



## ST. JOSEPH PARISH

DOWNERS GROVE, IL

SUNDAY, FEBRUARY 12, 2023

# 6<sup>TH</sup> SUNDAY IN ORDINARY TIME



"Again you have heard that it was said to your ancestors,  
Do not take a false oath, but make good to the Lord all  
that you vow." - Mt 5:33

## Directory

### **St. Joseph Parish Business Center**

4824 Highland 630.964.0216

**Religious Education** 630.964.0216 x1106

**Youth Ministry** 630.964.0216 x1210

**St. Joseph School** 630.969.4306

**[www.stjosephdg.org](http://www.stjosephdg.org)**

**Weekend Masses:** Saturday 8:00 am and 5:00 pm Sunday: 7:00 am 9:00 am 11:00 am and 5:00 pm

**Weekday Masses:** 7:00 am (Monday-Friday)  
Weekday Holy Days: Call for schedule

**Sacrament of Reconciliation:** (Confession)  
Saturday: 3:30 - 4:30 pm

**Registration:** We are happy to welcome new members to our community. Please contact Deacon Frank Kozar at 630.964.0216 x1107

**Pastor Rev. Al Heidecke** [aheidecke@sjpdg.org](mailto:aheidecke@sjpdg.org)

### **Parochial Vicar**

Fr. Michael Groth [mgroth@sjpdg.org](mailto:mgroth@sjpdg.org)

**Deacons** Frank Kozar, Greg Ouska,  
Robert (Pat) Sullivan & Carl Schumacher

### **Parish Service Coordinator**

Frank Kozar [fkozar@sjpdg.org](mailto:fkozar@sjpdg.org)

### **Business Manager**

Beth Harbauer [bharbauer@sjpdg.org](mailto:bharbauer@sjpdg.org)

### **Assistant to the Business Manager**

Mary Ann Pattanayak [mpatta@sjpdg.org](mailto:mpatta@sjpdg.org)

### **Director of Religious Education**

Jacqueline Lackaff [jlackaff@sjpdg.org](mailto:jlackaff@sjpdg.org)

### **Youth Ministry Director**

Marta Spiezio [mspiezio@sjpdg.org](mailto:mspiezio@sjpdg.org)

### **Youth Ministry & Parish Administrative Assist.**

Cindy Jagielo [cjagiello@sjpdg.org](mailto:cjagiello@sjpdg.org)

### **Music Director/Liturgist**

Robert Valle [bvalle@sjpdg.org](mailto:bvalle@sjpdg.org)

### **Liturgy Assistant**

Julie Visher [jvisher@sjpdg.org](mailto:jvisher@sjpdg.org)

### **Parish Council**

Michele Geraghty [michelegeraghty62@gmail.com](mailto:michelegeraghty62@gmail.com)

### **School Principal**

Beth Cunningham [bcunningham@sjsdg.org](mailto:bcunningham@sjsdg.org)

### **Assistant Principal**

Jessica Ranquist [jranquist@sjsdg.org](mailto:jranquist@sjsdg.org)

### **School Secretary**

Julie Wojciechowski [jwojciechowski@sjsdg.org](mailto:jwojciechowski@sjsdg.org)

### **Systems Administrator**

Mike Mazurkiewicz [mmazurkiewicz@sjsdg.org](mailto:mmazurkiewicz@sjsdg.org)

### **Facilities Manager**

Al Kramerich [akramerich@sjpdg.org](mailto:akramerich@sjpdg.org)

### **St. Vincent de Paul Society**

630-964-0216 x1011



**St. Joseph Catholic Church · 4801 Main Street, Downers Grove**

## God's Call to Us

### (The St. Joseph Parish Mission Statement)

St. Joseph Parish is a community chosen and called by God to be sent and directed by the Holy Spirit.

It exists to provide the People of God the pastoral care and spiritual nourishment they need to proclaim the good news of Christ in their lives and to the world.

## Our Response to God's Call

### (The St. Joseph Parish Vision Statement)

St. Joseph Parish is a community of God's People empowered by the Holy Spirit to promote God's reign in the world. Nourished by Word and Sacrament, we will grow together in faith, hope, and in a passionate love of God and neighbor. In our families, we will teach and learn the love of Jesus Christ. In our various occupations we will make decisions and set priorities in accordance with the values of the Gospel. And in the world around us we will stand always for justice, compassion and peace.

