

# St. Patrick Parish IN FOCUS

www.stpaturbana.org

October 2017

## Making changes

If you want to be kinder to someone, what would you do? You could ask God for help and then find a chance to say a kind word to them. If you want to be more compassionate to the poor, you might ask God for help and then do something to be of service. If you want to grow in your faith, you'd probably ask God for help and then find an opportunity to put your faith into action so that you could change who you are (with God's help) by what you choose to do.

St. Patrick's encourages everyone to be involved in our faith community in some way. One reason is obvious: It takes a lot of people to enable our parish to hum along, to serve the needs of the people who are here, and to reach out to people who don't yet know that they need us. There's a lot of good work to be done and, as the saying goes, "many hands make light work."

But there's another reason why it's important to be involved. What you do can change you. Your involvement in the parish can help you to be more generous, more ready to help, more flexible, more compassionate, and a better listener. It can

help you to become more ready to share your faith with others. That is, it can help you to become more like Jesus.

There is a communal dimension to this process. As we all work together we grow closer to one another. As we grow in our ability to share our faith, the faithfulness of our parish grows. As we reach out in compas-

sion to others, St. Patrick's becomes a beacon of faith and service in our community, and the Kingdom of God comes more clearly into focus.

Achieving all this isn't easy. We're a community of people, and sometimes weariness or selfishness or tunnel vision leads to harsh words and criticism. When this

happens, there's an opportunity for us to learn to be a better forgiver, a better reconciler. How? Just ask God for help and then find a way to put reconciliation into action. And look to the life of Jesus to see how he dealt with others.

This is the everyday stuff of the Kingdom of God. This is what makes faith and kindness grow and builds a better world. No one has to do it alone. We are part of St. Patrick's community; we can do it together!



## Back to school for parents of our teens

Now that the St. Patrick Religious Education youth groups – Vivo for junior high students, and CREW for high school students – have already settled

into their programs for a new year, it was felt that now might be an ideal time to offer the parents of these kids an opportunity to gain some

"extra credit" in Parenting 101.

Starting on Sunday, Oct. 8, and continuing through Sunday, Nov. 19, parents are invited to join other parents in a study developed by Dr. Raymond Guarendi, "Good Discipline/Great Teens." The goal of the study is to create a safe, supportive environment where parents can share experiences, parenting tips, encouragement, prayer, and mutual support, in tandem with perfecting new parenting tools.

The study is designed to take place during the same time as the teens' regular Sunday programs, 6:30-8 p.m. It will be facilitated by parishioner Eileen Mathy, who is a licensed clinical social worker with a private counseling practice in the Champaign-Urbana community. The

see **Back to school** on page 12



## St. Thomas More Minute

As we begin a new school year at Saint Thomas More we are excited about some of the new programs we are starting to build and use to strengthen our Saber family faith community.

In the Nicene Creed we pray that “I believe in the one, holy, Catholic, and apostolic Church.” We of the High School of Saint Thomas More are rooted in our one common faith in the Lord Jesus Christ. It is this faith that makes us different and stronger; it allows us to pick up our cross and persevere through the many challenges we face in life. It is this oneness that brings students and staff of many different backgrounds, cultures, and life experiences together to share in the mission of the school, forming students intellectually, physically, morally, and spiritually.

Our mission as a Catholic school is essentially the mission of the Church as a model of the Church – a body of many believers brought together as one under their one Catholic Christian Faith. Anyone who is involved in a Catholic high school – student, teacher, staff, coach, parent, donor, volunteer, etc. – is part of this body of many parts working together as one. This one body is a family where each person is working together with others to further the mission of the school, to help guide our students on their own path of becoming saints.

As we take a new step forward this school year, we are building this family of saints through the STM Family System as we take small steps to bring the communal life of the Church into the school day. Students and staff will

have the opportunity to form relationships and friendships with those they might otherwise not. They will have their housemates at their side to pick them up when they fall, or to build them up and be Barnabas for them, giving them encouragement (Acts 4:36), showing a love for them in seeking their good.

In our House System, our House Mentors and Student Leaders will be the ones imitating true friendship and love in the model of Christ to their fellow Sabers, in forming relationships that become true friendships. Each House will have Student Leaders, who will build leadership skills in helping their housemates and help STM to live out its mission. As we welcome and invite new Sabers to our STM family, we hope to build friendships that will last a lifetime and help us on our God-given mission to become the best high school we can be for our students and families in providing a high-quality, faith-filled Catholic education.

All of this would not be possible without the support and prayers of the Champaign-Urbana Catholic community, especially those from St. Patrick’s Parish. At the High School of Saint Thomas More we are truly blessed and grateful for those who have supported our mission of Catholic education. We will continue to keep Fr. Luke and the members of St. Patrick’s Parish in our prayers.

