



Bringing Our
Faith to Life

ST. MICHAEL
IN OLD TOWN
A Redemptorist Catholic Parish

Our Parish Life



1633 N. Cleveland Ave • Chicago, IL 60614 • 312.642.2498 • www.st-mikes.org



Sixth Sunday of Easter
May 21, 2017

I will not leave you orphans, but will come to you (John 14:15-21) or John 17:1-11a.

Greetings to the Parishioners of St. Michael's and all of our guests!

Six weeks ago, we celebrated the Solemnity of Easter with the Triduum of Holy Thursday, Good Friday and the Easter Vigil as well as the glorious gatherings on Easter Sunday. We celebrated the death and resurrection of Jesus opening a whole new world for us. The Easter celebration is not over. It continues until Pentecost Sunday on June 4. Throughout this season, we have had a wonderful opportunity to grow in our understanding of the many different ways that the gift of Easter continues. All of this is based on the central truth. Jesus Christ is risen. Amen and Alleluia!

The article I am sharing this week is from Fr. Ron Rolheiser entitled, *Where to Find the Resurrection.*

There is something that needs a crucifixion. Everything that's good eventually gets scapegoated and crucified. How? By that curious, perverse dictate somehow innate within human life that assures that there's always someone or something that cannot leave well enough alone, but, for reasons of its own, must hunt down and lash out at what's good. What's good, what's of God, will always at some point be misunderstood, envied, hated, pursued, falsely accused, and eventually nailed to some cross. Every body of Christ inevitably suffers the same fate as Jesus: death through misunderstanding, ignorance, and jealousy.

But there's a flipside as well: Resurrection always eventually trumps crucifixion. What's good eventually triumphs. Thus, while nothing that's of God will avoid crucifixion, no body of Christ stays in the tomb for long. God always rolls back the stone and, soon enough, new life bursts forth and we see why that original life had to be crucified. ("Wasn't it necessary that the Christ should so have to suffer and die?") Resurrection invariably follows crucifixion. Every crucified body will rise again. Our hope takes its root in that.

But how does this happen? Where do we see the resurrection? How do we experience resurrection after a crucifixion?

This Week at St. Michael

For more information or to participate in any of the activities listed below, please call the Parish Office at (312) 642-2498.

Sunday, May 21

- 9:00 a.m. Mass
- 10:00 a.m. Religious Education Class
- 11:00 a.m. Mass
- 12:00 p.m. Tour
- 1:00 p.m. Baptism Service
- 6:00 p.m. Mass

Monday, May 22

- 8:00 a.m. Mass
- 12:00 p.m. Mass
- 7:00 p.m. Stillpoint/Contemplative Prayer
- 8:00 p.m. ACA Meeting

Tuesday, May 23

- 8:00 a.m. Mass with Our Mother of Perpetual Help Devotion
- 12:00 p.m. Mass with Our Mother of Perpetual Help Devotion
- 8:00 p.m. AA Meeting

Wednesday, May 24

- 8:00 a.m. Mass
- 10:00 a.m. Mom's Group
- 12:00 p.m. Mass
- 6:00 p.m. AA (Women Only)

Thursday, May 25

- 8:00 a.m. Mass
- 12:00 p.m. Mass
- 7:00 p.m. Rosary

Friday, May 26

- 8:00 a.m. Mass
- 12:00 p.m. Mass
- 8:00 p.m. AA Meeting

Saturday, May 27

- 8:00 a.m. Mass
- 4:15 p.m. Confession
- 5:00 p.m. Mass

Sunday, May 28

- 9:00 a.m. Mass
- 10:00 a.m. Religious Education Class
- 11:00 a.m. Mass
- 12:00 p.m. Tour
- 6:00 p.m. Mass

Pastor's Notes

Scripture is subtle, though clear, on this. Where can we expect to experience resurrection? The gospel tells us that, on the morning of the resurrection, the women-followers of Je

sus set out for the tomb of Jesus, carrying spices, expecting to anoint and embalm a dead body. Well-intentioned but misguided, what they find is not a dead body, but an empty tomb and an angel challenging them with these words: "Why are you looking for the living among the dead? Go instead into Galilee and you will find him there!"

Go instead into Galilee. Why Galilee? What's Galilee? And how do we get there?

In the gospels, Galilee is not simply a geographical location, a place on a map. It is first of all a place in the heart. As well, Galilee refers to the dream and to the road of discipleship that the disciples once walked with Jesus and to that place and time when their hearts most burned with hope and enthusiasm. And now, after the crucifixion, just when they feel that the dream is dead, that their faith is only fantasy, they are told to go back to the place where it all began: "Go back to Galilee. He will meet you there!"

