

# Saint Rene Goupil Catholic Church

64th Street & New England Avenue - Chicago, Illinois 60638—773-229-8523

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ONE OF THE LEPERS,  
REALIZING HE HAD BEEN HEALED,  
RETURNED, GLORIFYING GOD  
IN A LOUD VOICE.

LUKE 17:15

Excerpts from the Lectionary for Mass © 2001, 1998, 1997, 1986, 1970, CCD.

*October 13, 2019 • Twenty-Eighth Sunday in Ordinary Time*



## Fr. Bob's Weekly Blog



"Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every joint with which it is supplied, when each part is working properly, makes bodily growth and upbuilds itself in love." Ephesians 15: 15-16

Seeing the world through the lens of our Christian faith helps us to recognize the inherent human dignity in each and every human life. No exceptions; from womb to tomb.

With this in mind, we enter fully into the month of October, which for the Church is Respect Life Month.

This is not just about abortion. Respect life is vital to a humane, civil society. Unfortunately, there are those who think we can discard the whole notion of God and still respect life. Maybe for a while, but eventually we grow more distant from each other as we grow more distant from the One True God.

When we look at another human being – even someone who might be our worst enemy – we must recognize in that person the Imago Dei – that they have been created in the image and likeness of God; even if that person doesn't believe it. Although we may have a disagreement and might not ever share a meal together, we would never do intentional harm to his or her person (neither physically, emotionally or spiritually).

The Imago Dei is not state sanctioned. The inherent human dignity we are called to respect comes not from the government but from God. Life is precious for a reason; because it is a great gift. Life is also fragile.

Think of it this way. Without a doubt, most folks today would agree chattel slavery is WRONG; that it is an assault on the person's human dignity. So far so good. But why is chattel slavery wrong? Is it wrong only because a governing body says it is

wrong? Or is it wrong because we appeal to a Higher Authority than any earthly power?

Because if it's wrong based solely on human governing (man-made law), then you could establish a governing power that simply changes the law. So morality would be based solely on who is in power.

In the Judea-Christian view, which transcends legal and illegal, it is about God's love and God's law. Something (like chattel slavery) is not wrong because we say it's wrong. It's wrong because it is objectively wrong in all circumstances and at all times, and we must surrender to this Higher Love.

We as Christian disciples must stand strong on the issue of respecting life. We must avoid playing political games with such an important issue. Our current society is slipping more and more into dehumanization. No coincidence that this increasing dehumanization is tied to our declining faith life. When folks are assaulted over an iPhone, we've tipped the scale to treating people like objects. We are not objects. We are human beings; made in the image and likeness of God, and called to live our lives from this objective truth.

The scandal of the Holocaust was that a certain group of people were dehumanized. And once you can dehumanize a person (even the unborn) you can then discard them at your convenience; treat them as less than human.

A government declaring something legal never makes it right, just as a government declaring something illegal doesn't make it wrong. Right and wrong

transcend us, and if the day comes when we no longer believe this, then watch out, because only those in power will decide, and it's far too often the powerless pay the price.

Respect life! Why? God wills it.

### *Retreat Time*

This coming week I will be away from the parish on a five-day silent retreat. This retreat is part of a spiritual direction training program I've been part of for the past three years. It is vital that a priest take this time each year to get silent and still. We are all at risk of becoming too busy and losing sight of what our faith is really about, and this is especially true for priests and religious sisters and brothers.

This spiritual direction program will reach its completion in February 2020, and I will officially be certified as a spiritual director.

My apologies in advance to anyone who is inconvenienced by this time away.

### **Favorite Quote of the Week:**

**"Any religion or philosophy which is not based on a respect for life is not a true religion or philosophy."**

**– Albert Schweitzer**





## The Health Benefits of Singing At Mass

Singing has long been a part of our tradition - we are a religion of song. Singing in church is a form of prayer. Music is a way to worship God. We all know the expression given to us by St. Augustine: "He who sings, prays twice." But singing is more essential to our spiritual lives than we often believe. Singing the Psalms shows us a way to praise God: "Come let us sing joyfully to the Lord."



But there are even more reasons that can be derived from singing at Mass:

### Singing for Heart Health



A Swedish study found that singing improves heart function, essentially by forcing us to take larger, slower, more purposeful breaths. The study found that choral singers had slower respiration, which in turn improved their heart rate variability, and had a biologically soothing effect on overall heart function.

### Singing to Boost Immunity

Another study claims that singing can improve immune function and the body's ability to lower stress and fight off disease. The study showed decreased cortisol levels (stress hormone) in patients who'd recently sang.

### Singing As a Workout

Singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout as you employ proper singing techniques and vocal projections. You will develop a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.



