

# THE STEWARD

*4th Sunday in Ordinary Time*

SUNDAY, JANUARY 29, 2023



By Louie Karagiannes,  
Director of Technology

Once again I have welcomed a new life into my ever growing family. January 16th, 2023, my wife, Jocelyn, gave birth to a beautiful baby girl, healthy, strong, and full of faith already. Evangeline Claire Karagiannes, we are still deciding whether to call her Evie or Eva, was born at 6:51pm at 7lbs 13oz and 19.5in long. She has a full head of dark hair, but we are still waiting to see if she keeps it or if it turns blonde like her brothers did a year later. We came home Thursday morning the 19th and introduced her to her brother. We were nervous at first because her brother is huge for his age and doesn't always understand his own strength. He is so used to spending time with his 7 much other older cousins, we didn't know how he was going to react to a little baby. However, he handled it well, in the end was more excited to see mom and dad home instead.

Eva gave us a lot of worry for the 37 weeks her mother carried her. Going all the way to the beginning, Jocelyn had miscarried, while we were not trying to have a kid, it caught us by surprise, and we emotionally didn't know how to react when we found out we had lost a baby we were not expecting. Just two weeks later however, we found out my wife was pregnant with Eva, something we didn't think was possible in such a short amount of time, was such wonderful news. Fun fact, the name Evangeline comes from the Greek name Evangelia which means bearer of good news. Her being our good news, and our family being Greek, we saw no better name for her. Once Jocelyn entered her second trimester, things got more difficult. My wife was constantly

getting Braxton hicks, the baby rarely wanted to sit still, her back was in constant pain, and this baby was proving to be far more difficult to carry than her brother was just a year earlier. Then in November, we ended up in the hospital when Jocelyn experienced



bleeding and cramping. We were frightened to say the least, the only thing that gave us any comfort was that the baby was still moving. Once observed by the doctors, we found that her placenta had separated minorly from the uterine wall. While not an immediate danger, Jocelyn was forced to be on bed rest and take things slowly.

Fast forwarding past the wonderful holidays, we find ourselves in January on Martin Luther King Day, we had planned to have Theo spend the day with his Yia Yia and Papou (Grandma and Grandpa) while we had one last date and alone time before Eva would join us; that quickly came to an end when Jocelyn went into labor at 5:30 in the morning.

My wife describes the trip to the hospital as one of the most painful moments of her life. If any of you have met my wife, you would know that she is very diligent on always following the

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law, driving slowly, and being courteous to all surrounding neighbors. That morning I was commanded to proceed around cars, exceed the speed limit, and move heaven and earth to get to the hospital.

Once at the hospital, she proceeded very quickly through the labor process, which was exciting because she was so hopeful to be able to have a vaginal birth after her brother having been a C-section. It was a dream of hers to have the vaginal birth and experience her baby on her chest right after working so hard to bring her into the world. Sadly, after 6 hours, she had stalled at 9cm just as she had with Theo. As a result, the doctors needed to send her for a c-section. This was a heart-breaking moment that was very emotional and difficult for her. Things progressively got worse when in the operating room, her uterine artery was cut during the surgery and she began to lose blood at an alarming rate. The operating room was in chaos, doctors were called with emergency orders to report to the room and our baby was rushed out of the chaos to the nursery alone.

After almost an hour, she was finally stable and ready to head to the recovery room.

Thank God, the artery was able to be saved and the doctors say she should be ok to have more kids in the future. Sadly though, due to all the extra trauma and blood loss, her recovery has been hard, painful, exhausting, and emotional. She is unable to drive, pick up Theo, carry weight, is constantly taking medication, and really had to work for her milk supply to come in and her nutrient levels to reach fullness. Looking back however, nothing great comes without a struggle, we are told that if you hold the faith, fight the good fight, and pray all along the way, you will be able to move mountains, inspire others, and be blessed with the wonders of Gods will.

I feel truly blessed, excited, and fortunate to have so many wonderful years ahead of me with my wife, our two beautiful children, and God willing, more!



## PRO – LIFE ALERT LIST

Occasionally as the Pro-Life coordinator for our parish I get “alerts” from the Archdiocesan Office of Human Dignity and Solidarity. These alerts are in the form of requests to call our legislators to vote for or against legislation that impacts Pro Life issues.

I received such an alert on January 4th for an issue that was coming up the next day. Obviously, I didn’t have sufficient time to advise through the Steward or E-Blast. I realized a Pro Life Alert list would be the way to go to get the word out if such an occurrence would happen again. Therefore, I am asking if anyone would wish to be on this Alert list to please send me your email address or if you don’t have an email address your telephone number. I will Blind Copy the list so that your email address will be hidden. **Please send to dreyes@stbenedict.com.**

As always please keep in your prayers those who work in the Pro-Life field and for the victims of “Pro Choice” policies.

**PLEASE NOTE:** The last two weeks an announcement for the Pro-Life Alert list had Deacon David’s email incorrect. His email and your request to be placed on the list should go to [dreyes@stbenedict.com](mailto:dreyes@stbenedict.com). Sorry for any inconvenience. Deacon Dave



## THE ST. BENEDICT KNIGHTS OF COLUMBUS ANNUAL FREE THROW CHAMPIONSHIP



The St. Benedict Knights of Columbus held their annual Free Throw Championship event last weekend in the Ackerman Center. Six winners emerged from the dozens who competed. Congratulations to those who won their respective division at the Council level.

