

Fifteenth Sunday in Ordinary Time

July 14, 2019



Transfiguration Feast Day

**Mass on the Grass**

**Sunday, August 4, 2019**

**Holy Mass at 11:00am**

**at the Wauconda Park District**

**Cook Park Gazebo**

**600 Main Street**

Bring a Dessert or Salad to pass.  
Fr. Juan cooking Burgers and Dogs for all.

**NO MASS AT 10:00 AM AND  
12:30PM**

**+ SPIRIT Strong since 1841 +**

## MAILING ADDRESS

316 West Mill Street  
Wauconda, Illinois 60084-1890

## TRANSFIGURATION PARISH

Website: [www.transfigurationwauconda.com](http://www.transfigurationwauconda.com)

—Phone: (847) 526—2400 —Fax: (847) 526—2961  
E-mail: [parish@transfigurationwauconda.com](mailto:parish@transfigurationwauconda.com)  
—Kathleen Blaszkak, Secretary Ext. 245

### OFFICE HOURS:

Monday through Friday:  
9:00am—Noon and 1:00—5:00 pm  
Office is closed during lunch hour

### CLERGY

Rev. Juan Pablo Avila Ibarra, Pastor  
—E-mail: [javila@archchicago.org](mailto:javila@archchicago.org)

Mr. Rev. Feliks Pezowicz  
Mr. Rev. Jose Mancilla  
Mr. Rev. Christopher Fisher

### LITURGY DEPARTMENT

Chris O'Brien, Director of Liturgy & Music Ministry  
—Ext. 225  
—E-mail: [chrisobrientransfig@gmail.com](mailto:chrisobrientransfig@gmail.com)  
Kenneth Michaels, Liturgy Administrative Assistant  
—E-mail: [kmichaels58@gmail.com](mailto:kmichaels58@gmail.com)  
Francisco Lazaro, Spanish Choir Director  
—Phone (224) 678—1582  
Adam Wozniak, Polish Organist

### STEWARDSHIP DEPARTMENT

Camie Kwasigroch, Business Manager —Ext. 234  
—E-mail: [ckwas@transfigurationwauconda.com](mailto:ckwas@transfigurationwauconda.com)

### PARISH BULLETIN

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—E-mail: [bulletin@transfigurationwauconda.com](mailto:bulletin@transfigurationwauconda.com)

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—Email: [ckwas@transfigurationwauconda.com](mailto:ckwas@transfigurationwauconda.com)

**PASTORAL COUNCIL:** Ed Francis McGinty, Chair  
—Email: [pastoralcouncil@transfigurationwauconda.com](mailto:pastoralcouncil@transfigurationwauconda.com)

### EVANGELIZATION COMMISSION:

Vicki Peloquin, Chair — Suzanne Martinez, Co-Chair  
—Email: [evangelization@transfigurationwauconda.com](mailto:evangelization@transfigurationwauconda.com)

**LATINO MINISTRY COMMISSION:** Israel Santiago, Chair  
—Email: [latinoministry@transfigurationwauconda.com](mailto:latinoministry@transfigurationwauconda.com)

**POLISH MINISTRY COMMISSION:** Adam Brak, Chair  
—Email: [polishministry@transfigurationwauconda.com](mailto:polishministry@transfigurationwauconda.com)

**YOUTH MINISTRY:** Tom Healy, Coordinator  
—Email: [healyt@hotmail.com](mailto:healyt@hotmail.com)

**ANNULMENT SUPPORT:** Mrs. Josette Pezowicz  
—Email: [josettenfeliks@comcast.net](mailto:josettenfeliks@comcast.net)

### TRANSFIGURATION SCHOOL OF RELIGION

—Phone: (847) 526—6400 Ext: 238 & Ext 239  
—Mary Gebelhoff, DRE  
—Becky Porter, RE Secretary  
—Yuliana Perez, RE Secretary  
—E-mail: [RelEd@transfigurationwauconda.com](mailto:RelEd@transfigurationwauconda.com)

### FRASSATI CATHOLIC ACADEMY Elementary & Middle School

Website: [frassaticatholicacademy.org](http://frassaticatholicacademy.org)  
Phone: (847) 526—6311 Ext. 500 & Ext 501  
Fax: (847) 526—4637  
—Tammy Kleckner, Principal  
[tkleckner@frassaticatholicacademy.org](mailto:tkleckner@frassaticatholicacademy.org)

## MASS TIMES

### HORARIO DE MISAS

### GODZINY MSZY ŚW.

#### SUNDAY LITURGIES

**Saturday:** —4:00pm (*English*)  
—6:00pm (*Español*)  
**Sunday:** —8:00am (*English*)  
—10:00am (*English*)  
—12:30pm (*Po Polsku*)

#### WEEKDAY LITURGIES

8:00am (*English*) Tue\*, Wed, Thu\*, Fri  
\* NO HOMILY

#### HOLY COMMUNION SERVICE

8:00am (*English*) Mon, Sat

#### HOLY DAY OF OBLIGATION

##### Mass of Anticipation:

—7:00pm (*Español*)

##### Holy Day:

—8:00am (*English*)  
—10:00am (*English*)  
(school months only)  
—7:00pm (*English*)

##### Memorial Day & Thanksgiving

—9:00am (*English*)

#### School Masses (school months only)

Thursday at 9:15am (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, July 15—St. Bonaventure

✠ Ex 1:8-14, 22 / Mt 10:34-11:1

#### Tuesday, July 16—Our Lady of Mt. Carmel

✠ Ex 2:1-15a / Mt 11:20-24

8:00 am †Clement R. Zierke/Paul and Kay Houlihan

†George F. Mueller, Sr.