God gave us the gift of music and song. Join us in embracing and enjoying it. *God is not concerned about the quality of your voice, He is looking at the condition of your heart.* So, the next time you're singing in church, don't just mouth the words while your mind wanders. Think about the words you're singing. Think about who you're singing to. Think about who you're singing about.

In song and faith,  
Steve Kittler, Music Director



## Care Packages for Military Personnel

The St. Rene/St. Symphorosa Knights of Columbus will be collecting items to send to our troops for the holidays. A special box will be set up in the narthex for your donations. Below is a list of needed items. Most can be purchased at the Dollar Store. You may even have some of these things lying around your house.

In addition to the requested items, monetary donations will gladly be accepted. Checks should be made out to the Knights of Columbus and should be placed in an enveloped marked "Military Donations". This envelope can be placed in the collection basket with your regular Sunday envelope. All donations must be brought in by November 4.

Please contact Jerry Hughes at (773) 485-0146 if you have any questions. And as always, thank you for your generosity.

### TOLIERIES

Toothbrushes & Toothpaste  
Dental floss  
Cotton swabs  
Shaving lotion  
Disposable razors  
Shampoo  
Individually packaged tissues

### PERSONAL CARE

Individual packaged baby wipes  
Eye drops  
Lip balm  
Lotion  
Aspirin/Pain reliever  
Feminine hygiene products

### MISCELLANEOUS ITEMS

Crossword/Jumbles books  
Decks of cards  
Small card/dice games  
New/Current magazines





## **Our Catholic Faith**

### **By Fr. Bob Regan**

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and behold, I am with you always, to the close of the age.” Matthew 28:19-20

One of the bestselling business/leadership/motivation books of all time is Steven Covey's *The 7 Habits of Highly Effective People*. First published in 1989, the book has become classic in this genre. Since the original, there have been a few spin-offs, including *The 7 Habits of Highly Effective Teens*.

Here are Covey's original habits: 1. Be Proactive. 2. Begin with the end in mind. 3. Put first things first. 4. Think win-win. 5. Seek first to understand, then to be understood. 6. Synergize. 7. Sharpen the saw; Growth.

A habit is a routine behavior that is repeated regularly; and tends to occur subconsciously after having been ingrained. As we know from our own life experience, there are good habits and bad habits.

As Christian disciples, our life is spent eliminating bad habits and embracing one's that elevate our soul. Did Jesus give us anything that could help with all this? He most certainly did.

Here are The 7 Habits of Highly Reflective Catholics: 1. Baptism. 2. Eucharist. 3. Confirmation. 4. Reconciliation. 5. Anointing of the Sick. 6. Matrimony. 7. Holy Orders.

Do these sound familiar? Well, these are the seven sacraments of the Holy Catholic Church. They have been instituted by Christ for our spiritual health; to give us supernatural life. As the Catechism of the Catholic Church

teaches, “Christ now acts through the sacraments he instituted to communicate his grace. The sacraments are perceptible signs (words and actions) accessible to our human nature.”

In other words, God makes something invisible (grace) available to us through visible means (water, words, bread, oil, etc). The sacraments are NOT MAGIC, but they are a great mystery. And if you study the origin of the word sacrament, you will trace it back to the Greek word *mysterion* (yup, mystery).

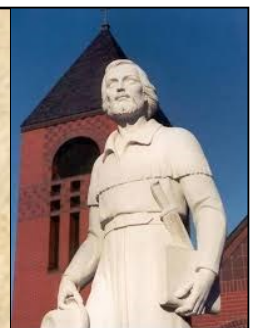
The more we avail ourselves with proper disposition and faith to the sacraments, the healthier our soul. We also find ourselves strengthened to live out our faith in daily life. We must not take the sacraments for granted, nor can we ignore them and think there will not be spiritual consequences. Jesus never meant for any one of the sacraments to be a burden to us, but instead, that they be life-giving for us. To distance ourselves from the sacraments is to distance ourselves from a great gift.

Peter Kreeft wrote, “Sacraments are like hoses. They are the channels of the living water of God's grace. Our faith is like opening the faucet. We can open it a lot, a little, or not at all.”

Well said, Professor Kreeft. May we as Christian disciples keep that faucet open ... A LOT.



**St. Rene Goupil Feast Day**  
**Sunday, October 20**  
**9:30am Mass**  
**Main Church**



Join us as we celebrate our patron saint. St. Rene Goupil was one of the North American martyrs. He was a French Jesuit lay missionary and became a lay brother of the Society of Jesus shortly before his death. He was the first of the eight North American martyrs to receive the crown of martyrdom and the first canonized Catholic martyr in North America.



