



Transfiguration Parish

**“Lord, It is wonderful
for us to be here...”**

—Matthew 17:4

Stick together. Love each other, and together: look to Jesus in prayer.



Parish Mission Statement

We are people
called to build a
Catholic Faith
Community by
seeking Christ
and *sharing* His
Gospel through
Prayer,
Education,
Service and
Social Activities.



MAILING ADDRESS

316 West Mill Street
Wauconda, Illinois 60084-1890

TRANSFIGURATION PARISH

Website: www.transfigurationwauconda.com

—Phone: (847) 526—2400 —Fax: (847) 526—2961

E-mail: parish@transfigurationwauconda.com

—Kathleen Blaszk, Secretary Ext. 245

—Isaura Morales, Receptionist Ext. 221

OFFICE HOURS:

Monday and Thursday: 9:00am—8:00 pm

Tuesday, Wednesday and Friday: 9:00am—5:00pm

CLERGY

Rev. Juan Pablo Avila Ibarra, Pastor

—E-mail: rev.japi78@gmail.com

Rev. Pawel Adamus, Associate

—E-mail: pawel84a@gmail.com

Mr. Rev. Feliks Pezowicz

Mr. Rev. Jose Mancilla

LITURGY DEPARTMENT

Chris O'Brien, Director of Liturgy & Music Ministry

—Ext. 225

—E-mail: chrisobrientransfig@gmail.com

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—E-mail: kmichaels58@gmail.com

Francisco Lazaro, Spanish Choir Director

—Phone (224) 678—1582

Adam Wozniak, Polish Organist

STEWARDSHIP DEPARTMENT

Camie Kwasigroch, Business Manager —Ext. 234

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PARISH BULLETIN

Theresa Hart, Bulletin Editor—Ext. 223

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—E-mail: ckwas@transfigurationwauconda.com

PASTORAL COUNCIL: Ed Francis McGinty, Chair

—E-mail: pastoralcouncil@transfigurationwauconda.com

EVANGELIZATION COMMISSION:

Vicki Peloquin, Chair — Suzanne Martinez, Co-Chair

—E-mail: TBC

LATINO MINISTRY COMMISSION: Israel Santiago, Chair

—E-mail: TBC

POLISH MINISTRY COMMISSION: Adam Brak, Chair

—E-mail: TBC

YOUTH MINISTRY: Tom Healy, Coordinator

—E-mail: healyt@hotmail.com

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TRANSFIGURATION SCHOOL OF RELIGION

—Phone: (847) 526—6400

—Mary Gebelhoff, DRE Ext. 239

—Theresa Hart, RE Secretary Ext. 238

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FRASSATI CATHOLIC ACADEMY

Elementary & Middle School

Website: frassaticatholicacademy.org

Phone: (847) 526—6311 —Fax: (847) 526—4637

—Tammy Kleckner, Principal Ext. 500

tkleckner@frassaticatholicacademy.org

MASS TIMES

HORARIO DE MISAS

GODZINY MSZY ŚW.

SUNDAY LITURGIES

Saturday: —5:00pm (*English*)

—6:30pm (*Español*)

Sunday: —7:30am (*English*)

—9:00am (*English*)

—11:00am (*English*)

—12:30pm (*Po Polsku*)

WEEKDAY LITURGIES

8:00am (*English*) Mo, Tue, Th, Fri, Sat

* Wednesday at 9:00am (school months only)

HOLY DAY OF OBLIGATION

Mass of Anticipation:

—7:00pm (*Español*)

Holy Day:

—8:00am (*English*)

—10:00am (*English*)

(school months only)

—6:30pm (*English*)

—8:00pm (*Po Polsku*)

Memorial Day & Thanksgiving

—9:00am (*English*)

School Masses (school months only)

Wednesday at 9:00am (Elementary School) — Friday at 2:00pm (Middle School)

READINGS & MASS INTENTIONS OF THE WEEK

INTENCIONES Y LECTURAS DE LA SEMANA

MSZE ŚW. W TYGODNIU

Monday, August 13—Weekday ✧ Ez 1:2-5,24-28c / Mt 17:22-27

8:00 am Those in Law Enforcement

Tuesday, August 14—St. Maximilian Kolbe, Priest & Martyr

✧ Ez 2:8—3:4 / Mt 18:1-5,10,12-14

8:00 am †Robert Olechny

7:00 pm †The Souls in Purgatory

Wednesday, August 15—The Assumption of the Blessed Virgin Mary

✧ Rv 11:19a; 12:1-6a, 10ab / 1 Cor 15:20-27 / Lk 1:39-56

8:00 am †Cindy Dioguardi

6:30 pm The Unborn & Fragile Elderly

8:00 pm The Spiritual Well Being of Our Parish

Thursday, August 16—Weekday ✧ Ez 12:1-12 / Mt 18:21—19:1

8:00 am Leaders of Foreign Nations

Friday, August 17—Weekday ✧ Ez 16:1-15,60,63 / Mt 19:3-12

8:00 am †Richard Richford (Birthday Remembrance)