## Sacraments

**Baptisms:** We celebrate the Sacrament of Baptism every Sunday. Parents are required to attend a Baptismal formation meeting. Baptisms are scheduled at this meeting. Please call the Parish Center for reservations and further information.

**Marriages:** Arrangements should be made at least six months in advance to provide ample time for preparation of this sacrament. Please call the Parish Center for more information.

**For Homebound:** If you or a member of your family is hospitalized or homebound and would like a priest to visit, please notify the Parish Center.

**Parish Boundaries:** North: Tollway; South: 59th St. East: Prospect Avenue and extensions north and south; West: Belmont Avenue

## To Register Your Child at St. Joseph School

Visit [www.stjosephdg.com/admission](http://www.stjosephdg.com/admission) for registration information. Registration accepted throughout the school year. For school tours, please call the school office at 630-969-4306.



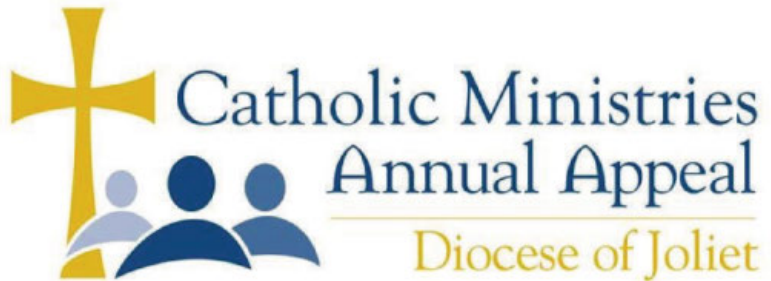
# Your Gift to the CMAA Makes a Difference

The opening report for the 2023 Catholic Ministries Annual Appeal (CMAA) in today's bulletin reflects how we belong to God because we are part of Christ's Church.

Through the CMAA, we care for the most vulnerable members of our community. We also benefit, as a parish, from the many ministries the CMAA supports, like vocations, Catholic education and faith formation.

**Our parish's goal for the 2023 CMAA is \$119,000. The diocese will return 70 percent of any amount we raise over this goal to us.** You should have received a packet about the CMAA, including a pledge card, in January.

Please review this information and prayerfully reflect on your gift to this year's CMAA.



As Catholics, we are called to plan ahead and share the blessings of our lives with our loved ones and future generations. To help you be a steward of everything God has entrusted to your care, the Diocese of Joliet is sharing a free, online will-writing tool. It is cost-free and takes 20 minutes or less to protect your family and your assets, and create a gift to pass the Catholic faith onto future generations. Get started at **FreeWill.com/DiocesefJoliet**



## Sixth Sunday in Ordinary Time

February 12, 2023

"Again you have heard that it was said to your ancestors, 'Do not take a false oath, but make good to the Lord all that you vow.' But I say to you, do not swear at all. Let your 'Yes' mean 'Yes' and your 'No' mean 'No.'" - Mt 5:33-34a, 37

### Mass Schedule & Intentions

#### Sunday, February 12

- 7:00 AM Carol Whipple
- 9:00 AM Mothers Spiritual Bouquet & Anna Marie White
- 11:00 AM Deceased Members of the Himpler Family
- 5:00 PM People of the Parish

**9:00 am Sunday Mass is LIVE - STREAMED. Visit [www.stjosephdg.org](http://www.stjosephdg.org) and click on Livestream.**

#### Monday, February 13

- 7:00 AM Intentions of the Lech Family

#### Tuesday, February 14

- 7:00 AM The Souls in Purgatory

#### Wednesday, February 15

- 7:00 AM Margaret Weldon

#### Thursday, February 16

- 7:00 AM Kerry Dufresne

#### Friday, February 17

- 7:00 AM Nancy Snyder (L)

#### Saturday, February 18

- 8:00 AM Ed & Rosemary Cox and Animma Madappat
- 5:00 PM The People of the Parish

#### Sunday, February 19

- 7:00 AM Russell Massaro
- 9:00 AM Richard & Chris Guzior (L)
- 11:00 AM Janina Kuciel and Urszula Niezbecka
- 5:00 PM Fathers Spiritual Bouquet and Maria Fisher

