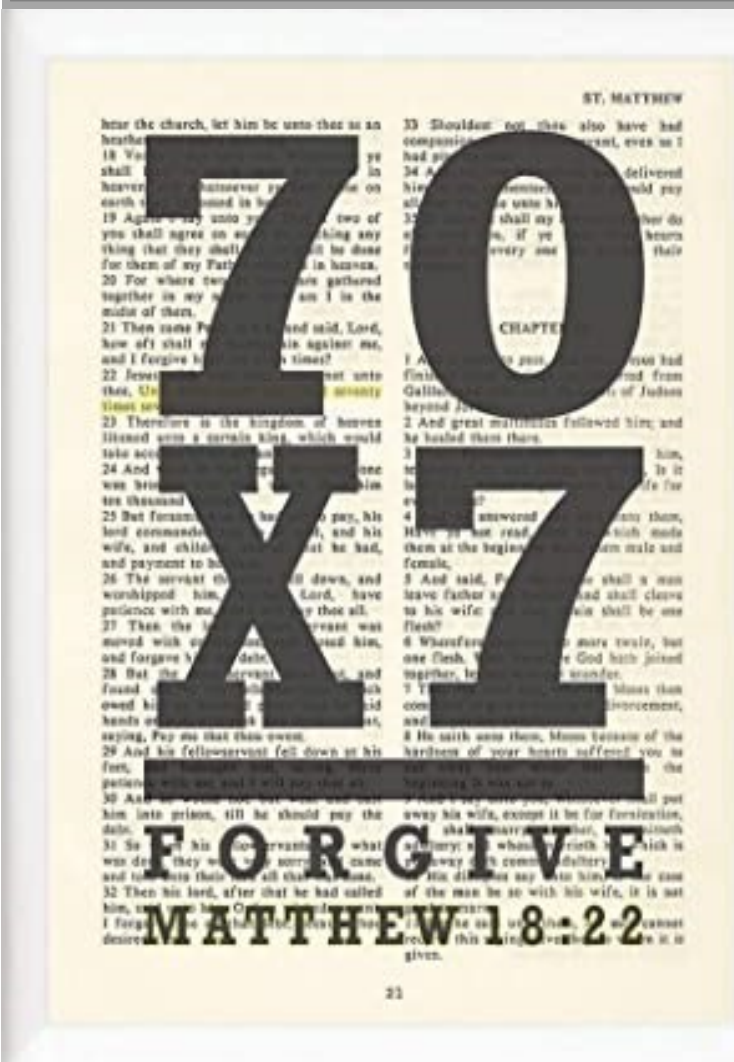




DIVINE MERCY PARISH

SACRED HEART CHURCH · ST. PHILIP THE APOSTLE CHURCH

SEPTEMBER 13, 2020 TWENTY-FOURTH SUNDAY IN ORDINARY TIME



**We're Adding a
Mass to Our
Schedule!
Join Us Next Sunday:
Sacred Heart Church
10:00 a.m.**

**Visit our website for
Mass Reservations or
call the parish office at
847-881-6664.**

FROM THE PASTOR'S PEN

DEALING WITH STRESS

I hear a lot of things from a lot of people. One of the more consistent things I'm hearing these days is that many of us are dealing with high levels of stress.

I can't imagine those of you who follow this column responding in shock to that anecdotal assessment. Pick up a newspaper these days and you are more than likely to read an article about dealing with stress. Watch the evening news on TV and, more than likely, you'll see a segment dealing with the stress that we are all under and how people are either coping well or badly with this common and widespread phenomenon.

What to do about stress in our lives?

As believers, the top of the list for our stress-busting (or, at a minimum, our stress-coping) mechanisms ought to somehow tap into the source of our true power in life: God. How do we tap into this divine source?

Start with **prayer**. Every day. As you already know, there is no one way to pray. What works for one person, may not work for another.

