



Confirmation 2022

ST. BENEDICT PARISH

The following Confirmandi spent the past two years preparing to receive their final Sacrament of Initiation. They completed service hours in their homes, our parish community, and in the larger community beyond our boundaries. They connected with their sponsor, their Saint, and were able to grow in faith and develop a deeper relationship with Christ with the guidance of our dedicated teachers, catechists, parents, and sponsors. Thank you to all in our community who prayed for these young people as they prepared.

William **Sebastian** Alegria
Emory **Cecilia** Alford
Leonardo **Michael** Aluise
Ehiremen **Catherine** Ativie
Sasha **Elizabeth** Ayala-Delia
Morgan **Patrick** Bacon
Grace **Margaret** Balzarini
Zachary **Isidore** Buchar
Cameron **Rita** Caprio
Petra **Jude** Caprio
William **Francis** Chesne
Kaelan **Joseph** Crowder
Christopher **Thomas** Cullinan
Aidan **Genesius** DiDomenico
Frederick **Philip** Dino
Claire **Cecilia** Duman
Eliana **Gemma** Faford
Brionna **Elizabeth** Farley
Lucia **Teresa** Fernandez
Lukas **Martin** Fierro
Bridget **Brigid** Fitzgerald
Luke **Sebastian** Flom
Madeline **Katharine** Freda
Noah **Patrick** Gaietto
Shane **Guy** Gallagher
Ava **Elizabeth** Gavigan
William **Peter** Glenn
Luwam **Veronica** Hailu
William **Christopher** Hallgren
Grace **Hamister**
Harper **Angela Merici** Hofmann

Frederick **Thomas** Huger
James **Luke** Kerrigan
Henry **Anthony** Klucznik
Mari **Kateri** Koseki
Theodore **Francis** Kreuser V
Grace **Bridget** Lee
Bennett **Sebastian** Logan
Keira **Cecilia** MacMillan
Chloe **Catherine** Madden
Jane **Jude** Mangan
Anthony Manzano
Kayla **Catherine** Marsico
Liam **Sebastian** McCreery
Keller **Sebastian** McGovern
Mila **Cecilia** Mederos
Leilani **Cecilia** Mendez
Devin **Francis** Mendoza
Connor **David** Moll
Naomi **Marie** Morelos
Evelyn Muench
Cam **Matthew** Murray
Mason **James** Myalls
Sophie **Teresa** O'Connell
Jordan **Sebastian** Ochoa
Maeve **Elizabeth** Ogren
Marcus **James** Oliveri
Ava **Cecilia** Osberg
Amara **Catherine** Patras
Karley **Monica** Pearl
Rami **Benedict** Penaranda
Ethan **Alan** Petrillo
Maria **Gemma** Principato
Katherine **Cecelia** Radich

Quinten **Patrick** Rector
Emma **Olive** Regnier
Abigail **Rose** Rodriguez
John **Christian** Rothweiler
Joseph **Matthew** Ruiz
Emily **Gregory** Ryan
Elizabeth **Francis** Sanderson
Carlos **James** Santizo
Jack **Andrew** Schlade
Claire **Amanda** Sharkey
Cameron **Francis** Shure
Reagan **Joan** Stecz
Ava **Elizabeth** Stern
Bennett **Mark** Stoelinga
Zachary Tan
Aidan **Thomas** Tansor
Patrick Tansor
John **Denis** Timm
Olivia **Catherine** Tray
Edward **Wolfgang** Trout
Michael Trout
Thomas **Peter** Trybula
Fallon **Julia** Urquhart
Brady **Andrew** Vacek
Lyllian **Agnes** Villacis
Olivia **Anne** Walling
Sean **Terrance** Weber
Claire **Philip** Whalley
Tristan **Sebastian** Wong
William **Sebastian** Wooten