Immediately following the Council event, winners competed in the Knights District Championship event. District Deputy Knight, Rich Holmgren, presented District medallions to the winners. **St. Benedict participants advancing to the Regional Championship in February will include Kate Klucznik, Gabriella Kromkowski, and Christian Fernandez.**

We wish our winners all the best in the Regional Championship.



CHRISTIAN FERNANDEZ,  
9 YEAR OLD BOYS DIVISION



KATE KLUCZNIK,  
10 YEAR OLD GIRLS DIVISION



GABRIELLA KROMKOWSKI,  
11 YEAR OLD GIRLS DIVISION



MYLES WOLF,  
11 YEAR OLD BOYS DIVISION



WILL EGGERING,  
12 YEAR OLD BOYS DIVISION



THOMAS KROMKOWSKI,  
14 YEAR OLD BOYS DIVISION



### ST. BENEDICT HOLY NAME SOCIETY NEWS - DONUT SUNDAY UPDATE AND MORE

Due to circumstance beyond our control the Donut Sunday scheduled to be held on February 5th has been rescheduled for May 7th.

If any member of the parish wishes to join the Holy Name Society or wishes to learn more about our HNS at St. Benedict's please call, text or email Deacon Dave at 773- 588-6484 or [dreyes@stbenedict.com](mailto:dreyes@stbenedict.com).

**Sunday, Jan 29, 2023**

**Blessed are the children—meek and otherwise**

Children come in all sizes, shapes, and colors. They possess abilities, talents, and interests, many of which may lie hidden for years to come. Not all young ones, to be sure, are properly described as meek. But it's certain that, one day, the children will inherit the land. Preparing them for this vital task is the job of every grownup in their lives. This week we celebrate Catholic schools, dedicated to assisting families in the education and formation of their children. Book learning is available at any school. Faith and character aren't always on the curriculum. Support our schools!

FOURTH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a (70). *"Blessed are the meek, for they will inherit the land."*

**Monday, Jan 30, 2023**

**The only way they'll know you are a Christian**

Mohandas Gandhi, who led India's campaign for independence from British rule and whose birthday is today, once said, "If it weren't for Christians, I'd be a Christian." Followers of all religions, including Gandhi's Hinduism, at times do reprehensible things that run completely counter to what those religions teach. As a member of a colonized people, Gandhi certainly saw the worst of what Christians are capable of. But his statement isn't entirely a rebuke—Christ spoke to his heart. Jesus told us that we will be recognized as his disciples by our love for one another. Ask yourself how well you represent your faith.

TODAY'S READINGS: Hebrews 11:32-40; Mark 5:1-20 (323). *"Go home to your family and announce to them all that the Lord in his pity has done for you."*

**Tuesday, Jan 31, 2023**

**A love that works**

At the height of the Industrial Revolution, impoverished Italian boys were drawn to the city of Turin in search of factory work. But, for many reasons, they fell on hard times and were often jailed. Saint John Bosco helped them with lodging, education, vocational training, and just plain patience and loving care. He also protected young workers from unscrupulous employers by crafting signed apprenticeship agreements—the first real employment contracts used in Europe. He revolutionized the work of educators, too, writing: "Without confidence and love, there can be no true education. If you want to be loved ... you must love yourselves, and make your children feel that you love them."

MEMORIAL OF JOHN BOSCO, PRIEST, RELIGIOUS FOUNDER  
TODAY'S READINGS: Hebrews 12:1-4; Mark 5:21-43 (324). *"Consider how he endured such opposition from sinners, in order that you may not grow weary and lose heart."*

**Wednesday, Feb 01, 2023**

**May the force be with you**

Faith gives us strength. It allows us to perform mighty deeds. But to be clear, as Brazilian writer Paulo Coelho explains, "Faith is not desire. Faith is will. Desires are things that need to be satisfied. Will is a force that changes everything around us." In God's realm,

where our faith resides, we are each whole and complete and nothing is impossible. Address today's challenges through the lens of faith.

TODAY'S READINGS: Hebrews 12:4-7, 11-15; Mark 6:1-6 (325). *"He was not able to perform any mighty deed there . . . He was amazed at their lack of faith."*

**Thursday, Feb 02, 2023**

**Make a perfect offering of your life**

Today's feast marks an ancient Jewish tradition in which the firstborn child was "consecrated to the Lord" by way of two sacrificial turtledoves or young pigeons offered at the Temple 40 days after birth. The mother, considered ritually unclean after giving birth, was also purified on this same day. But the visit of Mary and Joseph to present the infant Jesus is unique, marked by an outpouring of prophecy. Simon and Anna testify that a light has come into the world and that salvation is at hand. We honor the link to ancient tradition as we celebrate the Presentation today, but we also appreciate how Jesus not only fulfills but surpasses all the traditions of his time and place. Here at last is the perfect offering.

