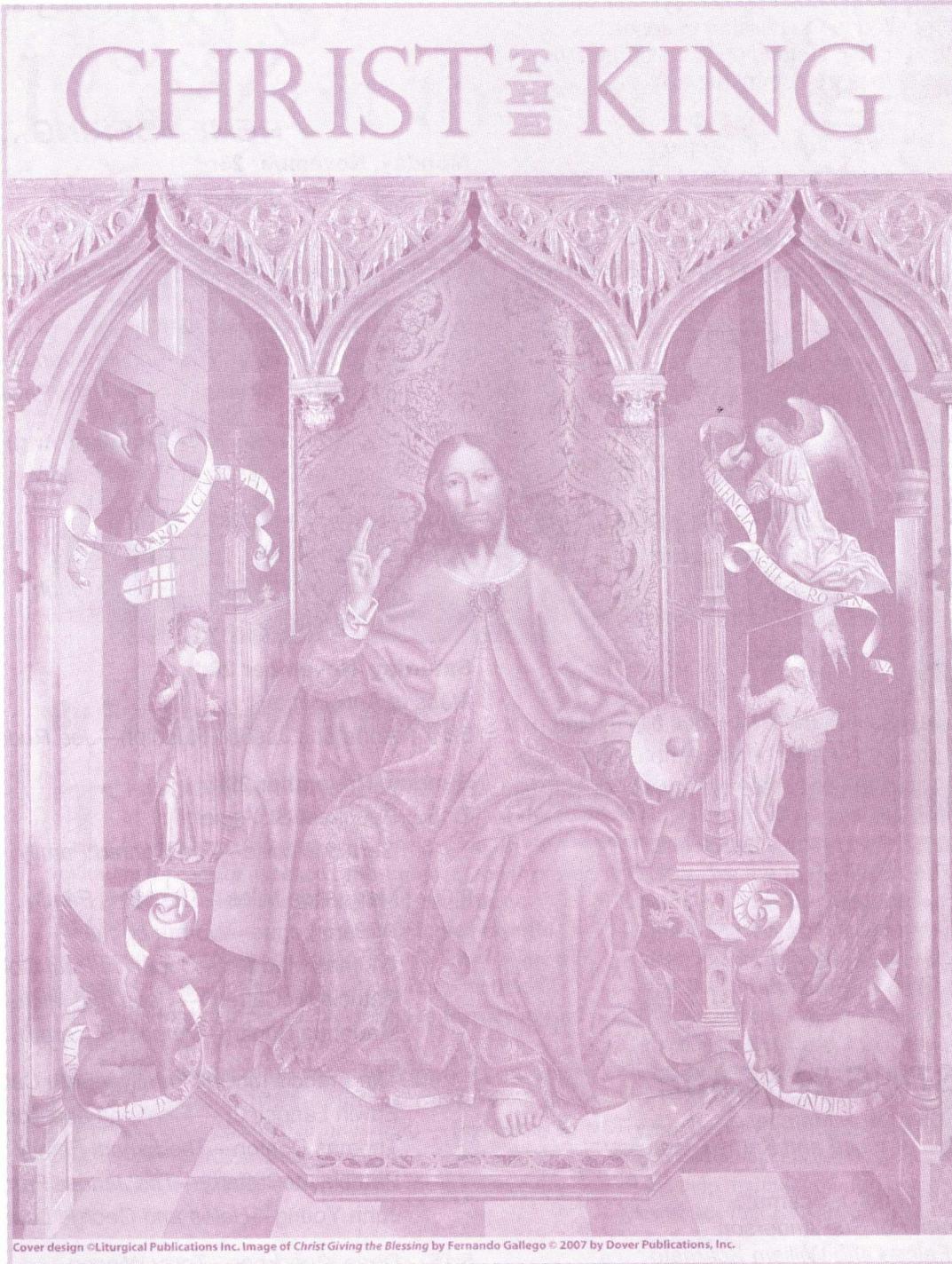




Clarion

A WEEKLY BULLETIN OF THE ST. ANNE CATHOLIC COMMUNITY



Feast of Christ the King

Volume 5, No. 53 ~ This People is the House of God ~ November 22, 2009



St Anne

Catholic Community

CELEBRATING SACRAMENTS

WEDDINGS

There are no weddings scheduled.

BAPTISMS

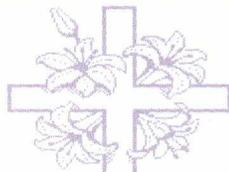
Henry James **Galvanoni** (Mary and Mark)

OUR MISSION

We, a Catholic Christian people rooted by Baptism, take as our challenge the mission of Jesus: to build the Kingdom of God, standing in solidarity with the poor. We are committed to:

- Welcoming** • Welcoming all people and providing a sense of belonging to people at every stage of life
- Creating** • Creating a place of enjoyment, excitement and fun for people of all ages
- Healing** • Healing, reconciling and reaching out in caring service to others
- Reaching Out** • Serving those in need, especially the broken, through generous gifts of time, talent and treasure
- Serving** • Gathering at Eucharist and celebrating the Sacraments of the Church and the sacramental moments of our lives
- Gathering** • Telling and sharing the Living Story of Jesus
- Sharing**

So challenged, we pray that the Holy Spirit fills us and empowers us so that we may become the Living Presence of Jesus in our contemporary world.



RESTING IN PEACE

Charles J. Marchese,
brother-in-law of Vince and Kathy Giamalva;

Thomas J. Scarnato,
father of Sue Anderson,
Karen Falese and William Scarnato

REMEMBERING...

Monday, November 23rd

8:15 St. Anne Perpetual Mass Society

Tuesday, November 24th

8:15 Dr. Philip Donahue—*The Francescatti Family*

Wednesday, November 25th

8:15 Rose Kingsley—*The Kingsley/Van der Voort Families*
Elizabeth Pawlowski—*The Gillis/Pawlowski Families*

Thursday, November 26th (Thanksgiving)

9:00 Wanda Cudak—*The Moran Family*

Friday, November 27th

8:15 St. Anne Perpetual Mass Society
Mary Jane McHugh—*Ted McHugh*
Frances Rim—*The Family*

Saturday, November 28th

Mass of Anticipation

5:15 Anna and Joseph Rudolph—*Joe Rudolph*

Sunday, November 29th

7:15 People of St. Anne

Gerald Bataille—*The Conrad Family*

9:00 Mary Alice Miles—*The Miles Family*

William Logue—*Norma Logue*

Thomas Madden—*Cara and Paul Golec*

Patricia McCafferty—*Sean and Michelle Carey*

Marianna Bucaro—*Angelo Pecoraro*

11:00 The Francis McCall Family—*Beth Carpenter*

Edwin Langel, Jr.—*Marianna and Tony Russotiesi*

Thomas Donlon—*The Lynam Family*

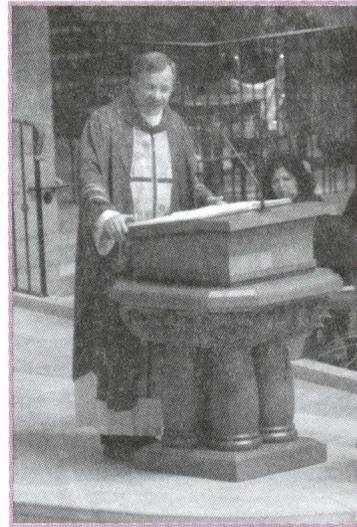
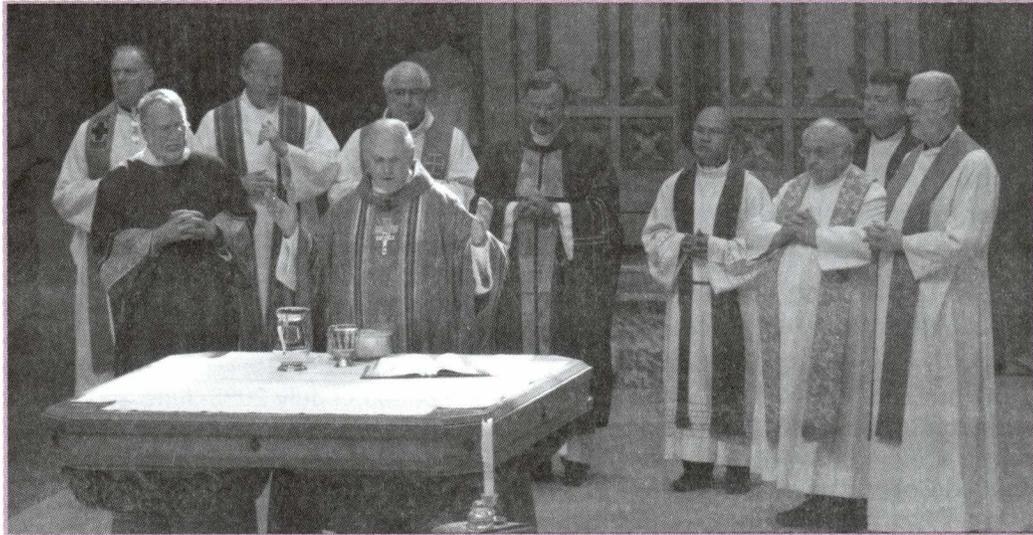
Patricia McCafferty—*The Janess Family*

