

Saint Francis Solanus



AUGUST 2018

Where Faith and Friendship Come Together: *The Ladies of St. Francis*

Are you a female parishioner here at St. Francis Solanus? Well, this may come as a surprise to some of you, but you are officially a member of the Ladies of St. Francis! In fact, this group recognizes as members all of women of the parish 18 and older, and encourages each and every one to become active in this very special fellowship and service organization.

For many years, parishioners Barb Kuhn, Marcia Tushaus and Edna Trimble have kept this group of ladies up and running, serving as President, Treasurer and Secretary, respectively. Although these dedicated women are now stepping aside to make room for new leadership, they

remain thankful for the many blessings that have come to them through their work with the Ladies of St. Francis.

"It's with bittersweet feelings that we all decided to step down, but we felt it was time," Barb says. "Edna has done this for about 10 or 11 years, and Marcia and I for about 15. We had a lot of fun working together, we really did. The time went fast!"

The Ladies of St. Francis meets four times a year. Sometimes Fr. Don Blaeser, another priest or someone from the parish will speak, and the rest of the evening is a social gathering. Typically, there are close to 100 women in attendance at each meeting and event. In addition, the group has an annual

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At a past Christmas party, members of the Ladies of St. Francis had fun dressing as nuns and getting their photo taken with former Bishop George Lucas.



The Ladies of St. Francis *continued from front cover*

Christmas party and sponsors a monthly card party.

“We have the card parties at the parish center,” Barb says. “We have a nice luncheon, a raffle and a 50/50 drawing, and then the ladies play cards from about 11 o’clock until 2:30 or 3. I have a friend who is 94, and she won’t miss a card party, no matter the weather.”

The women also take care of the “Lord’s house,” cleaning the candle holders in the sanctuary, doing minor repairs, and even painting inside the church. For this group, service and socializing truly go hand in hand.

“Their faith is very, very important to them,” Barb says of the members. “But they also know how to have a good time!”

As all of the women in the Ladies of St. Francis would likely attest, one of the greatest blessings that comes from participating in this organization is the number of close friendships that are formed among the members.

“I made a lot of close friends,” Barb says. “And they’re not my friends only at church — we go to coffee or lunch, and if you have a bad day, you can call up one of these friends and they help you through it. They’ve just always been there for me, including when I lost my husband. We share, and if someone is having a problem, we figure out what we can do, even if it’s just listening. And when you ask for prayers, you know they are praying for you, and that’s important.”

As Barb, Marcia, and Edna prepare to step down from their official roles in the organization, they have faith that the Ladies of St. Francis will find new leadership and continue to thrive in the coming years. The women are in the process of finding new leadership for the Ladies of St. Francis and hope to have their successors in place soon. They look forward to seeing the exciting things to come for the group, and hope that all women of the parish who are not currently active participants will consider joining in on the fun. This opportunity for fellowship and service is something you don’t want to miss!

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Tables set for a fun and elegant Ladies of St. Francis Christmas party.



Members of the Ladies of St. Francis dressed up as nuns, Frosty the Snowman, and Santa for some Christmas party capers!

A Letter From Our Pastor

As Summer Winds Down, Fall Back into Stewardship

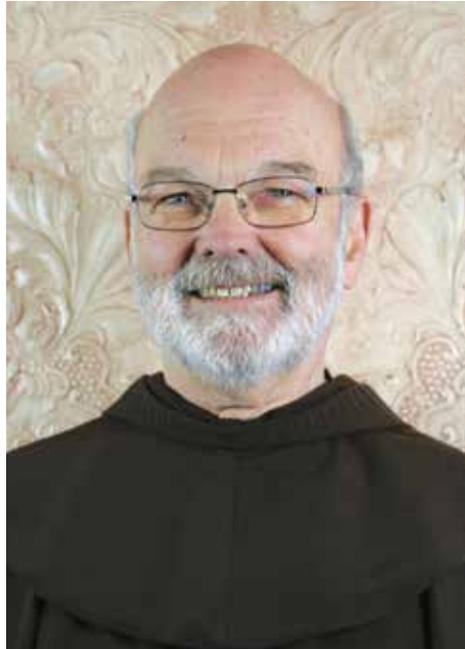
Dear Parishioners,

August has traditionally been regarded as a summer month — a continuation of July with a few differences, namely back-to-school sales that arrive during the month. But now, many schools begin the academic year in August, with the ever-present back-to-school sales falling even earlier in July.

