

THE STEWARD

TWENTIETH SUNDAY IN ORDINARY TIME
SUNDAY, AUGUST 14, 2022

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Is this the Great Resignation, or will It be Great Faith Ablaze?

BY RACHEL GEMO, HEAD OF PARISH SCHOOL



As the new school year is set to begin in a few weeks, many of us may have heard about the national teacher shortage being discussed in the news. Many teachers packed up classrooms for the last time this June as schools closed for summer, leaving a profession where stresses have multiplied. Some 300,000 public-school teachers and other staff left the field between February 2020 and May 2022, a nearly 3% drop in that workforce, according to Bureau of Labor Statistics data.

Catholic schools across the nation are also experiencing a teacher shortage. At a Catholic school meeting I attended just last week, the speaker asked the crowd of over 150 principals how many were done hiring for the coming year. Only about 10 principals raised their hands (and no, I was not one of them!) Our biggest challenge (on top of the general teacher shortage) is that the salary of a Catholic school teacher is much less than that of a public-school

teacher. This year, a starting salary for a Chicago Catholic school teacher is \$33,575. I recently had a prospective candidate who moved into the area reach out to me inquiring about a position we had available. I sent the candidate a copy of the salary scale with an invitation to interview with me. This person responded very quickly with a "thank you, but I need to earn more" response. A few hours later this person emailed me back making sure that the scale I sent earlier was for a full-time position, not part-time. In the email exchange the candidate politely surmised that it would be difficult for me to find teachers.

I did affirm in my response the salary scale is for full-time teachers, and that yes, it is difficult to find teachers willing to interview with this pay scale. I also explained that people are called to serve in a Catholic school for more than the paycheck (as most teachers are called to the profession for more than a paycheck) and more than just to teach. A Catholic school

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

MASS SCHEDULE: Saturday 5 PM | Sunday 8AM, 10AM, and 12PM RECONCILIATION: Saturdays 11AM

teacher, assistant, staff member and administrator are each called to work for a mission much greater than we could ever possibly understand. Those who serve in Catholic schools desire to pass on the Catholic faith, encourage each child to develop their God-given gifts, and be co-creators with God as we strive to build His Kingdom here on earth. It is a rather good profession if you ask me! But, alas, the "Great Resignation" is even reaching Catholic schools, parishes, and organizations.

The "Great Resignation" is a term that describes the trend of the mass voluntary exit of employees from their employment obligations. It is debatable when exactly this wave of resignations began, but we are all feeling the effects of this era. Yes, people are hoping for more pay, better benefits, increased work-life balance, and greater appreciation for their contribution to the organization. The current research also shows that people are hungering for a more purposeful path where they can truly make a difference; this desire is found across the generations from Baby Boomers and GenXers to Millennials and Generation Z. Now after months into the "Great Resignation" workers are reporting that they are disappointed with their new employers and new employers are dissatisfied with their new employees. The grass isn't always greener, as they say. People are still seeking something that is missing in their lives, and their new employment is not filling that emptiness or longing.

I fear that some of this hunger people are feeling is a result of another "Great Resignation" that has been happening over the years: people are making faith less of a priority in their lives than other things. At the start of the pandemic, yes, we all needed to worship virtually, but now in-person attendance is safe for most people. For the past year, we have been learning to live with new realities and managing to find a way to practice those things most meaningful to us despite COVID. After all this time, have we found a way to carve time out for Sunday Mass and daily prayer? Or have we replaced that time with brunch, sports lessons and social media? A new career, new television show, new hobby or new friends will not fill that void the same way that intentionally practicing faith will.

In this Sunday's Gospel, Jesus says to his disciples: "I have come to set the earth on fire, and how I wish it were already blazing!" These words still hold meaning for us in this time of humanity. Fire warms, transforms and refines. Through our faith in Jesus and following his teachings, we, too are warmed, transformed and refined. But we have to

dedicate time to grow in relationship with Jesus in order for this fire to burn in us.

Jesus also tells his disciples that he came not to establish peace, but division. While these words are hard to hear, Jesus is showing us what we are experiencing in the here and now. Our friends may not understand why we believe in Jesus and why we need to make time for worship and prayer. Our family members may roll their eyes when we describe the special moments in our day when we have experienced God's grace. Many of us working in Catholic schools and parishes often get the question, "Why do you work for so little when you could be making so much more money?" It is not unusual to have a staff member share with me their parents or spouse challenge them about the pay they are receiving for their service.

