Queen of Peace Parish



Welcome!

We, the Catholic community of Queen of Peace Parish, centered in the Eucharist, strive to grow in our faith and our relationship with God as a welcoming people, working for peace and justice through service to others.

OUR LADY, MOTHER OF THE CHURCH

8747 W. Lawrence Avenue Chicago, IL 60656

MASSES:

Tuesday: 7:00 am
Thursday: 7:00 am
Sunday: 10:00 am

ST. EUGENE CHURCH

7958 W. Foster Avenue Chicago, IL 60656

Ph. (773) 775-6659, (773) 775-6660 (773) 775-6694

RECTORY OFFICE HOURS:

Mon.- Thur.: 9:00 am - 7:00 pm Friday 9:00 am - 5:00 pm Saturday: 9:00 am - 1:00 pm

MASSES:

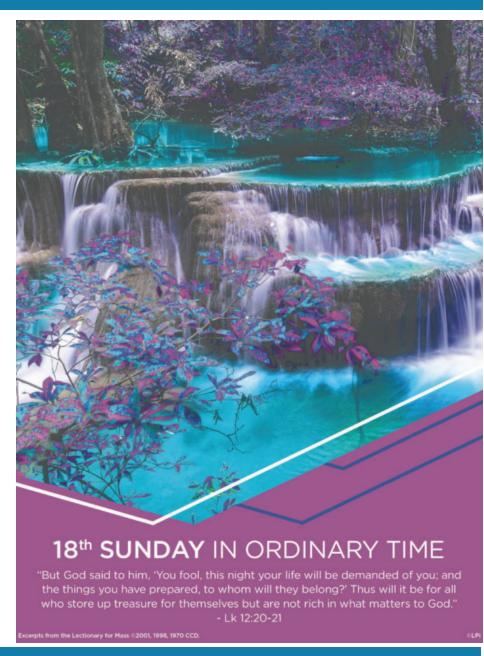
Monday: 9:00 am
Wednesday: 9:00 am
Friday: 9:00 am
Saturday: 8:30 am
Sunday Vigil Mass: 4:30 pm
Sunday: 8:30 am
11:30 am

CONFESSIONS 3:30 pm on Saturday

ADORATION OF THE BLESSED SACRAMENT

Monday: 4:00 pm - 6:00 pm

Benediction: 5:45 pm



Weekly Prayer

Sunday's Readings

First Reading:

For what profit comes to man from all the toil and anxiety of heart with which he has labored under the sun? (Eccl 2:22)

Psalm:

If today you hear his voice, harden not your hearts. (Ps 90)

Second Reading:

If you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. (Col 3:1)

Gospel:

Thus will it be for all who store up treasure for themselves but are not rich in what matters to God." (Lk 12:21)

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Live The Liturgy Inspiration of the Week

Jesus warns us that at any moment we can be called before God to face judgment. When we are, our life will be measured not in dollars or accomplishments, but in what matters to God. What do we have to show for our time spent on earth?

Observances for the week of August 3, 2025

Sunday: 18th Sunday in Ordinary Time

Monday: St. John Vianney, Priest

Tuesday: The Dedication of the Basilica

of St. Mary Major

Wednesday: The Transfiguration of the Lord

Thursday: St. Sixtus II, Pope, and Companions,

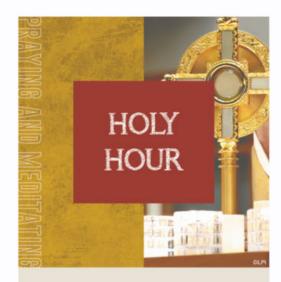
Martyrs; St. Cajetan, Priest

Friday: St. Dominic, Priest

Saturday: St. Teresa Benedicta of the Cross,

Virgin and Martyr

Next Sunday: 19th Sunday in Ordinary Time



Devotions, Explained!

A holy hour is the practice of spending one hour's time in the presence of the Blessed Sacrament, praying and meditating on the agony of Jesus Christ.

Prayer for Open Hands

Lord, I do not know what any day holds.