### Today's Readings

**First Reading:** God allows us to make choices, but we are not to choose injustice or sinfulness (Sirach 15:15-20).

**Psalm** — Happy are those who observe God's commands (Psalm 119).

**Second Reading** — God's wisdom is mysterious and hidden (1 Corinthians 2:6-10).

**Gospel** — Jesus has come not to abolish but to fulfill the law and the prophets (Matthew 5:17-37)

### Readings for the Week

Monday: Gn 4:1-15, 25; Ps 50:1, 8, 16bc-17, 20-21; Mk 8:11-13

Tuesday: Gn 6:5-8; 7:1-5, 10; Ps 29:1a, 2, 3ac-4, 3b, 9c-10; Mk 8:14-21

Wednesday: Gn 8:6-13, 20-22; Ps 116:12-15, 18-19; Mk 8:22-26

Thursday: Gn 9:1-13; Ps 102:16-21, 29, 22-23; Mk 8:27-33

Friday: Gn 11:1-9; Ps 33:10-15; Mk 8:34 — 9:1

Saturday: Heb 11:1-7; Ps 145:2-5, 10-11; Mk 9:2-13

Sunday: Lv 19:1-2, 17-18; Ps 103:1-4, 8, 10, 12-13; 1 Cor 3:16-23; Mt 5:38-48

### Saints and Special Observances

Sunday: Sixth Sunday in Ordinary Time;

World Marriage Day; Abraham Lincoln's Birthday

Tuesday: Ss. Cyril and Methodius; Valentine's Day

Friday: The Seven Holy Founders of the Servite Order

Saturday: Blessed Virgin Mary

Elizabeth Behrens  
Marion Holec  
Joe Arnold  
(Father of Lori Balsamo)

**Please pray for our beloved deceased**



### Sunday, February 12 Gospel of Mt 5:17-37

Jesus said to his disciples: "Do not think that I have come to abolish the law or the prophets.

I have come not to abolish but to fulfill.

Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place.

Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven.

But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven.

I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

"You have heard that it was said to your ancestors, You shall not kill; and whoever kills will be liable to judgment.

But I say to you, whoever is angry with his brother will be liable to judgment; and whoever says to his brother, 'Raca,' will be answerable to the Sanhedrin; and whoever says, 'You fool,' will be liable to fiery Gehenna.

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift.

Settle with your opponent quickly while on the way to court.

Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard,

and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny.

"You have heard that it was said, You shall not commit adultery. But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.

If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna.

And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one of your members than to have your whole body go into Gehenna.

"It was also said, Whoever divorces his wife must give her a bill of divorce. But I say to you, whoever divorces his wife - unless the marriage is unlawful — causes her to commit adultery, and whoever marries a divorced woman commits adultery.

"Again you have heard that it was said to your ancestors, Do not take a false oath, but make good to the Lord all that you vow. But I say to you, do not swear at all; not by heaven, for it is God's throne; nor by the earth, for it is his footstool; nor by Jerusalem, for it is the city of the great King.

Do not swear by your head, for you cannot make a single hair white or black. Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the evil one."

St. Joseph Parish Community would like to recognize and remember in prayer, **ALL ACTIVE DUTY** military personnel serving our country here and throughout the world.

Lt. Julia M. Anderson  
P.O. 1 Emily C. Behrel  
Cpt. Ian Correll  
Sailor Steven Derdzinski  
Matt Dickey  
Teddy Evans  
Lynnea K. Jensen  
Austin Kus, US Navy

Sheila Perazal Kus, Air Force  
Jack McGuire, US Navy  
Maeve McGuire, US Navy  
S Sgt Ian A. Nogle  
Lt. Bruce Penny  
Pvt Brandon Skenandore  
Vincent Wroblewski  
SPC Abigail Baran, US Army

To include/remove a name, contact Julie Visher at 630.964.0216 ext. 1202 or [jvisher@sjpdg.org](mailto:jvisher@sjpdg.org).

### Sick List

Mark Dahl, Fran Rheintgen, Kelly Obbish  
Brummet, Ed Skibinski, Chris Kapus & Mike  
Kapus, Rosemary Fanta, mother of Catherine  
Stich

## **Lent - Holy Week - Triduum - Easter Sunday 2023**

### **St. Joseph Church, Downers Grove**

#### **Ash Wednesday (February 22)**

Masses: 6:30 a.m. and 7:00 p.m.

Liturgy of the Word with Distribution of Ashes: 12:00 p.m. and 4:00 p.m.

#### **Stations of the Cross (Fridays)**

February 24, March 3, 10, 17, 24, 31, April 7 (Good Friday)

7:00 p.m.

