

Old St. Mary's

Catholic Church

OCTOBER 20, 2024



29th SUNDAY IN ORDINARY TIME

“But it shall not be so among you. Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many.”

- Mk 10:43-45

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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Our Parish Mission

Founded in 1833, Old St. Mary's Parish is the first Catholic parish in the Chicago area. Guided for more than a century by the vision of the Paulist Fathers, we are a diverse and welcoming community dedicated to serving the spiritual needs of the Loop, South Loop and the greater Chicago area. As a unified Church and School community, Old St. Mary's Parish promotes the mission of the Paulist Fathers to welcome those who have been away from the church, to build bridges of respect and collaboration with people of diverse backgrounds and religions, and to promote justice and healing in our society.

1500 S MICHIGAN AVE, CHICAGO, ILLINOIS 60605 - CHICAGO'S FIRST CATHOLIC PARISH ESTABLISHED IN 1833.
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MESSENGER OF PEACE

10 powerful stories of people whose lives were radically changed by Francis of Assisi. See how his intense love for God, his simplicity and his example move people today ~ and you will be moved!

Luca Tironzelli, narrator
SATORDUO

Paolo Castellani, violin Francesco Di Giandomenico, guitar

Text & Music by R. Hutmacher, OFM

Artwork by Timothy Leeming

Monday, October 21, 7:30 p.m. at Old St. Mary's Admission: \$25



Special Collection,

this weekend
October 19/20.

ST. JAMES FOOD PANTRY COLLECTION

This weekend, we're collecting a variety of hygiene products for the clients of St. James



Food Pantry. These are our low-income neighbors and those experiencing homelessness. In addition to the usual toothpaste, toothbrushes, deodorant, etc., they have requested the following this month: **feminine products, size 5 diapers, bar soap and adult socks.**

If you forgot, don't worry, items may be dropped off at anytime in the baskets in the Commons or at the front office.

Thank you to all of our generous supporters at Old St. Mary's!

To learn more about St. James Food Pantry go to stjameswabash.org/food-pantry/

OSM Listening Society Conference

Thursday, October 24
4:00 PM at the Church



All are welcome to join the Old St. Mary's School Community for their Second Annual Listening Conference **4-5:30 pm Thurs, Oct 24**. You can read more about it in Principal April's pastoral reflection in [the September 22nd bulletin](#). There will be a reception afterwards



Open gym for adults resumes this Sunday, October 20, at 6:30 PM.

If you are new and wish to join the group, download the OSM Parish App. Search OSM Parish in the Apple or Google Play store. Under the MORE tab, go to Adult Open Gym and complete the form to signup and follow the instructions to join the group.



We welcome new parishioners
Patricia Cedano
and
Julia Schmidt
to the Old St. Mary's Parish community.

Pastoral Message

Managing Election Stress

In the last 10 years, the impact of elections on mental and physical health has become an important issue. Research has found that elections bring about significant stress, anxiety, hostility and feelings of powerlessness. And, modern media outlets tend to amplify these negative thoughts, feelings and behaviors.

There are easy ways to help manage uncertainty and burnout in the weeks before and after the election, and on election day itself.

1. **Limit exposure to triggering content.** Schedule time in your calendar to consume political media. This allows you to take control of when, where and how you bring messages into your space. It is also okay to temporarily “mute” contacts on social media who might be a source of stress this election season.
2. **Set boundaries with friends, family and coworkers.** Let them know when you have time and capacity to engage in political discussions. If your boundaries are crossed or you feel unsafe in a conversation, simply excuse yourself, walk away, and take time for yourself. For example, a twenty-minute walk or listening to music can help you feel grounded within your boundaries again.
3. **Stay curious.** Conducting your own research or volunteering in support of issues that matter to you have been found to be helpful ways of taking control of election stress. They also boost feelings of empowerment.
4. **Check in with yourself.** Election rhetoric can easily distract us from our own beliefs and values. Assess what you see and hear for alignment with those beliefs and values.
5. **Have a plan on election day.** Studies have found that the act of voting actually reduces stress because it creates a collective sense of purpose and duty. Explore the best method of voting for you.
6. **Have a plan on election *night*.** Studies have also found that, after the benefits of voting have worn off, stress is at its highest on election night. Evaluate whether staying up late to watch results coverage is helpful to you. Cooking a favorite meal, turning off screens for a family game night, or reading a favorite book might be better options for your health.
7. **Keep perspective.** Elections cause us to engage in all-or-nothing thinking. We tend to amplify the benefits of a win and catastrophize a loss, which can lead us to act in ways that we wouldn't normally consider. Allow some time to pass after the election to get a clearer picture of how the outcome will impact you.
8. **Be certain that uncertainty will pass.** Humans naturally prefer to avoid risk, so uncertainty (especially during elections) can cause us to put things on hold or make decisions that are out of character. Don't be afraid to live life, pursue your goals, and experience joy this election season!
9. **Be open and lead with respect.** With boundaries and perspective in place, political discourse and engagement can be enriching, productive and fulfilling.

