"Whoever enters through the gate is the shepherd of the sheep. The gatekeeper opens it for him, and the sheep hear his voice, as the shepherd calls his own sheep by name and leads them out." - JN 10:2-3

Fourth Sunday of Easter
WAYS TO MINIMIZE THE FEELING OF HELPLESSNESS DURING QUARANTINE
By Sarah Thompson
Sunday, May 3, 2020

Our efforts to search for facts and answers and statistical predictions are our brains’ way of seeking control. We want a roadmap; we want answers, a guarantee. But there is so much out of our control, from how our neighbors are practicing safe harbour to when there will be a vaccine; from delays/cancellations of social rituals to job loss. There is a feeling of helplessness, along with feelings of grief and anxiety, which can have a negative effect on our mental health. How do we let go of what we can’t control without giving up? The secret is to focus on what’s happening in the moment. Early results of research being done with 400 college students by Dr. Frazier, Director of the Stress and Trauma Lab at the University of Minnesota, (along with other completed research) shows this helps us solve the problems we face and accept the situations we can’t change. Think Serenity Prayer. When you get upset, here’s what she suggests:

1. **Stop.**
2. Take a few **breaths**. Be mindful of what’s stressing you out.
3. **Reflect** on what you have control over and what you don’t have control over.
4. **Plan:** what can you do about the things within your control?

Focusing on what you can control is more energizing and promotes a sense of agency. It might seem counterproductive to also reflect on what you can’t control, but it’s important. When we mistakenly think we can control the future, we actually feel more distressed. Instead, focus on the present – what you have power over in your daily life. Research shows we tend to be less depressed, anxious, and distressed and more satisfied with life if we focus on the present. If you start to worry about things you do have control over, remind yourself of your plans to address them. “As soon as I come home from the grocery store, I’ll take off my shoes, wash my hands, and wipe off my keys and phone with disinfectant”. “It’s difficult to look for a job now, but I can update my resume and LinkedIn page, and start networking”. Unfortunately, even if we do everything right, things don’t always turn out okay. So it’s also important to let go of the past.

Feeling out of control right now is normal, particularly if you’re facing loved ones who are sick, physical limitations, or financial strain. Even when things are out of our control, we can try strategies such as mindfulness, silver lining techniques, and self care. Volunteering is also a great way to help manage anxiety. Most of our normal volunteering ways aren’t possible due to physical distancing, but there are many creative ways of communal generosity - see OSP’s opportunities at oldstpats.org or chicagocares.org and volunteermatch.org.

In the face of feeling helpless in many components of our lives, it’s the little things we do; the daily routines, how we deal with emotions, and care for others that will remind us our actions will make a difference.

Sarah Thompson is a licensed mental health therapist and Old St. Pat’s Parish Counselor. She is presently working with individuals and couples remotely through secure online video therapy. **Contact Sarah at 773.234.9630 or sarah@oldstpats.org** for additional information. Credit for some of the concepts in this writing goes to Kira Newman from Greater Good Magazine, 4/27/20.
Sheryl Fullerton, an editor and author with whom I have worked for many years, received a cancer diagnosis two years ago which required a difficult surgery. Like many individuals who are on earnest spiritual journeys, she allowed the painful and challenging experience to transform and guide her to greater wisdom.

When we find ourselves in liminal space, does it matter whether we are pushed or whether we jump? Either way, we are not where or what we were before, nor do we know how or where we will land in our new reality. We are, as the anthropologist Victor Turner (1920–1983) wrote, betwixt and between. In that space—which is mental, emotional, physical, and spiritual—we are destabilized, disoriented. The old touchstones, habits, and comforts are now past, the future unknown. We only wish such a time to be over. We may be impatient to pass through it quickly, with as little distress as possible, even though that is not likely. . . .