And they do go back to Galilee, both to the geographical location and to that special place in their hearts where once burned the dream of discipleship. And just as promised, Jesus appears to them. He doesn't appear exactly as he was before, or as frequently as they would like him to, but he does appear as more than a ghost and a memory. The Christ that appears to them after the resurrection is in a different modality, but he's physical enough to eat fish in their presence, real enough to be touched as a human being, and powerful enough to change their lives forever. Ultimately that's what the resurrection asks us to do: To go back to Galilee, to return to the dream, hope, and discipleship that had once inflamed us but has now been lost through disillusionment.

This parallels what happens on the road to Emmaus in Luke's gospel, where we are told that on the day of the resurrection, two disciples were walking away from Jerusalem towards Emmaus, with their faces downcast. An entire spirituality could be unpacked from that simple line: For Luke, Jerusalem means the dream, the hope, and the religious center from which all is to begin and where ultimately, all is to culminate. And the disciples are "walking away" from this place, away from their dream, towards Emmaus (Emmaus was a Roman Spa), a place of human comfort, a Las Vegas, or Monte Carlo. Since their dream has been crucified, the disciples are understandably discouraged and are walking away from it, towards some human solace, despairing in their hope: "But we had hoped!"

They never get to Emmaus. Jesus appears to them on the road, reshapes their hope in the light of their disillusionment, and turns them back towards Jerusalem.

That is one of the essential messages of Easter: Whenever we are discouraged in our faith, whenever our hopes seem to be crucified, we need to go back to Galilee and Jerusalem, that is, back to the dream and the road of discipleship that we had embarked upon before things went wrong. The temptation of course, whenever the kingdom doesn't seem to work, is to abandon discipleship for human consolation, to head off instead for Emmaus, for the consolation of Las Vegas or Monte Carlo.

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But, as we know, we never quite get to Las Vegas or Monte Carlo. In one guise or another, Christ always meets us on the road to those places, burns holes in our hearts, explains our latest crucifixion to us, and sends us back – and to our abandoned discipleship. Once there, it all makes sense again. – 04/06/15

I am impressed with this article in that it offers a wonderful perspective on the truth that the resurrection is not an isolated event. It continues to present itself to this very day and will continue to do so as long as we recognize it. Amen! Alleluia!

God bless us all in the coming week.

In the Redeemer,



St. Michael's Religious Education

Registration is open for the 2017-18 Religious Education program! If you have a child entering sixth or seventh grade and you would like them to be confirmed during their eighth grade year (so, "on time"), they *must* be enrolled for the 2017-18 year. Likewise, if your child is entering first grade and you would like them to receive First Holy Communion "on time," they *must* be enrolled this year.



Email Elizabeth Kabacinski (ekabacinski@st-mikes.org)

Looking for Volunteer Catechists

The Religious Education program is looking for volunteers for the 2017-18 program. No experience necessary and we welcome volunteers for as little or as much time as they can offer. Contact Elizabeth Kabacinski

Summer Camp at St. Mike's Special Promo for Parishioners and Neighbors!

CORE4 Challenge Summer Camp – 8 weeks available – Flexible Schedule! June 12th – August 11th – at St. Mike's Parish Center

Boys and girls (ages 8 - 14) have tons of fun in this hands-on, engaging summer day camp. They participate in a Master Chef cook off, a Shark Tank Challenge, Ninja Warrior workouts and much more, while learning how to make healthy meals, (at our Partner, Whole Foods) executive functioning skills, financial savviness, communication skills and more, in a fun, safe and nurturing environment. These are skills that build confidence in kids by empowering them to make healthy choices! Games, activities, field trips and team challenges are all part of the interactive camp experience. Lunch and field trips included. Runs Monday – Friday, 9:00am – 3:00pm, June 12th – August 11th, flexible schedule – no minimums - at 1711 N. Cleveland (St. Michael's Parish Center). For more information or to register go to www.core4skills.com, or call 773-231-7414. Special discount for St. Mike's families. Save



Catholic Charities Senior Services

Do you have family members, friends, neighbors who are seniors? Have you heard about Catholic Charities Senior Services? They are dedicated to providing services to older adults offering services such as case management, home care, adult day services, congregate and home delivered meals, senior employment programs, senior centers, caregiver programs, hospital transition services, and many other things. Contact Catholic Charities Senior Services at 312-655-7000, go online to www.catholiccharities.net/services, call Anthony Spalla at 312-217-1697 or email Anthony at aspalla@catholiccharities.net for more information.

