

October 29, 2023
30th Sunday in Ordinary Time

Teacher, which commandment
in the law is the greatest?



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,

As a child, I always enjoyed Halloween. Choosing a costume and mask filled my calendar while watching the Chicago Bears on a Sunday afternoon! My earliest Halloween costume recollection was in kindergarten. I walked around the neighborhood as

Mr. Magoo — the wonderful TV cartoon character!

Halloween connects with costumes, treats — and masks. However, many of us wear a mask to cover our pain, anger, disappointment and fears the entire year. We spend much energy focusing on what we do not have — forgetting the many gifts God has blessed us with — or we cover life's hurts and pain with a mask.

We celebrate Halloween this Tuesday, All Saints' Day on Wednesday and All Souls' Day on Thursday — a day to remember all our loved ones who have gone home to God. We give thanks to all who have gone before us.

With Halloween this week, I share a reflection given to me years ago ... Read ... and pass it on. ...

Please Hear What I'm Not Saying

Don't be fooled by me. Don't be fooled by the mask I wear.

For I wear a mask; I wear a thousand masks; masks that I'm afraid to take off, and none of them are me.

Pretending is an art that is second nature to me, but don't be fooled. I give the impression that I'm secure, that all is sunny, unruffled with me, within and without; that confidence is my name and coolness is my game; that the waters are calm and that I'm in command, and I need no one. But don't believe it.

My surface may seem smooth, but my surface is my mask, my every-concealing mask. Beneath lies smugness, no complacency. Beneath dwells the real me in confusion, fear and loneliness.

But I hide this; I don't want anybody to know it. That's why I frantically create a mask to hide behind, a nonchalant, sophisticated façade to help me pretend, to shield from the glance that knows.

But such a glance is precisely my salvation, my only salvation, and I know it. That is, if acceptance follows that

glance, if it is followed by love. It's the only thing that can liberate me. I am afraid that you will think less of me, that you'll laugh, and your laugh will kill me.

I'm afraid that deep down inside I'm nothing, that I'm just no good, and that you see and reject me. So, I play my desperate, pretending games with a façade of assurance on the outside and a trembling child within.

So begins the parade of masks, the glittering but empty parade of masks and my life becomes a front. I chatter with you in surface talk. I tell you everything that's nothing, nothing that is everything, of what's crying within me.

Do not be fooled by what I'm saying while going through my routine. Listen carefully and hear what I'm not saying; what I'd like to be able to say, what for survival, I need to say, but I can't say. I dislike hiding. I dislike the superficial, phony games I'm playing. I want to be genuine, spontaneous, and me, but you must help me. You have to help me by holding out your hand, even when that's the last thing I seem to want or need.

Only you can call me into aliveness. Each time you are kind, gentle, and encouraging, each time you try to understand because you really care, my heart begins to grow wings. Very small wings. Very feeble wings, but wings. With your sensitivity and sympathy and your power of understanding. I can make it.

Only you can wipe away the blank stares of the breathing dead from my eyes. Please choose to. You alone can break down the wall behind which I tremble; you alone can remove the mask; you alone can release me from my shadow world of panic and uncertainty, from my lonely prison.

So, could you not pass me by? Please don't pass me by. It won't be easy for you. A long conviction of worthlessness builds strong walls, and there lies my only hope.

Please try to beat down those walls with firm, but with gentle hands, for a child is very sensitive, and I AM a child.

Who am I, you may wonder? I am someone you know very well. For I am every man, every woman, every child ... every human you meet.