God bless,

Jason M. Schreder

*Principal of the High School of St. Thomas More*



*St. Patrick parishioners who attend the High School of St. Thomas More include: Calum Beckett, Austin Ford, Abigail Goad, Emily Goad, Luke Herzog, Jessica Hood, Brianna Hopper, Kylie Hopper, Joyson Kakinga, Yasmine Lubuzya, Maria Lukusa, William Moore, Hannan Niccum, MarieLouise Omanga, Helena Pembele, Joviane Pembele, Aidan Porter, Nicholas Roseman, Morgan Saunders, Kayley Schacht, Noelle Schacht, Lucas Simpson, Ethan Smith, Justin Smith, and Maris Wszalek.*

## “Asanteni sana,” Susan!

As we live out our callings, most of us can only trust that the things we do in obedience—everything from washing the dishes with a smile to helping mold impressionable minds as a teacher—will have an impact on the lives of others. Every so often there comes from among us someone who is privileged to see, on a daily basis, many lives changed through his or her willingness to go where God



*Susan Nagele spoke in the parish center main hall on August 24.*

leads. St. Patrick’s own Dr. Susan Nagele is such a person.

Reading her curriculum vitae reveals a lot of firsts. In various locations throughout East Africa she established primary health care services that otherwise would not exist. She also started “cold chains”—systems of getting temperature-sensitive vaccines safely where needed. She also, for a time, ran a TB clinic that served over 500 people in the year it operated before it had to close due to war.

Dr. Nagele has, from the beginning of her career, devoted her life and her years of training as a family physician to helping the poorest of the poor. A list of her accomplishments and accolades would nicely fill out an article on its own. Most recently (in 2012), she was awarded the American Medical Association’s Medal of Valor. A native English speaker, she has along the way become fluent in French, Kiswahili, Juba Arabic, and Toposa.



Apparently it is not very original to try to liken her work to that of St. Teresa of Calcutta. When asked if she feels a kinship with St. Teresa, Dr. Nagele responded: “It seems people often associate my service with Mother Teresa. I admire her faith and commitment to follow Jesus, but I don’t feel a particular kinship with her.”

The oldest of six children born to Thomas and Lenore Nagele of Urbana, Susan was inspired to pursue medical training when she volunteered as a candy-striper at what was then known as Mercy Hospital. Through this experience she was drawn to the idea of being a nurse. Later, however, an experience she had working as an assistant for her father, a dentist, started her on the path to becoming a physician:

“I would get a bit bored with the work as high school moved on, and one day I asked Dad to teach me how to read the dental X-rays. He adamantly refused, saying only dentists could read them. It made me realize that if I became a nurse someone could say the same thing about medicine and restrict my ability to learn and to do what I wanted to do in caring for sick people.”

While studying medicine she gained experience helping patients from other cultures, but she found those trips also restrictive, although in a different way: “During college I volunteered in Nicaragua with Amigos de las Americas giving vaccinations. In medical school I volunteered with the Christian Medical and Dental Society in the Dominican Republic. I enjoyed working in other languages and cultures, but I felt that with such short trips of 2-4 weeks I wasn’t able to contribute much of significance, even though I myself gained a lot. So, when I completed my family practice residency and didn’t have a private practice, I saw it as the perfect time to go overseas for several years.”



*Photo courtesy MKLM*

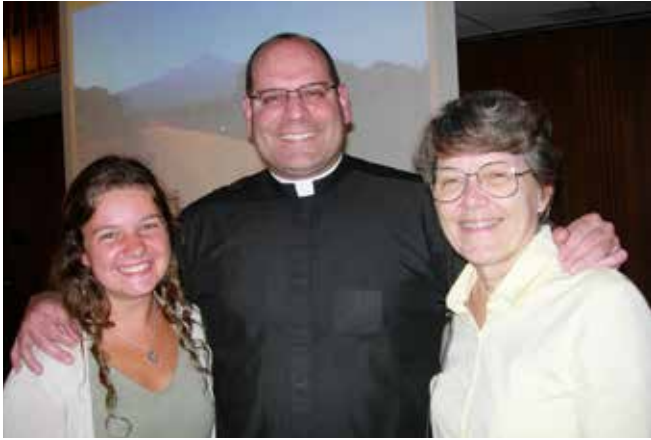
In 1985, then, Susan began looking for a Catholic organization—her desire to serve came from her faith—which would employ laity and had assignments that lasted longer than two years. Maryknoll Lay Missioners was the only organization at the time that fit the bill, so she joined up:

“Since I had worked in Latin America, they

## Susan Nagele

from page 3

thought I would want to return there. But I told them that for some unknown reason I felt that I should go to Africa or India. They didn't



have anything in India but in Tanzania they had a bedded dispensary at Kowak that had gone down over the years and needed to be resurrected. That appealed to me and I felt I could do it, so I was assigned there."

When asked for a story about a time Susan felt God's presence in a special way through her work, she relayed this remarkable account of a crucial moment in three patients' lives:

"I was working in what is now South Sudan in Nimule, the town where the Nile crosses from Uganda to Sudan. A mother walked three days with her daughter, who was 8 years old and deathly sick. She had meningitis. We started the antibiotics, but I wasn't hopeful they would work. On the third day her fevers were still high and she was still in a coma.

