St. Alphonsus Liguori Parish

Sunday, January 1, 2023 ♦ Solemnity of Mary, Holy Mother of God

Parish Mission Statement

Loved and called by God, we, St. Alphonsus Liguori Parish, come together as an involved, welcoming and caring Catholic community. Following Jesus and guided by the Holy Spirit, we commit ourselves to prayer, service and living our faith. Enriched by Word and Sacrament, we minister to the spiritual, educational and human needs of our families, parishioners and neighbors.

St. Alphonsus Liguori Parish
411 N. Wheeling Rd., Prospect Heights, IL 60070
www.SaintAlphonsusPH.org • 847.255.7452

Parish and School Staff

Pastor: Rev. Joseph Nhat Le -
j.le@saintalphonsus.com 847.255.7452 x 102
Pastoral Minister: Doreen Kelly, M.A.P.S.
d.kelly@saintalphonsus.com 847-255-7452 x 157
Deacons: Steve Stecker - s.stecker@saintalphonsus.com 847.331.4957
Cal Blickle - CBlckl203@aol.com 847.392.7398
School Principal: Dr. Peter Trumblay-
p.trumblay@saintalphonsus.com 847.255.5538 x 115
School Administrative Assistant: Linda Bromer -
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Facilities Manager: Bob McLoughlin -
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Business Manager / Ministry of Care: Alyce Gilarski -
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Communications Manager / Admin. Assistant: Deana McKavanagh -
d.mckavanagh@saintalphonsus.com 847.255.7452 x 131
Parish Office Receptionists: Margaret Harnett and Dee Munroe -
m.harnett@saintalphonsus.com / d.munroe@saintalphonsus.com
Director of Religious Education Grades K-8: Dr. Carol Holden -
c.holden@saintalphonsus.com 847.255.9490 x 116
Religious Education Administrative Assistant: Dolores Munroe -
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Directors of Music: Roslyn McQuillan and Lesley Sharkey -
r.mcquillan@saintalphonsus.com / l.sharkey@saintalphonsus.com
Ministries of Assistance & Bereavement: Tom Tucker - 847.255.7452

Parish Pastoral Council

Fr. Joseph Nhat Le- *Pastor,* Dr. Stanislaw Maslanka, *Chairperson,* Doreen Kelly- *Parish Staff Rep.,* Alicja Folta, Aga Adamska, Monica Kort, Christopher Yacu, Hernan Fonseca, Justine Janowski, Rita Conlon and Dolores Munroe

School Advisory Council

Fr. Joseph Nhat Le- *Pastor,* Dr. Peter Trumblay- *Principal,* Andrew Ortiz- *President*, Kyle Black, Karol Kowalski, Aneta Kulig, Ray Kuper and Paul Paplinski

Finance Committee

Fr. Joseph Nhat Le- *Pastor,* Jeff Huff– *Chairperson,* Alyce Gilarski- *Parish Staff Rep.,* Larry Gulik, Joanne Topham, Joan Fine, Karol Kowalski and Paul Marcy

Parish Office

M-F 9:00am—4:00pm

School Office Hours

M-F 8:00am—2:30pm

Masses

Sunday..... 8:30 am & 11:00 am
Monday—Thursday... 8:15 am (Unless otherwise specified)
Friday……..8:30 am
Saturday ..... 5:00 pm (Anticipated Liturgy)
Holy Days…….. 8:15 am & 7:00 pm (Unless otherwise specified)
Healing Mass…… 8:15am (First Saturday of the Month)

Sacrament of Reconciliation

During Healing Masses on the 1st Saturday of the month from 8:00am—9:00am. Or by appointment with Fr. Joe 847-255-7452 x 102.

Marriages

Arrangements must be made at least six months prior to the wedding date. Please call the Parish Office at 847-255-7452 x 157.

Baptisms

Sundays after 11am Mass – Please call the Parish Office at 847-255-7452 x 157.

Rite of Christian Initiation for Adults (RCIA)

For those contemplating becoming Catholic or those wishing to learn more about the Catholic faith. Please call the Parish Office 847-255-7452 x 157.

Eucharistic Adoration

Tuesdays from 6:00-7:00pm in the church and live-streamed.