A Blessed and Happy Halloween,
Fr. Greg

Upcoming Events



Sunday, October 29

15-minute Docent Express Tours 9:30 & 11:30 AM

Monday, October 30

Knitting/Crocheting Ministry 1:30 PM

Tuesday, October 31

Young Adults Men's Bible Study 7:00 PM

Young Adult Women's Bible Study 7:00 PM

Wednesday, November 1

Wednesday Evening Bible Study 6:30 PM

Thursday, November 2

Blessings in a Backpack 9:00 AM

Thursday Morning Bible Study Group 10:15 AM

All Souls' Mass (please bring your photos) 5:15 PM

Saturday, November 4

Confessions on the Lower Level of Cathedral 9:00 AM

Frassati Small Groups 9:00 AM

Young Adult Core-Group Retreat 11:00 AM

CFN Memorial Mass 11:00 AM

CFN Memorial Mass - Reception 12:00 PM

Sunday, November 5

15-minute Docent tour 9:30 & 11:30 AM

Blessed Carlo Acutis Cohort 10:30 AM

Blessed Carlo Acutis Cohort-Sponsor Gathering 11:00 AM

Lector Training (pre-registration required) 3:00 PM

Young Adult Monthly Fellowship Gathering 6:00 PM

On the Cover

"Last Supper of Christ," window, the National Basilica of the Sacred Heart, Brussels

When Jesus is asked about the greatest commandment, he replies with a dual commandment: love of God and love of neighbor. There is neither



opposition nor separation between these two loves, as if one must choose one over the other. One cannot have one without the other. Jesus has no problem then, loving people by understanding their need for food or by healing them on the sabbath, a day that some think should be reserved solely for loving God. The way Jesus juxtaposes these two loves as dual, and the greatest commandment implies that the violation of neighbor violates God and the commandment.

To live as imitators of the Lord is the heart of discipleship. In our journey through Matthew's Gospel, Jesus has taught us through word and action how we too are to heal, nourish, welcome, and love not only our neighbors but also our enemies, strangers, and those deemed the least by society. We are to imitate his way of compassion and love. This is the way of the cross, the way of life, and the way of the kingdom of God.

Source: The Almanac of Pastoral Liturgy 2023

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<<< **Weekly Rector's
Update (every Friday)**

**Young Adults >>>
Newsletter (bi-weekly)**



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.)

Preamble Op. 31 No. 1

Louis Vierne

Entrance Hymn

Love One Another

Worship Hymnal #693

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 #1196

Exodus 22:20-26

Responsorial Psalm

Psalm 18:2-3a, 3bc-4, 47 and 51ab

I love you, I love you, Lord, my strength.

Second Reading

1 Thessalonians 1:5c-10

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 22:15-21

Offertory Hymn

Love Is the Law That Jesus Taught

Worship Hymnal #699

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

**We shall rejoice in your salvation, and place
our pride in the name of our God.**

Communion Hymn

Ubi Caritas

Worship Hymnal #702

Communion Motet

Ave Maria (10:30 a.m. & 12:30 p.m.)

Hermann Schroeder

Recessional Hymn

Love Divine, All Loves Excelling

Worship Hymnal #642

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

Toccata and Fugue in D Minor BWV 565

Johann Sebastian Bach

Catholic Illuminations

November is Upon Us, the Month in Which We Remember

By Fr. Andy Matijevic

We frequently refer to November as the Month of Remembrance for a few reasons. First, we begin November with the celebration of the Solemnity of All Saints on Nov. 1. We remember those holy men and women who have gone before us and inspired us on our journey of discipleship, showing us holiness is possible for everyone, not a select few. We then remember our beloved dead on All Souls' Day, Nov. 2. At the end of the month, we celebrate the Solemnity of Jesus Christ, King of the Universe, a time to remember Christ's place in history – the savior of humanity. The one in whom we live and move and have our being. The One who creates us, calls us into being and back to Himself through the embrace of death.

Depending on how the dates fall on the calendar, we typically begin the season of Advent in the final days of November, but this year, we start our Advent journey on Dec. 3. Regardless of the date, Advent is a season to remember that God kept his promise of sending a savior, his Son, Jesus Christ, into the world.