This "division" that we experience as followers of Jesus might not involve swords, but the pull of the material world and popular culture is certainly real. Choosing faith over things of this world is hard to help everyone understand, and it is often difficult to understand ourselves. Are we ready to face the struggles and difficulties that surely will come our way, as we work for the Kingdom? In this mission of establishing the Kingdom, we are demanded to have a loyalty to Jesus that is higher than all other relationships. Are we ready to sacrifice our relationships or our way of thinking or even our lifestyle – all for the sake of loyalty to Christ? These are some of the things I hear when I reflect on today's Gospel.

While the Gospel today is tough on us, I also feel a sense of hope. Each new school year brings new teachers and staff to serve our parish school. Each new teacher is gifted with the opportunities to sow the seeds of faith in our young people. Each new staff member is blessed with moments of being the light of Christ to those whom we serve. Just the fact that we have teachers and staff return year after year helps me to have faith that our work is still valued and desired. Our parish school has a healthy enrollment, and we give thanks to God for the opportunity to help form our students in faith. These are all signs of God's grace. Through the working of the Holy Spirit, we desire to set hearts ablaze with God's love.

For those of you who feel the call to serve in a Catholic school or our parish, please do not hesitate to reach out to me. Let's discuss ways you can help build the Kingdom right here at St. Benedict. Perhaps you can help turn this time of "Great Resignation" into an era where we can set hearts ablaze with love for Jesus.



Join us for Mass every 1st & 3rd Sunday of the month at the **Kateri Center (Convent Chapel)**
Our Next Mass will be held on **Sunday Aug 21 at 11am**
Community meal to follow.
All are welcome!

Music for August 13/14

Entrance: Canticle of the Turning (W 624)
Gloria: Mass of Redemption, Janco
Readings: W 1168
Psalm: 40, Lord, come to my aid! (W 1168)
Gospel Acclamation: Alleluia in C (W 329)
Offertory: Instrumental Music
Holy, Holy, Holy: Mass of Creation (W 365)
Memorial Acclamation B:
Mass of Creation (W 366)
Amen: Mass of Creation (W 367)
Lamb of God: Holy Cross Mass (W 381)
Communion Processional: Bread of Life, Cup of Blessing (W 924)
Recessional: Sing a New Song to the Lord (W 629)



**ST. BENEDICT'S
KNIGHTS OF COLUMBUS
COUNCIL 15052
WILL HAVE ITS NEXT MEETING
ON SEPTEMBER 11TH
IN BEAVEN HALL
AFTER THE 10:00 MASS.**

Did you know: Knights are active in the U.S., Canada, Mexico, the Philippines, Dominican Republic, Poland, Panama, Guatemala, Lithuania, Bahamas, Saint Lucia, South Korea, Ukraine and more!



RCIA INFORMATION TABLE NEXT WEEKEND AUGUST 13 AND 14TH

Do you have questions and want to learn more about the Rite of Christian Initiation of Adults? There will be an information table available after all Masses next weekend where you can meet members of the RCIA team and ask any questions you may have. Are you thinking about becoming Catholic? Do you want to complete your Sacraments of Initiation (First Communion and Confirmation)? Hope to see you at the info table or call Elaine Lindia at (773)509-3806 or email elindia@stbenedict.com to learn more. Classes start in September!

PILGRIMAGE TO THE HOLY LAND

JAN 30 - FEB 8, 2023



"For we saw His star in the east, and have come to worship Him." (Matthew 2:2)

You're invited to join Fr. Steve Kanonik (Pastor, St. Benedict), Deacons Mike McManus (St. Edward) and Bill Frere (Mary, Undoer of Knots, St. Kateri Center) as we visit the places where Jesus was born, preached, died and rose.

We'll celebrate Mass each day at one of the churches that recall the events of Jesus' life, renew our baptismal vows in the Jordan, marriage vows in Cana, sail on the Sea of Galilee and carry a cross through the streets of Jerusalem. Check out the details: <https://bit.ly/3OskBcN>

For additional information, contact Deacon Mike (m_mcmanus@yahoo.com) or Deacon Bill (wfrere@archchicago.org).



ARE YOU CALLED TO BE A CATECHIST?