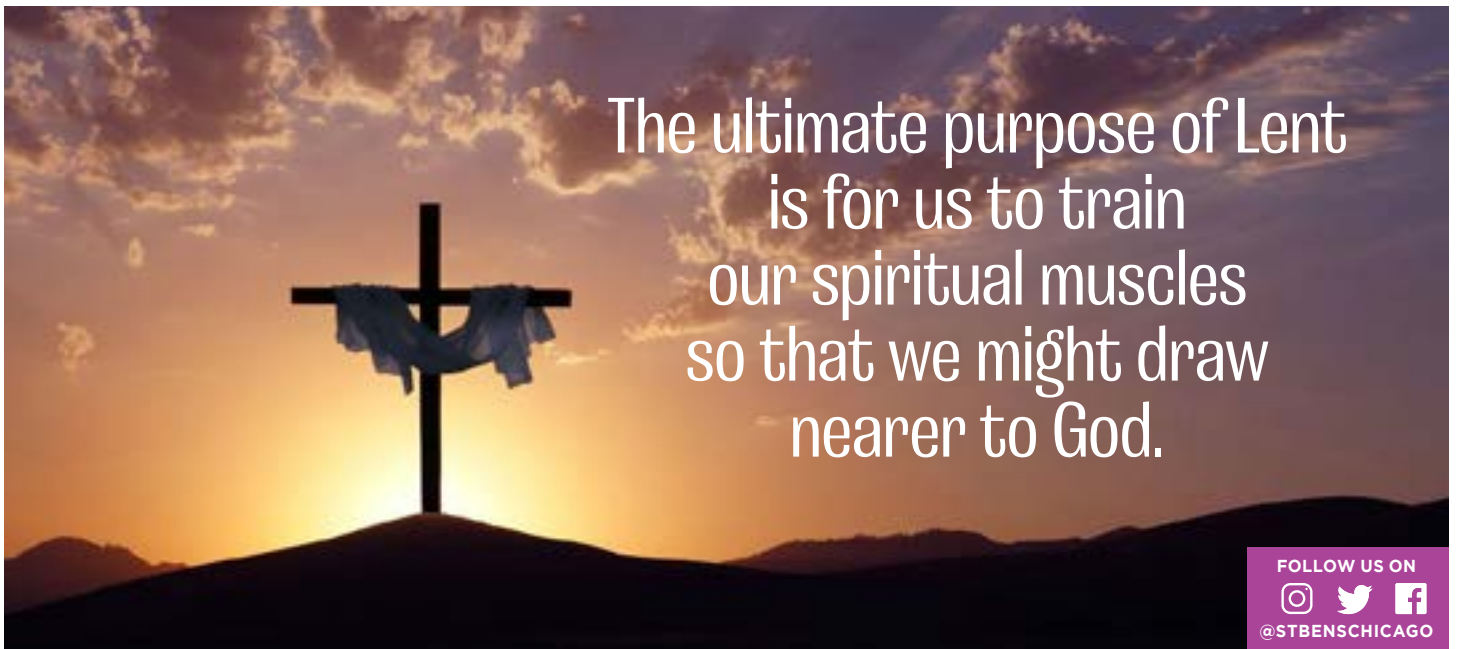
THE STEWARD



BY DEACON DAVID REYES

As I put electronic impulses onto the computer screen on this unseasonable warm second day of spring, I reflect on Lenten memories. Those consisted mostly of struggling to stay awake until midnight Sunday so as to indulge in those things I've given up for Lent e.g. soda, chocolate, candy. As I reflected along memory lane, I remembered Fr. Kishkunas. I must depart for the moment to educate those youngins who will be reading this. I went to a Catholic grammar school in the '50s. It was a time when most of my teachers were Sisters of

(Have No) Mercy and there were 3 to 4 priests living in the rectory. In them thar days at least once a month one of the priests would come to each classroom and give an unannounced impromptu religious lesson. Of all the priests Fr. Kishkunas was the "meanest" of them all. For example, as an altar server if you messed up saying the mass prayers which were in Latin, he'd make you write them out 10 times and you had to have them handed in to Fr. K before he said his morning mass which was at 6:30 am. (We later learned he liked this mass so he could go golfing right afterwards).



FOLLOW US ON
  
@STBENSCHICAGO

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

Fr. Kishkunas would inevitably come into our class during lent and ask, "How is your Lent going children?" Immediately everyone would lower their head with hands clasped silently praying that neither Fr. K nor sister would call on you to answer. Of course, there was always one student who would raise her hand and give an answer that would put all the saints in heaven to shame! I mean come on what student let alone a family prayed the rosary and read the bible each night?! Make no mistake – we didn't want to answer because we were humble! We were stuck! Lie to a priest or shame Sister because we weren't observing Lent like Trappist monks. I suppose some of the above is slightly exaggerated but the post mortem gatherings in the playground afterwards where we consoled the unlucky souls who were called upon always seemed to yield the same questions. Why do we have to keep Lent? What's the use we aren't going to leave the church? How does God benefit from our giving up candy?

If I were a wagering deacon I'd bet dollars to (Holy Name Society) donuts that some of those questions in one form or another still surface in us. The answer came to me one warm spring day many years ago when I was watching Wendell Smith doing the sports on channel 9 and he did a feature on the Cubs and Sox spring training. That's it, I thought! That's what Lent is to us Catholics – it's our spring training. We are called to live a Christ-like life, to be Christ to others or as St. Paul wrote to the Corinthians – we are to be ambassadors for Christ! Those who play any sport know full well the more you train and practice the better you will become. Lent gives us the time we need to flex our prayer, almsgiving and fasting muscles. **PRAYER:** by praying not only more but also different prayers eg. The Stations, novenas, a daily rosary and bible reading to name a few we place our minds and spirit in an atmosphere of holiness. **ALMSGIVING:** this helps us to sacrifice and focuses our minds and attention to helping others. Whether it's through donations to the Common Pantry, money to the Catholic Extension or participating in the Knights of Columbus Food Drive (April 2nd) we easily accomplish Jesus' requests of feeding, visiting, giving drink etc which is found in Matthew 25:35... **FASTING:** Whether it's fasting from food, social media or something else, fasting teaches us the power of self-control and discipline which comes in handy in achieving success in prayer and almsgiving. So as we zero in on yet another Lent let us face it not with a spirit of listlessness but with enthusiasm and eagerness to grow stronger and deeper in our faith.

Uh oh! I think I heard a boom from above. Sister must have fainted!



8TH GRADE LIVING STATIONS OF THE CROSS AND KNIGHTS OF COLUMBUS FISH FRY AND IRISH ENTERTAINMENT AT ST BEN'S! FRIDAY, APRIL 8/5-8:30PM

Fish Fry - \$15/adult and \$5/kids

5-8PM: The Knights of Columbus will be serving fish in Beaven Hall

5:45 -6:30PM: Irish Dancing performance by the O'Hara School of Irish Dance (Bag Piper opening for Dancers around 5:30)

7PM: 8th Grade Living Stations of the Cross

6:30-8:30: Bag Piper and Live Irish Music

[Scan QR Code to RSVP for the Fish Fry>>>](#)



St. Andrews and St Benedict Parishes
Invite All to our Combined Lenten Mission

Rest in Me

Are anxiety, stress and tension driving your life?