As Catholics, we are a people who remember. We remember the saints and those who have died. Whenever we gather for Mass, we remember Christ's death and glorious resurrection from the dead. We remember our baptism by blessing ourselves with holy water as we enter this sacred space, and through our baptism, we remember our call to be saints. And by extension of remembering our baptism, we remember that in those waters of rebirth, we have died with Christ and have risen to glory with him, meaning, like Christ, we have defeated death. That is why at funeral liturgies, the priest sprinkles the casket with holy water and then covers the casket with a white pall, a reminder of our baptism and our victory over death.

And we remember because we profess our belief in the



communion of saints when we recite the Creed. The saints have traveled the path of discipleship with perseverance, love, and hope and are enjoying God's face for eternity. We do not know how many saints are in heaven because everyone in heaven is a saint, so we celebrate All Saints' Day and All Souls' Day. We have a call to pray for those who have died and are in purgatory, that they may soon enjoy the vision of God, and pray for us and with us as the saints do. Ultimately, everything we do in worship reminds us of God's goodness, faithfulness, and love.

All Saints' Day, Nov. 1, is a Holy Day of Obligation. Join us at any of our liturgies on Tuesday, Oct. 31, at 5:15pm or Wednesday, Nov. 1, at 7:00am, 8:00am, 12:00pm, or 5:15pm. On Thursday, Nov. 2, we will celebrate All Souls' Day with Mass at 7:00am, 8:00am, 12:00pm, or 5:15pm. At the 5:15pm Mass on Nov. 2, our talented choir will sing the Requiem Mass composed in 1947 by French composer Maurice Duruflé while we remember in a particular way those buried in the Cathedral in the past year. Let us gather during these sacred days to remember and thank God for our call to holiness and our loved ones and pray we may all enjoy the face of God for eternity.

Book of Remembrance

As we prepare to enter November, the Month of Remembrance, beginning on Nov. 1, the Book of the Dead will be available near the reliquary at the foot of the steps in front of the tabernacle, near the doors

to the courtyard, for you to inscribe the names of your loved ones who have gone before us marked with the sign of faith. Once the book is filled, we place it on the Mary altar for the remainder of the month, and a new book will be available for more names to be inscribed. This practice allows us to remember with gratitude those who have died, with the hope and faith knowing that for "God's faithful people, life is changed, not ended."



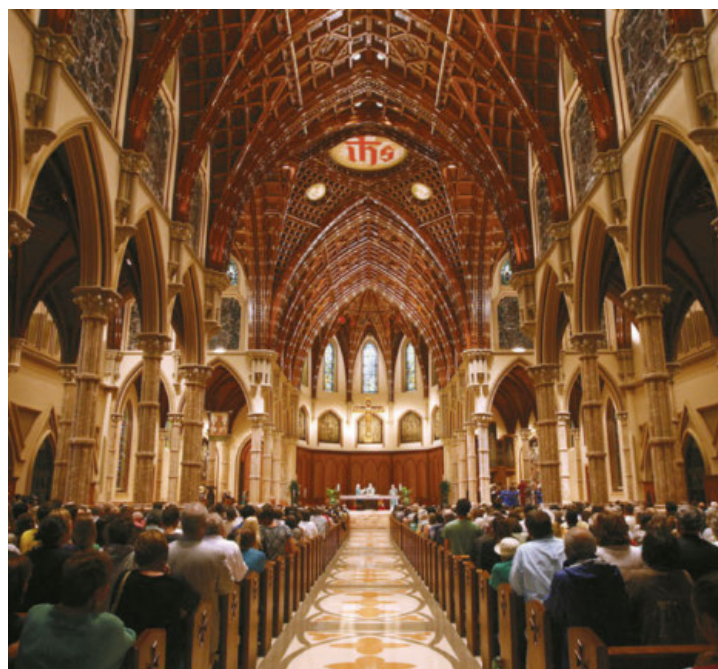
Remember Those Who Have Died on Feast of All Souls

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.



