

Diocese of Peoria  
**St. Malachy Church and School**

595 E. Ogden Avenue, Geneseo, Illinois 61254

Parish, 309-944-5393 School, 309-944-3230 Fax, 309-944-5319

E-mail: church@stmalgeneseo.org Website: www.saintmalachy.org

The Sixth Sunday  
in Ordinary Time  
February 16, 2025



**Weekend Mass Schedule:**

Saturday: 5:00 pm

Sunday: 8:15 am and 10:30 am

**Reconciliation:**

Monday & Tuesday 8:45 am; Thursday 5:00 pm

Saturdays 3:30 pm - 4:30 pm

For activities in the Quad Cities, go to:

<http://catholicquadcities.com>

Traveling? [www.masstimes.org](http://www.masstimes.org) to find Masses

**Pastor:** Fr. Daniel Gifford.....309-944-5393  
[frdgifford@stmalgeneseo.org](mailto:frdgifford@stmalgeneseo.org)

**Deacons:** .....309-944-5393

Tom Wachtel (SS) Robert O'Rourke (SS) Art Ries (SS)

Mike Sigwalt Bob Thoene Tom Mattan

**School Principal:** Devon Schaaf.....309-944-3230

[dschaaf@stmalgeneseo.org](mailto:dschaaf@stmalgeneseo.org)

**Facilities Manager:** Jeanne Ryan Hartsock .....309-944-5393

[jryanhartsock@stmalgeneseo.org](mailto:jryanhartsock@stmalgeneseo.org)

**Office Manager:** Mary Sebastian.....309-944-5393

[msebastian@stmalgeneseo.org](mailto:msebastian@stmalgeneseo.org)

**Secretary:** Debbie Mattan.....309-944-5393

[dmattan@stmalgeneseo.org](mailto:dmattan@stmalgeneseo.org)

**Business Manager:** Jennifer Higgins.....309-944-5393

[jhiggins@stmalgeneseo.org](mailto:jhiggins@stmalgeneseo.org)

**Parish Music Director:** Lance Carroll.....309-944-5393

[lcarroll@stmalgeneseo.org](mailto:lcarroll@stmalgeneseo.org)

**CCD Coordinator:** Michelle Ganson.....309-944-5393

[mganson@stmalgeneseo.org](mailto:mganson@stmalgeneseo.org)

**Director of Youth Ministry/Confirmation Prep:** Sara Osborn

[sosborn@stmalgeneseo.org](mailto:sosborn@stmalgeneseo.org) 309-944-5393

**Administrative Assistant for Faith Formation:** Shannon Carroll

[scarroll@stmalgeneseo.org](mailto:scarroll@stmalgeneseo.org) 309-944-5393

**Parish Nurse:** Cathie Stinson, B.S.N... 309-944-5393

[cstinson@stmalgeneseo.org](mailto:cstinson@stmalgeneseo.org)

**Ministry Contacts:**

**Baptism:** .....Parish Office

**Marriage:** .....Fr. Daniel Gifford

**Hospital Visits:** .....Parish Office

**Anointing of the Sick:** .....Emergency phone: 309-944-0422

**Pastoral Care:** .....Ed Kemnitz, Dcn. Tom Mattan

**Bereavement:** .....Dcn. Art Ries

**Prayer Chain:** .....Parish Office

**Divorced Ministry:** .....Shannon Carroll

**OCIA:** .....Dcn. Mike Sigwalt

We warmly welcome new parishioners and invite them to register at the Parish Office. Individuals interested in becoming Catholic may contact Fr. Daniel Gifford or call the Parish Office.