But what if we can choose to experience this liminal space and time, this uncomfortable now, as . . . a place and state of creativity, of construction and deconstruction, choice and transformation[?] I wonder whether it is, then, also the realm of the Holy Spirit, our comforter, who does not take away the vastness and possibility of this opened-up threshold time, but invites us to lay down our fears and discomfort to see what else is there, hard as that may be. . . .

One transformation in this liminal time of cancer treatment and recovery was my recognition that the staggering vulnerability I was experiencing was not weakness, not shameful, but the source of what would allow me to survive and, eventually, to thrive. I allowed others to see me—not just my broken, lopsided face, but also my pain, sorrow, disappointment, and discouragement, as well as my gratitude, resilience, joy, and recovery. . . .

Like Jonah in the belly of the sea monster, we are led where we do not want to go—not once, but many times in our lives. Dwelling in unsettling liminal space, whether we are pushed or we jump, we are led to draw on resources and possibilities we may not have tapped before. In the unknown space between here and there, younger and older, past and future, life happens. And, if we attend, we can feel the Holy Spirit moving with us in a way that we may not be aware of in more settled times. In liminal time and space, we can learn to let reality—even in its darkness—be our teacher, rather than living in the illusion that we are creating it on our own. We can enter into the liminal paradox: a disturbing time and space that not only breaks us down, but also offers us the choice to live in it with fierce aliveness, freedom, sacredness, companionship, and awareness of Presence.

Reference:

OLD ST. PAT’S \livestream

Through the gift of technology, experience our Masses live as they happen, or watch them any time by visiting oldstpats.org/livestream.

We look forward to coming together again this Sunday, May 3 at 10 am for Mass with Fr. Tom Hurley and the Old St. Pat’s Music Ministry.

LET’S STAY CONNECTED VIA SOCIAL MEDIA

If you are joining us on Livestream, whether it’s during the live broadcast or any time after via the archives, please share a photo or video on social media using the hashtags #WeAreOSP and #StillTogether.

The Livestream experience continues to be enriched by your creativity and participation each week and we love receiving and sharing your stories and photos.

ONLINE RESOURCES PAGE

Please visit oldstpats.org/onlineresources for ways to stay connected to the OSP community during this time of social distancing, as well as other resources for faith sharing during this time.

Please also refer to our “Positive Living during COVID-19” page (oldstpats.org/articles-resources) where we are adding helpful articles and other resources that assist in coming to terms with feelings of grief and isolation at this time.

THIS WEEK IN THE OSP COMMUNITY...

To stay in the loop on all things OSP, please sign up to receive our weekly e-newsletter at bit.ly/ospenewsletter.

Receive upcoming Livestream links, presider reflections, new OSP podcast episodes, prayers and articles, community updates, and more right to your inbox!

GREATER CHICAGO FOOD DEPOSITORY LOOKING FOR VOLUNTEERS

The Greater Chicago Food Depository is looking for volunteers aged 18 - 60 to help with the huge need for food that this pandemic has brought on. You can sign up as an individual and credit the Old St. Pat’s programs with your hours when you are onsite. Register at the website: chicagosfoodbank.org

Thanks for sharing and caring, Mary Beth, Jim and Beth
Giving Tuesday Now
May 5, 2020

#GivingTuesdayNow is a new global day of giving and unity that will take place on May 5, 2020 as an emergency response to the unprecedented need caused by COVID-19.

At a time when we are all experiencing the pandemic, generosity is what brings people of all races, faiths, and political views together across the globe. These troubling times highlight the needs in our already vulnerable communities which have been compounded by this health crisis and the ripple effects on employment.

All funds contributed will support the OSP COVID-19 Relief Fund and will be used primarily to help people with nourishment needs, like grocery delivery and grocery store gift cards. Funds may also be used to help meet safety needs during this health crisis, including the purchase of masks and hand sanitizer for those without access.

Looking for other ways to help?