#### Wednesday, July 17

✠ Ex 3:1-6, 9-12 / Mt 11:25-27

8:00 am †Clement R. Zierke/†George F. Mueller, Sr.

#### Thursday, July 18—St. Camillus de Lellis

✠ Ex 3:13-20 / Mt 11:28-30

8:00 am †Clement R. Zierke/†George F. Mueller, Sr.

†Patrick Gaughan/†The souls in purgatory

#### Friday, July 19—Weekday

✠ Ex 11:10-12, 14 / Mt 12:1-8

8:00 am †Clement R. Zierke/†George F. Mueller, Sr.

#### Saturday, July 20—St. Apollinaris

✠ Ex 12:37-42 / Mt 12:14-21

#### Sunday, July 21—Sixteenth Sunday in Ordinary Time

✠ Gn 18:1-10 / Col 1:24-28/Lk 10:38-42

4:00 pm †June Liptak/Evan Beck/LT

6:00 pm Catholics Coming Home

8:00 am †Theresa Solimini

10:00 am †Clement R. Zierke/†Robert Dembski

†Mario Bertolani/†Hayley Marie Sprow

†William Eunson

12:30 pm Those experiencing natural disasters

## Prayer List for the sick

*OREMOS POR LOS ENFERMOS*

*MODLITWA ZA CHORYCH*

Vanessa Bahena ▪ Michael Badagliaccio ▪ Dennis Bechtel ▪ Mitchell Bienkowski ▪ Helen Blair ▪ Tony Bogdanowski ▪ Charles Buntenbach ▪ Carol Calcitrai ▪ Peggy & Tony Chrusciel ▪ Constance Cotsiomitis ▪ Lillian D'Angelo ▪ Patsy Daniels ▪ Peter Davis & Family ▪ Valerie Davis ▪ Katy DeGross ▪ Mary C. Dennehy ▪ Tim Dorsey ▪ Phyllis Finnegan ▪ Bill & Vera Foley ▪ Helen Fritz ▪ Joanne Galus ▪ Rose Gilligan ▪ Woody Glaser ▪ Maria Grimm ▪ Karen Groos ▪ Kimberly Gross ▪ Jeff Haiduke ▪ Phyllis Heck ▪ Christian Henke ▪ Crystal Hoff ▪ Desiree Hoff ▪ Dorothy Hoff ▪ Kim Ingwersen ▪ Helen Jakubek ▪ Melinda and Mario Kalas ▪ John James Kapcia ▪ Linda Korona ▪ Michael Krolczyk ▪ Donna Lesczynski ▪ Rose Liberio ▪ Susan Liberio ▪ Maria Concepcion Lopez ▪ Karen Luebbers ▪ Christopher Mamoser ▪ Don Martel ▪ Linda McCarrin ▪ Brian McGinty ▪ Ed McGinty ▪ Michelle Meindle ▪ Haydee Morin ▪ Jose L. Munoz ▪ Lynn Napoli ▪ Mary Jane Niles ▪ Lynn Norum ▪ Bill Opsal ▪ Pablo Paniagua ▪ Georgia Pastirik ▪ Dc. Feliks Pezowicz ▪ Katie Piper ▪ Rae Poklenkowski ▪ Cathy Polnau ▪ Sharon Powderly ▪ Dorothy Race ▪ Audrey Raclaw ▪ Ramirez Family ▪ LaVerne Richards ▪ Sue & Ron Rosaves ▪ James Rubino, Sr. ▪ Mary Ann Rubino ▪ Jay Schafer ▪ Gary Scherer ▪ Ken Scherer ▪ Bill Scholla ▪ Ellen Sherwin ▪ Donald Staats ▪ Mickey Stahl ▪ Ed & Jan Stepek ▪ Thomas Taylor ▪ Diane Thelen ▪ James Tomlinson ▪ Ita Torres ▪ Peter Tortorice ▪ Daisy Walters ▪ Gerald Walters, Jr. ▪ Wayne Weller ▪ John Wilson ▪ Dee Wolf ▪ Eileen Wood ▪ Tom Yacullo ▪ Barbara Zimmerman ▪ 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*

*NOWO OCHRZCZENI*

**Let's welcome the newly baptized to our parish!**

JULY 6, 2019

**Alexander Lechuga DeLaCruz**

Son of José & Maria

**Aylani Vazquez Galvan**

Son of José & Maria

**Ximena Elianna Varela**

Daughter of Emilio & Kimberly

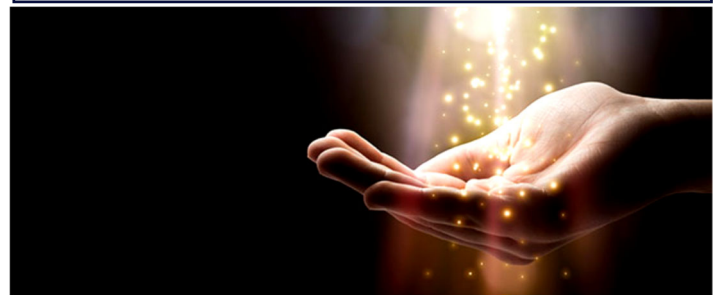
JULY 7, 2019

**Sandra Mae Odenbach**

Daughter of Nathan & Caryn

**You are now God's children...**

1John 3:1



## Pray for the Faithful Departed

*OREMOS POR LOS DIFUNTOS*

*MÓDLMY SIĘ ZA TYCH CO ODESZLI*

**"Come, you who are blessed by my father, says the Lord, inherit the kingdom prepared for you from the foundation of the world."**