Is God calling on you to be a catechist? The ministry of sharing your faith with our young people is truly a vocation. There is no better way to evangelize and carry on God's mission in the world than serving as a catechist. We are currently enrolling students for classes that will begin in September and we are in need of more catechists to cover these classes. For more information, please contact Elaine Lindia at (773)509-3806 or at elindia@stbenedict.com.



August 14, 2022

Twentieth Sunday in Ordinary Time

Written by
THE
FAITHFUL
DISCIPLE

Jer 38:4-6, 8-10 | Heb 12:1-4 | Lk 12:49-53

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

My mom loved her Nintendo 64. We especially enjoyed “Paper-boy,” a video game where a paperboy riding a bicycle attempts to deliver newspapers along Easy Street, Middle Road, or Hard Way. He has to avoid obstacles that pop up along the way – barking dogs, mailboxes, skateboarders, trash cans, you name it! Sometimes life can seem that way. We can’t predict which obstacles will pop up, but the author of the Letter to the Hebrews encourages us to persevere, “keeping our eyes fixed on Jesus.” Whether we’re riding along “Easy Street” or “Hard Way,” we can look to Jesus to help us overcome the hardships that may come our way because we are his followers. As Jesus tells the disciples, following him will not always be easy and may even result in conflicts within our families. When that happens, we can look to the example of Jesus and the great “cloud of witnesses” to whom the Letter to the Hebrews refers, knowing that peace and reconciliation await us at the finish line.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

I used to have great fun watching my boys at our neighborhood swim meets. Even as my then-7-year-old zig-zagged into the lane lines during the backstroke, I would yell “Go! Go! Go! You’ve got this.” (And, please, someone catch his head at the finish!) He couldn’t hear a word I said. I wonder if it’s a bit like this when it comes to the “cloud of witnesses” – the saints, known and unknown, who encourage us in our faith. We can’t see them or hear them, but we know they are there. In turn, we can become cheerleaders for others running the race alongside us: offering encouragement, prayers, and reminding one another of the joy that awaits us. Spoken or silent, our prayers can help us and others persevere in our faith and place our trust in Jesus when times are tough.

STUDY The *catechism* chapter 3, The Characteristics of Faith (153-165), references this passage from Hebrews on being surrounded by a cloud of witnesses. Read especially #165.



es/PeopleImages

Sunday, Aug 14, 2022

Make some noise for justice

Civil rights activist and Presidential Medal of Freedom recipient Congressman John Lewis hoped young Americans might get in trouble. "Good trouble, necessary trouble," he specified. Lewis wished that a passion for what's right might compel our young citizens to "find a way to get in the way" of injustice. A young prophet named Jeremiah once got in the way, winding up at the bottom of a well and nearly starving to death for causing trouble for his king. Jesus promises the same sort of trouble in our families if some members are baptized with fire while others don't feel the burn. Find yourself some good trouble.

TWENTIETH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: Jeremiah 38:4-6, 8-10; Hebrews 12:1-4; Luke 12:49-53 (120). *"He will die of famine on the spot, for there is no more food in the city."*

Monday, Aug 15, 2022

Grief required

Given that Mary, the mother of Jesus, was likely in her teens when she gave birth, she was probably only in her late 40s when Jesus died 33 years later. Life expectancy was a lot shorter then, but potentially Mary could have been alive for many years after seeing her son for the last time. One ancient historian wrote that she died 11 years later. It must have been a time of intense longing for her. Whether she died before she was bodily assumed into heaven or was assumed before she died is left open-ended by the church. Either way, it was an extraordinary reunion with the Lord befitting her status. Consider your own reunion with God. Plan ahead!

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY (NOT AN OBLIGATORY SOLEMNITY THIS YEAR)

TODAY'S READINGS: Vigil: 1 Chronicles 15:3-4, 15-16; 16:1-2; 1 Corinthians 15:54b-57; Luke 11:27-28 (621); Day: Revelation 11:19a; 12:1-6a, 10ab; 1 Corinthians 15:20-27; Luke 1:39-56 (622). *"He has looked with favor on his lowly servant."*

Tuesday, Aug 16, 2022

Embrace the mystery of communion

Brother Roger Schütz, founder of the Taizé movement, died on this date in 2005. Brother Roger began Taizé in 1940 in the French countryside, envisioning a humble monastic community to respond to the needs of war-torn refugees—but also to welcome followers from all Christian denominations. The simple house he purchased eventually blossomed into a global place of pilgrimage, especially for young people. Taizé is especially known for beautiful chants still used in congregations all over the world. "The Church is a mystery of communion," Brother Roger wrote, where we "can discover an aurora of reconciliation and the practicing of a simple joy." Pray with Taizé through their website.

