

Emma Albrecht Diem Alvarez Michael Anzur Charlotte Asvos Adesuwa Ativie Obehi Ativie Rose Babu Troy Ball Angelina Bityou Nora Blose Jacob Bolton Bryn Breitlander Bennett Brolin Charles Brolin Ava Carmona Madilyn Carmona David Carr Declan Casale Charles Clyder Thomas Cupples

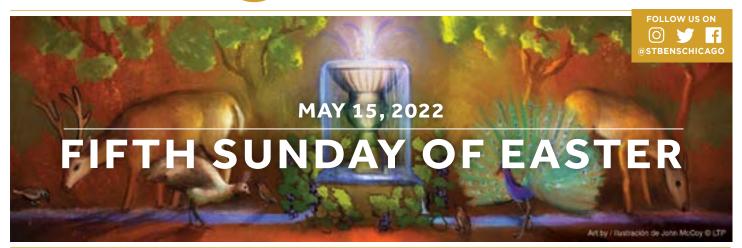
Jack Cutri-Henderson Emma DeFreytas Alexander DeLange Mackenzie Dorgan Catherine Dzamba Christian Fernandez Rosemary Fisher Molly Harvey Miles Hawk William Henru Collin Hernandez Helen Hoban Phoebe Hughes Timothy Kearney Annie King Vivian Knuckey Benjamin Kordas Aiden Kowalski Nina Lewis Aliya Limon

Zairah Loureiro Ilias Maconochie Joachim Malicay Madison Manrique John Martin Liam Michelson Gianni Mojica Jasmine Morales Molly Murphy Theodore Neenan Daniel Novak Emily O'Brien Margaret O'Toole Marlowe Pattison Rosie Popowich Lucia Puetz Mateo Rosas Charles Roxworthy Henry Roxworthy Dominic Rutkowski

Devin Sandoval Aidan Sirken Liam Sirken Luke Somers Michael Stancin Eleanor Stanley Emerson Stearns Zachary Thorn Donovan Tillman Nilah Tillman Nolan Trino Nolan Vacek Shane VanAwken Jillian Warner Evan Weaver Hudson Weeks Thatcher Weeks Katherine Weinacht Noah Zabor

May the blessings of Christ be upon you always.

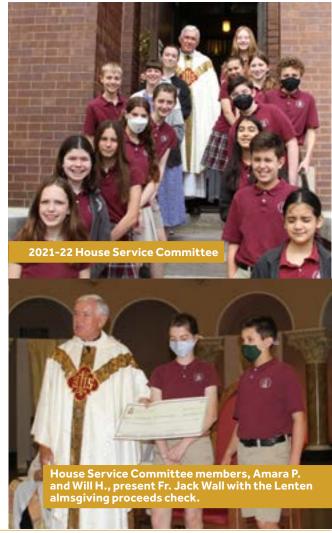
THE STEWARD



By Joe Accardi, Director of Alumni Relations and Annual Giving

This Sunday, we hear Our Lord's new commandment of love in the Gospel. The last verse explains how love is to be the "calling card" of Christians. As passages from the Acts of the Apostles read throughout the Easter Season show, it was this same expression of love shown by the early Christians that astounded the pagan citizens of the Roman Empire. This genuine example provided by true followers of Christ continues to be a blessing to our world today in 2022. As we can see love can change the world.

Love of our fellow man, our brothers and sisters in the faith, was made very evident to our Middle School students this past Tuesday, when Fr. Jack Wall, the president of Catholic Extension, came to celebrate our 8:30 morning Mass with the students. He was invited by our House Service Committee members to wrap up our Lenten Almsgiving Project. As Catholic Extension supports many communities that minister to Native Americans, an invitation to Ms. Jody Roy, Director of the St. Kateri Center, Deacon Bill Frere, and Bill Buchholtz, native flutist, was extended to help our students make connections with those who are aided by Catholic Extension and therefore by the students who contributed to this organization through the use of their Lenten Offering Boxes.



ST. BENEDICT PARISH & PREPARATORY SCHOOL 2215 W. IRVING PARK ROAD CHICAGO, IL 60618 | WWW.STBENEDICT.COM

Fr. Jack acknowledged how the students through this project became part of the team that extends a helping hand to Catholic communities in the most impoverished areas of our country who bring the love of Christ to those who need it the most. These are the faithful who are rich in faith but who struggle due to economic hardships or are rebuilding after natural disasters. After Communion, Fr. Jack was presented with a check for over \$2000 in contributions collected during Lent. He acknowledged this generous contribution to Catholic Extension as an outpouring of love for those who share a deep truth with the students of our Middle School. That shared deep truth is the realization that each of us is a blessing from God to our world.