# Mass Intentions

**MONDAY, February 17**  
8:00 am William Vandemore +

*The Seven Holy Founders of the Servite Order*

**TUESDAY, February 18**  
8:00 am William Gifford +

*Weekday*

**WEDNESDAY, February 19**  
8:00 am Freda Mroz +  
9:00 am Joel Vandemore +

*Weekday*

**THURSDAY, February 20**  
5:45 pm Lorin Meade +

*Weekday*

**FRIDAY, February 21**  
8:00 am No Mass - Communion Service

*St. Peter Damian*

**SATURDAY, February 22**  
5:00 pm People of the Parish

*Vigil of the 7th Sunday in Ordinary Time*

**SUNDAY, February 23**  
8:15 am Rose Ann Barajas +  
10:30 am Don Beck +

*The Seventh Sunday in Ordinary Time*

**Altar Servers: February 17-23**

**M-T-W:** Everett Haars, Jacob Turner

**Saturday: 5:00 pm:** Declan Gillespie, Grady DeWolfe

**Sunday: 8:15 am:** Garren Boelens, Leona Werner

**Sunday: 10:30 am:** Roger Winkleman, Ivan Hone

**Children's Liturgy of the Word**

**February:**

8:15 am - Kate Kies

10:30 am - Kaila Woods

**March:**

8:15 am -

10:30 am -

## Area Church Weekend Mass Schedules:

**St. Anthony/Atkinson**

4:00 pm Saturday  
9:30 am Sunday

**Sacred Heart/Annawan**

8:00 am Sunday

## OFFICE HOURS:

**Monday - Wednesday 8:30 am - 3:30 pm,**  
**Thursday 8:00 am - 3:00 pm, Fridays 8:00 am - 1:00 pm**

*Bulletin articles **MUST** be submitted no later than*  
**Noon** on Tuesdays.

## Readings for Sunday, February 23, 2025 The Seventh Sunday in Ordinary Time

**1st Reading: 1 Samuel 26: 2, 7-9, 12-13, 22-23**

*Though the Lord delivered you into my grasp,  
I would not harm you.*

**Responsorial: Psalm 103**

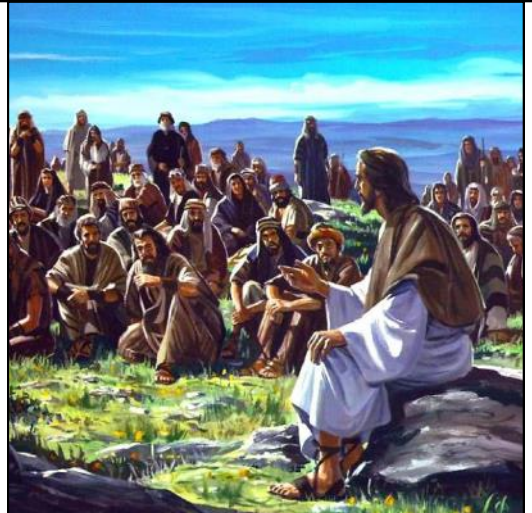
*R./: "The Lord is kind and merciful."*

**2nd Reading: 1 Corinthians 15:45-49**

*Just as we have borne the image of the earthly one,  
we shall also bear the image of the heavenly one.*

**Gospel: Luke 27-38**

*Be merciful, just as your Father is merciful.*



# WEEKLY CALENDAR

## Monday, February 17

Mass 8:00 am  
Reconciliation 8:45 am  
Adoration 3:00 pm - 8:00 pm Parish Chapel

## Tuesday, February 18

Mass 8:00 am  
Reconciliation 8:45 am  
Chair Soul Core 1:00 pm - 2:00 pm YR  
Women's Support Group 5:00 pm - 6:00 pm Rm C  
OCIA 6:00 pm - 7:00 pm CR  
Rosary Makers 7:00 pm - 8:00 pm YR

## Wednesday, February 19

Mass 8:00 am  
School Mass 9:00 am  
Circle 6 - 1:30 pm YR  
K-5 CCD 3:30 pm - 4:45 pm  
Rescheduled again: Kid's Carnival Fundraiser  
5:00 pm - 6:30 pm in the Parish Hall

## Thursday, February 20

Liturgy Committee 10:00 am - 12:00 pm CR  
Adoration 4:30 pm - 5:30 pm  
Reconciliation 5:00 pm  
Mass 5:45 pm

## Friday, February 21

Communion Service 8:00 am  
Chair Soul Core 1:00 pm - 2:00 pm YR

## Saturday, February 22

Reconciliation 3:30 pm - 4:30 pm  
Mass 5:00 pm

## Sunday, February 23

Mass 8:15 am - Children's Liturgy of the Word  
6th Grade CCD 9:30 am - 10:20 am  
Confirmation Prep 9:30 am - 10:20 am  
Confirmation Retreat 11:30 am - 4:00 pm  
Mass 10:30 am - Children's Liturgy of the Word

## Gospel Challenge Invocation Night

The Gospel Challenge Invocation Night  
will be on **Tuesday, March 4** at 6:30 pm  
preceding the March Adore.