John Young—*Helen and George Leno*

5:15 Dorie Kloeckner—*Terry Wiesen*

FROM THE FRIENDLY CONFINES

Installation Sunday, October 18th, 2009



Office of the Pastor

STEWARDSHIP OF TREASURE

Weekly Offering for November 15th, 2009

Parishioners attending Sunday Liturgy: 2.507	
Sunday Offering Envelopes used: 528	\$32,430.00
Direct Debit/Credit Card Offerings: 220	\$6,500.00
Grand Total for the Week	\$38,930.00
Budget for Operating Expenses	\$42,000.00
Difference	-\$3,070.00

Year to Date Collection vs. Budget

Year to Date Sunday Collection	\$796,388.00
Year to Date Budget	\$840,000.00
Difference	-\$43,612.00

Year to Date Extraordinary Collections

Sharing Parishes	\$25,149.00
Archdiocesan Required Collections	\$10,944.00
Complete the Journey/Debt Reduction	\$118,427.00

FALL CATCH-UP COLLECTION **\$35,695.00**

Finance Notes

Our Fall Catch-up collection has been very successful to this point. As you can see below, we have collected over \$35,000 so far. We are conducting this collection primarily for two reasons. First, as of this week, we are \$43,000 below budget for ordinary income. This is of great concern, as we budgeted \$5,000/Sunday less than last year. In addition, we needed a \$285,000 loan from the diocese to complete the last fiscal year. This loan needs to be repaid by June 30, 2010. There are two weekends remaining for this collection. If you have not participated thus far, please consider doing so.

The Annual Report of Parish Stewardship for the time period of July 2008-June 2009 is printed in this bulletin. Please read it carefully so that you might have a better idea of where the parish resources were spent in the last fiscal year.

Fr. Bernie and Margaret Buckstaff



*Mark your
calendars!*

*Exciting Social Events –
in the works!*

Spring Gala - May 22nd, 2010

Fall Classic - September 2010

CONTACT INFORMATION:

Spring Gala—contact Courtney Murtaugh
via email at murtaughs@ameritech.net.

Fall Classic—contact Colleen Stevanovich
via email at cstevanovich@yahoo.com.

Stay tuned for more details!

Worship

Notice some small changes? We have been trying to implement some small changes in the way we do things at Mass on Sundays.

I thought I would mention them here, so that you can be sure we are not forgetting something, missing a cue, or improvising!

* SILENCES *

In the 2000 General Instruction on the Roman Missal, there was a clarification of a dynamic that was in place all along: there should be appropriate silences within the liturgy for interiorization of public prayer and proclamation. In part, here is what the Missal says: "Sacred silence ... is to be observed at the designated times. Its purpose ... depends on the time it occurs in each part of the celebration. Thus, within the (penitential rite) and again after the invitation to pray, all recollect themselves; but at the conclusion of a reading or the homily, all meditate briefly on what they have heard; then after Communion, they praise and pray to God in their hearts." We are trying, thus, to include some silence 1) after the priest invites us in the penitential rite to remember God's mercy and that we are sinners; 2) after the priest says, "Let us pray" before the opening prayer; 3) after each reading (including the psalm) and homily; and 4) after Communion. These brief silences offer us an opportunity to connect our lives with all that we have seen and heard in the liturgy and to bring our lives into the liturgy in authentic ways.

* INTENTIONS *

The Mass intentions are being incorporated into the general intercessions (prayers of the faithful) rather than announced at the beginning of Mass. This is truer to the spirit of the intentions themselves. Also, rather than announcing a list of the sick at every Mass, we are trying to move toward a practice of having those at Mass speak the names of the sick aloud, so that all can pray for them. We will always

pray, in a generalized way, for all the sick of our parish and those dear to us. That is the meaning of "general" intercessions - the faithful (all of the baptized) pray for *all* of the sick of the community and the world. So when the deacon or intercessor asks us to speak the names of the sick, say the name of whomever you wish us to pray aloud. It doesn't matter if they are said all at once; all of us *intend* to pray for all the sick, and the names spoken aloud will help awaken our solidarity with them and our desire to pray for their healing.

* ANNOUNCEMENTS *

We are having the cantor read the announcements before Mass, rather than after Communion. After Communion, the priest will make a single announcement (at most), of something that is of general importance to the whole parish. The really essential thing is that we all take a copy of the *Clarion* and read it. The announcements are generally in there and in greater detail than we can manage to use at Mass.

* GREETING EACH OTHER *

This is not exactly new, since Fr. Jack did it regularly, but we wanted to be more general about it and make it an expectation that the folks with whom we worship are more than just anonymous faces. So we will take a minute before we start, to introduce ourselves to anyone sitting around us. It will also be a way of extending another welcome to any visitors or newcomers among us.

These little tweaks to our gathering and the addition of the expected silences during the Mass should help raise the beauty and meaningfulness of our celebrations, at least to the extent that we surrender to their wisdom, and enter into the liturgy as full, conscious, active participants. God's Holy Spirit is changing us, day by day, into Christ, and thus is saving the world. It seems to me that that is something worth celebrating.

ADVENT PREPARATION

The Environment and Art Committee will be setting up for Advent on **Friday, November 27th**, at 8:00 a.m. Please join us as we prepare the Chapel, Gathering Space, and Church for the season of Advent. Also, Christmas setup will be **Wednesday, December 23rd**. For more information, contact **Courtney** at murtaughs@ameritech.net.

Parish Life

PARTY AND VISIT FROM ST. NICK

The St. Anne Women's Club is pleased to celebrate the Christmas holiday with a **Visit from St. Nick**. On **Sunday, December 6th**, after the 9:00 a.m. and 11:00 a.m. Masses, children and adults will have the opportunity to visit with St. Nicholas in the Gathering Space. Refreshments will be served by club members. If you are a Women's Club member, your assistance with hospitality would also be appreciated.

CONFIRMATION INFORMATION SESSION LAST CHANCE!!

The Youth Ministry Office has held **six** parent information meetings for the sacrament of Confirmation since July, and we are now learning that there are still some people who have not been able to attend. In order to accommodate everyone, we have scheduled one final meeting for anyone who has yet to enroll in Confirmation prep on **Sunday, December 6th**, at 10:30 a.m., in the Hospitality room. This will be the final session offered for anyone who wishes to enroll this year, so if you have not attended a parent meeting, please mark your calendar for this one. This meeting is for parents only, and candidates must be in 9th grade to begin preparation. Contact Youth Ministry with any questions.

WOMEN'S CLUB CHRISTMAS PARTY

The Women's Club will hold its annual Women's Christmas party on **Tuesday, December 8th**. The event will start at **7:00 p.m.** in the **Hospitality Room** of the church. A fashion show by Carlisle, featuring its line of women's apparel, including its Holiday 2009 collection, will be the highlight of the evening. During the show, in addition to the fabulous clothing you will see, you will also receive some wardrobe tips known as *ten easy pieces*; learn how to make your current wardrobe more fashion forward, and additional tips and tricks for traveling. All members as well as Barrington-area women interested in the club are welcome to attend. It is an event not to be missed. Appetizers and desserts will also be served. For more information, call **847.382.5300**.