Fr. Mike, a mental health professional will help us use prayer to calm and center our hearts and help us find

Rest in God.

Fr Mike will share at St Benedict Parish on
Sunday, March 27th at 4pm
and at St. Andrew Parish on
Monday, March 28th at 7pm

All are invited to both sessions.

MISSION PRESENTER, FR. MIKE SHANNAHAN LFC

FOURTH SUNDAY OF LENT



Returning to You

Loving God,
you are compassionate and forgiving,
showing us mercy through all time.
We bless you, God of goodness,
for you hear our cry,
and reach out in our distress.
As your holy people,
we ask that you hear our prayer
for a clean heart and a renewed spirit,
so that we may turn back to you
and receive your everlasting peace.
Through Christ our Lord. Amen.

Sunday, March 27, 2022 Lavish and Bountiful Mercy



Today's readings: Joshua 5:9a, 10–12; Psalm 34:2–3, 4–5, 6–7; 2 Corinthians 5:17–21; Luke 15:1–3, 11–32. A loving father with property and some wealth. A son who is steadfast but jealous. A son who is unsettled and wanders. In today's language, the family in the Gospel parable might be called “dysfunctional.”

This family is not very different from today's families whose members exhibit a mix of jealousy, misbehavior, and mercy. After the younger son squanders his inheritance, he returns to his home with humility. The father greets the son, pouring out his love and mercy, and the son's return is celebrated with much feasting. However, the older son, because of

his jealousy, is blinded to his father's goodness, and selfishly questions the father's decisions. This son who has worked hard for his father does not realize what has been right in front of him for his entire life. The father in the story wants to share his wealth and life and love with both of his children, but pride gets in the way for the older son. With humility, the younger son accepts his father's forgiveness.

At times in our lives any of us might act as the younger son, at other times as the older son, and sometimes like the father. God is consistent, always offering unending love and mercy. He always seeks to find the lost and offer life to those once dead to sin.



THIS WEEK AT HOME

Monday, March 28 Seek the Miracle

With faith, the royal official asked Jesus to heal his son. Upon the son's healing, the whole household came to believe. Do you have a request for God? Realize that God is awaiting your petition. Look for Jesus today, for God is creating new heavens and a new earth at every moment. Find a miracle that unfolds for you today, however small, and share that with someone. *Today's readings: Isaiah 65:17-21; Psalm 30:2 and 4, 5-6, 11-12a and 13b; John 4:43-54. Optional for any day this week: Micah 7:7-9; Psalm 27:1, 7-8a, 8b-9abc, 13-14; John 9:1-41.*

Tuesday, March 29 You Are Near

"The Lord of hosts is with us; our stronghold is the God of Jacob," we pray with the psalmist today. The psalm tells of the "astounding things" God has wrought on the earth. In the Gospel, the Lord certainly was with the sick man who had been unable to enter the pool. There we see the God of mercy who restores the man to wholeness. Trusting in God's presence, pray the refrain of today's psalm throughout the day. *Today's readings: Ezekiel 47:1-9, 12; Psalm 46:2-3, 5-6; 8-9; John 5:1-16.*

Wednesday, March 30 So Also the Son

In today's Gospel, Jesus states that "a son cannot do anything on his own, but only what he sees his father doing." Jesus, the Son, does not do anything except through the power of God. What Jesus knows and sees the Father doing, Jesus will do. Who has taught you how to live as a Christian? Write a letter or call the person to acknowledge and thank them for their example. *Today's readings: Isaiah 49:8-15; Psalm 145:8-9, 13cd-14, 17-18; John 5:17-30.*

Thursday, March 31 Whom Do You Believe?

Many words and images come at us daily. Social media, news outlets, conversations with colleagues and friends flood us with messages. Jesus describes the many witnesses to his identity and power, but his listeners still don't trust all that he has to offer. What helps you believe that Jesus is the Savior? What keeps you focused on his message of truth? Make a point to name and claim that this week. *Today's readings: Exodus 32:7-14; Psalm 106:19-20, 21-22, 23; John 5:31-47.*

Friday, April 1 Ever Close

Have you ever felt brokenhearted? Do you know someone who is? Today's psalm reminds us that God is always close to those in need, to those struggling, and to anyone in distress. Be especially attentive to show kindness to people you meet. Many people are struggling silently. Your compassionate presence will be a sharing of your faith in our loving and merciful God. *Today's readings: Wisdom 2:1a, 12-22; Psalm 34:17-18, 19-20, 21 and 23; John 7:1-2, 10, 25-30.*

Saturday, April 2 Unite in Christ

In today's Gospel, we hear of a division occurring as people argued over whether Jesus is the Christ. Today, many people hostilely debate matters of Christianity. A visible sign of the reign of God is unity, which can be sometimes hard to achieve even in a parish. Talk about unity with your family or a friend and make a commitment to help unite people as the people of God rather than create any further divisions. *Today's readings: Jeremiah 11:18-20; Psalm 7:2-3, 9bc-10, 11-12; John 7:40-53.*



© 2022 Liturgy Training Publications. 800-933-1800. Text by Catherine Johnson and Mary Kay Kelley, ssj. Illustrated by John McCoy. Scripture quotations are from the *New American Bible*, revised edition. Permission to publish granted by the Archdiocese of Chicago.



