

St. Patrick Parish IN FOCUS

www.stpaturbana.org

November 2018

It is good to give thanks

Giving thanks to God is a very important way to pray. It can teach us a great deal about how to live out our faith.

Giving thanks shows that we are paying attention, seeing God's action in our lives and in the world around us. God give us so many good things: the beauty of the earth, the abundance of harvest, family and community, time and talent, his life, his word, his spirit. The list could go on forever.

God gives these things with overflowing generosity and with great wisdom, because he knows what we need and what will give us joy. He gives these things to everyone, but not everyone understands that all good things come from him. It is good to pay attention and remember that our gifts come from our loving God.

Giving thanks is a sign of an open heart, a heart ready to receive what God gives, a heart ready to enter into a deeper relationship with God. You know the story of the ten lepers doubt they all rejoiced friends, but only one sus. Perhaps he became more about who Jesus loved, how like the he, in turn, led others gives God an opportunity to him.



Giving thanks is a source of strength in the life of faith. If we acknowledge that God for us and remember that we depend on him for everything, then we know to look to him for the help that we need every day. This is something that grows over time. The more we give thanks, the more quickly we look to God when we face some challenge. Imagine, for example, that you're starting to get irritated with someone; the habit of giving thanks may prompt you to look to Jesus just for an instant, and maybe you'll find a different way to deal with the person.

Giving thanks is something deeper than our feelings. Giving thanks is a commitment to our life in God, a decision to remember God's goodness even when life doesn't feel good. You can be aching with sadness or loneliness and still give thanks. God is still the source of every good thing. God still loves you. God can still be relied on to be with you and care for you. Giving thanks from a place of pain gives us a glimpse of the world as God sees it. Yes, there is good reason for sorrow, but the bigger picture is that we are still surrounded by God's loving care.

Giving thanks is a wonderful way to begin our daily prayer. It helps us pay attention to God and reminds us that we rely on him. It opens our hearts to God and invites us to draw closer to him.

*It is good to give thanks to the Lord,
to make music to your name, O Most High,
to proclaim your loving mercy in the morning,
and your truth in the watches of the night.*

—Psalm 92

Helping one another through grief

During the month of November the Church reminds us to pray for the living and the dead by setting



the feasts of All Saints and All Souls on the calendar. It is fitting, then, that during the month of November the Ministry of Consolation team offers opportunities to remember and pray for our deceased loved ones and ourselves.

After the death of a loved one it is normal for emotions to vary greatly. Moments of calm acceptance may be followed by tears of anger or frustration. Often these changes seem to be spontaneous or unexpected, sometimes triggered by events or memories. Times or seasons may bring up strong emotions. Birthdays, anniversaries, or holidays may seem like insurmountable events. The day itself may be preceded by days or even weeks of anxiety. "How will I ever make it through Christmas without Mom?" "Will the empty seat at the table bring me to tears in front of everyone?" "How will I spend our anniversary now that my wife is gone?"

Once again this year the Ministry of Consolation will help with these issues by sharing the program **A Ray of Hope: Facing the Holidays Following a Loss**. On Saturday, November

see **Grief** on page 4

Baking and breaking bread with “The Bread Monk”

“The Bread Monk,” Fr. Dominic Garromone, from St. Bede Abbey in Peru, Illinois, was the host of the former PBS cooking show “Breaking Bread with Father



Dominic.” He is a cookbook author with a natural talent for comedy. Fr. Dominic says his ancestry is Irish and Italian – both Gaelic and garlic. His opening statement was, “Turn off your cellphone or I’ll answer it and it won’t be pretty.” He followed this by telling a story about having a cell phone go off while he was offering Mass. He went over to the lady, took it from her, and answered it by saying, “This is

Mary’s phone. She is in church. Where are you? Why are you calling her at this time on Sunday morning? She is always in church at this time and so should you be.”

In Fr. Dominic’s words, “I started baking at fifth grade with my mother. I just don’t remember not being in the kitchen. It was a great way to grow up. I went to a grade school where French was taught. I went home and my mother showed me how to make French bread. My classmates ate every crumb. I baked all through high school and college. In the seminary, monks started putting recipes into my mailbox. They sent my résumé to PBS. Scouts came while I was teaching about the fishes and loaves, and they offered me a TV program on the spot.”

Fr. Dominic made four recipes during his presentation. He kept Nancy Olson and helpers busy baking them, and the audience devoured them.