KNITTING MINISTRY

The St. Anne Knitting Ministry would like to share a variety of colorful, comforting, warm and blessed shawls with you! Do you know someone who would benefit from this type of gift? Please call **Liz** at **847.381.8695** or **Joan** at **847.381.1409** to make a request. We also welcome your company as we knit and crochet together on the 2nd Monday of each month, in the Parish Center Conference Room. The next gathering will be **Monday, December 14th**, from 1:00 - 3:00 p.m.

SHARING PARISH NEED

St. Frances of Rome needs a four-wheel drive vehicle in order to continue to plow its own enormous parking lots this winter. Doing it themselves saves a minimum of \$300.00 per snowfall. The 1987 Chevrolet Silverado they have been using for the last eight winters has given up the ghost. If anyone at St. Anne is downsizing to smaller vehicle, they would be happy to take the old one off your hands - along with a tax letter, of course. Their contact number is on the back page of the *Clarion*.

FOOD AND COAT DRIVE ~ THANK YOU

THANK YOU to all who contributed food and warm coats last weekend to the Food and Coat Drive to benefit St. Columbanus Food Pantry. Your generosity is greatly appreciated. This year alone, the number of families served has increased from 340 per week to 498 families per week! Father Matt has told the Sharing Board that without the contributions from St. Anne (both in the food drives and through the gold Sharing envelopes), *the St. Columbanus Food Pantry would have to close!* Your continued support is greatly appreciated.



WELCOME NEW MEMBERS

Mary Beth and Mark **Bowman**
(Duffy)
Tracy and Tim **Paul**
(Ryan, Caitlin)
Cindy and Virgil **Pund**
(Collin, Abigail)
Venus **Santiago**
Mike **Stapleton**

Faith and Justice

PROJECT HOPE Hope for the Holidays

Hundreds of hungry, homeless, and unemployed people and families are served through the Project Hope office every day. Because of the generous and creative spirit of parishioners, business sponsorships, Annie's Attic, and the House of Hope Resale shop, Project Hope is able to help many needy individuals and families year-round.

Hope for the Holidays is designed to give special help at Thanksgiving and Christmas. This program connects parishioners with those in need. The connection can be in the form of gift cards (for grocery, gas, restaurant and department stores), financial assistance for medical, rent and utility expenses, or sponsorship of individuals and families.

- To participate in with gift card or monetary support, complete the form below and return it with the indicated gift to the Project Hope office by **Monday, December 14th**.
- To sponsor an individual or family, complete the form below and return it to the Project Hope office as soon as possible. **Diane Barrett** of Project Hope will contact you with an assigned recipient. For more information, call **847.381.5799**. We will also be collecting **new robes, slippers and sleepwear** for seniors.

Hope for the Holidays - Christmas 2009 Individual or family sponsorships



_____ sponsor an individual

_____ sponsor a family of 2

_____ sponsor a family of 4

_____ sponsors a family of 6 or more

Gift card or monetary support opportunities

_____ Jewel or Dominick's food store

_____ Kohl's department store

_____ McDonald's restaurant

_____ Medical assistance

_____ Phone card

_____ Rent assistance

_____ Target department store

_____ Utility assistance

_____ Wal-mart department store

_____ Gas station



Name: _____ Phone: _____

Email: _____

We are grateful for your generosity...in His name and all who receive,

Sr. Lorraine and the volunteers of Project Hope

Faith and Justice



ST. ANNE SHARING TREE

"Mankind is a great, an immense family...
This is proved by what we feel in our hearts
at Christmas." *Pope John XXIII*



Share the love in your heart this Christmas by reaching out to those in need. The recipients of this year's Sharing Tree gifts will be the St. Martin de Porres Shelter for Women and Children, the St. Columbanus Food Pantry, our sharing parish St. Frances of Rome in Cicero and Project Hope.

Next weekend Christmas trees will be decorated with paper ornaments in the Gathering Space. Each ornament will provide the necessary information to make gift purchases. Please return wrapped gifts (unless otherwise stated) with the ornament attached to each item, to the Gathering Space on **Saturday, December 12th** (after the 5:15 p.m. Mass) or **Sunday, December 13th** until 12:30 p.m.

Many of the ornaments this year will have requests for gift certificates. These certificates help the recipient organizations continue their ministries throughout the year and enable them to purchase needed supplies and equipment. There will also be ornaments for tuition assistance for St. Frances of Rome Catholic School. Please place any gift certificates or envelopes in the box located next to the Sharing Tree.

The Sharing Board would like to thank all of you in advance for your generosity in thought, time and expense. We realize it is a very busy time for everyone, but we can assure you that your thoughtfulness will be received with heartfelt thanks from all of our recipients. For more information, call **Anne Guarnieri** at **847.754.5742** or **Laura Luby** at **708.205.4410**.

We Give Thanks!

We are so grateful for the many energetic volunteers, generous donors, vendors and bakers who together made our 6th annual Holiday Open House a resounding success! Enthusiastic shoppers lined up more than two hours before our doors opened to be first to browse six huge rooms of holiday treasures. All enjoyed delicious home baked treats from the first ever Project Hope holiday cookie sale, visiting with Santa and Mrs. Claus, and beautiful violin music from volunteer Marie McGovern. The generosity shown by so many will provide hope to many local families in need this holiday season!

Special thanks to participating vendors:

Cyndy Royer - Dove Chocolates

Joanne Sullivan - Silpada Jewelry

Laura Knecht - Antique Jewelry and Mixed Media

Mary Rose Hoover - Cucina della Rosa

Marie McGovern - Avon

Denise Peters - Artist

Natalie Hartman - PRP Wine

As the holidays draw near, please remember we have a lovely selection of pre-lit trees, holiday trimmings, new and vintage furniture, festive clothing, designer shoes and handbags, toys, jewelry, books and one-of-a-kind treasures, plus all the basics you need to entertain with ease.



House of Hope Resale Shop

Heirlooms & Treasures

200 N. Hough Street • Downtown Barrington
Wed.-Sat. 10:00 a.m.-4:00 p.m. • 847.756.4673

Adult Formation

THE LORD IS ALWAYS WITH US

By Sister Lauretta Leipzig, Pastoral Associate/Director of Adult Education

We are nearing the Christmas celebration time, but for many of us, there will be much to do in preparation. One of these tasks may be shopping. Large numbers of people will be doing their holiday shopping, and the stores will be traditionally teeming with crowds. In that crowd, there may be a child separated from his or her parents. Once the child realizes this, tears of fear begin to flow. In the bustle of countless shoppers, the child suddenly feels alone and even abandoned. Panic strikes. The child may have difficulty remembering names. The panic, however, is largely based on illusion. Usually the parents are only a few feet away and are almost immediately reunited with their child. But if the child has wandered further off, there are at hand numerous adults willing to comfort and protect the child. Department store personnel have the parents paged, and the story ends happily.

As adults, we can, like the child, lose our way spiritually and believe that our heavenly Father is distant and out of touch with us. Our confusion may be the result of our own misplaced confidence, like the child who deliberately wanders from his or her parents in the crowd. Perhaps our sense of loss has resulted from our own enchantment with the glitter and novelty of a world that has distracted us from the Lord. Like a child enthralled by the endless toys in a department store who momentarily forgets about his or her parents, we, too, can be so carried away by our "toys" that we forget the spiritual reality that sustains all that is good.

The beauty of knowing that we are cared for by an all-loving Father deepens our sense of admiration of this God. As we begin to focus on the three main figures of the Christ scene, we might look to Joseph who was just, faithful and truly willing to trust in his dreams and courageously love because of them. His belief in the power of the presence of the Father so enriched his being that he trusted in the presence of God in every situation of his life.

If, through prayer, we cultivate such an awareness of the Father's presence and love in our lives, we will move faithfully through any crisis as well as any good time in our lives because they are filled with the grace of Christ and the gifts of the Spirit. We may at times wander a bit from our spiritual path and become momentarily disoriented; nevertheless we can be certain that the Lord is with us and we are never truly alone. We must believe this!

THIS WEEK'S READINGS

Monday:	Daniel 1:1-6, 8-20/Luke 21:1-4
Tuesday:	Daniel 2:31-45/Luke 21:5-11
Wednesday:	Daniel 5:1-6, 13-14, 16-17, 23-28/Luke 21:12-19
Thursday:	Daniel 6:12-28/Luke 21:20-28
Friday:	Daniel 7:2-14/Luke 21:29-33
Saturday:	Daniel 7:15-27/Luke 21:34-36
Sunday:	Jeremiah 33:14-16/1 Thessalonians 3:12-4:2/Luke 21:25-28, 34-36

THANK YOU, ST. ANNE!