#### **Solemnity of Saint Joseph (transferred to March 20)**

Masses, 7:00 a.m. and 7:00 p.m.

*The Saint Joseph's Table follows the 7:00 p.m. Mass.*

*No adoration*

#### **Sacrament of Reconciliation**

Individual Confessions, Saturdays, 3:30 p.m. - 4:30 p.m.

Parish Reconciliation Service, Wednesday, March 15, 7:00 p.m.

Individual Confessions, Tuesday, April 4, 4:00 p.m. - 6:00 p.m. and 7:00 p.m. - 9:00 p.m.

#### **Lenten Evening Retreats**

Thursdays—March 2, 23, 7:00 p.m. - 8:30 p.m.

Come one or both nights for prayer, reflections by one of our priests and parishioners, and retreat.

#### **Palm Sunday of the Passion of the Lord**

Saturday, April 1, 5:00 p.m.

Sunday, April 2, 7:00, 9:00, 11:00 a.m., 5:00 p.m.

#### **Holy Thursday (April 6)**

7:00 a.m., Morning Prayer

7:30 p.m., Evening Mass of the Lord's Supper

Time of prayer (vigil-keeping) before the Blessed Sacrament in the chapel following Mass.

10:45 p.m., Night Prayer

#### **Good Friday (April 7)**

9:00 a.m., Morning Prayer

3:00 p.m., Celebration of the Lord's Passion

7:00 p.m., Stations of the Cross

#### **Holy Saturday (April 8)**

9:00 a.m., Morning Prayer

1:00 p.m., Blessing of the Easter Food

8:00 p.m., Easter Vigil

*No 5:00 p.m. Mass*

#### **Easter Sunday (April 9)**

7:00 a.m.

9:00 a.m. (Church and Overflow Mass in School Gym)

11:00 a.m. (Church and Overflow Mass in School Gym)

*No 5:00 p.m. Mass*



The Elizabeth Ministers of St. Isaac Jogues invites all to

**A Special MASS of REMEMBRANCE**

for women, men and families who have experienced the loss of a child through miscarriage, stillbirth, infant or child death or abortion

**~COME and BE CONSOLED ~**

Sunday February 26, 2023 at 3 p.m.

St. Isaac Jogues Church

Southeast corner of Clay & Fourth Street, Hinsdale, IL

After mass, please join us for a reception in the Fireplace Room

**ALL ARE WELCOME!**

One of the primary missions of the Elizabeth Ministry is to provide comfort and healing to women and families who have experienced a loss. We recognize crises and sorrows surrounding our children are often kept private, and the depth of the sorrow is not recognized outside our inner circles. This isolation often increases the pain of the circumstances. In an effort to recognize the value and dignity of the unborn and born and grieve these losses, we are offering a Mass of Remembrance and healing for those who have lost children through miscarriage, stillbirth, infant/child death or abortion, whether years ago or more recently. Come and join us for this special healing Mass. Please share this information with anyone you know who may benefit from joining us.

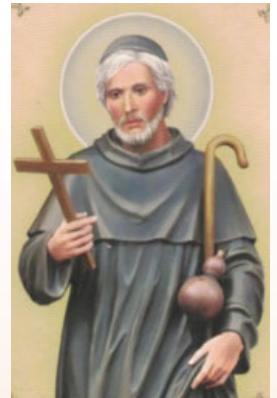
**Questions? Text or call: Mary Jawor 630-291-7364  
or Mary Bauer 630-567-6217**

## Come One! Come All! Your Prayers Are Needed!

The Patron Saint for people suffering from cancer, foot ailments, or any incurable disease is Saint Peregrine. Italian born Peregrine Laziosi founded a Servite (Servants of Mary) monastery after being ordained a priest. A cancerous growth appeared on his right foot a few years later. He agreed to an amputation because it was so painful. Father Peregrine spent several hours praying the night before surgery. He fell asleep and had a dream – Jesus touched his foot to heal it! Excited about what just happened, Father Peregrine woke up and looked at his foot. He was completely healed!

On February 23rd, we will have our first monthly St Peregrine Prayer Service at 7pm in our church. A St. Peregrine Relic will be present for veneration. The service will be the 4th Thursday of every month unless there is a conflict with the church availability, then we will pray the Thursday before or after. A list of dates will be distributed at the first prayer service.