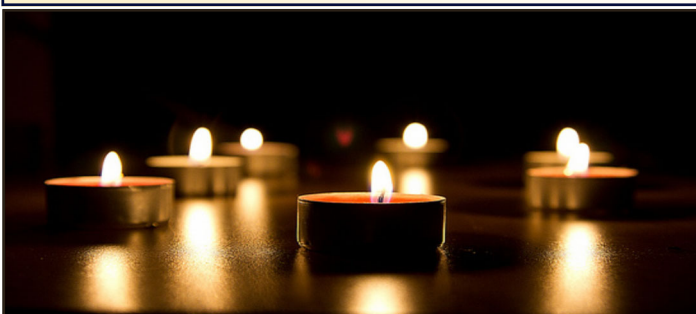
**George Mueller, Sr., Gerald Niemo, David Castetter**

**Eternal Rest Grant Unto Them, O Lord.**

And Let Perpetual Light Shine Upon Them.

**May their souls and the souls of the faithful departed, rest in peace.**

AMEN



**FIFTEENTH SUNDAY  
IN ORDINARY TIME**

**LITURGY OF THE WORD**

**READING I — DT 30:10-14**

Moses said to the people:

"If only you would heed the voice of the LORD, your God, and keep his commandments and statutes that are written in this book of the law, when you return to the LORD, your God, with all your heart and all your soul.

"For this command that I enjoin on you today is not too mysterious and remote for you. It is not up in the sky, that you should say, 'Who will go up in the sky to get it for us and tell us of it, that we may carry it out?' Nor is it across the sea, that you should say, 'Who will cross the sea to get it for us and tell us of it, that we may carry it out?' No, it is something very near to you, already in your mouths and in your hearts; you have only to carry it out."

**READING II — COL 1:15-20**

Christ Jesus is the image of the invisible God, the firstborn of all creation. For in him were created all things in heaven and on earth, the visible and the invisible, whether thrones or dominions or principalities or powers; all things were created through him and for him. He is before all things, and in him all things hold together. He is the head of the body, the church. He is the beginning, the firstborn from the dead, that in all things he himself might be preeminent. For in him all the fullness was pleased to dwell, and through him to reconcile all things for him, making peace by the blood of his cross through him, whether those on earth or those in heaven.

**GOSPEL — LK 10:25-37**

There was a scholar of the law who stood up to test Jesus and said, "Teacher, what must I do to inherit eternal life?" Jesus said to him, "What is written in the law? How do you read it?" He said in reply, "*You shall love the Lord, your God, with all your heart, with all your*

*being, with all your strength, and with all your mind, and your neighbor as yourself.*" He replied to him, "You have answered correctly; do this and you will live."

But because he wished to justify himself, he said to Jesus, "And who is my neighbor?" Jesus replied, "A man fell victim to robbers as he went down from Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead. A priest happened to be going down that road, but when he saw him, he passed by on the opposite side. Likewise a Levite came to the place, and when he saw him, he passed by on the opposite side. But a Samaritan traveler who came upon him was moved with compassion at the sight. He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn, and cared for him. The next day he took out two silver coins and gave them to the innkeeper with the instruction, 'Take care of him. If you spend more than what I have given you, I shall repay you on my way back.' Which of these three, in your opinion, was neighbor to the robbers' victim?" He answered, "The one who treated him with mercy." Jesus said to him, "Go and do likewise."

**SUNDAY MASS INTENTIONS**

**General Intention**

• **For the Clergy and People of Transfiguration**

- 4:00 pm** — †Dc. Francis P. McGann  
**6:00 pm** — †Charles Krupp  
**8:00 am** — †Clement R. Zierke  
**10:00 am** — †Shirley Johnstone  
 †Bud Quick  
**12:30 pm** — †Genevieve Roney

**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.

All announcements must be submitted to the bulletin for publication 10 days prior to the bulletin date.

Email to: [bulletin@transfigurationwauconda.com](mailto:bulletin@transfigurationwauconda.com)

Please submit requests to speak at Mass one month in advance. All requests will be approved by the Pastor.



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

## WE OWE GOD OUR FULL-HEARTED "YES."

Today's Scriptures present us with a challenge: to live out our Christian lives wholeheartedly, to love God with everything that is in us, and to put aside our own comfort and ease in the service of our neighbor – especially at the moment we see our neighbor in need.

In the first reading, Moses presents us with this deep challenge as he tells his fellow Israelites to return to God *with all your heart and all your soul, listening to God and obeying God's commands. In the Gospel, the scholar seems to understand this demand when he tells Jesus that the way to eternal life is to love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.*

This is a tall order, and it calls on us to examine our conscience. It asks us to think about all that we do each day, and ask ourselves whether or not we are indeed loving God and neighbor absolutely and completely. We might consider how we give this love in the midst of our busy lives, when we have children to take care of, jobs that call on much of our attention each day, and responsibilities to our friends and our community.