Saturday, August 18—Weekday ✧ Ez 18:1-10,13b, 30-32 / Mt 19:13-15

8:00 am All Students Who Are Returning to School This Fall

Twentieth Sunday in Ordinary Time ✧ Prv 9:1-6 / Eph 5:15-20 / Jn 6:51-58

5:00 pm †Pesz & Davis Families

†Jay F. Brooks (12th Anniversary of Passing)

6:30 pm The People of Our Parish

7:30 am †Frank Lahrman

†Keith Francke

9:00 am †Angela Underberg

11:00 am †Lou & Theresa Solimini

†William & Celia Deuerling (Anniversary of Death)

12:30 pm Josette & Feliks Pezowicz (50th Wedding Anniversary)

†Frank & Barbara Galecki

Prayer List for the sick

OREMOS POR LOS ENFERMOS

MODLITWA ZA CHORYCH

Joye Adams ▪ Leonardo Alaniz ▪ Beth & Tim Armstrong ▪ Familia Bautista ▪ Candy Bergeron ▪ Baby Bentley Bernota ▪ Dick Bolger ▪ Charles Buntentbach ▪ Carol Calcitrai ▪ Bryan Calhoun ▪ Roberto Campa ▪ Maria Mireya Cervantes ▪ Peggy & Tony Chrusciel ▪ Constance Cotsiomitis ▪ Susan Cunningham ▪ Patsy Daniels ▪ Peter Davis ▪ Margaret Dehne ▪ Mary C. Dennehy ▪ Ann Dunk ▪ Sheila Dunn ▪ Phyllis Finnegan ▪ Bill Foley ▪ Vera Foley ▪ Helen Fritz ▪ Jose Francisco Garcia ▪ Martha Garcia ▪ Rose Gilligan ▪ Janie Glaser ▪ Anne Guzi ▪ Christian Henke ▪ Jennifer Hicks ▪ Crystal Hoff ▪ Desiree Hoff ▪ Dorothy Hoff ▪ Glenna Holcomb ▪ Helen Jakubek ▪ John James Kapcia ▪ Steven Keller ▪ Linda Korona ▪ Michael Krolczyk ▪ Donna Lesczynski ▪ Susan Liberio ▪ Leslie Mahn ▪ Deann Meagher ▪ Ed McGinty ▪ Enrique Moreno ▪ James Murphy ▪ Ron Murphy ▪ Lynn Napoli ▪ Aurelia Ortega ▪ Pablo Paniagua ▪ Georgia Pastirik ▪ Dc. Feliks Pezowicz ▪ Alicia Picaz ▪ Baby Joseph Pimentel ▪ Rae Poklenkowski ▪ Cathy Polnau ▪ Ponthieux & Sicotte Families ▪ Sharon Powderly ▪ Dorothy Race ▪ Audrey Raclaw ▪ LaVerne Richards ▪ Jim, Sue & Ron Rosaves ▪ James Rubino Sr. ▪ Mary Ann Rubino ▪ Sylvia Rosaves Russell ▪ Dave Ryman ▪ Char Schafer ▪ Gary Scherer ▪ Ken Scherer ▪ Sandy Schraml ▪ Mary Schuman ▪ Stacy Scott ▪ Segovia Rivera Family ▪ Raquel Solache ▪ Lou Speciale ▪ Ed & Jan Stepek ▪ Marge Thompson ▪ Peter Tortorice ▪ Catalina Solis Villanueva ▪ Daisy Walters ▪ Paul Wasno ▪ Alba Wolk ▪ Eileen Wood ▪ Dee Zimmermann & Family ▪ Rick Zimmermann ▪ All in Service to our Country and for all who are in detention centers.

Pray for the Newly Baptized

RECIEN BAUTIZADOS

Let's welcome the newly baptized to our parish!

AUGUST 4, 2018

JULISSA SALGADO

Daughter of Raymond and Malu

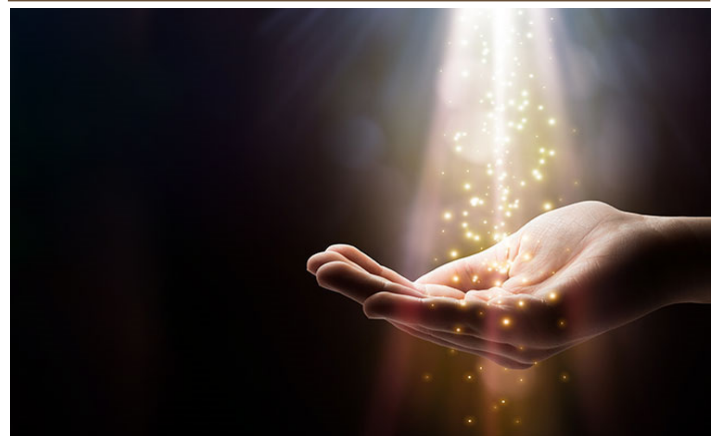
&

MARIO RECENDEZ

Son of Joaquin and Lucia

You are now God's children...

