

St. Patrick Parish IN FOCUS



www.stpaturbana.org

May 2023

The Body of Christ

One Easter Day, perhaps around the year 415, St. Augustine was speaking to the neophytes. They had received Baptism and Holy Communion the night before, and Augustine wanted to help them understand the gifts they had been given. He said to them, "If we receive the Eucharist worthily, we become what we receive." The Body of Christ in the Eucharist makes us into the Body of Christ.



The food that you eat is good for you. It is the fuel for your body and mind. It is the physical stuff that your body is made of. When Jesus gives you himself as food, a similar process happens. He gives you the grace that empowers your life so that you can do good. He gives you the grace of understanding how to live in the world with his joy and compassion. Just as food becomes part of your body, he becomes part of you, part of your heart, mind, body, and spirit. There is great intimacy in this. Jesus becomes one with you, and you become one with him.

Being one with Jesus means that you can continue the work that Jesus did when he walked the earth. You can love as he loved, bless as he blessed, heal as he

healed, teach as he taught. You can speak words of encouragement. You can extend loving care to the poor and the sick. You can allow others to see the love of God in the ways that you love them.

Each of us does this in our own way, with the particular talents and life situations that Jesus has given us. Admittedly, none of us

does it perfectly; there are always mistakes to recover from, and areas where we can grow more deeply into Jesus. But the grace that Jesus gives you is always more than enough – more than enough to allow you to return when you have fallen, more than enough to repair the damage when your efforts fall short, more than enough to bring you back to him when your attention has wandered.

The Body of Christ in the Eucharist makes you into the Body of Christ. God has given all these gifts to you. But not to you alone. God gives them to every one of us. Notice all the people who receive the Body of Christ – young and old, short and tall, people of many nations, people with different talents, people with varied life experiences. Yet all of them are being made into

Please see - **Body of Christ** on page 3

St. Patrick's Eucharistic Revival Is Here!

This year the joyous Easter season is enhanced by a month of revival events. St. Patrick's is conducting a thirty-day novena beginning on March 30, and ending April 28. Each day has special daily prayers as outlined in a pamphlet available at the east entrance of our church. This novena leads us to our special parish event of Eucharistic Revival led by Father Luke Spanagel.



Beginning on Saturday, April 29, Father Luke will celebrate the 4:00 p.m. Mass. Following Mass will be a social held in St. Brigid Hall. Then on Sunday, April 30, Father Luke will deliver a noon talk on "Blessed Carlo Acutis and the Miracles." All the talks will be followed by a social with refreshments. On Monday, May 1, there will be Adoration from 6:00 a.m. to 6:00 p.m., with Mass at 6:00 p.m. At 6:30 p.m., Father Luke will give a talk on the true presence of Jesus in the Eucharist. At 6:00 on Tuesday,

COME TO THE TABLE

There's a Place for You!



Please see - **Revival** on page 3

St. Patrick's Day celebration was about more than just St. Patrick

By Diane Wilhelm

I think our St. Patrick's Day celebration was right on target in defining and living our parish mission. I signed up to set up and decorate St. Brigid Hall on Thursday night. Our set-up crew included a staff member, the two of us senior parishioners, and four young parishioners – a U of I graduate student, two younger students, and a young school teacher. These wonderful young adults climbed the ladders and spent a good amount of time on their knees decorating. We didn't need to invite them, they just signed up. I often see two of these young adults attending Mass and the Stations of the Cross. It was really joyful to see that attendance at both our 12:10 p.m. and 5:00 p.m. Friday Masses almost equaled that of an average Saturday Vigil Mass, and St. Patrick's Day is not a holy day of obligation! We also had an

additional 45 viewers that joined us virtually, watching the two Friday Masses live-streamed. Attendance at those Masses and the Stations of the Cross included many of our senior parishioners, as well as babies and toddlers accompanied by their parents.

While waiting in the dinner line, I spoke with one of our young dads, who also lectures at the Saturday 4:00 Mass. When he lectures, he is usually joined by his wife, baby, and toddler. When I asked him why he was alone this evening, he told me his daughter was recovering from her first ear infection, so Mom and the kids were at home waiting for Dad to bring their fish dinners. I was inspired that this young dad would drive over to his parish's St. Patrick's Day dinner to pick up food for his family. In the almost-filled-to-capacity St. Brigid Hall, I saw the full range of our parishioners enjoying the St. Patrick's dinner celebration: many

of our long-time senior parishioners; past and present pastors; young adults; young families; a family that had just moved but came back for the celebration; and a wonderful woman serving her delicious Asian noodle salad side dish.

