



All Saints Cathedral Parish

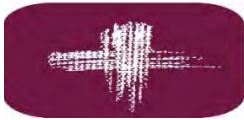
NATIONAL CATHOLIC CHURCH (PNCC)

9201 West Higgins Road, Chicago IL 60631 | [773-380-7131](tel:773-380-7131)

Catholic in Faith, a People Empowered

MARCH, 2023
(corrected version)

Lent



What is Lent All About?

Lent is the 40-day penitential season of prayer, fasting, and alms-giving as a means of spiritual preparation to celebrate the Lord Jesus Christ's Resurrection at

Easter. These three spiritual practices are intertwined like a threefold cord and serve the one purpose of turning away from sin and opening our hearts to God and neighbor. Beginning on Ash Wednesday and ending at sundown on Holy Thursday, the Lenten season provides an opportunity for renewal and transformation from the inside out, that we may be made new through repentance and ongoing conversion.

At the beginning of Lent it is good to recall the three basic Lenten "tasks":

- prayer
- fasting
- alms-giving

PRAYER

The most basic definition of prayer is "talking to God." Prayer is the lifting up

our minds and hearts to God. Prayer is not meditation or passive reflection; it is direct address to God. It is the communication of the human soul with the Lord who created the soul. Prayer is the primary way for the believer in Jesus Christ to communicate his emotions and desires with God and to fellowship with God.

What Should We Pray For?

"Pray like this: 'Our Father in heaven, hallowed be your name.'"

Pray that God would exalt his name in the world.

Pray that God would save unbelievers.

Pray for the healing of the sick

Pray for the raising of the dead.

Pray to know God better.

Pray for greater faith.

Pray that you might not fall into temptation.

Pray for protection from the evil one.

FASTING

Fasting is an act of humility before God and a sign of our repentance for our sins. Fasting is not about a demonstration of will power in giving up food. Rather, it is about creating a hunger within ourselves,

so that we long for God to fill our emptiness with His Spirit. Authentic fasting, which leads us closer to God, is most fruitful when coupled with prayer and acts of charity. In the Catholic tradition, there are obligatory and personal practices during the penitential season of Lent. Ash Wednesday and Good Friday are obligatory days of fasting and abstaining from meat. Fridays of Lent are also days of abstinence. Private practices, self-discipline and fasting are a personal choice.

A few ideas are listed below with a fasting theme:

Fast from a favorite food or snack during the 40 days of Lent.

Fast from watching your favorite television show.

Fast from scrolling on social media.

Fast from complaining or criticizing others.

Fast from spending hours in a sedentary position with no breaks.

Fast from ruminating on situations outside of your control.

ALMS-GIVING

The purpose of alms-giving is to root out selfishness by being generous to others. It also recognizes the fact, that I am my brother's keeper. When the prophet Isaiah spoke about authentic fasting, he was actually describing alms-giving when he asked, "Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; clothing the naked when you see them, and not turning your back on your own flesh?" (Isaiah 58:7). During Jesus' description of the Judgment of Nations, he said, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40). The list of good works that Jesus mentions is known as

works of mercy. These are charitable or kind actions done out of love to respond to our neighbors' bodily or earthly needs. During Lent, Christians try to be more attentive to alms-giving and practicing works of mercy because it puts us in communion with others and helps us realize that we are all members of the Body of Christ.

Works of Mercy - Suggestions for living them out:

Donate food to a local organization that feeds the poor.

Help an elderly or home-bound neighbor by picking up groceries and visiting once a week.

Donate baby formula to a pregnancy center or foster care agency.

Volunteer your time at a shelter.

Donate hygiene items to a shelter.

Donate to programs that give Christmas presents to children.

Pray for those who have died this past year.

Send flowers or a 'thinking of you' card to someone who has recently lost a loved one.

Jesus does not say, "If you fast." He says, "When you fast."

He does not say, "If you feel like praying." He says, "When you pray."

Nor does he say, "Give if you happen to have something extra." No, he says, "When you give alms."

I invite you to make a good Lent: to do some voluntary fasting, to find new moments for prayer and to help the needy by giving alms. Welcome to Lent! May this holy season fill you with God's love.

Bishop Jerry Rafalko

JAK DOBRZE PRZEŻYĆ WIELKI POST

Wielki Post to 40-dniowy okres pokutny modlitwy, postu i jałmużny jako środek duchowego przygotowania do świętowania Zmartwychwstania Pana Jezusa Chrystusa na Wielkanoc. Te trzy praktyki duchowe są ze sobą splecione jak trojaki sznur i służą jednemu celowi, jakim jest odwrócenie się od grzechu i otwarcie serca na Boga i bliźniego. Rozpoczęty w Środę Popielcową i kończący się o zachodzie słońca w Wielki Czwartek, okres Wielkiego Postu jest okazją do odnowy i przemiany od wewnątrz, abyśmy mogli stać się nowi poprzez pokutę i ciągłe nawracanie.