For myself, before I leave my quarters to jump into the work of the day, I pray. Depending on how my agenda shapes up for that day, I spend from about a half-hour to forty-five minutes in private prayer, using the Morning Prayer format from the Liturgy of the Hours. I morph from that into praying for specific people, raising them up to the Lord. As I review my list of folks for whom I'm praying, I try to visualize them and mention their need to the Lord. I suppose one of the things that does is get me out of my self and into others so that my prayer in the morning is not all about my own needs.

This style of personal prayer works for me but you may find another style works better for you. For example,

you may enjoy just simply talking to God in your own words (versus the words of the psalms from Morning Prayer in the Liturgy of the Hours). Or you may cultivate ten minutes at the start or the end of the day in meditation, focusing on your breathing, relaxing, and repeating a mantra over and over, like "Lord Jesus, save me and raise me up!" Perhaps you enjoy praying the rosary, which is its own type of repetitive mantra.

Whatever the style of prayer, the truth is that daily time with the Lord in prayer can help reduce the amount or the intensity of stress we are experiencing.

There are other ways to cope with stress, and I'm sure you've heard or read about these simple tried and true methods.

Getting enough **sleep** helps. Stress and worry tend to keep us up and awake. Our bodies require eight hours of sleep each night. I hope you are able to do just that.

Reducing the amount of alcohol intake (if that's where you're at right now) will also help according to many physicians. Putting fewer toxins in your body is the right way to go. Besides, these prescriptions are interlocking, meaning that with less alcohol you'll sleep better.

Taking a day off from work each week or thereabouts also contributes to stress reduction. For myself, it's hard to do what non-clergy do, that is, take the weekend off. That's my busiest time. I'd love to experience the Christian Sabbath (Sunday) like most folks, not having to be "on" for leading others in prayer and in preaching. But that's what I signed up for. So I try to take one day a week and not do any work, unless there's an emergency to which I have to respond.



For parents this idea of taking a day off from work may be challenging because part of your "work" is being there for your kids. So you may have your career or your profession that takes up your time and energy while the remainder of your time and energy is centered in the home and in family. I get that. Still, everybody deserves some down time. Even if that's mom's afternoon at the spa, any bit of solitude or pampering or reading a few chapters in that spy novel will help de-focus you (I know that last is not really a word).

Finally, we should all pay attention to the common sense prescriptions of our bodily health, like **eating properly** and **getting some physical exercise** even if that means simply avoiding the worst kinds of foods and junk food and taking a walk for a few blocks after supper.

Stress. It's something we could all do with less of which would, in turn, make us more effective and happier.

A handwritten signature in black ink, appearing to be 'J. Sten' or similar, written in a cursive style.



PRAYER AND WORSHIP

RESPECT LIFE PRAYER

That the Gospel's call to forgiveness may bring our society to reject the use of capital punishment, we pray to the Lord.

MEN'S RETREAT: OCT 9-11th The Beatitudes: Turning Challenges Into Blessings

Father Matt Linn, S.J. will lead a group of men in finding "The Beatitudes: Turning Challenges Into Blessings". The group will explore what Jesus meant in preaching the Beatitudes, how He lived them, and how Jesus empowers us to find happiness and blessings in our struggles.

If you're interested in attending this Men's Retreat, scheduled for October 9th - 11th, it's imperative you make reservations as soon as possible. Why? Under normal circumstances there would be 70-80 retreatants on a weekend at Bellarmine Hall. They now limit it to 37 retreatants in order to maintain social distancing. Thus, we encourage anyone who might be interested to go online to www.JesuitRetreat.org and make a reservation as soon as possible. You may also call Therese Larsen at 847-381-1261. A \$100 deposit will secure your place on the retreat.

For your information, masks are required, but may be removed when in your own private room or while alone outdoors. Cleaning by their staff takes place not just at the end of each retreat, but also in the middle of the weekend to minimize risk. Meals are served in place by staff rather than the usual self-serve procedure.