"I talked with our priest and told him and the family that I was concerned that she wouldn't recover. The family asked that she be baptized, and we all prayed together for her.

"That night, a pregnant woman came in with obstructed labor. She really needed a c-section, but all I had to work with was a bamboo bed covered with plastic sheeting in a mud hut. The hospital was an hour's drive up the road but with the war going on it was too danger-

ous to take her at night. I did have a vacuum extractor and so I used it to put suction on the baby's head to gradually pull the baby out. I pulled several times more than was considered acceptable, and the mother kept sliding down the bed on the plastic sheeting until I could get some others to hold her up while I pulled down on the baby's head. He came out floppy and weak, but we resuscitated him and he perked up and started crying.

"By then it was midnight and I was pretty tired. I passed by the hut to see the young girl, who still had a high fever and coma. I said a prayer for her and went to bed.

"The next morning I dragged myself out of bed at 9 a.m. My arms were very sore and weak from all the pulling the night before. I went first to the new mother and found her sitting up on the bamboo bed, breastfeeding her newborn with a huge smile on her face. Clearly she was much stronger than I was!

"Then I went to the young girl and found that her fever had broken and she was beginning to come around. Over the next week she made a remarkable recovery and went home. I truly felt the presence of God in helping to serve and heal these very sick patients."

Susan feels "very blessed" to be able to practice among the people of East Africa, whom she describes as "warm, generous, and welcoming." She adds, "Most of my service has been in rural areas, and I prefer that to urban life." If, however, she could wave a magic wand and change anything, it would be to get rid of corruption: "It permeates every level

of society and wreaks havoc on how things are done."

The list of challenges she and her colleagues face is long: everything from governments that at times actively block their work (like that of Mombasa) to famine and the stigma surrounding chronic disease such as HIV. And always, there is the need for funds. Dr. Nagele reports: "Some counties assist with providing medicines and supplies, and they may pay the salary of a nurse. But because we don't get assistance, we have to charge for our services. We want to serve those who are most in need and marginalized, and many can't afford to pay, so we must look for charity funds to assist them."

When asked if there was anything else Susan Nagele wished to share with the parishioners of St. Patrick's, she said: "On behalf of Maryknoll



Lay Missioners and the people that we serve, we are very grateful for all the support you have given us continuously over the past 33 years. You are very generous to provide for those in need in a far off land.

"You're also interested to know more about their lives and culture. They in turn always tell me to greet my family and friends at home and to send you their best wishes. They very much appreciate how you help them and want you to know that.

"In Swahili they would tell you 'asanteni sana,' which means 'Thank you very much!'"

## How green are we?

Ten members of the St. Jeanne Jugan Senior Group of St. Patrick Parish met for lunch on Sept. 6 at the My Thai restaurant in Champaign. Rev. Cindy Shephard, Central Illinois Congregational Outreach Director of Faith in Place, spoke to the group about the organization's mission and activities. Faith in Place is the Illinois Affiliate of Interfaith Power and Light (an organization based in San Francisco, committed to being "faithful stewards of Creation by responding to global warming through the promotion of energy conservation, energy efficiency, and renewable energy": <http://www.interfaith-powerandlight.org>).

The mission of Faith in Place (Faithful People Caring for the Earth) is to empower Illinois people of all faiths to be leaders in caring for the earth, providing resources to educate, connect, and advocate for healthier communities.

Cindy spoke about the four program areas that Faith in Place promotes:

- Energy and Climate Change: solar panels, attending Smart Energy workshops
  - Sustainable Food and Land Use: nature outings, community gardens, winter farmers markets
  - Water Preservation Programs: use of rain barrels, rain gardens, interfaith water curriculum
  - Advocacy: faithful citizen workshops and attending the annual Advocacy Day at the Illinois State Capital
- Cindy explained the organizational model Green Team, through which Faith in Place encourages houses of worship to form and use as an influential way to care for the earth. Green Teams educate their members, motivate their faith community to incorporate environmental consciousness into all activities, and celebrate accomplishments.



*Reverend Cindy Shephard*

Members of the Faith in Place staff work alongside the Green Team to create programs that promote a healthy planet for our neighbors and future generations. She cited several worship communities in our area who are following Faith in Place suggestions.

Following her presentation, Cindy shared an informative four-minute video, provided several detailed handouts, and answered many questions. For more detailed information about Faith in Place, visit the website ([www.faithinplace.org](http://www.faithinplace.org)) or contact Rev. Cindy Shepherd, Faith in Place Central Illinois Outreach Director (at 217-493-5046 or [cindy@faithinplace.org](mailto:cindy@faithinplace.org)). The Champaign office is located at 1001 S. Wright St., Suite 7, Champaign, IL 61820.

Consider attending these future events that are currently scheduled for the St. Jeanne Jugan Group:

- October 11 there will be a lunch at noon in Trinity Hall with a presentation by Father Luke. Lunch will be Subway sandwiches (cost: about \$10).