## March ADORE

March Adore will be on **Tuesday, March 4** at 7:00 pm  
instead of the regular first Wednesday as March 5 is  
Ash Wednesday.



*Come, let us Adore Him*  
*Eucharistic Adoration*

**Monday 3:00 pm - 8:00 pm**  
**Adore - Every 1st Wednesday 7:00 pm**  
**Thursday 4:30 pm**  
**(1st Fridays, & 1st Saturdays at 8:30 am)**

## Order of Christian Initiation of Adults

**Next Session:** Tuesday, February 18, 2025  
6:00 pm in the Conference Room  
**Topic:** Catholic Social Teaching:  
Human Dignity & Sanctity of Life  
If you or someone you know is interested,  
please contact Dcn. Mike Sigwalt  
[msigwalt23@gmail.com](mailto:msigwalt23@gmail.com) 309-502-9243



## Did you Know?

Your child can attend a Catholic School  
Financial Assistance Available

Tuition assistance scholarship grants from the endowment fund established as a result of the Diocese of Peoria ROOTED IN FAITH Campaign and named in honor of Archbishop Spalding, the first Bishop of Peoria, will be available for the 2025-2026 school year for students enrolled in or intending to enroll in grades Kindergarten through 12 in any Catholic school located in the Diocese of Peoria whose families are active members of a Catholic parish in the diocese. All grants will be based on financial need objectively assessed.

Information about the grants and application materials may be obtained from any Catholic elementary or secondary school in the Diocese of Peoria or on the Diocesan website [www.cdop.org](http://www.cdop.org) under **Catholic Schools** and then under **John Lancaster Spalding Scholarship**. Consult the detailed protocols and procedures and checklist at the bottom of the webpage for all requirements necessary to be eligible for an award.

Parents must apply online at: [online.factsmgt.com/aid](http://online.factsmgt.com/aid). Families of students currently receiving grants are reminded that all grants are for one year only, and anyone seeking to renew a grant for the 2025-2026 school year must reapply.

**Deadline date** for the completed application is **April 25, 2025**. Notification of grant awards will be made in June of 2025.

## A Letter from the Pastor



Dear St. Malachy Parishioners,

*“Raising His eyes toward His disciples,”*

(Luke 6:20a) Jesus spoke to their hearts. Have you ever considered the Lord’s eyes upon you as you read the Scriptures? In our Lectionary this weekend, we begin reading another great

sermon of the Lord, which we will continue until we begin Lent.

But, before we dive into the content of the sermon itself, it is worth noting this simple phrase, reminding us that Jesus has His eyes locked on us as He speaks. He doesn’t simply “talk at us,” He speaks to us, straight into our hearts. How easily



we can forget that His eyes are fixed on us, as He speaks to us at Mass, during the Liturgy of the Word! How easily we can forget this whenever we read the Scriptures! As promised, I am giving information this weekend about our upcoming Gospel of Luke Challenge. Before I dive into those details, this is the first suggestion I would offer for your reading of the Scriptures. Before you begin reading, stop and consider His eyes upon you. Rest in His gaze of love, even for a moment and remember that He never takes His eyes off of you.

**GOSPEL OF LUKE CHALLENGE:** We will begin March 1.

- **READING GOAL:** The goal is to read one chapter each day, in order to finish on March 24, just before the Feast of the Annunciation. Not sure you can do it? Afraid you might get behind? I encourage you to try. No matter what, the time spent diving into the Good News will be worth it! Thinking you might read smaller sections than a whole chapter each day and finish on a later date? That still counts. As long as you promise to do your best to read the Gospel of Luke every day from March 1 to March 24, you’re in! And we want as many people in as possible. Our parish is guaranteed to grow stronger the more of us are making time to listen to the Lord.
- **PARTICIPATION GOAL:** The past two years we have had just over 200 people participating in our Gospel challenges. Therefore, this year, our base goal is simply 200 people. Let us know you are participating by

responding to the email that will be sent out or calling the parish office.