This Week at St. Alphonsus

SUNDAY, JANUARY 1 - NEW YEAR'S DAY
SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD
In-Person Masses - Church - 8:30am*, 11:00am*
*Parking Lot Mass, Radio Broadcast w/Eucharist - 8:30am
*Live-Streamed on Facebook (link on parish website)
No Religious Education Classes

MONDAY, JANUARY 2
Offices Closed
Private Prayer - Church - 7:45am
In-Person Daily Mass - Church - 8:15am
WICI Dance - Dining Hall - 6:00pm—10:00pm
No Religious Education Classes

TUESDAY, JANUARY 3
Private Prayer - Church - 7:45am
In-Person Daily Mass - Church - 8:15am
Birthday Celebrations - Mtg. Rooms A/B/C - After 8:15am Mass
Adoration - Church - 6:00pm
Liturgy Committee Meeting - Rectory Conference Room - 7:15pm
Friends of Bill W. - Mtg. Room C - 7:30pm

WEDNESDAY, JANUARY 4
Private Prayer - Church - 7:45am
In-Person Daily Mass - Church - 8:15am
WICI Dance - Dining Hall & A/B/C - 6:00pm—10:00pm

THURSDAY, JANUARY 5
Private Prayer - Church - 7:45 am
In-Person Daily Mass - Church - 8:15am
Choir Rehearsal - Church - 6:00pm
SPRED - Burke Hall - 6:30pm
RCIA - Rectory - 7:00pm

FRIDAY, JANUARY 6
Private Prayer - Church - 7:45am
In-Person Mass - Church - **8:30am**

SATURDAY, JANUARY 7
Healing Mass w/Confessions - Church - 8:15am -*Rosary to follow*
PADS - Gym/Dining Hall/Kitchen & A/B/C - 3:00pm—8:00am
In-Person Mass - Church - 5:00pm

SUNDAY, JANUARY 8
In-Person Masses - Church - 8:30am*, 11:00am*
*Parking Lot Mass, Radio Broadcast w/Eucharist - 8:30am
*Live-Streamed on Facebook (link on parish website)
Knights of Columbus Meeting - Meeting Rooms A/B/C - 6:00pm
No Religious Education Classes

Altar Bread and Wine

This Week's Altar Bread and Wine is in Memory of:
Bill Mahrenholz
Offered By:
The Mahrenholz Family

Today's reading is a continuation from the Gospel proclaimed at the Christmas Mass at midnight. In it the shepherds act upon the message they receive from the angel and go to find Jesus in the manger in Bethlehem. In their visit to the manger, the shepherds find things just as the angel had said. The shepherds' visit, therefore, is a moment of fulfillment, manifestation, and the beginning of the salvation we receive through Christ.

In the context of today's Solemnity, this reading also helps us focus on Mary as the Mother of God. The reading tells us at least three things about Mary as a mother. First, Mary is described as a reflective person, keeping the reports of the shepherds in her heart. Second, we are reminded of how obedient Mary was to God when she named the baby *Jesus* as the angel Gabriel had directed. Third, this reading shows Mary and Joseph faithfully observing their Jewish tradition by having Jesus circumcised.

Mary's faithfulness to God is evident in all three of these things. Her reflection upon the events in her life indicates that she was a person of prayer. This prayer made possible her obedience to God and God's will, even if the outcome was not clear. Finally, her faithfulness to a community of faith grounded her relationship with God and enabled her to participate in God's plan of salvation.

Because of Mary's faithfulness to God, she was able to receive the gift of God's Son and accept her role in God's plan for salvation. By doing so, she models for us the path of discipleship and is also called Mother of the Church.

Our call to discipleship also includes these three aspects. First, discipleship means prayer and reflection on the events of our lives that we might see God's presence and work in our lives. Second, discipleship means obedience to God and God's will. Third, discipleship includes fidelity to a community of faith.