We have collected over 400 calendars for gift baskets that will go to nursing home patients this Christmas. Your kindness is appreciated.

ALTAR SERVER TRAINING

Sixth (6th) grade students interested in Altar Server training should email **Peggy** at peggy-hirsch@aol.com by **Monday, November 30th**, to get enrolled in the next training session.

Saint Anne Catholic Community

Annual Stewardship Report July 1, 2008 - June 30, 2009

Dear People of Saint Anne,

The following pages are intended to give you a clear picture of the Stewardship of Saint Anne over this last fiscal year and a sense of the financial situation as the year came to a close in June of 2009. To better understand the whole picture, I have asked that many of the reports be compared to the 2007-2008 fiscal year. I think that this is important because it gives us a better glimpse of the true fiscal reality of the parish over the last two years.

Since arriving at Saint Anne in late July, I have tried to be as transparent as possible about the financial situation of the parish. I know that we have many challenges. However, as people of faith, we cannot simply focus on the problematic. For then, we miss the full picture of the dynamism of our parish.

Over these last few months, I have been in awe as I have observed the many vibrant ministries and faith initiatives that are woven into the life and vision of this parish community. The quality of our Sunday worship, our focused outreach in justice, the care and attention of our bereavement and care ministers, our wonderful parish school, the retreats offered in youth ministry programs, the commitment of our sharing parish board ...simply to name a few. I am inspired by the work of our dedicated staff and so many faithful people in our parish who take the call to ministry so very seriously. The obvious commitment, attentiveness and willingness to do what love and faith require is the true treasure of who we are as God's people.

Since early September, the parish staff, in dialogue with a number of parishioners, has spent a great deal of time in resource and discussion as we look more closely at our Generations of Faith program. We have been analyzing the feedback that you have offered in the evaluations submitted after each session. We are attempting to further develop the vision of life-long faith formation here at Saint Anne, by creating adjunct opportunities and ministry groups based on many of your recommendations.

Our Parish Council has grown in size and membership. Core Parish staff members were asked to name an engaged and involved parishioner to represent their area of ministry on the Parish Council Study Group. These members began meeting this past week and will spend the remainder of this year renovating the current structure of the Parish Council and build-

ing it into the primary leadership body of our parish community.

The Parish Surveys will, no doubt, be of great value to parish leadership in the coming months. As a community, you certainly were very open and honest in those surveys as you reflected upon the blessing, strengths and limits of our parish. Although I have not had a chance to read them all since last weekend, I must say that I appreciate your commitment and passion for our faith community. It will take until after the first of the year to tabulate and organize the observations and trends made in these surveys. As we do so, the parish will receive a clear and honest report regarding our findings.

Saint Anne has been a parish community for close to 125 years. We can be extremely proud of our commitment to Gospel outreach, the incredible sacrifices offered by so many parishioners and the generosity of talent and treasure that has been so much a part of the continuing legacy of this faith community.

As people of endless hope, who trust that the Holy Spirit is at work among us, we are called to believe in the longevity of this parish, as we work to ensure that our parishioners in the present and in future generations will experience a life of spiritual development, a deepening of our prayer life, faith formation that speaks to realities of our daily lives and a fuller sense of welcome and belonging here at Saint Anne.

I thank you for your continued prayers, your support and your deep investment in this faith community. If you have any comments or questions regarding this report, please feel free to communicate with me or with Margaret Buckstaff, our parish business and operations manager.

In the Peace of Christ,



Rev. Bernard J. Pietrzak

Post Script: Within the next few weeks, you will receive a report in the *Clarion* regarding the parish audit that took place in September. With all the facts and figures that are being offered to you this weekend, I thought it better to separate the Annual Parish Report from the Audit Report to the parish.

Saint Anne Catholic Community

**SAINT ANNE STATEMENT OF REVENUE AND EXPENSE
2 YEAR COMPARISON**

	2008/2009 ACTUAL	2007/2008 ACTUAL
REVENUE		
SUNDAY/HOLY DAY CONTRIBUTIONS	\$2,254,472	\$2,471,554
CHRISTMAS	\$241,477	\$254,798
EASTER	\$123,357	\$120,570
TUTION/FEES—DAY SCHOOL	\$2,050,558	\$2,036,412
SCHOOL FUNDRAISING	\$145,006	\$0
TUITION/FEES—RELIGIOUS ED/YOUTH MINISTRY/GOF	\$244,856	\$245,644
PARISH FUNDRAISING	\$13,437	\$12,193
MISC. SCHOOL (Donations, Student Council, Library, Yearbook, Grants, Interest)	\$78,148	\$146,759
MISC. PARISH (Weddings, Funerals, Baptisms, Masses, Interest, Bulletin, Lease)	\$62,79	\$122,276
TOTAL	\$5,214,080	\$5,410,206
EXPENSES		
SALARIES AND BENEFITS	\$3,536,283	\$3,313,636
ASSESSMENTS (Diocese, Priest Retirement, Office of Catholic Education)	\$393,458	\$445,486
REPAIRS AND MAINTENANCE (Snow/Lawn Service, Janitorial, Paper Supplies)	\$321,688	\$320,384
BOOKS/SUPPLIES/EQUIPMENT	\$208,197	\$267,454
UTILITIES	\$277,337	\$275,503
INSURANCE (Property and Car for priest and parish vehicles)	\$198,830	\$123,224
ADMINISTRATIVE EXPENSES (Technology, Supplies, Prof. Services, Dues/Sub)	\$239,968	\$258,886
BUILDING LOAN INTEREST EXPENSE	\$101,119	\$184,032
MISC. SCHOOL (Art, Music, Band, Field Trips, Graduation)	\$76,082	\$84,001
MISC. PARISH (Faith Formation, Conventions, Hospitality, Bulletin, Rectory/Convents)	\$152,373	\$207,434
TOTAL	\$5,505,335	\$5,480,040
TOTAL SURPLUS/(DEFICIT)	(\$291,255)	(\$69,834)

Notes:

- It is important to note that most parishes in the Northwest suburbs, especially those with schools, ended the last fiscal year in a deficit due to the economy. Many saw a loss of students as well as decreases in Sunday Contributions. Some were fortunate enough to have savings to cover those deficits. Others had to borrow to pay their shortages. We, of course, were in the latter category. At the end of the fiscal year, we borrowed \$285,000 to cover our overall parish operating deficiencies for the fiscal year.
- *The parish contribution to Saint Anne School for fiscal year 2008-2009 was \$261,056. This figure does not include allocations for maintenance and utilities, as these expenses have historically been charged to general parish administration. Saint Anne School had run a Gala fundraiser for school families in 2007-2008 and 2008-2009. Both of those fundraising amounts are reflected in 2008-2009 as the previous year's income had been carried over.*

Saint Anne Catholic Community

Saint Anne by the numbers 2008-2009...

4,035 <i>registered families</i> <i>(14,908+ individuals)</i>	130 <i>Baptisms</i>
147 <i>new families joined our parish</i>	205 <i>First Communion</i>
2,210 <i>people attend Mass</i> <i>each weekend</i>	168 <i>Confirmations</i>
2,095 <i>participants in our</i> <i>Generations of Faith Program</i>	36 <i>Weddings</i>
504 <i>children attending</i> <i>Saint Anne School</i>	65 <i>Funerals</i>
279 <i>teens in our Youth Ministry</i> <i>Program</i>	10 <i>RCIA candidates received</i> <i>into the Catholic Church</i>

Below is a summary of the giving patterns in the parish for the last fiscal year. It notes how many families gave in what category, the percentage of contributors that number represents, and the percentage the amount given was of the total Sunday Contributions recorded in 2008-2009.

The reduction in recorded contributions from 2007-2008 to 2008-2009 was (\$149,800). The number of families who contributed in some amount to the parish declined by only 43 families, which is disproportionate to the reduction in contributions. This might suggest that it is the downturn in the economy that most effected our income last year.