Each retreatant has a private room, and the meals are wonderful. There is plenty of time for private prayer, meditation and consultation with spiritual directors, as well as multiple opportunities to receive the Sacrament of Reconciliation.

Reservations are required!

Details:

Arrive Friday, Oct. 9th between 4:00 and 6:00 p.m.

Departure is Sunday, Oct. 11th at Noon.

Location:

Bellarmino Hall
420 County Line Road
Barrington, IL.

Suggested retreat contribution is \$300 per person. A deposit of \$100 secures your place on the retreat.

POPE FRANCIS ON TWITTER

During this God does not love you because you behave well. He loves you, plain and simple. His love is unconditional; it does not depend on you.



SCHEDULE FOR MASSES

Mass is currently being offered on Saturdays at 5:00pm at Sacred Heart Church (our livestream Mass, which can be seen on our website www.divinemercynorthshore.org) or 8:00am at St. Philip the Apostle Church.

Our Daily Mass Schedule is as follows:
Monday - 7:00 a.m. at Sacred Heart
Tuesday - 8:00 a.m. at St. Philip
Thursday - 7:00 a.m. at Sacred Heart
Friday - 8:00 a.m. at St. Philip.
Note, there is no Mass on Wednesday or Saturday mornings.

You must make a reservation to attend any Mass. Click [here](#) to visit our Mass Reservation page on our website: www.divinemercynorthshore.org. And remember, **PLEASE ARRIVE AT MASS EARLY TO CHECK-IN**, which allows for our volunteers to attend Mass as well.

HERE'S THE WORSHIP AID FOR OUR WEEKEND MASS SO YOU CAN FOLLOW ALONG

Just scan this QR code with your smart phone camera to access the worship aid for Mass when you watch online.

It also takes you to our parish website page featuring music at Divine Mercy, which you might like to peruse.



Come early to the 5:00 p.m. Mass on Saturdays at Sacred Heart Church and enjoy listening to the new praise and worship music. **The prelude begins at 4:45 p.m. with the livestream. Join us!**

CHURCH & OFFICE HOURS

Our office remains closed, and the churches are only open during designated times for Mass and Confessions.

The dispensation from attending Mass is in place until the end of the year per the Archdiocese of Chicago.

CONFESSIONS: You do not need to make a reservation for Confession. It is available on Saturday mornings from 9 - 9:30 a.m. at Sacred Heart Church, and Fr. Javier Del Castillo offers confessions at St. Philip the Apostle Church on Wednesday afternoons from 3-4:30 p.m.

Have questions? You can contact all staff members via email, or call our **TEMPORARY OFFICE NUMBER: 847-881-6664**. You can find our email addresses in the back of the bulletin.

PRAYER AND WORSHIP

ALPHA IS BACK!

The world around us is filled with uncertainty and anxiety. Do you have questions about faith and meaning during these times? Are you looking for a place to gather and share what is going on in your life with others? If so, join us for Alpha. Online.

WHAT IS ALPHA?

Alpha is a series of interactive gatherings where guests have the opportunity to explore life and the Christian Faith in a friendly and inviting atmosphere where no question is seen as too simple or too complex. Alpha is run all around the globe, and everyone is welcome to participate.

Where
questions
create
community.

#TryAlphaOnline

WHEN: Our next Alpha begins Monday, September 28th at 7:00 P.M.

WHERE: In the comfort of your own home via Zoom technology

TO REGISTER: [click here](#) or go to our website www.divinemergynorthshore.org

QUESTIONS? Contact Sue Lehocky by email at slehocky@divinemergynorthshore.org or at 847-881-6664.

WANT TO LEARN MORE BEFORE YOU ATTEND?

To help you get a better sense of what Alpha is, we've included a number of helpful resources on our website. Watch the *Try Alpha* video; learn about former Alpha guest Bear Gryllis' "Greatest Adventure"; read through our Alpha FAQ and see what other parish members are saying about Alpha.

Visit <https://www.divinemergynorthshore.org/alpha.html> or click [here](#).