This is the message of the "Good News". We bring Christ's love to the world in whatever way we can. Each of us uses the talents and gifts that make us unique. As a community, St. Ben's never fails to make a difference. Keep up the great work for "whenever you did it for the least of my brethren, you did it unto me".







BABY BOTTLE CAMPAIGN

AND BABY SHOWER

After an absence of 2 years the annual Baby Bottles and Baby Shower are back! Both campaigns will run from Mother's Day May 8th to Father's Day June 19th.

For the Baby Bottle Campaign please take an empty baby bottle found in one of the baskets at the entrances around church and fill it up with your spare change and return it at Sunday Mass to one of the ushers or if during the week to the rectory.

Our Baby Shower will be held on the East side of our church that contains the baby crib and decorations. We ask you to bring any items that would be appropriate for newborns or toddlers e.g. diapers, formula, toys or clothing to name a few things. If you have an item that is too big or awkward to bring, please call Deacon Dave at the rectory 773-588-6484 ext. 5105 and we can make arrangements to pick it up.

On behalf of the Women's Center and the St. Benedict Knights of Columbus Council 15052 we thank you in advance for your help and generosity.



GOD'S LOVE IS MONUMENTAL! VACATION BIBLE SCHOOL

Go off-road with St Benedict Parish for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. By exploring God's awesomeness, we'll form a rock-solid faith for the road ahead.

REGISTRATION IS OPEN NOW. Our 5 day Vacation Bible School will run from July 18-22. Vacation Bible School is for rising kindergarteners thru rising 4th graders. We will meet Monday through Friday to sing, learn about scripture stories, talk about the saints and grow in faith. Participants will be in small groups, led by our parish youth ministry volunteers. This 3.5 hour day will run from 9:00am-12:30pm.

The fee is \$80. per child and \$150. for a family. **SPACE IS LIMITED.**

FIFTH SUNDAY OF EASTER



The Glory of God

Compassionate God, you shower us with an enduring love. May we open our eyes and hearts to your works.

In your goodness, you have promised to wipe away every tear from our eyes and bring us to a place free of pain. May we open ourselves to embrace your command to love one another. Grant that we see you in our brother

and sister and love them as you have loved us, and in so doing, glorify you. Through Christ our Lord. Amen.

Sunday, May 15, 2022 God's Dwelling among Us

Today's readings: Acts 14:21–27; Psalm 145:8–9, 10–11, 11–13; Revelation 21:1–5a; John 13:31–33a, 34–35. Have you ever noticed something wondrous for the first time and then learned that it had been present for quite a while? That occurs in our relationship with God and his work in our lives. Often, people are so absorbed with the many events in their lives that they miss the goodness and love that God sends their way.

The reading from Revelation tells us that God has made his home among us: "Behold, God's dwelling is with the human race. . . . God himself will always be with them as their God." In his place among us, God is present through

the most difficult times. "He will wipe every tear from their eyes," we are told. But there is more. "There shall be no more death or mourning, wailing or pain."

In the Gospel, Jesus tells us that it is by our love that we will be recognized as disciples. Through our love the presence of God becomes known to family, friends, and the community. Who in your life noticeably manifests the love of God? Make it a point this week to stop for a moment to appreciate God's presence in your life. Pray for the grace of awareness to be God's presence for those who most need to know they are loved today.



THIS WEEK AT HOME

Monday, May 16

A Healing Love

Jesus tells his followers that those who keep his commandments love him. The love that Jesus proclaims is rooted in the reality that all of us are created in the image of God. This love recognizes our frailty and failures and our need for healing. This love also recognizes the best of who we can be for one another. Such love forgives and provides for healing. How will you show the love of God today? *Today's readings:* Acts 14:5-18; Psalm 115:1-2, 3-4, 15-16; John 14:21-26.

Tuesday, May 17 The Gift of Peace

What does it mean that Jesus offers the disciples peace? Peace doesn't mean the absence of challenges, conflicts, or worry; the power of peace is that it exists in the midst of all these things. The person who is at peace trusts that someone greater holds your life as precious in every moment. Peace can help you put matters in perspective so that, rather than worrying or being fearful, you remember, as Sr. Thea Bowman said, "who you are and whose you are." Today's readings: Acts 14:19-28; Psalm 145:10-11, 12-13ab, 21; John 14:27-31a.

