

St. Patrick Parish IN FOCUS

www.stpaturbana.org

February 2023

Spring pruning

Do any of your houseplants, trees, or bushes need pruning? If you think about the reasons we prune our plants, it might help you to think about ways to approach the coming season of Lent.

Pruning cuts away dead branches. How might this apply to you during Lent? Are there things that you spend time on that aren't life-giving? Maybe you think you spend too much time on social media or games, time that could be used in better ways. Maybe you spend time on things clearly bad for you, such as pornography or news feeds designed to rile you up rather than encouraging reflection and thoughtful action. Pruning these, or at least trimming them back a bit, could give you room for new growth.

Pruning a tree brings fresh air and sunlight deeper into the plant. This encourages growth and reduces disease. Where in your life could you benefit from some fresh air? Where do you feel like you're in a rut? If you've been thinking about trying a new way to help others, this is your chance. If you've been wanting to find new ways to pray, perhaps a Bible study group or Centering Prayer would be helpful.

Pruning can help bring a plant into balance. Is your life balanced between taking care of yourself and taking care of others? Is it



balanced between your life of prayer and your life of service? Is your prayer life balanced between private prayer and community prayer? If not, maybe some pruning is called for. Trim back on the areas that are growing wild and foster growth in other directions.

Pruning can expose the essential shape of a plant. What are the essentials in your life? Consider family, faith, work, service, and care of yourself. Are you tending to what is essential to you? Or maybe you've lost track of essentials. Perhaps you need some time to reflect.

Pruning, of course, is not an end in itself. Its purpose is to encourage the health, growth, and fruitfulness of a plant. So it is with Lent. The goal is not to become perfect in just 40 days. It is to move in fruitful directions. We can sometimes use the help or advice of other people. We know that we can always rely on the tender care of Jesus, the wisest gardener. If you're not sure what to do, ask him for direction.

Observing National Catholic Schools Week

The annual observance of National Catholic Schools Week begins on the last Sunday of January and runs all week, this year January 29 through February 4. The idea behind this week is to highlight and celebrate our Catholic grade schools and high schools.



Holy Cross students

The theme for Catholic Schools Week 2023 is "Catholic Schools: Faith. Excellence. Service." As communities of faith, Catholic schools instill in students an understanding of their destiny to become saints. Academic excellence is the hallmark of Catholic education intentionally directed to the growth of the whole person – mind, body, and spirit.

Service is fundamental to Catholic education and the core of Catholic discipleship. It is intended to help

Please see -

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Sharing mugs of Christmas cheer

This Christmas, our parish once again participated in the St. Vincent de Paul Christmas Mug distribution to patrons of our food pantry. The effort is currently led by parishioner Chris Whippo. Here is the story of how it all began, as recounted by Chris and former food pantry director Ellen Abell:

Around 2010, a gentleman donated some Christmas trains and toy houses to the food pantry. The items were set out to be given away, to the delight of the food pantry patrons, who wanted to select items that they could gift to family members. This gave Ellen and fellow parishioner, the late Kathy Jobin, another tireless pantry worker, an idea to carry on the idea the next year. Kathy recruited members of her book club to organize the “pop-up shop” the week before Christmas.

Coats, clothing, and other new gift items were donated by parishioners and displayed for the food pantry clients to browse and shop for their families. So many items were donated, in fact, that a large part of the parish center was needed to display all of them. Pantry volunteers then wrapped their gifts, and any items left after the shopping event were donated to local charities.

While these giveaways were well received, it was not feasible to continue them year after year. As Chris states, “It was decided to do something to delight our friends, but on a much smaller scale.” Around 2015, the “shop” idea transitioned to the concept of brimful Christmas mugs. Parishioners were asked for donations of Christmas mugs and items with which to fill them. These mugs would be offered to food pantry clients to “shop.”

On a morning two weeks before Christmas last year, volunteer parishioners once again came together to assemble the mugs at a festive event held in our parish’s St.