Saint of the Day and Mass Intention

Sunday, May 21

St. Andrew Bobola

9:00 a.m. † Francesca Campione
11:00 a.m. Parishioners of St. Michael Church
6:00 p.m. † Francesco DiFranco

Monday, May 22

St. Rita of Cascia

8:00 a.m. Helen Dillon
12:00 p.m. † Sr. Rita Black

Tuesday, May 23

St. John Baptist de Rossi

8:00 a.m. Judy Knight
12:00 p.m. St. Michael's Foundation

Wednesday, May 24

St. Joanna

8:00 a.m. † John and Marie Reiff
12:00 p.m. † William and Angela O'Connell

Thursday, May 25

Pope St. Gregory VII

8:00 a.m. † Mario Ventunilla
12:00 p.m. † Francesca Campione

Friday, May 26

St. Philip Neri

8:00 a.m. † Albert Belmonte
12:00 p.m. Matthew Dino (Belated Birthday)

Saturday, May 27

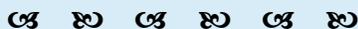
St. Bede the Venerable

8:00 a.m. † Robert Koch
5:00 p.m. † Joseph J. and Margaret C. Jung

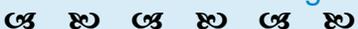
Sunday, May 28

St. Augustine of Canterbury

9:00 a.m. † James C. Marzano
11:00 a.m. † Francesca Campione
6:00 p.m. Parishioners of St. Michael Church



This Week's Readings



Monday: Acts 16:11-15; Ps 149:1b-6a, 9b;
Jn 15:26 — 16:4a

Tuesday: Acts 16:22-34; Ps 138:1-3, 7c-8;
Jn 16:5-11

Wednesday: Acts 17:15, 22 — 18:1;
Ps 148:1-2, 11-14; Jn 16:12-15

Thursday: Acts 1:1-11; Ps 47:2-3, 6-9;
Eph 1:17-23; Mt 28:16-20
(for Ascension); otherwise Acts 18:1-8;
Ps 98:1-4; Jn 16:16-20

Friday: Acts 18:9-18; Ps 47:2-7;
Jn 16:20-23

Saturday: Acts 18:23-28; Ps 47:2-3, 8-10;
Jn 16:23b-28

Sunday: Acts 1:12-14; Ps 27:1, 4, 7-8; 1

Ministry Schedule

Date	Celebrant	Homilist		
Monday, May 22 8:00 a.m. Mass 12:00 p.m. Mass	Fr. Dompke Fr. Morin	Fr. Dompke Fr. Morin		
Tuesday, May 23 8:00 a.m. Mass 12:00 p.m. Mass	Fr. Dompke Fr. Morin	Fr. Dompke Fr. Morin		
Wednesday, May 24 8:00 a.m. Mass 12:00 p.m. Mass	Fr. Dompke Fr. Morin	Fr. Dompke Fr. Morin		
Thursday, May 25 8:00 a.m. Mass 12:00 p.m. Mass	Fr. Dompke Fr. Morin	Fr. Dompke Fr. Morin		
Friday, May 26 8:00 a.m. Mass 12:00 p.m. Mass 3:00 p.m. Wedding	Fr. Dompke Fr. Morin Fr. Lawson	Fr. Dompke Fr. Morin Fr. Lawson		
Saturday, May 27 8:00 a.m. Mass 12:00 p.m. Wedding 3:00 p.m. Wedding 4:15 p.m. Confessions	Fr. Dompke Fr. Lawson Fr. Lawson Fr. Lawson	Fr. Dompke Fr. Lawson Fr. Lawson Fr. Lawson		
Date	Celebrant	Homilist	Lectors/ Servers	Eucharistic Ministers
Saturday, May 27 5:00 p.m. Mass	Fr. Morin	Fr. Morin	S. Keenan B. Young	C. Jaccarino* M. McGowan
Sunday, May 28 9:00 a.m. Mass	Fr. Dompke	Fr. Dompke	T. Malec J. Cheng	T. Malec* P. Cassidy D. Dunning M. Santana
11:00 a.m. Mass	Fr. Dompke	Fr. Dompke	A. Vancheri V. Classen	J. Sanna* P. Clickener R. Dump B. Gorski
6:00 p.m. Mass	Fr. Morin	Fr. Morin	J. Bachmann	All trained EMs present please come forward

*Minister to prepare host/wine and assignments

Roles in the Mass

We are seeking mass greeters, additional lectors, servers, and Eucharistic Ministers for all our masses. To sign up please call Fr. Ted Lawson, C.Ss.R. at 312-642-2498.

2017 Mass Book

The Mass intention book for 2017 is open! Masses can be celebrated for persons living or deceased. If you would like to have a Mass celebrated for someone, please come to the Parish Office, 1633 N. Cleveland Ave. The stipend for a Mass intention is \$10, cash or checks only.