- Harvest Braid, with a filling of ham, cheese, walnuts, and Granny Smith apples
- Braided lattice bread that can also be put into a loaf pan and have a braided top
- Baked pumpkin spice doughnuts
- Shortcake with apple fillings topped with whipped cream

In between recipes, Fr. Dominic drew numbers for prizes and continued with his signature humor. When giving out miniature sewing machines like the one his mother used for quilting, he included a card on which he had written:

Mary, Queen of Quilters,
Pray for us,
Now,
And at the moment when
We realize we have stitched 11 blocks backwards.

Recipes were sprinkled with tips. Buy measuring spoons with a long handle to reach way down into spice jars. Bread flour produced from wheat grown in colder climates makes a better bread. All-purpose flour is better for cakes and cookies. Make a simple braided bread interesting by filling it with jam. Bring in spirituality while cooking. While making Christmas stollen, tell the family that the folding of the dough symbolizes the blanket that swaddled the Baby Jesus. Have the littlest family member lean close to the dough and whisper prayers and petitions to the Baby Jesus as the Christmas stollen is being folded.



Fr. Dominic made four recipes, keeping Nancy Olson (center) and helpers busy baking them. (The audience enjoyed eating them!) Shown are Baked Pumpkin Spice Doughnuts.

Did you know?

Rehearsals for this year’s **Lessons and Carols** will soon get underway for presentation on Sunday, December 9, at 6:00 p.m. You won’t want to miss this inspirational Advent event!.

Sr. Mary Rachel Hart lunched with the Seniors Group

The St Jeanne Jugan Senior Group of St. Patrick's met on September 19 at Perkins Restaurant in Urbana. The guest speaker was Sr. Mary Rachel Hart, SCTJM (Servants of the Pierced Hearts of Jesus and Mary). This religious community was founded by Mother Adele Galindo in 1990 in Miami, Florida, and now have several convents in various dioceses in Florida, in the Diocese of Peoria, in Uruguay, and in Rome, Italy.

Sr. Mary Rachel Hart and Sr. Clara Maria Malay currently serve at St. John's Catholic Newman Center on the campus of the University of Illinois, where they are on the pastoral staff and minister to the college students: they help with various ministries and retreats and provide spiritual guidance.

Sr. Rachel shared about her spiritual journey and how she came to hear the Lord's call. She identified the mission of her religious community in the words of their foundress, Mother Adela: "We are called to manifest the reign of Love of the Pierced Hearts of Jesus and Mary as the building force for the construction of a new civilization." Their spiritual charism: to be a living image and presence of the Heart of Mary in the Heart of the Church.

Sr. Rachel described the fundamental dimensions of their charism:

- *Eucharistic*: Total dedication of their lives in love to the Eucharistic Heart.
- *Marian*: Being a living image and presence of the Heart of Mary.



- *Charismatic*: Actively receiving and communicating the Gifts of the Holy Spirit.
- *In the heart of the Church*: Generously placing their feminine genius in loving communion and service of the Petrine Principle.
- *Vowed*: In addition to the vows of poverty, chastity, and obedience, they vow total Marian availability.

Elements of their lives include Eucharistic adoration and contemplation; a ready openness to the power of the Holy Spirit and the Charisms; total consecration and identification with the Heart of Mary; to love, think, and live in the Heart of the Church; daily to seek conversion in the active exercise of virtue; to do all things in the spirit of prayer, of heroic love, and in humble service in the fulfillment of duty; fraternal life and joy with simplicity of heart; mature, generous, and responsible disposition to embrace every mission; integral formation, covering all areas of the consecrated person; apostolic ardor enflaming the world with the love of the Pierced Hearts of Jesus and Mary.

Their patron saints (witnesses to love of the Pierced Hearts of Jesus and Mary) are St. Joseph, St. John the Apostle, St. Francis de Sales, St. Margaret Mary Alacoque, St. Therese of Lisieux, St. Maximilian Marie Kolbe, St. Maria Faustina Kowalska, and St. John Paul II.

For further information visit their website, www.piercedhearts.org.

Voter registration nets new voters

St. Patrick did its part in September to make it possible for more people to vote in the November election. On Saturday and Sunday, September 15 and 16, the parish held voter registration for eligible citizens after each Mass. There were tables set up in the Gathering Space of the church and also in the Coffee Shop on Sunday.

