

# St. Patrick Parish IN FOCUS

www.stpaturbana.org

March 2023

## Kyrie Eleison

In the earliest days of the church, Christians worshipped in their native languages. Around much of the Mediterranean, that language was Greek.

By the third century, Latin became the more common language for everyday use in Rome, so Christians there made the change. But a few prayers were so familiar and beloved that they were not translated into Latin. Among them was “Kyrie eleison” or “Lord, have mercy.” What do you think of when you speak or sing these words?

You might use these words from a place of remorse, an awareness of your sins. By saying, “Kyrie eleison,” you are starting the process of repentance by taking your eyes off yourself and turning them toward Jesus. Perhaps you are remembering that, besides the people who have been harmed by your sins, Jesus is also aggrieved because you have not been living in the way he has taught us. He is eager to forgive you and help you to repair the damage you have caused.

But there are other possibilities. You might use these words as an act of faith. To say, “Kyrie eleison,” is to express your trust that the Lord is merciful. You know that anyone who asks him for mercy receives it. You may feel yourself trapped by circum-



stances and unable to see a way out. You may feel yourself caught up in unhealthy relationships or habits and be too darn tired to find a way to break free. You may feel that you’ve made a mess of your life and not know what to do about it. “Kyrie eleison,” says that you know that Jesus will help you somehow.

You could say, “Kyrie eleison,” on behalf of the world, a world broken by war and violence, a world where many lack food, clean water, shelter, and safety, world where our care for one another and our stewardship of the earth’s resources never seems to be adequate. When we ponder the problems that are too big for any person, or even any community, to solve, “Kyrie eleison,” says that we know where we must look for help. These are words of trust.

You might say, “Kyrie eleison,” as an act of love and praise. You might say, “Lord, you are merciful and that’s one of the things I love about you! Everything that you do is to help us draw closer to you and closer to one another. Anything that stands in the way of unity needs your mercy and healing, and you are quick to provide it. Kyrie eleison!”

You could say, “Kyrie eleison,” in

see **Kyrie Eleison** on page 2

## Preparing for our St. Patrick’s Day celebration

St. Patrick’s Day is almost upon us and plans for our annual celebration are underway. Each year’s celebration begins with the Mass of the Feast of St. Patrick followed by our annual party during which everyone enjoys a tasty cuisine featuring traditional corned beef and cabbage.

This year, however, St. Patrick’s Day falls on Friday during Lent, which poses a particular conundrum for the faithful as we observe meatless Fridays. Not to worry—we are doubly covered. The Bishop has issued a dispensation for our meatless Friday obligation, and the Knights of Columbus, who sponsor our annual Lenten Dinner Fridays during Lent, plan to offer “green fish” as part of the St. Patrick’s Day celebration. Updated information will be provided in upcoming parish bulletins and announcements during Mass.

So, our fellow parishioners, enjoy the corned beef or the green-adorned fish with your green beer. It’s St. Patrick’s Day! Sláinte, everyone!



Parishioners enjoyed the 2022 St. Patrick celebration.

## What do you know about St. Patrick?

Although he is associated with Ireland, St. Patrick was actually born in the late 4th Century in Roman Britain. At age 16, he was kidnapped by Irish raiders and held as a slave in Ireland. For six years he shepherded animals and nurtured his faith. Then he dreamed that a voice told him a ship was ready to take him home. He escaped, traveled to a port two hundred miles away, and found a captain whom he persuaded to take him on his ship. After three days of sailing, they landed, presumably in Britain. Patrick then walked for 28 days in a “wilderness,” eventually verging on starvation. After reuniting with his family, he pursued studies to become a priest. A vision inspired him to return to Ireland as a missionary to spread Christianity.

In his spiritual autobiography, *Confessio*, Patrick writes that his time spent in captivity was crucial to his spiritual development, explaining that the Lord had mercy on his youth and ignorance and gave him the opportunity to be forgiven his sins and convert to Christianity.

Patrick incorporated Irish culture into his Christian teachings to the Irish. Speaking in their native Gaelic, he paid homage to Irish tradition, such as using bonfires to celebrate Easter since the Irish were used to honoring their gods with fire. He is credited with creating the Celtic cross:



During Celtic pagan times, the sun was a powerful Irish symbol; St. Patrick superimposed a sun onto the Christian cross so veneration of the cross would seem more natural to the Irish.

