’s action to save us.

Advent is a good time for *remembering*.

## How Juan Diego avoided Our Lady of Guadalupe—almost!

The story is familiar to Catholics. On a hill near Mexico City Our Lady appeared to a poor peasant, a farm laborer, known simply by the



name of the fields he worked, in the region of Cuauhtitlan. In fact he was called Cuauhtlatohuac. He was a widower, without children, who, in 1524 at the age of 50, became a Catholic and took the name Juan Diego.

Five years later, on Dec. 9, 1531, he was hurrying down Tepeyac Hill

see **Juan Diego** on page 6

Welcoming the  
**ROMAN MISSAL** THIRD EDITION  
*Deepen, Nurture, Celebrate*

## Advent brings changes to the language of the Mass

Beginning Nov. 26-27, our worshipping community will join all parishes in the United States in implementing the new translation of the Roman Missal. You have been reading about the changes in our parish bulletin in articles prepared by our music director, Laura Theby, and the Worship Team. Your curiosity may have led you to attend one of the PowerPoint presentations the Worship Ministries Team prepared on the changes to the Roman Missal. These presentations were given on selected weekends in October and November, and to various parish ministry groups.

As we begin the season of Advent, a banner will remind us that we will be using the new words. Pew cards with the prayers and responses clearly printed can be found in the pew pockets of the church. Each time you attend Mass you will be able to use these aids as we all learn the new wording together. For the weekends of Advent, volunteers will lead the assembly from the sanctuary in using the spoken prayers and responses, much as the cantor leads our sung responses.

We've already made a good start: we have learned the new words and music to the *Gloria*, to the *Holy, Holy, Holy*, to one *Memorial Acclamation*, and to the *Great Amen*. The worship aid, inside the front cover of the red Worship hymnal, includes the new music; please take it out to have it available during the Mass—and return it to the hymnal afterward.

Our priests will be learning their changed texts as well. It will take time for them and for us to commit the new prayers and responses to memory, so there won't be much eye contact at first! There is newness, however, in the beauty and reverence that we are called to experience as we pray these prayers. What they lose in familiarity will be gained by returning us to a sense of sacredness and mystery.

What can you do to prepare yourselves to celebrate the Mass in the way you are accustomed?

- Pray the new words with the same “full, conscious, and active participation” you have always done, opening your mind and heart to rediscover the mysteries of our faith as you pray.
- Educate yourself and your family on the new words by visiting the Web site of the United States Conference of Catholic Bishops: [www.usccb.org/romanmissal](http://www.usccb.org/romanmissal).

If you have questions or would like to see the PowerPoint presentation on the changes to the Roman Missal, call the parish office (367-2665) and leave your name and contact information; someone from the Worship Team will get back to you.

Remember that words and gestures have changed throughout Church history, but the faith we proclaim remains unchanged!

## In Focus: It takes all kinds

The Thanksgiving season reminds us to give thanks for the many pleasing things in our daily lives, especially those things that may seem to be taken for granted. The Communications Committee wants to take this opportunity to thank the many parishioners who are responsible for producing the monthly parish newsletter, *In Focus*. For every issue more than 30 parishioners give of their time and talent to enable publication of our newsletter.

The six to eight committee members meet once a month, usually on the fourth Thursday, to plan the next issue, brainstorming articles that might be appropriate for that issue.

They also write many of these articles, interview subjects of articles, do research, take notes of the meeting, send a report to the Parish Council, and send appropriate information to *The Catholic Post* for the Around the Diocese feature.

Several parishioners have agreed to be “on call” to write articles. Two serve as correspondents for us with the High School of St. Thomas More and Holy Cross Grade School. Others provide the delicious recipes you find so easy to prepare. Our parish librarian reminds us each month of the wealth of books and publications in the parish library by listing and reviewing topical books. But it is truly amazing at the responsiveness of parishioners we call on to ask whether they might be able to prepare an article on a given subject—over a year the list of writers might add up to nearly a hundred or so. We are truly grateful!

Four parishioners rotate editorial duties; two others prepare the page layout, insert photographs and illustrations, and send the file to our parish office for printing. Many of you send us the candid photos that heighten interest in the newsletter.

Yet *In Focus* would never physically reach you if not for a few parishioners who collate and staple the pages of an issue on a Saturday morning in time for distribution.

It takes many people to produce and publish each issue of *In Focus*. Thank you, each and every one of you!