ALL ARE WELCOME!

Catholic or not...

Practicing or not...

Or simply curious.

TRY ALPHA!



Just some of our previous Alpha attendees.

ALPHA

PARISHIONERS SHARE ABOUT THEIR EXPERIENCE WITH ALPHA:

If you yearn for greater purpose and meaning in your every day, consider trying Alpha. After the first gathering, you will sense the potential impact on your life. For me, it was an unexpected and profound gift!

Aimee G.

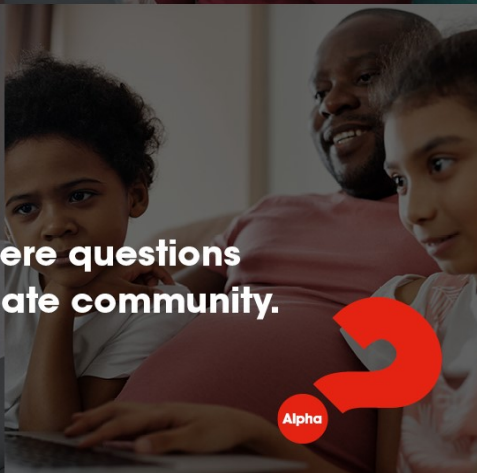
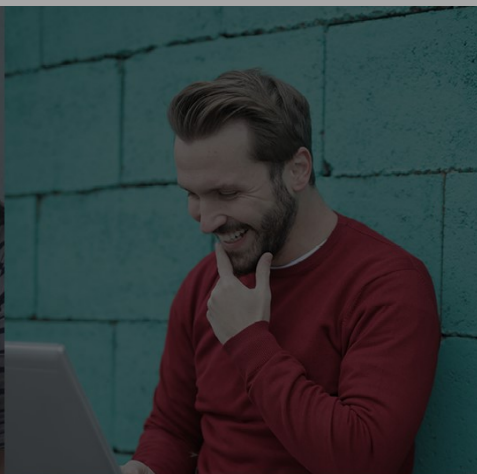
I so enjoyed our small group sessions. It was a place to share, support, and strengthen the bonds of our Catholic Community.

Dona C.

I had no idea what to expect but was pleasantly surprised. It helped me review my faith on another level and talk with others about it. I also was very surprised about the number of fellow Parishioners that attended.

George K.

#TryAlphaOnline



Where questions
create community.



FINANCE

Our Parish uses



for online donations

Sign up for online giving at
www.givecentral.org



Scan the Code to Donate!

COMMUNITY

WANT TO BE IN THE KNOW? WE NEED YOUR EMAIL ADDRESS!

Given the current reality, the only way we can communicate with our parishioners is through email, our website and social media. **PLUS**, Fr. Steve writes a daily update on what's happening at the parish, and shares a short video reflection on a daily scripture. You won't want to miss these, or other important information related to the gradual reopening of our churches.

So! If you're not receiving our e-blasts, get on our mailing list. They are also mobile-phone-friendly now, so please check them out! Please send Judy Pyke your email address, and she'll get you connected. You can email her at jpyke@divinemercynorthshore.org or call our temporary office number: **847-881-6664**. THANK YOU!

FINANCES AT A GLANCE AS OF SEPTEMBER 6, 2020

YTD 2020-2021 Sunday Collection \$117,713

(Online this week \$7,151)

(Received by mail / Mass collection \$6,108)

YTD 2019-2020 Sunday Collection \$159,279

If you are not an online donor and wish to sign up, please contact Cindy Atsaves in the parish office at cindyatsaves@divinemercynorthshore.org.

Thank you for your generosity to Divine Mercy Parish!