Join Our Family Mass!

Sunday, Oct. 29 at 10:30am

We hope you can join us on Sunday Oct. 29 at the 10:30am Mass at Holy Name Cathedral as we honor and appreciate all the families that contribute to our Faith through their works of service and spiritual formation of their children. Sponsored by HNC's Children's Faith Formation. Donuts and coffee will be provided after Mass!

Join the Novena to Our Lady of Perpetual Help

**Wednesday, Nov. 1 at 4pm
before 5:15pm Mass**

The Cathedral Filipino Network (CFN) is cordially inviting you to join the praying of the Novena to Our Lady of Perpetual Help on Nov. 1, the first Wednesday of the month, at 4:00pm at the Cathedral, immediately before the 5:15pm Mass.



Cathedral Tours After 8:30am & 10:30am Masses

We have two weekly tours of Holy Name Cathedral available this Sunday. 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.

The Stump of Jesse

Discovering the Mother's Love - Part IV

By Fr. Ton Nguyen

Fr. Timothy Radcliffe, Dominican Friar and former Master of the Order of Preachers, gave a reflection at the Synod on Oct. 4 on the theme, “At home in God and God at home in us... To love is to come home to someone.” This sentiment resonates with our experiences of visiting family and friends out of love, embracing their perfections and imperfections. Similarly, we relate this to how our Blessed Lord comes and dwells among us (the Incarnation), offering hope for our return to a blessed state with our heavenly Father (through Jesus’ death and resurrection).

Before the Ascension, Jesus founded one Church to continue his mission and establish unity in belief, prayer, and common life. He entrusted Church leadership to his apostles, who walked with him during his ministry. The Church’s foundation, Jesus, and its teachings, guided by Scripture and the Holy Spirit, make it one. God continues to dwell in us. One might ask, “Why isn’t the Church perfect?”

Fr. Tim referred to Carlo Carretto, who encapsulated the Church’s ambiguity, calling it his home yet not entirely



his home, revealing and concealing God. Carretto’s words express a complex relationship with the Church: “How much I must criticize you, my Church, and yet how much I love you! You have made me suffer more than anyone, and yet I owe more to you than to anyone. I would like to see you destroyed, yet I need your presence. You have given me much scandal, yet you have made me understand your holiness. No, I cannot be free of you, for I am one with you, even if not completely you. Then, too — where would I go? To build another church? But I could not build one without the same defects, for they are my defects.”

Fr. Tim invites listeners to reflect on the idea that all our homes are like Nazareth, where God dwells. He encourages us to embrace Nazareth as our model, emphasizing its simplicity, breadth, and invitation to live wherever it most benefits our neighbors. No matter where we are or what we’ve done, God is always present, as stated in Revelation 3:20: “Behold I stand at the door and knock. If you hear my voice and open the door, I will come into you and eat with you, and you with me.” Here, we witness the blessed Mother accompanying her Son and her adopted children, inspiring them to listen more attentively to God’s voice and muster the courage to say “fiat/yes” to His will. I love being a priest. JMJ



Don't Forget!

Next weekend is the time we set our clocks back one hour. Don't forget to do so Saturday night, Nov. 4, before bed!

Help Childhood Hunger: Volunteers Needed for Blessings in a Backpack

Many children will benefit from the National School Lunch Program on weekdays. But when the weekend comes, these same children are faced with food insecurity, not knowing where their next meal will come from until the Monday. Our Blessings in a Backpack program is one way to mitigate this problem by providing food for the weekend. We are serving the students of St Thomas of Canterbury School in Edgewater. We are especially looking for volunteers to help drive and pack bags and donors to help with food costs for the program. Scan the QR code for more information or to volunteer.