Please RSVP to Charles Milewski (217-352-1009, 217-480-0203, or [cmil2150@msn.com](mailto:cmil2150@msn.com)) by Monday, Oct. 9, to place your Subway order.

- November 1 the group will carpool for a full day pilgrimage to the Historic Home of Saint Mother Theodore Guerin and the Sisters of Providence near Terre Haute, IN. There will be a presentation, mass, tours and lunch. Cost will be \$15, which includes lunch and donation. RSVP to Chuck Milewski by Sunday, Oct. 15.


- In December there will be a Christmas-themed luncheon at Olive Garden.

You are invited to join the Seniors for Christian fellowship, fun, an enjoyable meal, and continuing education.

## C-U One-to-One Mentors needed

Mentors for Champaign and Urbana Schools meet with a student once a week during the school year at the school building. There are many students on the waiting list for an adult who will spend time with them, playing games and having fun together.

Training for new mentors is scheduled for Sept. 28 or Oct. 10. There is also a mandatory background check for all new mentors. Please contact parishioner Paula Partin for more information ([www.partinpa@U4sd.org](http://www.partinpa@U4sd.org) or 217-351-3807).



Deadline for submission of information, articles and news items for the next issue of *In Focus* is **October 15**.

## Living faith, living waters

By Thomas Skaggs

Have you noticed the change in our baptismal font? Well, it proves that the third time really is a charm! When I originally designed the font, the glass basin that you now see was the intended design. The challenge was to make a glass basin that large. I worked with artisans in Chicago who specialize in hot glass fabrication.

Despite their experience and skills, the basin turned out to be a technical challenge that took them into uncharted waters. They spent many months in valiant efforts to make the basin. Two glass basins in succession were produced. Each effort took six weeks after pouring the molten glass into a mold for the long process of gradually cooling the glass in an oven. Each time, after the glass was cooled, the mold was opened only to reveal a crack through the glass. Those were heartbreaking moments.

As the date for Bishop Jenky's celebration of the Rededication Mass drew near, it was obvious that a glass font could not be achieved in time. It was then I learned that the artisans in Chicago had made a back-up font out of bronze. What a relief that was! In good faith, they made the bronze font at no cost to St. Patrick's.

Now fast-forward two years: I had kept in contact with the glass artisans; apparently our glass font haunted



them. I learned that they periodically discussed the problem until one day they had an epiphany for a new method. Back to Chicago I went to meet them. With Father Joe's support, a third attempt was made. This time—success! After weeks of finishing touches, the purpose of my final trip was to bring the glass font “home” and install it.

You will notice a lot of texture and bubbles in the glass. They are there by design. The holy water in the font is considered “living water,” as noted in the Gospel of St. John: “Whoever believes in me,” as the scripture has it, “out of his heart will flow rivers of living water.” I designed the textures and bubbles to evoke the idea of moving, living water.

What became of the bronze font? Well, it just so happened that St. Mary's was in need. So Father Joe arranged for that basin to go to St. Mary's, and I am assisting by building a new base for it.

Despite the years of ups and downs, the baptismal font has been a truly rewarding project. I feel blessed for all the support I received from Father Joe and the Art and Environment Team. I hope the baptismal font brings blessings to all at St. Patrick's.

## Seniors hear about Habitat projects

On Wednesday, Aug. 2, the St. Jeanne Jugan seniors met in Trinity Hall for their monthly luncheon. Fellow parishioner Sue Kaufmann shared her experiences as a volunteer with Habitat for Humanity and the Fuller Global Habitat. Sue shared photos of the “world builds” she participated in in Chile, Ghana, Nepal, Nicaragua, and Krygystan. Not only did she have photos of the projects, she showed pictures and told stories about the families, villagers, and fellow workers, and the impact these homes had on them. It was an interesting presentation, and the group thanks Sue for taking the time to share her passion for Habitat.



*Sue Kaufmann (front, center)*

## New pastor, new role for the Parish Council

The Parish Council opened the 2017-18 year on Aug. 20 with an inspirational retreat facilitated by Fr. Luke and hosted by the Newman Center on campus of the University of Illinois at Urbana-Champaign. Fr. Luke opened the retreat by reminding us that God chose us to be Parish Council members and it was up to us to figure out the why – why we were chosen, what we have to offer, and how we can grow in our own faith while helping the entire parish grow in faith.

Then, using canon law and biblical passages for supporting evidence, Fr. Luke highlighted his vision of what a parish council should be. He discussed three aspects of a parish council – its purpose and scope, its life and activity, and its role in defining the parish's mission and vision. According to canon law, its purpose and scope is to speak for the parishioners, offer advice to the pastor, provide practical solutions to pastoral needs, and care for the souls of the parish.

The life and activity of individual members and the Parish Council as a whole should demonstrate firm faith, good morals, and prudence. As such, Fr. Luke encouraged us to believe and promote what the Church teaches, hold ourselves to higher standards, and pray for the wisdom to know what to say and when to say it.