ADULT FAITH FORMATION

Please consider joining the other parishes in our grouping for this wonderful adult formation opportunity. You can register for the video conference here: <https://www.signupgenius.com/go/10c0d4aadab29abfa7-srhelen>



SISTER HELEN PREJEAN, CSJ

Ss. Faith Hope & Charity and Ss. Joseph and Francis Xavier parishes are honored to host a talk by Sr. Helen Prejean, CSJ entitled

FAITH ALIVE FOR JUSTICE: **The Church as Field Hospital for the Wounded of Society**

Sister Helen is known around the world for her tireless work against the death penalty. She has been instrumental in sparking national dialogue on capital punishment and in shaping the Catholic Church's vigorous opposition to all executions. Sister Helen's first book, *Dead Man Walking: An Eyewitness Account of the Death Penalty in the United States*, ignited a national debate on capital punishment and inspired an Academy Award winning movie, a play and an opera.

Sister Helen continues her work, dividing her time between educating the public, campaigning against the death penalty, counseling individual death row prisoners, and working with murder victims' family members.

www.faithhope.org www.ssjfx.org

Sunday,

September 20

3:00 p.m.

**By
videoconference**

***"People are more
than the worst
thing they have
ever done in their
lives."***

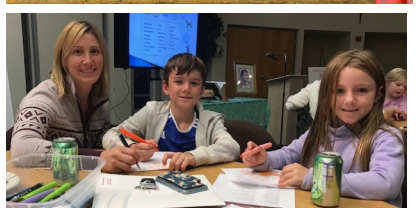
Sr. Helen Prejean

To register, go to
<https://www.signupgenius.com/go/10c0d4aadab29abfa7-srhelen>

You will be sent the
conference link.
Questions? Marilyn Valko
at mjvalko@yahoo.com

CHILDREN'S MINISTRY (RELIGIOUS EDUCATION/PREP)

Thank you to all of our Children's Ministry Families Who Are Registered! COVID Can't Stop Us from Learning About Our Faith!





LOOK WHAT'S HAPPENING AT
SACRED HEART SCHOOL!



Yay! The Junior Kindergarten and Preschoolers are back in school.
They are happy to be here and we are so happy so see them!



WELCOME
BACK TO SCHOOL



PRAYERS FOR OUR FAITH COMMUNITY

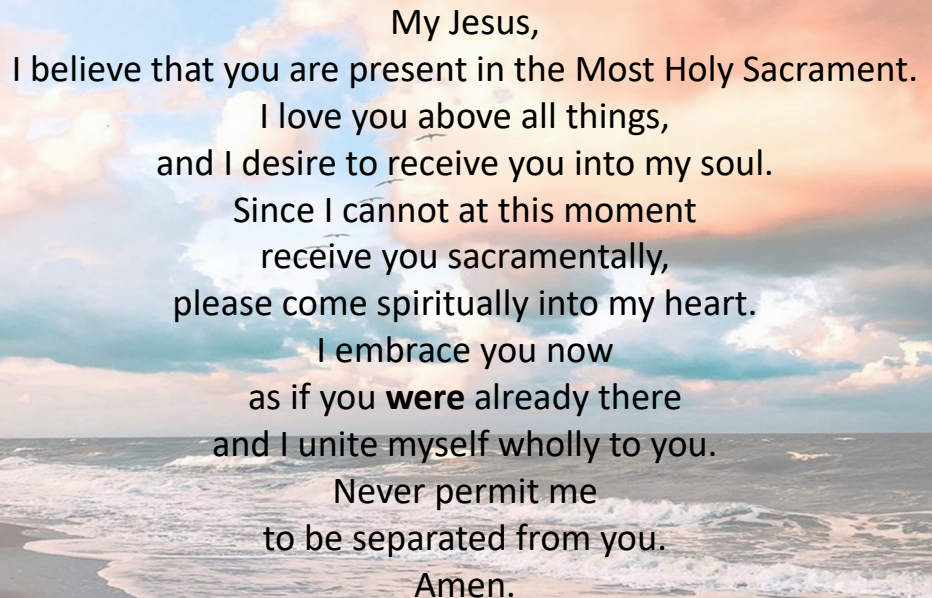
PRESIDER SCHEDULE

September 19, 2020
SACRED HEART CHURCH
5:00 p.m.
Presider: Fr. Dan Cassidy

September 20, 2020
ST. PHILIP THE APOSTLE
CHURCH
8:00 a.m.
Presider: Fr. Steve Lanza