Na początku Wielkiego Postu dobrze jest sobie przypomnieć trzy podstawowe wielkopostne „zadania”

- modlitwa,
- post
- jałmużna

MODLITWA

Czym jest modlitwa?

Najbardziej podstawową definicją modlitwy jest „rozmawianie z Bogiem”. Modlitwa jest wznoszeniem naszych umysłów i serc do Boga. Modlitwa nie jest medytacją ani bierną refleksją; jest to bezpośredni kontakt z Bogiem. Jest to komunikacja duszy ludzkiej z Panem, który tę duszę stworzył. Modlitwa jest podstawowym sposobem, w jaki wierzący w Jezusa Chrystusa komunikuje swoje emocje i pragnienia z Bogiem.

O co powinniśmy się modlić?

„Módlcie się w ten sposób: , Ojcze Nasz który jesteś w niebie, święć się imię Twoje’”.

Módlcie się, aby Bóg wywyższył Jego imię na świecie.

Módlcie się, aby Bóg ocalił niewierzących.

Módlcie się o uzdrowienie chorych.

Módlcie się o wskrzeszenie umarłych.

Módlcie się, aby lepiej poznać Boga.

Módlcie się o większą wiarę.

Módlcie się, abyście nie ulegli pokusie.

Módlcie się o ochronę przed złym duchem.

POST

Post jest aktem pokory przed Bogiem i znakiem naszej skruchy za nasze grzechy. W poście nie chodzi o demonstrację siły woli w rezygnacji z jedzenia. Chodzi raczej o wywołanie w nas głodu, abyśmy tęsknili za tym, by Bóg wypełnił naszą pustkę swoim Duchem. Autentyczny post, który przybliży nas do Boga, jest najbardziej owocny, gdy jest połączony z modlitwą i aktami miłosierdzia. W tradycji katolickiej w okresie pokutnym Wielkiego Postu istnieją praktyki obowiązkowe i osobiste. Środa Popielcowa i Wielki Piątek to obowiązkowe dni postu i powstrzymywania się od mięsa. Piątki Wielkiego Postu są również dniami wstrzemięźliwości. Prywatne praktyki, samodyscyplina i post to osobisty wybór.

• Poniżej znajdziemy kilka pomysłów związanych z postem.

Pościć od ulubionego jedzenia lub przekąski podczas 40 dni Wielkiego Postu.

Powstrzymać się od oglądania ulubionego programu telewizyjnego.

Powstrzymać od naszej ciągłej obecności w mediach społecznościowych.

Powstrzymać się narzekania lub krytykowania innych.

Znaleźć sobie dodatkowe zajęcie które pozwoli służyć innym.

Wyzybyć się rozmyślań o sytuacjach, na które nie mamy wpływu.

JAŁMUŻNA

Czym jest jałmużna?

Celem dawania jałmużny jest wykorzenienie egoizmu poprzez hojność dla innych. Uznaje również fakt, że jestem stróżem mojego brata. Kiedy prorok Izajasz mówił o autentycznym poście, tak naprawdę opisywał jałmużnę, gdy pytał: „Czyż nie jest to dzielenie chleba z głodnym, wprowadzanie do domu cierpiących i bezdomnych; przyodziewanie nagich, gdy ich widzicie, i nie odwracacie się plecami do własnego ciała?” (Izajasz 58:7). Podczas opisu Sądu Narodów Jezus powiedział: „Amen, powiadam wam, cokolwiek uczyniliście jednemu z tych moich



najmniejszych braci, Mnieście uczynili” (Mt 25,40). Lista dobrych uczynków, o których wspomina Jezus, jest znana jako uczynki miłosierdzia. Są to charytatywne lub życzliwe działania podejmowane z miłości, aby odpowiedzieć na cielesne lub ziemskie potrzeby naszych bliźnich. W okresie Wielkiego Postu chrześcijanie starają się bardziej zwracać uwagę na jałmużnę i uczynki miłosierdzia, ponieważ to stawia nas w jedności z innymi i pomaga nam uświadomić sobie, że wszyscy jesteśmy członkami Ciała Chrystusa.

Uczynki miłosierdzia — sugestie, jak je wypełnić

Przełącz żywność lokalnej organizacji, która karmi biednych.

