



Bringing Our  
Faith to Life

# Our Parish Life



ST. MICHAEL  
IN OLD TOWN  
*A Redemptorist Catholic Parish*

1633 N. Cleveland Ave • Chicago, IL 60614 • 312.642.2498 • [www.st-mikes.org](http://www.st-mikes.org)



## *The Epiphany of the Lord January 8, 2012*

The magi were overjoyed at seeing the star,  
and on entering the house they saw the child  
with Mary his mother  
(Matthew 2:1-12).

Dear Parish Family,

Today we celebrate the Feast of the Epiphany of the Lord. This feast is an ancient feast which celebrates the revelation of God in the person of His Incarnate Son, Jesus. The word "epiphany" comes from two Greek words, the preposition *epi* and the verb *phainen*, and can variously mean, "to shine upon," "to reveal," or "to appear, manifest." The verb *epiphainen* as well as the noun *epiphaneia* both occur in the Greek New Testament. For example, 2 Timothy 1:8-10 joyously declares,

*God, who has saved us and called us to a holy life--not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, but it has now been revealed through the appearing [epiphaneia] of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.*

At times the word is used to refer to the first appearing or revealing of Jesus (either His birth or the beginning of His Messianic ministry) as in the verse above, Titus 2:11, 3:4, and Luke 1:79. At other times it is the revealing and appearing of Jesus at the end of time which is in view as in 1 Timothy 6:14, 2 Timothy 4:1,8, and Titus 2:13.

We inaugurated the **St. Michael Sunday Morning Café** this past weekend and it seemed, at least from first reports, a great success. Parishioners who took time to stop by commented on the informality of the setting and the feeling of welcome and hospitality that seemed to be present. I visited the café at the end of both masses and Father Ken Sedlak and Father Joe Morin also stopped in for a visit. (Father Keena was at St. Dorothy and Father Donaldson was at St. Alphonsus otherwise I know they would have also stopped in). Consider coming and joining us this weekend anytime from 8:00 a.m.-2:00 p.m. and enjoy each other, not to mention the good food, coffee, tea and cocoa.

With this first week of the New Year under our belt we can begin digging into the main tasks that are part of our pastoral efforts. This is of course the time of year when many weddings

## 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, January 8

10:00 a.m. Mass  
12:00 p.m. Church Tour

### Monday, January 9

8:00 a.m. Mass  
5:30 p.m. Mass  
6:30 p.m. ACOA  
7:00 p.m. Stillpoint/Contemplative Prayer  
7:00 p.m. Baptism Preparation Class

### Tuesday, January 10

8:00 a.m. Mass with Perpetual Help  
6:00 p.m. Mass with Perpetual Help  
8:00 p.m. Alcoholics Anonymous

### Wednesday, January 11

8:00 a.m. Mass  
5:30 p.m. Mass  
6:30 p.m. Alcoholics Anonymous (women only)  
7:00 p.m. CAPS  
7:00 p.m. Human Concerns Commission meeting

### Thursday, January 12

8:00 a.m. Mass  
5:30 p.m. Mass  
7:00 p.m. Rosary

### Friday, January 13

8:00 a.m. Mass  
5:30 p.m. Mass  
7:00 p.m. Alcoholics Anonymous

### Saturday, January 14

8:00 a.m. Mass  
4:45 p.m. Confessions  
5:30 p.m. Mass

### Sunday, January 15

9:00 a.m. Mass  
9:00 a.m. Religious Education Parent - Teacher Conferences  
11:00 a.m. Mass  
12:00 p.m. Church Tour  
12:00 p.m. RCIA  
1:00 p.m. Baptism Service

## From the Pastor

are scheduled and so we have been very busy lining up weddings for 2012 and even the occasional 2013 date, for those who love to plan ahead. It looks like we are going to have a noticeable increase in weddings this coming year at St. Michael if the current trends continue. In addition to weddings we have been planning other pastoral work that will demand our focus and our energy in the weeks ahead. From a liturgical standpoint this is Ordinary Time but Lent is not too far off in the future (Ash Wednesday is February 22) and perhaps we might anticipate some measurable snow fall in the next few weeks to help us get in the spirit of Lent - it makes Easter all the more enjoyable when the snow is melting away!

One of our projects that will take quite a bit of internal energy is that we are beginning a process of examining parish and pastoral staff job descriptions and the requirements and the issues related to such a review. The Human Resource staff of the Archdiocese has been very helpful in this undertaking and has provided us with the expertise that we needed in order to ensure that the time dedicated to this review is time well spent. When the review is completed we will be able to receive a clearer picture of our staffing requirements and how best to respond to the pastoral needs of St. Michael parish within the very real constraints that our budget realities reflect. This is a process that I am sure is well known to many of our parishioners at your own place of employment. Perhaps you have not thought about a church using the same kind of resources for our planning but it is also part of our reality. I would expect that a good part of the month of January will be devoted to this task.