News & Announcements

Remember in Your Prayers

For Health and Healing:



Herbert Austin, Bernice Baumgarten, James and Nancy Brewer, Kathy Eales, Dolores Garcia, Mary Jones, Mary V. Joyce, Kendra Koepp, Theresa and Paul Kunach, Dan and Tom McGinnis, Roy Pecot, Paul Robert, Carl, Diane, and Rudy Neubek, Christine Schuman, Rev. Ken Sedlak, C.Ss.R., Marie Sineni, Drew Michael Williams, MaryAnn and Ted Wiszowaty,

Rosalie Zayia

To place or keep a name on our sick list, please call the rectory every 4 weeks to let us know that you,

Wedding Banns

III- May 26, 2017

Ms. Kathrin Deuschle
&
Alfonso Otero Barba



II- June 3, 2017

Ms. Colleen Coleman
&
Mr. Michael May

III- May 27, 2017

Ms. Gloria Enriquez
&
Mr. Joseph Leppke

I- June 10, 2017

Ms. Justine Benin
&
Mr. Joseph Tanason

III- May 27, 2017

Ms. Emily Gould
&
Mr. Cameron Cimala



I- June 10, 2017

Ms. Anna Bianco
&
Mr. John Duane

Yoga of 12 Step Recovery at St. Mikes

The Yoga of 12 Step Recovery (Y12SR) combines the practical tools of a 12 step program with yoga, addressing the physical, mental and spiritual aspects of addiction. Modeled from the meetings of 12-step programs, Y12SR is a group sharing circle coupled with an intentional, themed trauma-informed yoga practice. Y12SR meetings are open for anyone dealing with their own addictive behaviors or affected by those behaviors in others. Y12SR deepens any work participants may be currently doing or jumpstart the journey of self-discovery. Meetings are free, donations optional. Please wear comfortable clothes. More information is available at www.Y12SR.com or email Christine Kordiuk, ckordiuk@st-mikes.org or call 312-642-2498, ext. 301. This class will be meeting every other Tuesday from 7:00 p.m. to 8:30 p.m. **with the next classes being held on May 16 and 30 and so on** in the



Parish Life Commission

Commission Head:

information@st-mikes.org

The Parish Life Commission provides a wide variety of programs that enhance the social experience and sense of community for all parishioners of St. Michael in Old Town. Its various activities include: Young Adults group, Docents of St. Michael's (Art and History Tours), Parishioner Welcome Dinner, Gardening Group.

Church Tours

All are welcome Sundays after the 11:00 a.m. Mass in winter and after the 9:00 a.m. Mass in summer. Please meet by the Giving Kiosk on the east side of the church. Tours for groups can be scheduled by appointment by emailing tours@st-mikes.org.

Tours at Noon: May 21 at Noon

June 4, 11, 25 at 10 a.m.

Mom's Group

Join our welcoming group of new moms monthly at the Parish Center. They meet the first and third Wednesday of the month for a playgroup, snack and craft from 10:00 AM - 12:00 PM. Please contact

Human Concerns & Needs Commission

Co-Commission Heads:

Barbara Pope and Jeanne Sanna

Pastor's Representative: Fr. Joe Morin, C.Ss.R.

information@st-mikes.org

Monthly Meetings: 2nd Wednesday 7:00 pm, Parish Office Conference Room

Current Projects where your help makes a big difference:

Ongoing Collections

- Toiletries for Marquard Center, **non-perishable** food for Catholic Charities, Boxtops for Education and Campbell's labels for Manierre School

Food Service

- Marquard Center — Provide a baked good or cook or serve the dinner on the second Saturday of each month. Contact R. Yanku (marquard.center.volunteers@gmail.com)

Contact Krysten McOsker for the following volunteer opportunities (krystenmcosker@gmail.com)

- Deborah's Place — Cook and serve dinner on the fourth Wednesday of the month. Contact Krysten McOsker (krystenmcosker@gmail.com)

Tutoring at Manierre School

Volunteers needed for the 2016-2017 school year to

News & Announcements

Parish Pastoral Council

2017 Parish Pastoral Council Members

CHAIR: Annie Pecoraro

VICE-CHAIR: Alice Huff

SECRETARY:

Member-at-large: Joe Tully

Member-at-large: Annie Pecoraro

Member-at-large: Andrea Mularczyk

Member-at-large: Alice Huff

Member-at-large: Jim Theisen

Commission Representatives

Communications/Special Events:

Spiritual Living: Susan Cass

Human Concerns: Jeanne Sanna

Parish Life:

Worship: Diane Kelley-Thompson

Pastor: Fr. Ted Lawson, C.Ss.R.

Parish Staff Reps: Fr. Joe Morin, C.Ss.R.

Knights of Columbus

@kofc15571 on Facebook

Knights of Columbus Council 15771 is based at St. Michael's in Old Town parish. We are a relatively

Finance Council

Council Chair: Bob Graham

The Finance Council advises the pastor on the tangible assets of the parish community including financial resources, buildings, and the church's grounds and provides financial oversight for all parish events. The Council consists of parishioners with skills in finance, accounting, legal, construction and architecture.

Membership is by invitation of the pastor, Fr. Ted

Looking for a Ministry?

This is your invitation to join the Docents of Saint Michael in Old Town. We have a wonderful tradition of conducting tours to expand everyone's knowledge of our church, the rich history about the founders of our parish and the people who joined it. All training will be provided to fit your schedule. Please join us and train for this worthwhile ministry.