One way to do this is through love and service to our neighbor – especially at difficult and

inconvenient times. That was certainly the case in Jesus' parable in the Gospel. The Samaritan probably had his own plans for the day as he walked along the road. Yet the moment he saw the robbers' victim lying on the road, severely injured, he dropped his plans and responded. He showed incredible care for this stranger, his neighbor, even changing his plans to return the next day to ensure that this neighbor was looked after.

This great love for God and neighbor is a "simple" command that we all know can at times be difficult to follow. Moses reminds us that God's law is written within our hearts. All we need is to listen to God as he speaks within our hearts, and respond fully to what we are told to do at each individual moment. This could mean praise and adoration of God – or responding to the immediate situation: calling a friend whose mother died, listening to a child's tale of woe or helping the stranger at our door.

As we approach the altar, let us pray for open, loving hearts and minds, ready to respond immediately out of total love for God to whatever is demanded of us at each moment.

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

1. What must I do to inherit eternal life? What am I actually doing to inherit it?
2. What is written in the law? What does the Bible say about it?
3. How do you read it? Are my actions showing my love to God and my neighbors?
4. Who is my neighbor?

**"JESUS SAID TO HIM, GO AND DO  
LIKEWISE."**

**This Week at Transfiguration**

CALENDARIO SEMANAL

KALENDARZ TYGODNIOWY

**Sunday, July 14**

- 8:00 am AA Meeting (closed)—YH  
 2:30 pm Spanish Language Group Baptisms—CH  
 3:30 pm Spanish Altar Server Training—CH

**Monday, July 15**

- 6:30 am Journeymen Prayer Group—MR1  
 6:00 pm LOTW Faith Sharing—Spa. Min. Ofc  
 7:00 pm Spanish Prayer Group—CH

**Tuesday, July 16**

- 8:30 am Confessions—CH  
 10:00 am Staff meeting—**Office closed 45 minutes**  
 7:00 pm Polish Bible Study—OWC

**Wednesday, July 17**

- 6:30 pm Quinceañera Classes-Spanish Ministry Ofc.  
 6:30 pm Confessions (E/S)—CH  
 6:30 pm Youth Ministry—Youth House  
 7:00 pm Silent Holy Hour—CH

**Thursday, July 18**

- 8:30 am Confessions—CH  
 6:00 pm Rosary Making—Spanish Ministry Office  
 6:00 pm Weight Watchers—MR 1 & 3  
 7:00 pm Knights of Columbus—OWC  
 7:00 pm Cantor Rehearsal—CH

**Friday, July 19**

- 8:30 am Confessions—CH  
 6:00 pm Mandolin & Guitar Rehearsal—CH  
 7:00 pm Escuela de la Cruz (men)—Spa. Min. Ofc  
 7:00 pm Coro Hispano—CH  
 7:00 pm Spanish Youth Group—Youth House

**Saturday, July 20**

- 9:00 am Light of the World Faith Sharing-Youth Hse  
 11:00 am Carpenter's Crafters—OWC  
 12:00 pm Quinceañera: Gabriela Gonzalez—CH  
 2:30 pm Quinceañera: Kailyn Diaz—CH

**Parish Announcements**

ANNUNCIOS PARROQUIALES

OGŁOSZENIA PARAFIALNE

**PARISH OFFICE POSITION**

Transfiguration Parish office is looking for a part-time (25 hours per week) secretary. Duties will include assistant to the pastor, process new parishioner census forms, maintaining/updating Parish Data Systems, coordinating the content of the parish bulletin, website and social media. A minimum of a high school degree and some secretarial experience is required. Computer skills and knowledge of Microsoft Office products and other software and social media is a must. A complete understanding of the importance of confidentiality of church records and conversations, dependability, accountability and the ability to multi-task is essential. The candidate should also be fluent in both English and Spanish. Please send your resume to Camie Kwasigroch, Business Manager at [ckwas@transfigurationwauconda.com](mailto:ckwas@transfigurationwauconda.com).

**OFFICE HOURS**

Effective immediately—the Parish Offices will be open Monday—Friday from 9 am—noon and 1 pm—5 pm. The office will be closed during the lunch hour. Evening hours have been suspended.

School of Religion office hours during July are by appointment—call 847-526-6400 x 239 in advance. Frassati Catholic Academy office will be open Tuesday-Thursday from 8 am to 2:30 pm. Please schedule accordingly.

**BULLETIN DEADLINES**

With the reduction of office staff, we request your assistance with getting articles for the bulletin submitted as early as possible. The general guideline is 10 days prior to the publication date.

**MASS INTENTION TIME REVISIONS**

Mass intentions that have been requested for Saturday 5:00 pm mass will be moved to 4:00 pm and 6:30 pm to 6:00 pm. Sunday intentions for 7:30 am have been moved to 8:00 am, 9:00 am and 11:00 am to 10:00 am. Please contact the parish office if you have any questions.

**Prime Day is July 15 & 16**

Shop epic deals at [smile.amazon.com](https://smile.amazon.com)  
and Amazon donates.

amazonsmile

## STEWARDSHIP

*SOMOS DISCIPULOS COMPROMETIDOS  
DZIELENIE SIĘ DARAMI*

**"JESUS SAID TO HIM, 'GO AND DO LIKEWISE.'"**

*LUKE 10:37*

This was Jesus' command at the end of the Good Samaritan story. Did you know that the Samaritans and Jews despised each other. The moral of the story is to love our neighbor. That means loving someone you may not know or someone that looks different than you or someone that you don't like. All without expecting anything in return.