In addition to human resource issues we are also examining the best use of our Informational Technology, or in our case the real lack of such technology applied to our pastoral effort. In the past we have been unable to institute some of the technological and informational resources that are routinely used in maintaining a well-managed administrative effort. Thankfully, we are now in a position to be able to make a beginning investment in some resources that we will be able to put to good use. Again, the Archdiocese has provided us with some valuable resources that make this effort much more focused and dynamic. It will be a slow process but it is good news to know that we are taking steps in the right direction.

While all of this is going on in the background we should also be aware of the dedicated members of our Pastoral Council, the different commissions that support the Pastoral Council, and of course individual efforts that enable some of the events that we look forward to each year. For example, I am well aware of how focused the *St. Michael Gala* committee has been and will continue to be in the coming months as we approach the date of the Gala (April 21, 2012). Perhaps you have noticed the prominent poster in the back of Church that provides some of the inspiration and information for this annual event? If not, stop by and take a look.

That is about all for this week. Let us continue to remember each other in our thoughts and in our prayers. Certainly we experience many blessings each and every day but there are also some very real challenges that can be part and parcel of our daily lives. To know that we are not alone, that others are supporting us with their prayers, does not necessarily lessen the burden that we might be carrying but it does end a sense of isolation that makes the load seem all the more cumbersome.

Fr. Tom Santa, C.Ss.R.



# Parish Directory

## Pastor

Rev. Thomas Santa, C.Ss.R.  
tsanta@st-mikes.org

## Associate Pastors

Rev. Thomas Donaldson, C.Ss.R.  
tdonaldson@st-mikes.org

Rev. James Keena, C.Ss.R.  
jkeena@st-mikes.org

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

Rev. Ken Sedlak, C.Ss.R.  
KCSsR@aol.com

## Director of Religious Education/ Pastoral Associate

Mary Catherine Meek  
(312) 943-4767  
mcmeek@st-mikes.org

## Administrative Asst.

Deanna Cunningham  
dcunningham@st-mikes.org

## Pastoral Minister

Ray Perpignani  
(312) 642-2498, ext. 211  
rayp@st-mikes.org

## Music Ministry

Daniel Stucker  
Director of Music and Organist  
(312) 642-2498  
dstucker@st-mikes.org

## Scott Arkenberg

Director of the Contemporary Choir  
(773) 206-6785  
scott@st-mikes.org

## Business Manager

Jeannie Collins  
(312) 642-2498 ext. 215  
jeannie@st-mikes.org

## Facility Engineer

Michael Roach  
mike@st-mikes.org

## Maintenance

Evalds Zemmers

## Parish Relations/Bulletin Editor

Toni Dunning  
(312) 642-2498, ext. 239  
tdunning@st-mikes.org

## Reception

Barbara Rose  
Rose Slattery

## Church Tours

Linda Evans  
tours@st-mikes.org

## Life Directions

Rev. John Phelps, C.Ss.R.

## Parish Mission Team

Rev. John Paul Andree, C.Ss.R.  
Rev. Tony Judge, C.Ss.R.  
Rev. Maurice Nutt, C.Ss.R.  
Rev. Gregory Schmitt, C.Ss.R.  
Rev. Arturo Uribe, C.Ss.R.

## Finance Council

Council Chair: Laurence Grant  
financecouncil@st-mikes.org

## Parish Pastoral Council

Council Chair: Paul Kleinaitis  
pastoralcouncil@st-mikes.org

## Communications and Special Events Commission

Commission Head: Jean Cocozza  
communications@st-mikes.org

## Spiritual Living Commission

Commission Head: Christine Kordiuik  
spiritualliving@st-mikes.org  
Monthly Meetings: 3<sup>rd</sup> Tuesday  
7:00 p.m., Parish Center.

## Human Concerns and Needs Commission

Co-Commission Heads:  
Barbara Pope and Jeanne Sanna  
humanconcerns@st-mikes.org  
Monthly Meetings: 2<sup>nd</sup> Wednesday  
7:00 p.m., Parish Center.

## Parish Life Commission

Commission Head: Gisella Tomasio  
parishlife@st-mikes.org  
Monthly Meetings: 4<sup>th</sup> Monday  
6:30 p.m., Parish Center.

## Respect Life Commission

Commission Head: Del Ramirez  
rlifesm@gmail.com

## Worship Commission

Commission Head:  
Diane Kelley-Thompson  
worship@st-mikes.org

## Stillpoint/Contemplative Prayer

Director: Fr. Ken Sedlak, C.Ss.R.  
kcssr@aol.com  
Weekly Gatherings: Monday  
7:00 p.m., Rectory Chapel.