Sponsored by the Knights of Columbus

A Jesuit, a Dominican, and a Franciscan were walking along an old road, debating the greatness of their orders. Suddenly, an apparition of the Holy Family appeared in front of them, with Jesus in a manger and Mary and Joseph praying over him.

The Franciscan fell on his face, overcome with awe at the sight of God born in such poverty. The Dominican fell to his knees, adoring the beautiful reflection of the Trinity and the Holy Family. The Jesuit walked up to Joseph, put his arm around his shoulder, and said, "So, have you thought about

Trivia Corner!

In 1914 I was constructed in Chicago. I was originally known as Weeghman Park. I can seat 41,000 people. What am I? Visit the Trivia Night corner in the back of St Michael's church to find out! Trivia Night is June 17th at 7:00 PM at St Michael's Parish Center! Teams of up to 6 are allowed!



RSVP for yourself and your teammates at jcolaianni@st-mikes.org or at 312-642-2498 (ext. 239)!

Save the Date!

Harvest Moon Party
September 29, 2017

Galleria Marchetti

This is a fun evening with silent and live auctions, dinner and dancing!



Third annual WingOut celebration!

Get your tickets now at greencurtainevents.com



Volunteers Needed!

Wing Out is coming **June 3 and June 4** from 2:00 p.m. to 6:00 p.m. and we need your help in the beer stand! Volunteers will be needed to serve beer on those days. Shifts are 2.5 hours long on both days. You **MUST** be 21 years old to serve at the Wing Out. If you can volunteer please email Toni Dunning at tdunning@st-mikes.org. Questions? Call Toni at 312-642-2498.

News & Announcements

THE SPIRIT OF WELLNESS by Coach Joe Cullen

Who wants to be HAPPY?!

So, ready for Memorial Day, St. Mike's?! finally the weather is getting warmer. It's always wonderful to see Chicago getting more energized this time of year. Lots' of folks biking now, walking, jogging, and enjoying the parks, zoo and the lakefront. Thank God for these gifts!

Happiness. It's what we all wish for our friends, family and ourselves, along with *love* and *health*. How often do you feel or hear, "I just want to be happy" or "All I want for my children is for them to be happy". Many times, I suppose.

As a Personal Trainer, in addition to coaching my clients to a greater level of strength and energy, I also feel a responsibility to help them achieve an improved state of mind, which leads to **happiness**. This emotion is realized by exercising, which will also have a direct, positive impact on your blood pressure, sleep patterns, body weight, your social & work skills and your overall quality of life!

So, let me share with you, as I did a couple of years ago...the 7 Happiness-Enhancing techniques from "The How of Happiness: A Scientific Approach to Getting the Life You Want", by Sonya Lyubomirsky.

1. Count your blessings. Express gratitude and focus on what you have, instead of what you don't have. This can be achieved through prayer, and writing down all the "positives" in your life and review it weekly.
 2. Avoid over-thinking and social comparisons. Reduce dwelling on problems and also comparing yourself to others. Reduce *worrying*, it accomplishes nothing. *Worrying* does not add a single day to our lives, as stated in the Bible. Take action instead of worrying.
 3. Practice acts of kindness for friends or strangers, directly or anonymously.
 4. Get involved in more activities (at home and outdoors) that interest you. Join social or athletic clubs, volunteer, read, arts & crafts, coach/teach children or adults.
 5. Cultivate Optimism. Think about keeping a journal, and write about positive, future outcomes in your life.
 6. Learn to Forgive. Isn't this one of the foundations of our religion? Write a letter to someone to let go of your anger and resentment. Accept a sincere apology.
- Meditate, smile, laugh and watch old comedies and romantic shows on TV. Avoid as much as possible our 24 x 7 hour (negative) news, which is often inaccurate anyway.

You know what? I think I will print out these 7 techniques again & paste a couple of them around my home, my office, and even in my car, and try to read this weekly.

Well, enjoy your Memorial Day weekend, and be **healthy and happy!**
Questions or Suggested Future Topics? You're invited to contact me anytime. My office number is 773-857-7027 or my cell # is 312-972-2828. Thank you, St. Mike's.
E-mail: jcullen@certifiedhealthfitness.com
Website: www.certifiedhealthfitness.com



Stillpoint

St. Michael's Spirituality Resource
Contemplative Prayer Gathering:
Monday, 7:00 pm
Parish Rectory, 2nd Floor
Director: Fr. Ken Sedlak, C.Ss.R.
kcssr148@gmail.com, @Kencssr



INNER VIEWS Living Emotions

We live in a culture that teaches us to give free reign to our emotions. The theory is that our emotions are the true expression of our self. However, if you pay attention to yourself you'll know that your emotions come and go, change and morph. But you remain. In other words, you are more than your emotions.