**"JESÚS LE DIJO: VE Y HAZ LO MISMO."**

*LUCAS 10:37*

Este fue el mandato de Jesús al final de la historia del buen samaritano. ¿Sabías que los samaritanos y los judíos se despreciaban mutuamente? La moraleja de la historia es amar a nuestro prójimo. Eso significa amar a alguien que quizás no conozcas o alguien que se ve diferente a ti o a alguien que no te gusta. Todo sin esperar nada a cambio.

**Sign up for online giving at**



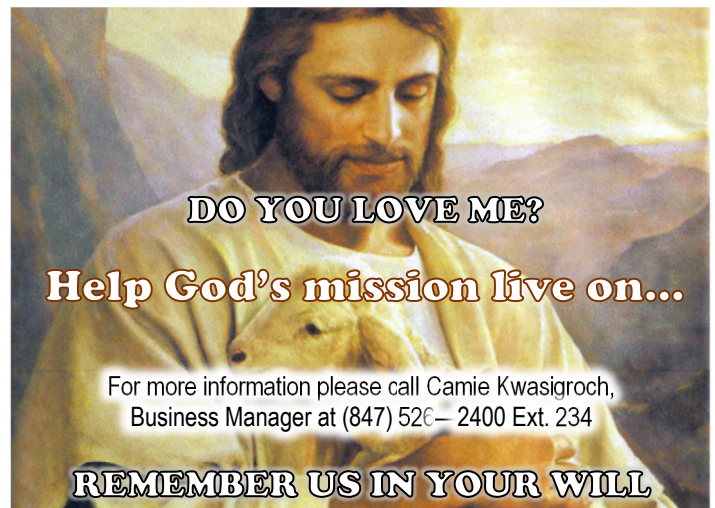
**for your weekly offertory and other donations!**

## WEEKLY OFFERING

*OFRENDA SEMANAL  
OFIARA TYGODNIOWA*

**SUNDAY, JULY 7, 2019**

YEAR-TO-DATE BUDGET	THIS YEAR
Presupuesto Anual: Budżet na Ten Rok:	\$ 326.07
<b>SUNDAY COLLECTION:</b>	
Ofrenda Dominical: Niedzielną Ofiara:	\$ 8,374.07
<b>GIVECENTRAL (51 Contributors)</b>	
Ofrenda Dominical Electronica: GiveCentral Ofiara:	\$ 3,452.00
<b>THIS WEEK LAST YEAR:</b>	
Ofrenda Dominical hace un Año: Ten Sam Tydzień Zeszły Rok:	\$10,514.02
<b>NO. OF ENVELOPES THIS YEAR</b>	
Sobres usados este Año: Liczba Kopert Ten Rok:	230
<b>NO. OF ENVELOPES LAST YEAR</b>	
Sobres usados hace un Año: Liczba Kopert Zeszły Rok:	234





## THE CALLING

If you're a serious Christian, you'll want to discover God's will for your life. This is the case when you face decisions about what to study, or where to live, or which career to choose. It's especially so when you face the challenge of discerning a lifelong commitment to marriage, or to consecrated life, or to priesthood.

For those discerning priesthood especially, the question of God's will for my life resonates strongly. Many often recount a sense of it being God's will that they become a priest, this quiet, persistent "nagging thought", or "tug in the heart" that leads them to join a seminary and discern more deeply.

If you're considering coming to the seminary, but not quite sure if you should, pray frequently (especially in Eucharistic Adoration), go to Mass (daily if you can) and regularly receive the sacrament of reconciliation. Get involved in your parish or local catholic community, with groups like St Vinnies or other kinds of outreach. If you have a spare two minutes, **here's some great advice:** by #AskBishopBarron

<https://youtu.be/XdxYHfExkfo!>

Don't forget to talk to some Catholics whose judgment you trust, your parents perhaps, or a friend and talk to a priest too. You can also check out the [chicagopriest.com](http://chicagopriest.com) website, for some helpful resources to help you discern God's will for your life.

**AUG  
4**

**MASS ON THE GRASS  
TRANSFIGURATION**  
—Feast Day—

**SAVE THE DATE.**

CELEBRATING OUR FAITH MORE JOYFULLY!

**Sunday, August 4, 2019  
11:00am**

See bulletin cover

**AUG  
25**

**OUR LADY OF  
CZESTOCHOWA**

**SAVE THE DATE.**

CELEBRATING OUR FAITH MORE JOYFULLY!

**Sunday, August 25, 2019  
12:30pm**

**SEP  
15**

**FIESTAS PATRIAS**  
LATINO HEARITAGE DAY

**SAVE THE DATE.**

LIVING OUR FAITH MORE SPIRITEDLY!

**Sunday, September 15, 2019**

Parish Life Center / 12PM—9PM

**OCT  
18-20**

**TRANSFIGURATION  
LIGHT OF THE  
WORLD RETREAT**

**SAVE THE DATE.**

LEARING OUR FAITH MORE DEEPLY!

**October 18—20, 2019**

More information to come...



## 5 Energy Hacks to Power Your Day

Have you ever wanted less energy? Of course not! Energy animates us and excites us! Our experience of life is limited only by the amount of energy we have. But the truth is setting in: we are tired. You know why: family stuff, work stuff, chores, responsibilities . . . but do we know what to do about it?

Here are five simple energy hacks to power your day.