By the time of his death on March 17, 461, he had established monasteries, churches, and schools there.

One legend about St. Patrick is that he drove the snakes out of Ireland into the sea. Consequently, he is often pictured with serpents. He wrote that he raised people from the dead. A 12th-century hagiography attributes 33 resurrections to St. Patrick. It was said that he prayed that food be provided to hungry sailors traveling by land through a desolate area, and then a herd of swine miraculously appeared.

Probably the most popular legend is that he explained the concept of the Holy Trinity to an unbeliever by showing him the shamrock, a three-leaved plant with one stalk. (It's no accident that we have so many shamrock shapes in the architecture and art of our own St. Patrick's Church!)

Though he is known as the patron saint of Ireland, St. Patrick was never canonized. During the first millennium, there were no formal canonization laws in place in the Catholic Church. Patrick was likely proclaimed a saint by popular acclaim after

spreading Christianity throughout Ireland.

Ireland has observed March 17, St. Patrick's feast day, as a religious holiday for centuries, but it wasn't until much later that it became the celebration we are familiar with in the United States. But those celebrations did not originate in Ireland. The first St. Patrick's Day parade was held in Boston on March 17, 1737, as a gesture of solidarity among the city's new Irish immigrants. The Irish community held festivities of their homeland to honor the memory of St. Patrick.

## For inactive Catholics – an invitation

St. Patrick's offers an opportunity for inactive Catholics to explore the possibilities for healing and reconciliation through open-ended discussion about concerns and topics that are raised, and for reconnection with a Catholic faith community.

## Kyrie Eleison from page 1

gratitude. Recall the ways that the Lord has been merciful to you in the past. Recall his forgiveness and grace. Recall the strength he has given you and the people who have shown you his tender care. Recall the times when hearts have been changed, bodies have been healed, and help has come. Recall the Lord's mercy and sing out, “Kyrie eleison!”

*Prayer  
is the set of the sail  
to the wind  
of the Spirit.  
Ruth R. Rains*

# Get excited! There's a Eucharistic Revival coming to St. Patrick's!

Our Parish Eucharistic Revival, "Come to the Table -- There's a Place for You," will be happening from April 29 to May 2, 2023. The speaker is Fr. Luke Spannagel, a member of the team of National Eucharistic



Preachers, an organization that is part of the National Eucharistic Revival of the United States Conference of Catholic Bishops. Fr. Luke was our pastor at St. Patrick's from June 2017 to June 2019.

But what exactly is a Parish Eucharistic Revival?

The Mission of the Revival is "To renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Holy Eucharist."

The Revival is held right here at St. Patrick's. It's an opportunity to come together as a parish family to renew our spiritual lives.

As Fr. Luke has shared, "Being with Jesus in the Eucharist is where I feel most at peace and where I feel most myself. I never wonder if I should be doing something else—I always feel the peaceful conviction that there is no better place I can be at that moment. Being in His presence helps me see clearly that I am loved and that He has given everything for me. It is where I am renewed in strength when I falter and where I receive the strength to do whatever He asks of me each day. My time with Jesus in the Mass and in Adoration is always the best part of my day."

That's where the Parish Eucharistic Revival comes in. Fr. Luke continues: "For many, hopefully the preaching will be a reminder of the gift that always has been present... for others, hopefully will foster an encounter with Christ that will begin

**Mission Prayer**

Dear God,

Thank you for calling each one of us to a deeper relationship with you. We ask that you bless the St. Patrick Parish Mission. May we gather as a parish family around your table with hearts open to receive your grace. Show us each "There's a Place for Me." Amen.

**Parish  
Eucharistic Revival  
April 29-May 2, 2023**

a true friendship in Him." It's an opportunity to step away for a while and do something different. The Revival is an opportunity to focus on our faith in a short but impactful manner. We show up and open ourselves to the work God wants to do in our lives. As the name suggests, the Parish Eucharistic Revival is something for

all the St. Patrick's Catholic Church parish family and our friends. Want to pray about it? Please join us in praying the Mission Prayer.