Last spring Eileen Mathy, the chair of the Peace and Justice Ministry of St. Patrick, began considering the possibility of doing something to help parishioners



register. She asked Barbara Wysocki, a member of the League of Women Voters, to organize the event since Barbara has held many voter registrations in the past.

Barbara obtained the registration forms from the County Clerk's office and returned the filled-out forms to the same office on the following Monday morning. She also found volunteers to staff the tables and guide the registrerees through the process.

The registrerees had to present a photo ID (usually a driver's license),

and a second form of ID with their address on it (often a utility bill). The registrerees will receive their Voters Certificate of Registration card directly from the County Clerk's office. This card will also tell them where they can vote.

Thirteen people registered to vote. The youngest had just turned eighteen and the oldest was eighty years old and had never voted before.

Many parishioners thanked the Ministry of Peace and Justice for providing this service; several, who are election judges, said this service will make their job easier on Election Day.

You must do your patriotic part, too – vote on Tuesday, November 6!



Q: I hear that St. Patrick's has a parish library. Where is it? Can I take books out?

A: Yes, our parish has a very nice library, maintained by parishioner Megan Raab, who volunteers her time and skills to keep it up-to-date and well organized.

The library is at the north end of the classroom wing of the parish center. Since the library computer was stolen a few years ago, access to the library has been restricted – the door to the library is kept locked, but a key for access can be obtained from the parish secretary during office hours.

Books are organized by “call number” according to the Dewey Decimal System, but labels have been added to shelves identifying subjects of interest to help those of us not familiar with the system. The collection includes a selection of Catholic fiction as well as one devoted to children's books.

The library also has back issues of several Catholic magazines, among them America, U.S. Catholic, and

Commonweal. You will also find copies of our diocesan newspaper, The Catholic Post, and the national independent Catholic newspaper National Catholic Reporter. Back issues of these magazines and newspapers are displayed on a circular rack in the casual seating area between the parish center lobby and the church entrance. Those displayed on the rack are free for you to take.

To check out a book, simply write your name and the date on the card inside the book's front cover, and put the card in the box beside the computer. Although there are no late fees, books are generally considered due 30 days after checkout.

For more information or help in using the library, please contact our parish library coordinator, Megan Raab (raab41987@gmail.com). She will be happy to assist you in making good use of this wonderful parish resource.

* * *

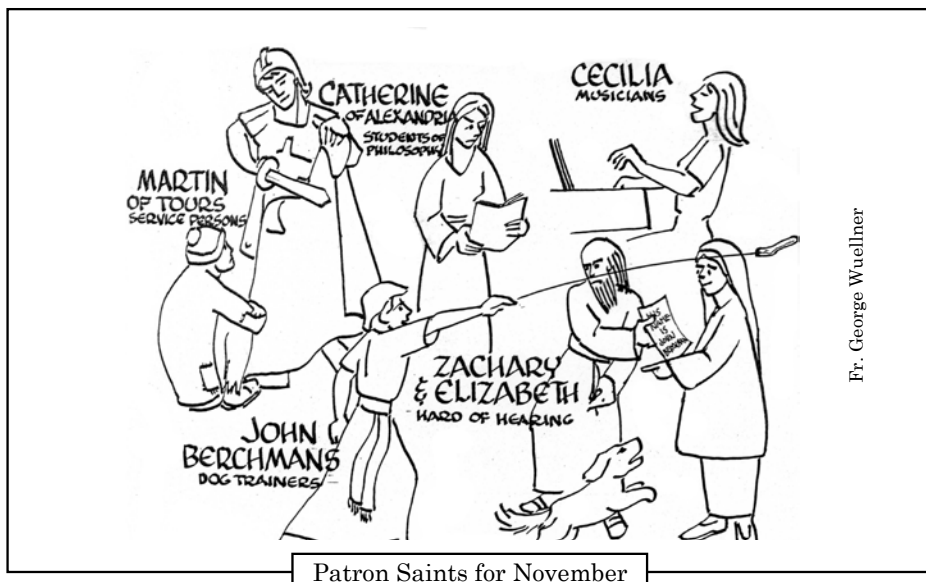
Questions about Catholic practice or Catholic teaching may be sent to any Communications Committee member or left in care of the parish office.