So do we regard August as “still summer” or “the beginning of fall”? While I don’t have an answer to that question, I do know that it’s a time when we should be thinking about how we’re going to serve as Christian disciples and stewards once the fall routines begin.

Even for adults long out of school, the concept of “summer vacation” has a strong hold on us. Sure, some take vacations in the fall to see the leaves, or in winter for skiing or to see family during the Christmas season — but we still think of the summer as *the* time for vacations. Many also have the preconceived notion that “nothing happens” in our parish over the summer. Yes, Mass is still regularly celebrated, and there are weddings and funerals. But otherwise, the parish is a quieter place during the summer months... isn’t it?

Of course, that is certainly not the case. In parishes across America, there are summer programs like Vacation Bible School for the children, and youth groups are attending conferences and sharing in service projects in areas of need. In addition, both our staff and our



volunteers are busy during the summer, as they prepare for all “normally scheduled” activities that resume after Labor Day.

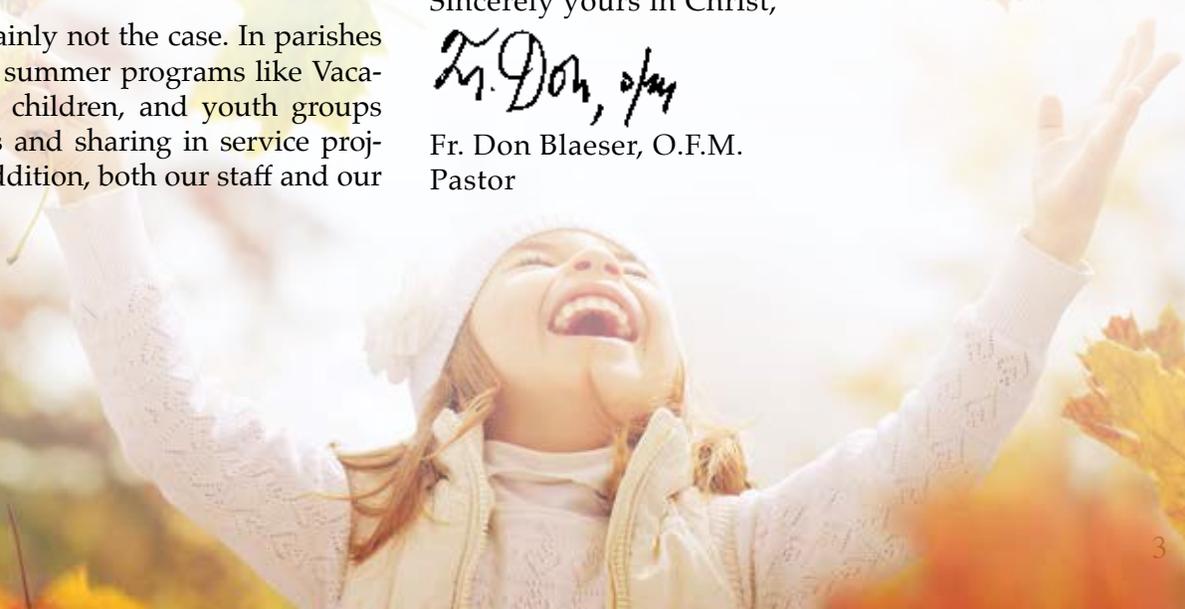
That brings me to my main point — how are *you* preparing to serve as a steward once Labor Day is past? Have you thought of how you can best serve the Lord Jesus with the talent He has entrusted to you? Have you planned how you can arrange your schedule to offer Him more of your time in prayer, worship and study? Have you considered how your budget might be rearranged to share more of the treasure in your care?