Liturgy

Masses / Observances	Mass Intentions	Presider	Readings
Saturday, 12/31, 5:00pm St. Sylvester I, Pope; New Year's Eve	†George Fine, †Kenneth Marcotte, †Bryan Kumpula, †Pietro Carluccio, †Alfred Campeol, †Gleason Deniston Families, †Stanislaw A. Maslanka, Sr., †Jerome R. Sefcik, †Giacomina & Louis Ranzini	Fr. Ed Panek	*See Sunday's Readings Below*
Sunday, 1/1, 8:30am **Mary, The Holy Mother of God,** National Migration Week, New Year's Day, World Day of Peace	†Sharon Johnson, †Jack Toomey, †Dorothy, †Joan Daley Lee, †Bill Mahrenholz, †Turansky & Kozmel Families, †Dorothy Flynn	Fr. Joe Le	Nm 6:22-27/Ps 67:2-3, 5, 6, 8 (2a)/ Gal 4:4-7/Lk 2:16-21
Sunday, 1/1, 11:00am	†Michael Whelan, †Irene Hendricks, †Rick Rice, †Delfino Gomez	Fr. Joe Le	
Monday, 1/2, 8:15am Sts. Basil the Great and Gregory Nazianzen, Bishops and Doctors of the Church	†Peter Wisniewski	Fr. Joe Le	1 Jn 2:22-28/Ps 98:2-3ab, 3cd-4/Jn 1:19-28
Tuesday, 1/3, 8:15am The Most Holy Name of Jesus	†Souls in Purgatory	Fr. Joe Le	1 Jn 2:29—3:6/Ps 98:1, 3cd-4, 5-6/Jn 1:29-34
Wednesday, 1/4, 8:15am St. Elizabeth Ann Seton, Religious	†Jean Perkowitz, †George Hawel, †Albert Hawel, †Raymond Stoga	Fr. Ed Panek	1 Jn 3:7-10/Ps 98:1, 7-8, 9/Jn 1:35-42
Thursday, 1/5, 8:15am St. John Neumann, Bishop	†Peter Wisniewski	Fr. Joe Le	1 Jn 3:11-21/Ps 100:1b-2, 3, 4, 5/Jn 1:43-51
Friday, 1/6, 8:30am St. André Bessette, Religious	†Souls in Purgatory	Fr. Joe Le	1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20/Mk 1:7-11 or Lk 3:23-28 or 3:23, 31-34, 36, 38
Saturday, 1/7, 8:15am **Healing Mass w/Confessions** St. Raymond of Penyafort, Priest	†Souls in Purgatory	Fr. Joe & Fr. Joji	1 Jn 5:14-21/Ps 149:1-2, 3-4, 5 and 6a, and 9b/Jn 2:1-11
Saturday, 1/7, 5:00pm	†George Fine, †Steve McCormick, †Alice Thielsen	Fr. Bob Heinz	*See Sunday's Readings Below*
Sunday, 1/8, 8:30am The Epiphany of the Lord	†Sharon Johnson, †Dorothy Flynn	Fr. Joe Le	Is 60:1-6/Ps 72:1-2, 7-8, 10-11, 12-13 (see 11)/Eph 3:2-3a, 5-6/ Mt 2:1-12
Sunday, 1/8, 11:00am	†Michael Whelan, †Irene Hendricks, †Virginia Deniston	Fr. Joe Le	

This Weekend's Gospel: Luke 2:16-21

The shepherds went in haste to Bethlehem and found Mary and Joseph, and the infant lying in the manger. When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them. When eight days were completed for his circumcision, he was named Jesus, the name given him by the angel before he was conceived in the womb.

Online Giving with give central

It's easy to participate in online giving!

GiveCentral was created with input from parishes as a customized online giving program.

GiveCentral is a secure online system where parishioners can create individual giving profiles with payment options ranging from direct debit (ACH) to credit cards.

Benefits for YOU:

- Increased options and accessibility for giving
- Review your giving history in real time 24/7
- Keeps your gifts secure
- Giving summary saves time at tax season

Benefits for YOUR PARISH:

- Saves money on envelopes and postage
- Helps predict cash flow for budgeting
- Cost-effective solution for online payments
- Better collection of payment history for tax purposes

GiveCentral has emailed you login credentials for an account created just for you, but you may choose to create your own account. If [illegible] follo[illegible] steps below.