March 27, 2022

Written by
THE
FAITHFUL
DISCIPLE

Fourth Sunday of Lent

Jos 5:9a, 10-12 | 2 Cor 5:17-21 | Lk 15:1-3, 11-32

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

Today we celebrate Laetare (which means “rejoice”) Sunday. As we mark the midpoint of Lent, we allow ourselves to look ahead with joyful anticipation of Jesus’ resurrection, even as we continue our practices of prayer, fasting, and almsgiving. Amidst these penitential practices of Lent, this day offers a reminder that we have reason for hope. The parable of the prodigal son shows us what hope looks like. When the father caught sight of his wayward son, he did not see the young man who made bad choices, wasted his inheritance, and disobeyed him. He looked at him with eyes of unconditional love, rejoicing that “he was lost and has been found.” That’s how Jesus viewed the sinners and tax collectors, and how the Father views us, his wayward sons and daughters, when we return to him in contrition and love. So as we continue our Lenten practices, let’s take time to give thanks for the goodness and mercy of God today, knowing that the Lord awaits us with open arms when we acknowledge our sinfulness and rely upon him for all that is good.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Is it me, or are some of the parables hard to figure out? The parable of the prodigal son is one we’ve heard over and over again, and resonates across ages and generations. Some of us may relate to the prodigal son and others to the dutiful brother. The parents and grandparents among us may have been in the father’s shoes at some point. What better time than Lent to reflect on what the story means to us at this point in our lives: Are we awaiting the return of a disaffected loved one? Are we in need of repenting for our own actions? The answer will be different for each of us, but we can rejoice in the fact that we are loved unconditionally by God wherever we are on our Lenten and life journeys. Our challenge is to open our hearts to that love; as we do so, we can’t help but be transformed and in turn share that love with others through friendship, service, and generosity. As St. Paul writes, “Whoever is in Christ is a new creation: The old things have passed away.”

ACT On Laetare Sunday, priests may wear rose-colored vestments as a symbol of joy. Carry this sense of joy into your day by placing roses at the table, bringing flowers to a friend, or calling someone with whom you’ve fallen out of touch.

**LAETARE
SUNDAY**

REJOICE!

Background by Getty Images/Bonnyhecat

Lenten Almsgiving

A Moment For The Missions With



Building Faith | Inspiring Hope | Igniting Change

Grant us, O God, that through the spiritual renewal of Lent, we may grow in our understanding of the mystery of Christ's Passion and Death. This we ask through Christ, our Lord. Amen.

MARCH - MON

28

Prayer and reflection day.

We pray for all those who welcome strangers at our borders. Check out this video showcasing the work of the Sisters of Divine Providence in San Benito, TX, who are aided by Catholic Extension's Family Reunification Fund: <https://tinyurl.com/welcomingsisters>



MARCH - TUE

29



In today's Gospel we hear of Jesus curing the man by the pool of Bethesda. Let us pray for all those who are ill and in need of God's healing presence.

MARCH - WED

30

ST. JOHN CLIMACUS



This leader of the monks of Mount Sinai wrote the "Ladder of Divine Ascent". Let us pray for the monks of Mount Sinai and all who live the contemplative life.

Check out a brief video about his life at tinyurl.com/johnclimacus

MARCH - THU

31



In today's first reading we hear about how the Israelites disobeyed God creating the golden calf as a false god but then repented and followed Moses and the 10 commandments. We pray for the courage to follow God's commandments.

APRIL - FRI

1



If you pulled a prank today, put something in your Lenten Collection box to help make somebody else's day better.

+ STATIONS OF THE CROSS
7 P.M. IN CHURCH

Today is a day of ABSTINENCE.



APRIL - SAT

2

ST. FRANCIS OF PAOLA



The Italian hermit who founded the Minim Friars in the 15th century.

Check out a brief video about his life at tinyurl.com/StFrancisofPaola

APRIL - SUN

3

FIFTH SUNDAY OF LENT



CATHOLIC EXTENSION MISSION FOCUS OF THE WEEK:

MISSIONARY SISTERS OF THE IMMACULATE HEART OF MARY WORKING WITH FAMILIES IN NEED AT THE BORDER IN PENITAS, TEXAS.

(READ MORE ON THE BACK PAGE)



JOIN US FOR SUNDAY MASS AT 8, 10, OR NOON.

Parish Lenten Almsgiving Project (cont'd)

Lenten Almsgiving



ST. BENEDICT PARISH

Our Passion is the Best, Possible You

IN
PARTNERSHIP
WITH

CATHOLIC EXTENSION
Building Faith | Inspiring Hope | Igniting Change

St. Benedict parish and school community is partnering with Catholic Extension this Lenten season to support our work throughout the country.

WEEK 5: MARCH 28 – APRIL 3



Meet the Missionary Sisters of the Immaculate Heart of Mary, **Sister Carolyn Kosub** and **Sister Fatima Santiago**, who run the **Projecto Desarrollo Humano** or the "Human Development Project" (PDH) in the Diocese of Brownsville, Texas along the U.S. southern border. While this community is extremely impoverished, they are rich in faith.