If you have or had cancer or any medical issues, if your family member or friend has a serious medical condition or you would like to pray for all those with health problems (some people may not have anyone praying for them), please join us in prayer. The hope, love and encouragement you will give to those in need is priceless! We are blessed with modern medicine of today and dedicated doctors, but remember, God is the Almighty Healer! All are welcome to be a part of our new prayer ministry.



## Eucharistic Adoration

Our Lord Invites Us All  
to Eucharistic Adoration

**St. Joseph Church**  
**Mondays**  
**from 7:00 to 8:30 pm**  
**Tuesdays**  
**from 9:00 am to 12 pm**



Stop in the church for a few minutes of Adoration or however much time you wish to spend with Our Lord. He is waiting for you!

*"Blessed are they who do not see and yet believe"*  
*John 20:29*

## A Call to Stewardship

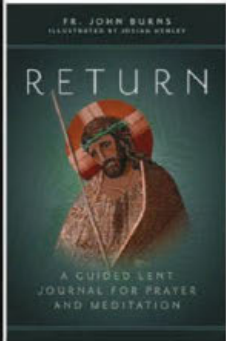
You have not forgotten  
"to do good and to share, for with such  
sacrifices God is well pleased."

**Hebrews 13:16**

Weekly Sunday Goal	\$24,930
Sunday February 5 Gifts	\$52,208*
*includes \$19,935 in annual stock donations	
Year-to-Date Sunday Goal	\$772,830
Year-to-Date Gifts	<u>\$739,385</u>
Total Short of Goal to Date	\$33,444

# RETURN

## RETURN: The Book



Ash Wednesday's First Reading from the Prophet Joel proclaims, *Even now, return to me with your whole heart.* In addition to the other Lenten practices and disciplines in which you will enter, join other parishioners reading *Return* by Father John Burns. Reorient your mind and heart this Lent so you can more fully experience the joy of Easter—Christ's victory over sin and death. In this beautiful guided journal for prayer and meditation, Fr. John Burns—author of the bestselling and award-winning book *Adore*—invites you to strip away your confusion, attachments, and sin so you can return to the Lord and undergo real and lasting conversion. Each day of *Return* includes the Collect (the Opening Prayer from each day's Mass from Ash Wednesday through Easter Sunday), an inspiring meditation, thought-provoking reflection questions, space to write your own reflections and thoughts, and a concluding prayer.

*Return* features free weekly companion videos available on our website at:  
[stjosephdg.org/return](http://stjosephdg.org/return)

*Books are available in the Narthex for \$10.*

## RETURN: The Lenten Evening Retreats



Join us for one or both of two evening retreats in the church based on the book *Return*, though you do not have to read the book in order to come to this event! We will gather for communal prayer and song, reflections offered by Father Michael and other parishioners, and time for silent meditation. *Wish you could get away and rest, but can't?* This is a “mini-retreat” at your Parish Church for refreshment with and connection to the Lord.

*Registration not required.*

**Thursday, March 2 at 7:00 PM**

### **Walk the Talk: Following through on Your Lenten Resolutions**

We will reflect and pray that if we've not begun our Lenten practices, or if we've started and slipped, there's still time to begin again and follow through on our resolutions for this holy season: “Behold, now is a very acceptable time!” (2 Corinthians 6:2)

**Thursday, March 23 at 7:00 PM**

### **From Casual Spectator to Engaged Believer: Returning to God with Your Whole Heart**

Each Sunday, even though we come to Mass, we may realize that we are simply observing and yet failing to fully enter into the Sacred Mystery. We will gather communally to reflect on how we can move from being merely physically in the room as a casual spectator to being fully present as an engaged believer!





# Bishop Hicks' Column

## February 2023: Feeding the hungry through our ministries



People are sometimes surprised to hear that I do my own grocery shopping and cook my own meals. I am not a gourmet chef, but I can hold my own in the kitchen. Frankly, it is not that big of a task since I live alone and frequently eat out at meetings, receptions and events. Therefore, most of my trips to the grocery store are a very quick "in and out."

However, for Christmas day, I invited my family for dinner. Hosting 10 people resulted in a much longer grocery list and time in the store than usual. So as I navigated the aisles filled with a multitude of carts and frantic shoppers on the morning of December 24, it struck me just how much the price of food has gone up. There was a woman standing next to me in the egg section. Suddenly, she blurted out, "Is this really the cost of eggs?!" I turned to her and said, "I think so. It's unbelievable, right?" With an affirming and exaggerated nodding of her head, she added, "Unbelievable, yes! And outrageous. I have sticker shock!"