2008-2009 Registered Parishioner Giving

Annual Giving	Weekly Giving	# of Registered Parishioners	% of Registered Contributors	% of Total Recorded
Over \$8,000	Over \$154	12	.3%	9%
\$5,000-\$8,000	\$96-\$154	46	1.2%	15%
\$2,500-\$5,000	\$48-\$96	98	2.5%	18%
\$1,500-\$2,500	\$19-\$48	229	5%	22%
\$1,000-\$1,500	\$19-\$29	271	7%	16%
\$501-\$1,000	\$9-\$19	439	11%	15%
\$300-\$500	\$6-\$9	253	5%	1%
\$1-\$300	\$1-\$6	794	20%	4%
\$0	0	1893	48%	.00%

Total Number of Registered Parish Families in this count: 4,035

Saint Anne Catholic Community

2008-2009 EXTRAORDINARY

EXTRAORDINARY INCOME

Archdiocesan Collections	\$133,907
Sharing Collections/Fundraising	\$ 71,000
HP2 Collections	\$ 32,783
Debt Reduction/Complete the Journey	\$634,893
Annie's Attic	\$143,967

EXTRAORDINARY EXPENSES

Archdiocesan Collections	\$112,757
Sharing	\$ 71,000
HP2	\$ 32,783
Debt Reduction/Complete the Journey	\$712,283
Annie's Attic	\$ 27,081

SUMMARY BALANCE SHEET

SAINT ANNE PARISH ACCOUNTS/LOANS	2008-2009	2007-2008
PARISH CHECKING ACCOUNTS	*\$1,762	\$86,227
DEVELOPMENT CHECKING ACCOUNT	\$52,956	\$282,501
SCHOOL CHECKING ACCOUNT	\$25,074	0
PARISH SAVINGS	\$13,438	\$13,284
DEVELOPMENT SAVINGS	\$14,729	\$75,160
SCHOOL SAVINGS	\$64,674	\$64,028
BUILDING LOAN	(\$1,268,985)	(\$1,981,269)
OPERATING LOAN	(\$285,000)	0
PARISH SURPLUS/(DEFICIT)	(\$1,381,352)	(\$1,460,069)
SAINT ANNE PROJECT HOPE MINISTRY		
PROJECT HOPE CHECKING	\$31,975	\$15,862
PROJECT HOPE MONEY MARKET	\$364,391	**\$255,297
PROJECT HOPE SURPLUS/(DEFICIT)	\$396,366	\$271,159

**Amount shown includes \$285,000 operating loan from diocese and deduction of Prepaid tuition.*

***Amount includes carry over from previous year.*



Faith and Justice

United States Conference of Catholic Bishops

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UPDATED: NATIONWIDE BULLETIN INSERT **U.S. House Keeps Abortion Funding Out of Health Care Reform**

Tell Senators:

- * Follow the House's Lead on Removing Abortion Funding
- * Protect Conscience Rights
- * Ensure Affordable Health Coverage
- * Allow Immigrants to Purchase Private Health Insurance

As long-time advocates of health care reform, the U.S. Catholic bishops continue to make the moral case for genuine health care reform that will protect the life, dignity, consciences and health of all, especially the poor and vulnerable.

- On November 7th, the U.S. House of Representatives passed major health care reform that reaffirms the essential, longstanding and widely supported policy against using federal funds for elective abortion coverage.
- It is critical that the Senate adopt the House-approved Stupak Amendment language on this issue. This Amendment ensures that Americans are not forced to pay for the destruction of unborn children as part of needed health care reform.
- The Senate must address other essential moral priorities: protecting conscience rights; making health coverage more affordable and accessible for those in need; and ensuring that immigrants do not lose or will not be denied health care coverage needed for the good of their families and the health of society.

ACTION: Contact Senate and House Members through e-mail, phone calls or FAX letters.

To send a pre-written, instant e-mail to Congress, go to www.usccb.org/action.

Call the U.S. Capitol switchboard at **202.224.3121**, or call your Members' local offices.

Full contact info can be found on Members' web sites at www.house.gov and www.senate.gov.

MESSAGE TO THE SENATE:

"Please adopt the House-approved Stupak Amendment that upholds longstanding policies against abortion funding, and please protect conscience rights in health care reform. Health care must be made more affordable and accessible to those in need, and immigrants must not lose or be denied health care coverage."

MESSAGE TO THE HOUSE:

"I am pleased that the House-passed health care reform bill maintains the longstanding policy against federal funding of abortion. Please work to ensure that this essential provision is included in any final bill sent to the President."

WHEN: The Senate schedule is uncertain. Act today! For more information on proposed legislation and the bishops' position on authentic health care reform, visit: www.usccb.org/healthcare.

11-13-09

PRESCHOOL REGISTRATION

Preschool registration for the 2010-2011 school year at St. Anne School is in progress.

For more information, contact **Mary Howard**

at mhoward@stanneschoolbarrington.org

or visit the office during school hours.

The main phone number at the school is **847.381.0311**.

Generations of Faith

WHY VARY PRAYER?

During our second session of *Generations of Faith*, more than 500 adults of our parish heard our guest speaker, Amy Florian, talk about why we pray. Amy is a St. Anne parishioner who is also a nationally known speaker on prayer, liturgy and bereavement. More than 70% of the attendees stated that the session “exceeded their expectations.” Amy has the gift of being able to take an abstract theological subject, like prayer, and relate it to our everyday lives. Her discussion of why we should vary the forms of our prayer is a perfect illustration.

Amy explained that the underlying purpose of prayer is to nourish our relationship with God. But to build that relationship, we need to vary the types of prayers that we say. Ms. Florian stated that for most people, the majority of our prayers take the form of petition and thanksgiving. We constantly ask God to fulfill our needs or the needs of others and then we say “thank you.” While these forms of prayer are proper and should be part of our prayer life, Amy challenged us to expand our praying so that we might expand our relationship with God.

An analogy made her point very lucid. Amy said that the day after her family moved into a new house, the battery in her car died. She had to introduce herself to her neighbors and then ask them if they could help get her car started – which they willingly did. Amy thanked them profusely for their kindness. Now, what if the next time she saw them, she asked them to help her carry something into her house, and after they helped her, she again thanked them. What if every time she saw these neighbors, she asked them for help? She would always be extremely polite and very appreciative. However, they wouldn't really know each other, and their relationship would be narrow and lopsided.

Amy explained that in reality, the next time she talked to her neighbors after they jumped her car, they just talked. As they continued talking over time, sharing, laughing, and crying together, they became good friends who shared their lives with one another. Occasionally they still ask each other for things, but now it's done in the wider context of a deeper relationship.

In order to develop a relationship with God, we need to expand our prayers to include not only petitions and thanksgiving, but also prayers of praise and forgiveness, spontaneous forms of prayer, and contemplation and meditation. Our individual prayer needs to be balanced and enhanced with communal prayer, coming together as the Body of Christ. If we can do that, imagine how we will enrich our relationship with God!

Amy reminded us that “God will never give me everything I want, but God will give me everything I need.”

You can visit Amy Florian's website at www.amyflorian.com
or contact her at amy@amyflorian.com.

Sharing the Living Story

Solemnity of Christ the King (161B) (Last Sunday of the Year 2009)

First Reading: Daniel 7:13-14

- ¹³ As the visions during the night continued,
I saw One like a Son of man coming, on the clouds of heaven;
when he reached the Ancient One and was presented before him,
¹⁴ the one like a Son of man received dominion, glory, and kingship;
all peoples of every language serve him.
His dominion is an everlasting dominion that shall not be taken away,
his kingship shall not be destroyed.

Responsorial Psalm 93:1, 1-2, 5 *The LORD is King; he is robed in majesty.*

Second Reading: Revelation 1:5-8

- ⁵ Jesus Christ is the faithful witness,
the firstborn of the dead and ruler of the kings of the earth.
To him who loves us and has freed us from our sins by his blood,
⁶ who has made us into a kingdom, priests for his God and Father,
to him be glory and power forever and ever. Amen.
- ⁷ Behold, he is coming amid the clouds, and every eye will see him,
even those who pierced him.
All the peoples of the earth will lament him.
Yes. Amen.
- ⁸ "I am the Alpha and the Omega," says the Lord God,
"the one who is and who was and who is to come, the almighty."