**Faith Formation Office**  
(773) 229-8523

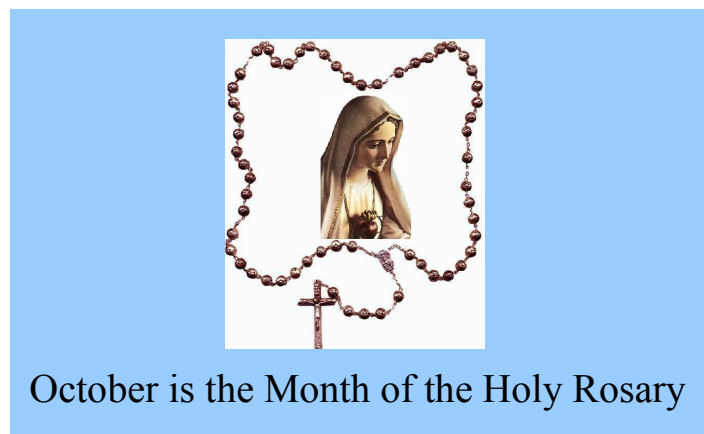
**Coordinator:**  
**Peg Siebenaler**

**Email:** [strenfaithformation@gmail.com](mailto:strenfaithformation@gmail.com)



### UPCOMING EVENTS:

- 10/13: Family Mass 9:30am
- 10/16: Classes for all levels
- 10/19: HOLY FIRE
- 10/20: Family Mass 9:30am
- 10/23: Classes for all levels
- 10/27: Family Mass 9:30am
- 10/30: Classes for all levels
- 10/31: HAPPY HALLOWEEN
- 11/1: ALL SAINTS DAY
- 11/2: ALL SOULS DAY
- 11/3: Family Mass 9:30am
- 11/6: Classes for all Levels



October is the Month of the Holy Rosary



Some of our Faith Formation students with their stuffed animals for our St. Francis Day Pet Blessing.



### COMING ATTRACTIONS:

Holy Fire is a wonderful event designed around bringing young people together to witness their Catholic faith. It is also a great opportunity for teens, particularly those preparing for the Sacrament of

Confirmation to reflect more deeply on the gifts of the Holy Spirit which they will receive when they are confirmed.

Please keep our upcoming Level Eight students in your prayers as they experience Holy Fire on October 19<sup>th</sup>.



### Confirmation Parent/Student/Sponsor Meeting

This month we will welcome our Confirmandi, their parents and sponsors to a Confirmation Preparation meeting. Our own Pastor, Fr. Robert Regan will be the Presenter. We happily anticipate his time with us because we know he will encourage our Confirmation candidates to share the good news of Jesus by their witness to Gospel values and their care for those in need. Please remember to include the Confirmation Candidates, their parents, and their sponsors in your prayers.



# Mass Intentions

FOR THE WEEK



## Saturday, October 12, 2019

4:00pm—Earl Lee (Hoelscher Family)  
 4:00pm—Anthony Mendez & Louie Valenciano (Almendarez Family)  
 4:00pm—Bernie Bartusiak (Jean Piotrowski)

## Sunday, October 13, 2019

7:30am—Emanuelle, Rosaria & Angelo Amaro (Giuseppe Amaro)  
 7:30am—Omar Saucedo (Family)  
 7:30am—Virginia Kowal (Bodoki Family)  
 9:30am—Josephine Pelegrino (Family)  
 11:30am—Raymond Ulrich (Family)

## Monday, October 14, 2019

8:00am—Frances A. Potocki (Family)

## Tuesday, October 15, 2019

8:00am—Marlene Sutkowski (Sutkowski Family)  
 8:00am—Altar & Rosary Members (A & R Society)

## Wednesday, October 16, 2019

8:00am—Anthony, Josephine & Laura Pelegrino (Family)  
 8:00am—Leo Thomas Crotty (Mary Sarlitto)

## Thursday, October 17, 2019

8:00am—Walter O'Malley (Family)

## Friday, October 18, 2019

8:00am—Patricia Koperczak (Family)

## Saturday, October 19, 2019

8:00am—James G. Uher (Family)  
 4:00pm—Edward & Angeline Cieslewski (Family)  
 4:00pm—Ted, Anne & Tom Kollock (Maxine)  
 4:00pm—Joseph Lascola (Family)

## Sunday, October 20, 2019

7:30am—Wilbur Skiba (Alice Cello)  
 7:30am—Robert Reily (Carol)  
 9:30am—Allen Szudarski (Family)  
 11:30am—Louis Rapacz (Family)