Here's how to get set up:

Remember to set up monthly/weekly "auto pay"

1. Go to our St Alphonsus Liguori's GiveCentral Page:

   https://www.givecentral.org/location/465

2. Click on 'View More'.
3. Select the funds to which you would like to donate.
4. Put in the amount you would like to donate, select the date you want the first donation taken out (if this is for a second collection, please be mindful of what month you choose, refer to the month in the fund's name)
5. Click "Add to my Gift Basket".
6. If you would like to donate to more funds, click the green "Add More Items" and repeat steps 2-5. If you are done, click the blue "Checkout" button.
7. Make sure you check out other ways to give by revisiting our donation page.

St. Al's and Renew My Church – the Facts:

-Fr. Joe, Fr. Chris and the Writing Team (Elizabeth Bernardi, Doreen Kelly, Liz Mika, and Mira Link) participated in an on-line meeting with the Renew My Church Executive Committee and Bishop Grob on December 15th.

-Our combined team gave a summary of the strengths and challenges of each scenario. We shared our concerns that the needs of a combined bi-lingual parish would be more than one pastor could handle, and that the pastor would need to speak Polish and English. We shared that the School and Religious Education ministries bring joy and energy to our parish, and that we hope that St. Thomas Becket parishioners will become part of these ministries.

-Cardinal Cupich will announce his decision at the end of January, 2023.

Updated 12/16/22

Thank you to our wonderful parishioners for the gift of the Matthew Kelly book, "Holy Moments."

Thank you to Glueckert Funeral Home for the gift of the English and Polish 2023 Calendars.

May the Lord Bless You for your generosity!

St. Alphonsus Senior Fun Club

Potawatomi Casino ~ Milwaukee, WI

Wednesday, January 18

$35.00 Includes: Bus Trip,
$10 Slot Play & $10 Food Voucher
Bus LEAVES St. Alphonsus at 9:00am
Register By January 9

Name:_____

Address:_____

Email:_____

Phone:_____

Players Card #_____DOB:_____

Questions? Contact Alyce 847~255~7452 x 143

Senior Fun Club Membership

January 2023 – December 2023

We invite all members to renew their membership for the year. And we would like to invite all seniors 55+ to join the "Fun!" We meet on the **Second Wednesday** of the Month at 9:00am in the Meeting Rooms off the Narthex. Casino Trips…Shrine Trips…Wonderful speakers and topics… Bingo….and much more! All are welcome!

Please Print

Name_____

Address_____

City_____ Zip_____

Phone_____

Birthdate_____

$25/per year

Make checks payable to: St. Alphonsus Liguori Parish

Senior Fun Club

Yes– It's Cold… Yes It's Dreary…
Yes It's January,
BUT…
We are Not Cold, We are Not Dreary, and
We are Ready for January!

Join us for a morning of Good Coffee,
Good Donuts, Good Friends
and

Get that blood flowing!

Wednesday, January 11
9:00am
In the meeting rooms

Dear Parishioners,

Many thanks for your generosity this year for our Annual Giving Tree. We collected over $7,000.00 and were able to provide Christmas Stockings filled with candies and little gifts for the children from our Food Pantry and PADS Guests along with gift cards from Walmart and Target. Everyone was grateful for the gifts and appreciative for the gift cards. This gave them an opportunity to purchase gifts of their choice to add to their festivities.

Extra stockings and gift cards were given to a few families in need.

Because of your generosity we added a bit of joy to their Christmas. Thank you once again. A Blessed New Year to all of you!

We need Altar Servers!

If your child is in 4th through 8th grade, we humbly invite her/him to serve the Lord as an Altar Server! Mass assignments are weekend Masses for all Altar Servers plus Friday School Masses for St. Alphonsus students. Training is scheduled and provided by Fr. Joe.

___Yes, my child(ren) would like to be an Altar Server.

Child's name, grade, and school:

_____

_____

_____

Parent contact – name, phone, email:

_____

_____

Please return to the School or RE Office or the collection basket. Thank you!

Bible Study: Into His Likeness- Dr. Edward Sri

In the ancient disciple-rabbi relationship, the disciple would follow the rabbi so closely that he would be covered in the dust kicked up from his rabbi's feet. Thousands of years later, though we walk on roads of pavement and not dust, we are still called to be disciples—to follow our Rabbi, Jesus Christ, so closely that we are covered with his life, changed, and made new. But this transformation in Christ doesn't happen overnight. In this series, Edward Sri reminds us of two basic truths: First, (A) The truth of our human condition: we are full of many weaknesses, wounds, and sins. And second, (B) The truth of our high calling—we are called to be perfected in God's love and transformed in Christ. Living as a disciple is all about the process of getting from A to B.