The sisters established PDH, an outreach center created to address four main areas of concern: health, social services, education and evangelization in this isolated, rural area. They began by asking the local women what they needed, and the answer was that they hoped that their children might have a chance for a better life than they have known. Soon, working with the women, they discovered how much they simply needed to get out of their houses and developing bonds with one another. The center, which is abuzz with activity, day and night, includes classrooms, a kitchen, space for large assemblies, a computer lab, a medical and dental clinic, a sewing shop, thrift store and a garden. PDH serves the spiritual and material needs of the people in their region.

The people who are served by PDH are typically families of five living at or below the federal poverty level in substandard housing. They rely on irregular income, which the men earn from day labor jobs in agriculture and construction. As PDH took hold, the sisters began to understand that regular religious education and sacramental and liturgical celebrations in a dedicated space were critically necessary to cement the bonds of community that were developing.



Sister Fatima and **Projecto Desarrollo Humano** aims to develop human and spiritual potential, strengthen family bonds, build communities of peace, love, justice and satisfy the needs of the community. All day long, there is a flow of people in and out of the center. Some come to offer their help, some come to seek help, and all know that PDH is the place where we all work together to help dreams come true.

Sister Fatima said, "Although the people are materially poor, they are rich in qualities that matter much more: family, helpfulness, sharing, joy and – energizing it all – the solid conviction that God is with them."

Thank you for your support and generosity!



Little Sisters of the Poor Visit St. Ben's April 2/3



On the weekend of April 2/3 the Little Sisters of the Poor will visit our Parish to share their vocation of hospitality to the elderly. St. Mary's Home in Chicago is one of 167 homes for the elderly poor operated by the Little Sisters in 31 countries around the world. Acute and considerable continues to be their need for financial support. Virtually all of the current Residents of St. Mary's Home qualify for Medicaid, and a few receive meager pensions. But these modest funds cover, at best, about half of the annual expenses. The Little Sisters have ministered to thousands of elders in Chicago for 145 years. Your support will enable them to continue their mission of caring for the neediest seniors of every race and religion in a spirit of reverence and of humble service. God bless you! www.littlesistersofthepoorchicago.org

You are cordially invited to



Paint the Town!

GALA 2022

ST. BENEDICT FAITH COMMUNITY

SATURDAY, APRIL 30, 2022

at Rockwell on the River

3057 N Rockwell | Chicago, IL

- 7:00pm** **DOORS OPEN** | Registration, silent auction and bar opens
Live entertainment provided by Model-J
- 8:00pm** **DINNER BEGINS** | Wine served at tables | Bar closes
- 8:15pm** **PRAYER AND PROGRAM BEGINS** | Video Program and Live Auction
- 9:30pm** **SWEET TABLE | COFFEE SERVICE** | Bar reopens
- 10:00pm** **MAIN FLOOR OPEN TO AFTER DINNER TICKET HOLDERS**
DJ entertainment by Nicky Avalo Studios | Dancing until Midnight
- 11:30pm** **CHECK OUT BEGINS | SILENT AUCTION CLOSSES** | Bar closes

Purchase tickets and tables online at ONE.BIDPAL.NET/SBPS2022
or scan the QR Code. If choosing not to make purchases online,
please contact Mr. Joe Accardi at jaccardi@stbenedict.com



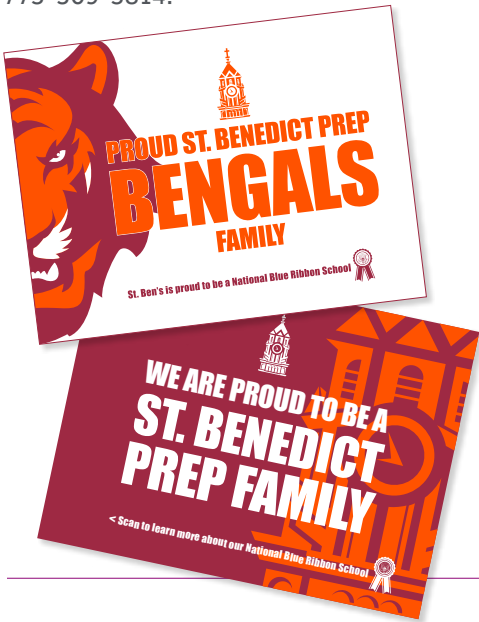
SPECIAL PRICING FOR OUR SENIOR PARISHIONERS!

Each year we are fortunate to have senior members of our parish community join us for a fun night out with bus transportation provided from church to Rockwell on the River and back again to the parish. \$100 per senior pricing is extended to all our parishioners who qualify. Please reach out to Mr. Accardi to reserve your seat at the Gala by calling 773.509-3832 or via email at jaccardi@stbenedict.com.

Education

SHOW YOUR ST. BENEDICT SPIRIT!

Show your St. Benedict spirit by displaying the new St. Benedict Prep yard sign. Signs can be picked up at any of the school offices or contact Janet Gallagher, Director of Enrollment & Marketing, at jgallagher@stbenedict.com or 773-509-3814.



Proud to be a 2019 National Blue Ribbon School!



ST. BENEDICT PREPARATORY SCHOOL

APPLY NOW

FOR THE 2022-2023 SCHOOL YEAR!