## Gala

Diane Kelley-Thompson  
gala@st-mikes.org

# Mass Schedule

**Sunday:** 9:00 a.m.; 11:00 a.m.; 7:00 p.m.

**Saturday:** 5:30 p.m.

**Monday - Saturday:** 8:00 a.m.

**Mon., Wed., Thurs., and Fri.:** 5:30 p.m. in the Ancilla Domini Chapel (enter via the sacristy)

**Our Mother of Perpetual Help Devotions:** Tuesdays after the 8:00 a.m. and 6:00 p.m. Mass (in the church)

## Confessions

**In the Church:** Saturdays 4:45 - 5:25 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.**

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. Holiday weekends are the exception. To schedule a baptism and/or register for a parent preparation session, please contact the church office at (312) 642-2498 or see our website for information.

## Weddings

**Fridays:** 3:00 p.m.

**Saturdays:** 12:00 & 3:00 p.m.

Arrangements should be made a minimum of four months in advance of a wedding date. Please contact the church office at (312) 642-2498 to make an appointment with a priest in order to schedule your wedding and to receive additional information.

## 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

**Weekdays:** 9:00 a.m. - 7:00 p.m.

**Saturday:** 9:00 a.m. - 12:00 p.m.

**Sunday and Holidays:** Closed

*Visit our website at [www.st-mikes.org](http://www.st-mikes.org)*



*Join our  
"St. Michael in Old Town"  
Fan Page!*

*Saint of the Day  
&  
Mass Intentions*

Sunday, January 8  
*The Epiphany of the Lord*  
9:00 a.m. † Joseph Joyce  
11:00 a.m. † Chuck Morgan  
7:00 p.m. Parishioners - Living and Deceased

Monday, January 9  
*The Baptism of the Lord*  
8:00 a.m. Joanne Maloney  
5:30 p.m. † Vincent Ginnelli

Tuesday, January 10  
*Servant of God Vico Necchi*  
8:00 a.m. Jim & Maureen Stockton  
6:00 p.m. † Walter McDonough

Wednesday, January 11  
*Blessed William Carter*  
8:00 a.m. † John & Marie Reiff  
5:00 p.m. † William & Angela O'Connell

Thursday, January 12  
*St. Marguerite Bourgeoys*  
8:00 a.m. Membership Foundation Fund  
5:30 p.m. † JoAn Costin

Friday, January 13  
*St. Hilary*  
8:00 a.m. Special Intention  
5:30 p.m. Special Intention

Saturday, January 14  
8:00 a.m. † Florence Murray McDonough  
5:30 p.m. † Anthony Zagar

Sunday, January 15  
*St. Paul the Hermit*  
9:00 a.m. † Eileen McDonough Turner  
11:00 a.m. † Leonard Lisjik

  
*This Week's Readings*

Sunday: Is 60:1-6; Ps 72; Eph 3:2-3a, 5-6; Mt 2:1-12  
Monday: Is 42:1-4, 6-7 or Is 55:1-11; Acts 10:34-38 or Jn 5:1-9; Mk 1:7-11  
Tuesday: 1 Sm 1:9-20 or 1 Sm 1:1-8 and 1 Sm 1:9-20; Mk 1:21-28 or Mk 1:14-20 and Mk 1:21-28  
Wednesday: 1 Sm 3:1-10, 19-20; Mk 1:29-39  
Thursday: 1 Sm 4:1-11; Mk 1:40-45  
Friday: 1 Sm 8:4-7, 10-22a; Mk 2:1-12  
Saturday: 1 Sm 9:1-4, 17-19; 10:1a; Mk 2:13-17  
Sunday: 1 Sm 3:3b-10, 19; Ps 40; 1 Cor 6:13c-15a, 17-20; Jn 1:35-42

# Ministry Schedule

*January 9 - January 15*

Date	Celebrants	Homilist	Lectors	Eucharistic Ministers
Monday, 8:00 a.m. Mass 5:30 p.m. Mass	Fr. Santa Fr. Morin	Fr. Santa Fr. Morin		
Tuesday, 8:00 a.m. Mass 6:00 p.m. Mass	Fr. Santa Fr. Morin	Fr. Santa Fr. Morin		
Wednesday, 8:00 a.m. Mass 5:30 p.m. Mass	Fr. Santa Fr. Morin	Fr. Santa Fr. Morin		
Thursday, 8:00 a.m. Mass 5:30 p.m. Mass	Fr. Santa Fr. Morin	Fr. Santa Fr. Morin		
Friday, 8:00 a.m. Mass 5:30 p.m. Mass	Fr. Santa Fr. Morin	Fr. Santa Fr. Morin		
Saturday, 8:00 a.m. Mass	Fr. Santa	Fr. Santa		
Saturday, 3:00 p.m. Wedding	Fr. Morin	Fr. Morin		
Saturday, 4:45 p.m. Confessions	Fr. Sedlak			
Date	Celebrant	Homilist	Lectors	Eucharistic Ministers
Saturday, January 14 5:30 p.m.	Fr. Donaldson	Fr. Donaldson	T. McNulty, W. McNulty	C. Jaccarino*, L. Scannicchio, L. Scannicchio, R. Slattery
Sunday, January 15 9:00 a.m. Mass	Fr. Santa	Fr. Donaldson	J. Cheng, C. Slick	V. Rose*, P. Cassidy, J. Cheng, L. Schreiber
Sunday, 11:00 a.m. Mass	Fr. Santa	Fr. Donaldson	T. Malec, D. Sajous-Brady	R. Heidenrich*, P. Behier, V. Classen, J. Sanna
Sunday, 7:00 p.m. Mass	Fr. Donaldson	Fr. Donaldson	M. Mulvihill, M. Mitten	J. Burdick, L. Demko, N. Ziegenhagen