The Council's role in defining the parish's mission and vision is to help Fr. Luke first examine why we do what we do and then decide what we could be and should be. Throughout the retreat, Fr. Luke asked us to reflect on our own actions, prayer life, and faith, and to identify specific ways to grow closer to God.

In his final comments, Fr. Luke encouraged us to use



this upcoming year as an opportunity to learn and grow together, to find ways for the parish to be more welcoming, to advise him on practical and pastoral concerns, and to examine the parish with fresh eyes so that we as a parish can define who we are and what we should be.

Invigorated by our retreat, the first course of action at our Aug. 23 meeting was the Parish Council's decision to bridge the tenures of Fr. Joe and Fr. Luke by rededicating itself to the parish. Our first goal is to make ourselves more available to the parish so that we can truly represent all parishioners. As such, on the third weekend of every month a member of the Parish Council will be available in the Family Room after each Mass to listen to parishioners' suggestions and concerns. Your comments will then be voiced and discussed at the next Council meeting.

In addition, a suggestion box will be placed in the church's gathering space for parishioners to use at any time. We will also put notices in the bulletin and In Focus to update parishioners on Council activities and discussions.

Please visit with us after Mass, drop a note in the suggestion box, or send us an email message through [kathy.cimakasky@stpaturbana.org](mailto:kathy.cimakasky@stpaturbana.org).

In the next part of the meeting, Fr. Luke charged us to examine St. Patrick's Internet identities and our buildings and grounds through the eyes of a visitor. Then we brainstormed ways to make our parish more welcoming to current parishioners and visitors. Results are forthcoming and include a welcome desk in the church gathering place.

—Mardia Bishop, Parish Council Secretary

## There is always a way back

Have you parted company with the Catholic Church? Perhaps over new changes, old rules, a marriage situation, hurt feelings, or for some other reason?

*There is always a way back.* Come to share your story – we promise to listen. We may be able to ease your way back to your faith community. We'd like to try.

Do come and talk with us on **Wednesday, October 4, at 7:00 p.m.** in the parish center. If you know someone who is hurt, angry, waiting, then please extend this invitation on our behalf, and consider accompanying them as they take this first, maybe hardest, step toward home.

For more information, call the parish secretary (367-2665), or just come with your questions.

—St. Patrick's Returning Catholics Team



## Women of St. Patrick: Upcoming events and future plans

With work and school back in full swing, you may find yourself needing a little break this month. The Women of St. Patrick have opportunities for a short break or a longer one. Celebrate the Month of the Holy Rosary by attending the Rosary and Brown Bag Lunch on Thursday, Oct. 19. Come to pray the rosary and then enjoy fellowship over a brown bag lunch. Meet in the church. The rosary begins at 12:15 p.m. Bring your own lunch, but drinks and dessert will be provided.

If you need an entire day away, the WSP is offering another "Ah—Day of Quiet" event in the peaceful surroundings of the beautiful Chiara Center in Springfield, Ill. There is no



agenda; the day is yours to spend as you wish – praying, journaling, walking, relaxing, and so on. A car pool leaves the parish parking lot at 7:30 a.m. and will return by about 4:30 p.m. There is a \$20 charge for the day, which covers breakfast and lunch, payable at the Chiara Center. Check the weekly bulletin for sign-up details.

The WSP's annual Cookie and Basket Sale takes place in early December. This annual fundraiser is anticipated by the entire parish family for its array of delicious cookies and beautiful baskets for sale. The WSP is in need of some creative and energetic women to serve on the committee to plan and carry out this

wonderful event. If you're interested, send an email to [www.womenofstpatrick@gmail.com](mailto:www.womenofstpatrick@gmail.com).

Looking farther into the future, the WSP hopes to bring back Father Dominic Garramone, a.k.a. the "Bread Monk," to give another presentation. Many of us have fond memories of his visit a few years ago (or regrets that we missed him), so the WSP is working to land a spot in Fr. Dominic's busy schedule. To stay posted, be sure you are signed up for the WSP email list.

Remember: If you are a woman and St. Patrick parishioner age 18 or older, you ARE a Woman of St. Patrick. To receive emails bringing you the latest information on fun events and volunteering opportunities, simply send a request to [www.womenofstpatrick@gmail.com](mailto:www.womenofstpatrick@gmail.com) to be added to the list.

## "May the angels lead you into paradise..."

Perhaps no aspect of Catholic piety is as comforting to parents as the belief that an angel protects their little ones from dangers, real and imagined. Yet guardian angels are not just for children. Their role is to represent individuals before God, to watch over them always, to aid their prayer, and to present their souls to God at death.

Although the concept of an unseen companion has given rise to many childish notions, devotion to the angels is, at base, an expression of faith in God's enduring love and providential care extended to each person, day in and day out, until life's end.

The concept of an angel assigned to guide and nurture each human being is a development of Catholic doctrine and piety based on Scripture, but not directly drawn from it: "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father" (Matthew 18:10).