Katie Duxbury, Counselor

Katie Duxbury is a psychotherapy counselor at the Claret Center who will confidentially serve the needs of our community regardless of background and circumstances. Read more about Katie and how to contact her on page 4.

MASSES for ALL SAINTS DAY and ALL SOULS DAY

Friday, Nov. 1 is All Saints Day and a Holy Day of Obligation. Masses will be at 8:30 AM and 7 PM.

PLEASE NOTE: There will not be anointing of the sick or exposition of the Blessed Sacrament on Friday, Nov. 1.

There will be a Mass on All Souls Day, Saturday, Nov. 2 at 10 AM.

Knights of Columbus Tootsie Roll Drive



Just in time for Halloween, our Knights of Columbus chapter – the oldest one west of the Appalachian Mountains! – is sponsoring its annual Tootsie Roll drive after each Mass the weekend of October 26 & 27. All proceeds will be given to charities that assist people with developmental disabilities.

Please note: the Knights accept cash only.

Message from the Parish Pastoral Council

Hello from all of us at the Parish Pastoral Council! Besides reimagining the vision and responsibilities of the PPC, we're also working on recreating the Mission Statement for the Parish, and hope to have a version available for parishioners' feedback soon. Next, we'll address organizing our many different ministries to help provide their members with an even more fulfilling and engaged experience. If you have any questions or feedback, please email us at councilparish@oldstmarys.com.

You can find names and photos of the members of the Parish Pastoral Council on our website at <https://oldstmarys.com/parish-pastoral-council/>



Coco Family Moving Showing!
Sunday, November 3 after 11 AM
Family Mass in the Gym
RSVP to LFF@oldstmarys.com

PLEASE MEET KATIE DUXBURY.



Does life seem overwhelming at times? Mental and emotional support is available along your spiritual and human journey. Katie Duxbury is a psychotherapy counselor who will confidentially serve the needs of our community regardless of background and circumstances. Katie is currently completing her Master's degree in Counseling Psychology from The Chicago School and is training at the Claret Center. She also holds a Master's in Integrated Marketing Communication from Northwestern University. Katie previously worked in various corporate marketing roles for 10 years prior to pursuing counseling full-time. Throughout her career and volunteer commitments, Katie has dedicated herself to supporting adults and adolescents as they learn new skills, experience new life events, and cope with work-related stress. Leave a message for Katie at: kduxbury@claretcenter.org or (872) 265.2670.

Readings for the Week

MONDAY: Eph 2:1-10; Ps 100:1b-2, 3, 4ab, 4c-5;
Lk 12:13-21

TUESDAY: Eph 2:12-22; Ps 85:9ab-10, 11-12, 13-14;
Lk 12:35-38

WEDNESDAY: Eph 3:2-12; Ps 12:2-3, 4bcd, 5-6;
Lk 12:39-48

THURSDAY: Eph 3:14-21; Ps 33:1-2, 4-5, 11-12, 18-19;
Lk 12:49-53

FRIDAY: Eph 4:1-6; Ps 24:1-2, 3-4ab, 5-6; Lk 12:54-59

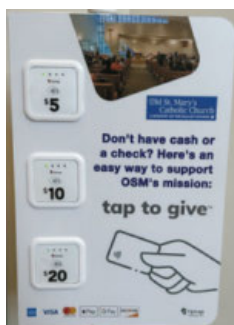
SATURDAY: Eph 4:7-16; Ps 122:1-2, 3-4ab, 4cd-5; Lk 13:1-9

NEXT SUNDAY: Jer 31:7-9; Ps 126:1-2, 2-3, 4-5, 6 (3);
Heb 5:1-6; Mk 10:46-52

Do you want to learn more about the readings at Mass?

- For more on the gospel readings at Sunday Masses from September 1 through November 24, go to staustin.org/mark-the-enigmatic-gospel
- For more on the first readings at daily Masses from October 7 through November 16, check out staustin.org/seven-of-the-shorter-epistles

.These are 2 of 40 pages of a lectionary guide that a team of parishioners at St. Austin's Parish in Texas (including Fr. Rich) created during the early days of the pandemic.



A New and Contactless Way of Giving!

Our TipTap giving kiosk in the commons allows you to easily give with a chip-enabled credit card, Apple Pay, or Google Wallet.

Simply tap your credit card or phone to the dollar donation of your choice (\$5, \$10, \$20) and wait for a beep. It's that simple! Tax receipts available upon request.

Thank you for your continued support of OSM's mission!

Mass Intentions

SUNDAY, OCTOBER 20

8:00 AM + The Angoluan Family

11:00 AM + Visitacion Gaffud

4:00 PM PEOPLE OF THE PARISH

MONDAY, OCTOBER 21 - 8:30 AM

+ Godofredo de Guzman

TUESDAY, OCTOBER 22 - 8:30 AM

+ Emiliano & Emily Rizada

WEDNESDAY, OCTOBER 23 - 8:30 AM

+ Hermana Alban

THURSDAY, OCTOBER 24 - 8:30 AM

Reyna Zaru & Family

FRIDAY, OCTOBER 25 - 8:30 AM

+ Mary Palumbo

SATURDAY, OCTOBER 26 - 5:00 PM

+ Colin McKenna



INTERESTED IN BECOMING CATHOLIC?