### 1. EXERCISE

Our bodies were not made to stay idle. I just feel better about myself on days when I work out. I have more energy and more focus. I cannot remember the last time I had a great day that did not include some sort of physical activity. Not currently working out? No problem! Start with something small. A walk after work or, if your company allows it, during your break, is a fine first step. **Finding the energy to enjoy life can be challenging, but we can choose to have more energy.** A great way to get help you stay accountable is exercising with friends or a group. Ask around or look online. There are almost always social groups focused on an activity you would enjoy in your life, whether bowling, hiking or other activities. Once you get involved, it's impossible to forget to exercise, since the group schedules the activity and then invites you. Plus, joining a group is a great way to make new friends.

### 2. MEDITATION

My spirituality is important to me. **It grounds me.** It constantly holds my priorities before me and challenges me to grow. It allows me to find that quiet place deep within me and to live from that place. It helps me to be a-better-version-of-myself, and living like that creates a wellspring of energy that pours over into every other aspect of my life. We all have that quiet place within ourselves. A treasure trove of our deepest hopes and dreams, a wellspring of energy. In the bustle of our modern culture, it takes stepping back to tap into that energy. When was the last time you intentionally scheduled time to get in touch with the quiet place deep within yourself? Try spending the first fifteen minutes of your day in **the classroom of silence.** Reflecting on what's important empowers us to pursue our true priorities in each moment. This pursuit gives us energy.

### 3. ACTS OF LOVE

Ever wake up feeling like your feet are encased in cement and no amount of coffee can save you? That was me this morning. Sometimes, despite our best efforts to get a good night's sleep, rough mornings happen. **Choosing to love others is life-giving.**

Choosing to love others is life-giving. We actually gain energy from these interactions. Starting with those first five acts of love gets the ball rolling in a positive direction. Simply by opening our hearts and minds to this way of thinking, we begin to see opportunities for love all around us. This love helps preserve and replenish our energy reserves, and further animates our daily lives.

### 4. DIET

Extra calories suck the energy out of my days, and my best days require that I have self-control around food. Our biggest accomplishments start with the smallest of steps. The important thing here is to try not to do too much. Most diets fail because they prescribe drastic changes that are nearly impossible to reach. Start small—go for the water instead of the soft drink, pack a salad for lunch instead of eating out, use a smaller plate to help limit your portions. Do one small thing every day to help you keep your diet in check, and you will find yourself filled with more energy.

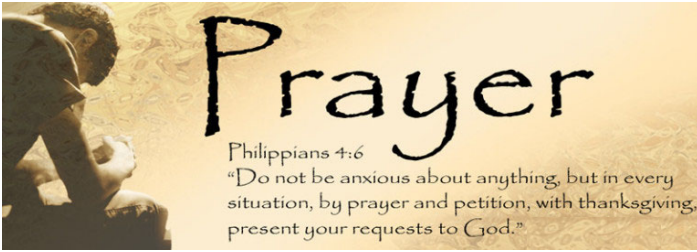
### 5. DRINK WATER

Most people are dehydrated most of the time because of the lifestyles we follow, the food we eat, the beverages we drink, and other factors. Several years ago a friend of mine challenged me to drink a gallon of water every day for a week. It was a game-changer. I had more energy, I ate less food, and I particularly noticed an increase in mental focus. In the same way, I encourage you to drink a quart of water for every fifty pounds of body weight every day for a week. Getting started is as easy as buying a gallon of water on your next trip to the grocery store, and refilling it each day. Following through is harder than you think. Most days I fail to completely fulfill this core habit, but usually I come in between half a gallon and a full gallon. Hydrate yourself. It is critical to your health and success.

### GET STARTED NOW

Finding the energy to enjoy life can be challenging, but we can choose to have more energy. Overcoming fatigue with caffeine can produce short-term benefits, but you will be better off choosing to develop energizing habits. Our biggest accomplishments start with the smallest of steps. Starting today by choosing one energy hack that speaks to you will put you on a path to a future filled with energy. Tomorrow, try another. Then another. You might be able to do only one thing when you first start, but before long your day will be filled with these energy hacks to fuel you!

**AUTHOR**  
**Jake Najarian**



## TRANSFIGURATION MINISTRY OF PRAYER

We know that life can be challenging and the only thing that may help to get you back to center is Prayer. We believe very strongly in the power of Prayer. This belief and knowing comes from seeing or hearing about the many demonstrations or testimonies in the lives of people around the world.

At the end of weekend Masses the Transfiguration Ministry of Prayer will be in the front of the Church to pray for you or someone you love and care for.

Please know that each Minister of Transfiguration Ministry of Prayer commits to holding your intentions in the light of Christ, standing in Truth, Principle and Love. Prayer is the tool we use to know the truth. It is not about begging or pleading for something to happen to change the conditions in life. It is about aligning ourselves with the all good of God that surrounds us at all times.

Every request we receive is treated with love, compassion, respect and dignity.



Daily Mass Intentions are available for anyone 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.

**(847) 526—2400**



Sacristan Committee

## LITURGY

July 15 to July 22

**Josephine Chiovari and Mary Sammons**

July 22 to July 29

**Carolyn Cox and Barb Yank**

## Hospital Schedule

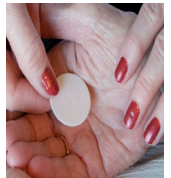
Monday, July 15

**Mary Ann Fijalkiewicz & Anne Munter**

Monday, July 22

**Jim Fijalkiewicz & Josette Pezowicz**

## 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 Holy Eucharist to our people to hospital, nursing homes and family homes. By taking some time to bring the Holy Eucharist we show God's love and we assure our interest in their spiritual life.