The belief that every person has a guardian angel has roots deep in antiquity, among Christians and non-Christians. The ancient



Babylonians and Assyrians believed in angels, and they are mentioned in the Old Testament as well as the New Testament. St. Benedict gave devotion to the angels impetus, and Bernard of Clairvaux was an eloquent spokesman for them in his day.

A feast in honor of the guardian angels was first observed in Spain in the 16th century, but it was added to the general calendar in 1615, and Pope Leo XIII made its observance obligatory in 1883.

Have you prayed to your angel today, thanked your angel lately for watching over you and protecting you, asked your angel for help in difficult or trying circumstances?

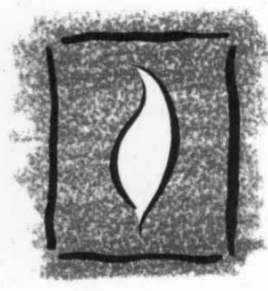
*Angel of God, my guardian dear,  
To whom his love commits me here,  
Ever this day be at my side,  
To light, to guard, to rule and guide.*



## Parish nurses serve parishioners' health needs

The mission statement of the Parish Nurse Ministry of St. Patrick's Catholic Church is to promote holistic health by incorporating the practice of faith with the practice of nursing. Parishioners' needs may be addressed through support and prayer, health education, referral to community resources, and collaboration with the pastor and staff.

St. Patrick's Parish Nurses provide blood pressure screenings monthly on Sundays, 9-10:30 a.m. Additionally, they reply to messages left on the Parish Nurse voice mail, maintain the church AED, provide health bulletins, and submit health-related articles for the bulletin, provide information on community support groups, serve as a resource for the pastor, conduct an annual parish health fair, and provide other services as requested.



If you would like to leave a voice mail for the parish nurses, call 217-367-2665 and select option #6. The current health bulletins are located on the bulletin boards in the classroom hallway, by the northeast entrance to the parish center. There will be a parish health fair this month (see accompanying box).

Active Parish Nurse members include Marie Horn, Teresa Krassa, Roxane Lowry, Lilia Peters, Phyllis Rogers, Nancy Roth, Diane Cousert, and Jennifer Enoch. We are pleased that the recent Time and Talent survey identified four other parish nurses interested in joining.

Nurse parishioners are always welcome to join Parish Nursing. Carle Foundation Hospital sponsors the Community Parish Nurse Program through a non-denominational pro-

gram, through which participating registered nurses receive continuing-education hours, as well as support and resources needed to offer a faith community nurse program within their own congregation. The next Parish Nurse class will be held February 9-10, and March 2-3, with Friday classes held 5:30-9:30 p.m., and Saturday classes held 9 a.m., to 4 p.m. Interested nurses may contact any of the current St. Patrick's Parish Nurses or call Carle (217-326-2583) to obtain a registration form or to ask questions.

The Parish Nurses will hold their annual health fair on Sunday, Oct. 29, 8:30-11:30 a.m. in the parish hall. There will be representatives from a variety of local health-care providers and services. Flu shots will be available.



*Our former Music Director, Laura Theby, was married to Colby Cooman on September 16, 2017. Want to bet there was a lot of wonderful music? If you'd like to send a card, here's the address: Colby and Laura Cooman, 94 Saint Charles Sq, Sterling, VA 20164*

### Vocation Prayer

Loving Father, you ask of us only that we act justly, love tenderly, and walk humbly with you and your people. Send your Holy Spirit to stir our hearts to follow in the ways to which you call us, whether in consecrated life as priest, deacon, or religious, or in the state of life where we now find ourselves. But be with us on our journey!



## in our parish library

October is known for Halloween, which is the eve of All Saints Day and All Souls Day. This seems a good time to reflect on some of the more famous souls whose feast days are celebrated in October.

October 1 marks the feast day of St. Therese of Lisieux. She lived a very difficult life, having lost her mother when she was very young. At the age of 14, Therese encountered a Godly experience during a disagreement with her family that changed her life forever. From that time on she vowed to devote herself entirely to God. One of St. Therese's best known works is *The Story of a Soul*, written at the request of her Mother Superior, in which she details her life's journey and her dedication to God. (921 Lis)

October 4 celebrates St. Francis of Assisi. St. Francis is best known as the patron saint of animals and ecology. He grew up wealthy and everyone loved him, and almost spoiled him. One day on his travels he encountered a leper. Though repulsed by the leper, he bent down and kissed his sores. At this he was filled with joy. From then on, Francis dedicated himself to God in helping to protect humans and animals. There are many materials in the library regarding St. Francis but one you might particularly enjoy is *Francis of Assisi*, by G. K. Chesterton. (921 Fra)

October 11 celebrates St. Damien of Molokai, the patron saint of lepers and outcasts. Unlike St. Francis, Damien was devoted to God right from the start. He cared for many lepers, especially children. He built hospitals, clinics, and churches for the lepers so they would have a place where they felt they belonged. He died at the age of 50 as a result of leprosy. *Damien: Hero of Molokai*, by Omar Englebert, tells of his heroic life ministering to victims of leprosy on the island of Hawaii. (921 Dam)