Maybe our Lord is inviting you to teach religious education, or to work with the youth, or to visit shut-ins, or to volunteer at a food bank, or to sing in the choir, or to attend weekday Mass, or... well, you get the idea. While we count down the days and wait for autumn to arrive, we can use our time to evaluate how we can be better disciples, better stewards and better Christians — this fall and throughout the rest of our lives.

Sincerely yours in Christ,

A handwritten signature in black ink that reads "Fr. Don, OFM". The signature is written in a cursive, slightly slanted style.

Fr. Don Blaeser, O.F.M.
Pastor



Growing in Silence: Wh

As Catholics, we can look towards the awesome experiences and examples of those who have gone before us — from the saints to our very own family members. We witness how the faith impacts their lives, and how it may impact ours in turn. This was certainly the case for parishioner John Farwell, as he considered involvement in White House Jesuit Retreat Center.

“Fifty years ago, my great uncle went to White House and as a teenager, I saw him come home from retreat and he was a totally changed person,” John says. “For many years I thought about going on retreat, and in 2006, I was golfing with a group of guys — they were White House retreatants and they said, ‘Why don’t you come along with us and see what it’s all about?’ And I went that year and I fell in love with it.”

John has now been involved at White House Jesuit Retreat Center for over a decade and currently serves as the “captain” for the annual St. Francis Solanus men’s retreat each year.

White House Jesuit Retreat Center is located in South St. Louis County, about two and a half hours from Quincy.

“White House is a beautiful campus, high on a bluff overlooking the Mississippi River,” John says.

“When we’re there, God not only touches your heart, but He changes your heart and He makes it possible for you to have a one-on-one relationship with Jesus Christ, and that’s the biggest part of retreat for me. My prayer life has gotten a lot deeper and it’s more important to me now to spend time every day with the Lord, to sit and reflect on what’s happening and to be thankful.”

— John Farwell

“It sits on 65 acres of nature and woodland — it’s an outdoor paradise.”

White House retreats are three-day silent, preached retreats, based on the Spiritual Exercises of St. Ignatius, with opportunities for individual prayer and reflection, Mass, Reconciliation, adoration, benediction and more. Every retreatant has a private room with a private bath, and meals are served family style each day.

Although some may feel daunted by the idea of a silent retreat, for John, the silence is actually one of the most valuable aspects.

“Most of the guys I approach and invite say, ‘I don’t know that I can do that!’” John says. “You go down there you turn off your cell phone, it’s just you and Christ, one on one, and you can have a period of time where you can focus on Him.

“Silence is what makes everything come alive when you’re on retreat,” he adds. “With silence, you can listen to Jesus talking to you.”

In the midst of life’s busy schedules, John has found that getting away on retreat has had a significant impact on his life, faith and relationship with God.

“Retreat gives me a period of time to reflect on my relationship with Jesus Christ and to really step back and look at my life and see what direction my life is going,” he says.

“When we’re there, God not only touches your heart, but He changes your heart and He makes it possible for you to have a one-on-one relationship with Jesus Christ, and that’s the biggest part of retreat for me,” he adds. “My prayer life has gotten a lot deeper and it’s more important to me now to spend time every day with the Lord, to sit and reflect on what’s happening and to be thankful.”

John encourages any man who wants to grow in his relationship with God to consider attending this year’s retreat.

“I would say that any man, young or old — anybody would benefit from the retreat experience, because it allows you to deepen your faith and to see and understand how good God is to us, every day,” he says.

“I have seen men come to White House who just seem like they’re overburdened,” he adds. “And by the time we leave, the burden is gone and the smile is back on their face and they’re ready to face the world.”