- **INCENTIVE:** If we reach 200 participants again, participants will be able to vote on the immediate fate of my facial hair. Will it be a moustache? Chops? A fu manchu? A soul patch? Oh the possibilities! As an additional incentive for our teenagers, they will narrow the options, from which the rest of the participating parishioners will vote. The final solution will be dealt out at a Coffee and Donuts on March 30 after the 10:30 Mass.
- **GROWTH:** As I mentioned last week, the hope is to get as many people as possible working on achieving our goal, so that we can have more people reading the Scriptures together. Thus, we want to far exceed our base goal. Thus, for every 10 people beyond the goal, I will have one additional day to wait before I can change my new facial hair. It would be a shame if I only had to keep it for one day.
- **BONUS ELEMENTS:** We will hold an **Invocation Night** (previously titled “Kick-Off Event”), as a night of prayer and reflection at the beginning of the challenge on Tuesday, March 4 at 6:30 PM, followed by a special Tuesday night Adore. We also will again be able to offer **Daily Emails** and weekly episodes of **Three Friends and a Bible**. I hope these elements encourage you and help you to experience this as an effort that unites you with other parishioners.
- **REAL GOAL:** The real goal is not about numbers or facial hair, but about more people encountering Jesus Christ in the gospel. For this reason, more guidance about how to pray with the gospel will be coming next week.

**COLLEGE VISITS IN PROGRESS:** Earlier this week, I had my first college visit and was able to enjoy lunch and a game of pool with a couple of our young parishioners at Western Illinois University (see picture). I look forward to next month, when I plan to visit Iowa State University and Benedictine College. If you know of other parishioners at these campuses with whom you can connect me, please let me know.

In Christ through Mary,

Fr. Daniel P. Gifford  
St. Malachy, Pray for us



## Youth Groups

### Middle School Youth Group (The Rock)

meets on Wednesdays from 5:30 pm - 7:00 pm

### High School Youth Group (Oasis)

meets on Wednesdays from 6:30 pm - 8:30 pm.

Each week features a delicious meal, fun games/activities and the opportunity to grow in your walk with Jesus. All are welcome and feel free to bring a friend.

*What does love look like?*

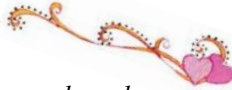
*It has the hands to help others.*

*It has the feet to hasten to the poor and needy.*

*It has eyes to see the misery and want.*

*It has the ears to hear the sighs and sorrows of men.*

*That is what love looks like.” - St. Augustine*



### Children's Mass:

2nd Sunday of the Month 10:30 am

### Children's Liturgy of the Word:

During both Masses on all other Sundays, depending on availability of volunteers.



## Youth Ministry Intercessory Prayer Team

Join us as we lift up our youth in prayer! We are changing the schedule and will be gathering on the **first Wednesday of each month at 6:15 pm** in the Parish Chapel (when available) to pray the Rosary for the intentions of our youth. This is a wonderful opportunity to come together as a community and pray.