I cannot take for granted any of the gifts You have given.

Help me to use them, then, as You

would have me.

Help me to live according to Your

invitations. Amen.

SUNDAY, AUGUST 3, 2025 | 18TH SUNDAY IN ORDINARY TIME

Worship & Meditation

Readings for the week of August 3, 2025

Sunday

Eccl 1:2; 2:21-23/Ps 90:3-4, 5-6, 12-13, 14, 17 (1)/Col 3:1-5, 9-11/Lk 12:13-21

Monday:

Nm 11:4b-15/Ps 81:12-13, 14-15, 16-17/ Mt 14:13-21

Tuesday:

Nm 12:1-13/Ps 51:3-4, 5-6ab, 6cd-7, 12-13/ Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday:

Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/ 2 Pt 1:16-19/Lk 9:28b-36

Thursday:

Nm 20:1-13/Ps 95:1-2, 6-7, 8-9/ Mt 16:13-23

Friday:

Dt 4:32-40/Ps 77:12-13, 14-15, 16 and 21/Mt 16:24-28

Saturday:

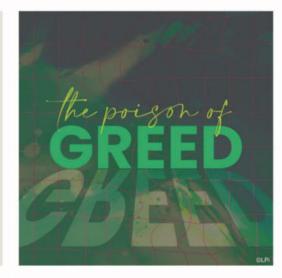
Dt 6:4-13/Ps 18:2-3a, 3bc-4, 47 and 51/Mt 17:14-20

Next Sunday:

Wis 18:6-9/Ps 33:1, 12, 18-19, 20-22 (12b)/ Heb 11:1-2, 8-19 or 11:1-2, 8-12/Lk 12:32-48 or 12:35-40



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Gospel Meditation

Encourage Deeper Understanding of Scripture

Recent studies suggest that millennials will be the first generation in America to be worse off than their parents in terms of financial earnings and job status. Many lament this. I propose that this week's Gospel provides a hopeful way to see the trend as good news.

The Lord Jesus says, "Take care to guard against greed, for though one may be rich, one's life does not consist in possessions" (Luke 12:15). Greed damages us with the deception that we are what we possess. But to Jesus, this is simply not true. What makes us happy is who we are, who we become.

Does not the expectation that every generation should do better than their parents subtly mask the poison of greed? A similar attitude is mirrored in the man who demands that Jesus justly arrange his share of the family inheritance. Despite the injustice, Jesus will not play that game. In fact, he seems to prefer that the man have less than his parents. What good would having more be to this man if he becomes enslaved and miserable by greed? What good would it be for us to have more if it means we become much less?

In allowing the man to have less, Jesus opens a space for him to become more: a man free to love. In that much more meaningful sense, perhaps he was better off than his parents. Maybe the millennials will be, too.