We are reminded that the saints were not always perfect, but works in progress—just think of Matthew the tax collector, Paul the persecutor of Christians, and Peter the denier of Christ. Edward Sri reminds us that the earliest disciples are models not of perfection but of a process. And it's that process that Jesus wants to reproduce in our lives today.
Do you sense that movement in you—that desire to go deeper in your relationship with Christ? Do you have a longing to follow Jesus more closely, to be transformed by him? Do you notice a stirring inside, a longing to love God with all your heart, but feel unsure what steps to take next?

If you answered yes to any of these questions, know that God is the one who has put those yearnings in your soul. He has already given you the heart of a disciple. This series simply aims to help you follow those initial promptings of the Holy Spirit so that you may more intentionally encounter Jesus anew each day and be more disposed to the power of his grace molding you, transforming you ever more into his likeness.

Class begins Wednesday, January 4th at 7:00pm at the Parish Office in Burke Hall. The class will last six weeks and has a cost of $10 for the study guide. Please contact Brad Vallem (bsvallem@aol.com or 847-714-2574), Joe Cotugno (847-650-4921 or jcotugno@icloud.com) or the parish office.

FOOD PANTRY NEWS...

December 17th was our annual Christmas distribution of food. Thanks to your donations, 70 families were assisted on that day with bags of food and gift cards (from the donations made to the Giving Tree Ministry) to help them buy gifts for their children.

We conducted the distribution outside as we have done with all Food Pantry distributions since March 2020 due to the continuing pandemic. Our many volunteers worked hard to make sure that each family was serviced as quickly and safely as possible.

We want to thank all of the Food Pantry and Giving Tree volunteers that worked so hard to help our food pantry families at this distribution. We also want to thank everyone that generously donated the amazing amounts of food and money that made this day possible. **May God bless all of you for your generous donations of time, talent and treasure!**

If you would like to receive COMMUNION with **Low Gluten Hosts** (.ooo2%), please contact the Parish Office at 847-255-7452.

If you have strict dietary requirements, please consult your doctor.

CELEBRATE YOUR BIRTHDAY WITH FRIENDS!

The Daily Mass community invites all parishioners to celebrate birthdays the **first Tuesday** of each month **following the 8:15 Mass** in the meeting rooms.

Celebrants are invited for coffee & cake and a special blessing from Fr. Joe. Even if it's not your birthday come and enjoy the coffee and conversation!

Join us **Tuesday, January 3**!

See you there! Questions?
Call Deacon Cal Blickle 847-392-7398

Ministers of Care

Ministers of Care carry on Christ's mission by ministering to the spiritual needs of people with prayers and comfort in times of sickness.

We personally visit your home. If you or a member of your family would like a visit from a Minister of Care, and have the Sacrament of Eucharist brought to you, please contact:

Alyce Gilarski
847-255-7452 x 143

Healing Mass

Join us for the Sacraments of Reconciliation & Anointing during Mass on Saturday, January 7 at 8:15am.

The Rosary will be led by the American Heritage Girls after Mass.

Please Pray For:

~ Those Requesting Prayers ~

Linda Aldridge, John Balzanto, Shirley Barker, Matthew Fitzgerald Batt, Clayton Berrigan, Marie Berrigan, Donald Blickle, Lawrence Boesen, Thomas Boesen, Emily Bogacz, Lola Bondzinski, Jeanne Brown, Maria Budinger, Maria Cacucciolo, Harriett Ciesil, Jennifer Clyder, Anne Cozzone, Jack Dugan, Mary Dugan, Joan Fine, Heather Fischer, Tim Ford, Marge Fosselman, Kevin Frei, Caryn Garber, Carol Glab, Mary Graff, Liz Hardesty, Judy Hartman, Margaret Harnett, Dale Hay, Kathleen Heinz, Salvina Hernandez, Jackie Hipelius, John Hipelius, Jessica Hough, Tom Huene, Jr., Itzy, Pam Jackstis, RFK, Mary Ann Kudjer, Pat Laman, Carol Lange, Lucille Lay, Megan Lawler, Patti Lawler, Jim Leonard, Bob Linhart, Pat Linhart, Rick Lizars, Josephine Mallek, Marie Maslanka, Roger MacLennan, Mareena Mattison, Michael McDonough, Jim McGowan, Ann Michals, Gay Miezin, Cathy Moretti, Dick Moretti, Maeve Morgan, Dolores Murbach, Norine Naselli, John Naughton, Susan Naughton, Marilyn Olson, Bernie Olson, Susan Ostrowski, Jeanne Pawlowski, Marcella Peterson, Karen Ralston, Michael Ricard, Mary Roseri, Ning Santos, Mary Jo Sheehy, John Shafer, Laura Schuerman, Robert "Bob" Smith, Donna Tadda, Natalie Tadda, Barbara Teeple, Bill Teeple, Justin Thompson, Ellen Ward, Martha Wieland