If you are interested in joining this amiable group, contact committee chair Judy Fierke (352-7670 or [j-fierke@comcast.net](mailto:j-fierke@comcast.net)). She will be delighted to hear from you!

www.stpatrickparish.org September 2011

### That Man Is You!

#### Becoming a Man after God's Own Heart

That Man Is You (TMIY) has touched the hearts of many and is credited to transforming family life and renewing marriages of thousands. The 26-week interactive men's program combines scientific research with the teachings of the Catholic faith. Its goals are to address the pressures and temptations that men face in our modern culture, and to offer renewal to men and their families through the Church. The program includes fellowship and some fun to achieve these goals.

The program is broken up into two 13-week sessions. Each week focuses on a different topic. The objectives of the fall session are to be able to identify the four leadership roles of men. The second 13-week session will begin in the spring.


St. Patrick's offered a trial-run of this program last spring to see if it would be of interest to our parishioners. Seventeen men participated in the trial program, and they overwhelmingly thought this was the right program at the right time for St. Patrick's. Participants identified three areas that distinguish TMIY: content, fellowship, and professionalism. Group members have said the material is put together in a way unlike anything else they have seen, that their minds were opened in a new way and they begin to see God in everything.

That Man Is You! begins at St. Patrick's Sept. 19 at 6 a.m., with a continental breakfast, followed by a presentation at 6:15, and a small-group discussion at 7 a.m. The session concludes at 7:30 a.m. Register for this free program online at [www.thatmanisyoo.org](http://www.thatmanisyoo.org), or for more info contact Chuck Shaw (217/384-1191).

Many men have life-changing experiences that keep them coming back week after week. TMIY's challenge: “Come and see for yourselves. Give the program three weeks and if you don't like it, don't continue.” Easy enough!

Other people you will be with, along with your skills and talents, your hopes and desires. Why not invite God to be part of your beginnings, and ask Him to be with you! The

see Beginnings on page 8



## From Dr. Susan Nagele

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September 2010



To all the good people of St. Patrick,

I am writing this letter in Urbana after having spent the past month here with family and friends. I have so enjoyed reconnecting with many people at the parish and speaking with the Peace and Justice group and the Women of St. Patrick. I have received generous donations from many of you and am very grateful for your continued prayerful support of our healthcare ministry in Kenya.

Since I last wrote, we have a new lay missionary who has come to Mombasa. Judy Walter is a nurse who joined us in April. She worked in the country of Bangladesh for 22 years, and now she has come to work in the slum of Bangladesh in Mombasa, where we have opened a new dispensary.



One of the accompanying pictures shows Judy with a patient who is sick with large swellings of the neck. The government dispensary had treated him for TB, but he didn't improve. We found out that he has nasopharyngeal cancer, which is very aggressive in a boy who is only 14 years old. I contacted Maryknoll Fr. Bill Fryda, a doctor and cancer specialist who works in Kenya, and he told us that treatment for this type of cancer doesn't work when it is this advanced. He recommended that we keep him comfortable and control his pain. By good fortune, Judy has worked for hospice and has special expertise in this area. She will be a great resource to help the boy, his family,

and the rest of the clinic staff to face the challenges of this illness.

Another picture shows me with a government nurse, who is giving vaccinations in a dirty shack next to the Bangladesh clinic. I am happy to report that just today, Oct. 14, Judy sent me an email saying that they have been given permission to give vaccinations in the clinic and have already started. This is wonderful news for the 50,000 people who live in this slum!



You can see some of my co-workers in the third picture: Mary Oldham and I in the background, Coralie Salvador and Judy Walter in the foreground. Mary works with children whose parents have died because of AIDS; she provides funding for them to attend schools from primary to secondary and a few for technical schools. Coralie works in a parish assisting the dispensary with administration. Judy is a nurse and hospital chaplain; she has just opened the newest clinic for the archdiocese in Bangladesh.



This year the government has made it a priority that all health facilities should be able to do normal deliveries. We have started to renovate two more dispensaries so that we can provide this service. We hope that this will prevent the transmission of the HIV virus from infected mothers to their unborn babies. We also hope it will prevent many other pregnancy-related problems before they occur and enable us to transfer women with serious problems earlier so that they get the treatment they need.

I am returning to Kenya on Oct. 20, so I will be long gone by the time you read this. But I will carry you all in my heart and remember you in prayer, especially when we gather at Thanksgiving for our Kenya regional meeting. I hope you have happy Thanksgiving celebrations, a blessed Advent, and a Merry Christmas!