1John 3:1



Wedding Banns

AMONESTACIONES

ZAPOWIEDZI PRZEDŚLUBNE

'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'

Matthew 19:5

Cristine Nicole Sidlowski

&

Charles Warren Roberts (III)

So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Matthew 19:6



**NINETEENTH SUNDAY
IN ORDINARY TIME
LITURGY OF THE WORD**

READING I —1KGS 19:4-8

Elijah went a day's journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death saying: "This is enough, O LORD! Take my life, for I am no better than my fathers." He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and ordered, "Get up and eat, else the journey will be too long for you!" He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

PSALM No. 34: Taste and See

READING II —EPH 4:30—5:2

Brothers and sisters: Do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ. So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

GOSPEL

—JN 6:41-51

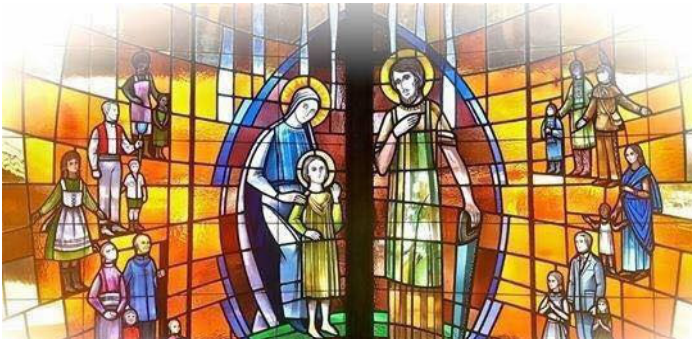
The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: *They shall all be taught by God.* Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

SUNDAY MASS INTENTIONS

General Intention

- 5:00 pm** — The People of Our Parish
- 6:30 pm** — Those with Addictions and Their Families
- 7:30 am** — †Elaine McElroy
Peter Tortorice
- 9:00 am** — Vocations & Pope Francis Intentions
- 11:00 am** — †Theresa Solimini
Loretta & Ed Makar
- 12:30 pm** — Josette & Feliks Pezowicz
(50th Wedding Anniversary)

MASS INTENTIONS: Daily Mass Intentions are available for parishioners who would like their intentions to be remembered at Mass. Intentions are available for those who have died or for someone who is living. Stop by the Parish Office or call us to obtain a date and time.



Stick together. Love each other, and together: Look to Jesus in Prayer.

JESUS EMPOWERS US TO LIVE THE KIND OF LIFE THAT SAINT PAUL PUTS BEFORE US IN THIS MORNING'S SECOND READING, A LIFE OF LOVE ESSENTIALLY.

We all do our fair share of complaining, and sometimes with good reason. We complain about the weather a great deal. We complain about all kinds of things. If we are not careful we can find ourselves complaining about nothing in particular, just complaining. We can easily get ourselves into a very negative frame of mind. We see the problems but we see nothing else. We fail to see the bigger picture which will nearly always have brighter shades in it. Our vision can be restricted to what is wrong or missing or lacking.

The gospel reading opens with the Jews complaining to each other about Jesus. As far as they were concerned, he was a problem, and they could not see beyond the problem. They had always known him as the son of Joseph, the carpenter from Nazareth; they knew his family and his mother. Yet, here he was claiming to be the bread that came down from heaven. They were scandalized that one of their own could make such claims for himself. Their response to Jesus was to complain about him. Complaining on its own is rarely an adequate response to anything or anyone; it is certainly not an adequate response to the person of Jesus.

In the gospel reading, Jesus calls for a very different kind of response. He speaks of this response initially as coming to him. To come to Jesus is the first step on the way to faith. In the first chapter of John's gospel, when Jesus meets the disciples of John the Baptist for the first time he says to them, 'Come and see'. They came, they saw, and eventually they went on to believe in him. Jesus' call to come to him is given even to those who already believe. He calls those who believe to come closer to him so as to believe more fully, more deeply. As followers of Jesus, we spend our whole lives coming to him. We never fully arrive to him in this life; we never fully grasp him, either with our minds or with our hearts. We are always on the way towards him. No matter where we are on our faith journey, the Lord keeps calling on us to come.

THE HEART OF THE MATTER: TIME FOR REFLECTION AND SPIRITUAL GROWTH

In the future when you're dealing with life's inconveniences (and you will), there really are only two options that make any rational sense:

1. Do something about the issue—and in the extremely rare instances where you can't, then...
2. Vent and let it go.

Complaining incessantly to anyone who will listen to us—while simultaneously wallowing in the negativity for an indefinite period of time, without any desire or interest in solving the issue, can no longer be an option.

- Instead of complaining, we can choose **resiliency**.
- Instead of complaining, we can choose thoughts and words that will lead us toward a solution, instead of keeping us stuck in the problem.
- Instead of complaining, we can choose to **raise the energy in the room and not drain it**.
- Instead of complaining, we can choose to **remember all of the blessings that we have**.
- Most of all, instead of complaining, we can **learn the skill of happiness**.

The gospel reading opens with the Jews complaining to each other about Jesus. Jesus calls for a very different kind of response.