To be added to this prayer list, or have your name removed, please call the Parish Office at 847-255-7452.

~ Our Beloved Deceased ~

Margaret Ferrara (Mother of Mary Lou Crost)

Alvin Snider (Husband of Jacqueline)

~ Those Baptized ~

Milo Bochula

Welcome to St. Alphonsus Liguori Parish!

New Members: Register by calling the Parish Office at 847-255-7452 or online at www.SaintAlphonsusPH.org

Current Members: Please call to update your phone number, home or email addresses if there are changes.

~ Those in the Military ~

We would like to keep Active Duty Military who proudly serve our country in our prayers.

Lt. Ryan Pattullo, USN, *grandson of Maria Wirth*
Capt. Michael K. Yoshino, U.S. Army, *son of Keith & Kristine Yoshino*
Col Michael B. Sheridan, U.S Army, *nephew of Anita Thomas*
Lt. Col Chiara Sheridan, U.S. Army, *relative of Anita Thomas*
Maj. Christina M. Rudolph, U.S. Army Reserves, *daughter of Julianne Henington*
LCp1. Tim Haerr, USMC, *great nephew of Joyce Patton*
LCDR Patrick Mitchell, USN, *son-in-law of Jean and Tom Spiegelhalter*
CPO, Matthew Lee, USN, *nephew of Patrick Lee*
LCpl. Jason Matker, USMC, *grandson of Donald (and Carol) Matker*
FCA3 Andrew Fonseca, USN, *parishioner*
Cpl. Eric Fonseca, USMC, *parishioner*
Cpl. Robert McKavanagh, USMC, *son of Deana McKavanagh*

Add a Person / Update Rank / Remove from List
Contact Deana: 847-255-7452 x 131
d.mckavanagh@saintalphonsus.com

Prayer Circle

Ministers offer spiritual and moral support to those experiencing serious concerns in their lives. They want to pray with you for special intentions, such as a serious illness or emergency situation. When called upon, these ministers pass your prayer request to all members. Prayers are kept within the Prayer Circle and are not announced at Mass unless you wish. If you are in need of this prayer support, please call:
Diane Kachigian
847-215-2548

Community Events and Support Groups:

Confirmation for Baptized Vicariate I Adults—
Register by **February 20, 2023** for Adult Confirmation Formation Sessions begin Monday, March 6, 2023. Bishop Jeffrey Grob will confirm adults on Wednesday, May 17, 2023 at St. Edna Parish, Arlington Heights. For information and registration, visit https://vic1chicago.org (Find Faith Formation on ribbon, then choose Adult Confirmation) or email questions to Lorie Crepeau, lcrepeau@stedna.org

Exploring the Diaconate—
For information on upcoming information sessions that are in person or on Zoom, please visit usml.edu. *The application deadline for the 2023-2024 Aspirancy Path is July 15, 2023.*

Monthly Support Group for Caregivers—
Presented by Catholic Charities Northwest Senior Services. The Family Caregiver Support Program recognizes that unpaid, family caregivers provide the majority of care giving in the United States. Caregivers help their spouses, parents, or other senior relatives with tasks such as: bathing, eating, dressing, personal hygiene, cooking, cleaning, transportation and financial management. This is a time to share with others who face the same challenges with care giving. **Virtually Every third Wednesday of the month from 7:00pm—8:30pm.** Contact Jasmine Chorath 847-338-7319

Lunches by Catholic Charities--
Luncheons are served M-Fri for seniors 60 and older at Arlington Heights Senior Center, 1801 W. Central. Suggested donation of $4.00 on a reservation basis only. Call 847-797-5354 for more info & reservations.