The Order of Christian Initiation of Adults is a process of spiritual and educational formation designed for those who are considering following Christ in the Catholic Church. There is also a version for children over the age of seven who need to "catch up" on their sacraments.

Our gatherings for the 2024-25 OCIA process have started, but we can accommodate those who join us later. To inquire for yourself or someone you might know, contact Oblate James Holzhauser-Chuckas, ObSB at james@oldstmarys.com

MASS TIMES

SATURDAY:
5:00 pm

SUNDAY:
8:00 am, 11:00 am & 4:00 pm
*8 am & 11 am are
livestreamed.*

DAILY MASS:
8:30 am
Monday through Friday
Daily Masses are livestreamed.

**PARISH/SCHOOL
PHONE/WEBSITE INFO**

PARISH PHONE:
312.922.3444

PARISH WEBSITE:
www.oldstmarys.com

SCHOOL PHONE:
312.386.1560

SCHOOL WEBSITE:
www.osmschool.com

SACRAMENTS

BAPTISMS:
PLEASE GO TO OUR
WEBSITE TO REGISTER
YOUR CHILD(REN) FOR
BAPTISM.
YOU WILL BE CONTACTED.

CONFESSIONS:
4 PM SATURDAY
AND BY APPOINTMENT

**Exposition of the Blessed
Sacrament**



Fridays from
9 AM to Noon.

PARISH STAFF

Father Rich Andre, CSP
Pastor, ext. 29
frich@oldstmarys.com

Father Dan Macalinao, CSP
Associate Pastor, ext. 20
frdan@oldstmarys.com

Looking to hire:
Director of Liturgy and Music,
See description at
tinyurl.com/OSMLiturgyDirector

Oblate James Holzhauer-Chuckas, ObSB
Dir. Lifelong Faith Formation
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james@oldstmarys.com

April Greer,
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agreer@osmschool.com

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Vanesa Jackson, Receptionist
Mamie Smith, Receptionist
Mattie Young, Receptionist

Lorena Villegas, Maintenance

Father Robert M. Cary, CSP
Senior Paulist In-Residence

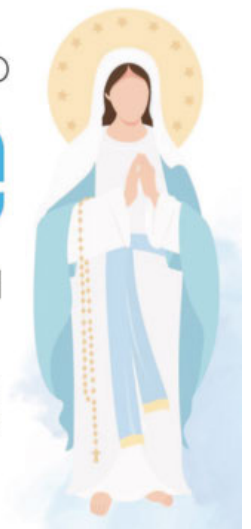
All are welcome to join
The **Paulist Associates** of Chicago

rosary for peace

Every Night in October at 8:00 PM

via Zoom 
Meeting ID: 603 726 9515
Passcode: Mary 1

via mobile phone
312 626 6799



Zoom Link—<https://us02web.zoom.us/j/6037269515?pwd=K1NiNFNxBjdTQVWjeGcxMVMzYmVCZz09>

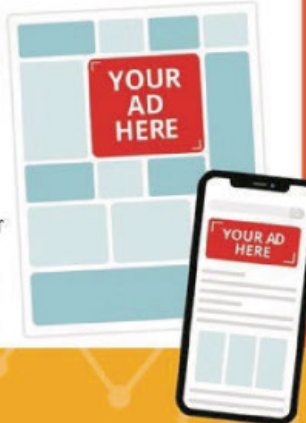


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LPi Lorraine Adams
LAdams@4lpi.com
800-950-9952 x2131

Our giving platform is Pushpay.

To begin using Pushpay as a way to share your treasure go to

<https://pushpay.com/g/oldstmarys/>

You can also access it from our website, our parish app or from this QR code.



You can also DONATE TO OLD ST. MARY'S with Zelle through your bank. Use email address give@oldstmarys.com

BULLETIN SUBMISSIONS: Items are due no later than 5PM on Mondays. Please Email items to bulletin@oldstmarys.com. Thank You!

PLEASE VISIT <https://heal.archchicago.org>

To learn about what the Archdiocese does to protect children, heal victims and make sure all priests and church leaders are held accountable.

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- Multiple Sclerosis Diagnosis
- Major Depressive Disorder
- Internet and e-mail access
- Physically Inactive
- Able to walk
- 18-64 years old
- English as primary language
- Live within 200 miles of Chicago

EMAIL ADDRESS
METSforMS@uic.edu

PHONE NUMBER
(312) 355-1790

WEBSITE
Metsforms.ahs.uic.edu

RESEARCH COORDINATOR
Alison Wathen

Principal Investigator: Dr. Rob Mott,
Kinesiology and Nutrition
UIC STUDY2022-1354

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