A group in North Lawndale is cutting out patterns and sewing reusable masks for residents. People can participate in a few ways:
1. Print and cut out the pattern (find the pattern file at oldstpats.org/givingtuesdaynow) on clean, non-woven fabric for their people sewing.
2. Become a person who sews.
3. Donate clean, reusable bags - like the ones for groceries which we all have tons of because we forget them at home and end up buying more or plastic ones anyway.
4. Pick up the cut pieces and deliver them to their central site at Stone Temple Baptist Church (3622 W Douglas Blvd, Chicago)

If you are interested in participating please contact Audrey Dunford - audrey.dunford@gmail.com or Dinitia Robinson - dinitia.robinson@icloud.com

Another organization to support is WestSide Mutual Aid. They assist those who need groceries on the westside of Chicago. COVID-19 has shut down many businesses and residents of west side neighborhoods who often work hourly jobs in the restaurant industry and retail are out of work. If you would like to volunteer for food delivery, graphic design and messaging, or support the aid network in any other way, email ChicagoWestSideMutualAid@gmail.com Their request form can be found here: www.bit.ly/ws-ma-rf

Have other unique skills to contribute? Contact 211.org to offer your assistance.

Even as we practice physical distancing, we can remain connected through kindness and generosity even without physical proximity. Although we are physically separate, we can still come together to provide the financial, emotional, and social support that nurture our families and communities.

To make a gift, please visit bit.ly/givetoosp and select "COVID-19 Relief" from the drop-down menu.
CONTEMPLATIVE COMMUNITY

During this time of social distancing, participating in a small faith community online is a helpful resource to stay connected and enhance your prayer life. You can learn all about it at [www.contemplativecommunity.org](http://www.contemplativecommunity.org).

Chapels are hosted by trained leaders Monday – Saturday of each week. There is no fee and you can participate when you are able. We connect together in our online chapel through the video conferencing platform, Zoom. In order to participate in any of the online chapels, you will need to register by going to contemplativecommunity.org and completing a simple registration form. Once you have registered, an email will be sent to you with the URL and all the info you will need for participating in any of the chapels throughout the week.

The chapel experience is less than one hour long and takes place in two parts. The first half of our time is spent together in silent prayer/meditation. To see, hear and join with others throughout our community can be a profoundly connecting, expansive and intimate experience. The second half of the chapel time is reserved for reflecting on a short reading and then some simple faith sharing. If you have questions, please contact Al Gustafson at alg@oldstpats.org

**Updated Chapel Schedule:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>7 am</td>
<td>John Blumberg &amp; Julia Pryce</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>7 am</td>
<td>Ed Shurna &amp; Ellen Wiggins</td>
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<tr>
<td>Wednesdays</td>
<td>Noon</td>
<td>Al Gustafson</td>
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<tr>
<td>Wednesdays</td>
<td>8 pm</td>
<td>Marci Madaly &amp; Ed Siderewicz</td>
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<tr>
<td>Thursdays</td>
<td>8 am</td>
<td>Marybeth Coleman &amp; Eileen O’Shea</td>
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<tr>
<td>Fridays</td>
<td>10 am</td>
<td>Al Gustafson</td>
</tr>
<tr>
<td>Saturdays</td>
<td>7 am</td>
<td>Kate DeVries &amp; Ellen Wiggins</td>
</tr>
</tbody>
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**Loving Kindness Meditation**

Mondays at 7:30 pm

Join us in the OSP online chapel on Monday evenings for a guided Loving Kindness meditation practice beginning every Monday at 7:30 pm. This meditation has its roots in the Buddhist tradition and is a practice for cultivating Christ like compassion for ourselves, those in our life and our sisters and brothers throughout the world. It can serve very practically as a necessary and skillful antidote to the negative states of mind that are nearly impossible to guard against during these days of the pandemic.

This will also be an opportunity to join our hearts as one, sharing our prayer of care and becoming a collective channel of Light to a world that can use a little more love.