Mayslake Ministries—
Mayslake Ministries is a non-profit Catholic/Christian organization where ordinary gifted people do the extraordinary work of God, both in person and online. How may we help you with your spiritual journey? For information on upcoming events, dynamic speakers and spiritual retreats, visit www.mayslakeministries.org or call 630-852-9000

Virtual Opportunities: Archdiocese of Chicago—
All Catholics - Register for Online Book Clubs *(Even for engaged couples)*, Virtual Prayer Groups, Young Adult Prayer Groups, Online Theological Discussions and more! Visit our website at www.archchicago.org

Worldwide Marriage Encounter Weekends—
Renew your sacrament by deepening your communication, strengthening your relationship and rekindling your romance! For information, please visit www.wwme-chicagoland.org

Pregnant? Need help?—
Call Crisis Pregnancy at 1-800-NO-ABORT (1-800-662-2678) ***St. Mary's Services*** Offers free confidential counseling to assist women with an unplanned pregnancy, postpartum depression, grief and loss over a miscarriage, stillbirth, post abortion, and/or adjustment to motherhood. Our baby closet is available for all receiving counseling. For information call 847-870-8181.

LOSS: Loving Outreach to Survivors of Suicide—
Loving Outreach to Survivors of Suicide (LOSS) is a free, non-denominational program that supports individuals who are grieving the loss of a loved one by suicide offered by Catholic Charities. LOSS offers a safe, non-judgmental environment where survivors of suicide can openly talk about feelings, and find resources for healing. Call 312-655-7283 or visit www.catholiccharities.net/loss

Support for Loss of a Loved One—
Grief and Loss Services at Rainbow Hospice and Palliative Care offers one-on-one counseling, support groups and education for anyone who has lost a loved one. For more information visit www.RainbowHospice.org or call 847-653-3141

Widowed Men & Women's Monthly Support Group—
To Be Joyful Again, a non denominational support group for widows, widowers, or anyone who has lost a significant other, meets the **1st and 3rd Thursday of every month at 7:00pm** at Holy Family Parish, 2515 Palatine Road, Inverness. Get the support you need in this difficult time. All are welcome. Contact Peggy Emerson at 224-595-3613 or Bob Boho at 847-438-2884

***Joyful Again!* Support for Widowed Men & Women—**
For upcoming Retreats and Workshops please check us out at www.joyfulagain.org, or call 708-354-7211

NAMI Support Group at St. Emily Parish—
Family members of individuals living with mental health conditions are invited to the National Alliance on Mental Illness Family Support Group the **second Tuesday of each month 7:00-8:30pm** 1400 E. Central Road in Mt. Prospect. Questions? Contact Mary Rose at 847-496-1415

Chicago Behavioral Hospital in Des Plaines, IL—
If you or someone you know is in a crisis and needs help, we are available 24/7 at 844-756-8600. CBH provides a supportive, compassionate and innovative environment of patient centered care for adolescents, adults and seniors. (Free Assessments)
ADD/ADHD, Addiction, Anger, Anxiety, Depression, OCD, Grief & Loss, Suicidal Ideation, Anti-Social Disorder, Trauma, Self-Injury, Bi-Polar Disorder, Dual Diagnosis, School Refusal, Schizophrenia, Bullying, Teen Pregnancy.

DOMESTIC VIOLENCE OUTREACH
—ARCHDIOCESE of CHICAGO—
AWARENESS · SERVICES · PREVENTION

If you are a victim of domestic violence (male or female), or know someone who is, and need help, please contact one of these numbers:
WINGS 24 hr. Hotline and Counseling Services and Emergency Shelter 847-221-5680 • National Domestic Violence Hotline 24 hr. 800-799-7233 • National Dating Abuse Helpline, (including teens) 866-331-9474 • Visit www.ndvh.org **In an Emergency dial 911**

Matz
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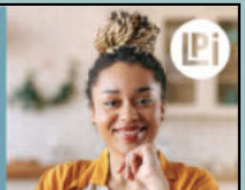

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