*Peace + God Bless,  
Susan*

We are grateful for your prayers and financial support. If you would like to know more about Maryknoll Lay Missioners, log on to our Web site ([www.mklm.org](http://www.mklm.org)) or call toll free 1/800/867-2980.



## in our parish library

This month's column provides some book titles and Web pages focusing on the rosary. Praying the rosary is a beloved Catholic custom that links the gospel and contemplative prayer. The books are available for checkout in the parish library.

### Web Pages

- *Advent and Christmas Season*, from Catholic Online. Scroll down a bit to see categories for "What Is Advent," "Advent News," "Discover Advent," "Celebrate Advent," "The Christmas Story," and "Saint Nicholas." Roll your mouse over the categories to see other entries. You will also find sections for "Mary, Mother of God" and "Family Traditions" ([www.catholic.org/clife/advent/](http://www.catholic.org/clife/advent/)).
- *Catholic Traditions for Advent and Christmas*, by Catholic Education Resource Center. Includes activities to "help the family live Advent and Christmas to the fullest." ([www.catholiceducation.org/articles/religion/re0372.html](http://www.catholiceducation.org/articles/religion/re0372.html))

### Children's Books (many other books grouped under the Advent section)

- *Advent Activities for Home and School*, by Judith Bisignano. Call Number: C BIS
- *Advent Begins at Home*, by David Polek, CCSSR. Call Number: C POL
- *Advent Is for Children*, by Julie Kelemen. Call Number: C KEL
- *Family Celebrations (Advent and Christmas)*, by Jane Beaton. Call Number: C BEA
- *Let's Go to Bethlehem*, by Peter Mead. Call Number: C MEA
- *Waiting for Christmas (a story about the Advent Calendar)*, by Kathleen Long-Bostrom. Call Number: C LONG 2006

### Selected Non-Fiction Books for Adults

- *All Is Calm: Reflections for Advent and Other Busy Seasons*, by Donna Schaper. Call Number: 263.1 SCH 2007
- *Awaiting the Child: an Advent Journal*, by Isabel Anders. Call Number: 242.33 AND 2005
- *Fathoming Bethlehem: Advent Meditations*, by Robert Morneau. Call Number: 242.3 MOR
- *God Day by Day: Vol. 4: Advent and Christmas*, by Marcel Bastin. Call Number: 242 BAS
- *In Joyful Hope: Meditations for Advent*, by Henri Nouwen. Call Number: 263.1 NOU.
- *Let It Be: Advent and Christmas Meditations for Women*, by Teresa Johnson Bochar. Call Number: 263.1 BOR
- *Saying Yes to God: Meditations for Advent*, by Melanie Svoboda. Call Number: 263.1 SVO 2000
- *Season of Promises: Praying through Advent*, by Julian of Norwich. Call Number: 263 FIN

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*If you need help locating materials in the library, Lori Mestre (365-9004), library team coordinator. She will be pleased to help. The parish library is open weekdays during of-  
fice hours (ask for a key at the parish office) and on the fourth and fifth Sundays of the  
month from 8:30 to 10:45 a.m.*



**Q:** I remember Advent wreaths having three purple candles and one pink candle. Often lately I've seen

white candles with purple/pink bows. Why the change to white?

**A:** There really is no "official" way to present an Advent wreath. It's meant to be a beautiful and meaningful symbol of the spirit of Advent, but its arrangement is only a matter of custom.

The change from purple to white, however, may be a reflection of the developing flavor of the Church's observance of this important time of year. In times past, Advent was seen as somewhat of a mini-Lent, a time of penance and self-denial, but with a tinge of joy symbolized by the rose candle and the rose vestments worn at Mass on the Third Sunday of Advent.

As the Church's liturgy developed, particularly in the last several decades, the predominant spirit of Advent has become one of joyful waiting and hope. This theme clearly appears in the Scripture readings for weekday and Sunday Masses for this season.

\* \* \*

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

### Prayer

Loving God,  
help me be the face of joy  
to someone who might be  
struggling today.  
If I am facing struggles  
of my own,  
gently guide my thoughts  
toward gratitude,  
that I may rejoice always  
in you.