Who you are, what doesn't change in you, what continues to be you throughout all the changes you've been through since your birth, this unchanging you is called spirit (soul. Self, true self, Christ self, etc.). As spirit, who you are is essentially God's loving energy creating you at every moment to be your unique self. As God's loving energy you are energy flowing out to others and all creation. What is permanent about you is the faithfulness of God continuing to love you into existence at every moment. So, you as Spirit, are the continually flowing energy of God expressed in the unique humanness of your person. You are God's loving energy created to pour yourself out as a continuation of God's loving. You are loving energy that expresses and responds to God's loving through your life. You are as eternal as the love that chooses to create you at every moment.

As we grow we develop into a unique spiritual human expression of God loving all creation. So why do we get cranky, become fearful, constrict into self-centered attempts to hoard our life, and live on an emotional rollercoaster?

The physical organism, your body, has its own intelligence. This intelligence gives rise to instinctive reactions to any threat or challenge. It produces responses in animals that appear to be akin to human emotions: anger, fear, pleasure. These instinctive responses could be considered primordial forms of emotions. In certain situations, human beings experience instinctive responses in the same way that animals do.

In the face of danger, when our survival is threatened, our heart beats faster, our muscles contract, breathing becomes rapid in preparation for fight or flight. This is our primordial survival instinct. When being cornered, a sudden flare-up of intense energy gives strength to the body that it didn't have before. Primordial anger. These instinctive responses appear

(continued from column to the left)

to bond with one another, compassionately recognizing our shared essence and woundedness, and through this to harmoniously enter into the evolution of all creation by creatively becoming more conscious and free to give ourselves. But we also experience obstructions to this free flow of divine love. We experience clogging of our heart valve, as frustration, anger, jealousy, aggression, depression, hurt, grief and so on. In Jesus' life, death and resurrection we come face to face with the Divine remedy for this clogging of our heart valve."

One of the primary ways we clog the flow of love through our hearts is by holding onto and repeating the stories that turn our physical feeling reactions into emotions. You can catch yourself repeating these stories over and over again as ways of justifying your emotions and reactions. But they clog the energy flowing through your heart and cause pain, anger, frustration, aggression and depression. The most important thing to know is that you can't talk yourself out of them. When you try to talk yourself out, or reason your way out, you are just creating another story that clogs your heart.

The way out of this dilemma is fairly simple to describe. When you catch yourself starting a story, or reacting with an emotion just be aware of it, step back and let it go. A method I've found that helps is to have a sacred word, a prayerful calling on God. The word I use is simple "Father". The word helps me be aware of what's happening and open my heart to the

Ken Sedlak C.Ss.R., PATHWAYS / STILLPOINT

@Kencssr

grace of our Father's love. Then I can just let the incident go and let our Father take care

Aid For Women Baby Bottles

All of us at Aid for Women are most sincerely grateful for the support of Father Ted Lawson and the parishioners of St. Michael parish. We especially thank Toni Dunning for her help in coordinating the project. Because of your generous contribution of \$2,686.88, Aid for Women is able to continue our assistance to women who find themselves facing unexpected and difficult pregnancies. Founded in 1978 on the faith and teachings of the Catholic Church, Aid for Women helps thousands of women each year throughout the Chicago metropolitan area. At our five pregnancy centers and two maternity homes, women are provided with the emotional, practical and spiritual support needed to choose life. Our life-affirming services are offered free-of-charge, and we rely solely on the generosity of individual donors like you. Thank you for your support, and may God reward you for your generosity. Also, if you would like to continue to support us throughout the year, we always welcome new volunteers and those who might provide new baby clothes, Babies "R" Us gift cards, and other items

akin to emotions, but are not emotions in the true sense of the word. The fundamental difference between an instinctive response and an emotion is this: An instinctive response is the body's direct response to some external situation. An emotion, on the other hand, is the body's response to a thought or the story we are telling our self about the meaning of this situation. An emotion takes place in our head and our body reacts to protect us.

An emotion can also be a response to an actual situation or event, but it will be a response to the event seen through the filter of a mental interpretation, the filter of thought, and most likely the filter of a story which we use to interpret events in our life. Our story is an interpretation we give to the event based on the way we think about our self. For example, it is likely you won't feel any emotion when you are told that someone's care has been stolen. But when it is your car you will probably feel upset. It is amazing how much emotion a little mental concept like "my" car can generate. With I comes all the stories I make up about what will happen to "me" because I don't have "my" car.

Although our body is very intelligent, it cannot tell the difference between an actual incident and a thought. It reacts to every thought as if it were a reality. It doesn't know that a thought is just a thought. To the body, a worrisome, fearful thought means "I am in danger," and it responds accordingly, even though you may be lying in a warm and comfortable bed at night. The heart beats faster, muscles contract, breathing becomes rapid.