Sam Reese and Paul Schroeder, a friend of the Reese family who was visiting from Michigan, provided wonderful music for our celebration. They played jigs, reels, and ballads, with Sam on guitar and Paul playing the Irish flute and two different Irish whistles, one tin, one plastic. Thanks, Sam and Paul, for the great music!

This year's St. Patrick's Day celebration honored both our parish's patron saint and the diversity of our growing parish. We should always look for ways to challenge ourselves to do more, but this year's celebration shows that we are growing in the right direction, as we actively follow our parish mission.



Fr. Anthony and some St. Patrick's Day Party-goers



Shirley Splittstoesser and Jim Urban, dressed for the occasion

Body of Christ *From pg. 1*

the Body of Christ by the grace of Jesus. And all of them are being made one with you.

We are all meeting in the Body of Christ. No one of us has to have every talent, or develop every gift, or be everywhere. The grace that Jesus gives us is always more than enough – more than enough to make the world a kinder place, more than enough to assure that every person is cherished and has all the essentials of life, more than enough to create systems that are more just. Is this work quick or easy? No. That's why we do not have to do it alone. The Body of Christ in the Eucharist makes us into the Body of Christ. Jesus is at work in us and among us.

Solemn Vespers

The bustle of parishioners departing the church gave way to a quiet and prayerful mood at the conclusion of Mass on Saturday, March 18. A small group of devoted parishioners had remained behind to celebrate the ancient rite of Solemn Vespers, under the leadership of Mora Novey, Interim Director of Music. This observance of evening prayer included hymns, antiphons, Psalms, canticles, scripture readings, a responsory, the Canticle of Mary, and prayers.

As Mora intoned the opening verse in the style of Gregorian Chant, the mood grew calm and earnest as she led the service with an appeal for God's assistance and sang the Glory Be, those timeless words that connect us to the beginning of all things, as well as the holy and eternal present.

The Psalms reflected the wide range of our experience as faithful Christians. Psalm 122 celebrated the holy city of Jerusalem, the city of the living God. While Psalm 130 is a cry from the depths, pleading for



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.

the Lord to be attentive to our need for a merciful God. The Antiphons reminded us of some truths of our faith – that we should rejoice in God's house, awake from our sleep, and recognize that God's Love brought us eternal life in Christ Jesus. Parishioners chanted responses to these prayers, as well as the Canticle and Intercessions, with full voices and a confident tone. A celebrant read a scripture reading from 2nd Corinthians and lead The Lord's Prayer and a concluding prayer.

Altogether, the Solemn Vespers affirmed the solemnity, inner reflection, and piousness of our faith during the subdued character of Lenten time.

Revival *From pg. 1*

May 2, Father Luke will give the last talk of our Eucharistic Revival, focusing on "Holy Communion as a Sacrament of Unity with God and Each Other." These are not the only special events preceding Our Eucharistic Revival. Our parish welcomed the new "Traveling Monstrance" that Bishop Louis Tylka commissioned in Rome. The Monstrance was at St. Patrick's for more than a week at the end of March, concluding with adoration of the Blessed Sacrament from 1:00 p.m. to 6:00 p.m., on Wednesday, March 29, as it continues its visitation of every parish in the Diocese of Peoria in a five-year period. This adoration ended with sacramental Reconciliation at 7:00 p.m. Although there was not the Communal Reconciliation advertised, it was very moving to prepare for Reconciliation in the presence of the Body of Christ exposed in the Monstrance. On April 23-24 parishioners had the opportunity to reverence the relics of Blessed Carlo Acutis, the subject of the first Eucharistic Revival presentation to be given by Fr. Luke. As you see, you will have many opportunities to deepen your Eucharistic devotion! Christ lives!

We belong to music
and to Him
who is
the Song of Songs.
—Ruth R. Rains

Jack Parisi among Knights honored



Six Knights of Columbus from the Diocese of Peoria were honored at the 2023 Night of Knights, April 15, in Peoria. Jack Parisi, a KC member since May 2003, was one of the six.

Jack has been active in the Knights ever since he became a member in 2003. He has been effective in raising financial support for special projects of the KC, including scholarships for parish high-school graduates, athletic programs at The High School of St. Thomas More, the St. Jude Children's Research Hospital, and many others.

