

October 1, 2023  
26th Sunday in Ordinary Time

Which of the two did his father's will?



# Holy Name Cathedral

## Our Vision

A world in communion with Jesus Christ.

## Our Mission

Holy Name Cathedral, as a Catholic parish and the seat of the Archdiocese of Chicago, forms a community of disciples who inspire, nurture, and join people on their faith journey to encounter and grow in Jesus Christ.

## Mass Schedule

### Monday-Friday

7:00am, 8:00am (livestream) & 12noon  
Wednesday evenings at 5:15pm

### Saturday

9:00am (livestream) & 5:15pm Vigil Mass

### Sunday

7:00am, 8:30am, 10:30am (livestream),  
12:30pm, 5:15pm

### Saturday Reconciliation

9:00am to 12noon

# Reflections from Our Rector



Dear People of God,

I was having dinner with my mother about five years ago, and she handed me the following prayer. Mom found this prayer in an old prayer book. How ironic. This prayer is well over forty years old but relevant today as we seek to connect the mystery of God

with our lives with the reality of growing older. Enjoy the following ... and pass it on ...

## A Prayer for Later Years

Lord, thou knowest that I am growing older.

Keep me from becoming too talkative, especially from falling into the tiresome habit of expressing an opinion on every subject. Release me from the craving to straighten out everybody's affairs. Keep my mind free from the recital of endless details. Give me wings to get to the point.

Give me grace, dear Lord, to listen to others describe their aches and pains. Help me endure the boredom with patience and keep my lips sealed, for my aches and pains are increasing in numbers and intensity, and the pleasure of discussing them is becoming sweeter as the years go by.

Teach me the glorious lesson that, occasionally, I might be mistaken. Keep me reasonably sweet. I do not wish to be a saint (saints are hard to live with), but a sour older person is the devil's work.

Make me thoughtful but not moody; helpful but not pushy; independent, yet able to accept favors that others wish to bestow on me with graciousness.

Free me of the notion that I am wiser than those who have not lived so long because I have lived a long time.

If I do not approve of some of the changes that have taken place in recent years, give me the wisdom to keep my mouth shut.

Lord knows that I would like to have a friend or two left when the end comes.

Powerful and to the point! As September becomes October, I share the following marvelous words of wisdom.

## Words Worth Noting

"I know God won't give me anything I can't handle, but I wish he didn't trust me so much."

— St. Mother Teresa

"A man is only as good as what he loves." — Saul Bellow

"We are all in the same boat in a stormy sea, and we owe each other a terrible loyalty." — G.K. Chesterton

"He who has not Christmas in his heart will never find it under a tree." — Roy L. Smith

"Let us love winter, for it is the spring of genius."

— Pietro Aretino

"There is no peace without truth." — Pope Francis

"Those who wish to sing always find a song." — Swedish Proverb

"If you think you are too small to be effective, you have never been in the dark with a mosquito." — Anonymous

And I conclude with these remarkable words ...

A man had a dream that he was talking to God, and in this dream, he asked, "God, what are some of life's lessons you want people to learn?"

God replied with a smile: "Learn that a person cannot make anyone love them. What they can do is to let themselves be loved.

Learn that what is most valuable is not what people have in their lives but who they have in their lives.

Learn that it only takes a few seconds to open profound wounds in the people we love and that it may take years to heal them.

Learn to forgive by practicing forgiveness.

Learn that some people love them dearly but do not know how to express or show their feelings.

Learn that money can buy everything but happiness.

Learn that a true friend is someone who knows everything about them and likes them anyway.

Learn that it is not always enough that others forgive them, but that they have to forgive themselves."