## *Gluten Free Hosts*

It has come to our attention that some people may be gluten intolerant and are thus prevented from receiving Holy Communion because of the wheat wafer. If this is true for you please contact Fr. Santa or one of the other priests on staff and the procedure for receiving a gluten free host at Mass will be explained to you.

# News & Announcements

## Remember in Your Prayers



Bernice Baumgarten, Arlene and Bill Conrick, Katelyn Dodson, Tony Dorsey, Kathleen Eauchant, the Flood family, Karyn Hanselman, Alec Johnson, Marge Kempen, Paul Kunach, Annie Morin, Carl Neubeck, Lyla Neubek, Tom Preibe, Christine Ramos, Craig Romaine, Dolores Roth, Fr. Ken Sedlak, C.Ss.R., Joe Spreitzer, Rafael Velez

To place or keep a name on our sick list, please call the rectory every 3 weeks to let us know that you, a loved one or friend are still in need of prayers.

## Upcoming Weddings

**January 14, 2012**  
Ms. Madonna Goodman  
&  
Mr. Jon Nyhuis



**January 28, 2012**  
Ms. Katherine Culp  
&  
Mr. Christopher Reget

## Upcoming Events

January 14, 2012  
April 21, 2012

Marquard Center Dinner  
7th Annual Gala

## St. Michael's Bulletin

Please feel free to take this bulletin home with you after mass. This publication is printed specifically for you so you will have all the latest information regarding mass times, ministry schedules and the events taking place here at St. Michael's Church. Also contained in the bulletin is the contact information for all the staff, commission heads and council chairs. These are the people that conduct the parish business or the events that are held here. They are always willing to help answer questions about anything pertaining to St. Michael's Church.

## Check Us Out...

Have you visited the new St. Michael's website yet? We have a new look, with new capabilities. Sign up online for your donations and manage when and how often a donation is made. Print your statements from your home. It is simple and easy to do. Call Toni in the Parish Office or email her at [tdunning@st-mikes.org](mailto:tdunning@st-mikes.org) for more information or to answer any questions you may have about the online giving process.

## Parish Life Commission

**Commission Head: Gisella Tomasio**  
**Pastor's Representative: Fr. Tom Donaldson, C.Ss.R.**  
[parishlife@st-mikes.org](mailto:parishlife@st-mikes.org)  
Monthly Meetings: 4th Mon., 6:30 p.m., Parish Center

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), New Mom's Groups, New Parishioner Welcome Events, Over 40's Club, Gardening Group.

## Church Tours

Tours of the church are held most Sundays after the 11:00 a.m. Mass in winter and after the 9:00 a.m. Mass in summer. All are welcome. Please meet by the "1871 display" on the east side of the church. Tours for groups can be scheduled by appointment. Please contact Linda Evans at the church office (312) 642-2498 or send an e-mail to [tours@st-mikes.org](mailto:tours@st-mikes.org).

**Tours: January 8, 15, 22, 29 at 12:00 p.m.**

## New Mom's Group

Come meet other moms for coffee and chitchat. Babies and kids are welcome! We meet on the first and third Wednesday of each month from 10:00 a.m. - noon in the Parish Center Dining Room. Bring your own snacks, lunch and toys to share.

## Mom's Night Out

Are you a new mom who needs a night out? Join other new mothers for dinner and drinks.

Contact Laura Demko regarding either event at [LEDemko@gmail.com](mailto:LEDemko@gmail.com) for more information.

## Worship Commission

**Commission Head: Diane Kelley-Thompson**  
**Pastor's Representative: Fr. Tom Donaldson, C.Ss.R.**  
**Liaison for Baptism:**  
Fr. Tom Donaldson, C.Ss.R.  
Fr. Joe Morin, C.Ss.R.  
**Liaison for Altar Servers:**  
Fr. Tom Santa, C.Ss.R.  
**Liaison for Confirmation:**  
Fr. Jim Keena, C.Ss.R.  
**Liaison for Eucharistic Ministers:**  
Fr. Joe Morin, C.Ss.R.  
**Liaison for First Communion:**  
Fr. Joe Morin, C.Ss.R.  
**Liaison for Lectors:**  
Fr. Tom Donaldson, C.Ss.R.  
**Liaison for RCIA:**  
Fr. Tom Donaldson, C.Ss.R.  
[worship@st-mikes.org](mailto:worship@st-mikes.org)

The Worship Commission's members plan, prepare, implement, evaluate, and educate about all aspects of the parish's liturgical celebrations.