VISIT OUR WEBSITE TO SCHEDULE AN IN-PERSON TOUR



773-509-3814 | www.stbenedict.com

LEARN FEARLESSLY. LEAD RESPONSIBLY. SERVE JOYFULLY



A BIG THANK YOU to our HSA for sponsoring our **MIDDLE SCHOOL WINTER CHILL!**

Human Concerns

6 TIPS TO OVERCOME BODY SHAME

The mission of the St. Ben Domestic Violence Outreach Team is multi-faceted; it is to support survivors, to educate everyone on where help is available and to prevent domestic violence by educating teens. But a large part of our mission is to create awareness of domestic violence, by including informative articles in our bulletin. Domestic violence takes many forms. It can be physical, verbal, emotional or financial. Today, we learn about abuse-induced body shame. Many people believe the insults directed at them by an abuser. They don't want to believe that their partner is using tactics to control them, calling them names and mocking them simply to destroy their self-confidence. The effect on the survivor is often depression and despair. By shedding light on these behaviors, we hope to help survivors understand that people in healthy relationships don't treat their partners that way and they don't have to accept it. There is help available. We always post the numbers where help can be accessed. See the box at the end of this article.

Many abusers criticize and even disfigure their partner's body as a tactic of control. Over time, the survivor may come to feel unattractive and ashamed.

In workshops and trainings, survivors describe what they have endured:

- "He called me a cow. A heifer. A whale. A pig. I lost a ton of weight from the stress and then he said I was a beanpole. As flat as a pencil. There was always some reason to reject me."
- "She handled me roughly, like my body was not worthy of respect."
- "He said I was so ugly. I think he did it to make me feel bad."
- "He wanted me to dress sexy all the time—short dresses and booty shorts. And then he made me feel ashamed when guys looked at me."
- "He said my nose was too big. My hair was too kinky. The way my body changed when I had children repulsed him."
- "He would ask why I couldn't be more like Kim Kardashian. He would show me photos of her all the time and make me do exercises."
- "I have Parkinson's. My Ex used to make fun of my stiffness and tremors."
- "He told me that I was too hairy. He told me that no other man would ever want to be with me. I was so young when we met, that I believed him. Over time I learned that I was perfectly normal."
- "He would compliment me for not eating and punish me when I ate. My parents and sisters smuggled food to me—they were worried because I had lost so much weight so fast."

Sometimes abusers push their partners to eat less, lose weight and exercise more as a way to weaken them physically as well as mentally.

Why would abusers want their romantic partners to feel bad about themselves? People who feel body shame are less able to speak up, draw boundaries or leave the relationship. Survivors report feeling body shame even after the relationship has ended. "They called me ugly" has turned into "I am ugly."

Starting the Recovery Process

Here are 6 tips for recovering from body shame:

- 1) Use affirmations instead of negative self-talk.** Quiet that little voice in your head that tells you that you are too fat or thin, tall or short, big- or small-breasted, or any of the other ways in which you may echo the insults of the person who abused you. Replace these negative messages with affirmations focusing on what you like about yourself. Look in the mirror and say it out loud. Strong arms. Soulful eyes. A belly that carried a child and has the scars to prove it. Notice what is good and right about your body.
- 2) Remember, you are more than just your body.** Even if you are dissatisfied with some aspects of your body, you have great value as a human being apart from your physical self. Your thoughts, your feelings, your actions—these all make up that unique self that is you.
- 3) Move in ways that please you.** Being entirely sedentary is not good for us, mentally or physically. Find activities that feel good and help you grow more comfortable with your body. Many activities don't cost a penny, such as walking, dancing, or stretching.
- 4) Rest. It is not good to push ourselves physically too hard all the time.** How does your body like to rest and relax?

- With thanks to Domesticshelters.org



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)

Events and Parish Life

COMING UP AT ST. BEN'S | March and April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 FOURTH SUNDAY OF LENT Mass at 8AM, 10AM, and 12PM Church Lenten Mission "Rest in Me" St. Benedict Parish 4PM Beaven Hall	28 Daily Morning Mass 8:30AM Church Cub Scout Webelos i 6PM Cafeteria St. Vincent de Paul Mtg. 6:30PM SS Library Boy Scout Meeting 7PM Heidenreich Hall Knights of Columbus Assembly Meeting 7PM Church Basement Ravenswood Orchestra Rehearsal 7:30PM Beaven Hall Lenten Mission "Rest in Me" St. Andrew Parish 7PM	29 Daily Morning Mass 8:30AM Church	30 Daily Morning Mass 8:30AM Church Cub Scout 3rd Grade 4:30PM Beaven Hall Gala Meeting 6PM SS Library Choir Rehearsal 7PM Choir Loft(Upstairs) AA Group Meeting 8PM Beaven Hall	31 Daily Morning Mass 8:30AM Church SPRED 5:30PM SPRED Room Cub Scout - 1st Grade Den Meeting 6:30PM Beaven Hall	1 Daily Morning Mass 8:30AM Church Exposition of the Blessed Sacrament & Benediction 9AM-12PM Church Stations of the Cross 7PM Church	2 Daily Morning Mass 8:30AM Church Reconciliation 11AM Church Mass at 5PM Church
3 Parish Library Open 7:30AM - 1:30PM Parish Library FIFTH SUNDAY OF LENT Mass at 8AM, 10AM, and 12PM Church	4 Daily Morning Mass 8:30AM Church Cub Scout 6PM Cafeteria Boy Scout Meeting 7PM Heidenreich Hall Ravenswood Orchestra Rehearsal 7:30PM Beaven Hall	5 Daily Morning Mass 8:30AM Church	6 Daily Morning Mass 8:30AM Church Cub Scout Pack 3865 Webelos 2 Den Meeting 4:30PM Beaven Hall Choir Rehearsal 7PM Choir Loft(Upstairs) AA Group Meeting 8PM Beaven Hall	7 Daily Morning Mass 8:30AM Church SPRED 5:30PM SPRED Room Strings Recital and Concert 6:30PM Kittler Hall	8 Daily Morning Mass 8:30AM Church Knights of Columbus Fish Fry and Irish Entertainment 5PM Beaven Hall 8th Grade Living Stations of the Cross 7PM Church	9 Daily Morning Mass 8:30AM Church Reconciliation 11AM Church Mass at 5PM Church