With the soaring grocery prices across our nation, hunger is also on the rise. As a Church, we are mandated to not turn a blind eye to those in need. One of the many ways that we put our faith into action is by feeding the hungry. Scripture is clear about the obligation to help those who are less fortunate. Once we have adored and worshiped God, being nourished by the Word and the Eucharist, we are mandated to go out and serve the poor, and not just in abstract ways, but tangibly: "What good is it, my brothers and sisters, if you say you have faith but do not have works?" (James 2:14)


I am proud that we in the Diocese of Joliet take this mandate to heart. Our Catholic Ministries Annual Appeal (CMAA) supports so many ministries, including outreach to the poor and hungry. It helps support Catholic Charities, whose mobile food pantries at parishes and schools throughout the diocese helped more than 26,000 people last year. Catholic Charities also uses these visits to offer resources to other services participants may need.

Additionally, the ministries of mercy advisor from our Department of Catechesis and Evangelization organized


















"Christmas Blessing" grants to local parish-based food pantries. The applications submitted by parishes painted a stark yet accurate picture of the struggle to stock pantries in the face of dramatically increasing prices. Yet it was heartening to read of the commitment of parish staff and volunteers to help their faith community and neighbors. Our Catholic schools and religious education programs also contribute to this ministry with donations and service hours. We all work as a family to help our brothers and sisters with a basic need of life.

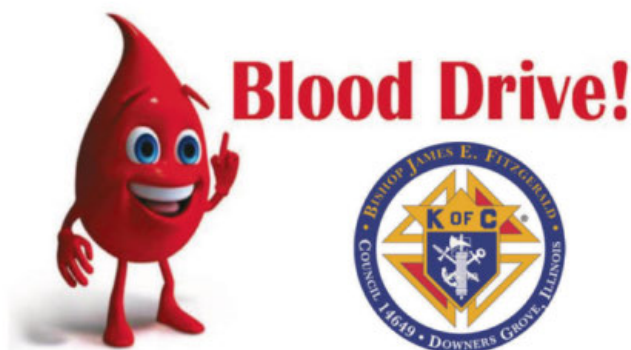
My aunt and uncle volunteer at their church's food pantry. They, too, have reported that the number of people requesting food has continued to rise exponentially, and sometimes they are surprised by who is asking for food. Recently, they handed a basket of food to a man who has been a longtime parishioner and pillar of their church. Confused, they assumed he was there to volunteer for the distribution of food, but why was he waiting in the line? Sheepishly, he said to them, "I feel so bad. Over the years, I was the one giving out food, and now I need it myself. With prices skyrocketing, I have come to the point of having to choose between my medication or food. I am embarrassed to admit that I now need this assistance myself."

Sometimes, we can be tempted to wonder if everyone in the food pantry lines really needs the food they are receiving from us. There might be some people who take advantage of our generosity. Yet, I would rather err on the side of generosity and love than turn away those who are in need. St. Paul boldly challenges us to be generous to all people, even those we might deem undeserving, such as our enemies: "If your enemies are hungry, feed them; if they are thirsty, give them something to drink." (Romans 12:20)

There are so many ways to feed the hungry and help those in need. Whatever way you choose - the CMAA, donations to your parish or local pantry, volunteerism or prayers - to you I say, **"thank you!"** For whenever we put our faith into action, we are following what Jesus teaches in the Gospel: "Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me." (Matthew 25:40) 