Pomóż sąsiadowi w podeszłym wieku, robiąc zakupy i odwiedzając go.

Przełącz pokarm dla dziecka do centrum ciąży lub placówce opieki zastępczej.

Zostań wolontariuszem w schronisku dla bezdomnych.

Przełącz artykuły higieniczne schronisku.

Przełącz darowiznę na programy, które dają dzieciom prezenty świąteczne.

Módl się za tych, którzy zmarli w ubiegłym roku.

Wyślij kwiaty lub kartkę do kogoś, kto niedawno stracił ukochaną osobę.

• Jezus nie mówi: „Jeśli pościsz”. On mówi: „Kiedy pościsz”.

• On nie mówi: „Jeśli masz ochotę się pomodlić”. On mówi: „Kiedy się modlisz”.

• Nie mówi też: „Daj, jeśli zdarzy ci się mieć coś ekstra”. Nie, on mówi: „Kiedy dajesz jałmużnę”.

Zapraszam do dobrego przeżycia Wielkiego Postu: do dobrowolnego postu, do znalezienia nowych chwil na modlitwę i do pomocy potrzebującym poprzez jałmużnę. Niech ten okres Wielkiego Postu napełni nas wszystkich radością i pokojem.

Ksiądz Biskup Jarosław Rafałko

Mary Scott	3/7
Nancy Skiersch	3/12
Glen Bialasik	3/13
Edmund Kolaczewski Jr.	3/13
Richard Stark	3/17
Christine Turner	3/18
Gerald Cloven	3/25
Phillip Smolka	3/28

If your birthday is missing from this list, please email the office at info@ascpncc.org.



PARISHIONERS: Sonny Collinet, Phyllis Collinet, Donald Pagels, Stephen Scott, Mary Andersen, Adeline Kozak, Barbara Heath, Lorraine Truskolaski, Joan Pagels, Dolores Urban, Joan Maluchnik

FAMILY & FRIENDS: Rita Bader, Eugenia Czaban, Joseph T. Zawistowski, Marilyn D'Angelo, Mark Skorczewski, Sheree Peck, Jeannette Strelau, Donna Keck, Mary Nystrom

HOMEBOUND PARISHIONERS: Gene Paprocki, Richard Stark, Jerry Maycan

ALL OUR TROOPS DEFENDING FREEDOM especially Martin Venegas (USAF), Michael Warren Sobczyk (USAF), Hannah Sobczyk (USAF), Noe Corral-Galvan (USAF)

Meal in the Upper Room



Passion Sunday
March 26th 1 pm
(time changed)

All Saints Parish Fellowship Hall

Please join us as we participate in this most memorable experience in our Lenten journey.

Seating is limited. Reservations must be made no later than Wednesday, March 22nd. A sign up sheet is in the vestibule, or you can call Margaret Rowinski at 630-885-0167.

PARISH EASTER DINNER – The Easter Dinner will be held on Sunday, April 16th. Tickets will be on sale soon.



The **Western Diocese Word of God Study** (WDWOGS) “Reflecting the Character of Christ in Our Actions” continues for three more sessions in March on Tuesdays – **March 7th, 14th and 21st**.

Contact Fr. Sr. John Kowalczyk at (smapncc@sbcglobal.net) for the Zoom link.



PALM SUNDAY, April 2nd

9 am – Holy Mass with Blessing and Distribution of Palms and Procession (English)

11 am – Holy Mass with Blessing and Distribution of Palms (Polish)

TUESDAY IN HOLY WEEK – April 4th

3 pm – Mass of Chrism with Blessing of Holy Oils, Ordination of Cleric Douglas Scott and Cleric David Talaga to the Sub-Diaconate

MAUNDY THURSDAY – April 6th

7 pm – Holy Mass of the Lord’s Supper and Eucharistic Procession to the Altar of Repose, Stripping of the Altars

GOOD FRIDAY – April 7th

10 am – Mass of the Presanctified and Adoration of the Cross, Opening of the Symbolic Grave of Christ

3 pm – Stations of the Cross

7 pm – Tenebrae and Lamentations of the Polish National Catholic Church

HOLY SATURDAY – April 8th

10 am – Ceremony of New Light with the Exhortations and Blessing of the Paschal Candle and Water, Blessing of Easter Food

Noon – Blessing of Easter Food

3 pm – Blessing of Easter Food

EASTER SUNDAY – April 9th

ONE MASS at 9 am in English and Polish Resurrection Mass with Procession

Calling All Knitters and Crocheters!