TODAY'S READINGS: Ezekiel 28:1-10; Matthew 19:23-30 (420). *"For God all things are possible."*

Wednesday, Aug 17, 2022

To each is given a mission

On this day in 1887, Marcus Garvey, one of the most influential black activists of his generation, was born in Jamaica. Founder of Universal Negro Improvement Association, a fraternal organization that he grew into an international powerhouse after emigrating to the United States, he is credited with coining the term "Black is beautiful" to encourage racial pride. Though controversial in many of his views, he is remembered for his advocacy for racial

equality and economic justice. Be a voice for equality and justice as you live out your unique Christian mission.

TODAY'S READINGS: Ezekiel 34:1-11; Matthew 20:1-16 (421). *"You have made them equal to us."*

Thursday, Aug 18, 2022

Be willing to look closely

On this day in 1998 the renowned Holocaust scholar Harry James Cargas died. Most of his teaching and writing focused on the Christian response to the Holocaust. What haunted him, he once said, was that "probably every Jew killed in the Holocaust was murdered by a baptized Christian." Cargas could have chosen an easier academic path, but instead he forced Christians to take stock of their complicity. Today's Psalm is a good help for examining our own cooperation with contemporary sin: "A clean heart create for me, O God."

TODAY'S READINGS: Ezekiel 36:23-28; Matthew 22:1-14 (422). *"Many are invited, but few are chosen."*

Friday, Aug 19, 2022

Keep it simple

Saint John Eudes, a 17th-century priest and mystic, worked tirelessly to spread the gospel message, which he feared was being corrupted by various heresies. For Saint John, Christianity wasn't complicated: "The Christian life is a continuation and completion of the life of Christ in us. We should be so many Christs here on Earth, continuing His life and His works, laboring and suffering in a holy and divine manner in the spirit of Jesus." And just what was Christ's work? Look no further than the two great commandments he gave us: "Love the Lord, your God, with all your heart, with all your soul, and with all your mind," and "Love your neighbor as yourself."

TODAY'S READINGS: Ezekiel 37:1-14; Matthew 22:34-40 (423). *"The whole law and the prophets depend on these two commandments."*

Saturday, Aug 20, 2022

Schism-saver

In 1130, Pope Honorius II was dying. In anticipation of his death, a group of cardinals agreed on Cardinal Gregory Papareschi as the next pope. Upon Honorius' death, Papareschi was elected Pope Innocent II. But another group of cardinals had another cardinal in mind for the position, Cardinal Pietro Pierleoni, and elected him as Pope Anacletus II. The church then had a pope and an antipope. Question was, which was which? Saint Bernard of Clairvaux threw his considerable weight and hard work behind Pope Innocent, who eventually prevailed, preventing what easily could have spiraled into a schism. Remember this lesson from Bernard: "If you are to do the work of a prophet, what you need is not a sceptre but a hoe."

MEMORIAL OF BERNARD, ABBOT, FOUNDER, DOCTOR OF THE CHURCH

TODAY'S READINGS: Ezekiel 43:1-7a; Matthew 23:1-12 (424). *"The greatest among you must be your servant."*

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



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I WANT YOU FOR THE GALLERY SINGERS!



**WEDNESDAYS AT 7PM, BEGINNING SEPTEMBER 7TH
AT ST. BENEDICT CHURCH IN THE CHOIR LOFT**

POSITIONS OPEN: Parish Choir - "The Gallery Choir"-
members: soprano, alto, tenor and bass singers.

PHYSICAL QUALIFICATIONS: Must be able to carry light
and beautiful musical notes part way across the church.
Must have vision good enough to see the director 10 feet
away. Must have a sense of humor.

EXPERIENCE REQUIRED: Must have some time sung,
hummed or whistled a tune in the bathtub or shower.

ADVANCEMENT OPPORTUNITY: Those demonstrating
ability and courage may become soloists or members
of quartets.

BEGINNING WAGES: Guaranteed satisfaction and joy
in the service of the Lord while enhancing the liturgies
at Saint Ben's!