FEAST OF THE PRESENTATION OF THE LORD

TODAY'S READINGS: Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 (524). *"The child's father and mother were amazed at what was said about him."*

**Friday, Feb 03, 2023**

**Be a healing light**

The historical details of Saint Blaise's fourth-century life in what is now modern-day Turkey are lost in the shroud of the centuries, but the tradition of his healing powers endures. The healing of throat diseases is what is most ascribed to him. When Blaise was imprisoned during a persecution of Christians, he apparently healed a choking boy with the aid of candles that lit his dark cell. On another level, the enduring tradition speaks to the ongoing need for healing that we all share. Whether it be a physical ailment or a wounded soul that needs tending, say a prayer today to Saint Blaise, the keeper of the flame.

MEMORIAL OF BLAISE, BISHOP, MARTYR

TODAY'S READINGS: Hebrews 13:1-8; Mark 6:14-29 (327). *"The Lord is my light and my salvation. Your presence, O LORD, I seek."*

**Saturday, Feb 04, 2023**

**Lift your voice in freedom's song**

Today is the birthday of Rosa Parks, on the fourth day of Black History Month. Parks wrote: "I felt the Lord would give me the strength to endure whatever I had to face." When she refused to surrender her bus seat in 1955, she said her Christian faith told her "it was time for someone to stand up—or, in my case, sit down." Parks grew up in a devout family. Her own sweet dreams of freedom began with her mother singing old African-American spirituals that drew on biblical stories and psalms filled with cries of lament and hope for salvation. Tap into the strength of song as you play your part in the fight for justice. Choose a spiritual to pray with today.

TODAY'S READINGS: Hebrews 13:15-17, 20-21; Mark 6:30-34 (328). *"Do not neglect to do good and to share what you have."*

*Invest just five minutes a day, and your faith will deepen and grow—a day at a time*



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January 29, 2023

## Fourth Sunday in Ordinary Time

Zep 2:3; 3:12-13 | 1 Cor 1:26-31 | Mt 5:1-12a

Written by  
THE  
FAITHFUL  
DISCIPLE

### **GROW** AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

I have a competitive streak. Whether it's guessing Wordle in one try, grabbing the last Doorbuster deal at Kohl's or snagging Boardwalk early in a game of Monopoly, I like to win. For this reason, the readings today especially challenge me. In a world that values success, wealth and "winning," today's readings turn things upside down when it comes to status and justice. In Zephaniah, God chooses the "humble and lowly." In the Sermon on the Mount, Jesus lays out a road map to lasting happiness that bears little resemblance to what the world tells us, and even what our own instincts may tell us, about being "happy." I'll still buy Boardwalk at the first opportunity, but Jesus' words invite me to focus on seeking righteousness, and to be merciful and "clean of heart." They encourage me to seek the happiness that only Christ can give. Through prayer and reflection on these words, we can ask the Lord to transform our hearts and lives to align with what it truly means to be blessed.

### **GO** EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Pope Francis has referred to the Eight Beatitudes as a kind of Christian "identity card." (General Audience, Jan. 2020) And he had a suggestion for those of us, like me, who love to listen to the Sermon on the Mount but may not be sure where to start when it comes to living it. His suggestion is simple: "There are eight Beatitudes, and it would be nice to learn them by heart and to repeat them in order to keep this law that Jesus gives us in our mind and in our hearts." Perhaps we can place each Beatitude on a sticky note by the mirror, incorporate them into our morning prayers, teach them to our children or discuss them with friends. Practice makes perfect, yes? As Pope Francis reminds us, "the Beatitudes always bring you to joy; they are the paths to reach joy."

**STUDY** Memorize the Eight Beatitudes. Learn about each one by reading the writings of Pope Francis or another theologian such as Bishop Robert Barron. Ask God to help you incorporate them into your daily life.

Department of Sts. CCO

# Education - Catholic Schools Week 2023!

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St. Benedict Preparatory School celebrated the amazing gift of our school last week during Catholic Schools Week. This annual event celebrates Catholic education throughout the United States.

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## SCHOOL MASS TO KICK OFF CATHOLIC SCHOOLS WEEK

Kindergarten–8th grade students gathered to celebrate a special liturgy in observance of Catholic School. Father Steve stressed the dignity of each person and the important role that Catholic education plays in each of our student’s life.



## STUDENT COUNCIL READ-ALoud

Members of our Middle School Student Council during Catholic School Week took time to read a favorite grade appropriate book to younger students in the homerooms throughout the week.



Thank you to all of our parishioners and friends who support our parish school.



**ELEMENTARY SCHOOL PEP RALLY**  
Each grade K-5 had a specific competition to see which student(s) chosen from each homeroom to compete would be the winner of that particular grade.

**ELEMENTARY TEACHERS INDUCTED INTO THE MIDDLE SCHOOL HOUSE SYSTEM**

- At Monday's K-Gr. 5 Pep Rally, our Elementary School teachers were sorted and made honorary members of the 5 Middle School Houses along with the students in their respective homerooms.
- Newly inducted faculty then participated in a version of "Hungry, Hungry, Hippo" to the cheers of the student body. Newly inducted members Ms. McGee, Mr. Waldron, Ms. Smith, and Mrs. Geppert of Hilda House took 1st place.