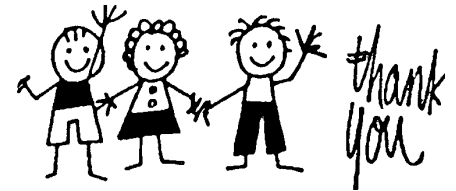
# Holy Cross Happenings

All Saints Day was celebrated at Holy Cross School with an all-school Mass and the annual fourth-grade Parade of Saints. Students select their saint, prepare a report and speech, and travel throughout the classrooms presenting their saint to the entire school. Twelve of the saints are St. Patrick's parishioners this year. *Back row:* Austin Ford, fourth-grade teacher Mary Tate, Connor Whittington, and Luke Herzog. *Middle row:* Abigail Goad, Nate Baker, Justin Smith, Morgan Saunders. *Front row:* Mikala Turner, Sarah Benson, Lisa Altaner, Josie Keunning, Lisa Altaner, Rachel Loftus.



# Special volunteer opportunities

- Do you enjoy “singing along with Mitch” while traveling and singing in the shower? How about singing with the 9:00 choir? *Laura Theby, 367-2665 or [laura.theby@stpaturbana.org](mailto:laura.theby@stpaturbana.org)*
- Recipes! Recipes for In Focus! Our readers have asked for low-calorie recipes with few ingredients and easy to prepare. Share those special recipes that have made you the envy of family and friends! *Mary Lou Menches, 344-1125 or [mmenches@illinois.edu](mailto:mmenches@illinois.edu)*



*Parish groups or individuals can submit entries for this column to the Communications Committee or contact Mary Lou Menches (344-1125 or [mmenches@illinois.edu](mailto:mmenches@illinois.edu)). Provide your name and telephone number or e-mail address with a brief description of the kind of help being sought.*



*The choir at the 9:00 a.m. Mass on Nov. 6 sounded fuller and with a bit more bass than usual. Several Knights of Columbus, some of whom are shown here, came to add their voices to those of the regular choir.*

### Vocation Prayer

Dear God, bless your Church with love. Raise up dedicated and generous leaders from our families and friends who will serve your people as priests, deacons, sister, and brothers. Send your Spirit to guide and strengthen them—and me—that we all may serve your people following the example of your Son, Jesus, in whose name I offer this prayer.

## St. Patrick's Honor Roll in Heaven

Last month we heard from you that you'd like to see printed in In Focus the names of our parishioners who have entered into eternal life in the past year. It seems that several of you like to post these names on your fridge or bedside table as a daily reminder for prayer.

With an apology, we hereby present their names:

James Barger	Jeffrey Keeler
Ruth Bersig	John Dill
May Loomis	John Trummer
Margaret Hartrick	John McCord
Viola Creighton	Irene Smith
Mary Lou Waugh	Merle Fields
Zoila Risatti	Emma Lynch
Joseph Tobias	Charlotte Oakes
Roger Armstrong	Helen Leskosky
Kathy Leach	Dong Van Nguyen
Clarence Cler	George Porter
David Lammers	Margaret Handal
Thomas Kerkering	Gene Osmond, Jr.
Frank Rentschler	William Fierke
Patricia Doebel	Carl "Jim" Scherer, Jr.
Rosemary Mathy	Eileen Scott
Lucius D'Urso	Rosa Huanca
Lucille Pearson	John Gremer
Robert Kirchner	

All are loved. All continue to love their family and close friends and intercede for them. For every one of these we pray:

*May the angels lead you into Paradise,  
may the martyrs come to welcome you  
and take you to the holy city,  
the new and eternal Jerusalem.  
May you have eternal rest.*

—Commendation, Rite of Funerals



Patron Saints for December

## Juan Diego from page 1

to hear Mass about three miles away in Mexico City when the Virgin Mary appeared to him. The Lady of the apparition sent him to his bishop with the request that a temple be built at the spot where she stood. In two days of questioning the bishop saw Juan's simplicity and faith and instructed him to ask Our Lady for a sign when he saw her on the next day, Tuesday, Dec. 12.

That next day it seemed to Juan that his uncle Bernardino was dying. He would have to find a priest... but the Lady was waiting. He chose a side road down the hill, a detour from where the Lady had stood, and hurried to find a priest for his uncle. Our Lady appeared to him as he rushed along, and she asked, "What road is this that you take, son?" He was abashed. She heard his explanation and cured his uncle immediately. Then she called herself "Holy Mary of Coatlxopeuh" (pronounced "quatlachupe," misunderstood later as "Guadalupe") and offered a sign for the bishop: roses growing out of rocks which Juan Diego carried safely in his cloak.