You have probably seen Jack flipping pancakes at the KC Pancake Breakfasts on fifth Sundays, preparing meals for drive-by purchasers of Lenten dinners and dinners in support of Catholic education at St. Patrick's and Holy Cross, and for other good causes. If you go to 8:00 a.m. Mass on Sundays you may see him passing the collection basket or helping folks find seating. He has served on the Parish Council and sits on the parish's Finance Council.

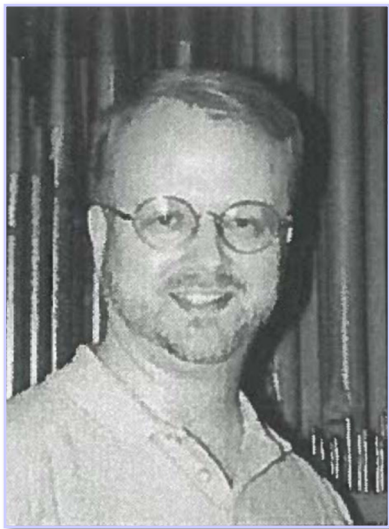
It is said that Jack has volunteered for every KC event, whether it's soliciting donations during Tootsie Roll events, cooking pork chops or frying fish, cleaning a Catholic cemetery, moving a disabled Knight into an assisted living facility, and so much more. He leads by example, and is a credit to the Knights of Columbus – and to St. Patrick's. *Congratulations, Jack!*



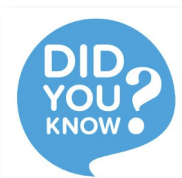
Have you met parishioners Jeff and Sandy Baur? Jeff is studying to be ordained as a permanent deacon for St. Patrick's. He is in the second year of a five-year formation program.

Jeff and Sandy have been married for 32 years. They have three adult children, Emily, Adam, and Liz, all of whom have graduated college and started their careers. Adam and Emily are both married.

Please keep Jeff and Sandy in your prayers as they make their way on this wonderful journey.



J. Mark Baker served as St. Patrick's Music Director between 1999 and 2001. Sadly, he died suddenly on April 5, 2023. Please remember him in your prayers.



A tree has appeared in the Gathering Space, with "fruit" hanging from its boughs – the names of this year's First Communicants. Choose a First Communicant to pray for as they ready their hearts for this new reality, Jesus' coming in the Eucharist to make his home in them, as he promised.

The Eucharist is far more than just a meal; it has cost a life to provide it and the majesty of death is present in it. Whenever we hold it, we should be filled with reverence and love in the face of this mystery.

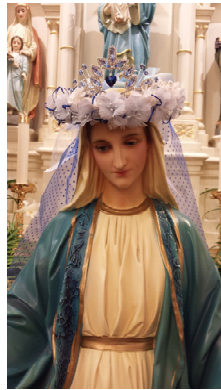
—Pope St. Benedict XVI



What is a May Crowning?

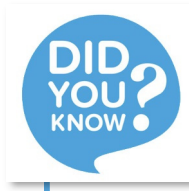
A: At its simplest, May Crowning is a ritual celebrated in the month of May, when an image or statue of Mary is crowned with a wreath of flowers and honored as the Queen of Heaven and the Mother of God.

Unlike many other special events in Catholicism, May Crowning didn't have a set date and could be celebrated at any time during the month of May. Some churches opted for Mother's Day, while others observed it as early as May 1. Recently however, Pope Francis chose to add this celebration to the liturgical calendar, placing it on the day after Pentecost. For 2023, that means it falls on May 9.



Traditionally a May Crowning is celebrated with a procession accompanied by prayers and Marian hymns ("O Mary, we crown thee with blossoms today" is a favorite), and a crown of flowers and herbs is placed on the head of a statue of Mary.

While Mary the Mother of God is revered and celebrated throughout the year, May is a special month since medieval times to celebrate Mary as Queen of Heaven. She was a perfect follower of Christ, and so is considered the crown of creation. She is Mother of the Son of God, Jesus, King of the universe. And, of course, she is our spiritual mother and the most important woman of our faith. Perhaps this year you can find or make the opportunity to celebrate a May Crowning in your parish or at home, and have a special encounter with Christ through his mother and ours, the Virgin Mary.



The dates have been set and the rooms reserved – the annual Cellar-to-Garret Sale is on! Reserve the dates now, don't forget, and plan now to offer help with sorting, setup, food, restoring order to items for sale, helping sale-goers, and everything else that this successful annual event requires! Oh, yes... the dates:

August 10, 11, 12 – but mark your calendars also for the week ahead, when so many volunteers are really needed!