### Do you have a desire to bring Holy Communion to your neighbor?

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



Like us on  
**Facebook**

## SCHOOL OF RELIGION

CATECISMO

KATECHEZA

### IMPORTANT!! RELIGIOUS EDUCATION CLASS SESSION TIMES ARE CHANGING!!

Due to the change of Mass times, the session times for Saturday and Sunday Religious Education classes are changing!

In the past the Saturday Spanish First Communion level classes began at 5:00 PM and finished with the 6:30 Mass. Due to the Mass time changes, in September, **SPANISH FIRST COMMUNION LEVEL CLASSES WILL BEGIN AT 4:30 PM AND END WITH THE 6:00 PM MASS. CHILDREN WILL BE RELEASED TO THEIR PARENTS AT THE CHURCH.**

In the past, the Sunday English K-8<sup>th</sup> grade classes began with the 9:00 AM Mass and ended in the classroom at 11:15 AM. Due to the Mass time changes, in September, **SUNDAY ENGLISH CLASSES WILL BEGIN AT 8:45 AM AND END WITH THE 10:00 AM MASS. CHILDREN WILL BE RELEASED TO THEIR PARENTS AT THE CHURCH.**

Religious Education office hours for the fall will be determined soon.

### **Could you be a Catechist?**

*Catechists DO NOT need to be teachers. They DO NOT need to be theologians. They DO NOT even need to be a "church lady" (or man). They DO NOT need to have all the answers.*

*Catechists DO need to love Jesus Christ. They MUST want to share their faith with children. They MUST be prepared to have their own faith and love grow.*

The School of Religion is looking for English speaking catechists on Wednesday afternoon/evening and Sunday mornings. Catechists are able to waive a portion of the Religious Education tuition for their children or grandchildren.

We provide lesson guides, mentoring, support and instruction both in person or online. If you feel you are being called, please call Mary at 847-526-6400 x 239. We have been praying for you to join us.



## CONGRATULATIONS CLASS OF 2019



Micaela A.	Arturas D.	Estafania Q.
Miguel A.	Meagan F.	Phillip S.
Caitie B.	Marco G.	Andy S.
Chloe B.	Jonah L.	Julio S.
Mia B.	Mario M.	Kylie S.
Felix C.	Nicholas N.	Paulina S.
Arianna C.	Jackson O.	Elizabeth S.
Randall D.	Owen P.	James S.
Vicki D.	Diego P.	Abby T.
Logan D.	Josh P.	

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SPACE IS LIMITED - CALL TODAY

Financial Aid Available



"Now you are the body of Christ and each one of you is part of it"

### 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—**

## 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](http://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.

## PRO-LIFE

### Respect Life

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

### Spiritually Adopted Baby – Week 17

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 17.

"Today was the day I had my first picture taken. They put some warm gel onto my mom's tummy to see just what was going on inside. Even though I am developed enough for them to be able to tell if I'm a boy or a girl, I did somersaults during the picture so they never did get a good look. I want my parents to be surprised on my birthday! My skin is still pretty transparent; there is a new kind of sealant that is coating it called 'vernix'. This protects my skin for the next 23 weeks. Keep praying for 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. Amen.

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



**Summer FREE Lunch Program 2019: Lunches will be served every Monday – Friday from 11:00 a.m. – 1:00 p.m. from June 3 – August 9. Our serving location this year will be Cook Park/600 N. Main Street/Wauconda. No registration, No paperwork. Just come!**

**Programa de LONCHE GRATIS de verano 2019: Los almuerzos serán servidos de lunes a viernes de 11:00 a.m. – 1:00 p.m. del 3 de junio al 9 de agosto. Este año estaremos ubicados en Cook Park, 600 N. Main St., Wauconda. No inscripción. No papeleo. ¡Solo ven!**