**All are welcome** - whether you're a seasoned prayer warrior or new to the Rosary, your prayers make a difference.

## MARCH LAY MINISTRY SCHEDULE

### GREETERS:

**5:00 pm** – Eric & Sue Gray (**Front**); Mary Ann Vandersnick, Sheryl Driessens (**West**)

**8:15 am** – Brian & Alicia Werner (**Front**); Larry & Cindy Hopkey (**West**)

**10:30 am** – Walt & Beth Eilers (**Front**); Roger & Judy Pobanz (**West**)

### USHERS:

**5:00 pm** – Mark Holevoet, Arnie Schmid, David Wolak

**8:15 am** – Morry Atwell, Brice Maertens, Lowell Gramling, Joseph Pustejovsky

**10:30 am** – Willis Andel, Tim Laleman, Patrick Elder, Dick Taets

### EMHCs

**5:00 pm** – A.J. Wolak (**Chalice**); Pat Boelens (**Chalice**); Mary Beth Peterson, Chris Boelens

**8:15 am** – Gregg Swanson (**Chalice**); Darlene Gramling (**Chalice**); Julie Atwell, Kathy Hanford

**10:30 am** – Kathy O'Rourke (**Chalice**); Monica Venneberg (**Chalice**); John Kemmis, Elizabeth Hulsbrink

### LECTOR/ COMMENTATOR

**5:00 pm** – Mary LoGiudice (**L**); Chuck LoGiudice (**C**)

**8:15 am** – Katy Wilson (**L**); Kathleen Repass (**C**)

**10:30 am** – Steve Mroz (**L**); Maggie Mroz (**C**)

## MARCH ALTAR SERVER SCHEDULE

**Saturday, March 1 - 5:00 pm** Samantha Minnaert, Grady DeWolfe

**Sunday, March 2 - 8:15 am** Colton Seals, Tucker Seals **10:30 am** Ivan Hone, Avery Emmerson

**Saturday, March 8 - 5:00 pm** Aidan Daly, Blake Vandersnick

**Sunday, March 9 - 8:15 am** Garren Boelens, Charlee Cherry **10:30 am** Gus Osborn, Liam Osborn

**Saturday, March 15 - 5:00 pm** Elle Patterson, Easton Patterson

**Sunday, March 16 - 8:15 am** Jake Turner, Lenna Bolme **10:30 am** Hazel Gillespie, Shawn Pobanz

**Saturday, March 22 - 5:00 pm** Delilah Hulsbrink, Declan Gillespie

**Sunday, March 23 - 8:15 am** Garren Boelens, Leona Werner **10:30 am** Camryn Hawkins, Lena Kempher

**Saturday, March 29 - 5:00 pm** Trace Hager, Roger Winkleman

**Sunday, March 30 - 8:15 am** Remington Rahmus, Hayden Rahmus **10:30 am** Jonathan Freadhoff, Joey Thoene



**STEWARDSHIP**  
Managing God's Gifts To Us

**Parish Sacrificial Giving:**  
1% donated to:  
**Family Resource Center**

Week 32 - February 9, 2025							ADA 2024 (As of January 31st)		Month of December 2024	
	Weekly Goal	Weekly Actual	Variance	YTD Goal	YTD Actual	Variance	GOAL	\$	Total Income	151,647
General Collection	\$ 14,731	\$ 29,356	14,625	\$ 471,392	\$ 461,546	(9,846)	PLEGGED	\$ 74,993	Total Expenses	109,182
School Endowment	\$ 577	\$ 1,579	1,002	\$ 18,464	\$ 14,823	(3,641)	VARIANCE	\$ (27,411)	NET	42,465
Paraclete Fund	\$ 577	\$ 1,849	1,272	\$ 18,464	\$ 15,203	(3,261)	COLLECTED	\$ 73,073	<b>July - December 2024</b>	
Capital Improvement	\$ 577	\$ 3,339	2,762	\$ 18,464	\$ 17,793	(671)	VARIANCE	\$ (29,331)	Total Income	754,788
							# of FAMILIES	157	Total Expenses	720,127
									NET	34,661

  
**Upcoming Cursillo Weekends**

Men's: February 20-23, 2025  
Women's: March 13-16, 2025  
Men's: October 16-19 2025

For more information visit: <https://nwcursillo.com>



**Upcoming TEC Weekends**

For information visit  
[www.northwest-tec.com](http://www.northwest-tec.com)

March 1-3, 2025 (Girls)  
April 5-7, 2025 (Boys)  
June 14-16, 2025 (Girls)  
August 9-11, 2025 (Boys)  
October 4-6, 2025 (Girls)



**DAILY PRAYERS FOR VOCATIONS**

**Please Pray for these Seminarians**

*Jonathan Puckett Dcn. Francis Strong*  
*Jarod Raber Mateo Pascual*  
*Dcn. Jack Watt Anthony Willi*

Are you feeling called to serve as a priest or other religious?

If so, contact Fr. Chase Hilgenbrinck:

309-671-1550 or email him: [fr\\_hilgenbrinck@cdop.org](mailto:fr_hilgenbrinck@cdop.org)

*He took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body."*

**Fr. Pakula Memorial Food Pantry Collection**

In Memory of Father Pakula, St. Malachy Parish will have a monthly theme to collect items for the Geneseo-Atkinson Food Pantry.

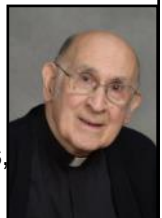
The theme for **February** is:

**"House Cleaning Products"**

**Donations needed:** Paper towels, dish soap, window cleaner, bleach, mops, laundry detergent, toilet bowl cleaners...

Items can be placed on the shelves inside the front doors before entering the Narthex.

The current Food Pantry Newsletter can be found on the St. Malachy website, under the heading Parish Life then Social Justice.