Our supply of prayer shawls was depleted at the end of 2022. The PTO is asking for new shawls to be

made and donated to this ministry. The shawl can be knit or crochet and can be any color. However, the shawls must be 24" wide by 66"-70" long. The PTO has yarn available on a first come first serve basis. Please see Margaret Rowinski or Katy Scott if you have any questions.



SAVE THE DATE & YOUR CRAFT STUFF!

Do you have materials and/or equipment for crafts you no longer do? We will have a Crafters Exchange on Sunday, April 23rd during Fellowship Hour. This will be just an *exchange*, not a sale. So as you are doing your Spring cleaning, gather these items together. Contact Judie Szydowski at 630-222-0334 if you have any questions.

ANNUAL PARISH DUES – A reminder that Annual Dues are \$125 for individuals, \$250 for couples and families. Dues can be paid at any time, but we would appreciate receiving them by the end of March if possible. Contact Financial Secretary Judie Szydowski if you are unsure of your dues status.



Our own Cleric Doug Scott will be ordained to the Sub-Diaconate on Tuesday of Holy Week! The ceremony will take place during the Mass of Chrism starting at 3 pm on April 4th. Please plan on attending this very special event.

Congratulations and best wishes to Julia Rowinski, daughter of Stephen and Christina, who married Evan Dubois in Knoxville, Tennessee on November 19th. May God bless your happy union!

Joanne Gramza is thrilled to announce that she became a great-grandmother for the *fourth* time! Joanne's granddaughter Angeline gave birth to Emilia Grace Sabatini on February 23rd. Welcome to world sweet Emilia!



Do you have some good news to share with your Parish Family? Send your Good News items to info@ascpncc.org.



MARCH is CEMETERY CLEANUP MONTH

Remember to remove all Fall/Winter decorations before March 15th or they will be discarded. New Spring/Summer decorations can be placed starting April 1st.



All are welcome to join the **St. Cecelia Choir!** We learn new songs to offer at Sunday Mass and for special occasions. We rehearse every Thursday evening at 7:30 pm, in person and via Zoom.

Contact Lori Scott to receive music and to be added to our email list.

May we pray for you?



Every **Saturday at 5 pm**, we pray the Rosary in person in the church and broadcast on Facebook Live. Submit your prayer requests using the cards and box in front of the Mary altar.

National United Choirs Music Scholarship Program



Applications are now being accepted for the **2023 National United Choirs Music Scholarship Awards**. The deadline for applications is **May 1st**, and the awards will be announced at the Music Workshop this summer.

To be eligible for a scholarship you must be a member of the Polish National Catholic Church and be taking paid music lessons or attending conferences/camps which are enhancing your music education. You must also be participating in the Music Ministry of our Parish in some capacity.

Since the Music Scholarship Program was instituted in 1964, a total of **\$364,535** has been awarded.

2023 Applications are currently available in the vestibule or can be downloaded from the NUC website:

www.nucmusicscholarship.weebly.com

Questions? Contact the scholarship administrator at

nucscholarship@gmail.com



You can donate to the Music Scholarship Fund any time of the year. Donation forms are in the vestibule, or you can use Online Giving.



The Youth Club wishes to thank the people of All Saints for their generosity. Our 2023 Souper Bowl of Caring

appeal resulted in a donation of \$375 plus food benefitting the Leyden Food Pantry.



A big **THANK YOU** to those individuals and families who volunteer to host our Fellowship Hour. The sign-up sheets for February-April are in the vestibule.

If you have been thinking of hosting for the first time, but aren't sure what to do or need a partner, contact Judie at 630-222-0334. Remember – we now have a **Fellowship Fund** to which you can contribute online or in the Collection Basket.



For several years, All Saints has collected donations for MorningStar Mission, a non-denominational organization dedicated to relieving the spiritual and physical hunger of the poor by providing food for the hungry, clothes for the needy, shelter for the homeless and the gospel of Jesus Christ for all.

You can give to MorningStar by using the All Saints Online Giving portal or add your donation to the collection basket by writing "MorningStar" on the envelope. Your donations are forwarded quarterly.

Do you have a charity or volunteer organization dear to your heart that you would like to promote to the congregation? Let us know! Send your ideas to our parish email at info@ascpncc.org.



Operation Christmas Child Recommended Items for March

Quality Crafts

No-sew projects, knit hats/gloves, sewing kits, drawstring bags, handmade dolls, no-sew pillows, no-sew ponchos, fishing kits, scarves, coloring books, plastic cups/utensils, sock dolls, marbles, knitting items

Remember you can also give a monetary donation through Online Giving or by writing "Operation Christmas Child" on an offering envelope and place it in the collection basket.



Please note – the deadline for submissions for the Monthly Newsletter is the **LAST SUNDAY of each month**. Send your submissions to info@ascpncc.org.