In an early reflective Fall mood,  
Fr. Greg

## Upcoming Events



### Sunday, October 1

Children's Faith Formation	9:00 AM
15-minute Docent tour	9:30 & 11:30 AM
Blessed Carlo Acutis Cohort-virtual	10:30 AM
15-minute Docent Express Tour	11:30 AM
Christifideles Archdiocesan Awards	2:30 PM
Young Adults Oktoberfest Fellowship Event	6:15 PM

### Monday, October 2

Knitting/Crocheting Ministry (Rector)	1:30 PM
Worship Advisory Council	6:00 PM

### Tuesday, October 3

Young Adult Men's Bible Study	7:00 PM
Young Adult Women's Bible Study	7:00 PM

### Wednesday, October 4

Novena to Our Lady of Perpetual Help	4:00 PM
Evening Mass — Red Mass	5:15 PM
Liturgy Council Meeting	7:00 PM

### Thursday, October 5

Blessings in a Backpack	9:00 AM
Thursday Morning Bible Study Group	10:15 AM

### Saturday, October 7

Confessions on the Lower Level of Cathedral	9:00 AM
Frassati Small Groups	9:00 AM

## On the Cover

### "Parable of the Two Sons" (2012) by Andrei Mironov. (b. 1975– ) Russia.

Today's parable from Matthew is part of Jesus' response to the religious establishment's question about his authority. In many ways, the parable



repeats a consistent emphasis throughout Matthew. In the parable, the difference between the two sons is that one fails to do what he says, and the other does what he fails to say. What matters is not what you hear and say but what you do (Matthew 7:21, 24). Note also how Matthew's Jesus ends this parable with multiple references to belief. Belief for Matthew is not something merely in one's head; a change of mind must involve a change in actions.

We find this emphasis on doing right not only in the mouth of Matthew's Jesus but also in the actions of Christ. Christ is praised for his coming in human form and dying on that cross, but the significance of these is set in the context of his deference to God and his generosity toward humanity—or what we do with and for others (see Matthew 25:31-46).

Source: Almanac of Pastoral Liturgy

## Contact Us

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Open Monday – Saturday 9am – 4pm

Open Sundays 9am – 2pm

**Cathedral:** 735 N. State St., Chicago, IL 60654

## Follow Us

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**Instagram:** @HolyNameCathedral

**Twitter:** @HolyNameChicago

**YouTube Channel:** Subscribe to Holy Name Cathedral

## Sign up for eGiving today!

eGiving is a secure and convenient way of giving to Holy Name Cathedral. It is eco-friendly and cost-saving. Just scan the QR code to make



your one-time, weekly, or monthly donation. If you have any questions, please contact Mary Lederer at [mlederer@holynamcathedral.org](mailto:mlederer@holynamcathedral.org) or call (312) 573-4432.

# Order of Worship

The Precious Blood will be offered only at the 10:30am Mass. We will have two stations at the front of the Cathedral near the altar. Please sit in the front two sections if you plan to receive from the cup.

## Prelude (10:30 a.m. & 12:30 p.m.)

### Adagio from 1st Symphony Op. 14

Louis Vierne

## Entrance Hymn

### No Greater Love

Worship Hymnal #698

## Gloria

### Mass of St. Ann (10:30 a.m. & 12:30 p.m.)

Ed Bolduc

### Congregational Mass (all other Masses)

Worship Hymnal #324

## First Reading

### Worship Hymnal #1184

Ezekiel 18:25-28

## Responsorial Psalm

Psalm 25:4-5, 6-7, 8-9

Remember your mercies, O Lord.

## Second Reading

Philippians 2:1-11 OR 2:1-5

## Gospel Acclamation



To all our faithful parishioners  
who give of their time, talent  
and treasure – thank you  
for your generosity.

To all of our visitors today from all  
over the country and world, know  
that your monetary gift will go toward the support of  
the mission and ministries of Holy Name Cathedral.  
Thank you for your generosity.



## Gospel

Matthew 21:28-32

## Offertory Hymn

### Send Down the Fire

Marty Haugen

## Holy, Holy

### Mass of Creation

Worship Hymnal #365

## Memorial Acclamation

### Mass of Creation

Worship Hymnal #366

## Amen

### Mass of Creation

Worship Hymnal #367

## Lamb of God

### Mass of Creation

## Communion Antiphon

Be mindful of your word, O Lord;  
this has been my comfort.