Our bodily intelligence reacts to what our mind is saying, reacts to our thoughts. So, emotion is the body's reaction to our mind. We do not just experience the immediacy of the situation before us, we experience our interpretation of what is happening. An emotion is not just a simple reaction to a situation. It has a history, it is a physical reaction interpreted through a story we are telling our self about the meaning of this situation and its consequences.

Now here's the thing; four weeks ago I presented our heart as the center through which Divine love flows through our lives. "We're looking at love, God's presence in our lives, as an energy rather than a thing. When we know that God is experienced as this loving energy we can become more receptive and aware of the actual experience of this energy as God loving us into existence.

Our heart is the energy center, that area within our being, through which divine energy focuses, distributes and flows. We feel our heart's energy all the time....

News & Announcements

Spiritual Companionship Ministry



Are you:

- on a conscious spiritual journey and ready for deeper discovery?
- looking for greater purpose and meaning in life?
- have questions of the heart or soul you would like to explore?

If so, you are invited to experience the art of Spiritual Companionship. Spiritual Companionship, also known as Spiritual Direction, is an ancient tradition of discernment and discovery. The purpose of Spiritual Companionship is to nurture the inner life and connection to the Divine within the context of everyday life, inviting a deeper understanding of ourselves. Many people find a greater sense of peace, freedom, and wholeness through this experience.

Spiritual Companions are certified, trained and experienced in the art of deep listening. It is a sacred, safe, non-judgmental and confidential environment. If you are interested in exploring one-to-one companionship, you are invited to contact Juliet Beriou at jberiou@gmail.com or Susan Cass at susanpanniercass@gmail.com or www.sacredsoulfood.com. Susan also offers work-

Marquard Center Needs

Every second Saturday of the month, our Human Concerns and Needs Commission prepares and serves a meal at the Marquard Center, a Franciscan outreach soup kitchen at 1645 W Le Moyne St, Chicago, to over 100 homeless persons.

Volunteers from St. Michael's shop, bake cookies or brownies, prepare, cook and serve the meal each month. It takes many volunteers to keep this going and we could use YOU! If you can donate any time for this outreach program, please email marquard.center.volunteers@gmail.com.

You can sign up for a specific month that fits into your schedule or every month! The Human Concerns Commission appreciates every minute you can spare! Upcoming dates are May 13th, June 10th and July 8th. Save the date

Weight Watchers Meeting In the Parish Center!

Weight Watchers Meetings are now at St. Michael's Parish Center (1711 N. Cleveland Ave.) **Meetings are held on Saturdays at 8:30 am beginning May 20th.** Come meet our new team Chris and Jean! Attend a meeting for **FREE** to see how Weight Watchers is Taking it Beyond the Scale! Just stop by or email Melissa for more information to

weightwatchers

Moms Group Gathering

All moms are invited to the Parish Center Café on the first and third Wednesdays of every month or play and social time for moms and children. Feel free to bring what you and your child will need to enjoy the morning.

Everyone is welcome, you need not be a parishioner of St. Michael's so feel free to invite all of your friends. Enter through the 1711 N. Cleveland Ave. entrance just adjacent to the parking lot.

Music Ministry

Pastor's Representative: Fr. Ted Lawson, C.Ss.R.

Membership to the Schola Cantorum Choir or the Contemporary Choir is open to all high school, college and adult parishioners. The Schola rehearsals take place on Sundays at 10:00 a.m. It is desirable that singers have a fundamental knowledge of music and singing. If you would like to learn more about our choirs please contact Fr. Lawson to schedule a time to visit.

Spiritual Living Commission

Commission Head: Susan Cass

Pastor's Representative: Fr. Ken Sedlak, C.Ss.R.

The Spiritual Living Commission offers programs that nurture living in the presence of God. Catholic in its roots and ecumenical in its outreach, the Commission strives to assist all in their desire for meaning, purpose, and community built on the foundation of God's unconditional love. Ministries include: Rosary group, Religious Education, RCIA, Pathways/Stillpoint, and Bible

Rosary Prayer Group

Saint Louis De Montfort writes in "The Secret of the Rosary," "Somebody who says his Rosary alone gains the merit of one Rosary, but if he says it together with thirty other people he gains the merit of thirty Rosaries. This is the law of public prayer. How profitable, how advantageous this is!"

Looking for a way to enrich your spiritual life? Join in praying the Rosary weekly with your fellow parishioners. The group meets on Thursdays at 7:00

Contemplative Prayer Group

Parish Rectory, 2nd Floor Chapel
1633 N. Cleveland Ave.
Monday 7:00 - 7:45 p.m.

Experience the profound impact of silent meditation in a group setting. Each week during Lent, after 20 minutes of meditation, we will explore and discuss one of 8 short lessons from Cynthia Bourgeault's new book, [The Heart of Centering Prayer: Non-Dual Christianity](#). This practice is a wonderful way to deepen your Lenten journey!