**BONIFACE HOUSE CROWNED CSW 2023 FLOOR HOCKEY CHAMPS!**  
Congratulations to Boniface House as the 2023 Catholic Schools Week Floor Hockey Tournament champions. The lively competition earned house points for each team.



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APPLICATIONS ARE  
OPEN FOR 2023-2024**

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## Human Concerns

# 20 Ways Manipulative Narcissists Silence You: Part II

## Does your abuser shift blame, change the subject, name-call or nitpick?

From the Domestic Violence Outreach Team of St. Benedict Parish

In Part I of Shahida Arabi's piece, we learned about three ways toxic people such as malignant narcissists, psychopaths and those with antisocial traits engage in cruel, non-physical behaviors in relationships to an excessive extent - in an effort to escape accountability for their actions. Here are more of the 20 diversionary tactics toxic people use to silence and degrade you. Look for more in Part III, featured in next week's bulletin.



**4. Blanket statements and generalizations.** Malignant narcissists aren't always intellectual masterminds – many of them are intellectually lazy. Rather than taking the time to carefully consider a different perspective, they generalize anything and everything you say, making blanket statements that don't acknowledge the nuances in your argument or take into account the multiple perspectives you've paid homage to. Better yet, why not put a label on you that dismisses your perspective altogether?

On a larger scale, generalizations and blanket statements invalidate experiences that don't fit in the unsupported assumptions, schemas and stereotypes of society; they are also used to maintain the status quo. This form of digression exaggerates one perspective to the point where a social justice issue can become completely obscured. For example, rape accusations against well-liked figures are often met with the reminder that there are false reports of rape that occur. While those do occur, **false reports are rare**, and in this case, the actions of one become labeled the behavior of the majority while the specific report itself remains unaddressed.

These everyday microaggressions also happen in toxic relationships. If you bring up to a narcissistic abuser that their behavior is unacceptable for example, they will often make blanket generalizations about your hypersensitivity or make a generalization such as, "You are never satisfied," or "You're always too sensitive" rather than addressing the real issues at hand. It's possible that you are oversensitive at times, but it is also possible that the abuser is also insensitive and cruel the majority of the time.

Hold onto your truth and resist generalizing statements by realizing that they are in fact forms of black and white illogical thinking. Toxic people wielding blanket statements do not represent the full richness of experience – they represent the limited one of their singular experience and overinflated sense of self.

**5. Deliberately misrepresenting your thoughts and feelings to the point of absurdity.** In the hands of a malignant narcissist or sociopath, your differing opinions, legitimate emotions and lived experiences get translated into character flaws and evidence of your irrationality.

Narcissists weave tall tales to reframe what you're actually saying as a way to make your opinions look absurd or heinous. Let's say you bring up the fact that you're unhappy with the way a toxic friend is speaking to you. In response, he or she may put words in your mouth, saying, "Oh, so now you're perfect?" or "So I am a bad person, huh?" when you've done nothing but express your feelings. This enables them to invalidate your right to have thoughts and emotions about their inappropriate behavior and instills in you a sense of guilt when you attempt to establish boundaries.

This is also a popular form of diversion and cognitive distortion that is known as "*mind reading*." Toxic people often presume they know what you're thinking and feeling. They chronically jump to conclusions based on their own triggers rather than stepping back to evaluate the situation mindfully. They act accordingly based on their own delusions and fallacies and make no apologies for the harm they cause as a result. Notorious for putting words in your mouth, they depict you as having an intention or outlandish viewpoint you didn't possess. They accuse you of thinking of them as toxic – even before you've gotten the chance to call them out on their behavior – and this also serves as a form of preemptive defense. Simply stating, "I never said that," and walking away should the person continue to accuse you of doing or saying something you didn't can help to set a firm boundary in this type of interaction. So long as the toxic person can blame-shift and digress from their own behavior, they have succeeded in convincing you that you should be "shamed" for giving them any sort of realistic feedback.

**6. Nitpicking and moving the goal posts.** The difference between constructive criticism and destructive criticism is the presence of a personal attack and impossible standards. These so-called "*critics*" often don't want to help you improve,

they just want to nitpick, pull you down and scapegoat you in any way they can. Abusive narcissists and sociopaths employ a logical fallacy known as “moving the goalposts” in order to ensure that they have every reason to be perpetually dissatisfied with you. This is when, even after you’ve provided all the evidence in the world to validate your argument or taken an action to meet their request, they set up another expectation of you or demand more proof.

Do you have a successful career? The narcissist will then start to pick on why you aren’t a multi-millionaire yet. Did you already fulfill their need to be excessively catered to? Now it’s time to prove that you can also remain “independent.” The goal posts will perpetually change and may not even be related to each other; they don’t have any other point besides making you vie for the narcissist’s approval and validation.

By raising the expectations higher and higher each time or switching them completely, highly manipulative and toxic people are able to instill in you a pervasive sense of unworthiness and of never feeling quite “enough.” By pointing out one irrelevant fact or one thing you did wrong and developing a hyperfocus on it, narcissists get to divert from your strengths and pull you into obsessing over any flaws or weaknesses instead. They get you thinking about the next expectation of theirs you’re going to have to meet – until eventually you’ve bent over backwards trying to fulfill their every need – only to realize it didn’t change the horrific way they treated you.