October 15 marks the feast day of St. Teresa of Avila. St. Teresa led a fairly normal life as a teenager, caring about boys and clothes. But her father decided she was out of control and sent her to a convent. As she grew accustomed to life there, she realized that the convent was actually more relaxed than her father had been, and she began to enjoy it. Once officially a member of the convent, she began to practice mental prayer and drew nearer to Christ. One of the newest books about her in the library is *The Interior Castle*, in which she provides insights into her way of prayer and meditation. (921 Ter)

October 18 celebrates St. Luke, one of Jesus' devoted followers. St. Luke was believed to have been born a Greek, a Gentile. He was born into slavery, and as he grew older, he took an interest in healing and medicine and became a doctor. He is the author of the Gospel of Luke and the Acts of the Apostles. *The Charismatic Theology of St. Luke*, by Roger Stronstad, gives a glimpse into St. Luke's teachings and his theology. (921 Luk)

For a complete listing of the feasts for each day of the year, a good resource is [www.Catholic.org](http://www.Catholic.org). To find biographies on various saints, click on the "Catholic Life" link at the top of the page; from there select "saint of the day" under "Daily Living." This will allow you to select individual months, which will be grouped by individual days containing the saints for that particular day. If you select an individual saint, you will be directed to a page containing a mini biography for that particular saint. The parish library also contains many books on various saints; most can be found in the non-fiction 270-271 or 921 section.

\* \* \*

*If you have questions, contact our parish librarian, Megan Raab ([raab41987@gmail.com](mailto:raab41987@gmail.com)); she will be happy to assist you. The door to the parish library is always open—come in and browse to your heart's content!*



**Q: Why is the Roman Catholic Church participating in the 500th anniversary celebration of the Protes-**

**tant Reformation?**

**A:** Five hundred years ago on October 31, 1517, Martin Luther nailed "95 Theses" to the castle church door in Wittenberg, Germany, launching the Reformation movement in Europe. Why would Roman Catholics mark the Reformation that split off millions of Christians from Catholicism? And weren't many wars and violent actions done in the name of so-called reforms? Why celebrate Catholics and the Vatican losing power and influence?

History isn't that simple, and the gospels belong to all Christians. Indeed, the Vatican has had an official dialogue with the Lutheran World Federation for many decades. Similar ecumenical outreach has long been active with many other Protestant and Orthodox groups of Christianity. Also, the Catholic Church had its own reform movement in response to the rise of Protestantism, the Counter Reformation, starting with the Council of Trent (1545-1563.)

On October 31, 2016, Pope Francis participated in an ecumenical prayer service at Lund Cathedral in Sweden, kicking off a yearlong commemoration of the Reformation. He commented on how the joint celebrations marked "fellowship and cooperation in the service of justice and peace in our human family."

We are different traditions and denominations but share one faith in Jesus Christ. And Catholics and Protestants have much to learn from each other. You have only to look in the index in the Gather hymnal to see the influence of Protestants on the Roman Catholic faith; names like Martin Luther, Charles Wesley, and Isaac Watts share space with many Catholic musicians.

In short, Protestants and Catholics have more uniting them than separating them. As 1 Corinthians 12:12

see **Q&A** on page 12

# Holy conversations: The art of spiritual direction

By Eileen Mathy

With many adult children, one thing we have learned is that they come back. For us it often starts with the dog barking and a crack of the front door and a hearty “hello” from a familiar voice. When my daughters come home, they bring the sounds of little feet with babies in tow. Andrew loves to surprise us and flies in from Florida with a duffle bag and a friend or two he picked up on the way. My stepson Chris burns the midnight oil with us at the kitchen table and ponders the greater mysteries of life. It is a new season for us and admittedly there are times when we hoped to retire early and look at each other with sighing eyes knowing it will be a late night. But these are memories that are sealed in our hearts as we lean in and listen to the ones we love.

Conversations are tricky things. Words can heal and draw souls together, and words can hurt and cause irreparable damage. I went to Peoria to a training workshop for spiritual directors recently where we looked at the art of conversation, and I thought I’d share a few thoughts from our speaker, Mary Sharon Moore, MTS.

**“In the beginning was the word...”** Have you ever considered the Holy Trinity as the original conversation? Think about the dynamic flow from Father to the Son and to the Holy Spirit. Many of us live parallel lives, lost in our own thoughts and intrigued by our own ideas. In holy conversation, we leave space for one another. We are fully present.

**Holy conversations get to the heart of the matter.** Our speaker shared a story about the loss of her father to a difficult battle with cancer when she was in her early twenties. It took many years for her to cry over this loss. She had been estranged from him and was angry with him when he died because she felt that he had robbed her of a childhood with a healthy father. In her thirties, after years of attempting to grieve his death, she realized what she needed to grieve was her attitude at the time of his death. When she was able to weep over her hardened heart, she was released to weep over the death of her father. “Why do you seek the living one among the dead?” scripture asks us. At times like the women who returned to the tomb to find Jesus, we seek answers that fail to bring us what we really require to be set free.