This Week at Transfiguration

CALENDARIO SEMANAL

KALENDARZ TYGODNIOWY

Sunday, August 12

- 8:00 am KoC Blood Drive—OC
- 8:00 am AA Meeting (closed)—YH
- 2:30 pm Spanish Baptisms—CH
- 3:30 pm Spanish Altar Server Training—CH

Monday, August 13

- 6:30 am Journeymen Prayer Group—MR1
- 8:30 am Confessions—CH
- 6:00 pm LOTW Faith Sharing—Sp. Min. Ofc
- 7:00 pm Spanish Prayer Group—CH
- 7:00 pm RCIA (Precat) - MR1

Tuesday, August 14

- 8:30 am Confessions—CH
- 6:30 pm Ladies Bunco Night—OC
- 7:00 pm Communications Team Meeting—MR1
- 7:00 pm Spanish Mass of Anticipation:
Assumption of the Blessed Virgin Mary-CH
- 7:30 pm Fall Festival Planning—MR3
- 7:30 pm AA Meeting (closed) - YH

Wednesday, August 15—The Assumption of the Blessed Virgin Mary

- 8:00 am English Mass: Holy Day of Obligation
- 6:30 pm Quinceañera Classes—Sp. Min. Ofc
- 6:30 pm Youth Ministry—YH
- 6:30 pm English Mass: Holy Day of Obligation
- 8:00 pm Polish Mass: Holy Day of Obligation

Thursday, August 16

- 8:30 am Confessions—CH
- 6:00 pm Weight Watchers—MR1,2
- 6:00 pm Rosary Making—Sp. Min. Ofc
- 7:00 pm Choir & Cantor Rehearsal—CH
- 7:00 pm LOTW Planning Evangelization—MR3
- 8:00 pm KoC Planning Meeting—OC

Friday, August 17

- 5:00 pm Wedding Rehearsal—CH
- 6:00 pm Mandolin & Guitar Rehearsal—CH
- 7:00 pm Coro Hispano—CH
- 7:00 pm Spanish Youth Group—Café

Saturday, August 18

- 8:30 am Confessions—CH
- 9:00 am LOTW Small Group Faith Sharing—YH
- 11:00 am Carpenter's Crafters Ministry—OC
- 1:30 pm Wedding: Sidlowski & Roberts—CH
- 6:30 pm Spanish Baptism after Mass

Parish Announcements

ANNUNCIOS PARROQUIALES

OGŁOSZENIA PARAFIALNE

1. WE'RE LOOKING FOR SPONSOR'S

Our "Hometown Wauconda Fall Fest" is our parish's only fundraiser. A fantastic way to support your parish and get your name or your company name front and center on a banner, is to be a sponsor for the adult beverage tent. Eight to ten, \$100 sponsors will reduce cost and generate much needed profit. Please contact Camie Kwasigroch at ckwas@transfigurationwauconda.com or the parish office at 847-526-2400 x234 to become a sponsor. Thank you in advance for your support!

2. ADULT CHOIR

Do you know that when you sing, you are praying twice? We encourage you to share your voice and join our Sunday morning adult choir. No special skills are required. Rehearsals are on Thursdays at 7pm in the church. We will have news about the formation of the children's choir for you soon.

3. NEW PARISH WEBSITE

We are excited to announce that Transfiguration Parish has launched the updated website. Please be sure to visit our site at: www.transfigurationwauconda.com to check out the new information and format. If you have feedback to relay, please email Jeanne Blair at: communicationsministry@transfigurationwauconda.com.

4. LADIES BUNCO NIGHT

Women over age 21 are invited to join us for Bunco on August 14 in the Old White Church. Doors open at 6:30 pm - games at 7:00 pm. Donation request of \$5.00. Please bring a snack or beverage to share. RSVP either on the Transfiguration Facebook page or call the office: 847-526-2400. Be sure to bring a friend!

5. BLOOD DRIVE

The Knights of Columbus are sponsoring a Blood Drive on August 12 from 8am-1pm in the Old White Church. Schedule an appointment by calling LifeSource at 877-543-3968 or online at lifesource.org and use group code 1207.

6. RELIGIOUS EDUCATION REGISTRATION DEADLINE

Registration for the School of Religion is due no later than August 15. Registration forms are available on our website and in our offices.

7. SECOND COLLECTION NEXT WEEK

Fr. vanThanh Nguyen, SVD will be with us next weekend to speak about the many ministries of his religious community: the Divine Word Missionaries. Please be generous in the second collection to help support their missionary work.

8. FRASSATI CATHOLIC ACADEMY

The Frassati Catholic Academy Wauconda Campus office is open Monday - Friday 7:30 am - 3:30 pm. School is back in session on August 20. No parking on the school side of Mill Street will be enforced beginning that date. The Wednesday morning mass time will change to 9:00 am beginning August 22. Keep our school and religious education students, faculty and volunteers in your prayers as they prepare to begin our next academic year.