Wherever you are on your faith journey, God continuously calls you to a deeper relationship. Come to encounter Him in a special way at the upcoming Parish Eucharistic Revival. Will we see you there? How about inviting a friend or family member, especially if they haven't been to church in a while? Keep an eye out for bulletin announcements and more details in next month's *In Focus*.

## Announcing St. Patrick's Parish Council



The Parish Council has made great gains in the past month or so. With the seating of several parishioners

as new voting members, the Parish Council is now complete. And with the appointment of a member to serve as the Council secretary, this important parish body is ready for business.

Here is its current make-up:  
 Carl Nelson, *president*  
 Kathryn Guy, *vice-president*  
 Kathy Cimasky  
 Pam Donze De Ley  
 Richard Keane

Frank Rosser  
 Jennifer Robert  
 James Schmidt  
 Barbara Schurter  
 Diane Wilhelm  
 Ex-officio (voting) members:  
 Fr. Anthony, *pastor*  
 Pat Justice, *parish trustee*  
 George Fahey, *parish trustee*

## Holy Cross Happenings

In late January, some of the youngest Holy Cross students celebrated 100 Day – literally, the 100th day of school. It provides them with a way of conceptualizing just how much one hundred of something is, whether it's the number of days that have elapsed since the new school year began or the number of pieces of cereal, rubber bands, or stickers they brought in to share with their class. This helps the youngsters to begin to reach a better understanding of that crucial number.

100 Day being in the books also means that the majority of the year is already well behind us, but there are still plenty of key annual events

and activities left in the year. Volleyball and boys basketball are both in the heart of their seasons, with track, the last major sport of the school year, soon to begin.

By the time this edition goes to print, the annual trivia night fundraiser will be done, and a team will be crowned the winners. This year's theme is "Back to the 90s", so there's a good chance that the next update will include pictures of teams sporting flannel, wide-legged jeans, colorful tracksuits, and the other trappings of the day.

One date you can still put on your calendar is the annual musical: this year, the kids will be telling the story

of Dorothy and company in their performance of "The Wizard of Oz", which runs from Thursday, March 30, through Saturday, April 1 (all performances at 7 p.m.). If you've never seen a play at Holy Cross, consider it a must. The talented students and adult helpers really put their hearts into what always turns out to be a wonderful night of entertainment. The play is truly something that draws the entire Holy Cross community, past and present, together.

As the school year rolls on, please pray for our students, teachers, and staff members at Holy Cross School. May they always encounter the love of our heavenly Father as they teach, learn, compete, play, and grow.

\* \* \*

Please contact [rachmcmill@gmail.com](mailto:rachmcmill@gmail.com) if there is something 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 Principal Greg Koerner (217/356-9521). Financial help may be available; contact St. Patrick's parish office (367-2665)



Students surround music teacher Mrs. Woolwine at the Cluckin' for Catholic Education Chicken Dinner at the kickoff to National Catholic Schools Week.



Volleyball season is in full swing!

### HOLY CROSS SCHOOL HONOR ROLL, 2d Quarter, 2022-23

#### **Highest Honors**

Grace Arend  
Eireann Byard

#### **High Honors**

Brendan Byard  
Faith-Ann Kumpi  
Sarah Surratt  
Elizabeth Withers-Sickles  
Miles Hamby  
Emily Surratt  
Prunella Tembo

#### **Honors**

Alice Withers-Sickles  
Love Samu

## Parishioners raise money for scholarships for our kids

St. Patrick's and Holy Cross want to thank all their parishioners who purchased delicious Nelson's Chicken Dinners at the annual Cluckin' for Catholic Education fundraiser, held at St. Patrick's parish center on January 28. The money raised will fund scholarships for our parish children to attend Catholic schools.

Parishioners could either pick up their take-out chicken order at a table in the parking lot or enter St. Brigid Hall to eat inside. Many excited parishioners were happily waiting in line after the 4 p.m. Mass to receive and eat their fried chicken. An extra inducement to indoor diners was free peanut butter and jelly sandwiches for the children.

Two hundred and twenty-five dinners were sold by St. Patrick's and Holy Cross. St. Patrick's half of the profits from selling the chicken was \$1,112, all of which will go to scholarships for our youth to help them attend Catholic schools to receive an excellent, Catholic education. Thank you all!