- Father John Muir

SUNDAY, AUGUST 3, 2025 | 18TH SUNDAY IN ORDINARY TIME

| Mass Intentions | | |
|---|--|--|
| Saturday, August 2, 2025 | Thursday, August 7, 2025 | |
| 8:30 am Mass at St. Eugene Church | 7:00 am Mass at Our Lady, Mother of the Church | |
| Jolanta Bogusz | S.I. For Nicole & Mike | |
| S.I. For Nicole & Mike | S.I. For Family | |
| Catalano & Medinger Families | Friday, August 8, 2025 | |
| 4:30 pm Saturday Vigil Mass at St. Eugene Church | 9:00 am Mass at St. Eugene Church | |
| Giuseppe Cappelluti | S.I. for Patrycja Gumkowski | |
| Jack Dahlquist Aniela Niemczyk | Bruno Janus - Birthday Remembrance | |
| Peter & Dismas Families | Joseph Marsillo | |
| Pozzie & Obama Families | Rogelio C. Tan, Jr. | |
| Russel & Josephine Pantano | Saturday, August 9, 2025 | |
| Joseph Pecora | 8:30 am Mass at St. Eugene Church | |
| S.I. For Nicolas Hunt - Healings & Blessings | Bishop Conway | |
| Sunday, August 3, 2025 | Angeline Santella | |
| 8:30 am Mass at St. Eugene Church | Szczech & Black Families | |
| Camp Mystic Victims & Survivors | 4:30 pm Saturday Vigil Mass at St. Eugene Church | |
| Juan Diaz | Starr Ballog | |
| Andrzej Krol | George Concialdi | |
| Carter Lagergran | Anna Dudek | |
| Mazur Family | Wayne J. Greco & Bernice Hujar | |
| Danny O'Donnell | Jude & Minn Families | |
| Mary O'Donnell | Jozef Krol | |
| Sheila O'Donnell | Giuseppa Leo | |
| Joseph Portenlanger | Poor Souls in Purgatory & The Dying People | |
| Mirno Della Santina | Kenneth Schuda | |
| 10:00 am Mass at Our Lady, Mother of the Church | Rev. Fred Tomzik | |
| John Catanese | Sunday, August 10, 2025 | |
| Maria Carrozza Ann Caruso | 8:30 am Mass at St. Eugene Church | |
| Michael Jarosz | Antonio Di Brita | |
| Richard & Virginia Kavalauskas | Ewing & Brain Families | |
| Joseph & Isabella Mandile | Sara Hennessey | |
| Angelo & Giulia Parente | Mazur Family Jude & Minn Families | |
| Edward Rebacz | Geneva Middleton | |
| Nicola Troiano | Theresa Millonzi | |
| Andy Walczak | Bob Schu | |
| 11:30 am Mass at St. Eugene Church | Eugene Swieton | |
| Aleksander Hyrc | Tom Szczech, Jr. | |
| Frank Genovise | 10:00 am Mass at Our Lady, Mother of the Church | |
| Sr. Michaeline Kwit | Maria Carrozza | |
| Mirno Della Santina | Gerencser Erzsebit | |
| Frank Scalise | Walter & Marianne Feret | |
| Monday, August 4, 2025 | Michael Jarosz | |
| 9:00 am Mass at St. Eugene Church | Janice Lambrecht | |
| Atheists, Agnostics & Unbaptized People | Donato Parente | |
| Eugene Swieton | Jozef & Stefania Rebacz | |
| Stover & Nadeem Families | Reba & Walter Ryder | |
| Tuesday, August 5, 2025 | Duane Thurber | |
| 7:00 am Mass at Our Lady, Mother of the Church Jolanta Bogusz - Birthday Remembrance | Andy Walczak | |
| Helen & Casey Szkutak & Family | 11:30 am Mass at St. Eugene Church | |
| Estela Espina | Jan & Stanislaw Bazula | |
| Rogelio C. Tan, Jr. | Mircea Buzila - One Year Anniversary | |
| Wednesday, August 6, 2025 | Cinquini Family | |
| 9:00 am Mass at St. Eugene Church | Chris & Tadeusz Dabros & Family | |
| Ronald Feiereisel | Frank Genovise | |
| Jude & Minn Families | Hillard Mike Michalek | |
| Nancy Mankowski | Michael Michalek | |
| Regina Podwysocka - 4 th Death Anniversary | Michael Venditti | |
| S.I For Blessed Trip | Zygmunt & Janina Wytrwal & Family | |