## Spiritual Living Commission

Commission Head: **Christine Kordiuk**  
Pastor's Representative: **Fr. Ken Sedlak, C.Ss.R.**  
spiritualliving@st-mikes.org  
Monthly Meeting: 3rd Tues., 7:00 p.m., Parish Center

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: Adult Confirmation, Religious Education, RCIA, Family, Catholics Come Home, Culture of Life, Marriage Vocation Development & Enrichment, Religious Vocation Discernment, Single Life Vocation Development & Enrichment, Pathways/Stillpoint, Living the Questions, Spiritual Dream group, Bible/Scripture studies, Servant Leadership.

## Finance Council

Commission Head: **Laurence Grant**  
Pastor's Representative: **Fr. Tom Santa, C.Ss.R.**  
financecouncil@st-mikes.org

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 discusses various ways to enhance the financial future of the parish. The Council consists of parishioners with skills in finance, accounting, legal, construction and architecture. Membership is by invitation of the pastor.

## We're Counting on You!

Did it ever seem to you that the ushers are preoccupied when they are passing the collection baskets during the Offertory? Perhaps you tried to acknowledge them with a nod or a smile, but they seemed not to notice.

The most likely reason is that they were busy counting the attendees at each Mass while they passed the baskets. We track the attendance at each Mass and have done so for many years. The basis for this information is the ushers' count each week. Tracking the attendance is one of the ways we know if we are shrinking or growing as a parish. These numbers also help us with budget calculations when the Finance Council presents the needs of the parish.

So, the next time your usher passes your pew without returning your acknowledgement, you'll know what is really going on in his or her head.

## News & Announcement

### Volunteers Needed for January 14 Dinner at the Marquard Center

The Human Needs and Concerns Commission is seeking volunteers and donations at the Marquard Center dinner next **Saturday, January 14th**. The following menu will be prepared and served:

**Chili with Beef & Beans, Cornbread, Tossed Salad and Dessert.**

Volunteers are needed to:

- 1) prepare the chili in the Marquard Center kitchen Saturday afternoon at 1:00 p.m.
- 2) bake cornbread and dessert and deliver to the Parish Office on Friday, January 13 or by noon on January 14
- 3) volunteers to help serve and clean-up at the Center at 4:00 p.m.

Anyone interested in volunteering is asked to email [humanconcerns@st-mikes.org](mailto:humanconcerns@st-mikes.org). Please include your name, email address, phone number, and whether you prefer to cook, bake, and/or serve. Donations of the following non-perishable items also will be greatly appreciated.

**Canned red kidney beans**

**Canned tomato sauce**

**Garlic powder**

**Canned diced tomatoes**

**Chili powder**

These items can be dropped off in the basket labeled for food donations located in the back of the church (west side) after weekend masses, or you may bring them to the Parish Office during regular business hours.

If you choose to help mark your donation with **Franciscan Outreach**.

Thank you for your support of this worthwhile activity! Past volunteers will attest that it's fun and a great opportunity to get to know fellow parishioners.

### Ashland Addison Florist

When ordering flowers and centerpieces remember that St. Michael's has established a partnership with Ashland Addison Florist. Ashland Addison Florist Company will make a **10% donation** back to St. Michael's when you mention St. Michael via the phone or in store or use the special promo code "STMD" when purchasing online. Place your order via phone at (312) 432-1800 or online at [www.ashaddflorist.com](http://www.ashaddflorist.com). **Don't forget to mention St. Michael in Old Town to ensure a donation back to our Church!**

### Rosary Prayer Group

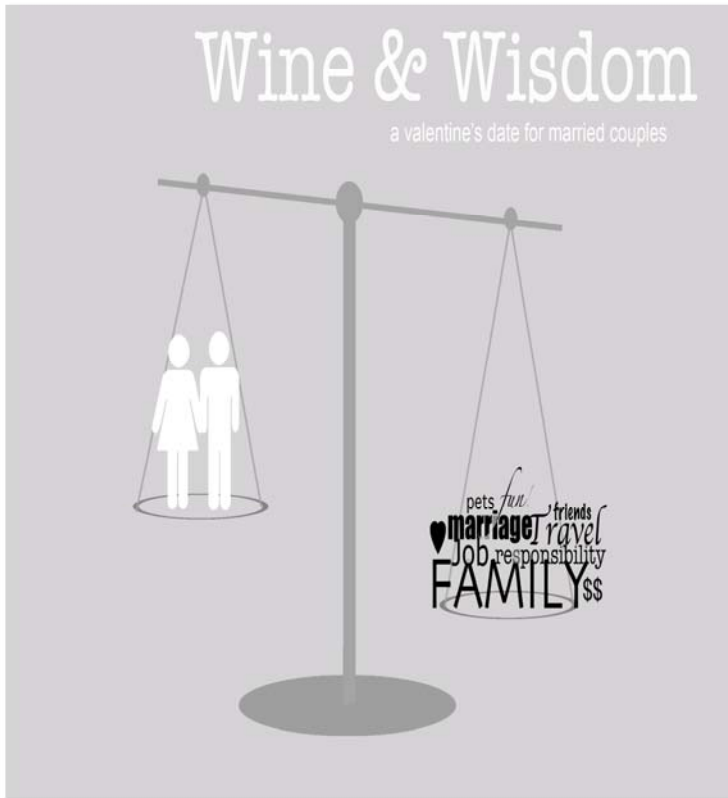
Looking for a way to enrich your spiritual life? Join in praying the Rosary weekly with your fellow parishioners. The group meets on Thursdays at 7:00 p.m. in the Chapel.