Wednesday, May 18 Remain in Jesus

Jesus tells us that he is the true vine and we are the branches. Jesus' entire life and ministry was rooted in his relationship with his Father and his desire is to share that relationship with us so that we can nourish others. The simplest way to maintain our viability as a life-giving branch on the vine is to remain rooted in our relationship with Christ. Prayer and the sacraments, especially the Eucharist, are ways we can remain in Jesus. Today's readings: Acts 15:1-6; Psalm 122:1-2, 3-4ab, 4cd-5; John 15:1-8.

Thursday, May 19

Joy

"Joy is the infallible sign of the presence of God," said Teilhard de Chardin, s.J. In today's Gospel, Jesus offers love as the simple ingredient for joy. This love is grounded in Christ. Consider how your life would be more joyful if you allowed yourself to rest in the love of God. Sometimes it is difficult to accept that God offers us his love unconditionally. When we accept that, it is easier to love ourselves and God. Today's readings: Acts 15:7–21; Psalm 96:1–2a, 2b–3, 10; John 15:9-11.

Friday, May 20 Loved and Chosen

The Gospels this week have focused on being rooted in our relationship with God. Love, peace, and joy are only possible because of that relationship. Today Jesus adds another layer: he sends his followers out to continue his mission. Today it would be good to pray for the grace to be courageous to accept that we are chosen and loved, and to share the love we have known through him. Today's readings: Acts 15:22–31; Psalm 57:8-9, 10 and 12; John 15:12-17.

Saturday, May 21 Reality Check

Today's Gospel offers a reality check regarding discipleship. Not everyone will appreciate the Christian message that you share, and some may rebuke you for spreading the Gospel. Living as a Christian can mean facing persecution. Jesus tells us to remember that he experienced these challenges. When discipleship is the hardest, take comfort in knowing that your witness provides a source of life and hope. Today's readings: Acts 16:1-10; Psalm 100:1b-2, 3, 5; John 15:18-21.



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Education

SBPS STUDENTS VISIT OUR NATION'S CAPITAL

After two years of exploring Washington DC virtually, St. Benedict Prep 8th grade students were able to explore the sites in person.
Highlights included monuments in Washington DC and historical sites in Jamestown and Williamsburg. This four-day journey allowed students to discover the importance that these locations had in the founding of our country.











SBPS QUIZ BOWL TEAM

St. Benedict Prep's Middle School Quiz Bowl team wrapped up another successful season by competing in the national tournament last week. 141 teams from around the nation (and world, one team was from South Korea!) competed and St. Benedict Prep finished in 21st place. Players were Charlie, Winnie, Amara, Ava S., Will V., Tyler, Gus. It was an intense weekend and even more so for the 8th graders who were exhausted just returning from Washington DC. Extra congratulations to Winnie who received an All Star award for being in the top 24 individuals. It is quite an accomplishment for the team that only started competing in 2019.





Human Concerns

PRAY FOR THOSE AFFECTED BY DOMESTIC VIOLENCE

Dear Friend,

Perhaps you are in a difficult relationship. Perhaps you fear that the negative aspects of your relationship will escalate and you will experience pain, fear and loneliness. Perhaps those negative aspects have already reached a dangerous level. Remember, you are not alone. If you have doubts, if you have questions, if you need help, there is



always someone ready to listen. Domestic Violence can affect any relationship, regardless of gender, income level, culture, education. No one should endure domestic violence. When it is safe to do so, call one of the numbers below and ask to speak to someone about your situation. All conversations are confidential.

To our Parish Community,

Catholics believe that God loves and cares for everyone, and that God knows their pain and concerns. When we pray, we

enlist in God's project of love. Catholics
For Family Peace invites you to join us in a
moment of prayer at 3:00 pm, whenever
possible, wherever you are, for those
suffering from violence and abuse, and for
those who use violence to control others. We
pray in solidarity with survivors and with all
who work to end domestic violence.

Prayer for Peace in Our Family

Lord Jesus, be with my family. Grant us Your peace and harmony, an end to conflict and division. Gift us with the compassion to better understand each other, the wisdom and love to assist each other, and the trust and patience to live peacefully together. Grant that, through the intercession of Your mother, Mary, and St. Joseph our family too may become a holy family, accepting each other, working together in unity, and selflessly dedicated to one another and to You. Amen.