Brigid Hall. All of the donated items were collected and sorted according to category. One table held toiletry items such as hand sanitizer, toothpaste, toothbrushes, and dental floss. Other tables were sorted with packets of hot chocolate, teas, and instant coffee and apple cider. Candy canes and other sweets had their own station. Clothing basics brand Bombas donated socks – many thanks to Nor-



mal-based Midwest Foodbank, which delivered the Bombas items.

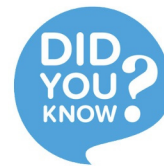
While Christmas music played in the background, the St. Patrick’s volunteers filled mugs with an assortment of donated items, wrapped the completed mugs in cellophane, and tied them with ribbon, forming attractive and useful gifts for our food pantry clients.

Notable about the event was that each volunteer found their own

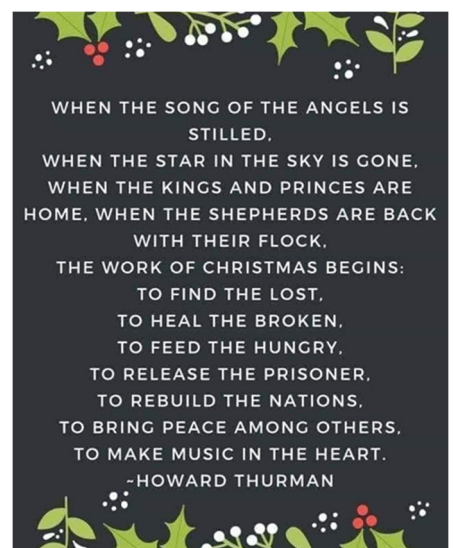
“job.” Some sorted, others cut cellophane and ribbon, and others wrapped. In all, 175 mugs were assembled that day, and – not the least – a morning of fellowship was enjoyed by all.

The following week, the food pantry opened as usual, and patrons were invited to select two mugs per family. As they carefully chose their gifts, it was clear that they appreciated the variety of options offered in the mugs and that gifts were selected with specific family members in mind.

The Christmas Mug pop-up shop has been done every year since 2015 except during the pandemic, when Delta Airlines of Bloomington donated First Class bags containing blankets, eye masks, and chapsticks. Chris and her many volunteers are very happy to see the shop resume in post-pandemic times, bringing joy to our food pantry patrons.



St. Patrick has three adults preparing to join the Catholic church. Please keep them in your prayers as they continue their journey in faith.



Letter from Susan Nagele

December 14, 2022

nagelesusan@gmail.com

To all the good people of St. Patrick Parish,

THERE'S NO ROOM AT THE INN!

When I was a Maryknoll Lay Missioner (MKLM) working in Mombasa Kenya, I worked with Coralís Salvador who has now moved to El Paso Texas with the Border Project run by MKLM. I have just received this Christmas letter from her...

I appreciate you sharing our Border ministries with your Parish. We need loads of volunteers and financial support. Especially now as the streets of El Paso are literally the shelter for some of the migrants who cannot be accommodated in Shelters. Parishes in the El Paso Diocese have opened their halls to assist in giving them temporary shelter.

Regarding your question about volunteers: Yes, Casa Vides (along with Annunciation House, Papa Francisco, Holy Family) are shelters of the Annunciation House (www.annunciationhouse.org). Our volunteers come from all over the USA, from all walks of life and ages (minimum is 18 years). They are asked to commit to 2 weeks minimum stay or more (even a year). They are given shelter, food & a room to stay. Please check our website where one can apply directly...

<https://annunciationhouse.org/get-involved/volunteer-info/>

Let me know if anyone is interested and has filled out the application form so I can follow it up.

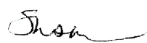
I want to thank all of you for supporting MKLM with donations in 2022. The parish gave \$4000 and the Women of St. Patrick contributed \$3500. The donations were matched 50% by a generous donor so that the final grand total was \$11,250.00. That will certainly help with efforts to meet the needs of those who need a place to stay at our southern border.

If anyone is interested to volunteer in El Paso and has more questions, please reach out to me at my email address.

Wishing you all a joyful Christmas season and the peace of Christ in the New Year!

With gratitude as we all continue to follow Jesus.

In Mission,



Retired Maryknoll Lay Missioner

If you would like to know more about Maryknoll Lay Missioners log on to the website:

www.mkmlm.org or call toll free 1-800-867-2980.