Vocation Prayer

Loving Father, we ask your help so that we may guide and encourage our children to understand that they each have a special calling and to use their gifts and talents for others. We pray that they will discover and respond enthusiastically to your desire for them, whether it be in the single, married, ordained, or consecrated life that they are to serve you. For this we pray!



St. Patrick has many people who volunteer in our community in ways that promote a more just and peaceful world. The July/August issue of *In Focus* will highlight some of these people and the organizations that they work with. We hope it will inspire new volunteers to opportunities to serve others. If there's an organization that you serve with, please bring it to our attention.

Contact Cathy Salika at csalika@illinois.edu or 217-367-7861.

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.

The Visitation



Wednesday, May 31 commemorates the Feast of the Visitation of the Blessed Virgin Mary to her cousin, Elizabeth. The meeting of these two women was a joyful and unique event. Both were pregnant in unusual circumstances: Elizabeth in her old age after suffering from infertility, and Mary by the Holy Spirit.

At their meeting, John the Baptist leaps in the womb of Elizabeth, and she cries out to Mary, “Most blessed are you among women, and blessed is the fruit of your womb.” (Luke 1:41-42)

Mary then praises the Lord in alignment with the style of Old Testament poetry and song: Mary rejoices that she has the privilege of giving birth to the promised Messiah; she glorifies God for His power, holiness, and mercy; she looks forward to God transforming the world through the Messiah; and she exalts God because He has been faithful to His promise to Abraham.

Mary’s response is known as the Magnificat. Its traditional Roman Catholic translation is as follows:

*My soul doth magnify the Lord,
And my spirit hath rejoiced in God
my Saviour/*

*Because He hath regarded the
humility of his handmaid: for
behold from henceforth all
generations shall call me blessed.*

*Because He that is mighty hath
done great things to me, and holy
is His name.*

*And His mercy is from generation
unto generations to them that fear
Him.*

*He hath shewed might in His arm:
He hath scattered the proud in the
conceit of their heart.*

*He hath put down the mighty from
their seat, and hath exalted the
humble.*

*He hath filled the hungry with
good things, and the rich He hath
sent empty away.*

*He hath received Israel His servant,
being mindful of His mercy.*

*As He spoke to our fathers; to
Abraham and his seed forever.
(Luke 1:46-55)*

In an address in 2008, Pope Benedict XVI said that the feast day of the visitation is a day to recognize Mary’s humility and willingness to be used by God, and that we should strive to imitate it in our own lives:

“Going beyond the surface, Mary “sees” the work of God in history with the eyes of faith... Her Magnificat, at the distance of centuries and millennia, remains the truest and most profound interpretation of history...

“Let us bring the same sentiments of praise and thanksgiving of Mary to the Lord, her faith and her hope, her docile abandonment in the hands of Divine Providence. May we imitate her example of readiness and generosity in the service of our brethren.”

Nothing but things essential for us are revealed to us about the Mother of God: the fact that she was wed to the Holy Spirit and bore Christ into the world.

Our crowning glory is that she did this as a lay person and through the ordinary daily life that we all live; through natural love made supernatural, as the water of Cana was, at her request, turned into wine.

—Caryll Houselander

From our Parish Nurses

The last three sessions of the parish nurse-sponsored Chronic Health Condition Series, focusing on heart and cardiovascular conditions, gave participants a variety of helpful information.



At the February 21 session, Carle Sports Medicine athletic trainer Bryce Compton demonstrated and then guided participants in doing low-impact exercises to improve posture, minimize aches and pains, improve range of motion, increase strength and endurance, and improve the overall quality of life.

Bryce conducts a senior exercise class every Tuesday and Thursday morning from 10:30-11:45 a.m. at Carle Orthopedics and Sports Medicine. The cost of the class is \$3. Call 217-383-9400 for more information.

On March 7, healthy nutrition was the focus of dietician Kristina Adams-Smith. Kristina explained that simply reading labels to determine the protein, sodium, fat, and sugar contents

of food items is an important practice when choosing food. Among the suggestions she made were to practice portion control and meal planning, to limit saturated fats, to use salt only in baking, to cut sugar in recipes, and to use more vegetables and lean protein than pasta in casserole dishes.