September 20, 2020
SACRED HEART CHURCH
10:00 a.m.
Presider: Fr. Dean Semmer

SPIRITUAL COMMUNION



My Jesus,
I believe that you are present in the Most Holy Sacrament.
I love you above all things,
and I desire to receive you into my soul.
Since I cannot at this moment
receive you sacramentally,
please come spiritually into my heart.
I embrace you now
as if you **were** already there
and I unite myself wholly to you.
Never permit me
to be separated from you.
Amen.

MINISTERS OF CARE

Given the various restrictions of nursing homes in the State of Illinois, the constraints of established safety protocols of the Archdiocese, and the fact that the majority of our volunteers fall into the vulnerable category, home visits by Ministers of Care cannot be made at this time. If your loved one is seriously ill or near death, and in need of the Sacrament of the Sick / Last Rites, please contact the parish office at 847-446-0856 or 847-881-6664. One of our priests will respond to your call. We strongly encourage our homebound parishioners to participate in our livestream Mass at 5:00 p.m., which can be found on the homepage of our website at www.divinemercynorthshore.org.

LITURGICAL MINISTERS

LECTOR SCHEDULE

September 19, 2020 Sacred Heart Church 5:00 p.m.
Matthew Compton

September 20, 2020 St. Philip the Apostle Church 8:00 a.m.
Chris Kaiser

September 20, 2020 Sacred Heart Church 10:00 a.m.
Catherine Lehman

If you are interested in the ministry of Lector at either Sacred Heart or St. Philip the Apostle, please contact Ron Vanasdlen, via email rvanasdlen@divinemercynorthshore.org

If you are able to assist our Greeter ministry, please contact Michelle Wasielewski via email mwasielewski@divinemercynorthshore.org

No other ministers are being scheduled. If you get an email from Ministry Scheduler Pro, please disregard it.

PLEASE PRAY

For Those Who Are Sick

*The following people suffer from illness or chronic conditions.
They have asked for the prayers of our parish family.
Please remember them to the Lord.*

Mark Agnew, Jeannie Ambrose, Michael Anderson,
Irina Anikovich, Dorothy Banas, Donald Blair, Elaine Boback,
Paula Brady, Dennis Braun, Wendy Braun, Luciana Butera,
Milly Calabrese, Kierre Caldwell, Patt Carlson,
Teresa Chapman, Kelly Bolan Chevalier, Sheila Devlin,
Tim Doll, Rick Doucette, David and Mary Ann Duerwachter,
Maureen Dwyer, Timothy Feeney, John Flynn, Lisa Franke,
Benjamin Grillo, Philip Hall, Laura Hendricks, John Hoerster,
Nancy Holihan, Mario Iturino, The Jatis Family, Becky Jones,
Philip Jones, Edward Kennedy, Ginny Kunkel, Gina Quirk
Lazicki, Drew Mans, Jackson Mans, Beth O'Brien,
Sally O'Malley, Joe Pellegrino, Ennio Rossi, Mary Sabo,
Donna Sabido, Dick Schager, Mary Shepherd, Judy Sokal,
Heather Stepan, Mary Tatro, Patty Wilson, Julie Wright,
Lisa Zitella and Dr. Jerome Zwierzycki

For Those Who Have Died

May the souls of the faithfully departed,
Through the mercy of God, rest in peace.
Tom Walter, Brother of Renee Richart

MASS INTENTIONS

Note that the Wednesday Mass is closed to the public. Only the Sacred Heart School students are allowed to attend.