## Communion Hymn

### Draw Near

Worship Hymnal #935

## Communion Motet (10:30 a.m. & 12:30 p.m.)

### See What Love

Felix Mendelssohn-Bartholdy

## Recessional Hymn

### At the Name of Jesus

Worship Hymnal #563

## Postlude (10:30 a.m. & 12:30 p.m.)

### Carillon Op. 27

Marcel Dupré



## Catholic Illuminations

# The Synod on Synodality Begins. Now Here's What it Means

By Fr. Andy Matijevic

**T**his Wednesday, Oct. 4, the universal phase of the Synod on Synodality will officially begin in Rome. Since October 2021, the Church has been preparing for this historic meeting in Rome. To prepare for this Synod, this gathering of various members of the Church from around the world, Pope Francis laid out the groundwork. The diocesan phase was in October 2021, when parishes hosted listening sessions to hear from the faithful about the issues in the life of the Church at the foundational level. Then, the process moved to the national phase, where each country's Bishops Conference discussed the findings of the diocesan sessions, which then moved to the continental phase. The general themes were condensed into a working document and sent to the Vatican during this final preparation phase.

Synods are nothing new to the history of the Church. The word “synod” comes from Greek, meaning “to journey with.” From the earliest days of Christianity, we have walked with each other, listened, and addressed issues. It was not until the Second Vatican Council that a regular schedule of Synod gatherings was formulated. Since 1965, the Synod of Bishops has served as an advisory council to the Pope on various themes ranging from Catechesis to the Eucharist to the Family. A Synod of Bishops is held typically every three to five years. The Synod on Synodality is the 16th Ordinary General Assembly of the Synod of Bishops since 1965.

This Synod is groundbreaking in several ways. Of the 364 delegates either named by Pope Francis personally or voted by the national Bishops Conference of the country, not all are bishops. Some delegates are religious brothers and sisters, priests, and laity. And 54 are women. Even more remarkable is that all delegates will have voting power in document decisions made at the end of the Synod. Our pastor, Cardinal Blase Cupich, was appointed personally by Pope Francis and is attending the Synod



that will last for all of October.

A Synod on Synodality is crucial to the life of the Church. Pope Francis said during a September 2021 address to the faithful of Rome that “Synodality is an expression of the Church’s nature, her form, style and mission.” The Synod allows us as a Church to slow down and listen to each other. Listen to the desires of the heart, the groanings of the Spirit within us, and listen for the voices not being heard.

Pope Francis said, “The Spirit is always the protagonist of the Church’s life.” We believe the Spirit is at work in the life of the Church. And the Spirit unifies us on our common mission to share the joy of the Gospel that the Church is for all people. Jesus came to die for all and walked among us to call all people into relationship with him. The Synod is an expression of that desire, that hope, that we make room for all in the life and mission of the Church.

Everything we do as Catholics is rooted in the fundamental belief that Jesus of Nazareth is risen from the dead. We would not be the Church if that were not true. This Synod on Synodality is a crucial moment in the life of the Church to allow that message to continue to be believed and shared. As the Risen Lord stood before his Apostles the night of the Resurrection as fear filled their hearts, he said, “Peace be with you; receive the Holy Spirit.” So, too, he does with us, as he gives us a share in his Spirit to go forth and change the world by our witness.

## Join the Novena to Our Lady of Perpetual Help

The Cathedral Filipino Network (CFN) is cordially inviting you to join the praying of the Novena to Our Lady of Perpetual Help on Oct.

4, the first Wednesday of the month, at 4:00pm at the Cathedral, immediately before the 5:15pm Mass.





## HNC Ministry Fair

Thank you to all who attended our Parish Ministry Fair last weekend. It was a well-attended, fun and faith-filled day of information, engagement, and fellowship with one another over a delightful first Sunday of autumn. The Ministry Fair, which has been on hiatus for over five years, brought returning and new parishioners in our Faith Community together to acquaint themselves with more than 20 of our groups, ministries and programs that were represented. We extend a very heartfelt thank you to the many volunteers who covered all of the tables.

We are always looking for people to join us. There is a perfect opportunity awaiting you! If you could not join us last Sunday, you can still find ways to share your time and talents with us based on what sparks your interests and passions. Please scan the QR code to select one or more of the ministries and programs you are interested in. Everyone is welcome!