Don’t get sucked into nitpicking and changing goal posts – if someone chooses to rehash an irrelevant point over and over again to the point where they aren’t acknowledging the work you’ve done to validate your point or satisfy them, their motive is not to better understand. It’s to further provoke you into feeling as if you have to constantly prove yourself. Validate and approve of yourself. Know that you are enough and you don’t have to be made to feel constantly deficient or unworthy in some way.

## 7. Changing the subject to evade accountability.

This type of tactic is what I like to call the “What about me?” syndrome. It is a literal digression from the actual topic that works to redirect attention to a different issue altogether. Narcissists don’t want you to be on the topic of holding them accountable for anything, so they will reroute discussions to benefit them. Complaining about their neglectful parenting? They’ll point out a mistake you committed seven years ago. This type of diversion has no limits in terms of time or subject content, and often begins with a sentence like “What about the time when…”

On a macrolevel, these diversions work to derail discussions that challenge the status quo. A discussion about gay rights, for example, may be derailed quickly by someone who brings in another social justice issue just to distract people from the main argument.

As Tara Moss, author of *Speaking Out: A 21st Century Handbook for Women and Girls*, notes, specificity is needed in order to resolve and address issues appropriately – that doesn’t mean that the issues that are being brought up don’t matter, it just means that the specific time and place may not be the best context to discuss them.

Don’t be derailed – if someone pulls a switcheroo on you, you can exercise what I call the “broken record” method and continue stating the facts without giving in to their distractions. Redirect their redirection by saying, “That’s not what I am talking about. Let’s stay focused on the real issue.” If they’re not interested, disengage and spend your energy on something more constructive – like not having a debate with someone who has the mental age of a toddler.

## 8. Covert and overt threats.

Narcissistic abusers and otherwise toxic people feel very threatened when their **excessive sense of entitlement**, false sense of superiority and grandiose sense of self are challenged in any way. They are prone to making unreasonable demands on others – while punishing you for not living up to their impossible to reach expectations.

Rather than tackle disagreements or compromises maturely, they set out to divert you from your right to have your own identity and perspective by attempting to instill fear in you about the consequences of disagreeing or complying with their demands. To them, any challenge results in an ultimatum and “do this or I’ll do that” becomes their daily mantra.

If someone’s reaction to you setting boundaries or having a differing opinion from your own is to threaten you into submission, whether it’s a thinly veiled threat or an overt admission of what they plan to do, this is a red flag of someone who has a high degree of entitlement and has no plans of compromising. Take threats seriously and show the narcissist you mean business; document threats and report them whenever possible and legally feasible.

*Look for Part III (Ways Manipulative Narcissists Silence You points 9-20) next week*

**Domestic Violence  
Victim Services:**

**Catholic Charities Domestic  
Violence Services:**  
Various Locations:  
Please call  
1.312.655.7725

**Illinois Domestic  
Violence Hotline:**  
1.877.863.6338  
(Toll-Free. 24-hour.  
Confidential. Multilingual.)

**Childhelp National  
Child Abuse Hotline:**  
1-800-4-A-CHILD  
(1-800-422-4453)

# Coming Up at St. Ben's | January and February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b> <b>4th Sunday of Ordinary Time</b> Masses at 8am, 10am, and 12pm Church Cub Scout Pack 3865 Space Derby 2pm Beaven Hall	<b>30</b> Daily Morning Mass 8:30am Church St. Vincent de Paul Society Meeting 6pm Sewing Room Troop 865 Meeting 7pm Beaven Hall Ravenswood Orchestra Practice 7pm SS Library	<b>31</b> Daily Morning Mass 8:30am Church Tiger Scouts Den Meeting 5:30pm Beaven Hall	<b>1</b> Daily Morning Mass 8:30am Church First Grade Daisy Scout Meeting 3pm Beaven Hall Cub Scout Pack 3865 4th Grade Meetings 5:30pm Beaven Hall AA Group Meeting 8pm Beaven Hall	<b>2</b> Daily Morning Mass 8:30am Church	<b>3</b> Daily Morning Mass 8:30am Church Exposition of the Blessed Sacrament and Benediction 9am-12pm Church	<b>4</b> Daily Morning Mass 8:30am Church Bitty Basketball 8am Ackerman Center Reconciliation 11am Church Mass at 5pm Church
<b>5</b> <b>5th Sunday of Ordinary Time</b> Masses at 8am, 10am, and 12pm Church Mass at St. Kateri Center 11am St. Kateri Center Convent Chapel	<b>6</b> Daily Morning Mass 8:30am Church Webelos II 7pm Cafeteria Troop 865 Meeting 7pm Beaven Hall Ravenswood Orchestra Practice 7pm SS Library	<b>7</b> Daily Morning Mass 8:30am Church	<b>8</b> Daily Morning Mass 8:30am Church 3rd Grade St. Ben's Girl Scouts 3pm Beaven Hall Cub Scouts- Bears 5pm Beaven Hall Gala Meeting 6pm SS Library AA Group Meeting 8pm Beaven Hall	<b>9</b> Daily Morning Mass 8:30am Church Cub Scout Pack 3865 Wolves Den Meetings 6:30pm Beaven Hall	<b>10</b> Daily Morning Mass 8:30am Church	<b>11</b> Daily Morning Mass 8:30am Church Bitty Basketball 8am Ackerman Center Reconciliation 11am Church Mass at 5pm Church