**For more information, contact Scott Arkenberg,
Director of Music Ministry at 773-588-6484, or email
at sarkenberg@stbenedict.com**

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Ribfest
CHICAGO

BBQ • FRIENDS • MUSIC & FUN

**August
19-21**

Fri: 5-10pm; Sat/Sun Noon-10pm
Lincoln, Damen and
Irving Park Rd.

CALLING ALL VOLUNTEERS!

On the weekend of August 19th-21st, NorthCenter's Ribfest is back and we have an opportunity to help our local chamber of commerce and benefit as well. NorthCenter Chamber of Commerce's grant program over the years has provided organizations with a contribution from the profits made at Ribfest for groups who provide volunteers for this event.

Our school has received thousands of dollars over the years to help with tuition scholarships and programs such as our H.S. Protégé Program. We have this opportunity again this year if we can help fill two shifts: Sunday August 21st early shift 11:30-3:00 p.m. and Sunday late shift from 5:15-10:15 p.m.

Volunteers can be middle school age and older to assist at the gate and family area or over 21 for other areas. Volunteer form can be downloaded from the QR code (above) or found at the church entrances or at the rectory and school offices. Hope you can join in making Ribfest a success and helping our school at the same time.



Please fill out the Volunteer form and drop off at the Rectory or School office during business hours. Questions: Please call Mr. Accardi at (773)509-3832 or email to jaccardi@stbenedict.com.

Important Back-to-School Dates:

AUGUST 2022

Preschool Parent Orientation - 8/17
6th grade and New MS Parent
Virtual Orientation- 8/17
New Family Night - 8/18

Kindergarten Orientation - 8/23
Grades 1-8 1st Day of School - 8/23
Kindergarten 1st Day of School - 8/24
Preschool 1st Day of School - 8/25

SEPTEMBER 2022

Parent Mixer - 9/9
Baby & Kids Green Garage Sale - 9/17
HSA Fun Run - 9/23
Oktoberfest - 9/30-10/2

Save
the
Date!

Oktoberfest '22

Sept. 30
thru
Oct. 2

Become a Sponsor!

Oktoberfest here at St. Ben's is truly a wonderful family event celebrating the unique community that is our parish. Proceeds help the parish maintain the campus and supporting our ministries from the school to RE and everything in between. Underwriting an event such as Oktoberfest allows for the event's revenue to go directly to parish needs. Won't you consider becoming a sponsor to help us reach that goal? There is a giving level for every family.



Main Tent
Sponsor
\$5000
(2)

Stage
Sponsor
\$2500
(6)

"Prost!"
Bar Sponsor
\$1000
(10)

"Zum Wohl!"
Community
Sponsor
\$500

"Freundschaft"
(Friendship)
Fan
\$250

"Ein Prosit!"
Beverage Fan
\$150-\$50

Scan the QR Code for
Sponsorship Level Benefits >>>



Or visit
<https://givecentral.org/oktoberfest>

For questions please reach out to Mr. Accardi at jaccardi@stbenedict.com or at 773.509-3832.



YVONNE'S
DANCE
ACADEMY

Season 15
2022-2023



8/15/22 -- 11:00 AM
REGISTRATION
OPENS ONLINE
VIA CLASSJUGGLER



RECREATIONAL
AGES 3-18



TWO LOCATIONS
SBPS & IRVING PARK



BOYS ONLY CLASS
ATHLETIC DANCE

ANNUAL OPEN HOUSE
THURSDAY 9/8 - BY APPOINTMENT - 1733 W Irving Park Rd.

773.857.0608
YVONNESDANCEACADEMY.COM

Masses for the Week

Saturday, August 13 - Saints Pontian, Pope, and Hippolytus, Priest, Martyrs

- 8:30AM Special Intention for Lin Sookdee - *Family*
Special Intention for Ramon Consing
Mrs. C. Tan Chan - *The Siao Family*
Delly Chanyungco - *Family*
- 5PM Carl Dominik - *Sharon and Don Wilson*
John, Ann, and Mary McDonagh - *Family*
Kelley Halper - *Marge Lawlor*

Sunday August 14 - Twentieth Sunday in Ordinary Time

- 8AM John A. Hauser - *The Suh-Hauser Families*
Special Intention for Ariya Schmookler - *Family*
Eusebia and Francisco Jumao-As, Sr. - *Cordy Fortunado*
Francisco Fortunado - *Tessie and Daisy*
- 10AM Francisca Reyes, Victor D. Goite, and Nicholas Goite - *The Goite and Reyes Family*
Kelley Halper - *The St. Benedict Parish Community*
Edward "Jerry" Byrne - *The St. Benedict Parish Community*
Justino Goloso - *Connie Goloso and Family*
- 12PM Ivan Gonzalez (Class of '20) - *The St. Benedict Alumni Office*
Edward Raliski - *Tricia Gollehon*