➡ To donate



➡ More info



HNC's Annual Day of Service

Thank you to the members of our Faith Community who gave of their time and joined us at our annual Holy Name Cathedral Day of Service. It was a productive (and tiring!) day. Thanks to the following organizations for participating in our panel discussion on homelessness and for hosting our volunteers: Street Samaritans, Union League Boys & Girls Club, the Mission of Our Lady of the Angels, Rosecrance, Covenant House, Franciscan Outreach and Catholic Charities. Special thanks to Charles Swirsky for moderating our morning panel. Thanks to everyone for their hard work!



"Do not turn your face away from anyone who is poor" — Tobin 4:7

Join our Care Package Program for World "Month" of the Poor

To recognize and address the poverty of others, Christians must become poor like the figure of Tobit from the Hebrew Bible, Pope Francis said.

Tobit, a blind and elderly man who dedicated his life to the service of others, "can show practical concern for the poor because he has personally known what it is to be poor," the pope wrote in his message for the celebration of the World Day of the Poor.

The message was published June 13, the feast of St. Anthony, patron of the poor. Christians are called to "acknowledge every poor person and every form of poverty, abandoning the indifference and the banal excuses we make to protect our illusory well-being," Pope Francis wrote. "Regardless of the color of their skin, their social standing, the place from which they came, if I myself am poor, I can recognize my brothers and sisters in need of my help."

How You Can Help

We invite you to join us for the next month as we gather items that will be distributed our many neighbors living in poverty and suffering in homelessness. Please be generous in your donations and items that we can use to create our annual Care packages for our neighbors in need. Our goal is to create 500 bags for our guests at our Th/Fri Suppers as well as those live without housing in the neighborhoods surrounding the Cathedral. You may recall this appeal in past years known as "Christmas in October" for our Th/Fri Suppers at Catholic Charities.



➡ To donate



➡ To volunteer

From Oct. 22 to Nov. 11

Please bring any of the following items to the Rectory:

- Jewel Gift Cards – please purchase \$20 cards
- New winter accessories for men and women (gloves, hats, scarves)
- Toiletries (travel sizes work great!)
- Small size OTC items (aspirin, antacids, etc.)
- Non-perishable food items that can be consumed without cooking
- Aluminum blankets

Or cash donations can be made online – just scan the QR code

Saturday, Nov. 11

We welcome everyone to join us as we pack 500 Care Packages.

It is a fun morning as we set up an assembly line and everyone moves around the Cafeteria as we pack up all of our donated items to create bags of thanksgiving for our neighbors.

Sunday, Nov. 19

We gather on the Pope's designated Day of the Poor at the 10:30am Mass where all our volunteers will receive a special blessing. Then we head over to the Cafeteria to grab handfuls of the bags packed on Nov. 11 and go into our many streets to share these items with our neighbors in need as winter days approach.

To volunteer for either (or both) Nov. 11 & 19, please scan the QR code.



Holy Name Cathedral

Rector's Annual Appeal



Dear People of God,

For the past seven years, I have had the honor and privilege to serve as your Rector. I have witnessed the profound faith of parishioners and visitors. I am humbled by the number of people who step forward to serve in ministry, performing acts of love and mercy for those in need. I am energized by those who answer the call to discipleship, leading others to a deeper understanding of Jesus Christ. I am profoundly grateful to all those who support our Cathedral and, in turn, experience the joy of giving.

This past year, because of your generosity, we built a thriving Young Adult Ministry, celebrated daily, weekend, and special liturgies, including those that honored our first responders, healthcare professionals, and lawyers, as well as healing Masses, anniversary Masses, and



ordination Masses. We cultivated the faith of children and adults with Bible study, religious education, and sacramental preparation. We responded to the basic human needs of others, providing food for those who