MASS INTENTIONS FOR THIS WEEK AT BOTH SACRED HEART AND ST. PHILIP

MONDAY, September 14 (SH)
7:00 a.m. - Jim & Pat Dietz Family

TUESDAY, September 15 (SPA)
8:00 a.m. - Parishioners of Divine Mercy Parish

WEDNESDAY, September 16
8:30 a.m. - (School Mass Only)
Edmond Garvey Madden
(Birthday Blessings)

THURSDAY, September 17 (SH)
7:00 a.m. -

FRIDAY, September 18 (SPA)
8:00 a.m. -

SATURDAY, September 19 (SH)
5:00 p.m. - Edward Banker

SUNDAY, September 20 (SPA)
8:00 a.m. - Frank & Teresa D'Astisi
10:00 a.m. - Earle Gott

THIS WEEK AT DIVINE MERCY

All meetings at Divine Mercy Parish are currently suspended until further notice.

SACRAMENTS

Please call the Parish Office temporary number at 847-881-6664 for the most current information regarding Sacraments during this time.

The Sacrament of Reconciliation is offered at both of our worship sites. Sacred Heart Church offers the Sacrament on Saturday mornings between 9:00 a.m. and 9:30 a.m. and at St. Philip the Apostle Church on Wednesday afternoons with Fr. Javier Del Castillo from 3:00 p.m.-4:30 p.m. And there is no need to make a reservation! We remind everyone to wear a mask, and that you'll be greeted by someone from our reopening team.

Please know that if it has been a while since your last confession, "Do not be afraid!" (Matthew 14:27). *The priest will help guide you.*

A suggested Act of Contrition is:
My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. (Rite of Penance, no. 45)

DO YOU HAVE A BULLETIN SUBMISSION?

Please adhere to the following specifications when submitting an item for the bulletin. The deadline is Tuesday, 9:00am for the following Sunday.

BULLETIN SPECS:

FONT STYLE: Corbel

FONT SIZE:

Headlines: 12 (ALL CAPS & BOLD)

Body text: 10

LINE SPACING:

Before and After Paragraphs: opt

Between Lines: 1sp

Avoid outlining text boxes, if you can.

Continue to create ads for special events like Nite Lites. We simply ask you incorporate the Corbel font style when you are able. Please submit all items to:
divinemercurybulletins@gmail.com

DIVINE MERCY OFFICES

Given the constraints of the pandemic, our offices are currently closed. You can still reach us by calling our temporary office number at 847-881-6664.

You can also reach any staff member via email. You can find that directory on the next page.

Thank you for your understanding.

Divine Mercy Parish is a Welcoming Community that Inspires Disciples of Jesus to Share God's Love and Transform the World.

PARISH STAFF

Pastor - Rev. Steven M. Lanza, slanza@divinemicynorthshore.org

Associate Pastor - Rev. Dean Semmer, dsemmer@divinemicynorthshore.org

Resident - Rev. Daniel Cassidy, dcassidy@divinemicynorthshore.org

Deacon Mike McNulty, mimcnulty@divinemicynorthshore.org

Deacon Gerry Keenan, gekeenan@archchicago.org, 773-251-6626

Deacon Bob Puhala, bpuhala@usml.edu

Director of Communications - Judy Pyke, jpyke@divinemicynorthshore.org

Principal Sacred Heart School - Kristen Fink, kfink@shwschool.org

Director of Evangelization and Lifelong Formation - Sue Lehocky, slehocky@divinemicynorthshore.org

Director of Pastoral Care and Outreach - Maureen Valvassori, mvalvassori@divinemicynorthshore.org

Director of Liturgy & Music - Ron Vanasdlen, rvanasdlen@divinemicynorthshore.org

Director of Operations - Michelle Wasielewski, mwasielewski@divinemicynorthshore.org

Finance Office - Cindy Atsaves, cindyatsaves@divinemicynorthshore.org

Religious Education Admin (SH) - Debbie Perkins, dperkins@divinemicynorthshore.org

Coordinator of Children's Ministry - Kathy Handelman, khandelman@divinemicynorthshore.org

Administrative Assistant—Megan Nolan, mnolan9642@msn.com