Gospel: John 18:33b-37

- ^{33b} Pilate said to Jesus,
"Are you the King of the Jews?"
- ³⁴ Jesus answered,
"Do you ask this on your own, or have others told you about me?"
- ³⁵ Pilate replied, "I am not a Jew, am I?
Your own nation and the chief priests have handed you over to me.
What have you done?"
- ³⁶ Jesus answered,
"My kingdom does not belong to this world.
If my kingdom were from this world,
my attendants would be fighting to keep me from being handed over to the Jews.
But as it is, my kingdom is not here."
- ³⁷ So Pilate said to him, "Then you are a king?"
Jesus answered,
"You say that I am a king.
For this I was born, and for this I came into the world,
to testify to the truth.
Everyone who belongs to the truth listens to my voice."

Sharing the Living Story

In one sense, it is appropriate to end the yearly liturgical cycle with the **The Solemnity of Christ the King** – the declaration that Christ is King. This day also serves as a transition into next week when the Advent scriptures that begin the new liturgical year very early show just what kind of “king” this One will be. Luke, the evangelist for the coming year, gives us a vision of unmistakable clarity: if we are vigilant, and pray, we will “have the strength to escape the tribulations that are imminent,” and, Paul declares, we “will stand before the Son of Man,” “blameless in holiness before our God and Father.”

In today’s pericope,¹ John has Pilate set the stage carefully: *Are you King of the Jews?* For John’s community, it is a double edged question: To the Jew, the question is a religious one for only God can be king of Israel;² to the Roman civil authorities, the question is a political one for there is already a king in place (Herod) - appointed by Rome. John shows Jesus carefully explaining: *My kingdom is not from this world . . .* Jesus satisfies the civil question; he is not trying to usurp the throne set up by Roman oppression. Pilate’s question then becomes a religious one. Jesus answers very specifically that he has come into the world *to testify to the truth*. That truth is that Jesus is proclaiming the kingdom of **God** where **God’s** justice is practiced. From the very beginning of kings in Israel’s history, it was the understand-

ing of all people that the principal task of the king was to bring about God’s justice, that is, a king was to establish and maintain right order among the people; right order had to do with correct relationships. Correct relationships occur when the Son of David does what is right and just in the land as Jeremiah proclaims next week. God’s kingdom is where all – **outcasts** and **in-group**, sinners as well as the righteous – **all**, are welcomed. John’s passage today ends with that challenge to his community: *Everyone who belongs to the truth listens to my voice.*

It isn’t easy for us highly individualistic Americans to relate to monarchy. Think of our origins; we rebelled against a king and gained independence. Yet, when Princess Diana died, or when Prince Charles was accused of peccadilloes, we turn, fascinated, to watch the royals.

What is it we are thinking when we name as king this One who is The Christ, the Savior? What do we picture when we sing the psalm refrain for today:

The LORD is King; he is robed in majesty.

Is this a king so majestic that we dare not approach? Or is he among us, with us, and in us – is he not approachable, touchable, and embraceable? Is this not the One who empties himself so that any barrier to intimacy with humans is removed?

All this talk of kings: **So What??**

Can you describe a time when perhaps you were absolutely certain that there **was** no barrier; you were intimate!

[Start reading the gospel of Luke! As the season of Advent progresses, read the first 3 chapters in anticipation. In connection with today, read 1:46.]

FOOTNOTES:

¹ Biblical passage adapted for the Lectionary, the Church’s book from which we read each year.

² This is typical of John’s irony. Jesus is King in the ancient sense and he will be put to death because he makes the blasphemous claim that he Son of God. But see my comments about kings above.

The Weekly Article from Ronald Rolheiser

RESPECT FOR EACH OTHER IN A POLARIZED COMMUNITY

We live today in a highly polarized world, within highly polarized churches. In this, we are not unique. A certain degree of polarization exists within every community and is normal and healthy. However, the bitterness, mean-spirit, and lack of respect that characterizes much of our political, ecclesial, and moral discourse today is not normal and is far from healthy. And we shouldn't delude ourselves in thinking that it is healthy or, worse yet, in the name of truth or justice or God, try to rationalize our lack of respect for those who think differently than we do. We aren't holy warriors, just angry people with a highly selective compassion.

Perhaps labels like *liberal* and *conservative* don't accurately name the various tribes we invariably divide into today, but, as an over-generalization, these names still work. We are bitterly divided, liberal from conservative, conservative from liberal, and instead of seeing ourselves as one community caught in a common struggle, we talk rather in terms of "we" and "them", like warring tribes. There's no longer a common plural.

More seriously, we are no longer capable of even having a respectful conversation with each other. It is rare today to have a discussion on any sensitive political, moral, or ecclesial issue that does not degenerate into name-calling and disrespect. Empathy, understanding, and compassion have become highly selective, ideological, and one-sided. We listen to and respect only our own kind. Moreover, neither side has a monopoly on this, liberal or conservative. What is sadly manifest too, on both sides, is a certain hypersensitivity, an over-seriousness, a paranoia about the other, an anger, a joylessness, and the lack of a sense of humor.

Conservatives tend to justify this by pointing to the gravity of the issues they are defending: abortion, family life, traditional marriage. These, they point out with all the proper gravity, are serious issues, and liberals are so compromised that there really is no room for meaningful talk. The truth being defended is eternal and allows for no compromise, so what's the purpose of dialogue?

Liberals return the favor: Why discuss something that is rationally self-evident, simply a question of human right, and has long since been enshrined in democratic principle? These issues need not even be discussed. Moreover, in liberal circles, there is all too frequently an intellectual disdain for what is judged to be narrow intolerance stemming from religious fundamentalism. Liberals, despite considerable rhetoric to the contrary, have little genuine desire to have a real conversation about issues like abortion, gay marriage, and family values.

For them, just as for the conservatives, these issues already have a clear moral conclusion. Why talk?

Strong convictions are not a fault, but what is distressing is that this unwillingness to be open to respectful dialogue on sensitive issues is generally as prevalent within church circles as it is in political ones. In church circles, we are meant to hold ourselves to a higher standard: to meet viciousness with graciousness, anger with compassion, opposition with understanding, slander with no retaliation, intolerance with patience, and everything and everybody with charity. For the most part, this isn't happening. Sadly, inside of church circles, our conversation about sensitive issues basically mirrors the harsh and one-sided rhetoric we hear on the more strident talk shows. The results are the same: the converted preach to the converted, hearts harden rather than soften, positions become even more bitter and entrenched, and we drift further apart from each other in our churches and in our politics.

At a time when misunderstanding, anger, intolerance, impatience, lack of respect, and lack of charity are paralyzing our communities and dividing the sincere from the sincere, it is time for us, followers of Jesus called to imitate his wide compassion, to reground ourselves in some fundamentals: respect, charity, understanding, patience, and gentleness towards those who oppose us. It's time to accept, too, that we are all in this together, one family within which everyone needs everyone else. There is no "we" and "them," there's only "us."

Biblical scholar, Ernst Kaseman, once suggested that what's wrong in both the world and the church is that the liberals aren't pious, and the pious aren't liberal. How true. It's rare to see the same person leading both the peace-march and the rosary. Liberals are better at one, conservatives at the other. Each has its own models, its Mel Gibsons and Michael Moores, patron saints of piety or justice. What's needed is a patron saint for both.

Perhaps we might look for that in Dorothy Day, someone whom both sides, liberal and conservative, respect and recognize as a saint and who is soon to be canonized by the church. She was both pious and liberal, a woman equally comfortable leading a peace-march or leading the rosary. She was also able to stand up strongly for truth, for life, and for justice, without bracketing what has to be forever fundamental within all relationships and discourse - charity, respect, wide compassion, and a sense of humor!

Ronald Rolheiser, a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate, is president of the Oblate School of Theology in San Antonio, Texas. His weekly column is carried by more than sixty newspapers worldwide. He can be contacted through his website, www.ronrolheiser.com.

Community Offerings/Needs

Please note: St. Anne prints these offerings/needs as a service to its parishioners, and does not endorse them or accept responsibility for the information presented.

Parishioner seeks tenant. 1 bdrm corner unit (900 sq. ft.) for rent in Gold Coast 60611). Must have solid references/finances. Call **847.894.2688** or email slberner19@hotmail.com for photos. Rent: \$1,450 (firm)/sec. dep./credit check.

Reading tutor available. December reading 'boost' camp for ages 5-12. Min. 3 hrs./wk., \$25.00/hr., in Barrington. Weekend tutoring during school year. Call **Clara** at **224.688.9367** to reserve space.

Nanny wanted. For parish family. Part-time, 2-3 mornings a week in Barrington home. Refer./exper. required. Call **Amy** at **847.382.9693**.