Monday, August 15 - The Assumption of the Blessed Virgin Mary

- 8:30AM Special Intention for Emelita Evangelista - *Lucy Consing*

Tuesday, August 16 - Saint Stephen of Hungary

- 8:30AM Special Intention for Myles Schmookler - *Family*
Michael Gibbons - *Family*
Jeff Hopkins - *Ken and Pat Woodhouse*

Wednesday, August 17 - Weekday

- 8:30AM Kelley Halper - *Rob and Ann Marie Walker*

Thursday, August 18 - Weekday

- 8:30AM Alex and Rita Gumler - *The Gumler Family*
Remy Ponce - *Corazon Pizarro*
Emilio A. Mojica - *Julie Mojica*

Friday, August 19 - Saint John Eudes, Priest

- 8:30AM Pablo and Emma Consing - *Lucy Consing*
Joseph Imburgia - *Goldie*

Saturday, August 20 - Saint Bernard, Abbot and Doctor of the Church

- 8:30AM Cecilia Consing - *Lucy Consing*
- 5PM Ronald Egan - *The Egan Family*
Xavier D'Silva - *Angela Rebello*
Special Intention for 50th Wedding Anniversary of Dolores and Terry Mielzynski

Sunday August 21 - Twenty-First Sunday in Ordinary Time

- 8AM Sylvester Hauser and John T. Suh - *The Hauser Family*
- 10AM Jerry Byrne - *Mike and Margaret Burns*
Daniel Misener - *The Hanley Family*
Conall O'Scolaidhe - *The Hanley Family*
- 12PM Luisa Flores - *Dorenda Sumatra*
Brian Martin - *Maribel Selva*
Moises and Felicidad Alpasan - *Corazon Lopez*
In Thanksgiving for Corazon Lopez

Baptisms

Alice Kenny, daughter of Daniel and Elizabeth Kloss
Delilah Rose, daughter of David and Jennifer Roock
Elena, daughter of Esteban and Estefania Unzueta

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.

Beverly Berganos Johnson	Karen MocarSKI
Carol Brimstin	Ronald O'Keefe
Carmen M. Clarin	Colleen O'Keefe Wiora
Frank Flesch	Corazon Pizarro
Judy Gumler	Julie Raheja-Perera
Anne Hoellich	Alex Sandoval
Marilyn Jerger	Cecilia Fell Schott (Class of 72)
Mark Jerger	Bill Shaver
Charlene Johnson	Karen Sheehan
Patricia Ann King	Jim Strzalka
Jackson James Limburg	Leda Wildner
Ken McFadden	



Human Concerns

Where are your boundaries? Part II

From The Domestic Violence Outreach Team of St Benedict Parish

How to both determine and voice your personal boundaries in relationships

When was the last time you thought about your personal boundaries?

Boundaries are the non-negotiable lines that our partner cannot cross in order for us to feel respected and safe in a relationship.

Boundaries keep us intact, and we should know and express them no matter how new, or not new, a relationship is. Boundaries protect our personal goals, dreams, values, autonomy, etc.

Examples of Boundaries

So what exactly does a boundary look like? Think of them as simple concepts and phrases that describe your limits, tolerances and expectations, or a list that communicates who you are and what you want or require from your partner.

You may have some idea of your boundaries already. Whether you do or don't, spending a few days thinking about them may bring new or refined boundaries to light. Creating and editing your list of boundaries will help solidify them in your mind, can be more clearly shared with a partner and can serve as an important reminder to you in the future.

To help you get started on creating your list of boundaries, we've created a few abbreviated examples below. But, don't limit yourself. Creating your boundaries should be a uniquely personal endeavor driven by your needs, wants and specifics:

- I will have my own career and my partner will support it completely.
- I will have my own friends and you may or may not be part of that circle.
- I will spend time with my family because they mean the world to me.
- I am proud of my appearance and you will not try to change it.
- We will start our relationship slowly, unless I decide otherwise.
- I can change my mind for any reason and you will respect this freedom.
- If I say no, it means no; I can walk away from this relationship.
- I have my own schedule that must be satisfied within our partnership.
- I decide on what's important to me.
- You will listen to me and respect my feelings/opinions.