To sign up and receive a Zoom link to access the chapel, visit bit.ly/contemplativecommunity

**Transition and Grief in the Time of COVID 19**

Follow the link below to view part one of a two-part experience offering a psychological and spiritual framework for helping us understand our experience as we navigate the impact of COVID 19 in our lives.

YouTube: bit.ly/2yPL96g

Presented by Al Gustafson for the Contemplative Community

**A CHANGE OF PLANS**

On Sunday, May 17, I was looking forward to presiding at a very special Mass at 1 pm at Old St. Patrick’s, and joining many of you at a short reception immediately following Mass.

The celebratory event would have been my 50th Anniversary as a Catholic Priest.

The anniversary will occur on May 13 (even Covid-19 cannot prevent that). However, a celebration of that event has been postponed until October 25. And since there are no guarantees about what life will look like even then, that date, too, might be iffy.

Please keep me in your prayers.

- Fr. John Cusick
GIVING TO OSP

In the face of this unprecedented crisis, your kindness and generosity sustain us!

With your help, we will continue to come together to support each other and our sisters and brothers in need. Thousands of us worship together on Sunday mornings via the gift of livestream. We are nourished by the Word of God and enhanced by the beautiful gifts of our Music Ministry. Throughout the week, the Old St. Pat’s staff offer prayerful podcasts, spiritual direction, Beloved circles, rosary groups, musical vespers, young adult gatherings, family liturgies, online education, and more – all virtually, of course.

Our pastoral care staff and ministry of care team have come together to develop volunteer networks for helping families encounter their grief after the death of a loved one, open themselves up to questions about isolation, face the illness of a family member, continue prayer chain calls and mail handwritten messages and care packages to the most vulnerable among us. The Pastoral team has accompanied families grieving the death of a loved one with virtual prayer services. Ministry staff are compiling a list of resources for our members seeking debt relief. Our Weddings and Baptisms team members continue to accompany the numerous couples as they postpone these significant events.

None of this would be possible without the support of Sunday Giving. On average, 20% of our Sunday collection is contributed through the Sunday basket. While we can’t pass the Sunday basket right now, we hope you will support our Sunday collection by making an online gift via the Livestream donate button, by texting GIVE to 312/535-0118, or by mailing a check to Old St. Pats’, 711 W. Monroe St., Chicago, IL 60661. Thank you!

Text to Give

Text “Give” to (312) 535-0118 or scan the QR code using your phone camera, then follow the prompts to make a secure gift.

Careasy.org/old-st-patricks-church

As you shop for essentials online, be sure to log into smile.amazon.com and select Old St. Pat’s as your beneficiary.

CURRENTS | Awakening to the Flow of Spirit in Our Lives

Join us for Currents, our weekly Old St. Pat’s podcast series, as we explore the deeper movements of Spirit in our lives.

Each episode features members and friends of the Old St. Pat’s community giving voice to their lived experience of faith and spirituality. Whether sharing an insight, pondering a question, or offering a prayerful reflection, Currents speaks to our Spirit-led search for meaning and purpose.

Our fourth episode, ”Writing Our Narratives,” with Courtney Malawy, Director of Youth Ministry, is now streaming.

We are also always streaming several Sunday homilies that are available at any time for listening and sharing with friends and family.

The OSP Podcast is hosted by Kate Anderson with music by Mark Scozzafave.
CROSSROADS RUNNERS
We Invite You to Join Us In Staying Active During the Quarantine!

WORK-OUT FROM HOME CHALLENGE (WOFH)

We have started a Work-Out From Home Challenge (WOFH) and thought a little incentive would help. This is for everyone whether you plan to run the marathon or would just like some motivation to stay active.

Help fill our social media feeds with positivity. If you don’t already follow Crossroads Runners on Social Media, please do so on our new accounts below.

Post a photo of staying active (running, walking, biking, etc) while social distancing. Please include an inspirational message with your post, tag us and include #ospworkoutfromhomechallenge.