Schedule of Liturgical Ministers

| | CELEBRANT | EXTRAORDINARY MINISTER | ALTAR SERVER | LECTORS |
|--|---------------------|---|--|---|
| SATURDAY, 08/09 4:30 PM ST. EUGENE | Rev. Robert Carlton | F. Klus - WB L. Feist - B Celebrant/D. Sulimowski - C M. Pollowy - O A. Cisek - WO M.B. Glynn - Cup B M. Meo - Cup O | L. Parrillo R. Curcio C. Bertolli | O. McAtter |
| SUNDAY, 08/10 8:30 AM ST. EUGENE | Rev. Rich Yanos | D. Duszynski - WB R. Kennedy - B Celebrant / M. Egan - C G. Fornek - O B. Ndiwe - WO J. Kolaski - Cup B J. Fornek - Cup O | I. Francis W. Francis B. Villena | J. Imburgia |
| SUNDAY, 08/10 10:00 AM OLMC | Rev. Greg Rom | G. Henderson - AB J. Villanueva - AC R. Molas - TB T. Molas - TB M. D'Alessandro - TC | G. Pilch J. Pilch | W. Karczmarczyk - 1 st J. Molas - 2 nd |
| SUNDAY, 08/10 11:30 AM ST. EUGENE | Rev. Jacek Dada | C. Paulini - WB T. Moore - B Celebrant / Pacia - C P. Tomzik - O M. Tomzik - WO M. Holder - Cup B M. Zurek - Cup O | M. Clancy C. Rodriguez H. Wyszkowski | P. Wagner |

THANK YOU From the New Hope community food pantry



Rosaries for the Pope and Mutual Coexistence

This is Pope Leo XIV's August prayer intention, "Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons." This week's Rosary intention of the Rosary Guild is for Pope Leo XIV and mutual coexistence. Please pray a Rosary for this intention, including Rosary Guild members Emily A., Lori G., James H., John I., Lita J., Evelyn K., Terri K., Lonnie M., Mary M., Ted M., Josephine N., Emilie P., Stefania P., Jean R., Demi S., and Shirley S. In the Living Rosary, people pray a decade or more of the Rosary daily for the triumph of the Immaculate Heart of Mary for the glory of the Most Holy Trinity, and in honor of the patron of the Living Rosary, Saint Philomena.

Joyful Mysteries

Annunciation - Ted M.
Visitation - Barb R.
Nativity - Josephine N.
Presentation - Karen R.
Finding in the Temple - Mary M.

Luminous Mysteries

Baptism of Jesus - Barb R. Wedding at Cana - Mary M. Proclaim the Kingdom - Ted M. Transfiguration - Emily A. Institution of Eucharist - Emily A.

Sorrowful Mysteries

Agony in the Garden - Jean R. Scourging at the Pillar - Jean R. Crowning with Thoms - Mary M. Carrying of the Cross - Ted M. Crucifixion - Demi S.

Glorious Mysteries

Resurrection - Lita J.
Ascension - Marsha G.
Descent of Holy Spirit - Camille C.
Assumption of Mary - Camille C.
Coronation of Mary - Camille C.

No Holiday for Needing Groceries

Tuesday, July 8 was a beautiful summer day. One of those increasingly rare days when the temperature was just right, with low humidity and a cloudless sky. It was also a great day for those who came to the St. Eulalia Quinn Center parking lot for groceries. One hundred thirty (130) families, equaling roughly 530 people, stopped by to pick up 124 bags of groceries. (Not everyone takes groceries; some just come for the bagged supper.)

On Sunday, July 6, our team of volunteers, including three new helpers from Queen of Peace Parish (hurrah and thank you!), packed 110 bags of groceries. A quick check of the math will tell you that it's a good thing we had some leftover bags from the previous month. And now we have five (5) bags left as we head into August. So, our target for the August bagging session will be even higher than the one for July. Predicting the number of people who will stop by is definitely more art than science, but the trend has decidedly been moving upward throughout 2025.

A special **thank you** to all the helpers who carried, sorted, bagged, and cleaned up on July 6. That was the Independence Day holiday weekend, but our folks still turned out to help. When you think of it, isn't that what our faith teaches – taking care of others? On a recent Sunday, we heard the story of the Good Samaritan. He didn't have to stop to help this man he didn't know, but he did. He was the prototype Good Neighbor. Each month, through our financial and/or physical support, we have that same opportunity to help our neighbors, whether or not we know them.

Our next grocery bagging session is on Sunday, August 10 at 1:45 pm in the St. Eulalia parking lot, 9th Avenue and Bataan Drive, just south of the Eisenhower Expressway. Please come join us! If you have any questions, please contact me, Jan Magnuson at jan7744@comcast.net or 312-806-7210.

In the meantime, Happy Summer!