Don't think about being good! If you accept the very tiresome stuff the Lord is handing out to you, that's all he wants at the moment.

—Evelyn Underhill



**Q: What happens at a Communal Reconciliation Service? Will I have to confess my sins in front of everybody?**

**A:** Communal Penance Services or Reconciliation Services are a form of sacramental confession. It mixes public prayer and individual confession to a priest, followed by absolution. So no, individuals are not asked to confess their sins in front of everybody!

Communal Penance Services or Reconciliation Services are wonderful opportunities to celebrate the reconciling love and the healing graces our Lord offers us. They are usually held at parishes during Advent and Lent.

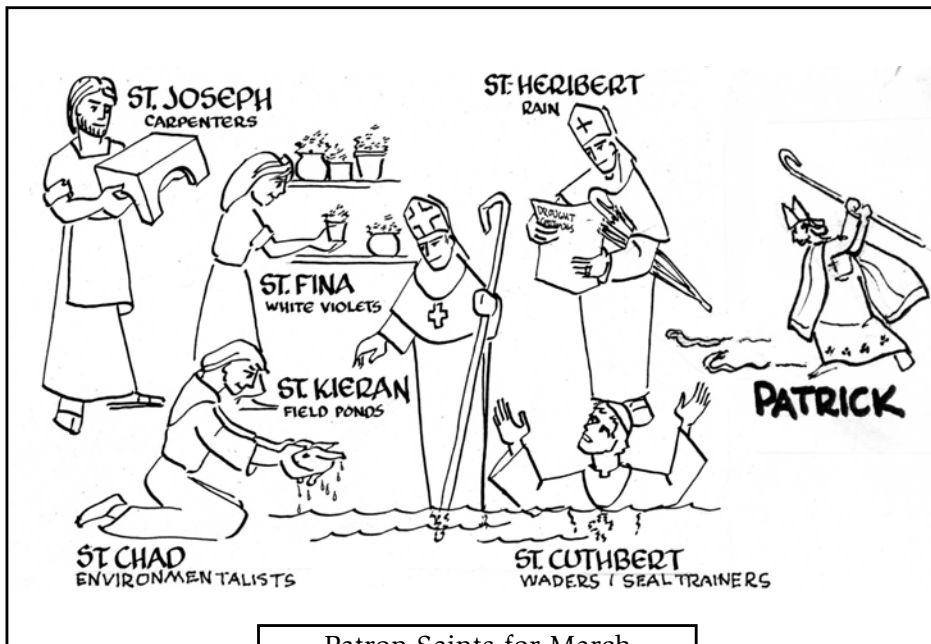
Sometimes parishes combine services for this sacrament. All are always welcome regardless of what parish a person is registered at and even if they aren't registered at any parish yet.

Like all religious experiences, it requires preparation.

The essential components of a communal penance service are the penitent's sorrow for sin, usually expressed in an act of contrition; confession of sins to a priest, with absolution given; and an act of penance.

The service usually includes a hymn or two, a reading from Scripture, a brief homily, some aids for recognizing tendencies to sin in our lives, perhaps a communal act of contrition, and finally an invitation to approach any of the many priests stationed around the church to make a confession in privacy. The penance for sin given by the priest is left to the individual to complete afterward.

Reconciliation is what God does. Receiving it and celebrating it is what we do. The Sacrament of Reconciliation celebrates our Father's forgiveness and love, giving us an opportunity to grow closer to him.



Patron Saints for March

## Ecumenical World Day of Prayer

Many of us may not be sure what the word ecumenical means. A quick Google search offers "representing a number of different Christian Churches," as well as "promoting or relating to unity among the world's Christian Churches."

And that perfectly describes the World Day of Prayer, being celebrated this March 3. It is a global movement led by Christian women around the world in more than 170 countries. These women come together to observe a common day of prayer each year and affirm their faith in Jesus Christ.



The event sets the tone for a yearlong prayer experience that inspires us to be ready to receive from God

inspiration from Bible texts, prayers, and a provided theme. This is done based on the belief that praying and acting together creates and strengthens community among people around the world.