DOMESTIC VIOLENCE VICTIM SERVICES:

Catholic Charities Domestic Violence Services –

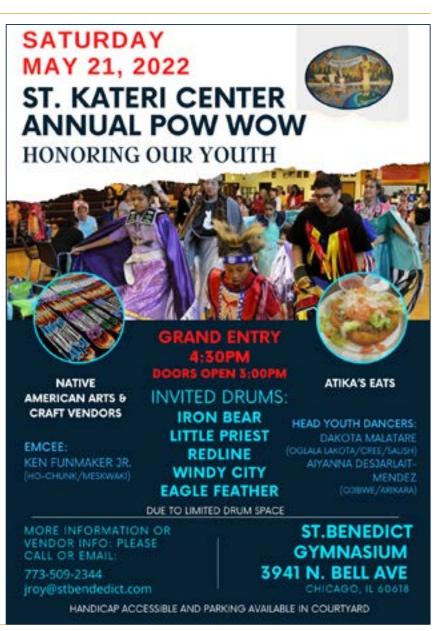
Various Locations: Please call 1.312.655.7725**Illinois**

Domestic Violence Hotline:

1.877.863.6338 (Toll-Free. 24-hour. Confidential. Multilingual.)

Child Abuse Hotline: 1-800-4-A-CHILD

(1-800-422-4453)



Sunday Giving

Sunday Offertory (Mailed-in, In-Pew and GiveCentral)

Amount received for Sunday, May 8: \$12,296 (93% of goal)

Weekly goal: \$13,250.00

Fiscal Year Sunday Offertory: \$546,159 (92% of goal)

Fiscal Year Goal (starting July 1): \$596,250 Behind Goal: (\$50,091)

Our parish is very grateful for our parishioners and friends who have faithfully continued to support and even increased their generosity over the past year. Whether you have turned in your envelopes in church, to the rectory office, or made gifts online through GiveCentral, your generosity has allowed the parish to keep its employees whole, ensure our school stays open and safe, maintain our facilities, and provide outreach opportunities during this difficult year. We have been very strategic in lowering our overhead expenses in an effort to be good stewards of the gifts that we receive. Our parish, however, heavily relies on the generosity of its parishioners.



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: www.stbenedict.com
- > Text the keyword DONATE to our text-to-give number 773.918.2366
- > Scan the QR code (right) with your phone or tablet

Questions? Contact our Director of Operations and Finance, Jeanne Anderson, at 773.588.6484 x5109 or janderson@stbenedict.com. Thank you for your remarkable generosity to the parish.



Coming Up at St. Ben's | May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIFTH SUNDAY OF EASTER Mass at 8AM, 10AM, and 12PM Church Parish Library Open 7:30AM Parish Library Women's Lenten Retreat Group 12:30PM SS Library Pack 3865 Advancement Meeting 3PM Ackerman Center	16 Daily Morning Mass 8:30AM Church Cub Scouts 6PM Cafeteria Boy Scouts Meeting 7PM Heidenreich Hall Parish Liturgy Commission 7PM Meeting Room Ravenswood Orchestra Rehearsal 7:30PM Beaven Hall	17 Daily Morning Mass 8:30AM Church SPRING CONCERT 6PM GYM	18 Daily Morning Mass 8:30AM Church Cub Scout Pack 305 Webelos 2 Den 4:30PM Beaven Hall Advisory Board Meeting' 7PM SS Library Choir Rehearsal 7PM Choir Loft (Upstairs) AA Group Meeting 8PM Beaven Hall	19 Daily Morning Mass 8:30AM Church Daisy Girl Scouts 2:30PM Rm 317 - Global Learning Lad	20 Daily Morning Mass 8:30AM Church HSA Drive In Movie 7PM Courtyard	21 Daily Morning Mass 8:30AM Church Reconciliation 11AM Church St. Kateri Pow Wow 4:30PM Gym Mass at 5PM Church
SIXTH SUNDAY OF EASTER Mass at 8AM, 10AM, and 12PM Church Knights of Columbus Recruitment Drive 11AM Beaven Hall	Daily Morning Mass 8:30AM Church Boy Scouts Meeting 7PM Heidenreich Hall Knights of Columbus Assembly Meeting 7PM Rectory Pine Room Ravenswood Orchestra Rehearsal 7:30PM Beaven Hall	24 Daily Morning Mass 8:30AM Church	25 Daily Morning Mass 8:30AM Church Choir Rehearsal 7PM Choir Loft (Upstairs) AA Group Meeting 8PM Beaven Hall	26 Daily Morning Mass 8:30AM Church	27 Daily Morning Mass 8:30AM Church	28 Daily Morning Mass 8:30AM Church Reconciliation 11AM Church Mass at 5PM Church