ADULT CONFIRMATION Fall 2025

The Adult Confirmation Process of the Archdiocese of Chicago is a pre-sacramental program for adults (i8 and older) who have already received the Catholic sacrament of Baptism and First Holy Communion and are seeking to receive the sacrament of Confirmation.

Adults who have not received the Catholic sacraments of Baptism and First Holy Communion should contact their local parish to join the OCIA process.

The Adult Confirmation sessions are offered on Zoom in English and Spanish (Flyer).

Preparation Class Dates

Wednesdays: September 17, 24, October 1, 8, 15, 22, 29, November 5, 19. | 7 - 9 p.m.

English Adult Confirmation Mass

To Be Announced

Registration Process

- 1. Registration opens on June 20, 2025
- 2. Register here or by scanning the QR code
- 3. Pay \$100 fee (due at the time of registration)
- 4. Registration closes September 5, 2025 at 6 p.m.
- You will receive the Zoom meeting link the week classes start.





ST. EUGENE SCHOOL CLASS OF 2026 COR WOSS BOSS SOLS SUNDAY, AUGUST 24TH 9AM-1PM \$7 per Vehicle St. Eugene School

Canfield Parking Lot 7930 W. Foster Ave.







SUNDAY, JULY 27, 2025

\$2,965.00 4:30pm SE 8:30am SE \$2,483.00 10:00am OLMC \$3,439.00 11:30am SE \$ 1,552.25 Mail \$ 1,030.00 **Total Physical** \$11,469.25

Online Collection \$2,212.01

\$13,681.26

School Support \$4,812.00

Grand Total



Visit www.parishesonline.com to subscribe to our parish bulletin

This week's at Our Lady, Mother of the Church



SANCTUARY LAMP is in memory of

FRANK SUCHOR

SECOND COLLECTIONS

August 10 **School Support**

August 15

Assumption of the BVM

Adoration of the Blessed Sacrament

St. Eugene Church Mondays 4 - 6 pm. Benediction at 5:45 pm.

Please Pray for our **Deceased Parishioners:**

- † Francesco(Frank) Concialdi
- † Margaret Szajowski
- † Joseph Mugnaini
- † Michelle Neuhaus

May the souls of the faithful rest in peace.

OCIA

Becoming Catholic—order of Christian Initiation of Adults. WHO IS OCIA FOR?

- Non-Catholics who want to find out more about the Catholic Faith.
- Those who want to join the Catholic Church through Baptism, or Profession of Faith
- Those who were baptized Catholic as infants but never received religious education, Confirmation, or First Eucharist.

For information contact the Parish Office at 773-775-6660 or Fr. Carlton at rcarlton@archchicago.org.

Bulletin Submissions:

Bulletin requests must be sent 2 weeks prior to the desired bulletin weekend to mgeurtsen@archchicago.org

We reserve the right to edit. Submissions will be placed in the bulletin if space allows and pending administration approval. Please call the parish office for the holiday schedule. Thank you.

STUDY

Bible Study

Wednesday in St. Eugene School-room 110 from 10:00 to 12:00.

Questions or comments please feel free to email Frank at filizak@comcast.net

Hope to see you there!

Prayer Shawl Ministry

Come join us to make a difference in peoples lives. We crochet shawls, lap robes, baby blankets, crosses and even scarves and hats when there is a need. If interested we meet the first and third Wednesday of every month. Any questions please reach out to Pam at 773-685-7586 or 773-848-4586.

Knights of Columbus

If you are interested in joining the Knights of Columbus, please contact Joe Marley at 708-702-2726 Marley-j@comcast.net

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host,

by the power of God, thrust into hell Satan and all evil spirits

who wander through the world for the ruin of souls. Amen.



The Friendship Club



Meets on the 2nd & 4th Tuesdays at 11am at OLMC. For more information about upcoming meetings or with any other questions, please contact Debra by calling 773-398-4472 or email at dltimmreck@gmail.com



Lord God, we place our worries in your hands. We place our sick under your care and humbly ask that You restore your servant to health again. Above all, grant us the grace to acknowledge your will and know that whatever you do, you do for the love of us. We thank You and praise You through Jesus the Christ. Amen.