White House Men's Retreat



(Front row, from left) Bob Haas, Dennis Steinkamp, Roger Knuffman, Bruce Broemmel, Glenn Gage, Joseph Newkirk; (second row, from left) Tom Maas, John Terstriep, John Myers, Marvin Knuffman, John Venegoni, Bill Morrison; (third row, from left) Russ Cook, Ed Hindkamper (Co-Captain), Paul Soebbing, Larry Klauser, Ray Doellman (Co-Captain), John Maxwell Sr.; (back row, from left) John Farwell (Captain), Bill Anderson

And with the unrelenting demands of day-to-day life, many of us may not take the time to reflect and pray, except during once a week at Mass. So such a retreat opportunity offers that time to put the strains of daily life aside and concentrate on a relationship with Jesus. "

"You can really see the changes in their faces after a day or two," John says. "You can see that the Lord has really touched their heart."

"Retreat is the key marker in my year," he adds. "It helps me to focus on my life for the coming year and it resets my spiritual compass. I look forward to it every year."

If you would like more information, or to register for the St. Francis Solanus Men's Retreat at White House Retreat, please contact John Farwell at 217-222-3330. This year's retreat will take place Sept. 24-27. The registration deadline is Sept. 15. There is no specified cost for the retreat — a free will donation is collected at the end of the retreat to support the mission of White House Retreat Center.

Understanding the Role of Sacramentals in Our Faith



Most Catholics are familiar with the idea of *sacraments* in the Church, of which there are seven. Sacraments are the foundation of the spiritual life for an individual and the Church. Sacraments are sources of grace — God’s very presence in our lives and unmerited favor from God. They are signs of God’s love, and these signs make present what they signify. Although a person benefits — receives the gift of grace — from the sacraments regardless of whether he or she is well disposed to them, one must cooperate with what the Spirit is doing in the sacrament to receive its full benefit.

Sacramentals are different. These are also sacred signs that can build holiness, but they do not work on their own. One must be aware and fully conscious of the sacred action. Sacramentals sanctify us to get the most benefit from the Sacraments (*Catechism of the Catholic Church* 1667). Sacramentals are given to us to make holy certain actions in life and life’s circumstances. There are many such sacred signs that are reminders to us of God.

The sign of the cross is perhaps one of the most fundamental of these signs, and for Catholics, this invocation is done at the start of every sacred action and prayer. Holy water is a sacramental, as it reminds us of our Baptism. By dipping our fingers into holy water and making the sign of the cross, we are combining two foundational symbols of the Christian life and the Paschal Mystery — the passion, dying and rising of Christ — and bringing them to life in us.

The exchange of peace in the Mass — and at other Catholic rites — is another example of a sacramental. By making some kind of meaningful sign of peace, we are giving the peace of Christ to another person. The chalice and other sacred vessels at Mass also are sacramentals,

as they remind us of what they are to contain — the very Body and Blood of Christ.

It might be helpful to organize the types of sacramentals into categories, as author Michael Pennock lists in *This Is Our Faith: A Catholic Catechism for Adults*:

“*Actions* (blessings; genuflections; the sign of the cross; bowing one’s head at the name of Jesus; church processions); *Objects* (candles; holy water; statues and icons; holy pictures; blessed ashes; palms; rosaries; relics; incense; vestments; scapulars; church buildings; crosses; religious medals); *Places* (the Holy Land; Rome; Fatima; Lourdes; the National Shrine in Washington, D.C.; and other places of pilgrimage; chapels, retreat centers, and even Catholic cemeteries); *Prayers* (short prayers we say throughout the day; grace before and after meals; prayers at rising and going to bed; praying the rosary, praying a host of other traditional Catholic prayers and devotions); *Sacred Time* (liturgy; holy days; feasts of saints; your saint’s name day; special days of prayer; fasting and abstinence; retreats, etc.)” (*This Is Our Faith: A Catholic Catechism for Adults*, 176-177).

“Sacramentals...prepare us to receive grace and dispose us to cooperate with it” (CCC 1670). In a word, sacramentals, through the prayer of the Church, bring us to holiness in Christ. All devotions of piety, including sacramentals, should point us toward the liturgy of the Church, a connection to a local parish community, and to the Eucharist (CCC 1675).