## Welcome to Our Children's Catechetical Team!

Children's Faith Formation at Holy Name Cathedral began on Sept. 10. This program would not be possible without our fantastic team of dedicated volunteer catechists! During the school year, they will foster the spiritual growth and development of about 60 young Catholics. Please join us in support and thanksgiving for:

- |                    |                       |                   |
|--------------------|-----------------------|-------------------|
| • Christine Knoten | • Peggy O'Brien       | • Arun Madappat   |
| • Andrea Harper    | • Julie Brennan       | • Michael Bucior  |
| • Alex Gutierrez   | • Jacqueline Martinez | • Colleen Lafeber |
| • Kathy Peagram    | • David Thompson      | • Erin Shields    |
| • Elvira Noesen    |                       |                   |

## Replica Resurrection Crosses For Sale

At Holy Name Cathedral, our Resurrection Cross is unique. Sculpted out of one piece of wood and suspended over the altar, artist Ivo Demetz created our Resurrection Cross in 1969. It is unique because Christ is not depicted in agony, but rather triumphant in glory.



Small replicas of our cross are for sale in the Rectory for \$20. We only accept cash (exact change only) and checks made payable to Holy Name Cathedral. This replica can serve as a reminder of God's unconditional love for you and of the connection to Holy Name Cathedral. Ask our ushers for more details.



**Sign up for our newsletter!**

**Weekly Rector's Update**  
(delivered to your inbox every Friday)



## A Discussion on Life Lost: Miscarriage & Stillborn

**Saturday, Oct. 14 after 5:15pm Mass**

The joy of a new life is shattered when a full-term birth is cut short. Such loss defies words and reactions by society. The tendency to move on tends to dominate our culture. We do not address the emptiness felt by the mother, who has already formed a relationship with this living person within her. There is the father whose dreams evaporate while trying to console his wife. Children may be coping with

the reality that there is no sibling now.

This discussion allows us, as Catholics, to face the social stigma of denial and listen to those who have learned to celebrate these children of God. With the guidance of the Elizabeth Ministry, we will learn how to accompany those directly affected by this loss. Scan the QR code to register online. We will meet in the Rectory after the 5:15pm Mass on Saturday, Oct. 14. Sponsored by the Celebrate Life Initiative.

# Evangelization

## The Stump of Jesse

### Discovering the Mother's Love — Part 1

By Fr. Ton Nguyen

**W**hen I was 9, my parish led a pilgrimage to Our Lady of Lavang. My mother took me with her and hoped for a miracle since the doctor could not find the reason for my persistent headaches. After a long 17-hour bus journey, we camped by the shrine with a few thousand people.

The following day, while I slept, the group left for holy water, wanting me to rest more before the long liturgy. Unfortunately, ushers woke me up, and in a half-asleep daze, I left camp, blending into the massive crowd. Panic ensued. My mother sought help from the priest to find her lost son while she scanned the crowd for any sign of me.

I still vividly recall the moment when her eyes locked onto mine in that sea of faces. She rushed toward me, arms wide open, and enveloped me in a warm, loving embrace. It



was a reunion filled with an overwhelming sense of joy and relief. At that moment, I knew just how much my mother loved me. Her relief was palpable; it felt like she would grant me anything I desired. It remains one of my most cherished and joy-

filled moments, a testament to the powerful bond between a mother and her child.

October is the month of the Holy Rosary, when we are reminded that we all share a spiritual Mother. In Mary, we see glad tidings she wants to give her children. St. Irenaeus says, “Just as the former [Eve] was led astray by the word of an angel so that she fled from God when she had transgressed His word; so did the later [Mary], by an angelic communication, receive the glad tidings that she should be the bearer of God, being obedient to His word. And if the former did disobey God, yet the latter was persuaded to be obedient to God, in order that



Our Lady of Lavang

the Virgin Mary might become the patroness of the virgin Eve.”

Beautiful. At the end of the pilgrimage, my mother did witness a miracle — I no longer experienced the unexplained headaches. She attributed this miracle to Our Lady of Lavang.

Heads-up: Buckle up for a month of Mary in my October articles! I love being a priest. JMJ.