When Juan Diego arrived to see the bishop, he opened his cloak to show the roses, but instead of roses there was the image of Mary. The image of a young woman, later said to resemble a maiden of fifteen, has become known as Our Lady of Guadalupe. She is dressed in blue and rose and gold, and wears the black sash that symbolized pregnancy. Supported by an angel, she stands upon the moon and is surrounded by rays of golden sunlight.

The temple was authorized and built, and it became a basilica in 1902. The people of the desert hills and fields and from the cities of Mexico and around the world come to honor their patron, Holy Mary of Guadalupe. Juan Diego was canonized in 1902, and is commemorated on Dec. 9; Our Lady of Guadalupe is honored the world over on Dec. 12. Juan Diego's cloak is preserved still, with the image of his Holy Mary visible for all to see.

## SVDP plans this year's Christmas Giveaway

Christmas can be a bleak time for people who are struggling to put food on the table, keep warm, or provide a few gifts for their children. In an effort to add a little more comfort and cheer to the holiday, the St. Vincent de Paul Food Pantry holds a Christmas Giveaway, where food pantry clients can choose gifts for themselves and their families from donated items.

When clients come into the food pantry a few days before Christmas, they are given a ticket that allows them entrance into the main hall. There they can choose gifts from different categories of items laid out on tables. These include men's, women's, and children's clothing; children's toys and books; baby needs; winter wear; household items; and

Christmas decorations.

Food Pantry coordinator Ellen Abell recalls that the first year of the Giveaway, when she suggested to clients that they might want to visit the main hall before picking up their groceries, they were confused. After they came out of the hall, however, they were all smiles. Some had found things they badly needed: one man immediately removed the ragged, inadequate coat he was wearing and put on the warm winter jacket he had chosen. Others were grateful to have found gifts for their children or other family members. Last year CREW donated Christmas greenery left over from their annual fundraiser; those wonderful decorations were greatly appreciated by everyone able to take one home.

This year the SVDP Christmas Giveaway will be held Dec. 21 and 22. Ellen says that if she can collect enough items, the dates will include Dec. 19 and 20 as well. Volunteers are needed to help set up and assist with the Giveaway.

Ellen is seeking donations of new or gently used items such as children's toys, books, and coloring books; clothing for all ages; baby needs; men's and women's winter jackets and coats; scarves, hats, and gloves; bulk packages of socks (which will be sorted into individual pairs); household items such as pots and pans; and Christmas items.

Contact Ellen Abell (ellen.abell@comcast.net) or leave a message at the parish office (367-2665) if you have questions about donations or want to help with the Giveaway.

## Coming soon: Christmas Cookie and Basket Bonanza

Beautifully wrapped gift baskets, 100 hand-sewn aprons, homemade cookies, and jars of cookie mixes will be available for purchase at the annual Women of St. Patrick's Christmas sale on Sunday, Dec. 11, from 8 a.m. to noon. This is a great opportunity to look for a special gift for a teacher, friend, or members of your family.

The Women of St. Patrick have been hosting this event (under a variety of names) for over 10 years. The handmade items make the "person who has everything" a little

easier to shop for while helping out a great cause.

In the past, proceeds from this fundraiser have purchased the ice machine for the parish kitchen, and, most recently, maternity beds for an African dispensary at Dr. Susan Nagele's request. The Women of St. Patrick also helped pay expenses for the St. Vincent de Paul Dinner for food pantry clients and have sponsored various speakers.

In addition this year, Sophia Zeigler has donated 100 aprons that she made specifically for this event.

They will make great Christmas gifts.

The homemade cookies and other sweets are an extremely popular feature of this annual event. The call is out: if you can donate your very own special cookies or other homemade baked goods, those who haunt the tables will bless you! The homemade sweets



can be dropped off at the parish center kitchen on Friday, Dec. 9, or Saturday, Dec. 10, from 8 a.m. to 10 a.m.

Christmas is coming, it's just right around the corner. If you find it difficult to think of the perfect gift for all the special people in your lives, if the number of special people on your list seems to get larger with each passing year, then let the Women of St. Patrick make gift giving easier this year. Visit their Christmas Cookie and Basket Bonanza Sale on Sunday, Dec. 11, from 8 a.m. to noon in St. Patrick's parish center.