Pat Apida Annabella Amato Ralph J. Amelio Victoria Amelio Peter Badagliacca Patricia & Lawrence Basili

Judy Bauer Don Bellisario Ludwika Bialo Bronislaw Bialo V. Bischof

Gabriella Bongiorno Virginia Bongiorno-Lawrence

Johnmar Castillo
Gracie Carey
Karen Cazolas
Mary Ciliak
Mark Corrado
Jacqueline Connoly
Sharon Crowley
Susan Curtin
Angela D'Alessandro

Angela D'Alessandro Joseph Duna Carol Fijalkiewicz Matthew Fijalkiewicz

Tony Fiore Bob Gasiorek Harry Gelardi Patricia Gelfond Susan Hennessy Jeff Herden Renee Holm Terry Katz Arthur Kopeck Harry Krawczyk Thomas Landeck James LaPietra Abagail Lim Allie Lim Frank Lizak

Rose Mary Maratto Mickey Margelewski Dcn. Ted Marszalek Stanisław Mazek Azucena Melendrez Lena Menconi Dolores Michalek Patrick Misciniscinski Judy Mitrenga Linda Morton Norman Mosk Michael J. Muscarello

John Nelson Joey Notaro Anthony Notaro Rev. James J. O'Brien Donie Odulio Catherine O'Hara Catherine O'Keefe Blanca Pacia Camille Pavlis

Karen Pavlis - Karasawa

Maria Pulice Kevin Pemberton Jackie Pomis Rita Rogers Jean Rogers Bill Ruhl

Lorraine & Tom Ryan

Diane Rizzuto Luis A. Sanchez Pat Schippers Shirley Schindler Peter Schroeder Robert Shelton **Dolores Scorza** Maria Slomski Daniel Staniec **Emily Steckiewicz** Rachael Stowe Mae Stryker Lavergne Suchor Dave Tudron Paul Tscherwenka Ernesto Vergara

We pray for our loved ones who are serving in any branch of the Armed Forces during this time of conflict.



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 and Savior. Amen

Nancy Wesclitz

Dolores Wilk

Major Adamczyk
Ghaleb Azroui
Matthew Calderisi
Timothy Emmett Carolan
Melissa Rose Cortese
James Vincent Degrazia
Patrick Edward Dillon
Zbigniew Dudkowski
Matthew Scott Forrest
Dominic John Guerrieri, Jr.

Major Dirk Haller
Andrew Hopkins

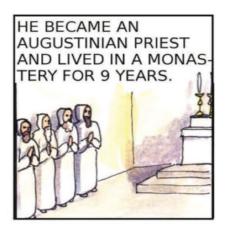
Christopher Jenkins
Bernard Edward Kusinski
Lt. Radoslaw Korzeniak
Antonio James Lim
Payne Manczko
Chris Marchiori
Daniel McLenighan
Daniel Meaney
Keith Miller
Michael Morales
Mike Mroszczak
Thomas Neuhengen

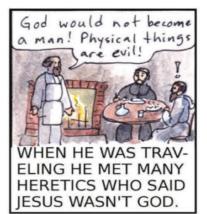
Eric Norwood
Vincent Page
Chad Pritchard
Nicholas Ranch
Adam Roberts
Joseph Saineghi, Jr.
Holly Schippers
Michael Schippers, Jr.
Sean Sherlock
Sharon Sherlock
Phillip R. Simonsen
Tony Strzalka

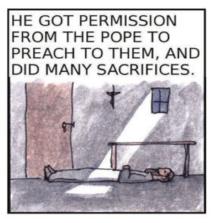
Saint Dominic August 8

DOMINIC
DE GUZMAN
WAS BORN
IN SPAIN IN
1170. BEFORE
HE WAS BORN
HIS MOTHER
HAD A DREAM
OF A DOG
WITH A
TORCH IN
ITS MOUTH.