2023 Lenten Care for Creation Calendar				Created by Laudato Si' Ministries of the Diocese of Joliet		Follow us on Facebook!	
Sabbath Sunday	Meatless Monday	Trim Trash Tuesday	Waste Not Wednesday	Thankful Thursdays	Fasting Friday	Sustainable Saturday	
 <p><i>This Lent we are giving you an opportunity to follow the call of Pope Francis to protect our common home. During these 40 days of Lent, let us open our hearts and minds through prayer and action to care for God's creation.</i></p>				<b>Feb 22 Ash Wednesday</b> Americans throw away up to 40% of food (NRDC Study). Reflect on how to prevent this in your own home.	<b>23 Appreciate the parks and forest preserves.</b> Take a walk and say a Rosary while walking.	<b>24 Not only fast from meat today but also fast from electronics.</b> 	<b>25 Research how you can create a vegetable garden in your backyard or patio.</b> 
<b>26</b> Leave your car at home. Walk or bike to Church. Rest in the Lord.	<b>27</b> Do not eat meat for lunch today. 	<b>28</b> Do not use any paper towels. Instead use dishcloths or sponges to clean.	<b>March 1</b> Research how to make a compost bin. 	<b>2</b> Say Grace before each meal. Thank God for the all the gifts he has given you.	<b>3</b> Turn your heat down by two degrees. 	<b>4</b> Replace the light bulbs in your home with LED bulbs. Remember to recycle the old light bulbs.	
<b>5</b> Design a prayer corner outside using secondhand materials	<b>6</b> Do not eat any meat all day. 	<b>7</b> Use reusable containers instead of plastic wrap.	<b>8</b> Check out the SCARCE website to find out all the ways to reuse or recycle items in your home.	<b>9</b> Plant a tree or donate to "One Tree Planted" which focuses on Global Reforestation.	<b>10</b> Take a shorter shower and fewer showers. 	<b>11</b> Sign up to attend a Community Solar Information Session.	
<b>12</b> Read 5 to 10 pages of a religious book. 	<b>13</b> Try a new plant-based recipe. <a href="http://livingthechange.net/">http://livingthechange.net/</a>	<b>14</b> Freeze leftovers instead of throwing away. 	<b>15</b> Use the leftovers in your refrigerator to create a meatless meal.	<b>16</b> Begin reading Pope Francis' Encyclical Laudato Si'. 	<b>17</b> Look around your home. Decide how you can use less plastic in your daily activities.	<b>18</b> Shop at secondhand stores and go to the library to get a book.	
<b>19</b> Make today a family day. Play games and talk about the gifts God has given you.	<b>20</b> Continue to practice meatless Monday and promote this idea to others.	<b>21</b> Research swapping bamboo for paper products at your next large gathering.	<b>22</b> Buy only what you need at the stores, even if the item is on sale.	<b>23</b> Be thankful for the green spaces in the area around you by keeping them clean.	<b>24</b> Reuse instead of recycling. Research how you can practice this more in your home.	<b>25</b> Research bird feeder and house installation. Put out strips of yarn or string for bird nesting materials.	
<b>26</b> Get a book on birds at the local library. Go for a nature walk and reflect on the beauty you see.	<b>27</b> Donate to a local food pantry. 	<b>28</b> Research the do's and don'ts of recycling in your area. Share this information with others.	<b>29</b> Research and use detergent strips to reduce your plastic. 	<b>30</b> Go on a Gratitude Walk. Thank God for all the beauty He has given to us in Creation.	<b>31</b> Fast or abstain for a cause. 	<b>April 1 Fossil Fools Day:</b> Use Public transportation, carpool or walk to where you need to be.	
<b>2 Palm Sunday</b> Take time to pray outside. 	<b>3</b> Learn ways you can help be more involved in ways to help the poor.	<b>4</b> Begin only using reusable grocery bags. 	<b>5</b> Take your own containers to restaurants to take your leftovers home.	<b>6 Holy Thursday</b> Spend time with someone who is homebound or call a person who is struggling.	<b>7 Good Friday</b> Today is a day of fasting. 	<b>8 Holy Saturday</b> Take time to reflect on continuing the changes you've made during Lent.	



Thursday  
FEBRUARY

16

3:30 PM – 7:30 PM

Helpful tip:

Make sure to eat a healthy meal and drink plenty of water before donating.

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SHOW YOUR LOVE THIS FEBRUARY!  
PLEASE SIGN UP TO DONATE BLOOD!

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3:30pm to 7:30pm

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February 22nd - April 2nd

Put your faith in action by joining your fellow parishioners for the Spring 2023 *40 Days for Life* prayer vigil to end abortion.

Please consider committing to a specific hour of prayer at the Access Health abortion clinic in Downers Grove during the hours of 7AM to 7PM from February 22nd to April 2nd, and bring a friend. Another option would be to sign up your church for an entire day or even half a day to pray.

For more information and to sign up, go to [www.40daysforlife.com/downersgrove](http://www.40daysforlife.com/downersgrove). Access Health Clinic is located at 1700 W. 75th Street, Downers Grove.

PRAY TO END ABORTION





# St. Joseph School News

Highlights of the Father Daughter Dance-Masquerade Ball 2023







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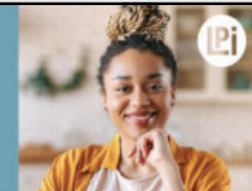


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