## Hybrid Scripture Experience: God's Heart for You

**Wednesday evenings: Oct. 18, 25, Nov. 1, 8, 15 at 6:30pm**

In this 5-week in-person series, in conjunction with the Wednesday evening Bible Study group, we will explore the biblical, intertestamental story of God giving us His Heart. This story begins in the Book of Genesis and then continues through a people's forgetting of the God who loves them, the One who rescues them from slavery, time and time again.



The people can only remember who they truly are once the Word becomes flesh and gives God's Heart to the people, finally, always, and forever. The sessions will be led by Kevin, Pease, the Director of IPS Scripture School at Loyola University. Join us as we discover anew the tremendous impact, power, and responsibility God's love is for us. Sponsored by the Guy D. and Rebecca E. Brunetti Family Foundation. An online option will be available. Scan the QR code to register.



## Annual Day of Service to Focus on Issues of Homelessness

**Saturday, Oct. 21**

Join us for a fantastic day of service to our local community while getting to know more people in our Faith Community! Please consider donating your time and talents to this year's Parish Day of Service on Saturday, Oct. 21, to local nonprofits focused on serving people experiencing homelessness. We will create teams of adult and teenage parishioners to work together on Catholic special projects defined by our local partners.

We will start our Day of Service with a light breakfast and a chance to meet your teammates. After that, we will gather in the Auditorium to hear from a panel of experts who will share insights about homelessness and how we can better understand and make positive progress. Afterward, teams will branch off



and conduct various service projects at our nonprofit partners' locations, where you will learn about their mission and tackle a project to support them. Project examples include landscaping, cleaning, packing, feeding, and organizing. After completing the tasks, we will all gather at the Cathedral to share our experiences and insights.

We will finish the day with some pizza, refreshments, and fellowship.

We look forward to a tiring but fun-filled day of learning and laboring as we bring our parish into the community to serve those most needing our help. As Pope Francis says, "Through good works that we do for our neighbor with love and good cheer, our faith germinates and bears fruit."

Sign up today, use the QR code above!



## Guardian Angel Mass to Honor First Responders

**Sunday, Oct. 15 at 10:30am**

All are welcome to join this special Mass on Sunday, Oct. 15 at 10:30am in recognition of the service all First Responders offer to our city.



Fr. Dan Brandt, Chicago Police Chaplain, will be the main celebrant and homilist.

## Filling Your Spiritual Backpack: St. Teresa of Avila

**Sunday, Oct. 15, after 5:15pm Mass**

St. Teresa is one of two women bestowed with the title of "Doctor of the Church." Her life personified the mysticism of her writings, namely "The Interior Castle." We will explore the symbolism, imagery, and call to venture beyond the ordinary into the depths and joy of a relationship with Jesus Christ. Dr. Kenneth Ortega, Director of Evangelization, will lead the discussion. We will meet in the Club Room. No advance registration is necessary.



## Holy Name Cathedral Concert Series

### Johann Vexo, Choir Organist from the Cathedral of Notre-Dame, Paris Thursday, Oct. 26 at 7pm

Join us for a special evening of musical entertainment as we host the artistic talents of Johann Vexo, Choir Organist of the Cathedral of Notre Dame in Paris. Born in France, Johann’s musical talents have been influenced by the rich musical and cultural heritage of his upbringing. He is considered by some as one of the greatest French organists of our time. There is no charge to attend the concert. Please register for the event using the QR code and consider donating or being a sponsor. Sponsorship opportunities include:



Johann Vexo



**Symphony Sponsor: \$5,000**

Full page acknowledgment in the program book; recognition during the concert; listing in the program book and Holy Name Cathedral communications; reserved seating for ten in the pews or organ loft\*; invitation for ten to pre-concert reception.

**Oratorio Sponsor: \$2,500**

Half-page acknowledgment in the program book; recognition during the concert; listing in the program

book and Holy Name Cathedral communications; reserved seating for eight; and invitation for eight to pre-concert reception.

**Concerto Sponsor: \$1,000**

Quarter-page acknowledgment in the program book; listing in the program book and Holy Name Cathedral communications; reserved seating for six; and invitation for six to pre-concert reception.