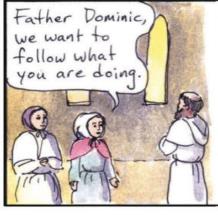












DOMINIC
LOVED OUR
LADY AND
THE ROSARY.
HE BEGAN
CONVENTS FOR
WOMEN WHO
CAME BACK TO
THE FAITH WHO
WOULD TEACH
IT TO THE
CHILDREN.

DOMINIC WORKED HARD AND SACRIFICED MUCH TO BRING THE HERETICS BACK TO THE TRUTH. HE ATE ONLY BREAD AND SOUP, SLEPT ON THE FLOOR AND WENT EVERYWHERE ON FOOT. THE DREAM THAT HIS MOTHER HAD REPRESENTED THE LIGHT OF TRUTH THAT DOMINIC WOULD BRING TO THE WORLD.

Liturgical Life

"But God said to him, 'You fool, this night your life will be demanded of you; and the things you have prepared, to whom will they belong?' Thus will it be for all who store up treasure for themselves but are not rich in what matters to God." - Lk 12:20-21

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

Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

First Reading:

The author of Ecclesiastes speaks of the futility of an anxious heart and restless mind. What helps to ground you in your day-to-day living?

Second Reading:

Paul encourages the Colossians to put to death the "old self" (bad behavior) and to live into the "new self" (life in Christ). What could you do this week to practice this "new self"?

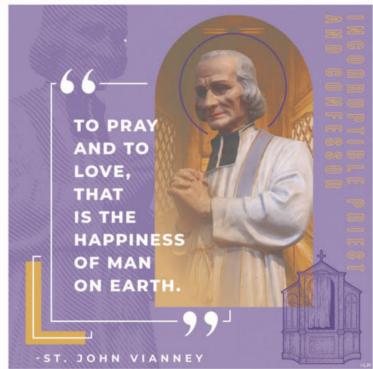
Gospel:

Jesus tells the crowds the parable of the rich fool, warning against excessive material wealth. How do you balance your material needs with "what matters to God"?



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SUNDAY, AUGUST 3, 2025 | 18TH SUNDAY IN ORDINARY TIME

REIGIOUS EDUCATION

"Let the Children Come to Me"



QUEEN OF PEACE PARISH 2025-2026 RELIGIOUS EDUCATION PROGRAM PROVIDED AT ST. EUGENE SCHOOL

Regular Program Classes - Grades 1-7: Classes take place in a classroom setting with the overall work covered in class with the exception of the seventh grade students who complete additional papers and service hours in preparation for making their Sacrament of Confirmation in the fall of their eighth grade year. Classes are held on Tuesdays beginning October 7th and are held from 3:45-4:45 p.m.

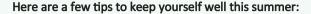
Independent Study Program - Grades 1 - 7: This class is for parents who want their children to complete their grade-level chapter work at home and want to use their church attendance as their participation in religious education.

This program requires your child to attend at least fifteen of their weekly masses at Queen of Peace Parish at either St. Eugene Church or Our Lady, Mother of the Church from date enrolled to April.

PLEASE CALL THE MAIN OFFICE AT (773)763-2235.

HTTPS://WWW.STEUGENE-SCHOOL.ORG/APPS/PAGES/?TYPE=D&UREC ID=528716&PREC ID=1011489

Happy Summer!





Hydrate, Hydrate, Hydrate

(unless placed on a fluid restriction by your physician) 2 waters to 1 Gatorade or Pedialyte bottle (when active outside)

Sunscreen/Sunblock, SPF > 50 UVA/UVB

Sunscreen absorbs UV rays before they hit your skin, while sunblock prevents them from reaching you.

Basic information regarding Heat exhaustion and Sun/Heat Stroke

<u>Heat exhaustion</u> is the body's response to an excessive loss of water and salt, usually through excessive sweating. This presents itself with one or more of the following symptoms:

- muscle cramping
- a rapid, weak pulse
- a general sense of weakness
- nausea or vomiting
- excessive sweating

- cold, clammy skin
- dizziness and sometimes fainting
- dark-colored urine
- headaches

Anyone who suspects that they have heat exhaustion should immediately rest and rehydrate. If symptoms do not improve, seek medical attention to prevent heatstroke.