*One thing I know for sure is  
 that I'm never really alone.*

*God is with me. Always.*



Martin Adelsbach  
 Judy Adelsbach  
 Larry Adkins  
 Guadalupe Almendarez  
 Anthony Barone  
 Carl Bell  
 Joanne Bukowiecki  
 Gina Camp  
 Dominic Ciampaglia  
 Margaret Ciampaglia

Mitchell Gallas  
 Geri Gestaut  
 Robert Hilbruner  
 Rose Ann Lindsay  
 Lori McCarthy  
 Kenneth Milewski  
 William Nita  
 Rochelle Piegari  
 Joseph Rice  
 Edward Robertson  
 Judith Siwek  
 Mike Tallon  
 Sandra Tallon  
 Scott Tloczek  
 Shirley Tloczek  
 Joan Wilhelmy  
 Richard Zaleski

Lord, hold our troops in your loving hands, protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. We ask this in the name of Jesus, our Lord.

E-7 Chief Mark Porcelli



## St. Rene Devotional Candle

**TAT—Maxine Carey**

**In Memory of Dennis Holmes**

**Special Intentions for My Good Friend, Andrea**

**Special Intentions for Friends & Family**

**of Ganz, Uher, etc.**

## September 29/30, 2019 Offering

Total envelopes	\$3,610.00
Total loose cash	\$ 632.76
Total Sunday Giving	\$4,242.76

**Thank you for your generosity!**

## October 5/6, 2019 Offering

Total envelopes	\$3,120.00
Total loose cash	\$ 668.00
Total Sunday Giving	\$3,788.00

**St. Rene Building & Maintenance \$1,112.43**

**Thank you for your generosity!**

**Parish Staff**

Rev. Bob Regan  
Pastor

Rev. Peter Paurazas  
Pastor Emeritus

Karen Hoogland  
Businesss Manager

Peg Siebenaler  
Faith Formation

Irene Perconti  
Administrative Assistant

Steve Kittler  
Organist

Joanne Tishka  
Bulletin Coordinator

Stanley Silacz  
Maintenance Supervisor

**Daily Masses**

Monday - Saturday at 8:00am

**Weekend Mass Schedule**

Saturday at 4:00pm  
(Confessions from 3:15 - 3:45pm)

Sunday  
7:30am, 9:30am, 11:30am

**Parish Office Hours**

Monday - Saturday  
9:00am - 3:00pm

**Parish Office**

6949 West 63rd Place  
Phone (773) 229-8523

**Email**

office@strenegoupil.org

**Website**

www.strenegoupil.org

**A Prayer for "Renew My Church"**

Lord Jesus, you speak to us today,  
as you spoke to holy men and women  
who have gone before us.  
In every age and in our own time,  
you call to us and say: Renew My Church.  
Pour out the gift of your Holy Spirit upon us,  
and so enable us  
to hear you clearly  
to listen to each other attentively  
to imagine our future boldly  
to discern your direction wisely  
to persevere in your holy will courageously  
to stay together in charity  
to surrender our own plans readily  
to embrace the greater good  
to hand on your gifts to future generations.  
May we remain in the holy company of  
the Blessed Virgin Mary, the apostles and all the saints.  
May their example and presence  
inspire us with patient confidence  
in the work of your grace.  
We ask this of you who live and reign with the Father  
in the unity of the Holy Spirit, one God,  
forever and ever. Amen

**What Does it Mean?  
Catholic Vocabulary****Purificator**



A small piece of white absorbent linen, approximately eight by sixteen inches, folded in three lengthwise, and marked with a Cross in the center, employed during Mass. It is used to wipe the lip of the chalice after reception of the Precious Blood and to dry the chalice after it is washed at the end of or after Mass.



**Super Bingo/Raffle  
October 20**

**Doors open at 12:30  
Games begin at 1:30**

**\$20/Person**

Mass	4:00PM October 19, 2019	7:30AM October 20, 2019	9:30AM October 20, 2019	11:30AM October 20, 2019
	<b>Linda Dobias</b> Russ Dober Diane Biondo Dan Bartusiak Nancy Gunnell	<b>Arlene Capparelli</b> Amy Shanahan James Roche Alice Shaer	<b>Kay Marks</b> Barb Grzenia Jack Orsi Joan Orsi Debbie Rudar	<b>Kathy Przekwas</b> Mark Dill Carole Dill Monica Wojcik Julie Wojcik
	<b>Frank Zalewski</b>	<b>Pat O'Brien-Kenney</b>	<b>Len Siwek</b>	<b>Ben Shafer</b>

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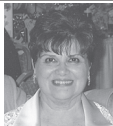
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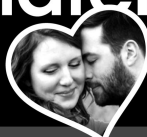
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