Grief from page 1

3, at 8:30 a.m. we will gather in the lounge of the parish center to share our stories and to pray together. The presentation will help those who participate to form realistic expectations and develop strategies for getting through difficult days and seasons. Each person's journey of grieving is unique and each person copes in their own way. “A Ray of Hope” respects each person and meets them where they are, providing tools and suggestions for making decisions regarding the upcoming holidays.

On Tuesday, November 13, at 7:00 p.m. we will gather in Trinity Hall to remember and pray for our beloved dead during the fall **Evening of Remembrance**. Sharing memories and praying together will be a way of honoring those we love who have died in the last several months.

Parishioners, their family members, and friends are invited to participate in these events. If you have any questions about them or would like more information, please contact Nancy Olson (nancybolson@gmail.com or 359-6424).



Patron Saints for November

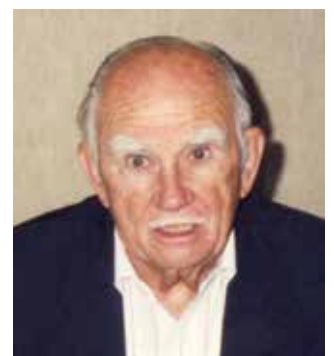
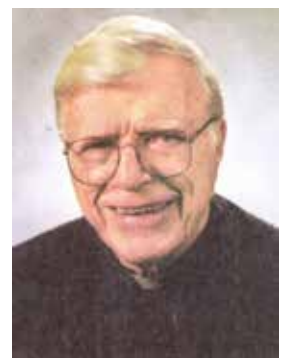
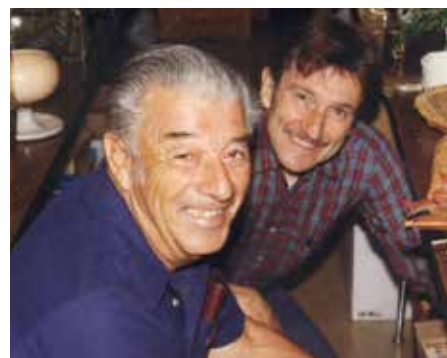
Vocation Prayer

Loving Father, help me to know and accept my vocation in life, how best to serve you in your people. Give those of us whom you call to live lives dedicated to you as ordained ministers or religious the grace to respond generously and to persevere faithfully in living out their mission in the Church. And for all of us, gift us with your presence and guidance as we try our best to live for and with you each day, to see you in those we serve and to reveal you in the way we live and labor for you.

All saints, all sorts

“There is no way of telling people that they are all walking around shining like the sun.”
—Thomas Merton

You don't have to search far for heroes and saints. They are in our midst. Some have been canonized, many haven't, many may never be. What brings us all together? Love of God, love of neighbor, and a willingness to sacrifice self for others. Saints already with God and saints still witnessing God's love among us are easily discovered – just look around you!



STM Minute

From Jason M. Schreder, Principal

The *Confessions of St. Augustine* could be considered one of the great classics in literature of all time. In it, St. Augustine writes, “Late have I loved thee, O beauty ever ancient, ever new.” This quote summarizes the strength of our Catholic Faith – ever ancient and ever new, always rested on the foundation of Faith of the Church, yet relevant and alive today.

This beauty of our Catholic Faith can also be applied to the High School of St. Thomas More. As we begin the 2018-19 school year – our 19th! –there are many traditions, classes, activities, sports, fine arts events, etc. that continue every school year, yet even in these there is a sense of newness as new students, leaders, plays, teams, etc. come together to work towards our common goal of forming our students intellectually, physically, morally, and spiritually.

We welcomed new students on August 16 to begin the new school year and look forward to where the Holy Spirit is leading and guiding us as we continue to live out our mission of Catholic Education. They were welcomed into their houses at our second annual House Calling Ceremony with all of our students on August 17. They have begun to meet new classmates and teachers, become part of new teams and clubs, and take on the various challenges that high school

will present them with, and to continue their walk with Christ as his disciples.

We also welcomed new teachers and staff, including Chaplain Fr. Erik Bolek, School Counselor Mrs. Samantha Pope, and Advancement Director Mr. Matthew Vander Vennet. Our teachers and staff are dedicated to live out their vocation to serve students through building relationships and forming minds and hearts as they become disciples of Christ. They are working diligently this year in revamping our curriculum to integrate our Catholic Faith into each and every class more intentionally to help students to develop a Catholic worldview in every content area. We hope you will meet all of our STM team members at an STM event this year.