## Stewardship



### Sunday & Holy Day Offertory

#### Weeks of January 15

<p><b>Sunday &amp; Holy Day Offertory – Week of Jan 15</b></p> <p>Electronic Giving: \$6,295                      Envelope: \$1,451                      Loose: \$1,887                      Holy Day: \$31                      Total: \$9,664 (74% of goal)                      Weekly Goal: \$12,990</p>	<p>Fiscal YTD: \$364,491 (97% of goal)                      Fiscal YTD Goal: \$376,710                      Above/(Below) YTD Goal: (\$12,219)</p>	<p><b>Christmas Offertory – as of Jan 15</b></p> <p>FYTD: \$30,260                      Goal: \$55,000                      Above/(Below) YTD Goal: (\$24,740)</p>
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**GiveCentral is our partner for secure electronic giving. Here are three easy ways to get started:**

- > Visit GiveCentral.org and search for St. Benedict – Chicago under My Charity
- > Follow the DONATE links on our parish and school website: [stbenedict.com](http://stbenedict.com)
- > Text the keyword DONATE to our text-to-give number : 773.918.2366
- > Scan the QR code (below) with your phone or tablet

**QUESTIONS? Contact our Director of Operations and Finance, Jeanne Anderson, at 773.588.6484 x5109 or [janderson@stbenedict.com](mailto:janderson@stbenedict.com). Thank you for your remarkable generosity to the parish.**

**SCAN TO DONATE >>>**



# Masses for the Week

## Saturday, January 28 - Saint Thomas Aquinas, Priest and Doctor of the Church

8:30AM Special Intention for Alex Sandoval  
 5PM Ronald Egan - *The Egan Family*  
 Living and Deceased Members/Benefactors of St. Vincent de Paul Society  
 Tom Reynolds - *Maribel Selva*

## Sunday, January 29 - Fourth Sunday in Ordinary Time

8AM Vicki Garcia-Doney - *MaryLou Polcyn*  
 10AM Luisa Flores - *Sally Sobrepena-Belicena*  
 Special Intention for Deditha Cobarde  
 Special Intention for Esther Robleza - *Daisy and Family*  
 John A. Hauser - *The Suh-Hauser Families*  
 12PM Special Intention for the Living and Deceased Members of the Byrne Family  
 Sandra Raseta - *Eric and Mary Stoelinga and Family*  
 Celia M. Baylon - *Jorge and Aurora Cortes*  
 In Thanksgiving for Jorge and Aurora Cortes

## Monday, January 30 - Weekday

8:30AM Rosario M. Baylon - *Jorge and Aurora Cortes*

## Tuesday, January 31 - Saint John Bosco, Priest

8:30AM Todd Schotonas - *Maria Tubay*

## Wednesday, February 1 - Weekday

8:30AM Special Intention for Vincent Castellano

## Thursday, February 2 - The Presentation of the Lord

8:30AM Special Intention for Marilyn Jerger

## First Friday, February 3 - Saint Blaise, Bishop and Martyr, St. Ansgar, Bishop

8:30AM Wilfrido M. Baylon - *Jorge and Aurora Cortes*  
 Celerina and Magno Sanchez Paez - *Ceferina Sanchez Paez*

## First Saturday, February 4 - Weekday

8:30AM James J. Dinchak - *Friends*  
 5PM Mary Ann Madden - *The Colleen Kellas Family*  
 Tom Reynolds - *Caroline Padmanabhan*  
 Jim Davis - *Melody*  
 Celia M. Baylon - *Jorge and Aurora Cortes*

## Sunday, February 5 - Fifth Sunday in Ordinary Time

8AM Gloria C. Recede - *Family*  
 Kelley Halper - *Karen Cholipski*  
 Samuel M. and Aurelia M. Clarin, Jr. - *Connie Goloso and Family*  
 10AM Tom Reynolds - *Ben Mazzone*  
 John A. Hauser - *The Suh-Hauser Families*  
 Guy Ackermann (Class of '70) - *The St. Benedict Alumni Office*  
 Susano Sanchez Paez - *Ceferina Sanchez Paez*  
 12PM Special Intention for the Carroll Family  
 Celia M. Baylon - *Jorge and Aurora Cortes*  
 In Thanksgiving for Jorge and Aurora Cortes

## Please Pray for Healing

Please call the Rectory at (773) 588-6484 to add your name or the name of an immediate family member for whom you would like the parish to pray for healing. The name of the person will appear quarterly unless otherwise instructed at the time the request is made.