You can find a list online, for a total of 29 different boundaries to consider.

Assertive, Not Aggressive

Irene van der Zande, author of Relationship Safety Skills, states that the way in which we communicate our boundaries can impact how they are received. How often do you tell your kids to speak up, please, when they're asking for something? You help them find their voice, so it's time to find yours, as an adult. If you're telling someone in a barely audible whisper that you don't like the way they speak to you, chances are, that boundary will simply float away. On the other hand, van der Zande points out that speaking or acting aggressively, such as using insulting language, leaning forward into someone's face or using an irritated voice, will make our partner feel attacked and isn't the most affective strategy either.

Instead, she advises to use assertive communication, which will tell the other person, "Of course you are going to care about what I want once you understand what it is. What I have to say is very important to me, and I believe that you are such a good person that this will be very important to you, too."

Having an assertive attitude can look like some of the following, says the author:

- Body language that is calm, confident and aware
- Eye contact
- A facial expression that matches your message: a neutral face if you are telling someone to stop or a friendly face if you're asking for something you need
- A loud enough voice that can be easily heard (and no whining)
- Managing space. Move away from someone who you want to stop bothering you or move closer to someone if you want something from them.



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 | August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 20th Sunday in Ordinary Time Mass at 8am, 10am, and 12pm Church	15 Daily Morning Mass 8:30am Church	16 Daily Morning Mass 8:30am Church Cross Country Summer Conditioning 6pm Horner Park	17 Daily Morning Mass 8:30am Church Preschool Parent Orientation 5pm Gym AA Group Meeting 8pm Beaven Hall	18 Daily Morning Mass 8:30am Church Kateri Senior Lunch 11am Beaven Hall Cross Country Summer Conditioning 6pm Horner Park	19 Daily Morning Mass 8:30am Church	20 Daily Morning Mass 8:30am Church New Family HSA Gathering 9am Courtyard Reconciliation 11am Church Mass at 5pm Church
21 21st Sunday in Ordinary Time Mass at 8am, 10am, and 12pm Church	22 Daily Morning Mass 8:30am Church Knights of Columbus Assembly Meeting 7pm Beaven Hall	23 Daily Morning Mass 8:30am Church Welcome Back to School Elementary and Middle School! Grades 1-8	24 Daily Morning Mass 8:30am Church Welcome Back to School Kindergarten! AA Group Meeting 8pm Beaven Hall	25 Daily Morning Mass 8:30am Church Welcome Back to School Preschool!	26 Daily Morning Mass 8:30am Church	27 Daily Morning Mass 8:30am Church Reconciliation 11am Church Mass at 5pm Church

Sunday Giving



Sunday & Holy Day Offertory

July 1 through July 30

GiveCentral is our partner for secure electronic giving. Here are three easy ways to get started:

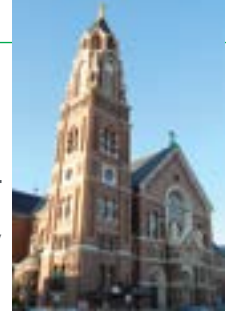
- > Visit GiveCentral.org and search for St. Benedict – Chicago under My Charity
- > Follow the DONATE links on our parish and school website: stbenedict.com
- > Text the keyword DONATE to our text-to-give number : 773.918.2366
- > Scan the QR code (below) with your phone or tablet



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

Total Electronic Giving: \$30,430	Total Envelope: \$8,308
Total Loose: \$7,350	Total Holy Day: \$23
Weekly Average: \$11,524 (89% of goal)	Weekly Goal: \$12,990
Fiscal YTD: \$46,095 (89% of goal)	Fiscal YTD Goal: \$51,960
Above/(Behind) YTD Goal: (\$5,835)	

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
Scott Arkenberg, Director of
Music Ministry, ext. 5107,
sarkenberg@stbenedict.com
Elaine Lindia, Director of Catechesis,
ext. 1271, elindia@stbenedict.com
Kim McMillan, Director of Youth Ministry,
ext. 5108, kcmillan@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 Metz, Head of Lower School,
ext. 1101, rmetz@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 Metz, 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
**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.
Handicapped Accessibility: An elevator is
available for all Sunday Masses. Enter the
church through the East door.**
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 availability



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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