All of this would not be possible without the support and prayers of the Champaign-Urbana Catholic community, especially from St. Patrick’s Parish. We are truly blessed and grateful for those who have supported our mission of Catholic education. We continue to pray and encourage one another to live out this mission and our faith, both of which are “ever ancient and ever new.” We will continue to keep Fr. Luke and St. Patrick’s parishioners in our prayers.

This fall, twenty-two St Patrick’s parishioners are enrolled at the High School of St Thomas More. They are Mary Agor, Callum Beckett, Cecily Dallas, Vigo Etshitshi, Austin Ford, Abby Goad, Emily Goad, Luke Herzog, Brandon Hood, Kylie Hopper, Joyson Kakinga, Wyatt Kenyon, Maddy McCoy, Will Moore, Hannah Niccum, Marie Omanga, Helena Pembele, Joviane Pembele, Morgan Saunders, Noelle Schacht, Justin Smith, and Abbie Vessell.



Front, from the left: Helena Pembele, Emily Goad, Kylie Hopper, Joviane Pembele, Mary Agor, and Marie Omanga. Back: Abby Goad, Vigo Etshitshi, Austin Ford, Justin Smith, Noelle Schacht, Morgan Saunders, Hannah Niccum, Maddy McCoy, and Abbie Vessell.

Holy Cross Happenings

“Dear young people, let yourselves be taken over by the light of Christ, and spread that light wherever you are.”

– Saint Pope John Paul II in his address at the 17th World Youth Day in Toronto

As the new school gets off to a spectacular start, the light of Christ is once again evident in every part of Holy Cross School. The kindergartners are beginning to learn the prayer before meals by heart (if they didn't know already!) and sing songs about Jesus' love. The eighth-graders have completed their month of bringing donations of fruit and milk to Daily Bread Soup Kitchen, and many are well on their way to preparing to receive the Sacrament of Confirmation on December 1. All the grades in between are similarly learning, playing, and growing in Christ's love.

The first nine weeks is always a particularly busy time, with the week-long celebration of the Feast of the Exaltation of the Holy Cross taking place less than half-way through. This helps set the tone for what is expected of Holy Cross students – in addition to working and praying hard,

fun with friends is essential!

Mark your calendars for another wonderful Holy Cross



tradition, the Veteran's Day concert on Monday, November 12. Rather than take the day off school, Holy Cross opts to take advantage of the opportunity to have students express their gratitude for those who've served our country. The music programs, under the directorship of Mrs. Penny Woolwine, are always a

treat for families and music enthusiasts alike.

As the second nine weeks of the semester begins, Holy Cross families extend their thanks for the support of the parish and ask for your continued prayers for the success of the school and the students.

Please feel free to contact Rachael McMillan (rachmc-mill@gmail.com) if there is anything you'd like to see featured in an upcoming installment of Holy Cross Happenings, or if you have any additions or corrections to report.

Interested in having your children attend Holy Cross School? Schedule a tour of the school by calling one of our co-principals, Rose Costello or Joseph McDaniel (356-9521). Financial help may be available; contact the St. Patrick's parish office (367-2665) for more details.



Fr. James Martin: Respect, Compassion, and Sensitivity

On October 9, a large group of St. Patrick's parishioners, friends, families, and guests participated in a dialog with Fr. James Martin via Skype about his book *Building a Bridge*, suggesting ways the Catholic Church can enter into a respectful, compassionate, and sensitive relationship with the LGBT community.

Many of those present had read Martin's books, articles, and social media works. Jesuit teacher, writer, and editor, Fr. Martin shared many stories of pain and grace and identified ten ways that parishes can be more welcoming to LGBT Catholics.

Prayer opened and closed the session, which included discussion of the special gifts of the LGBT Catholic community. Many commented that studying Fr. Martin's work led to

conversations with friends, family, church members, and people in the community. Not everyone agreed with Fr. Martin's ideas or theology, but all listened respectfully. The group applauded the courage of the LGBT young people who gave testimony and asked questions.

As one of the discussion leaders declared, "This was a great opportunity to take an in-depth look at



Fr. Martin answered questions after his presentation.

a pressing issue for the Church.... It also was community building for those of us for whom this issue touches our lives and the lives of those we love."



Fr. Martin asked for a group photo of the people attending for his Facebook page.