Operations

7

STEWARDSHIP

*SOMOS DISCIPULOS COMPROMETIDOS
DZIELENIE SIĘ DARAMI*

"Get up and eat, else the journey will be too long for you!" - 1 Kings 19:7

Jesus knows that our stewardship journey will be difficult; we are not designed to do it on our own. Fortunately, Jesus gave us the greatest gift of all – the gift of the Eucharist; His own body and blood. When we join our sacrifices with the sacrifice of the Mass, we find the strength and courage to be His joyful disciples.

"¡Levántate y come, de lo contrario el viaje será demasiado largo para ti!" - 1 Reyes 19:7

Jesús sabe que nuestro viaje de corresponsabilidad será difícil; no estamos diseñados para hacerlo por nuestra propia cuenta. Afortunadamente, Jesús nos dio el mayor regalo de todos: el don de la Eucaristía; Su propio cuerpo y sangre. Cuando unimos nuestros sacrificios con el sacrificio de la Misa, encontramos la fuerza y el valor para ser Sus discípulos alegres.

**REMEMBER US IN YOUR
WILL**

Help God's mission live on...

For more information please call Camie Kwasigroch,
Business Manager at (847) 526—2400 Ext. 234

WEEKLY OFFERING

*OFRENDA SEMANAL
OFIARA TYGODNIOWA*

SUNDAY, JULY 29, 2018

YEAR-TO-DATE BUDGET	THIS YEAR
Presupuesto Anual: Budżet na Ten Rok:	\$ (3,023.37)
SUNDAY COLLECTION:	
Ofrenda Dominical: Niedzielnna Ofiara:	\$ 7,918.85
GIVECENTRAL (37 Contributors)	
Ofrenda Dominical Electronica: GiveCentral Ofiara:	\$ 1,015.00
THIS WEEK LAST YEAR:	
Ofrenda Dominical hace un Año: Ten Sam Tydzień Zeszły Rok:	\$ 9,823.35
NO. OF ENVELOPES THIS YEAR	
Sobres usados este Año: Liczba Kopert Ten Rok:	198
NO. OF ENVELOPES LAST YEAR	
Sobres usados hace un Año: Liczba Kopert Zeszły Rok:	268

Sign up for online giving at



for your weekly offertory and other donations!

HomeTown Wauconda Fall Festival

FRIDAY & SATURDAY

September 14, 2018
6pm - 11pm

September 15, 2018
2pm - 11pm

Doors Open
6pm

Food Court
6pm - 10pm

Adult Beer Pong Tournament
6pm - 9pm

Kids Games & Bounce House
6pm - 8pm

Teens Wheel of Cards
7pm - 9pm

"Cinful" Band
7pm - 11pm



Doors Open
2pm

Silent Auction/
Basket Raffle
2pm - 7pm

Food Court
2pm - 10pm

Kids Games & Bounce House
2pm - 7pm

BINGO
3pm - 7pm

Teens Wheel of Cards
7pm - 9pm

Adult Beer Pong Tournament
7pm - 10pm

"Ethan Bell" Band
7pm - 11pm



Festivities held on
Transfiguration Parish Grounds
348 W Mill St., Wauconda, IL

AUG 15

Assumption of the Blessed Virgin Mary
—Holy Day of Obligation—

AUGUST 14

MASS OF ANTICIPATION

— En Español a las 7:00pm

AUGUST 15

—English at 8:00am and 6:30pm

—Po polsku — 8:00pm

SEP 6-9

NOS VISITA LA VIRGEN DE SAN JUAN DE LOS LAGOS, JAL.

THE IMAGE OF OUR LADY OF SAN JUAN IS VISITING OUR PARISH
SAVE THE DATE.

September 6—9, 2018

More information to come...

SEP 14-15

HOMETOWN WAUCONDA FALL FEST
at Transfiguration Church

SAVE THE DATE.

LIVING OUR FAITH MORE LIVELY!
September 14—15, 2018

More information to come...

SEP 16

FIESTAS PATRIAS
LATINO HEARITAGE DAY

SAVE THE DATE.

Sunday, September 16, 2018

More information to come...

SAVE THE DATE !!!

October 19 -22, 2018

LIGHT OF THE WORLD RETREAT



**OPEN YOUR HEART –
HEAR THE HOLY SPIRIT !!!**

3 Ways to **Stick to Your Diet**

Starting a diet can be like having a New Year's resolution. We're excited in the beginning. We're filled with the best intentions. And we feel ready to face any challenges that come our way. But, like most **New Year's resolutions**, we're often unable to stick with our diet long enough to make it a lifelong habit. Why? Because of three simple mistakes we make at the start: we're unrealistic, we start too big, and we don't surround ourselves with support. If we correct those three errors, we can be well on our way to a successful diet and long-term health. Here's how . . .