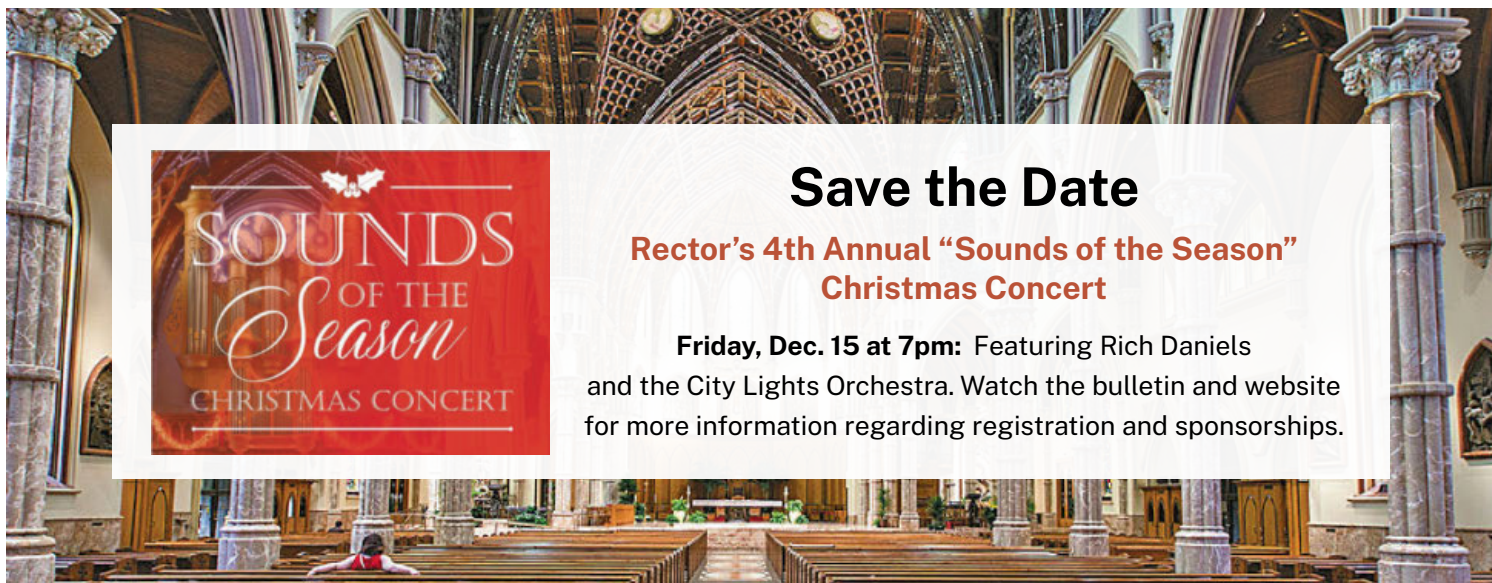
are hungry, clothing for those who are cold, and pastoral care for those who are sick and dying.


I humbly ask you to consider supporting the mission and ministries of Holy Name Cathedral with a gift to the Rector's Annual Appeal. In the coming year, we will continue to grow our ministries as well as develop an immigration ministry to address the diverse and spiritual needs of our neighbors, create a bereavement ministry for those who are dealing with loss and grief, and invest in campus improvements of our historic Cathedral.

I need your help. Holy Name Cathedral is completely self-funded. We do not receive funding from the Archdiocese and rely on the generosity of our parishioners, visitors, and friends to support our mission and ministries to fulfill our vision: A World in Communion with Jesus Christ. Thank you for your generous heart.

With heartfelt gratitude,
Fr. Greg

P.S. To make your gift to the Rector's Annual Appeal, please use the QR code, or you can find response cards and return envelopes in the back of the Cathedral.





Save the Date

Rector's 4th Annual "Sounds of the Season" Christmas Concert

Friday, Dec. 15 at 7pm: Featuring Rich Daniels and the City Lights Orchestra. Watch the bulletin and website for more information regarding registration and sponsorships.