Maryknoll Lay Missioners Heidi Cerneka, Susan Nagele, and Coralís Salvador in Kenya c. 2018

Learn more about cardiovascular health

St. Patrick's parish nurses are sponsoring a four-session program, presented by the Faith Community Health Program, on cardiovascular health and related chronic conditions.



conditions such as heart failure and stroke; the importance of low-sodium diets to heart and vascular health; the importance of CPR/AED training; and general information related to healthy living with chronic conditions.

Whether you have been diagnosed with a cardiovascular condition, care for someone else who has been, or just want to learn about nutrition and exercise to support heart health, you'll want to sign up.

All sessions will be held from 1:00 to 2:00 p.m. in St. Brigid Hall in the parish center.

The first session, on February 7, will address living with chronic

The February 21 session will explore low-impact physical activity for a health, and include practice of some heart-health exercises. Stretching bands will be provided to each participant.

On March 7 the focus will be on healthy eating and nutrition, especially for those with chronic conditions.

The final session is on March 21.

Participants will learn about community resources that are available to help with healthy aging. There will also be facilitated group discussion of living with or preventing chronic conditions.

If you are interested in attending one or more sessions, have questions, or need more information, please contact one of these parish nurses by Wednesday, February 1:

Roxane Lowry: 217-649-2978, rmlowryster@gmail.com,

Marie Horn: 217-621-8126, Mrcoz@comcast.net, or

Carla Kurtz: 217-369-6676, dckurtz08@comcast.net

There must be at least 10 participants registered in order for the program to be held, so consider inviting a friend or family member to join you in signing up.

The St. Patrick's parish nurses are excited to be able to offer this chronic health condition series! They hope to have more such programs throughout the year.

Anointing of the sick offered

On February 11 we celebrate the feast of Our Lady of Lourdes, our Mother, whose intercession on behalf of the sick who have sought her help has resulted in numerous miraculous cures. In recognition, the Church has dedicated her feast day as the World Day of the Sick.



After the vigil Mass on Saturday, February 11, Fr. Anthony will offer the sacrament of anointing after Mass. While those who come forward are anointed, the rest of us would do well to storm heaven on their behalf, calling on our Mother to help her children. It is worthy of note that Fr. Anthony regularly offers this sacrament after Mass on Wednesday.

Pope Francis invites us to

turn our thoughts to the Shrine of Lourdes, a prophetic lesson entrusted to the Church for our modern times. It is not only what functions well or those who are productive that matter. Sick people, in fact, are at the center of God's people, and the Church advances together with them as a sign of a humanity in which everyone is precious and no one should be discarded or left behind.

To the intercession of Mary, Health of the Sick, I entrust all of you who are ill; you who care for them in your families, or through your work, research and volunteer service; and those of you who are committed to weaving personal, ecclesial, and civic bonds of fraternity. To all, I impart my heartfelt blessing.

Can you help *In Focus* happen?

Many people contribute their time and talents to help *In Focus* come out each month. We're happy to have all kinds of help, but we have two special needs right now.

Page Layout: Three or four times a year, you would receive files of edited articles and photos, lay them out using whatever software you prefer, and create a pdf.

Committee Member: We meet monthly (virtually, for now) to brainstorm articles for the next issue. Meetings are usually held on the fourth Thursday of the month at 7:00 p.m.

Interested? Contact Cathy Salika at 367-7861 or csalika@illinois.edu.

Local efforts help immigrants and refugees

The Champaign-Urbana community is considered by most to be an immigrant-friendly community. A 2018 study by the YMCA at UIUC estimated that the percentage of foreign-born residents in Urbana was 18.5 percent, and in Champaign, 14 percent.

Since 2018, there has been significant growth in this population with the arrival of families from Afghanistan, the Democratic Republic of Congo, Guatemala, Venezuela, Cuba, and numerous other countries due to their political, economic, and environmental crises. The overwhelming majority of adults and unaccompanied minors did not immigrate to the U.S. because they like the cold weather, want to learn a new language, or want to be rich.