The theme of this year's World Day of Prayer is "God's promise in the Letter to the Ephesians" (1:15-19), which begins, "Therefore, I, too, hearing of your faith in the Lord Jesus and of your love for all the holy ones, do not cease giving

thanks for you, remembering you in my prayers..." This is an invitation to active listening, the basis of our prayers.

The symbol for the World Day of Prayer was developed by the women of Ireland and adopted as an international logo in 1982. Its design consists of arrows converging from the four points of the compass, persons kneeling in prayer, the Celtic cross, and the circle, which represents the world and our unity through all our diversity.

There are no formal prayer events planned at St. Patrick's for the World Day of Prayer, but perhaps we can all reflect a little more deeply on our prayers on March 3, knowing we are unified with others throughout the world by praying that day. May we pray for peace and justice for all and to strive for wisdom to guide the actions of our daily lives.

Fr. George Wuellner

## Take care of your heart and it will take care of you

The Parish Nurses of St. Patrick are sponsoring four sessions presented by Carle's Faith Community Health Program to reinforce what we know we should do for health



care while presenting techniques to put into practice.

The first session, on February 7, addressed heart attacks and strokes.

Hypertension or high blood pressure is the leading cause of stroke. Other risk factors include high cholesterol, atrial fibrillation, heart disease, diabetes, obesity, and tobacco or alcohol use. About 90% of strokes are preventable by living a healthy lifestyle.

The B.E.F.A.S.T (Be Fast) test is a quick way to tell if you or another person are having a stroke.

**BALANCE:** Sudden dizziness, loss of balance

**EYES:** Vision loss or blurry vision

**FACE:** One side of your face droops when you try to smile

**ARMS:** Raise both arms. Is one weak or numb?

**SPEECH:** Say a simple sentence like, "The sky is blue." Is the speech blurred or chaotic?

**TIME:** If you or another person shows any of these symptoms, call 911 immediately. The ambulance has equipment on board to diagnose for a stroke and contact the hospital.

On the other hand, heart attack symptoms can vary widely. One person may have only minor chest discomfort while someone else has excruciating pain. Some symptoms of a heart attack may include chest discomfort or pain in the chest lasting more than a few minutes; upper body pain or discomfort that may spread beyond the chest to the shoulders, arms, back, neck, teeth, or jaw; stomach pain that may extend downward into the belly area; shortness of breath; lightheadedness; suddenly breaking into a sweat with cold, clammy skin; nausea and vomiting; or heart palpitations.

If you think that you're having a heart attack, immediately call 911 or your local emergency number. If the blood and oxygen supply is cut off, muscle cells of the heart begin to suffer damage and start to die. Irreversible damage begins within 30 minutes of blockage.

To manage or stave off heart problems, most of us know we should follow a healthy diet, eating plenty of vegetables and fruits, being conscious of sodium intake, and avoiding fast food, as well as getting appropriate exercise. But it's also important to reduce stress, manage any sleep problems, stay involved with friends and family, and take an active role in your healthcare. If you're managing heart problems or recovering from a heart attack, it's important to have support, communicating with your family or joining a support group. Set realistic goals and prepare for slow, steady progress.

There are two more sessions for this program: the March 7 session will address healthy eating and nutrition, while the March 21 session will include information about community resources and facilitated group discussions.

For registration information, questions, or to submit questions you would like to see addressed, please contact Roxane Lowry (217-649-2978 [rmlowryster@gmail.com](mailto:rmlowryster@gmail.com)) or Marie Horn (217-621-8126 [Mrcboz@comcast.net](mailto:Mrcboz@comcast.net)).

## Will you pray for those who ask?

"Please pray for Tom. He's about to start chemotherapy for his stage-4 cancer next week."

"Please pray for a friend undergoing treatment for depression after the death of her son."

"Please pray for Betty, who is moving to a new job in a new city. Pray that she settles in quickly and makes new friends."

"Please pray for Charles, who will take his oral exams tomorrow after years of study."

"Please pray for my niece, who will have her first baby soon."