Sunday Giving

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

Amount received for Sunday, March 20:	\$9,983.83 (75% of goal)
Weekly goal:	\$13,250.00
Fiscal Year Sunday Offertory:	\$464,148.72 (92% of goal)
Fiscal Year Goal (starting July 1):	\$503,500
Behind Goal:	(\$39,351.28)



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.

Masses for the Week

Saturday, March 26 - Lenten Weekday

- 8:30AM Special Aniversary Intention for Chatt and Arno Christian-Ondiano - *Deditha Cobarde*
Special Intention for Carmela Aranas - *Deditha Cobarde*
- 5PM Mark Jacob - *Marge Lawlor*
Annie Nash - *Christa O'Keefe and Marge Lawlor*
Jimmy Danowski - *Your Cousins, Micky, Linda, Jackie, Edith, Ray, and Cheryl*

Sunday, March 27 - Fourth Sunday of Lent

- 8AM Living and Deceased Members/Benefactors of St. Vincent de Paul Society
Francisca Reyes, Victor D. Goite & Braulio Mozo - *The Goite & Reyes Family*
Kodey Rupp - *Caroline Padmanabhan*
Special Intention for Mary Newell - *Kathy Fergus*
- 10AM Danilo Celiz Belicena - *The St. Benedict Parish Community*
Dradyne Robyne Eudeikis - *Sue Breunig*
Robert Schmalz, Jr (Class of '66) - *The St. Benedict Alumni Office*
Wendy Lynn Simoncelli-Vega - *The Roberts Family*
- 12PM Laverne Ellegood - *The St. Benedict Parish Community*
Lawrence Cariato, Jr (Class of '90) - *The St. Benedict Alumni Office*
Patricia Howe - *Family*

Monday, March 28 - Lenten Weekday

- 8:30AM Marty Eberhardt (Class of '67) - *The St. Benedict Alumni Office*
Porfirio Llanes - *Leonora Llanes*
Special Intention for Rizalina Acierto - *Leonora Llanes*

Tuesday, March 29 - Lenten Weekday

- 8:30AM Sister Dorothy Kunze SSND (Elementary Assistant Principle in the 80's) - *The St. Benedict Alumni Office*

Wednesday, March 30 - Lenten Weekday

- 8:30AM Herman R. Hinsch - *Bella Bondad de Guzman*

Thursday, March 31 - Lenten Weekday

- 8:30AM Jacob and Theresia Jerger - *Family*
Sr. Dorothy Kunze - *Ken and Pat Woodhouse*

First Friday, April 1 - Lenten Weekday

- 8:30AM Special Intention for Matt Rahn

First Saturday, April 2 - Saint Francis of Paola, Hermit

- 8:30AM Special Intention for Jim Strzalka
- 5PM Bob Miller - *Marge Lawlor*
Jacqueline K. Clausen - *Christa O'Keefe and Marge Lawlor*
Helene Wieland - *Ann Ryan*
John and Ann McDonagh - *Family*

Sunday April 3 - Fifth Sunday of Lent

- 8AM Gloria C. Recede - *Family*
Alan Schoen - *Joe and Kathy Minneci*
Special Intention for Patricia Newell - *Kathy Fergus*
Ralph Symons - *The Padmanabhan Family*
- 10AM Susano S. Paez - *Ceferina S. Paez*
John A. Hauser - *Jan Bolden*
Donald Butzen Jr - *The St. Benedict Parish Community*
Nan Nash - *Pat Pigoni*
- 12PM Helene Wieland - *The St. Benedict Parish Community*
Pamela Batyi Panko - *Alex Udvary*

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	Ken McFadden
Beverly Berganos	Ronald O'Keefe
Johnson	Colleen O'Keefe
Carol Brimstin	Wiora
Frank Flesch	Julie Raheja-
Kelley Halper	Perera
Anne Hoellich	Matt Rahn
Marilyn Jerger	Bill Shaver
Jackson James	Jim Strzalka
Limburg	Leda Wildner

Baptisms

Nolan William Murray, son of Patrick Murray and Dana Kelly

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, 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 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

**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 avail.



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.

LOYA

INSURANCE COMPANY

¡AHORRE DINERO HOY!

SEGURO DE AUTO
A partir de \$35 /MES



4552 N WESTERN AVE,
CHICAGO, IL 60625

(773) 293-4660



SEVERE FATIGUE? CHRONIC PAIN? TAKE YOUR LIFE BACK!

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

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

Symptoms are masked with over-the-counter medications. Prescription pills only provide temporary relief and more often than not, fail to work at all. And the worst-case scenario, you're completely disregarded or dismissed by medical professionals who don't get Fibromyalgia 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 water 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 fibromyalgia 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 **TINGLING** in your arms and/or legs?



Acupuncturist Kyla Boles uses noninvasive, nonpharmaceutical, integrative therapies to RELIEVE her patients of Fibromyalgia symptoms, reducing various forms of pain and inflammation, stimulating the release of endorphins, and offering much needed effective symptom relief for Fibromyalgia.