## Open House promises Christmas cheer

St. Mary's and St. Patrick's will jointly host an open house at St. Mary's rectory and parish center on Dec. 4, 2-5 p.m. Much time and hard work has resulted in renovation of St. Mary's rectory, highlighting the beauty of a building more than a hundred years old and bringing many features up-to-date.

Join Father Joe Hogan and the parishioners of St. Mary's in this joint parish event. You are invited to bring sweets and snacks to share when you come for the open house at St. Mary's and meet members of Fr. Joe's other parish. (Fr. Joe recently mentioned that in honor of the event he plans to clean up his bedroom—and in a way that passes his mother's inspection!)

Come and see, come and meet, come and enjoy!

## They came to clean, and clean they did!

Some came at 9:00 a.m., some at 10 or 10:30, and every one of them—young and not-quite-so-young—worked hard at sweeping and mopping floors (even in the parish center basement!), dusting, washing pews and glass in the church, vacuuming. When one task was finished, they lined up for another. The last worker left at just about noon. Our photographer tried to catch everyone but couldn't keep up with those who came to give what time they had to make our parish buildings as spotless as possible with the time and the hands to give to it.

If you missed this fall's cleaning adventure, watch for the next one; mark your calendars for Mar. 31, the Saturday before Palm (Passion) Sunday!



### Did you know?

- St. Patrick's Automatic Donation Program is an electronic funds transfer program, which enables you to make contributions to St. Patrick's without writing checks. Talk to Dianne Gordon (367-2665) to find out how easy it is.
- The Hunger in America Study released Feb. 2010 found that the number of individuals served during 2009 surpassed 100,000—and that fully 1/3 of them were children. So you see just how appreciated is your support our parish Food Pantry!
- St. Patrick's Coffee Shop is a great place to meet people. And the price is right: only 75 cents per item!



## From Our Parish Nurses: Celiac disease and Holy Communion



St. Patrick's will soon be able to offer Communion to parishioners who are unable to consume the consecrated wheat hosts because of celiac disease.

Celiac disease, or celiac sprue, is caused by an immune system malfunction that attacks the lining of the small intestine when gluten is consumed. Gluten is a major ingredient found in the cereal grains wheat, rye, and barley. Celiac disease affects over 3 million people in the United States, or 1 in every 133 people. There is no cure, and the only treatment is a gluten-free diet.

Hosts developed by the Benedictine Sisters of Perpetual Adoration in Clyde, Mo., have been tested for their low-gluten content and approved for use by people with celiac

disease. A supply of these has been procured by St. Patrick's and will be consecrated for communicants who are unable to consume wheat hosts. Just how the presider will know which communicants require the low-gluten hosts will be worked out and communicated to all in the very near future.

Receiving Holy Communion is important to all baptized Catholics. Yet some may suffer a sense of loss in that they cannot consume the host due to gluten intolerance or the wine due to alcohol intolerance. They can soon approach the presider, knowing that they will receive a low-gluten host that will not make them ill, a consecrated host that is truly the body and blood of Christ.

*Correction:* The Parish Nurses can be reached at the parish office by calling 367-2665, ext. 130 (not ext. 13, as noted earlier).

### Quick fixin's from the kitchen of . . . Maureen Reagan

#### Spicy Cranberry Sauce

- 1 16-oz can whole cranberry sauce
- 2 T butter
- 1 T light brown sugar
- 1 T horseradish
- 1/2 t dry mustard
- 1/4 t ground allspice



Combine all ingredients in a pan and bring to a boil, stirring occasionally. Reduce heat and simmer 5 minutes. *Usually served warm.*

\* \* \*

*If you have a recipe you'd like to share, please send it to Ellen Noonan (403-0979 or eknoon@comcast.net). The only requirement is that it be easy and quick to prepare!*

## St. Patrick Parish IN FOCUS

**St. Patrick'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. Materials must include the name and telephone number of the person submitting them.

Please send news items to a Communications Committee member, leave them in the committee's 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 Judy Fierke, Shannan Fletcher, Elizabeth Hendricks, Mary Karten, Mary Lou Menches, Lori Mestre, Susan Nagele, Ellen Noonan, Maureen Reagan, Nancy Roth, Cathy Salika, Stephanie Smith, Laura Theby, and Peggy Whelan. Patron Saints by Fr. George Wuellner. This issue was edited by Mary Lou Menches and paged by John Colombo.



Deadline for submission of information, articles and news items for the next issue of *In Focus* is December 4.