**Sonata Sponsor: \$500**

Listing in the program book and Holy Name Cathedral communications; reserved seating for four; invitation for four to pre-concert reception.

**Rector’s Sponsor: \$250**

Listing in the program book and Holy Name Cathedral communications and reserved seating for two.

**Friend of Holy Name Cathedral: \$150**

Listing in the program book and Holy Name Cathedral communications.

\*Based on organ loft space availability.

## Remember Those Who Have Died on Feast of All Souls

### All Souls Day: Thursday, Nov. 2, 2023

On All Souls Day, we remember those who have gone before us and sleep in the light of Christ, especially those we loved, including our parents, grandparents, siblings, family members, and friends. Those we loved in life who have gone before us hold a special place in our hearts. It is in gratitude and reverence that we remember them.



If you would like to request a prayer intention for the Feast of All Souls, please use the QR code provided. Loved ones will be remembered in prayer by our Cathedral priests, deacons, sisters, and staff throughout the month of November. Please plan to join us for our annual All Souls Mass on Thursday, Nov. 2 at 5:15pm.



## A Little Humor from the Rector



**“If money doesn’t grow on trees,  
then why do banks have branches?”**

## Holy Name Cathedral Pillar Candle Now Available

Our new Pillar Candle is now available for everyone. This candle has an outline of our beautiful Cathedral across the front. It is approximately 9” tall.

The candle would make a wonderful gift for anniversaries, birthdays, and for your home. Our suggested donation is \$20 per candle. You can order the candle by scanning the QR code. Candles can be picked up in the Rectory after your order has been received.



## Young Adults are Invited to HNC’s Oktoberfest

**TODAY: Sunday, Oct. 1 after 5:15pm Mass**

Young adults are invited to participate the monthly event this Sunday, Oct. 1 after 5:15pm Mass in the courtyard (if weather permits) or in the Club Room.

Remember, we are the member of Christ’s Body! Get together to journey and support one another to carry Christ’s mission through our vocations on earth.

For more information about our biweekly Young Adults Ministry at Holy Name Cathedral, or to get more involved, please scan the QR code to sign up for our newsletter.



## 15-min. Cathedral Tours After 8:30am & 10:30am Masses

We have two options for weekly tours of Holy Name Cathedral. Our Docents are excited to share with you the art, architecture and history of the Cathedral.



Each week, our Cathedral Docents lead short, 15-minute express tours following the 8:30am and 10:30am Masses. Those who are interested in participating in these free tours are invited to sit in the front rows along the center aisle after Mass.



## What is a Mass Intention?

Holy Name Cathedral offers you different possibilities when you request that Mass be celebrated for a particular intention. Requesting a Mass intention means that you are asking that the grace of Christ's sacrifice in his death and resurrection be applied for a particular purpose. To request a Mass Intention, please stop by our Rectory. Any questions, call **(312) 787-8040**.

## Light a Prayer Candle

Lighting a candle for your family and friends or for a prayer is an important Catholic tradition. It would be our honor to



have one of our priests light a Cathedral Candle on your behalf. They will pray to our Lord to intercede on behalf of your personal intention. Scan the QR code to complete the form.

## Wedding Banns



- I Katarina O'Byrne & Anthony Rosetti
- II Erin Piercy & Daniel Landreman  
Courtney Dumas & Ryan Weisbeck
- III Jennie Gault & Brendan Jaquay  
Jackie Gustafson & Matt Dorsen  
Kaitlan Meyers & Tyler Ammerman  
Kathleen Killian & Patrick Whelan  
Maggie Druffel & Alex Laflamme

## In Memoriam



- Matthew Phillip Boivin,  
Nephew of Fr. John Boivin
- Ethel Zitnik
- Terry Ann Vogue; Friday, Oct. 6 — Visitation at 9:30am;  
Funeral Mass at 10:30am

## Mass Intentions

*Colored dots represent the priest's vestment color*

### ○ Monday, Oct. 2 (The Holy Guardian Angels)

- 7 AM + Bishop John R. Manz
- 8 AM + Brian Bongat, Mariano Bongat & Simeon Santos
- 12 PM + Mercedes Foley

