

NONPROFIT ORGANIZATION
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 CEDAR LAKE, IN 46303
 PERMIT NO. 19

Holy Name Catholic Church
 Iglesia del Nombre de Jesús
 11000 W. 133rd Avenue
 Cedar Lake, IN 46303



Our Lady of Guadalupe
 Dec. 11, 5:00pm Mass & fiesta

Generations of Faith
 December 11 & 12

Immaculate Conception
 Thursday, Dec 8
 Masses at 12pm & 7pm

Los Posadas
 Dec. 16-23 6:00pm in school gym

Advent Penance Service
 December 14, 7:00pm

Christmas Masses
 December 24: 4:00pm & 8pm
 Midnight Mass 12:00am
 Dec. 25: 7am, 9am & 11am

New Year's Eve Celebration
 Saturday Dec 31 - Mass at 5pm

New Year's Day Masses 7, 9 & 11



November & December 2022
 noviembre y diciembre 2022



Holy Name Newsletter

Iglesia del Nombre de Jesús Periódico Parroquial

Please pray for the faithful departed who have been buried from our parish community since November 2, 2021

- | | |
|------------------------------|--------------------|
| Wayne Rhein | November 20, 2021 |
| Donald Casiello | November 29, 2021 |
| Anna Mae Wachter | December 7, 2021 |
| Lois Hojnacki | December 14, 2021 |
| Donald Abbott | December 19, 2021 |
| Mary Shanahan | December 23, 2021 |
| Warren Vesely | December 26, 2021 |
| Betty Grega | January 6, 2022 |
| Geraldine Howell | January 27, 2022 |
| Charles Molden | January 30, 2022 |
| Helen Rickenbrode | February 13, 2022 |
| William Kozlowski | March 8, 2022 |
| Andrew W. Laud | March 11, 2022 |
| Stanley Zamojski | March 13, 2022 |
| Venera Fisher | March 13, 2022 |
| Tracy Jean Ydreo | June 12, 2022 |
| John S. Metro | July 15, 2022 |
| Robert G. Garza | July 29, 2022 |
| Carol A. Johnson | July 30, 2022 |
| Sarah Salzman | August 1, 2022 |
| Michael E. Hebda | August 7, 2022 |
| Rosalee Marie Dewes Hoffmann | September 30, 2022 |
| Joseph Andrew Kotso | October 1, 2022 |
| Izabella Faith Van Das | October 13, 2022 |
| Arlene Nugent | October 23, 2022 |
| Daniel Regan | October 24, 2022 |
| Jamie Hoover II | November 2, 2022 |



Prayer for the Dead

*Eternal rest grant unto them,
 O Lord, and let perpetual light
 shine upon them.*

*May their souls and the souls
 of all the faithful departed,
 through the mercy of God,
 rest in peace.
 Amen.*

Oracion por los Difuntos

*Dales, Señor, el descanso eterno.
 Y brille para ellos
 la luz perpetua.*

*Que las almas de todos
 los fieles difuntos por
 la misericordia de Dios
 descansen en paz.
 Amén.*

welcome



We are pleased to welcome **Laurie Long** as our new parish Bookkeeper/Secretary! Laurie will be in the office Monday through Thursday from 8:30am to 4:00pm (our parish office is closed on Fridays). Laurie has written a little bit about herself below....

“My name is Laurie Long, I have been a small business bookkeeper for the past 18 years, prior to that I was a small business owner for 14 years; I look forward to bringing my combined 30+ years of bookkeeping experience to Holy Name.

My husband and I have 25-year-old twin boys, Joe and Mike. I completed the RCIA program in 1998 at St. Elizabeth Seton in Orland Hills, IL.

We moved to Lowell in 2008 and became members of Holy Name in 2009.

My husband Brian and I had our marriage convalidated in 2012 by Father Ed, here at Holy Name; Brian and I will be celebrating our

38th wedding anniversary in December.

Our boys have been involved in various ministries over the years, Brian has served on the parish council and has also done some cantoring.

When the position of bookkeeper/secretary became available, I welcomed the opportunity to serve the church in a capacity that I feel very much at home with.

I enjoy spending time with family & friends, card making, quilting, baking and gardening in my free time.”

HOLY NAME’S HEALTH AND SAFETY MINISTRY SURVIVING THE HOLIDAYS



The holidays are here again! While this can be a wonderful time to enjoy family and friends, it also can be stressful. If the holidays sometimes leave you feeling overwhelmed and out of control, you are not alone. Stress is how we react when we feel under pressure or threatened. It usually happens when we do not feel you can manage or control the situation. Stress can make it difficult to perform your routines. Stress can also cause great anxiety which can affect your mind and whole body. Depression, difficulty sleeping, difficulty concentrating, body aches and pains may develop during stressful events.