### The Next Selection Is ...

The Book Club has chosen the book *The Alchemist* by Paulo Coelho for their next read. This book details the journey of an Andalusian shepherd boy named Santiago. Santiago, believing a recurring dream to be prophetic, decides to travel to the pyramids of Egypt to find treasure. He then tells a lone gypsy about this treasure. As he leaves, the gypsy mentions one thing: If he does find the treasure, she wants 10 percent of it. On the way, he encounters love, danger, opportunity, disaster and learns a lot about himself and the ways of the world. Join us on January 26, 2012 for our discussion and social time. All are welcome!

# News & Announcements



Celebrate Valentine's Day  
 Renew your marriage vows  
 Mingle with other St. Mike's couples  
 Enjoy drinks and dinner from Cafe Ba Ba Reeba  
 Listen to a talk by Kimberly Hagerty, Assistant Director  
 of Family Ministries for the Archdiocese of Chicago,  
 about finding balance in your marriage

St. Mike's hosts  
 an evening for married couples



Saturday, February 11, 2012  
 5:30 pm mass at St. Michael's  
 Dinner immediately following in the Parish Center  
 \$25 per couple

Registration Form

Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Wedding Date: \_\_\_\_\_ First Dance Song/Favorite Couple Song: \_\_\_\_\_

\$25 fee. Check Enclosed  Cash Enclosed

Return to the Rectory during normal business hours or  
 Put in an envelope marked "Marriage Day" and drop in the Sunday collection.



## Stillpoint

St. Michael's Spirituality Resource  
**Director: Fr. Ken Sedlak, C.Ss.R., kc SSR@aol.com**  
 Contemplative Prayer Gathering: Mondays, 7:15 p.m.  
 Parish Center 3<sup>rd</sup> Fl Chapel

### Inner Views

### Flip Flopping

If you're a politician I guess this is a bad thing. Voters demand consistency. Or maybe it's a matter of trust. Voters don't like a leader who changes with the winds of political expediency - unless they agree with the change. Somehow we equate rigidity with honesty. But when it comes to dealing with the complexities of life and the over simplistic way our mind works, the willingness to be open minded resonates with maturity. The ability to be open minded means we are able to let go of the narrowness of our point of view in order to deal with the reality of the situation.

The simple recognition that politics and faith must be approached with different criteria is itself a sign of maturity. When we approach our life from a spiritual point of view we quickly learn that our opinions and perspectives constantly change as our experience expands our awareness. From a spiritual perspective a rigid point of view equals fear and fluidity is an expression of faith. Yet, even this statement is overly simplistic.

When we approach our spiritually we must recognize that our mind is too small to contain the reality of Trinity's presence in our lives. In spiritual terms we can point out a direction but we learn the path only by walking it.

One of the essential skills of spiritual living is learning to be open to the Holy Spirit working to expand our lives. What seems clear and obvious at one point in our life will become diffuse and irrelevant at a later time. This is often the work of the Holy Spirit who moves us beyond the narrowness of our point of view to a more inclusive awareness. This is the way we are wired for growth. It's a mix of grace and our natural tendencies.

The rules that have guided us at one time in our life become blinders at another time. We are meant to be open to Trinity's guidance from moment to moment. We've been trained to believe that "faith" means the acceptance of certain ideas - the beliefs of the Catholic church - and these never change. But these beliefs actually point to experiences of trust, hope and love that are the actual heart and soul of faith. Faith is a trusting that opens our heart to the immensity of Trinity's presence living in our lives. Our faith grows as the Holy Spirit expands our capacity to receive, include and respond to Trinity's reality in our world. The essential quality here is the expanding ability to relate to Trinity as Trinity is, not

# Religious Education

## Seeking Confirmation?

Are you like many young adult Catholics who somehow missed being confirmed as a younger student? Are you preparing for the Sacrament of Marriage and realizing you would like to reconnect with the sacramental life of the Church? If so, you might be interested in the St. Michael Confirmation preparation process which will begin in February and continue through April. Confirmation will take place the first Sunday in May. There are 6 Wednesday evening sessions, one Saturday retreat day (10am-3pm), and one evening of reflection. Your sponsor is encouraged to attend all sessions with you, but must attend the evening of reflection and Confirmation.