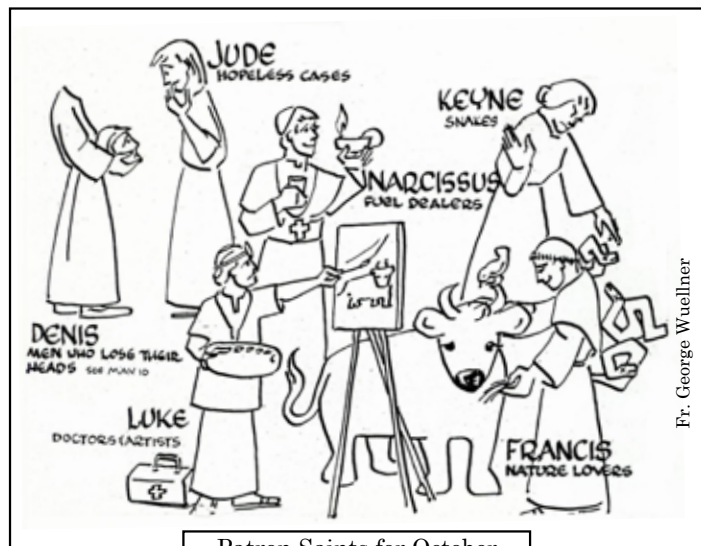
**Meet people where they are.** I asked our speaker about something I often struggle with as a director. It has become increasingly popular to say, “I am spiritual but not religious.” As I prod my directees, I sometimes find that along with organized religion, they have thrown

out prior concepts of God. In the interim they have no way to visualize the God they desire to pray to. When I shared this with our speaker, she suggested I say “Tell me about the God you do not believe in.” This left a few of us scratching our heads, but as she played this out we saw how our willingness to meet a person where they are, not where we think they should be, can open that sacred space for both directee and director to stare into the abyss or lack of definition together. Jesus did this time and time again, with the Samaritan woman at the well and the rich young ruler. His guidance to individuals was never canned but deeply personal. There is a saying “To view a person as a project, something for you to essentially fix or save, is dehumanizing to its core.” Ah, but to meet a person where they are, is to discover the work of the divine within.

**Lean into paradox.** We are both dying and rising, broken and whole. Leaning into paradox means to learn to embrace mystery and uncertainty. Many find an invitation to go deeper in places that make no sense. Like Martha, we are often trapped by an ever-strategic mind; like Mary, with a receptive heart. In contemplative prayer we circumvent the rational. It is there that we encounter the

Divine. That is the essence of sacramental life—bread to body and wine to blood. The practice of spiritual direction is one tool to help you do that.

If you are interested in exploring this further, feel free to contact the parish office and you will be given the name of one of the spiritual directors who serve our parish.



Patron Saints for October

## Back to school from page 1

parents will meet in the parish center lounge, adjacent to the parish office. All interested parents are welcome to join the study.

The content of each session will be as follows:

- Week 1: The Beauty of the Beast/Understanding the Nature of Adolescents
- Week 2: Communication
- Week 3: Calm, Confident, Composed Authority/R.E.S.P.E.C.T.
- Week 4: Troubled Teens
- Week 5: Give Me Liberty or Give Me New Parents
- Week 6: Standing Strong

With his usual wit and wisdom, Dr. Ray, as he is known to his many fans, gives parents the tools necessary to navigate the often difficult teen years while enjoying the journey. The doctor is an advocate of commonsense approaches to child rearing and discipline issues.

Jon McCoy, Coordinator of Religious Education, may be contacted (jon.mccoy@stpaturbana.org) for additional information.

## Q&A from page 10

reads, "Many parts make up one body. It is the same with Christ." The 500th anniversary of Luther's "95 Theses" debate is another chance to focus on our shared Christian traditions and history.

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

## 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 infocusst-pats@gmail.com. You may also send them 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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## Quick fixin's from the kitchen of . . . Florence Chevalier

### Apple-Nut Pie

- 1/2 all-purpose flour
- 1 t baking powder
- 1/4 t salt
- 1 egg
- 1/4 c white sugar
- 1/2 c brown sugar
- 1 T butter or oleo
- 1 t vanilla
- 1 c peeled, chopped apples
- 1/2 c chopped nuts
- 1/2 c raisins



Sift together flour, baking powder and salt, and set aside. Beat egg in mixing bowl; gradually beat in both white and brown sugars and butter or oleo. Stir in vanilla and sifted flour mixture. Fold in apples, nuts, and raisins. Turn into a buttered 9-inch pie pan. Bake at 350 degrees for 35 minutes, or until apples are soft. Serve with whipped cream or softened ice cream.

\* \* \*

*If you have a recipe you'd like to share, please send it to Mary Lou Menches (344-1125, mmenches@illinois.edu). The only requirement is that it be easy and quick to prepare!*