1. BE REALISTIC

Most people begin a diet with completely unrealistic expectations. For example, let's say you love to snack. You rarely eat large meals, but during the day you're constantly snacking on candy, chips, crackers, chocolate . . . You name it, and you love to snack on it! The realistic person recognizes that about themselves, doesn't ignore it, and replaces their stash of snacks with healthy items they like. The unrealistic person tries to break two habits at the same time: they attempt to eliminate unhealthy snacks and the habit of snacking! That is a recipe for failure. Being realistic also extends to the types of food you eat. If you love sandwiches or really enjoy eating dessert after dinner, don't try to eliminate sandwiches or dessert cold turkey. Instead, **start by inserting healthy substitutes into your routine** until you are ready to take on changing your eating patterns, too. It's important to note though that by realistic I do not mean pessimistic. If you really need to lose twenty-five pounds, don't shoot for five just because you have a low opinion of yourself. Instead, take an honest assessment of your current eating habits, and apply a diet that can actually work for you.

2. START SLOW

The people who succeed in their diet and reach their goals are the **people who make steady progress** over time, as opposed to those who try to take massive action quickly. Here's what I mean. Let's say you get a physical at the doctor's office, and your doctor shares with you that your weight is becoming an issue for your health. He recommends you lose between twenty-five and thirty pounds. Most people's immediate reaction is to try to lose all of that weight immediately. They tell themselves, "All I need to do is **eat really healthy** and exercise every day for the next ninety days, and I'll be fine."

This type of thinking almost always leads to failure. Why? Two reasons. First, your body is not ready for massive action. It's not ready to go from working out once or twice a month to five times a week. It's not ready to go from drinking eight Cokes a day to none. But it is ready to start working out once a week. And it is ready to drink one less Coke a day every week over the next eight weeks. **Trying to do too much too quickly, it will more than likely result in setbacks and discouragement.** Secondly, if you're being honest with yourself, ninety days from now you don't just want to be at a healthy weight living a healthy lifestyle. You want to be healthy from this day forward. That means looking at the changes you make, not as temporary, but as the building block toward a newer, healthier you. Taking an approach of incremental progress allows you to make the long-term change you truly want.

3. SURROUND YOURSELF WITH SUPPORT

One of the hardest things about dieting is dealing with how the people around you react to it. Your friends and loved ones are used to a specific version of you, and they may not like the change you are trying to make. While you and your friend may love spending Friday nights on the couch eating a tub of ice cream while watching a marathon of Gilmore Girls, going on a diet may mean you can only say yes to the hanging out and the marathon—not to the tub of ice cream. Believe it or not, how your friend reacts to this new reality will have a significant impact on your success. Friends will either make your lifestyle change easier or harder. They will either encourage you or become an obstacle. But know this: if your "friend" does in fact make your diet more difficult, they may no longer deserve the title friend. Anyone or anything that does not help you become the best-version-of-yourself is too small for you.

Surround yourself, especially early on in the diet, with people who flood your life with encouragement.

Being realistic, starting slow, and surrounding yourself with support are three great ways to make sure your diet doesn't end up like last year's New Year's resolution, but instead is the start of a **healthier you.**

AUTHOR
JACK BEERS

10 Ministries and Programs

What is **RCIA**

RCIA prepares unbaptized adults for Baptism and for other sacraments of initiation, i.e., Confirmation and Eucharist, to be in full communion with the Church.

RCIA is also for adults who have been baptized but have not completed their sacraments of initiation.

RCIA is for anyone who would like to learn more about their Catholic faith.

The journey begins in September and continues through May each Sunday after 9:00 a.m. Mass (10:00 a.m. to 12:00 p.m.) in the Parish Offices.

Anyone interested in learning more about the Catholic faith is welcome to contact the Transfiguration School of Religion (847) 526-6400 or Vicki Peloquin at (847) 997-7350.

Parishioners...prayerfully consider becoming part of the RCIA Team as a sponsor, catechist, or to assist with hospitality. Call Vicki Peloquin (847) 997-7350 if you are interested.



Hospital Schedule

Monday, August 13
Kathy Baggio & Barb Skaggs

Monday, August 20
Dolores Brumm & Anne Munter



Sacristan Committee

LITURGY

August 13 to August 20
Joellen Gaschler & Priscilla Padavic

August 20 to August 27
Jennifer Monday

RESPECT LIFE NEWS -- SPIRITUAL ADOPTION

"Before I formed you in the womb
I knew you...
before you were born
I consecrated you"

Jeremiah 1:4-10

We ask that you spiritually adopt an unborn child. This is done by praying for one particular, but unknown child; that he or she is allowed the gift of life.

Respect Life Spiritually Adopted Baby Week 21

Please pray that our baby, who is not yet born, will receive the gift of Life. As we follow our unborn baby to birth, this is what's going on in the womb during week 21.

"Before I formed you in the womb I knew you...before you were born I consecrated you..." Jeremiah 1:4-10

Please pray that our baby, who is not yet born, will receive the gift of Life. As we follow our unborn baby to birth, this is what's going on in the womb during week 21.

"I've been sleeping and dreaming about my family. While I was asleep, more of the 'vernix' (the sticky coating that covers my skin) has been busy completely covering me. That coating will keep my skin protected, but also will help my body stay slick for the delivery process. That will certainly be a tough day for Mom and me, but I can't wait for it to come! Thank you for praying for me. God is watching over me."