Requests such as these, and many others like them, are forwarded to individuals on the Prayer Chain, by email or by telephone as desired. Will you join them? There are no meetings to attend. There is no prescribed prayer or time for prayer. Some say a quick prayer upon receiving each request; others pray the rosary at the end of the day for everyone who has asked for prayer.

If you will join this group of pray-ers, contact Mary Lou Menches (217/344-1125 or [mmenches@illinois.edu](mailto:mmenches@illinois.edu)) and ask to become a member of the St. Patrick's Prayer Chain. Your prayers do make a difference! And those who request them are grateful for your help.

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Certain vocations, like that of raising children, offer a perfect setting for living a contemplative life. They provide a desert for reflection, a real monastery.

—Ronald Rolheiser

## Did you know...

- About the parish library books: The rooms where the books are kept are typically unlocked, so they can easily be accessed. As far as checking out the books, it's on an honor system; if you take out a book, we trust that you will eventually bring it back.
- Every Friday during Lent at St. Patrick, we have the opportunity to come together at 5:30 p.m. to pray the Stations of the Cross. In March, two of those Fridays will each have a special focus. At the March 10 Stations of the Cross, there will be special music to aid our reflections. A small group will be singing Palestrina's Stabat Mater in 8-part polyphony. On March 24 we will pray the Stations of the Cross for Peace, using prayers that give us the opportunity to reflect on and consider how our actions and attitudes, guided by Jesus, can contribute to peace in the world.
- Vespers, also known as Evening Prayer, is one of the liturgical "offices" (a set series of psalms, prayers, and readings) prescribed by the Church to be recited or sung throughout the day by priests and religious. As part of our Lenten observances, Solemn Vespers will take place at St. Patrick on Saturday, March 18, after the 4:00 p.m. Mass. The laity are encouraged to pray it as well. Our offering will be in English and sung antiphonally by the congregation. Please come join us this Lent!

### 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 4th Thursday of the month at 7 p.m.

Interested? Contact Cathy Salika at 367-78761 or [csalika@illinois.edu](mailto:csalika@illinois.edu).

## 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 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](mailto: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.

**Editorial board:** Connie Bell-Mayers, [cbmayers@gmail.com](mailto:cbmayers@gmail.com); Judy Fierke, 352-7670, [j-fierke@comcast.net](mailto:j-fierke@comcast.net); Elizabeth Hendricks, 328-2184, [elizabethwalkhend@gmail.com](mailto:elizabethwalkhend@gmail.com); Mary Lou Menches, 344-1125, [mmenches@illinois.edu](mailto:mmenches@illinois.edu); Alia Rdissi, 281-382-1623, [aliardissi@yahoo.com](mailto:aliardissi@yahoo.com); Cathy Salika, 367-7861, [csalika@illinois.edu](mailto:csalika@illinois.edu)

**Associates:** John Colombo, Rachael McMillan, Rick Partin, Tyler Sassine, Shirley Splittstoesser, Jim Urban, and Jerry Walsh.

**Articles, information, and photos** for this issue were provided by Connie Bell-Mayers, Judy Fierke, Elizabeth Hendricks, Rachael McMillan, Mary Lou Menches, Mora Novey, Alia Rdissi, Cathy Salika, Shirley Splittstoesser, Mary Tate, Jim Urban, and Diane Wilhelm. Patron Saints by Fr. George Wuellner. This issue was edited by Rick Partin; page layout was prepared by John Colombo.

## Quick fixin's from the kitchen of . . . Sophia Zeigler

### St. Vincent de Paul Bread Soup

2 lb crusty bread, stale or lightly toasted  
1 pt dried beans or peas,  
cooked until softened  
1/2 lb margarine  
5 qt vegetable broth or water



Break up the bread into bite-sized pieces. Put all ingredients into large pot or kettle, stir, bring to a simmer and cook for 30 minutes—or until the cook says it's done.

This soup kept people alive during the "Hunger Years" in France in the 1700s. It was a recipe for sharing God's love as well as for satisfying hunger during a time of starvation. For several years it was served, with a glass of water and a piece of bread, to St. Patrick's parishioners who gathered in the parish hall on the Wednesdays of Lent for a meal of bread soup, followed by Vespers in the church.



Deadline for submission of articles and news items for the next issue of *In Focus* (April) is **Sunday, March 5.**