Gloria Arsenia	Ken McFadden
Beverly Berganos Johnson	Ronald O'Keefe Jr.
Isabella Sofia Casillas	Corazon Pizarro
Vincent Castellano	Julie Raheja-Perera
Carmen M. Clarin	Alex Sandoval
Mayden H. Eichendorf	Cecilia Fell Schott
Frank Flesch	(Class of 72)
Anne Hoellich	Bill Shaver
Marilyn Jerger	Eden Sobrepena
Charlene Johnson	Jim Strzalka
Patricia Ann King	Audrey Venkatesh
Jackson James Limburg	Leda Wildner
Giorgio Marconi	



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## Other Upcoming Events of Interest

### RESURRECTION COLLEGE PREP CELEBRATES 100 YEARS OF EDUCATING WOMEN

Mark your calendars for the Celebration of the Century! Return to the hallowed halls of Resurrection College Prep to show your support for 100 years of educating women. Alumnae, current and past parents, grandparents, faculty, staff, and supporters of RES are invited to join us on Saturday, April 29, 2023 for a night of reminiscing, a glimpse into the past and unmatched support for the future, featuring entertainment, dancing, live and silent auctions, and so much more.

Starting with individual class reunions around campus and ending with music and dancing, this is a night you won't want to miss. Tickets will go on sale in February for \$175 per person and a special recent graduate, Classes of 2022 - 2017 pricing of \$150 per person.

Tickets include an open bar and heavy hors d'oeuvres throughout the evening with over 300 of our closest RES supporters. After perusing a multitude of raffle baskets, make your way down the corridor to the cafeteria for the main event, where you'll be inspired by a brief program and raise your paddle high to support the future of our RESites. Plus, don't miss the opportunity to bid on fabulous live auction items before ending the evening with music, dancing, and late night snacks in the transformed cafeteria.

Doors open at 5 p.m. for alumnae attending on-campus reunions and general cocktail hour starts at 6 p.m.

Alumnae from anniversary years are encouraged to contact Ms. Peyton LaValley, at [plavalley@reshs.org](mailto:plavalley@reshs.org) or 773.775.6616 ext. 147, about hosting their reunion prior to the Celebration of the Century. Each year will have a dedicated room in the school with decorations, food, beverages, and photography included, plus attendance to the Celebration of the Century afterwards. Resurrection staff will provide support, including: promotion, email invitations, rsvp management, and set up and tear down of your space. Pricing is \$175 per person (ticket price to attend the premier event) and includes an hour-long reunion cocktail hour, followed by all Celebration festivities.



### REFLECT RETREAT FOR MIDLIFE SINGLES

**Next Chicago Retreat: March 3-5, 2023, Joseph & Mary Retreat House, Mundelein, IL (formerly Cardinal Stritch Retreat House)**

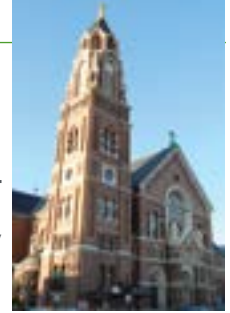
REFLECT Catholic retreats for singles is for and about adults in their mid-30s to 50s. It's for those who want to know themselves better and discover more about their capacity for life as a single man or woman. It's an experience that calls us to believe in our value to the Lord, and to devote ourselves to caring for and serving others.

A two-day weekend retreat through REFLECT is a unique and rare opportunity for mid-life singles to take a step back from everyday life to reflect on where they are at, where they're going, and how they're going to get there. It's a great way to meet new people, share new experiences, and draw closer to the giver of life - Jesus Christ. A REFLECT weekend gives you a chance to: **Form new friendships, Laugh and have fun in a relaxed, non-pressure setting, Learn that you make a difference in belonging relationships.**



**SCAN CODE TO REGISTER >>>**

# Parish Information



If you are visiting, we hope you enjoy your stay. We're glad you decided to join us in this celebration. If you are new to the St. Ben's community, welcome home! **To become a registered parishioner, complete a Registration Form on our website: [parish.stbenedict.com](http://parish.stbenedict.com).** One of our Ministers of Hospitality will be glad to assist you. If you are a former parishioner or a graduate of our schools, we are glad to see you back home. We hope you will return often. Contact Joe Accardi, Director of Alumni Relations at [jaccardi@stbenedict.com](mailto:jaccardi@stbenedict.com). Our weekly bulletin, The Steward, tells you about parish life. Submissions for the bulletin are generally due by Friday at 9 am of the week previous to publication. Electronic submissions are preferred via e-mail to [bulletin@stbenedict.com](mailto:bulletin@stbenedict.com). Flyers should be submitted in camera-ready format and will be used if space permits. If you would like to receive our online weekly newsletter-"The Block", please contact the rectory to be placed on our emailing list. If you have any questions, please call the rectory at (773) 588-6484. We look forward to hearing from you.