For a healthy heart, meals should include a protein (chicken, eggs, salmon, turkey), non-starchy vegetables (broccoli, cauliflower, lettuce, green beans, spinach, zucchini), and a starch (pinto or black beans, corn, pasta, potatoes).

The final session, March 21, focused on community resources offered through the CRIS Healthy Aging program, presented by the director of strategic initiatives, Laura Gallagher Watkin. The mission of CRIS is to keep older adults safe, healthy, and independent in their own homes for as long as possible.

A few of the CRIS programs available include the caregiver advisor program, interventions to reduce social isolation, memory care/

support group, a program to address strategies for problematic behaviors, money management, and taxes/financial literacy.

The programs are not income-based. More detailed information is available at www.agestrong.org, or you can contact CRIS via email (CRIS-info@CRISHealthyAging.org) or phone (217-355-1543).

Our parish nurses appreciate the positive participation in and support from parishioners and parish staff in this educational series. A new series is being planned for next fall. Some topics being considered include prevention of falls, women's health, men's health, eye care, and advanced care planning.

Blood pressure screenings are back! Parish Nurse blood pressure screenings will resume the second Sunday of the month beginning May 14. A parish nurse will be available from 8:30 to 10:00 a.m. in the St. John Room (formerly the parish library) in the parish center.

Parish Council News

At its March meeting the Parish Council seated Farrah Feliciano as a new member. Farrah hopes to encourage participation of Filipino Catholics in parish ministries and activities.

The Council also took a step toward re-establishing its relationship with parish ministries by delegating each Council member to contact a list of ministries in an effort to determine which are still active and filling a specific need of parishioners.

In their consideration of practical applications of the Parish Mission statement, members of a subcommittee looked at advertising, the Eucharistic Revival, ministry involvement, understandings of Mass and the sacraments, and addressing the needs of those newly married and graduates of the RCIA process as they continue their faith journey.

A group of young parishioners are in training to become altar servers, so we can hope soon to see altar servers once again assisting the presider at Mass. If your youngster is interested, you might ask Mary Tate (217-357-2665) for contact information.



Quick fixin's from the
kitchen of . . .
Lucille Salika

Spectacular Jello Salad

2 pkgs lime Jello
1 pkg lemon Jello
1 carton cottage cheese (large
or small curd)
1 can pear halves
Maraschino cherries

Combine Jello packages in a
medium mixing bowl. Add
boiling water, then cold,
according to package
instructions. Ladle into a mold,
or bowl, until 2/3 full.
(Spectacular when served in a
clear Pyrex bowl!) Carefully
spoon in the cottage cheese,
gently stirring to disperse but



careful to keep bowl walls
clear. Leave unused Jello,
covered, for later use. See Jello
package instructions for adding
fruit. The cottage cheese will
form layers on its own.
Refrigerate. Chill bowl until
Jello starts to set. Remove from
the refrigerator and gently
place pear halves, core side up,
on the partially set Jello. Put a
cherry in each pear half. Ladle
reserved Jello slowly into the
bowl until full, and refrigerate
until fully set.



Eastern Area Cursillo Community

A Cursillo weekend for men will
take place at St Patrick's Church,
Friday, June 23, through Sunday,
June 25. If you have never
attended a Cursillo, you may
wonder what it's all about.

"The Cursillo in Christianity is
primarily a lay movement. It is an
instrument of renewal by which
Christianity can permeate, live, and
grow in today's world. It proposes
no new type of spirituality; instead
it is a method by which one's
spirituality can be strengthened,
lived, and shared in all areas of
one's environment" (Cursillo in
Christianity).

There are Cursillo weekends for
women and for men. The women's
Cursillo was held at St. Patrick's
Church in February. The weekends
used to be 3½ days, but this was

recently changed to last from
Friday evening to Sunday evening,
thereby enabling parents of young
children to attend.

During the weekend, participants
listen to the gospel message as
short talks. Some of the talks are
given by members of the clergy,
others by lay people who have
previously taken part in a Cursillo.
The talks focus on Christian study,
action, leadership, and living out a
relationship with God. The
teachings are presented in a
Catholic-based atmosphere of
warmth, joy, and fellowship.

Want to know more? Interested in
attending the June 23-25 Cursillo
for men? Visit the Eastern Area
Cursillo Community website
(www.champaigncursillo.com) or
watch for information in the parish
bulletin.



www.stpaturbana.org

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Deadline for submission of articles
and news items for the next issue of *In
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