She skillfully layers therapies such as ATP™ Resonance BioTherapy and nonpharmaceutical, nonopioid, nonsteroid, natural injection therapies for amplified and lasting results.

Imagine relief! 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



URBAN ACUPUNCTURE
Balance. Breathe. Be.

catholicmatch®
Illinois



CatholicMatch.com/myIL

LIMITED TIME OFFER! \$35
CALL TODAY 773-727-5042

CONSULTATION
(a \$240 value)



Get this weekly bulletin delivered by email - for FREE!

Sign up here:

www.jspaluch.com/subscribe

Courtesy of J.S. Paluch Company, Inc.



Grein Funeral Directors

* Advanced Funeral Planning Available * Chapel Facilities Throughout Chicago And Suburbs * Flexible Pricing To Meet Your Individual Needs

2114 W. Irving Park Rd.

(773) 588-6336

LAKEVIEW Benjamin Moore Color Gallery
ACE Hardware 3911 N. Lincoln Ave.
 OPEN 7 DAYS
773-281-1777 Benjamin Moore

Anne Rodia
 Realtor / Parishioner
 BERKSHIRE HATHAWAY | KoenigRubloff Realty Group
 Home Services
 Call for a FREE market analysis!
773.720.1616
 arodia@koenigrubloff.com
AnneRodia.com

Ed the Plumber
Ed the Carpenter
773.471.1444
 Best Work • Best Rates
PARISHIONER DISCOUNT

NorthShore Immediate Care
 Open 7 days a week, no appointment needed.
 Onsite x-ray and lab, including flu and COVID-19 testing.
 2019 W. Irving Park Rd.
 northshore.org/immediatecare

Lakeview FUNERAL HOME
 Traditional & Cremation Services • Pre-Planning Available
Honoring the Life
773.472.6300
 lakeviewfh@gmail.com | LakeviewFuneralHome.com
 1458 W. Belmont Ave. Chicago, Illinois 60657

Dip and Sip Donuts
 I Dip, You Dip, We Sip
 *Cake Donuts made from scratch in house. Our pick or custom!
 *Custom Donut
 *Great to eat coffee!
 *We cater and deliver!
2256 W. Roscoe
Chicago, IL 60618
773.661.1464

MISERICORDIA HEART OF MERCY
MISERICORDIA HOME IS HIRING!
 Start your career today! CNA's & DSP/Caregivers
We have a place for you on our team!
 Email: careers@misericordia.com
 or 773-273-3058

Virtual Membership
 40+ classes a week for only \$35/month.
 Galter LifeCenter
 773-878-9936
 GalterLifeCenter.org

Protecting Seniors Nationwide
 Medical Alert System
\$29.95/Mo. billed quarterly
 • One Free Month
 • No Long-Term Contract
 • Price Guarantee
 • Easy Self Installation
Call Today! Toll Free 1.877.801.8608

Coldwell Banker Lincoln Park
 Jane Litvack Lilligard
 AHS - Luxury Home Specialist
 Delighting the senses
 Inspiring & setting Homes!®
773/213-5369
www.janelitvack.com | janelitvack.com

ROSCOE VILLAGE PUB
 2159 W. Addison Street
(773) 472-6160

Say Good-bye to Clogged Gutters!
\$99 installation*
 Receive a \$50 restaurant gift card with in-home estimate & free gutter inspection!
 Call today for your FREE estimate and in-home demonstration
CALL NOW 708-462-6373

LeafGuard
 It guarantees never to clog or will clean it for FREE!
 • Seamless, one-piece systems keep out leaves, pine needles, and debris
 • Eliminates the risk of falling off a ladder to clean clogged gutters
 • Durable, all-weather tested system not a flimsy attachment
ENGLERT LeafGuard
 Get it. And forget it.®

MLA LAW MORICI, LONGO & ASSOCIATES
 ATTORNEYS AT LAW
Personal Injury Workers' Compensation
312.372.9600
 Neighborhood Office
 6723 N. Northwest Highway
 Downtown Office
 730 W. Randolph St., 6th Fl.
 Chicago, IL 60661
www.moricilongo.com

COLDWELL BANKER
MARY ELLEN "O'HARA" CONSIDINE
 Real Estate
 Cell # (773) 704-4250 | E-Mail (773) 687-5191
 MaryEllen.Considine@coldwellbanker.com

Established 1908
Ruhut PLUMBING
 STEAM AND HOT WATER HEATING
 SEWER SERVICE
 Lic. #PL-14643
 Lic. #055-032320
(773) 525-0474
 2330 W. Nelson St.

the whole tooth
 FAMILY DENTISTRY
Dorothy G. Rewinski, D.D.S.
 St. Benedict Alumnus
773-267-1818
 1801 W. Irving Park Chicago

LAW OFFICE
 Specialize in Real Estate
 Wills - Personal Injury
JAKUBCO, RICHARDS & JAKUBCO
 Quotation on legal fees - free
 2224 W. Irving Pl. (773) 538-8395



Assisted Living
 Skilled Nursing
 Memory Care
 Respite Care
 Rehabilitation Services

ST. JOSEPH VILLAGE OF CHICAGO
 FRANCISCAN COMMUNITIES
 Franciscan Ministries governed by the Franciscan Sisters of Chicago
Daily Mass offered.
 773 • 328 • 5525
www.stjosephvillageofchicago.org