TIPS ON COPING WITH THE HOLIDAYS

1. Get enough exercise, be active by going outside in the sunlight, walking, running etc.
2. Make time for yourself do something you enjoy.
3. Do not overspend or go into debt for the holiday.
4. Create your own traditions and set realistic expectations for yourself and the holidays. Let things be imperfect.
5. Just say NO when you need to without feeling guilty.
6. Limit alcohol and rich treats, enjoy in moderation.
7. Spending time with family and friends, set asides your differences, enjoy their company now.
8. Create time for messy feelings like grief. Do not be ashamed of your feelings. It is completely normal to feel sad and cry because a loved one cannot be with you.

If you are struggling to cope or the symptoms of your stress or anxiety will not go away, it may be time to talk to a professional. If you are in immediate distress or thinking about hurting yourself, call the National Suicide Prevention number: **988**

Nimh.nih.gov/sad, I’m so stressed, <https://namipiedmont.org/tips-on-managing-your-mental-health-during-the-holidays>, <https://arborplaceinc.org/2019/12/19how-to-manage-stress-mental-health-during-the-holidays>

Our Mission Statement

Holy Name Parish is a thriving Roman Catholic community that strives to create a welcoming atmosphere for many people from diverse cultures and various backgrounds. Using our time, talent and treasures, we are committed to responsible stewardship and financial accountability. We nourish our Catholic Faith through our weekly sharing in the Eucharist, strengthened through intergenerational faith formation. Empowered by the Holy Spirit we dedicate ourselves to the service of those most in need by being Disciples of Christ in the World.

Parroquia de Santo Nombre es una próspera católica romana comunidad que se esfuerza por crear un ambiente para muchas personas de diversas culturas y diversos orígenes. Usando nuestro tiempo, talento y tesoros, estamos comprometidos con la administración responsable y la responsabilidad financiera. Alimentamos nuestra fe católica a través de nuestra participación semanal en la Eucaristía, fortalecida a través de la formación intergeneracional de la fe. Con el poder del Espíritu Santo nos dedicamos al servicio de los más necesitados por ser Discípulos de Cristo en el mundo.

Our Parish has an App!

¡Nuestra parroquia tiene una app!



Download our free **myParish** app and get connected with all the latest parish information and reminders.

Descargue nuestra aplicación gratuita myParish y conéctese con la última parroquia Información y recordatorios.

myparishapp.com

Electronic Giving / Donaciones Electrónicas

Parish Giving Tired of writing checks and stuffing envelopes? **Parish Giving** provides you with the opportunity to contribute electronically. Log on to our parish website and click on the Parish Giving Logo.

*¿Cansado de escribir cheques y rellenar sobres? **Parish Giving** le brinda la oportunidad de contribuir electrónicamente. Inicie sesión en nuestro sitio web de la parroquia y haga clic en el logotipo de la Parish Giving.*

www.holynamedarlake.com



Holy Name Parish

Someone You Should Know

November, 2022

Katie Smetana

“The music in church is so strong, and you can feel the vibrations.....I feel closer to God when I sing.”
Katie

Who is Katie Smetana?
** Katie is a Holy Name parishioner since birth
** Katie lives with her family in Lowell
** Katie is a cantor at mass
**Katie has a very interesting hobby/passion

What ministries are you or have you been involved with at Holy Name?
Katie: From 3rd to 7th grade I was an altar server. Sometime during 7th grade I became a cantor. How much time do you devote to this ministry?
Katie: I usually spend about 2 hours each week either preparing for or singing at mass. When we learn new music there can be an extra hour here or there. In the beginning I needed much more time.

What do you enjoy most about this ministry?
Katie: I like being a cantor because the music in church is so strong, and you can feel the vibrations while the music plays making this a different way to worship. I feel closer to God when I sing.
When you are not singing in church what are you doing?
Katie: I attend Purdue Northwest pursuing a

major in Fitness Management.
Do you have any hobbies or passions?
Katie: Yes, I participate in Bikini Bodybuilding. Wow, that sounds interesting! Tell us about it.

Katie: It is a competition sport where you workout to build up your physique, then wear a custom made bikini which is bedazzled and then individually perform your pose routine for the judges. Then all competitors come out together and pose. This sounds like a lot of hard work. How much time do you devote to this?