Some local religious groups – the Central Illinois Mosque and Islamic Center, Friends Service, Lutherans, Methodists, Presbyterians, Salt and Light, Sinai Temple, and many others – have stepped up to ensure that these new neighbors are welcomed, housed, treated properly by the police, and introduced to the services available.

Not-for-profit groups help as well: Bend the Arc, Courage Connection, Cunningham Homes, Immigration Services of C-U, Refugee Center, University YMCA, and many others. Services are also provided by the Champaign and Urbana school districts, the cities of Champaign and Urbana, C-U Public Health, the Champaign County Board, and Cunningham Township.

Much more needs to be done, however, especially with an immigrant group that is predominantly Catholic: the Mayan population is pri-



Mayan parishioners from St. Mary and St. Patrick participate in the Lessons and Carols service at St. Patrick in December 2017.

marily from Guatemala, and first arrived in our community in 1988. Even with some support from the Catholic Church, immigrants continue to lack a “community center,” an environment where they can talk freely, where they can express and identify their needs, socialize, meet, unite with other immigrants, and receive support.

If you are interested in learning more about or participating in these efforts to assist immigrants, here are a number of options:

Immigrant Services of Champaign-Urbana, www.isc-u.org

Immigration Project, 309-829-8703 (legal group)

empty tomb, 217-356-2262

Unitarian Universalist Church of Urbana-Champaign: Pamela J. Richart, 773-556-3418

Mennonite Church: Pastor Michael Crosby, 217-367-5353

Observing National Catholic Schools Week *From pg. 1*

form people who are not only witnesses to Catholic social teaching, but also active participants through social learning.

Holy Cross School, The High School of St. Thomas More, and other Catholic schools in the Champaign Vicariate will highlight the week with special events. Although St. Patrick’s does not have a school, our parish will participate by hosting Nelson’s chicken dinners to benefit religious education at St. Patrick and Holy Cross School.



The High School of St. Thomas More students

St. Walpurga

Walpurga was born in A.D. 710 in the county of Devonshire, England, into a prominent Anglo-Saxon family. The daughter of (Saint) Richard the Pilgrim and Wuna of Wessex, she had two brothers, also later declared saints, Willibald and Winibald.

In 721, her father Richard set out on a pilgrimage to Rome with his two sons, and Walpurga was sent to Wimborne Abbey in Dorset, a county in southwest England. When she had been there for barely a year, her father died. She and her brothers buried him, after which both brothers became very ill with either the plague or malaria.

Once recovered, Winibald remained in Rome to pursue his studies, and Willibald sought the monastic life. Walpurga remained at Wimborne Abbey, where she studied medicine and became a nun.

The nuns of Wimborne were highly educated. They became known for their skill at copying and decorating manuscripts. They were also known for their *Opus Anglicanum*, a fine medieval needlework done on textiles using gold and silver threads on velvet or linen and sometimes studded with jewels



and pearls. Because of her rigorous education there, she wrote Winibald's vita, or biography, and is often called the first female author of both England and Germany.

In 737, Walpurga's uncle, her mother's brother Boniface (later the patron saint of Germany), recruited his nephews in evangelizing the Germans. Walpurga traveled with her brothers to Germany to assist. While in Germany, Willibald founded the double monastery in Bavaria and appointed Walpurga as his successor. Following his death in 751, she became the abbess of the monastery.

Walpurga's work in Germany is credited with converting the German people to Christianity. Christians invoked St. Walpurga's inter-

cession and prayed to God for protection from witchcraft.

Walpurga died on February 25, either in 777 or 779. She was canonized and her relics were carried to Eichstätt in Bavaria on May 1, c. 870, now known as May Day. Walpurgis Night, the eve of May Day, is still celebrated in many central and northern European countries by lighting bonfires to ward off evil spirits and witches. Her tomb is said to exude a therapeutic holy oil, which is believed to heal sickness. Depictions of St. Walpurga frequently show her with a vial of oil, and Christians to this day make pilgrimages to her tomb, often on her feast day, to obtain vials of St. Walpurga's oil.