## BAPTISMS AND WEDDINGS

For **RESERVATION**, Please call our office

Aby zarezerwować Chrzcist albo Ślub proszę dzwonić do biura

(847) 526-2400

## SACRAMENT OF RECONCILIATION

*Sacramento de la Reconciliación*

*Sakrament Pokuty i Pojednania*

TUESDAY, THURSDAY AND FRIDAY

8:30 to 9:00am

MIERCOLES—WEDNESDAY—ŚRODA

\*Polish Confessions offered LAST Wednesday of the month

6:30pm to 8:00pm

## ANOINTING OF THE SICK

*Unción de los Enfermos — Namaszczenie Chorych*

**Viernes Primero—FIRST FRIDAY—Pierwszy Piątek**

During morning mass

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

**BAUTISMOS, BODAS, QUINCEAÑERAS,  
PRESENTACIONES, BENDICION DE CASA**

**LLAMAR A NUESTRAS OFICINAS**

(847) 526-2400

**Holy Rosary ✦ Divine Mercy Chaplet**

Every day after Morning Mass

**Santo Rosario**

Lunes a las 7:00pm — En la Iglesia

**Hora Santa HOLY HOUR Święta Godzina**

Miércoles—**WEDNESDAYS**—Środa

**6:30PM to 8:30PM**

**Devotion to the Sacred Heart of Jesus**

**Viernes Primero—FIRST FRIDAY— Pierwszy Piątek**

**ADORATION:** 8:30AM to 1:40PM—3:00PM to 6:55PM

**HOLY ROSARY:** 6:00 PM (TRILINGUAL)

**ADORATION:** 3:00 PM to 6:55 PM

**DIVINE MERCY CHAPLET:** 6:30 PM (TRILINGUAL)

**BENEDICTION:** 6:55 PM

**EVENING MASS:** 7:00 PM (ENGLISH)

**Adoración Nocturna**

**Sábado 22 de JUNIO**

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

**MISA:** 5:45AM

**Nabożeństwo Pierwszosobotnie Wynagradzające  
Niepokalanemu Sercu Najświętszej Maryi Panny**

W każdą Pierwszą Sobotę Miesiąca od godziny 9pm do północy w głównym kościele

## SHARING OUR FAITH MORE INTENTIONALLY

*our good deed for the week*

### CORPORAL WORKS OF MERCY

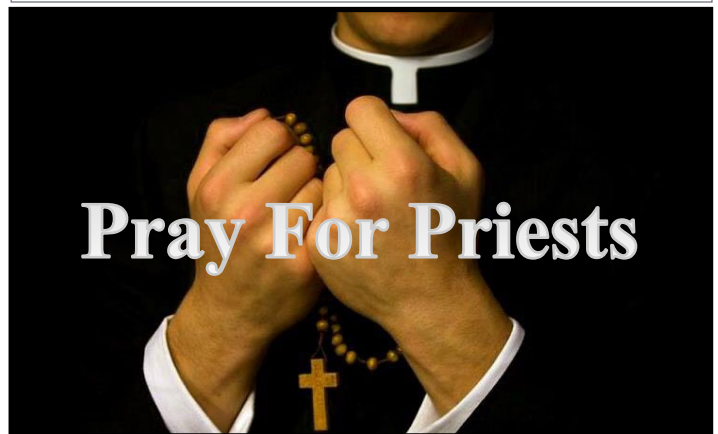
The Corporal Works of Mercy are these kind acts by which we help our neighbors with their material and physical needs.

#### GIVE DRINK TO THE THIRSTY

### SPIRITUAL WORKS OF MERCY

The Spiritual Works of Mercy are acts of compassion, by which we help our neighbors with their emotional and spiritual needs.

#### COUNSELING THE DOUBTFUL



**Pray For Priests**

Lord, Jesus  
we ask you  
to send more servants to your people.  
Choose from our parishes,  
from our homes,  
from our schools and colleges,  
an abundant harvest of apostles  
for your Kingdom: priests, sisters,  
brothers, deacons and lay ministers.  
We pray that those you call  
may never lose awareness of the  
dignity and need of their vocation.

O Virgin Mary,  
Mother of the Church,  
teach to all those the Master calls  
to say a joyful “yes”  
as you did at the Annunciation.  
Amen.

[www.chicagopriest.com](http://www.chicagopriest.com)



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If you own a business or know of a local business that might like to support your local Catholic parish by advertising in its parish bulletin, please contact J.S. Paluch. Grow your business by advertising in the church bulletin and create strong connections with your target audience. Benefits include:

**GREAT COVERAGE - 97%** of all households attending church take at least one church bulletin home every Sunday.

**GREAT VALUE - 70%** of all households are aware of and look at the advertising in the church bulletin and 68% of households surveyed when making a choice between businesses are inclined to choose the one who advertised in the church bulletin.

**GREAT LOYALTY - 41%** of households do business with a company specifically because they are advertising in the church bulletin.

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

## Advertise With Us!



### Learn More About Advertising In Your Parish Bulletin

## Call us at 1-800-621-5197

Email: [sales@jspaluch.com](mailto:sales@jspaluch.com)

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 Craig Schwartz "Hang In There Baby"

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## TRANSFIGURATION PARISH

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](mailto: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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## HOTLINE

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847-542-3768 **Crisis Pregnancy?** Aid for Women of Northern Lake County, Carol Ann Walsh  
 815-455-3311 **Alcoholics Anonymous**  
 815-459-6190 **Al-Anon** or **Al-Ateen**  
 847-249-4450 **A Safe Place**, Domestic Violence Crisis Line

## Next week's mass ministers July 20 & 21, 2019

**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
4:00 pm English Language Mass <b>SATURDAY</b>			
Please see important email regarding Ministry Scheduler Pro			
6:00 pm Spanish Language Mass			
FR. JUAN PABLO Tomasa Mancilla <u>Israel Santiago</u> <u>Rosa Gil</u>	DC. JOSE Jazmín Santiago Ana Ortiz Martin Alarcón		L1: Genoveva Perez Ps: Genoveva Perez L2: Tahiz Hernandez Petitions: Dc. José Mancilla
8:00 am English Language Mass <b>SUNDAY</b>			
Please see important email regarding Ministry Scheduler Pro			
10:00 am English Language Mass			
Please see important email regarding Ministry Scheduler Pro			
12:30 pm Polish Language Mass			
LSP Anna Janicki Adam Brak	DC. FELIKS Piotr Wierzbicki Volunteer Needed	Karol Nowak Mikołaj Wierzbicki Julianna Janicki	C: Krystyna Talaga L1: Tadeusz Magiera L2: Marek Chmiel

(NM) Denotes New Minister (may need assistance)

Name **Bold**—Denotes Captain

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



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