## ST. BENEDICT PARISH AND PREPARATORY SCHOOL

### ST. BENEDICT PARISH

Rectory: 2215 W. Irving Park Road,  
Chicago, IL 60618  
Phone: (773) 588-6484  
Fax: (773) 588-4927  
Email: [www.stbenedict.com](http://www.stbenedict.com)  
Rectory hours: 9AM - 5 PM  
(Monday-Friday),  
NO SATURDAY OR SUNDAY HOURS

### PASTORAL STAFF

Rev. Stephen Kanonik, Pastor,  
ext. 5106, [skanonik@stbenedict.com](mailto:skanonik@stbenedict.com)  
Rev. Robert Beaven, Pastor Emeritus  
Rev. Thomas Refermat, Assoc. Pastor,  
ext 5103, [trefermat@stbenedict.com](mailto:trefermat@stbenedict.com)  
David Reyes, Deacon, ext. 5105,  
[dreyes@stbenedict.com](mailto:dreyes@stbenedict.com)  
Scott Arkenberg, Director of  
Music Ministry, ext. 5107,  
[sarkenberg@stbenedict.com](mailto:sarkenberg@stbenedict.com)  
Elaine Lindia, Director of Catechesis,  
ext. 1271, [elindia@stbenedict.com](mailto:elindia@stbenedict.com)  
Kim McMillan, Director of Youth Ministry,  
ext. 5108, [kmcmillan@stbenedict.com](mailto:kmcmillan@stbenedict.com)  
Jody Roy, Director of St. Kateri Center,  
ext. 7000, [jroy@stbenedict.com](mailto:jroy@stbenedict.com)  
Bill Frere, Deacon, St. Kateri Center  
[wfrere@archchicago.org](mailto:wfrere@archchicago.org)

### PARISH SUPPORT STAFF

Jeanne Anderson, Director of  
Operations, ext. 5109,  
[janderson@stbenedict.com](mailto:janderson@stbenedict.com)  
Ellen Roberts, Parish Manager,  
ext. 5104, [eroberts@stbenedict.com](mailto:eroberts@stbenedict.com)  
Maria Tubay, Director of Communications  
ext. 2351, [mtubay@stbenedict.com](mailto:mtubay@stbenedict.com)

### ST. BENEDICT PREPARATORY SCHOOL Early Childhood (Preschool)

Phone: (773) 588-7851  
3901 N. Bell Ave, Chicago, IL 60618

### Lower School(K-3)

Phone: (773) 463-6797  
3920 N. Leavitt, Chicago, IL 60618

### Upper School (4-8)

Phone: (773) 539-0066  
3900 N. Leavitt, Chicago, IL 60618  
Rachel Gemo, Head of Parish School  
(PK-8), ext. 1220,  
[rgemo@stbenedict.com](mailto:rgemo@stbenedict.com)  
Rachel Metz, Head of Lower School,  
ext. 1101, [rmetz@stbenedict.com](mailto:rmetz@stbenedict.com)  
Mary Deletiolgu, Head of Upper School,  
ext. 1253, [mdeletiolgu@stbenedict.com](mailto:mdeletiolgu@stbenedict.com)

### THE COMMISSIONS OF ST. BENEDICT PARISH

If you are interested in learning more  
about or joining one of the many  
ministries at St. Benedict Parish or  
would like to volunteer time or talent,  
please call the rectory or contact the  
following person(s):

**Parish Council Chair:** Karen Cholipski

**Finance Council Chair:** Chris Graff

**School Board Co-Chairs:** Michael Gerlach  
and Lindsay Milanowski

**Catechetical Commission:**

Elaine Lindia and Kim McMillan

**Education Commission:** Rachel Gemo,  
Rachel Metz, or Mary Deletiolgu

**Human Concerns Commission:** TBD

**Parish Life Commission:** TBD

**Spiritual Life Commission:**

Fr. Stephen Kanonik

### MASSES AND SERVICES

**Sunday Eucharist:** Saturday 5PM,  
Sunday 8AM, 10AM, AND 12PM

Live Stream as well, Sunday

**Weekday Eucharist:** 8:30AM Mon-Sat

**Holy Day Eucharist:** 6:30AM, 8:30AM  
and 7PM

**Novena to Our Lady of Perpetual Help:**  
Tuesdays 9AM

**Exposition and Benediction of the  
Blessed Sacrament:** First Friday of each  
month, 9AM-12PM, in church

**Baptisms:** Scheduled on all Sundays at  
1:30PM; on the fourth Sunday at one of  
the Masses. Baptism preparation class is  
required.

**Reconciliation:** Saturdays, 11AM - 12  
NOON; seasonal celebrations, as posted;  
by appointment in the rectory.

**Weddings:** Arrange with a priest at least  
four months in advance. Participation in  
marriage preparation is required.\*

**Rite of Christian Initiation of Adults  
(RCIA):** For unbaptized persons or  
baptized persons interested in learning  
more about the Catholic faith and the  
process of becoming a Catholic.\*

**Religious Education:** For the religious  
education of children attending public  
schools please call the Director of  
Catechesis.

**Homebound:** Call the rectory to arrange  
communion in home for those unable to  
attend Mass.

**Mass Intentions:** Mass intentions may be  
requested for someone who is living or  
deceased, to commemorate a birthday,  
special anniversary, or the anniversary  
of a loved one's death.\*

*\* Please call the Rectory*



## HAVING DIFFICULTY DEALING WITH OUR STRESSFUL WORLD?

The Holbrook Counseling Center of Catholic Charities provides counseling services at St. Matthias Parish. Cheryl Joseph-Lukz, MA, LCPC is the therapist at St. Matthias. Cheryl is a Licensed Clinical Counselor, and she has worked with individuals, couples and families for over 20 years. Whether you're having problems with personal relationships, work situations or are just feeling unhappy, "stuck", or unfulfilled, we're here for you. We are in network with BC/BS PPO. **Please call (312) 655-7725.**

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