Katie: About 90% of the year I am at the gym twice a day for a total of 5 to 6 hours a day. Do you have to follow a special diet?
Katie: Yes, I need to limit carbs and fats, and eat protein. Before a competition I will sometimes be put on a “cut” by my

coach. A cut is usually 16 weeks. Recently I had to do a “crash cut” before a competition which was only 2 weeks long, basically all I ate was turkey and asparagus, and absolutely no fats or carbs. How long have you been



Katie Smetana

participating in this sport?
Katie: I started at the end of 2020. I began competing in April of 2022. What drew you to this sport?
Katie: This is a positive healthy way for me to build my body and stay fit.

IF YOU KNOW SOMEONE WHO ATTENDS HOLY NAME CHURCH

AND

WE SHOULD GET TO KNOW THEM

PLEASE CONTACT:

MARY REYNOLDS

CONFIRMATION@ HOLYNAMECL.ORG

Our Lady of Guadalupe Celebration

Sunday, December 11
Domingo 11 de diciembre

Doors open at 4:00pm
Las puertas abren a las 4:00pm.



Immaculate Conception

Thursday, December 8
Jueves 8 de diciembre

Masses at 12:00pm (noon) and 7:00pm

Advent Penance Service

Wednesday, December 14, 7:00pm
Miércoles 14 de diciembre, 7:00pm



Christmas Eve & Day

Saturday, December 24
Sábado 24 de diciembre

4:00 pm: Christmas Carol sing-along before Mass and Las Posadas.

8:00 pm: Candlelight Mass with the story of the first Manger Scene before Mass.

Midnight Mass (12:00am): with the story of the first Manger Scene before Mass.

Sunday, December 25
Domingo 25 de diciembre

Christmas Day Masses: 7am, 9am, & 11am



December update on our Holy Name

Parish Reorganizing and Re-energizing Project



There was a large, 2-page chart of all our Holy Name ministries and groups published in the middle of our August 2022 newsletter. This chart is a visual representation of how our parish is organized. While the chart looks a bit complex, it is actually quite simple. Of course, Fr. Patrick is ultimately responsible for everything that happens in the parish, but he can't do it all by himself! This is why the staff, the Parish Council, the Finance Council, and the various commissions and committees exist. The easiest way to understand how our parish is organized is to work backwards from the committee level to the council level.

Most of what happens at Holy Name is, in some way, carried out by a committee or group. This is a good way to operate because it involves the collaborative effort of a number of people - and we have so many different committees and groups! There are groups for people who love to knit, sing, teach, read, pray, play, and learn. There are groups for people who help us with our parish finances, our health and safety needs, our community outreach efforts, and our ministries during Mass. But how do we keep all these groups organized, connected, and running smoothly?

This is the part that is actually quite simple. Even though there are many committees, they all fall into one of five basic categories:

1. Committees whose primary purpose is to provide **charitable outreach**
2. Committees whose primary purpose is to **proclaim the Good News of the Gospel through social means.**
3. Committees whose primary purpose is to **support the liturgical and prayer life of the parish.**
4. Committees whose primary purpose is to engage in **faith formation and education.**
5. Committees whose primary purpose is related to **finances and fundraising.**

The first four categories form our parish **Commissions**. Commissions are the large groups that are in charge of all the committees organized under their umbrella. Each Commission is made up of at least one member from each committee, along with Fr. Patrick and a member of the parish staff who is called the "staff liaison". The four Commissions are named:

1. The **Peace and Social Justice Commission** (provides charitable outreach)
2. The **Evangelization Commission** (proclaims the Good News through social means)
3. The **Liturgy and Prayer Commission** (supports our liturgical & prayer life)
4. The **Faith Formation Commission** (engages in education and faith formation)

The fifth category, which is related to finances and fundraising is not considered a Commission, but a **Council**. There are two councils: the **Parish Council** and the **Finance Council**. The Parish Council is responsible for each of the four Commissions listed above, and the Finance Council is responsible for everything related to our parish's finances.

Currently, all of our Commissions and Committees are working on creating (or reviewing) their missions statement. We anticipate that this first stage (writing a mission statement) will be done by the end of this year. Stay tuned - this is an ongoing project and there is a lot more to come over the next two years.

A Sneak Peek at 2023

coming soon
2023
From creator of
2020, 2021 and 2022

2023 is just around the corner and we have some wonderful plans for coming year. Our parish-wide Reorganizing and Restructuring Project is off to a great start and there is much work that needs to be done throughout the coming year. You will be receiving a report on the progress being made in every newsletter.