Please email Susan Cass at susanpanniercass@gmail.com or Al Krema

Parish Directory

Pastor/Rector

Rev. Ted Lawson, C.Ss.R.
tlawson@st-mikes.org

Associate Pastors

Rev. Ramon Dompke, C.Ss.R.
ololramon@yahoo.com

Rev. Joseph Morin, C.Ss.R.
jjmorin@st-mikes.org

Rev. Ken Sedlak, C.Ss.R.
kcssr148@gmail.com

Redemptorists in Residence

Rev. Tom Donaldson, C.Ss.R.

Rev. Tat Hoang, C.Ss.R.

Rev. Jim Keena, C.Ss.R.

Rev. John Phelps, C.Ss.R.

Rev. Gregory Schmitt, C.Ss.R.

Business Office

Daniel Szymanski
(312) 642-2498, ext. 215
dszymanski@st-mikes.org

Administrative Assistant

Barbara Giannoni
(312) 642-2498, ext. 210
bgiannoni@st-mikes.org

Parish Manager

Toni Dunning
(312) 642-2498, ext. 211
tdunning@st-mikes.org

Wedding Coordinator/ Parish Center Manager

Christine Kordiuk
(312) 642-2498 ext. 301
ckordiuk@st-mikes.org

Music Ministry

Fr. Ted Lawson, C.Ss.R.
312-642-2498, ext. 216

Religious Education Coordinator

Elizabeth Kabacinski
(312) 642-2498, ext. 303
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Parish Activities

James Colaianni
(312) 642-2498, ext. 239
jcolaianni@st-mikes.org

Sacristy

Ray Perpignani
(312) 642-2498, ext. 210
rperpignani@st-mikes.org

Sacristy and Office

John Steigerwald
(312) 642-2498, ext. 210
jsteigerwald@st-mikes.org

Housekeeping

Kendra Koldan
Victoria Reyes

Maintenance & Chef

Roxana Vieira
Evalds Zemmers

Church Tours

tours@st-mikes.org

Finance Council

Council Chair:

Parish Pastoral Council

Council Chair: Annie Pecoraro

Communications and Special Events Commission

Commission Head:

Spiritual Living Commission

Commission Head: Susan Cass

Human Concerns and Needs Commission

Co-Commission Heads:
Barbara Pope and Jeanne Sanna

Parish Life Commission

Commission Head:

Respect Life Commission

Contact Fr. Ted Lawson for information

Worship Commission

Commission Head:
Diane Kelley-Thompson

Stillpoint/Contemplative Prayer

Director: Fr. Ken Sedlak, C.Ss.R.
kcssr148@gmail.com

Gala

Diane Kelley-Thompson

Social Media Sites - Check us out!

Facebook:
St. Michael's Moms Group
St. Michael in Old Town
Oktoberfest 5K Run

Young Adults of St. Michael in
OldTown (Public group)
St. Michael in Old Town Young Adults

Websites:

St-mikes.org
Oktoberfest5krun.org (under
construction!)

Breakfast With Santa
(sites.google.com/site/stmichaelsbws/)
Spring Fling Gala
(sites.google.com/site/stmikesgala/)

Twitter: @StMichaelOT

Instagram: St Michael in Old Town

Mass Schedule

Mass in the Church

Saturday: 5:00 p.m.

Sunday: 9:00 a.m.; 11:00 a.m.; 6:00 p.m.

Mass in the Chapel:

Monday through Saturday: 8:00 a.m.

Monday through Friday: 12:00 p.m. (Noon)

Our Mother of Perpetual Help Devotions:

Tuesdays after the 8:00 a.m. and 12:00 p.m.
masses.

For all chapel masses please enter through the east
door when possible.

Confessions

In the Church:

Saturday 4:15 - 4:45 p.m.

At the Rectory: When a priest is available or by
appointment

Baptisms

First and third Sundays of each month at
1:00 p.m. **except during Lent.**

Parent preparation sessions are normally held on
the second Monday of each month at 7:00 p.m. or
the fourth Sunday of the month at 2:00 p.m. Hol-
iday weekends and during the Season of Lent are
the exception. To schedule a baptism and/or reg-
ister for a parent preparation session, please con-
tact the church office at (312) 642-2498 or see
our website for information.

Weddings

Fridays: 3:00 p.m.

Saturdays: 12:00 and 3:00 p.m.

Other wedding times are possible when mutually
agreed upon with the pastor.

Arrangements should be made a minimum of
four months in advance of a wedding date. Please
contact the church office at (312) 642-2498 and
ask to speak with Christine Kordiuk.

Anointing of the Sick

Please call the church office at (312) 642-2498 if
you have a family member or friend who is
homebound, in a nursing home, or in the hospital
who would like to receive the Anointing of the
Sick or other sacraments.

Rectory Hours

Monday: 9:00 a.m. - 7:00 p.m.

Tuesday - Friday: 9:00 a.m. - 5:00 p.m.