Masses for the Week

Saturday, May 14 - Saint Matthias, Apostle

8:30AM Celia M. Baylon - Jorge and Aurora Cortes In Thanksgiving for Ola and Morales Family -Gloria Hilado

5PM Carl Dominik - Sharon and Don Wilson
Winnie Chambers Tierney - Marge Lawlor
In Thanksgiving for Jorge and Aurora Cortes
Hector Samonte - Connie C. Golloso
and Family

Sunday May 15 - Fifth Sunday of Easter

8AM Gloria Recede - Family
Norma Samala - Corazon Lopez and Family
Corazon Tan - Corazon Lopez and Family
Patricia Kearney Stillwell - Jack and
Janice Mocarski

10AM Danilo Belicena - Sally Sobrepena Belicena
Anita Fernandez - Sally Sobrepena Belicena
5oth Anniversary of David and
Christina Kohmescher- Their Children,
Kohmescher Kids
Jose Zarate - Terencia Limon

12PM Maryann and Ronald Siwek and deceased members of the Kanonik Family - LuAnn Kowar

Celia M. Baylon - *Jorge and Aurora Cortes* Special Intention for Alejandro Hilado -*Wife, Gloria*

Jerome (Jerry) D. Foley - Lazar and Wilma Bityou

Monday, May 16 - Easter Weekday

8:30AM Special Intention for Myles Schmookler Family
Fructuoso Sanchez Paez Ceferina Sanchez Paez
Antonio and Susana Go - Leonora Llanes

Tuesday, May 17 - Easter Weekday

8:30AM Bud and Chuck Jerger - Family Clara Dobbies - Grene Hofilena

Wednesday, May 18 – Saint John I, Pope and Martyr

8:30AM Special Intention for Josefino Perez - Lucy Consing

Thursday, May 19 - Easter Weekday

8:30AM Chuck Jerger - Bridget and Luke Howe

Friday, May 20 - Saint Bernardine of Siena, Priest

8:30AM Special Intention for Corazon Pizarro

Saturday, May 21 - Saint Christopher Magalianes, Priest, and Companions, Martyrs

8:30AM Lilia B. Zabala - Jorge and Aurora Cortes

5PM Fara O'Keefe - The St. Benedict Parish Community
Miriam Cerkel - Christa O'Keefe and Marge Lawlor
Marina Barrientos - The Barrientos and
Kramer Family

Sunday May 22 - Sixth Sunday of Easter

8AM Ricardo Aguilar - Anne-Marie Finger
10AM John A. Hauser - The Suh-Hauser Families
Alan Schoen - Ellen Reynolds
Deceased Members of the Caplis Family -

The St. Benedict Parish Community

Lirio Wildner - Leda Wildner

12PM Celia M. Baylon - Jorge and Aurora Cortes

Hilda Ruscheinsky *- From her Nephews and Nieces* Matthew Scott Rahn *- The St. Benedict Parish*

Community

Maria Cristina Roman and Luis Aceves - Family

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.

Mike Bartley
Beverly Berganos Johnson
Carol Brimstin
Frank Flesch
Kelley Halper
Anne Hoellich
Marilyn Jerger
Mark Jerger
Charlene Johnson
Jackson James Limburg

Ken McFadden
Karen Mocarski
Ronald O'Keefe
Colleen O'Keefe Wiora
Kathy Pietschmann
Corazon Pizarro
Julie Raheja-Perera

Bill Shaver Jim Strzalka Leda Wildner

Baptisms

Ella Scarlett Stepanian-Bennett, daughter of Daniel Stepanian-Bennett and Julie Smith

Wedding Banns

III - Christine Curtin and Cooper Lees
III - Lauren Choate and Patrick Riggio

II - Samantha Biringer and Michael Galasso



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.** 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. 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. 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 Rectory hours: 9AM - 5 PM (Monday-Friday),

NO SATURDAY OR SUNDAY HOURS

PASTORAL STAFF

Rev. Stephen Kanonik, Pastor, ext. 5106, skanonik@stbenedict.com Rev. Robert Beaven, Pastor Emeritus Rev. Thomas Refermat, Assoc. Pastor, ext 5103, trefermat@stbenedict.com David Reyes, Deacon, ext. 5105, dreyes@stbenedict.com