Babysitter wanted. Parish family seeks high school or local college student, M-F from 4:00-6:00 p.m. 3 children (1 preschool, 2 school aged.) 10 hours per week, excellent pay. Call **Amy** at **847.382.2717**.

Nanny wanted. With experience and references. Care for 2 month old and 21 month old. 40+ hours/four days a week (includes week-end). Call **Anna** at **847.361.0655**.

Home preschool/daycare available in Barrington. Infant to school age, after school care for Roslyn students. Parishioner with experience and references. Call **Diane** at **847.277.0877**.

Condo for rent. Two bdrm + den. 4 years new. Washer/dryer in unit. Underground garage space with storage. Walk to church, train and town. \$1,400/month. Call parishioner at **847.602.3250**.

Tutor available. Experienced college instructor offers tutoring for elementary/high school students. Call **Tim** at **847.713.2428**.

Help wanted. Female parishioner with Down Syndrome. Babysitting, driving to medical visits. Call **Alexia** at Clearbrook at **847.385.5308**.

Project Hope need. Good used cars and trucks needed. Call **Project Hope** at **847.381.5721**.

Adult daycare available. Licensed professional, private Barrington residence. Email docksidedaycare@comcast.net.

Caregiver available. Meals, errands, light cleaning, companionship. Flexible hours. Call **Holly** at **847.382.5789**.

Cleaning lady available. Local woman with references. Weekly, bi-weekly, flexible hours. Call **847.381.7524**.

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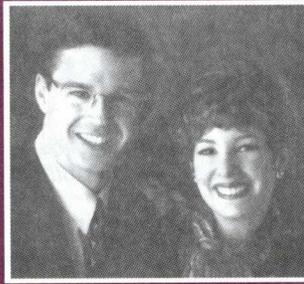
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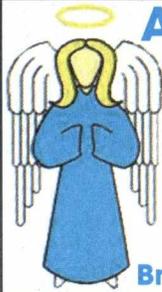
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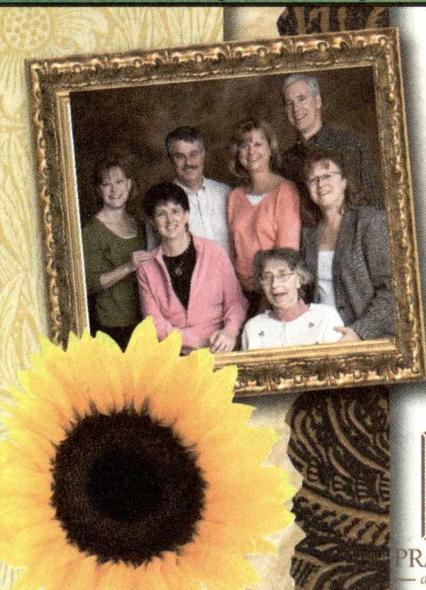


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Sunday: 7:15, 9:00*, 11:00* a.m., 5:15 p.m.

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First Eucharist and First Reconciliation: These sacraments are celebrated in the second grade. Candidates must complete the required preparation program. Please call the REP office at 847.620.3068.

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Reconciliation: Saturdays 9:15 a.m. until all are heard.

Registration: To enter into our faith community as a member of St. Anne parish, please call the parish office to schedule a meeting with one of our welcoming team members and update our parish records.

Gospel Champions Code: k3j-e0a-k6b

An Invitation to Prayer



**A GUIDE FOR
DEEPENING OUR
PRAYER LIFE**

JONATHAN A. MEYERS

By Father Edward Hays

Edited by
Jack Wintz, O.F.M.
Designed by
Julie Lonneman

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This brief guide for a richer prayer life is, first of all, an invitation to answer the deepest call of the human heart—to journey home to God. It's an invitation for each of us to seek and embrace God in prayer.

How do you and I search for God in the busy, workaday world? How can we create a more prayerful environment, both outside and inside us? This *Update* tries to answer these questions as well as offer a method of meditation for the times we feel called to journey inward toward silent union with God.

Finally, a selection of everyday prayers is given on the back of this handout to help us lift our hearts to God. These prayers are also presented as *invitations*— invitations to find our own words and our own unique pathways to communion with God, who awaits us always and everywhere with love.

Prayer and the workaday world

Our search for God in prayer is not restricted to special times and places. The Holy Spirit invites us, in the

words of St. Paul, to “Pray without ceasing” (I Thessalonians 5:17). To pursue this call, it's important to have a balanced attitude about the world in which we find ourselves. We live in the midst of a secular society which holds to a belief in God while not expressing any *need* of God. Secularism proclaims the arch-importance of materialism and its rewards. While not denying the divine mystery, it says that one has no need of that power to live a full life. As a result, the activities of prayer and worship are given little value and, in fact, are often considered a waste of time.

Most of us receive little support in our search for God from the surrounding society. While physical exercise and proper diet are encouraged in countless ways to develop and help maintain the full potential of the human body, exercises that activate untapped inner potentials are not promoted.

While Jesus told his disciples that they were not of this world, he did not intend, so it seems, that they live outside the realities of this world. The striving of the secular society for material comfort, success and personal

achievement is not evil. It is but a lower level of consciousness of the same reality sought by those who walk the path of prayer.

Rejection of the world as a way to God is truly a dangerous path, even though it has been encouraged for centuries by spiritual guides. For the seeker of the fullness of truth, the way of authentic prayer must embrace rather than reject all of creation—which includes the world, business, family and material goods—as good. We need to return to the first chapter of Genesis and let the words of the Creator at the end of each day of creation, “That’s good,” reverberate in our hearts.

How does one respond to the invitation to pray always? We need to discover ways to remind ourselves of God’s loving presence in our everyday world. God is present to us 24 hours a day. It is *our awareness* of God that needs heightening. Rituals can help us in this regard—not only familiar rituals like morning, evening and meal prayers, but other simple rituals that we create for ourselves.

For example, many people tell me that the following mini-blessings have helped much in extending their own spirit of prayer throughout the day. Maybe these brief prayers can do the same for you, especially if you come up with additional mini-blessings or rituals of your own:

a deep instinct in the human heart. And just as the earth has its particularly sacred places—mountains, rivers and shrines of natural beauty—so our own personal worlds should reflect the wisdom of creation.

Jesus said that God is spirit and should be worshipped in spirit and truth. But that truth does not exclude the need for a special place of prayer, an environment in which we are especially disposed to the Divine Presence, just as Jesus went off to the desert or the mountains to pray. The danger of all shrines and sacred places is the temptation to view what lies outside their boundaries as secular. The entire cosmos is God’s temple and within it are billions of shrines. All land is holy land, but we easily forget that reality. Special, set-aside sacred spaces remind us that all space is sacred.

The typical home in the Western world has rooms for all the important activities of life. There are rooms for eating, sleeping, bathing, storage, relaxing and even a room for keeping your vehicle. While your entire home is a sacred space where you pray and journey to God in different ways, it can be valuable to set aside a particular place for your inner exercises and for communing with God. For a fortunate few this personal shrine could be an entire room such as an unused bedroom or small den. But for the majority it will mean a corner of a room.

If you are a highly visual person you may desire to use a variety of symbols, icons or images to grace your personal prayer-area or shrine. If you are not especially visually oriented, you might want to create a space which is void of all images. The very simplicity of an empty wall can help clear your mind and heart of clutter and help open you to prayer.

Finding the silent center within

Since the mid-1960’s an entire library of books has been written about various methods for meditation. While the methods and practices are many, they all are directed toward the same end, namely, to still the flow of thoughts and desires that keep the mind and heart constantly occupied, and thus to make one more fully available to God.

Many shy away from the idea of meditation, believing that it is only for special people. In reality, everyone meditates; only the subject of meditation differs. Those who desire to be Olympic athletes literally think, eat and sleep their sports. And persons who believe that money is the source of happiness also meditate daily, as thoughts about making and investing money constantly absorb their minds. For spiritual seekers, the Divine Mystery is the subject of meditation. There is a saying in the Upanishads, the Scriptures of India: “If men and women thought as much about God as they think of the world, who would not attain liberation?”

While God is present to all things, God is also beyond anything we can put our fingers on. Moreover, God cannot be contained by our concepts and thoughts. In silent prayer or the prayer of meditation, the pilgrim seeks to still the endless river of thoughts and so to find the center from which all thoughts arise, the center within which peace and the Divine Mystery reside.