Legend has it that she miraculously calmed a tempest raised by Satan in the English Channel, saving the entire crew of a vessel. This scene is represented in a painting by Peter Paul Rubens, *The Miracle of St. Walpurga*, c. 1610. As a result, she is sometimes called the patron saint of sailors. She is also invoked as patroness against pests, rabies, and whooping cough.

Her feast day in the Catholic calendar is February 25.

Jesus visits University Rehab twice a month

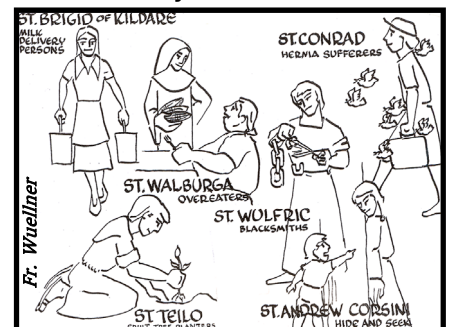
Starting last June, pastoral care resumed for the Catholic residents of University Rehab. On the second Thursday of the month Mass is celebrated at 2:00 p.m., and on the fourth Thursday of the month, a Communion service is offered at 2:00 p.m.

Many parishioners have volunteered to assist in this ministry. Sandy Anderson and Susie McArthur set up for Mass and the Communion Service; Fr. Tom Gibson is the primary celebrant, and Fr. Anthony is his secondary. Diane Wil-

helm and Frank Rosser lead the Communion service. Frank Rosser, Sandy Anderson, and Diane Wilhelm serve as Eucharistic ministers, and Frank Rosser leads the singing with his guitar.

At the present time, Covid restrictions mean that Communion may not be brought to residents in their rooms, and residents who need assistance must rely on staff to transport them to and from the Mass and the Communion service.

February Patron Saints



Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

The familiar tune of *O Come, O Come, Emmanuel* closed the Festival of Lessons and Carols held on Sunday, December 11, 2022, at St. Patrick Church. The Festival of Lessons and Carols provided a time of calm reflection true to Advent but in contrast to the frenetic pace we often feel in this season.

In the Lessons and Carols service, nine readings of Advent and Christmas are each answered with a musical offering, all presented in a peaceful and quiet transition from spoken word to sung text. The service at St. Patrick Church presented a meaningful contrast to the hustle and bustle of these days; it gave the participants a time and place to reflect on the tiny baby born our Savior.

A service of “Nine Lessons and Carols” was first offered in the late 1800s in Cornwall, England, and became popular throughout the country when BBC radio began broadcasting the King’s College service at the close of World War I. Now, in addition to the millions of people who tune into the BBC TV’s

broadcast of the King’s College service on Christmas Eve, Christians around the world celebrate the service of Lessons and Carols.

As in the traditional form, the service at St. Patrick’s began with a hymn, *Once in Royal David’s City*, a short prayer, and a reading from Genesis telling of the original sin. Eight more readings followed, revealing the coming of the Messiah and the birth of Jesus, interspersed with carols sung by the congregation and anthems sung by the choir. (The U.S. Conference of Catholic Bishops gives a guide to the prayers and readings on its website, uscgb.org.)

The evening included familiar carols such as *What Child Is This* and *Lo, How a Rose E’er Blooming* as well as a less well-known choir anthem, *Thou Shalt Know Him*, with the message “Thou shalt know him when he comes not by din of drums nor manners nor airs, but by the holy harmony which his coming makes in thee.”

The service featured our parish

choir; the bell choir; soloist Maureen Regan; readers Frances Drone Silvers, Lucille Salika, Jim Davito, Farrah Feliciano, Tony Schutz, Mary Long, and Barb Shurter; and our interim music director, Mora Novey.

We hope your Advent was filled with the quiet beauty of Lessons and Carols – readings and songs prayed for over a hundred years.

O come, O come, Emmanuel

O come, O Wisdom from on high

O come, O come, great Lord of might

O come, O Rod of Jesse’s stem

O come, O Key of David

O come, O Dayspring from on high

O come, Desire of nations...

and be for us our King of Peace.

What became of our parish library?