Elaine Lindia, Director of Catechesis, ext. 1271, elindia@stbenedict.com
Kim McMillan, Director of Youth Ministry, ext. 5108, kmcmillan@stbenedict.com
Jody Roy, Director of St. Kateri Center, ext. 7000, jroy@stbenedict.com
Bill Frere, Deacon, St. Kateri Center wfrere@archchicago.org

PARISH SUPPORT STAFF

Jeanne Anderson, Director of Operations, ext. 5109, janderson@stbenedict.com Ellen Roberts, Parish Manager, ext. 5104, eroberts@stbenedict.com Maria Tubay, Director of Communications ext. 2351, 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
Rachel Waldron, Head of Lower School, ext. 1101, rwaldron@stbenedict.com

Mary Deletioglu, Head of Upper School,

ext. 1253, mdeletioglu@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 Waldron, or Mary Deletioglu
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

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

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

Handicapped Accessibility: An elevator is available for all Sunday Masses. Enter the church through the East door.**
Homebound: Call the rectory to arrange

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

^{**} Please call the Rectory for weekday avail.

Spiritual Dream Group NEXT SESSION - MONDAY 5/16 | 7-9PM

In this group we learn to become like a container of sacred space as a group to provide a secure connection between the individual's inner world and the outer world. Spiritual dream work affirms that our (nocturnal) dreams offer us support in our spiritual journey. This work helps us towards living a guided life from within with the support of others and it helps us to recognize the symbolic language of the soul. All dreamers are welcome and there is no prior experience necessary. I encourage anyone who has been interested in their dreams but has not had the opportunity to share and explore them further to attend. This ongoing group will meet on the third Monday of each month at 7 pm until 9 pm remotely on the Zoom video conference platform. Please contact Rachel at rachelwinborn@gmail.com if you plan to attend



¡AHORRE DINERO HOY! SEGURO DE AUTO



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(773) 293-4660

SEVERE FATIGUE? CHRONIC PAIN? TAKE YOUR LIFE BACK!

This is what it's like to suffer from Fibromyalgia.

its symptome make everyday life incredibly difficult and daily tasks rearly impossible. And more often than not, these symptoms are only made worse because so many practitioners find it difficult to understand and ever more troublesome to trest. It is characterised by widespread pain in muscles, and tissues rather than inflammation of the joints, muscles, and tissues.

Symptoms are masked with over-the-counter medications. Precription pills only provide temporary relief and more other than not, fall to work at all. And the worst-case scenario, you're completed direspected or dismissed by medical professionals who don't get Fibromysigle or don't care.

Some medical professionals will suggest dietary changes or encourage you to exercise. Perhaps they instruct you to 'drink more water' as if more eater is going to stop you from feeling as though you've been hit by a freight train every day.

At Urban Acupuncture you no longer have to suffer! At Urban Acupuncture there is a medical practitioner that has a proven solution for fibromysigis pain! Do you suffer from CHRONIC PAIN?
Does the pain seem to have a life of its own?
Does the pain seem to travel?
Are you plagued by SEVERE FATIGUE?
Are you afflicted with
RECURRING HEADACHE or MIGRAINES?
Are you tortured with feelings of
TENDERNESS and/or SWELLING?
Do you experience NUMBNESS
or TINGUNG in your arms and/or legs?

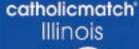


CONSULTATION (a \$240 value) Acupuncturist Kyla Boles uses noninvestive, nonpharmaceutical, integrative therapies to RELIEVE her patients of Fibromyalgia symptoms, reducing various forms of pain and inflammation, straulating the release of endorphins, and othering much needed effective symptom relief for Fibromyalgia.

She skilfully layers therapies such as AFPth Resonance BioTherapy and nonphermaceutical, nonopioid, nonsteroid, natural injection therapies for amplified and lasting results.

Imagine relieft Imagine increased energy!
Imagine finally having a Medical Practitioner
who genuinely listens to you, understands
your condition, and can develop a
personalized, comprehensive treatment plan.

Call 773-727-5042 today to set up a consultation with Acupuncturist Kyla Boles, LAc





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Anne Rodia Realtor / Parishioner

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all for a FREE market and

773.720.1616 arodia@koenigrubloff.com Anne Rodia.com

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