Jesus, Mary and Joseph, I love you very much.

I beg you to spare the life of the unborn baby
whom I have spiritually adopted who is in danger of abortion.

For more info on Respect Life Ministry, call Mary Ann Fijalkiewicz, 847-526-7101

THE
MIRACLE
OF LIFE



SCHOOL OF RELIGION

CATECISMO

KATECHEZA

Who Would WANT to be a Catechist?



Featuring: KEVIN BROWN

We are sitting in church when our parish DRE, Kathy Rymut comes to the podium and says Religious Ed needs catechists. My wonderful wife, Sue, starts elbowing me in the ribs. Now, we had just finished more than 10 years of scouting. I didn't need more to do. You want ME to teach religion? Do you even know me? I "agreed" to try it. Today, more than then, I believe it is needed. Our churches and our whole world are in a storm of electronically fueled disorder. Our kids, and ourselves, are constantly fed this racial tension, self-centeredness and intolerance. So much anger.....During this storm you can abandon ship with busyness or grab an oar and help pull through it. We can tell, and show them, that real life is full of love, hope and right judgement. They **NEED** this strength. They need to be assured that the peace and promise of Jesus is **REAL**. Teaching the kids "love one another" does not entail special training. Just you and your faith in God. Helping them learn our faith, so as to make moral, honest decisions as they grow. If they ask a question that you can't remember or don't know the answer, you find out the answer and we all learn. We are serving around 500 kids at this time. We need help. I have been teaching 7th and 8th grade for 13 years. I absolutely love it and them. The students are at an age where they ask important questions and give real honest thought about our faith. When these kids find themselves in need of real strength in life, YOU will have showed the real path. Not the "reality" path. Yes, Jesus calms the sea....but until then, you can throw them a life ring.

The School of Religion is very grateful to Kevin Brown and our many catechists and aides for their service. It takes many hands and a great deal of faith to bring Jesus Christ to our children. Won't you consider being a part of God's team? Please pray on it and call Mary at 847-526-6400 x239 for more information.



CALLING ALL ALUMNI

Did you attend Santa Maria del Popolo School?

Did you attend St. Mary School?

Did you attend Transfiguration Catholic School?

WE ARE LOOKING FOR YOU!

Frassati Catholic Academy is proud to be have the continued support of Santa Maria, St. Mary and Transfiguration. We want to show our appreciation by connecting with our legacy school alumni.

Complete the below information, tear out and place it in the collection basket.

Name: _____

Name in School: _____

School Attended: _____

Years Attended: _____

Email: _____

Address: _____

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12

Opportunities to Serve



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Saint Vincent de Paul MINISTRY



WE NEED YOU!!!

Are you looking for a way to put your Faith in Action? Do you wonder if you might be cut out for "showing mercy", but don't know how? Do you have one to three hours per month? You can put your Faith in Action by becoming involved with St. Vincent de Paul. Please call our number to learn more from one of our associates, attend a meeting as an inquiring guest or go to www.svdpusa.org. If you hear a tiny voice deep inside urging you to "do something", consider joining St. Vincent de Paul at Transfiguration parish.

We look forward to welcoming YOU!
Call Parish Office at 847-526-2400 ext. 222.

NEW LITURGY MINISTRY OPPORTUNITIES – TRANSFIGURATION PARISH

Are you looking to get more involved in the Liturgy of our Parish Community?

Do you enjoy reading stories, chatting to people, working with children, praying in song or sharing your talents to lift up others spirit?

Are you passionate in building God's kingdom in our Parish Community?

IF THIS SOUNDS LIKE YOU THE LITURGY COMMISSION OF TRANSFIGURATION NEEDS YOU!

—CALL THE OFFICE FOR MORE
INFORMATION—

MINISTERS OF CARE



Caring for one another...

Our church is a family and we consider our community a part of that family. We strive to care for and encourage those both within and beyond our walls. Our care ministry brings the Eucharist to our people to hospital, nursing homes and family homes. By taking some time to extend a helping hand we can show God's love and we assure our interest in their welfare and spiritual life.

Have a desire to help care for your neighbor?

Contact **Jim Fijalkiewicz: (847) 526-7101** or
Ellen Sherwin: (847) 254-4782 to see how
you can help out.



Home Town Wauconda Fall Festival NEEDS YOU!!

We are in need of items for our Raffle and Silent Auction! We could use items to put in our Grill Lover, Dog Lover, Family Game Night, Family Movie Night, Spa, or Camping Lover baskets!!

If you have an idea or would like to donate your own basket or have something fun for our Silent Auction, just let us know!

Please contact Sam Kwasigroch
at skwas4fallfest@gmail.com

Sacraments & Devotions 13



CHURCH SACRAMENTS

BAPTISMS & WEDDINGS RESERVATION Please call our office

Para Bautismos y Matrimonios llamar a las Oficinas

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RECONCILIATION

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MONDAY, TUESDAY, THURSDAY AND SATURDAY
- After morning mass from 8:30 to 9:00am (English)

WEDNESDAY—MIERCOLES—ŚRODA
- 6:30pm to 7:30pm (English, Español i po polsku)

FIRST FRIDAY of the month from 6:30 pm to 7:30 pm
— in English i po polsku

By **APPOINTMENT** call Parish Office (847) 526—2400 and ask for one of our PRIESTS.