On leaving your home:

Protect this home and those who live here
in the name of the Father and of the Son
and of the Holy Spirit. Amen.

(+ signing the cross on the door)

When fastening your safety belt:

Wrap me in your love,
Buckle me in your blessedness.

(+ tracing sign of cross on the belt)

On passing a church:

Blest be this temple of God.

(+ signing the cross on your heart)

When making a telephone call:

May my words be rich in love,
and may this call bring peace and joy.

(+ signing the cross on the telephone)

Upon going to bed:

May I sleep with you
and rise in glory.

(+ signing the cross on your pillow)

Creating a prayer space

In ancient times, every home had its shrine to the gods and goddesses. These were small altar areas where sacred images were displayed. To create such a shrine is to follow



A METHOD OF MEDITATION



The following exercises suggest one way of meditation. If you presently do not meditate and desire to do so, this can be a vehicle for the essential journey inward.

1. Sit still and quiet the body.

The first requirement for any journey inward is to quiet the body which so easily absorbs the countless energies of life that surround it. Without straining, intend to sit with your head, neck and back erect. If possible sit on the floor since chairs tend to create the need for constant shifting or a dullness of the body. It is thus easy to become distracted or sleepy, instead of fully present and available to God. A cushion or prayer bench can help you sit comfortably yet alertly. If you need a chair, try sitting on its forward edge so that the upper body can be in a straight line.

For a few moments, simply notice what's happening in your body without trying to change it. Be aware of where you are stiff or tense, where you are dull. Then, without slouching, let your body be supported by the floor or the chair; let it become quiet.

2. Gently begin to breathe deeply.

As you breathe, be conscious of the act of breathing that you normally take for granted. Bring your attention to your nose as air passes through your nostrils as you inhale and exhale. At first simply notice your breath without any attempt to control it. Then gently let the breath become fuller and deeper. Do not strain, but let your breathing be slow, even and deep. Visualize the air that you are breathing out as dark or gray, as if it contained the nervous energy and negativity that may exist within you. Image the air that you are inhaling as a pure, clear stream, luminous and full of peace. Without stress, draw out of yourself all impurities and dis-ease as you exhale.

And as you breathe in, fill yourself with peace and with the abiding presence of the Divine Mystery who breathed life into the nostrils of Adam and Eve and who like a mighty wind blew over the dark chaos before the cosmos was created.

3. Let yourself rest in peace.

Sitting in stillness, allow yourself to be absorbed in peace and into God's presence. No doubt the mind will be at peace for awhile but at some point a thought or string of thoughts will typically appear as if from nowhere and occupy the attention of the mind. Finding the present moment to be a boring place, the mind likely races off to the future with planning and ideas. Or it retreats into the past to rerun old tapes and memories.

The problem, which is common to praying people everywhere, is how to stop this throng of thoughts from filling your mind. The methods differ from tradition to

tradition. Moslem mystics, the whirling dervishes, dance them away. Some seekers chant them away, while others still the mind by bringing it to rest upon a sacred image, a candle flame or a mandala (an artistic design used for meditation in the Orient). Still others propose the use of a single word or phrase that is repeated over and over with great devotion. The word can be a name of God (*Jesus, Abba, Lord*, etc.), a phrase from a psalm ("Only in God is my soul at rest," Psalm 62, for example) or other book of Scripture or a word of great power like *love* or *peace*. Whatever method one uses, it is good to remember that the ultimate intent is to be absorbed in God.

In some traditions a word or mantra is given to you by a spiritual guide. But ultimately the choice of a sacred word or phrase is yours to make. It is often helpful to simply pray that the right word may come to you. Try to find a word that quickens and heightens you and has the power to take you to God. Your word or phrase is not something magical, but simply a reverent, inspiring way to call you back to your intent to be one with God.

4. Go inward, silently repeating your sacred word.

Let your mind rest solely upon your sacred word or phrase. Invest it with as much devotion as possible. Inevitably, a thought or idea will rise up into your mind. Do not resist it or attempt to expell it. Instead of trying to push it away, quietly, and with great devotion, simply turn your attention back to your sacred word.

Avoid judging yourself. The reason most people fail in their discipline of meditation is that they judge themselves failures when they find it impossible to still the constant flow of thoughts through the mind. Regardless of how many times you find that your mind has been distracted, don't start judging yourself. As soon as you become aware that this has happened, simply return to your sacred word or phrase with great gentleness and attention.

5. Be at peace in God.

Beware of trying to "force" results. What we seek in prayer cannot be achieved by sheer force of will, by laboring or forcing the mind to concentrate. The purpose of meditation is not to be able to concentrate on God but rather to be absorbed in God. As a sponge absorbs water, so our mind should be absorbed by the sound of the sacred word and, beyond that, absorbed in God's presence. Let yourself rest peacefully in God.

Coming to prayer with an agenda, however noble, ultimately gets in the way of the mysterious divine Way. A simple intent to be available to the divine activity is about all there is room for in silent prayer. If you wish a reason to pray, then give the time solely as gift to the Divine Source of all gifts.

A Morning Prayer

I bow before you in adoration, O my God. I arise to sing of my love for you. I absorb the light of this new day and soak up the love that ceaselessly flows out of your divine heart. With gratitude for the wonder of this day, for the rich gift of life itself, I enter into silent prayer.

period of silent prayer or meditation

O loving God, prevent me from judging this time of prayer. Remind me that only you read hearts, that regardless of how poorly I have prayed, how many were the distractions or wanderings of my mind, that you take delight to be with me in stillness.

Present in my heart this morning are my concerns for the needs of _____ as well as my own needs: _____. I place these intentions before your healing love.

Grant me the grace to look with respect upon all I will meet this day and upon every event I encounter. Mindful that I am a pilgrim, may I treat each and every one with reverence and love, as a manifestation of you to whom I journey. May the work of my hands—and even the trials I experience—be part of the redemption of the world and its eternal liberation. I dedicate this day to you and I begin it in a holy way
in your Holy Name
and in the name of your Son, Jesus,
and in the name of the Spirit. Amen.

A Lover's Psalm

O Ever-present Beloved,
You are the ever-youthful life-seed
at the core of all that grows.
I delight that you are the fiery force
that gives the flowers their beauty;
you are the life-giving wetness of water
and the warmth of the sun;
you are the breath of all living things
and the fertile soil out of which
all things draw their life-nourishment.

The blood in my veins races madly,
and my heart drum-beats like thunder
at the very hint of your holy voice.
I hear you in the song of birds,
in the gurgle of flowing water,
in the rush and whisper of the wind.
You are here,
with me and in me
and all around me.

O, Intimate Presence, my beloved,
I am drunk with a love for you.

Psalm for a Stalled Heart

My heart is cold today, O God.
I feel no burning desire,
no zeal to pray or be with you.
My heart is sluggish and stalled.
Send forth your Spirit
to revive my heart.
Spark it with a relish for service,
with a longing to pray.
May I seek to love and serve you,
even when my wintry heart
declines to dance
with springtime grace.
And may my desire
to be your flame of warmth and love
spark other stalled souls
to come alive, aflame in you.

May this be so, O God, may this be so.

Candle Prayer at a Time of Darkness

O Divine Wisdom, I am confused and unsure;
it feels like I am lost in the darkness.
As I light this candle,
let your light enter my heart
that I may see the path before me.
May this holy light
quiet the voices of fear that confuse my judgment
and cloud my heart's true vision.
Grant me the gift of divine wisdom
that I may step forward with faith and courage.

An Evening Prayer

Loving God of all creation, I thank you for the countless blessings of this day: gifts of sight, sound, touch and smell, for wonders without end. I thank you as well for your endless patience with me and your pardon of my failings. Awaken my heart to journey inward to you, the source of life and love. May your Spirit lead me into prayer, as I now enter the innermost chamber of my heart.

period of silent prayer or meditation

I surrender myself to your safekeeping as night draws close to me. Bless with your presence those I love, especially _____. Come and be with me in a sleep that will refresh me for a new day and for the work it holds for me. Grant comfort to all who face the darkness of this night with fear. Give shelter to those without a home and give peace to all.

With gratitude and faith, I conclude this day
in your Holy Name
and in the name of your Son
and in the presence of your Spirit. Amen.

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