In June of 2022, the Bishops of the United States called for a three-year Eucharistic revival. Beginning in 2023, the emphasis will be on parishes and resources aimed at increasing Catholics' understanding of what the Eucharist really means. Part of the reason why the Bishops began this effort was because a Pew study in the fall of 2019 that showed only 30% of Catholics accept that Christ is truly present in the Eucharist. In response to the Bishop's call for a Eucharistic revival, we will be incorporating opportunities to learn about Eucharist and to develop a relationship with Jesus, present to us in the Blessed Sacrament, throughout the year. Our Annual Ministry Meeting, our Lenten Renewals and similar offerings will focus on the theme of Eucharist. In addition we will be providing more opportunities for Eucharistic Adoration.

On another note, Pope Francis has recently published his 2023 prayer intentions. People from around the world submitted prayer intentions to Pope Francis. He prayerfully chose the following 12 intentions:



- January - for educators:** that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.
- February - for parishes:** that Parishes, placing communion at the center, may increasingly become communities of faith, fraternity, and welcome towards those most in need.
- March - for victims of abuse:** that those who have suffered harm from members of the Church may find within the Church herself a concrete response to their pain and suffering.
- April - for a culture of peace and non violence:** we pray for the spread of peace and non-violence, by decreasing the use of weapons by States and citizens.
- May - for church movements and groups:** that they may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world.
- June - for the abolition of torture:** that the international community may commit to ensuring the abolition of torture and guarantee support to victims and families.
- July - for a Eucharistic life:** that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.
- August - for Word Youth Day:** that the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.
- September - for people living on the margins:** for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.
- October - for the Synod:** for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.
- November - for the Pope:** for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.
- December - for persons with disabilities:** that people living with disabilities may be at the center of attention in society, and that institutions may offer inclusive programs which value their active participation.

New Year's Eve Celebration

Saturday, December 31

Mass at 5pm

followed by a Champagne Toast and finger foods immediately following in the Church Hall.

Sponsored by our Parish Life Commission.



Epiphany Celebration

Join us for an Epiphany celebration on **Saturday, January 7**

Immediately following the 5pm Mass.

All are invited to the church hall for food, fellowship and Three Kings Cake
Sponsored by our Hispanic Ministry Unidos en Cristo.

*Únase a nosotros para una celebración de la Epifanía en **Sábado 8 de enero** Inmediatamente después de la Misa de 5pm. Todos están invitados al salón de la iglesia para comida, compañerismo y pastel de Reyes. Patrocinado por nuestro Ministerio Hispano Unidos en Cristo.*



4pm Christmas Eve Mass
Christmas Choir
Singers and musicians needed
ALL ages welcome!
Copies of music may be picked up in choir loft before or after any Mass in **December**.
Dress Rehearsal: Sunday, Dec. 18, 3:00pm
for more information:
(219) 613-1591 cindyvarenkamp@gmail.com



St. Vincent de Paul Society's 35th Annual Giving Tree Event



Bring your **WRAPPED GIFTS** with the **TAGS ON THEM** back to church no later than **Sunday, December 11th**

Donations of non-perishable food items are also being collected. Monetary donations are welcome.



Volunteers are needed on Saturday December 17th and Sunday December 18th

to sort, pack, wrap and deliver food and gifts. Please contact **Candi Reiling** at 219-313-9387 or **Tracy Haskell** at 773-326-5761 if you would like to sign up to volunteer.



Artists, Crafters, & DIYers

Create for a Purpose

Do you like to knit, sew, crochet, make craft items or create art? Would you like to learn how? Holy Name is starting a new ministry for all those who are interested in arts and crafts of all kinds.

Our next meeting will be:

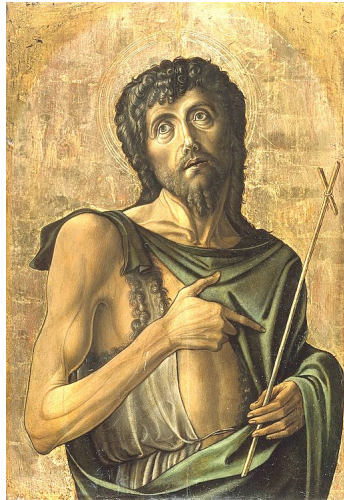
Saturday, December 10th at 10:30am

In the Parish Office conference room #1

Contact Cindy for more info: 219-613-1591 or email cindyvarenkamp@gmail.com



An Advent Reflection on the Canticle of Zechariah



Luke's Gospel begins with the announcement of the birth of John the Baptist. He relates that both Zechariah and Elizabeth were upright, God-fearing, and of a pure, unbroken hereditary line that could be traced back to the priest Aaron. In short, they were a virtuous, pedigreed couple, who had a significant problem - they were childless and advanced in age.