The Church, through Christ’s passion, death and resurrection, has given us these sacred signs to lead us in holiness, and to better recognize an authentic Christian life. How many sacramentals can you recognize in your life? Probably more than you think.



Knights of Columbus Council Bar-B-Que: *The Biggest Party in Quincy!*

It has been called “the biggest party in Quincy,” and for good reason! In many ways, it culminates summer activities in Quincy.

Of course, it’s the Knights of Columbus Bar-B-Que, scheduled for Aug. 9-12. This has been an annual event in Quincy for more than 90 years.

The first Knights of Columbus Bar-B-Que took place at old Baldwin Park at 30th and Maine on Aug. 10, 1927. The only time the event was not in August was when it was held in September 1935. After 12 years at that location, it then took place at various locations, finally moving to the site of our Knights of Columbus Hall and grounds at 700 S. 36th Street in 1967, where it has been ever since.

As many as 25,000 people will make their way to one of the premier social events in the area. In fact, it is billed as the largest carnival in the tri-state area! According to our Knights newsletter, the *Knightly News*, “Our carnival for the Bar-B-Que is Miller

Spectacular Shows. We advertise that it is the largest carnival in the tri-state area with 20+ rides. Miller Carnival is made up of two units. Unit number 1 is the unit that appears at our Bar-B-Que and is the main and largest unit they own. The same carnival appears in Hannibal; however, that is their unit number 2 and is considerably smaller in size. When their unit number 1 appears with us it is the first time that particular unit appears in this area and is the only time it does so. When we advertise its size, we are telling the truth that it is the largest in the area.”

The Bar-B-Que entertains the entire family with food, contests, live music and games throughout the weekend. The hours are:

Thursday, 6-10 p.m.

Friday, 5 p.m.-12 a.m.

Saturday, 1 p.m.-12 a.m.

Sunday 12 p.m.-10 p.m.

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St. Francis Solanus

ROMAN CATHOLIC PARISH

1721 College Avenue
Quincy, IL 62301
(217) 222-2898
stfrancissolanus.com



Knights of Columbus Council Bar-B-Que *continued from page 7*

Admission and parking are free.

The Knights of Columbus have been a fixture in our community for a long, long time. Community support and involvement have been a principle embraced by the Knights throughout their time here in Quincy.

“We changed some things last year, and most of the changes were positive,” says past Grand Knight Dr. Mark Hortschlag. “We plan to do some improvements and some more changes this year. Because of the size and importance of this event, we always need a lot of help. The basic layout this year will be the same as in the past. We need to stress that this is our largest fundraiser of the year, and the funds we produce stay right

here in the local area. Our goal this year is to help our local food pantries to an even greater extent.”

The Knights Council #583 was established on June 3, 1901 with 38 initial members. Today, it has several hundred members. The initial Knights of Columbus here had an Athletic Club, a Choral Society, a weekly Study Club, and held an annual Columbus Day parade. The Knights are organized into a series of degrees for members based on their four basic principles — Charity, Unity, Fraternity and Patriotism. The Knights have been well known for service through the years, and this annual community Bar-B-Que is another wonderful example of that!

If you would like more information on the Knights of Columbus, or on this year's Bar-B-Que, please contact the Knights at 217-222-1000 or visit their web site at www.quincykofc.org.

Liturgy Schedule

Saturday Vigil: 4:30 p.m. | **Sunday:** 6:30, 8:00, 9:30, 11:00 a.m.

Weekday Mass: M, T, W, Th, F, 6:30 a.m. | M, T, W, Th, F, S, 8:00 a.m. | W, 8:35 a.m. during school year

Confessions: Saturdays 8:30 a.m., 3:00 - 4:00 p.m.

Holy Days of Obligation: Vigil 5:30 p.m.; Holy Day: 6:30 a.m.; 8:35 a.m. on school days; 8:00 a.m. during summer; 5:30 p.m.