For those baptized in another Christian faith, but interested in becoming Catholic and being confirmed, there are similar opportunities for you. Please read about them below under the RCIA heading.

## RCIA

Did you find yourself thinking about some New Year Resolutions for your spiritual life on January 1<sup>st</sup>? If you have been thinking about joining the Catholic faith, completing your initiation through Eucharist and/or Confirmation, or journeying with someone who is seeking to know Jesus Christ and his message and mission, the RCIA process here at St. Michael might be the right place to begin.

The Rite of Christian Initiation of Adults (RCIA) is a process for those seeking to become one with Christ through Baptism and/or membership in the Catholic Faith. Whether baptized or unbaptized, the process allows for spiritual progression of the individual and the opportunity to learn in depth about what the Catholic Church teaches and believes. For those already Catholic wishing to deepen their own faith and live out a spirit of mission, there is an opportunity to accompany a potential Catechumen (unbaptized adult) or Candidate (already baptized in a Christian Church) as they learn about and prepare for full initiation into the Church. These mentors may serve as sponsors or as members of the Team that prepares the sessions each week.

If you are interested in this kind of spiritual journey, please contact Mary Catherine Meek at 312-943-4767 or write her at [mcmeeek@st-mikes.org](mailto:mcmeeek@st-mikes.org). A personal conversation is usually the best start to the process. We offer the following days and times for those at different stages of their journey. Unless otherwise noted, all sessions take place in the 2<sup>nd</sup> floor Lounge of the Parish Center at 1711 N. Cleveland.

**RCIA Inquiry** (for those just beginning or newer to the process):  
**Next Meeting is Wednesday, January 11, 2012.**

**RCIA Catechumenate** (for those who have already been journeying with us at St. Michael):

**Sundays after the 11:00 a.m. Mass: January 15, 22, and 29, 2012**

## Religious Education for Students

**Jan 15:** Parent / Catechist Conferences NO CLASS

**Jan 22:** First class of the New Year-- 9:15 – 10:50

## Infant Baptism Preparation

All parents who wish to have their baby baptized are required to attend an Infant Baptism preparation session. Parents who have previously had a child baptized are exempt from attending a second class. Parents are asked to register in advance for the class by calling the parish office at 312-642-2498. Sessions take place in the 2<sup>nd</sup> floor Lounge of the Parish Center:

Monday, January 9<sup>th</sup> at 7:00 pm and Sunday January 22<sup>nd</sup> at 2:00 pm

just as we want Trinity to fit into our needs. We grow spiritually by letting the Holy Spirit expand our ability to love and trust Trinity's creation in all its complexity, beauty and chaos. This is an act of grace because our instinctual reaction to change and complexity is fear.

Ken Sedlak, C.Ss.R.—PATHWAYS/ Stillpoint

## Contemplative Prayer Group

2nd Floor Chapel in the Rectory  
Monday from 7:00-8:00 p.m.

Come experience the profound impact of silent meditation in a group. If you'd like to learn how to meditate contact Fr. Ken at 312-642-2498 or [KCSsR@aol.com](mailto:KCSsR@aol.com).

It only takes 15 minutes to learn - and a lifetime to complete.

## Parish Pastoral Council

**Council Chair: Paul Kleinaitis**  
[pastoralcouncil@st-mikes.org](mailto:pastoralcouncil@st-mikes.org)

## 2011 Parish Pastoral Council Members

**CHAIR:** Paul Kleinaitis

**VICE-CHAIR:** Guy Caprio

**SECRETARY:** Jean Coccozza

Member-at-large: Guy Caprio

Member-at-large: Kelly Skony

Member-at-large: Darrin O'Brien

Member-at-large: Greg Palis

Member-at-large: Jim Theisen

## Commission Representatives

Communications/

Special Events: Jean Coccozza

Spiritual Living: Christine Kordiuik

Human Concerns: Marilyn Williams

Parish Life: Gisella Tomasio

Worship: Diane Kelley-Thompson

Pastor: Fr. Thomas Santa, C.Ss.R.

Parish Staff

Representatives: Fr. Joe Morin, C.Ss.R.

Toni Dunning

## Current PPC Tasks:

- Supporting the Comprehensive Campaign
- Analyzing the Parish Survey
- Review the Parish Mission statement
- Enhance dialogue between the PPC and parishioners

How else can we serve you, our parish community?

Please contact us with suggestions or feedback at [Pastoralcouncil@st-mikes.org](mailto:Pastoralcouncil@st-mikes.org).