After each Mass on the weekends of October 27-28 and November 3-4, the Mission Trip participants will be selling Christmas wreaths in the Gathering Space to fund their trip to the Winnebago Reservation in Nebraska. Wreath pickup (and the purchase of any extras) will be the weekend of December 1-2 in the main hall.

SVDP Thanksgiving Basket tradition continues

The St. Vincent de Paul Society at St. Patrick's is again providing food for the less fortunate in our community this Thanksgiving season. With the generosity of our parishioners' time and monetary support, we annually provide a "basket" of food that includes the makings of a holiday meal, as well as other staples for the household. St. Patrick's has been providing baskets to 260 families for many years.

Your monetary donations enable the purchase of food items for these

baskets. Donations may be made using the envelope provided in the monthly envelope packet or using a plain envelope labeled "for SVDP Thanksgiving baskets" and put in the regular Sunday collection.

Watch the bulletin for Doodle Poll signup to help with pickup of foods, assembly of baskets, and distribution. Please contact Sally Czapar (638-5178, czapar101@gmail.com) with questions.



Food and fellowship abounded at the Friends Dinner

In a sense, the seventh annual Friends of the SVDP Food Pantry Dinner was extraordinary for not being extraordinary.

As with every Friends Dinner, there was a little hiccup in the arrangements. In this case, it was a sudden rainstorm that made it necessary to open the doors at 4:30 instead of 5:00 p.m. Instead of guests being greeted and shown to tables with waiting table hosts, guests were greeted and allowed to choose their own seats. As the table hosts arrived, they visited with people at multiple tables until there were hosts for nearly every table.

After Father Luke welcomed our guests with a prayer, he spent his

first Friends Dinner mingling and chatting. Parishioners generously provided many delicious hot and cold dishes to accompany the fried chicken and ham, and it wouldn't be a meal at St. Patrick's without plenty of tasty desserts. Our guests (and volunteers) couldn't stop complimenting the food!

Former Food Pantry coordinator Ellen Abell's original vision was for a dinner in which the parish not only served a meal to the clients of our SVDP Food Pantry but where food pantry volunteers and other parishioners could sit down and get to know the people we serve, as well as let them get to know us. That vision has become a reality as each Friends

Dinner has been an enjoyable event of not just good food but good fellowship. We get a better sense of who is visiting our food pantry, and the neighbors we serve get a better sense of the love and hospitality we strive to cultivate at St. Patrick's.

Dinner coordinators Denise Freidhof and Elizabeth Hendricks couldn't have been more pleased about how the dinner turned out. One hundred and seven guests were welcomed and served, and many made a point of stopping to say what a wonderful evening it had been. Many thanks to all of the parishioners who gave of their love, time, cooking, money, and prayers to make this Friends Dinner a success!

Blessed are you . . .

On St. Francis of Assisi's feast day, October 4, eight dogs and one cat braved a cloudy and windy day with their humans. Fr. Luke and Jim Urban read prayers, and Fr. Luke blessed the animals with holy water.

The cat was much more tolerant of the dogs than the dogs were of the cat!



A child's prayer

We thank you, God,
for all you have made.
For earth and sky,
wind and water,
plants and animals.
For stoves and phones,
cards and roads,
radios and computers,
and especially
for family and friends
and people everywhere.

It's never too late

Have you decided on a parish activity that you want to do? Have you been waiting to hear about all the possibilities? It's not too late to sign up! Do you need to wait until the new year before you can take on another activity? It's never too late!

Most parish groups are delighted to have new members at any time during the year. Just drop in on their meetings when you see them listed in the bulletin. Or look in the Ministry at St. Patrick booklet to find out who the contact person is. Or call the parish office during the day for help in connecting with your group.



Parishioners sign up to help with Worship Ministry groups.

What did you do on Sept. 30? Did you enjoy the delicious pancake breakfast prepared by the Knights of Columbus and then guiltily make your way to the Parish Nurses' Health Fair? Or did you first visit the healthcare educators and providers brought in by our wonderful parish nurses, then treat yourself to pancakes and fresh fruit as a reward for braving that flu shot? Either way, the Knights raised some money for their Fr. Martell Scholarships and the Parish Nurses helped us to improve our health!



Want to receive *In Focus* by email?

Join our email list to receive a monthly notification when a new issue of *In Focus* is published, with a link to it on the parish website (stpaturbana.org). Go to <http://eepurl.com/duJdY1> and sign up – it's that easy! You can also find on the parish website all issues of the newsletter that have been published during the current year.