Instagram: @CrossroadsRunners
Facebook.com/OSPcrossroadsrunners
Twitter: @CrossroadsRunn1

WE STILL HAVE A SPOT FOR YOU TO JOIN OUR MARATHON TEAM!

Did you have plans to run another marathon this spring that has been postponed? Have you been putting off running a marathon until ‘next year’? With social distancing, why not use the time to start training and check off that “I always wanted to run a marathon” bucket list item. This is your year to run the Chicago Marathon and help the OSP North Lawndale Initiative and other social outreach programs that the Crossroads Team supports.

WIN AN APPLE WATCH!

All runners who register to run the 2020 marathon with Crossroads runners before Friday, May 15 will be entered to win an Apple Watch! Participants who have already registered will be automatically entered.

The benefits of being part of our team include a professional training coach, team camaraderie, pre-marathon gathering with gear check and post party near the start/finish line and much more!

In the fall runners will flock to the streets of Chicago to take part in a journey of endurance, dedication and heart. We’d love to have you join our team and we will be there to help cheer you every step of the way.

For more information please contact crossroadsrunners@oldstpats.org.
Sunday, May 3, 2020

Readings: Acts 2:14a, 36-41/Ps 23:1-3a, 3b-4, 5, 6 [1]/1 Pt 2:20b-25/Jn 10:1-10

Mass Remembrances:

7:00 am The Valdepeñas Family
University of Illinois at Chicago
Transplant Patient Community
UIC Division of Transplantation

8:00 am Keavy Ruth Nenninger (†)
Sheila Mehi (†)

9:30 am Ignacio Escallon
Joseph Sreboda (†)
Tracie Amundson
William "Bill" Ryan (†)
Irene Kusmyer (†)

11:15 am Mary Sullivan (†)
William (Billy) Callahan (†)
Dr. John Hurley (†)
Elizabeth Schuler (†)
Joan Tobin (†)

5:00 pm Catherine & James Chamberlain (†)
Frank Cuniff (†)


Monday, May 4, 2020

Readings: Acts 11:1-18/Ps 42:2-3; 43:3, 4 [cf. 3a]/Jn 10:11-18

Book of Patrick: John Pettigrew, Dr. Marvin Rosner, Hon, Edward F. Finneggan, Jay Kammer, Mary Dalton, Patrick King, Helen Molitor, Kathleen S. Scholl, Daniel & Sue Sullivan, Msgr. Thomas Merson, Connor Richards, Eileen McWalter, Mary Lynch, Bernie Hancock, Jane Byrne Haggerty, Rudolph J. Basile

Tuesday, May 5, 2020

Readings: Acts 11:19-26/Ps 87:1-3, 4-5, 6-7 [Ps 117:1a]/Jn 10:22-30

Book of Patrick: Joanne Waggoner, Michael Flemming, Laura Covelli, Rev. Andrew M. Grecy, Burns & Martin Families, Rosemary & Ken Skopec, Colleen Burns, Katie McGowan, Anthony James Diaz, Richard Considine, Lars Vincent Anderson, Brian Lynch

Wednesday, May 6, 2020


Book of Patrick: Dorothy B. Corbett, Nell V. Quan, John & Julie Murdock, William J. O’Connell, Jr., Michael F. & Eileen M. Casey, Jon C. Morris, Raymond and Mary Storey, Emily (†) = Deceased

Walenta, Suzanne Wilson

Thursday, May 7, 2020


Book of Patrick: Mark Francis & Christine Brady, Patrick Craig & Betty Brady, Mary Ellen Carolan, John H. Collins, Thomas & Isabel Mannard, Shannon & James Michelotto, James Ellis, Claire and Hank Moffatt, Kevin Michael, Patrick O’Brien, John J. Moriarty, Elinn (Fay) McCaffrey, Meghan Anne Rosenberg, Jack Hughes, Patricia "TRISH" Lynch