ANOINTING OF THE SICK

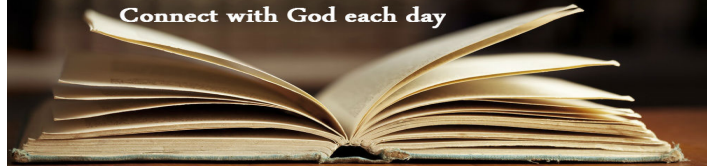
Unción de los Enfermos
Namaszczenie Chorych

— **First Saturday of the Month — 8am Mass**
1er Sábado del mes
1sza sobota miesiąca

By **APPOINTMENT** call Parish Office (847) 526—2400 and ask for one of our PRIESTS.

DAILY DEVOTIONAL

Connect with God each day



Holy Rosary

Every day after Morning Mass

Divine Mercy Chaplet

Every day after Morning Mass

Santo Rosario

Lunes a las 7:00pm
En la Casita Blanca

Holy Hour

WEDNESDAYS —6:30pm to 8:30pm

HORA SANTA

— LOS MIERCOLES DE 7:00pm a 8:00pm

ŚWIĘTA GODZINA

— w każdą środę od 7:00pm do 8:00pm

Adoración Nocturna

Sábado 25 de AGOSTO

ADORACION: (SAT) 8:30PM to (SUN) 5:30AM

MISA: 5:45AM

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GREAT PRODUCT - 62% of households keep the church bulletin the entire week as reference.

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Pastoral Council



Help us all to grow and fulfill God's mission at Transfiguration Parish.

For suggestions, complaints or proposals, please contacts.

pastoralcouncil@transfigurationwauconda.com

Saint Vincent de Paul MINISTRY

24/7—365 HELP



Wauconda or Island Lake residents seeking assistance can call (847) 526—2400 Ext.222, and leave a message in the Parish voicemail box. The ministry member on call will respond when messages are retrieved.

MINISTERS OF CARE

Caring for one another...

To request us to bring Holy Communion for homebound family member, please call Jim Fijalkiewicz at (847) 526-7101



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815-459-6190 **Al-Anon** or **Al-Ateen**
847-249-4450 **A Safe Place**, Domestic Violence Crisis Line

Next week's mass ministers August 18 & 19, 2018

Thank you for ministering at our weekly worship. Your attentive participation enhances the celebration for everyone.

PRESIDER, DEACON, Host Ministers	Cup Ministers	Altar Servers	Greeter, Lector, Commentator & Music Ministry
5:00 pm English Language Mass		SATURDAY	
FR: PAWEL MISSIONARY <u>Barbara Bechtel</u> <u>Marilyn Downes</u> Volunteer Needed	Ellen Sherwin Volunteer Needed Volunteer Needed Volunteer Needed	Mason Gomez Jack Glasnovich Kasey Kruger	G: Volunteer Needed Volunteer Needed L: John Mills
6:30 pm Spanish Language Mass			
FR: DIEGO <u>Yuliana Perez</u> <u>Roberto Hernandez</u> Agustina Mancilla	DC: JOSE Juan Mancilla Esther Reyes Javier Reyes		L1: Cristy Lopez Ps: Cristy Lopez L2: Alfonso Alonso Petitions: Dc. Jose
7:30 am English Language Mass		SUNDAY	
MISSIONARY <u>Monica Glavey</u> <u>Rick Glavey</u> David Jakubek	Mary Bray Tina Jakubek Dave Jakubek Christine Efflandt	Max Chamberlin Volunteer Needed	G: Barbara Ford Barbara Zonca L: Harold Bray
9:00 am English Language Mass			
FR: PAWEL <u>Karen Lazaro</u> <u>Paula Watson</u> Britany Ortiz	Ken Michaels Vincent Lazaro Jesse Ortiz Marina Ortiz	Andrea Lazaro Jonah Lazaro Eddy Gonzalez	G: Volunteer Needed Volunteer Needed L1: Debbie Aylward L2: Mary Ann Fijalkiewicz
11:00 am English Language Mass			
MISSIONARY John Wallor Jill Ryan Volunteer Needed	Mary Schwartz Nancy Slupski Beata Dempsey Jeanne Blair	Addie Dempsey Noah Kovarik	G: Volunteer Needed Volunteer Needed L: Marty Napoli
12:30 pm Polish Language Mass			
FR. PAWEL DC. FELIKS	Josette Pezowicz Teresa Dolecka		C: Zofia Decowska L1: Piotr Wierzbicki L2: Adam Brak

(NM) Denotes New Minister (may need assistance)

Name **Bold**—Denotes Captain

Name Underlined - Denotes Minister requested to assist in purification of vessels after mass.