February 16, 2025



**Most Reverend Louis Tylka**  
Diocese of Peoria  
Office of the Bishop

February 5, 2025

Dear Brothers and Sisters in Christ,

February 12<sup>th</sup> is an important date for the Church in the Diocese of Peoria. It was on this day in 1875 that Pope Blessed Pius IX erected the Diocese of Peoria, thus beginning the storied history of sharing the Gospel as part of this particular Diocese.

On February 12, 2025, we will gather to celebrate Mass in our Cathedral and inaugurate our many efforts to mark our 150<sup>th</sup> Anniversary. There is no better way to begin our celebrations than to do so at the altar of the Lord. The Eucharist is the source and summit of our lives as Catholics and gathering to encounter the Lord in Word and Sacrament in the midst of the People of God renews us in our witness of the Gospel of Jesus Christ.

The Sesquicentennial Anniversary is a moment for us to reflect on our past and to give thanks to God for all that has been handed on to us. It is a time to consider our present efforts to live as Jesus' disciples. And it is also an occasion to dream of the future where, by the grace of the Holy Spirit, we will advance on our way to God's Kingdom. Indeed, our anniversary is a grace-filled opportunity to share our faith, serve our world, and deepen our relationships with one another.

Appointed as the ninth bishop of the Diocese of Peoria by Pope Francis, I am so grateful for the Church throughout our diocese. I am filled with joy and holy pride by the tremendous witness shown by our priests, deacons, consecrated women and men, and lay faithful. I am humbled by the prayers of so many and I am entirely dependent upon the grace of the Holy Spirit to serve as your bishop.

Over the course of so many years, the Diocese of Peoria has experienced great opportunities and significant challenges. These moments shape who we are. Now, entrusting ourselves to the example and motherly love of St. Mary of the Immaculate Conception, may we remain centered on our mission given to us by Jesus. We Proclaim Christ: Yesterday, Today, Forever!

Peace and Prayers,

✦ Most Reverend Louis Tylka  
Bishop of Peoria

2025 ST. MALACHY  
CAR PARTY

# BLACK TIE AFFAIR

Saturday, March 8th  
Doors Open: 5:00 pm  
Dinner: 5:30 pm  
St. Malachy Church  
Geneseo, IL

TICKET PRICE \$150

SILENT AUCTION  
LIVE AUCTION  
DINNER &  
A CHANCE TO  
WIN \$10,000

FEATURING DUELING PIANOS



FOR TICKETS, DONATIONS & EVENT INFO  
OR EMAIL: [CARPARTYTICKETS@GMAIL.COM](mailto:CARPARTYTICKETS@GMAIL.COM)

ST. MALACHY CAR PARTY BLACK TIE AFFAIR

## Luck of the Draw Winners January 2025



**Feast of St. John Bosco** (\$300) Betty Palaski  
**All other Days** \$25

- |                     |                     |
|---------------------|---------------------|
| Calvin Curnyn       | Mary Kintigh        |
| Bob & Shauna Thoene | Melody Loft         |
| St. Malachy School  | Greg Dykema         |
| Brian Haars         | Harper Peters       |
| Gayla Kroll         | Hallie Gray         |
| John Loft           | Julie Schmid        |
| Jolene Minnaert     | Teresa Lynch        |
| Sandy Overton       | Thelma Biamonte     |
| Monica Vorac        | Roger & Judy Pobanz |
| Vern & Pat Mariman  | Jake Turner         |
| Kristen Boelens     | Wayne Peterson      |
| Mary Sebastian      | Amber Tice          |
| Cindy Griffith      | Livi Dengler        |
| Richard Seys        | Dick & Joyce Mattan |
| Christina Newman    | Mary Frimml         |

Congratulations to our monthly winners and thank you all for participating.

You can still buy, sell, and turn in raffle tickets all throughout the year.

Tickets are available in the Narthex, or in the Church Office during the week.

Good luck on future drawings!

Thank you,  
Fr. Gifford and the St. Malachy Parents Club





# DISCIPLESHIP Quad

## DISCIPLESHIP QUADS MEETING & SOCIAL

Monday, February 17 in the Parish Hall  
Informational Meeting 6:30 - 7:15 p.m.  
Quad Social 7:15 - 8:30 p.m.

Please join us for an informational meeting about the Quad small groups that are forming at St. Malachy Church! These groups focus on strengthening our faith and learning how to be faithful disciples of Jesus Christ, while growing in friendship with one another. The Quads are for all teenage and adult parishioners, family, and friends!