Friday, May 8, 2020

Readings: Acts 13:26-33/Ps 2:6-7, 8-9, 10-11ab [7bc]/Jn 14:1-6

Mass Remembrances: Virginia Regan (†)


Saturday, May 9, 2020

Readings: Acts 13:44-52/Ps 98:1, 2-3ab, 3cd-4 [3cd]/Jn 14:7-17


Sunday, May 10, 2020


Prayer Requests

For Those Who Are Sick
Mary Shankland, Elise Pritchett, Harriet Kawalka, Kim Coffey, Cindy Coffey, John DeFlanco, Desmond Cunnan, Marcario Ortiz, Patricia Ortiz, Danny Ortiz, Christina Tovar, Sr. Marlene Schmell, CSL, Maxine Difino, Nicole Difino Nugent, Peg Hennessy, Teresa Regan, Brego McGuane, Janice Ospley, Jose Jimenez, Gerardo Tovar, Bob Noonan, Nicholas Lack, Sean Baffoe, Marilyn Thibeau, Lillian Guider, Cohen Clark, Jack Markowski, Christy Salazar, Beth Healy, Sloan Davidson

For Those Who Have Recently Died

Please contact Bernadette Moore Gibson at 312-798-2389 for Pastoral Care Services.

Women and Men of Faith

Saints Philip and James

Saint of the Day for May 3

James, Son of Alphaeus: We know nothing of this man except his name, and, of course, the fact that Jesus chose him to be one of the 12 pillars of the New Israel, his Church. He is not the James of Acts, son of Clopas, “brother” of Jesus and later bishop of Jerusalem and the traditional author of the Letter of James. James, son of Alphaeus, is also known as James the Less to avoid confusing him with James the son of Zebedee, also an apostle and known as James the Greater.

Philip: Philip came from the same town as Peter and Andrew, Bethesda in Galilee. Jesus called him directly, whereupon he sought out Nathanael and told him of the ‘one about whom Moses wrote’ (Jn 1:45).

Like the other apostles, Philip took a long time coming to realize who Jesus was. On one occasion, when Jesus saw the great multitude following him and wanted to give them food, he asked Philip where they should buy bread for the people to eat. Saint John comments, “[Jesus] said this to test him, because he himself knew what he was going to do” (Jn 6:6). Philip answered, “Two hundred days’ wages worth of food would not be enough for each of them to have a little bit!” (Jn 6:7).

John’s story is not a put-down of Philip. It was simply necessary for these men who were to be the foundation stones of the Church to see the clear distinction between humanity’s total helplessness apart from God and the human ability to be a bearer of divine power by God’s gift.

On another occasion, we can almost hear the exasperation in Jesus’ voice. After Thomas had complained that they did not know where Jesus was going, Jesus said, “I am the way, if you know me, then you will also know my Father. From now on you do know him and have seen him” (Jn 14:6a, 7). Then Philip said, “Master, show us the Father, and that will be enough for us” (Jn 14:8). Enough! Jesus answered, “Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father” (Jn 14:9a).

Possibly because Philip bore a Greek name or because he was thought to be close to Jesus, some gentle proselytes came to him and asked him to introduce them to Jesus. Philip went to Andrew, and Andrew went to Jesus. Jesus’ reply in John’s Gospel is indirect; Jesus says that now his “hour” has come, that in a short time he will give his life for Jew and gentile alike.

Parish Counselor: If you or someone you know is in need of counseling services, please contact Old St. Patrick’s Parish Counselor, Sarah Thompson at sarah@s oldstpats.org or 773-234-9630.

visit us at oldstpats.org
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Baptisms
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Skye Darke
Admin. Assistant to Pastor
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skyed@oldstpats.org

Visiting Clergy
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Fr. Edward Foley, OFM Cap.
Fr. Pat McGrath, SJ
Fr. Paul Novak, OSM
Fr. William O’Shea
Fr. Ed Shea, OFM
Msgr. Kenneth Velo
Fr. John J. Wall

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