### ● Tuesday, Oct. 3 (Weekday in Ordinary Time)

- 7 AM + Martha Maccani
- 8 AM + Cori Elisabeth Sikich
- 12 PM + Gina & Barbara

### ○ Wednesday, Oct. 4 (St. Francis of Assisi)

- 7 AM + General & Irma Palmer
- 8 AM + Ruby Amoroso Serritella & James Serritella  
+ William V. Hollo Jr.  
+ Doris Kunkle  
John Sauers  
+ Filipinas Yee Gonzagas  
+ Joseph Lemieux  
+ Brian Bongat  
+ Mariano Bongat  
+ Darryl Reade  
+ Ramona Vazquez  
+ Louis J. Nicastro
- 12 PM + Francisco Randin
- 5.15 PM + Pegi Farlow

### ○ Thursday, Oct. 5 (St. Faustina Kowalska and Blessed Francis Xavier Seelos)

- 7 AM + Kathrine McNamara
- 8 AM + Brian Bongat, Mariano Bongat & Simeon Santos
- 12 PM + Matthew Peterson

### ○ Friday, Oct. 6 (St. Bruno, Blessed Marie Rose Durocher)

- 7 AM + Michael Stetson
- 8 AM + Brian Bongat, Mariano Bongat & Simeon Santos
- 12 PM + Arthur Eugene Bloomwell  
Magana Lemus Family  
Xavier Beck-Goolsby  
+ Marie Madrzyk  
Greg Sauers  
Martha Medrano & Family  
+ Sari Antonia Correa Consolo  
+ Aurora Zavala  
+ Patricia Ruth  
+ Louis J. Nicastro

### ○ Saturday, Oct. 7 (Our Lady of the Rosary)

- 9 AM + Conrado Bacalzo

# Staff Directory

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# Peripheral Neuropathy Breakthrough!

"My feet feel like they're on fire."  
"Each step feels like I'm walking through wet paint."  
"I live in constant fear that I'll fall."  
"I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher, as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Amy Wolf, DACM, L.Ac., founder of Herb + Ohm Acupuncture & Integrative Medicine in the Chicago Loop, shares this belief. "I've been treating neuropathy in all its various forms for over 8 years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They hear or read a testimonial of another patient and say to themselves 'hey, I feel the same thing.'" Carol W. testified to this. "I remember driving to my consultation, and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again.' My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Carol would eventually hear from her daughter-in-law that Amy treats similar symptoms and offers a real solution at Herb + Ohm. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Carol's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just a part of getting older,'" shares Vanessa, a Patient Care Coordinator at Herb + Ohm. It just breaks my heart,

**but I know how much we can help people like Carol so I'm always so happy when they walk through our door."**

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by a lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die, which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Amy. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Amy able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years, which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is technology that was originally developed by NASA to expedite recovery and healing."

**"I just can't say enough about Herb + Ohm," Carol shared through tears of joy. "My grandchildren live so close by, and I struggled taking walks with them and attending their activities. I always stayed home because of the pain and discomfort. Yesterday, I attended a softball game and walked with them around the block! And next week I am going with them to the beach. I am truly living life these days."**

According to Carol's test results, she has seen a 74% improvement in pain and functionality, which is "on par with a majority of our patients,"

shares Vanessa. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Amy has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

"This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," says Amy. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine." When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles,' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options.

There is hope. **Call 312-757-1882** to schedule an initial consultation or visit [herbandohm.com](http://herbandohm.com) to read more incredible success stories.





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Oh most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me here you are my mother. Oh Holy Mary, Mother of God, queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me into my necessity. (Make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hand (three times). Say this Prayer for 3 consecutive days.

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Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the Divine gift to forgive and forget all the wrong that is done to me and you, who are in all instances of my life with me, I, in this short dialogue, I want to thank you for everything, and affirm once more that I never want to be separated from you, no matter how great the material desires might be.  
 I want to be with you and my loved ones in your perpetual glory. To that end and submitting to God's Holy will, I ask from you. (Mention your Request) Amen.  
 Say this prayer for 3 consecutive days.

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