# New & Announcements

## *The Spirit of Wellness*

by Coach Joe Cullen



### **FOR 2012 - GETTING STARTED, FIT and ENERGIZED!**

**Happy New Year, St. Mike's!** Wow, have you noticed our days are already getting longer and hey, where is the winter this year?! No complaining here. Lets' cross our fingers (with a little prayer too) and hope that January and February continue to be very *seasonal friendly*, like the past 2 months.

**OK, Lets' GO!** Last January I brought up the fact that one of the most common reasons why people say they don't exercise is, "*I just don't have the time*". Sound familiar? There are 168 hours in a week? To achieve a good fitness level, you need to devote just 3 to 4 hours/week of those 168. That's all it takes! Most of us have the time; we just need to make it a **priority** among our other activities. **Remember, the healthier you are the more valuable you are to your family, and yourself.**

Another reason many say they don't exercise is "*I don't know how or which exercises are best for me*". Well, you can always "Google" on your computer some sample exercises, buy a book, or hire a Trainer to get you motivated and educated for a few sessions.

**Some Tips** – You have the options of exercising at home, local gym or at work. You don't have to exercise 6 - 7 days/week, like you may hear. It's not practical for most people. Try every other day, for 30 to 45 minutes is enough. If you're just starting out, be careful and patient. Begin with 10 - 15 minutes per session, with the goal to gradually increase each month. Your safe exercise program should consist of:

**Cardio/Aerobic** - walk, jog, bike, swim, etc.

**Strength Training** - legs, hips, arms, chest, shoulders and your "core", which is your lower back and stomach

**Stretching** - prevents injuries and reduces stress. Remember to hold your stretches for **30** seconds, not 5-10 seconds, which provides no benefit. You can stretch through mild discomfort, but not pain.

**Note: Be sure you can hold a conversation during exercising. This is called "The Talk Test". If you can't talk, your exertion level is too high, so slow down. If you ever experience pain or dizziness, STOP, and rest. Drink lots of water before/during and after exercising.**

Thank you and you are invited to contact me, via e-mail or phone for help and to suggest topics for future newsletters.

My office number is 773-857-7027.

My cell number is 312-972-2828.

E-mail: [jcullen@CertifiedHealthFitness.com](mailto:jcullen@CertifiedHealthFitness.com)

Web site: [www.CertifiedHealthFitness.com](http://www.CertifiedHealthFitness.com)

#### **Tip of the Week:**

**"Belly Fat".** What is the best way to lose that belly fat? It's not doing sit-ups or stomach crunches, which does little for reducing the fat. You must burn calories, by walking, running, biking eating less, and do plenty of exercises for your legs and "seat". Then watch that belly fat melt away over a few months. Remember, muscle burns fat!

## *Communications and Special Events Commission*

**Commission Head: Jean Coccozza**  
**Pastor's Representative: Fr. Tom Santa, C.Ss.R.**  
[communications@st-mikes.org](mailto:communications@st-mikes.org)

The Communications & Special Events Commission is responsible for marketing and promoting St. Michael, its events and activities, internally to the Parish and externally to the community. Commission members coordinate information and publicize events and happenings through the designing of flyers, posters, bulletin and Mass announcements, the St. Michael website, Facebook and local media. The commission also sponsors other fundraising events throughout the year for use in offsetting annual operating expenses and capital restoration projects.

The Communications & Special Events Commission is always seeking new members with an interest in writing, photography, and graphic design. If you are interested in joining the commission or for more information call the parish office at 312-642-2498 or email [communications@st-mikes.org](mailto:communications@st-mikes.org).

## *Human Concerns and Needs Commission*

**Co-Commission**  
**Heads: Barbara Pope and Jeanne Sanna**  
**Pastor's Representative: Fr. Joe Morin, C.Ss.R.**  
[humanconcerns@st-mikes.org](mailto:humanconcerns@st-mikes.org)  
Monthly Meetings: 2<sup>nd</sup> Wed., 7:00 p.m., Parish Center

**Mission Statement:** The Human Concerns and Needs Commission identifies needs within our parish and community and develops ministries to provide service and material outreach to address those needs.

**Join us for our next meeting on Wednesday,  
January 11 on the first floor of the Parish Center  
at 7:00 p.m.**

## *Music Ministry*

**Director of Music and Organist: Daniel Stucker**  
**Pastor's Representative: Fr. Tom Santa, C.Ss.R.**  
[dstucker@st-mikes.org](mailto:dstucker@st-mikes.org)

Membership to the Parish Choir, Schola Cantorum, is open to all high school, college and adult parishioners. The rehearsals take place on Sundays at 10:00 a.m. It is desirable that singers have a strong love for sacred music and fundamental knowledge of music and singing. If you would like to learn more about the parish choir please contact Daniel Stucker to schedule a time to visit.

**Contemporary Choir Director: Scott Arkenberg**  
[scott@st-mikes.org](mailto:scott@st-mikes.org)