WEEKLY ACTIVITIES

(see Weekly "Blue Sheet" for schedule changes)

Sunday Masses

9 am English / 11 am Polish

School of Christian Living Classes

Sundays at 10:30 am September-May

Western Diocese Bible Study

Tuesdays at 7 pm (via Zoom)

(Current study ends March 21st)

St. Cecilia Choir Rehearsal

Thursdays at 7:30 pm

(in person and via Zoom)

Pray the Rosary with Bishop Jerry

Saturdays at 5 pm

(in person and via Facebook Live)

UPCOMING MEETINGS

Parent Teacher Organization

Sunday, March 12th 11:15 am

Cemetery Trustees

Tuesday, March 14th 7 pm

Parish Committee

Tuesday, March 21st 7 pm

Youth Club

(to be scheduled)



March 12th – Daylight Savings Time

begins (set your clocks forward one hour)

March 19th – Deadline for placing orders for PTO Polish Sausage, horseradish and Youth Club butter lambs.

March 22 – Deadline for reserving your seat at the Meal in the Upper Room

March 26th – Pick up PTO Polish Sausage orders

March 26th – Meal in the Upper Room

March 26th – Deadline for submissions for the April Newsletter.

April 2nd – Palm Sunday
Youth Club Bake Sale

April 9th – Easter Sunday

April 16th – Easter Dinner

April 23rd – Craft Exchange

May 1st – Deadline for submitting applications for the 2023 National United Choirs Music Scholarship Awards

May 7th – Confirmation

June 4th – First Holy Communion

August 13 – Annual Picnic with Car Show

ALL SAINTS ON THE WEB

Tell others about our web site and Facebook page, and let us pray they come to find a spiritual home with us!

Web site:

<https://www.ascpncc.org/>

Facebook:

<https://www.facebook.com/ascpncc/>



Online Giving from **Our Sunday Visitor** is a convenient, secure way to donate. You can set up regular contributions, pay your membership dues, or make an occasional donation to your favorite cause.

Sign-up is easy! Just go to the website (<https://osvhub.com/ascpncc/giving/>) and follow the instructions. Or contact the office for assistance.



One Call Now is the system we use to send our weekly In Touch Email Bulletin as well as the automated phone calls. If you would like to receive emails and/or phone calls, or make a change to your current setup, contact the office at info@ascpncc.org.

PARISH INFORMATION



Bishop Jerry Rafalko
Pastor
309-854-2521
pastor@ascpncc.org



Father David Rowinski
Assistant Pastor
773-875-1438
dmr@ascpncc.org

EMERGENCIES, SICKNESS or DEATHS

Please report to Bishop Jerry or Father David immediately.

CEMETERY

Visiting Hours: 8 am – 5 pm
Office Hours: By appointment only
Jill Lindenmuth, Cemetery Secretary
773-380-7131 x4 cemetery@ascpncc.org

PARISH COMMITTEE CHAIRMAN

Gary Kurzynski
630-776-0176 chairman@ascpncc.org

CEMETERY CHAIRMAN

Phil Smolka
630-669-9956

FINANCIAL SECRETARY

Judie Szydowski
630-222-0334 finsec@ascpncc.org

SUNDAY SCHOOL SUPERINTENDENT

Margaret Rowinski
630-885-0167

DIRECTOR OF MAINTENANCE

Douglas Scott
312-623-6825

GENERAL INQUIRIES

info@ascpncc.org

All Saints Parent Teacher Organization

Annual Easter Polish Sausage Sale



The PTO is now taking orders for Polish Sausage (fresh and smoked), homemade horseradish and Youth Club butter lambs.

The deadline for placing orders is Sunday, March 19th. Payment is due when orders are picked up on Sunday, March 26th.

Thank you for supporting the PTO!

ALL SAINTS CATHEDRAL P.T.O.
ANNUAL EASTER POLISH SAUSAGE SALE

Last day to order is March 19

For Office Use Only

	Quantity Ordered		Actual Weight	Price	Total
Fresh Polish Sausage	_____	lbs.	_____	\$4.00 lb	_____
Smoked Polish Sausage	_____	links	_____	\$4.00 lb	_____
Horseradish (4 oz jar)	_____			\$4.00 /jar	_____
Butter Lamb	_____			\$4.00 /ea	_____
					_____ TOTAL DUE

Name: _____

Telephone: _____

For questions contact: Doug Scott at 312-623-6825 or email: DSCOTT8938@gmail.com

PICK UP and PAYMENT due on Sunday, March 26 at the Pavillion (by noon)