<u>Heatstroke</u>, also called sunstroke, is the most serious heat-related illness. Heatstroke may begin with symptoms of heat exhaustion. It can be life-threatening, and symptoms may rapidly worsen, to include:

- a temperature of 104°F or higher
- hot, dry skin
- a racing heartbeat
- confusion
- agitation

- slurred speech
- seizures
- loss of consciousness
- coma

If not treated immediately, heatstroke can damage multiple organs and systems.

There are two types of heatstroke: exertional and non-exertional.

<u>Non-exertional</u> heatstroke occurs in those who cannot adapt well to increasingly hot temperatures. Older adults, people with chronic illnesses, and infants are often affected.

A person typically experiences this type of heatstroke when they are indoors without air conditioning, and they may not be engaging in any physical activity. It can take several days of high temperatures for non-exertional heatstroke to occur, and it is common during extreme heat waves.

<u>Exertional</u> heatstroke occurs in people whose bodies can no longer adapt to rising temperatures while exercising or working. This condition can develop within a few hours, and it usually affects people who are spending time outdoors.

Be Safe, Be Well! Terri, RN

(Resource: Center for Disease Control-CDC)

Queen of Peace Parish

Parish Office:

Queen of Peace Rectory Office

7958 W. Foster Avenue. Chicago, IL 60656 Ph. (773) 775-6659 Fax (773) 775-2832 churchoffice@st-eugene.org

Please contact the Rectory Office for: Sacrament of Baptism, Marriage, Anointing of the Sick, Funerals & Rite of Christian Initiation (OCIA)

Our Worship Sites:

Our Lady, Mother of the Church

8747 W. Lawrence Avenue. Chicago, IL 60656

St. Eugene Church

st-eugene.org

7958 W. Foster Avenue. Chicago, IL 60656

St. Eugene Catholic School:

Mrs. Margaret Kinel - *Principal*www.steugene-school.org
7930 W. Foster Avenue. Chicago, IL 60656
Ph. (773) 763-2235
schooloffice@st-eugene.org

Religious Education:

steugene-school.org/religious-ed

Please contact St. Eugene School for information.

Verbum Dei Sisters:

7920 W. Foster Avenue. Chicago, IL 60656 Ph. (224) 280-8395 verbumdeichicago@gmail.com

Pastoral Staff:

Rev. Richard M. Yanos - Pastor

ryanos@st-eugene.org ext. 112

Rev. Jacek A. Dada - Associate Pastor

jdada@st-eugene.org ext. 108

Rev. Robert Carlton - Associate Pastor

rcarlton@archchicago.org ext. 107

Rev. James J. O'Brien - Pastor Emeritus

benbradagh@aol.com

Rev. Gregory A. Rom - Retired Resident Assistant

grom@archchicago.org ext. 114

Rev. Ed Pacocha - Retired Assistant

Deacon Ted & Mrs. Mary Marszalek

tmarszalek@archchicago.org

Deacon Chris Virruso

Facilities & Office:

Ms. Lisa Keeney - Operations Director ext. 102

lkeeney@archchicago.org

Ms. Marsha Geurtsen - Office Manager ext. 115

mgeurtsen@archchicago.org

Ms. Lydia Hilado - Director of Music & Communications
| hilado@st-eugene.org ext. 109

Mr. Vincent Hilado - *Assistant Director of Music* vhilado@st-eugene.org

Mr. Romulo Jara - Maintenance

Mr. Boguslaw Krolikowski - Maintenance

Mrs. Barbara Meier - Receptionist

barbara@st-eugene.org

Ms. Terri Kaisling - Parish Nurse

Mon., Tuesday & Wed.

tkaisling@primehealthcare.com 773-775-6659

Mrs. Lois Feist - Receptionist

Ms. Christine Jassak - Receptionist

Mrs. Patricia Wagner - Receptionist

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