In many ancient cultures, childlessness was thought of as a curse or as a punishment from the gods. Luke stresses Elizabeth's and Zechariah's righteousness to show that there was a divine purpose for their barrenness and Luke sets them both within the Old Testament tradition of a miraculous birth.

Zechariah was a priest - one of approximately 20,000 priests in Israel at the time. Although the temple needed a large number of priests on a daily basis in order to carry out the sacrificial rituals, only a small percentage were ever given the opportunity of offer incense inside the sanctuary itself. The priests drew lots for this privilege and, one day, Zechariah's name was drawn. While Zechariah was in the sanctuary offering incense, the angel Gabriel appeared to him. Gabriel said to him "Do not be afraid, Zechariah, because your prayer has been heard. Your wife Elizabeth will bear you a son, and you shall name him John. And you will have joy and gladness, and many will rejoice at his birth, for he will be great in the sight of the Lord. He will drink neither wine nor strong drink. He will be filled with the holy Spirit even from his mother's womb, and he will turn many of the children of Israel to the Lord their God. He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord." (Luke 1:13-17)

But Zechariah did not trust what the angel Gabriel told him and asked for a sign. Zechariah's response is shocking - after a lifetime of prayer and holiness, his request is cold and cynical. As a result, Gabriel causes him to be speechless and unable to talk until John the Baptist is born and named.

In antiquity, naming a child imbued the child with all the qualities that the name signified, and if named after a relative, then that particular relative's qualities as well. When the time came for the John to be named, everyone expected Elizabeth and Zechariah to name him after Zechariah or one of their relatives. Instead, the couple insisted that the child be named "John". This insistence is evidence of their ability to see the radical break their child's birth represents for salvation history.

In his muted state, Zechariah had time to reflect upon what happened to him that day in the temple with the result that now he can see and trust in God's plan. Then, as soon as Zechariah affirms John's name by writing it on a tablet, he reverses the impertinence and lack of faith he showed at the time of Gabriel's announcement. "Immediately his mouth was opened, his tongue freed, and he spoke; blessing God. Then fear came upon all their neighbors, and all these matters were discussed throughout the hill country of Judea. All who heard these things took them to heart, saying, "What, then, will this child be?" For surely the hand of the Lord was with him." (Luke 1:64-66) Zechariah, filled with the holy Spirit and with great confidence, sings a canticle to his infant son; he begins with the Latin word "Benedictus", which means "Blessed". This is why the canticle of Zechariah is called "The Benedictus" in the Catholic tradition. The Benedictus is said or sung during Morning Prayer every day by those who pray the Divine Office. It is a song of praise and thanks to God for opening the way to salvation.

Luke, by having Zechariah directly address the infant, explains to the reader John's role in salvation history. (Luke 1:76-77). John is to be the forerunner preparing the way for Christ. Those listening are now aware of the salvation, which will come through the forgiveness of sins.

Luke sets God's initiative in sending his son within all the wondrous saving works that God wrought in the Old Testament. Christ is the fruit of God's "tender mercy" which comes as a great dawn in the midst of shadow and death. The image of light breaking through the darkness is a theme that weaves its way through Luke's Gospel.

This Advent, we will be singing the Canticle of Zechariah as our Advent psalm. In case you are wondering, canticles are psalms that are found outside the Book of Psalms. Following are the lyrics to Luke 1: Benedictus written by Steve Angrisano and Curtis Stephan.

During this season of Advent, you may wish to read chapter one of Luke's Gospel and visit YouTube to hear a recording of our Advent psalm. A link will be posted on our website and on Facebook.

Luke 1: Benedictus

Blessed be the Lord,
for he has raised up for us a mighty savior,
Our God has set us free,
fulfilling the promise to save his people.

Through his holy prophets, he promised from of old
to save us from those who would harm us.
His mercy he would show,
remembering his Holy Word.

You, my child, have been chosen
a prophet of the Lord,
proclaiming his forgiveness:
salvation to make known,
preparing the way of God.

In his tender compassion,
the dawn now breaks on high
to shine on those in the darkness:
a light unto our feet
into the way of peace.

Adapted from an excerpt from the Jerome Biblical Commentary For the 21st Century Third Fully Revised Edition