You're invited to an evening with Susan Nagele

Greetings, everyone!

Karibuni – Welcome!!!

On November 8 at 7 p.m. I will give another presentation sponsored by the Women of St. Patrick in the main hall. I am still a Maryknoll Lay Missioner, but I have moved back to Urbana and am now a Woman of St. Patrick myself!

I have entitled the talk “Maryknoll, Medicine, and Miracles.” I will be going back to the places I have been privileged to serve in East Africa, including Tanzania, South Sudan, and Kenya, since 1985. It has been quite a journey, and I’m sure there will be pictures and stories that none of you have seen or heard before!

I will also give an overview of Maryknoll Lay Missioners and (hopefully) entice some of you to consider signing up and others to continue supporting us, as you have done so generously over all these years.

Karibuni – Welcome!!!



Susan

CU FAIR helps integrate immigrants into our community

Did you know that Champaign County is home to the largest immigrant population in Illinois outside of Chicago? Foreign-born residents from over 76 countries make up 11.6% of our county’s population. Our parish numbers many immigrants among our parishioners.



Many of these immigrants are our doctors, teachers, retailers, skilled laborers, or hold other important positions in our society. Unfortunately, an estimated one-third of immigrants in our county do not have access to many basic services, resources, and security, and they need special assistance to resolve the challenges that face newcomers.

Two years ago, St. Patrick’s parish played a key leadership role in the founding of Champaign-Urbana Friends and Allies of Immigrants and Refugees, better known as CU FAIR, an organization composed of repre-

sentatives of both faith (Christian, Muslim, and Jewish) and secular groups and individuals. A number of our parishioners are actively involved, and St. Patrick’s often hosts CU FAIR meetings.

CU FAIR incorporates a case management approach when assisting immigrant families. A case manager is assigned as the focal contact with the immigrant family to identify needs and connect the family to appropriate community resources. The case manager will also develop a 3-month to 2-year plan of action to help the family to be successfully incorporated socially and economically into our community.

Over the last two years, CU FAIR has assisted numerous families from Central America, Central Africa, Middle East, Afghanistan, and Kazakhstan.

CU FAIR and the U.S. Conference

of Catholic Bishops/Migration and Refugee Services (USCCB/MRS) recently signed a Memorandum of Understanding of collaboration “to provide Case Management services” to families that are now in our community who were recently separated at the border by ICE and subsequently reunited in Champaign County.

To help provide a central location for many of its services, CU FAIR is opening an office in the Champaign County Public Health District building at 201 Kenyon Road in Champaign.

Would you like to be involved? If you are interested in volunteering to work directly with a family and/or donating to help defray the legal and transportation costs, certain medical tests, office rent, and other miscellaneous expenses, please visit <https://cufair-us.com>.

For further information, contact Luis Cuza (luis@cuza.us) or Jim Urban (jim.urban@stpaturbana.org or 217/367-2665).



Some St. Patrick's parishioners and friends from another parish created this banner and marched in the local Pride Parade in September.

St. Patrick's Parish IN FOCUS

St. Patrick's Parish In Focus is published on the last weekend of the month in Urbana, IL. 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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Articles, information, and photos for this issue were provided by Ginny Conron, Nancy Costa, Luis Cuza, Sally Czapar, Judy Fierke, Denise Green, Elizabeth Hendricks, Rachael McMillan, Mary Lou Menches, Chuck Milewski, Susan Nagele, Dean Olson, Nancy Olson, Cathy Salika, Jason M. Schreder, Adam Smith, and Shirley Splittstoesser. Patron Saints by Fr. George Wuellner. This issue was edited by Mary Lou Menches, page layout by John Colombo.

Quick fixin's from the kitchen of . . .

Nancy Costa

Stuffed Acorn Squash

- 2 medium acorn squash
- 1 small onion, chopped
- 1/4 c brown sugar
- 1 c sour cream
- Parsley, chopped
- 1 t salt
- 1 t cinnamon
- 1 c bread crumbs
- 1/2 c melted butter



Bake squash at 350° for about 30-35 minutes, or until tender. Scoop out seeds (discard) and pulp carefully, saving outer shells for stuffing. Mix squash, onion, sugar, sour cream, parsley, salt, and cinnamon, and put mixture into shells. Moisten bread crumbs with melted butter and sprinkle over stuffed shells. Bake at 350° or 30-35 minutes, or until heated through.

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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!



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