A Little Humor from the Rector



**“Last night, I got a little tipsy.
When I walked across the dance
floor to get another drink,
I won the dance contest!”**

First Friday Club of Chicago
Please Join Us For Lunch

Friday, November 3rd | 12 Noon
Union League Club | 65 West Jackson Blvd, Chicago



Barbara Gaines & Rick Kogan
Founder of Chicago Shakespeare Theater Tribune Columnist, Author & WGN Radio Show Host

A Conversation Between Two Good Friends
Barbara Gaines, Chicago theater pioneer and Rick Kogan, author and radio personality will discuss post-covid challenges facing the arts in Chicago and why institutions like Chicago Shakespeare Theater must remain relevant for all ages.

For more information, go to firstfridayclubchicago.org

Upcoming Young Adult Monthly Gatherings

Sunday, Nov. 5 after 5:15pm Mass in Club Room

Join us for a talk, food and fellowship on Sunday, Nov. 5 after the 5:15pm Mass in the Club Room. Listen to speaker Dr. Scott Moringiello on “How to be happy according to the early Christians.” Dr. Moringiello is an associate professor at DePaul University in their Catholic Studies Department. The focus of his research and teachings are on the early Christians and how they understood love (agape) as constitutive of their identity and their interpretation of Scripture.



Scott Moringiello

SAVE THE DATE - Young Adult Christmas Party

Sunday, December 10 after 5:15pm Mass in the Club Room (using the Courtyard Entrance).

Welcome! Make Holy Name Your Cathedral.



We are delighted to welcome you to Mass today, whether you are visiting or looking for a parish to join. Through your presence and active participation, we can offer rich, spiritual renewal every day. Our Faith Community is very diverse, composed of people like you. Our hope is that your experience today encourages you to join our community. There are many ways to get involved. Join one of our ministries or attend an event featured in today's bulletin. Or become a member of our Faith Community — all are welcome! Just scan the QR code to register as a new parishioner.



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, for example, for a deceased person or a living person who is ill or in thanksgiving for a favor received.

At Holy Name Cathedral, we celebrate single-intention Masses as well as gathered-intention Masses (Wednesdays at 8:00am and Fridays at 12pm). To request a Mass Intention, please stop by our Rectory during business hours. Any questions, call the Rectory (312) 787-8040.

Light a Prayer Candle



Lighting a candle for your family and friends or for a personal prayer is an important Catholic tradition. We know many of you may not be able to come into the Cathedral to light the candle yourself. It would be our honor to have one of our resident 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 request form.



Wedding Banns



- II Lincy Joseph & David William
- III Abigail Susko & Adam Wasserman
Jane Patzke & Justin Erb
Mallory Przybylinski & Johnny Banchemo
Daniela Robles & Anthony Contreras

Mass Intentions

Colored dots represent the priest's vestment color

Week of Oct. 30 to Nov. 4

● Monday, Oct. 30 (Weekday in Ordinary Time)

- 7 AM + Joann Stewart
- 8 AM + Vicente Velarde Sr.
- 12 PM + Harry Kinowski

● Tuesday, Oct. 31 (Weekday in Ordinary Time)

- 7 AM + Jon Mark Stanford
- 8 AM + Edmond Confino, M.D.
- 12 PM + Alan Manfra

○ Wednesday, Nov. 1 (All Saints' Day)

No Mass Intentions

● Thursday, Nov. 2 (The Commemoration of All the Faithful Departed/All Souls' Day)

No Mass Intentions

○ Friday, Nov. 3 (Saint Martin de Porres, Religious)

- 7 AM + Jon Mark Stanford
- 8 AM + Anthony Wierer
- 12 PM + William V. Hollo Jr.
+ Sara Straney
+ Marie Madrzyk
Martha Medrano & Family
+ Louis J. Nicastro
+ Carol Crispo
Nora Daley
Sue Rourke
+ Patrick Flemming
+ Sol Soriada Solis

○ Saturday, Nov. 4 (Saint Charles Borromeo, Bishop)

- 9 AM + Ken Khuans

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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 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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