Over many years St. Patrick’s parish library has provided parishioners with good reads on the saints, Church history and social teachings, the bible, Bible study materials, reference materials, notable Catholic fiction, a children’s section, and much, much more. When its holdings were computerized, access to the library was restricted to protect the computer there, and eventually requests for the key to use the library became rare. With a greater need for office space, a decision was made to re-purpose the library as office space. Where are all the books now? The catechisms and Bibles are available in the St. Luke room. The St. Mark room houses the books about saints, and children’s books and videos are now in the St. Matthew room. The Catholic Encyclopedia can be found in the lobby of Trinity Hall. During the month of January, the rest of the books were moved from storage into St. Brigid Hall, where parishioners were invited to select any they wished to keep. Many thanks to all the parish librarians who organized incoming books donated by generous parishioners, and to those who shared its notable holdings with parishioners through reviews in *In Focus*.

First Reconciliation Prayer

Loving Father, help us to teach our children that you love us totally and unconditionally. Help us to encourage them to grow in love for you and to learn how to say “I’m sorry,” knowing that you always forgive. Give us the courage to pray with our children and to share our faith with them as we journey together.



Q: Have there always been 14 stations in the Way of the Cross?

A: The devotion we know as the Stations (or Way) of the Cross was one of many forms of devotion that developed during the late Middle Ages, generally the 1200s or 1300s. Those were tumultuous and painful times for the vast majority of ordinary people; practicing and passing on faith was enormously difficult.

Into this picture came, among others, St. Francis of Assisi and St. Dominic and their followers, who helped popularize such expressions of faith and prayer as the Christmas creche, the rosary, and the Stations of the Cross. The Stations served both as prayer and a sort of catechism about the sufferings of the Lord.

The Stations once included seven falls under the cross. At one point there was a total of 43 separate Stations. But the 14 Stations as we know them today became fairly stabilized by Pope Clement XII in 1731. For some years now, most

publications of the Stations of the Cross have included a 15th Station, calling to mind Christ's victory over death in the resurrection.

The city of Jerusalem was leveled by the Roman armies about 40 years after the death of Jesus, making the precise locations of the falls of Jesus on the way to Calvary nearly impossible to determine. The markings of the 14 Stations along the Via Dolorosa (Sorrowful Way) in old Jerusalem are comparatively recent. The accuracy and even historical validity of some of them are open to considerable question. Nevertheless, the Stations of the Cross remain one of the richest ways in our Catholic tradition to reflect on Our Lord's suffering and death.



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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 the first weekend of the month for an upcoming issue. Materials must include the name and telephone number of the person submitting them.

Please send news items to infocusstpats@gmail.com. You may also send them to any Communications Committee member (listed with contact information below). All submissions are subject to review and/or editing by the committee and staff. Bylines are generally omitted.

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Articles, information, and photos for this issue were provided by Ellen Abell, Luis Cuza, Elizabeth Hendricks, Roxane Lowry, Jon McCoy, Marilyn Marshall, Mary Lou Menches, Susan Nagele, Alia Rdissi, Cathy Salika, Shirley Splittstoesser, Tyler Sassine, Chris Whippo, and Diane Wilhelm. Patron Saints by Fr. George Wuellner. This issue was edited by Jerry Walsh; page layout was prepared by Jim Urban.

The deadline for submitting articles and news items for the next (March) issue of *In Focus* is **Sunday, February 5.**

Quick fixin's from the kitchen of . . .

Faith Hauersperger

Broccoli and Swiss Cheese Quiche

1 lb broccoli
1 yellow onion, peeled and sliced
2 T butter
1 pie crust, baked and cooled
4 eggs, beaten
3/4 c cream
1-1/4 c milk
1-1/2 lb grated Swiss cheese

Clean broccoli, cut into florets. Sauté onion and broccoli in the butter until tender but not soft. Place veggies in pie crust. Mix well eggs, cream, milk, salt, and



pepper and pour over broccoli. Top with Swiss cheese. Bake at 375 degrees for 30-40 minutes, or until knife inserted in center comes out dry. Cool for 10 minutes before serving (can also be served cold).

Option: Substitute 1/2 lb cooked crab or shrimp for broccoli — more if you love seafood!

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 is easy and quick to prepare!