After the informational meeting, we will have a social for everyone who is interested in a Quad or already in a Quad. The social will include a friendly game of trivia plus some light snacks.



*Parish  
Nurse*

### February is Heart Month

Having strong friendships is significantly linked to good health. A three-year Swedish study of more than 13,600 men and women found that having few or no close friends increased the risk of having a first-time heart attack by about 50%. (Bethesdahealth.org). That is why being part of the church can have health benefits.

My heart is full. I want to thank Father Gifford and everyone for their support while I was on a leave of absence. Last year I got a new hip and 2 new knees. I am in working order again. My big concern is that I missed some health concerns of yours. I definitely want to support you. If I have missed something or can help you now, please don't hesitate to call.

### Other things that can help you with heart health:

- \*Eat a healthy diet
- \*Get enough physical exercise
- \*Maintain a healthy weight
- \*Check your blood pressure and cholesterol
- \*Quit smoking
- \*Reduce stress and improve sleep
- \*Understand your risk factors
- \*Keep track of your heart health goals
- \*Tell your doctor how you are doing.



**Rachel's VINEYARD**  
Healing the pain of abortion - one weekend at a time

### Rachel's Vineyard Retreat:

The wound of abortion is real. So is healing. Rachel's Vineyard Retreat offers healing for those who struggle with the emotional and spiritual pain of a past abortion.

This retreat is for those single or married; mothers, fathers, grandparents, siblings, or anyone who has been impacted by an abortion experience. If you are searching for peace and inner healing from a past abortion, this retreat is for you.

Register for the **March 14-16, 2025** retreat by calling 309-264-1489 or e-mailing [rvrpeoria@gmail.com](mailto:rvrpeoria@gmail.com).

All communications are strictly confidential.

**For more information:**

[www.cdop.org/rachels-vineyard](http://www.cdop.org/rachels-vineyard) [www.rachelsvineyard.org](http://www.rachelsvineyard.org).



**Registration now open for *Stay with Me: Lenten Prayer for Disciples*  
All are welcome for this virtual prayer for the six Wednesdays of Lent**

Springfield, Ill.—Women and men everywhere are invited to join the Dominican Sisters of Springfield for *Stay with Me: Lenten Prayer for Disciples*. The virtual sessions, scheduled for 7:00 pm Central Time on the Wednesdays of Lent starting March 5, will allow space for participants to attune their hearts and minds to the struggles of those Jesus most often accompanied during his life on Earth: widows, orphans, and persons cast out. The title draws on Jesus’ request in Matthew’s gospel that the disciples accompany him to Gethsemane while he prays, just before his arrest.

Hosted by the Dominican Sisters’ Vocation Office, participants can expect to

- hear reflections on the theme from Dominican sisters,
  - enjoy periods of silence and sharing, and
- build a community of prayer and mutual support for their Lenten practice.

“We welcome women who are discerning a call to religious life, of course,” said Springfield Dominican Sister Denise Glazik, the congregation’s vocation director. “And we hope that all women and men, wherever they are and whatever their circumstance, will find this a meaningful way station on their Lenten journey.”

The liturgical season of Lent includes six weeks before Holy Week. It is a time of prayer, fasting and almsgiving in preparation for the celebration of the passion, death, and resurrection of Jesus. The baptized are encouraged to use this time to prepare for the renewal of their baptismal promises. Parish communities may also be accompanying those who intend to join the Church. For them, Lent is considered a six-week retreat in preparation for their baptism or profession of faith. Customarily, then, these new Catholics are welcomed into the church during the services on Holy Saturday, during the Triduum.

*Stay with Me: Lenten Prayer for Disciples* runs weekly March 5-April 9. Participants are welcome to join all six sessions, or choose a few according to their own schedule and needs. Register once for participation in any or all of the sessions at [springfieldop.org/events](http://springfieldop.org/events).

The Dominican Sisters of Springfield were founded in 1873 and have served God and God’s people in the United States, and in Peru, since 1965. The sisters, through their sponsored institutions and ministries educate leaders, provide pastoral care, and build relationships for the transformation and life of the world. To learn how you can join us in this mission, start at [springfieldop.org/dominican-mission](http://springfieldop.org/dominican-mission) or call Sister Denise Glazik at 217-787-0481.

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