

## Note from the Pastor



### CALL TO PRAYER

And the conversation continues, "Where did you go? Out. What did you do? Nothing." Going out is easy to believe. It's the doing nothing part that is hard to swallow. We never do nothing. Yet, this is the season and this is the time that I proclaim just that. It is the time of our annual July sabbatical. A time to do no-thing. A time to be no-where (now here). Every year at this time I sing the same song and I feel compelled to sing it again. I do so not just for your sake but for mine as well. For I am personally as bad as anybody about taking my own contemplative advice. And so I write to myself (you may read over my shoulder).

I am a list maker. Every morning while my coffee is brewing I am in my office looking over my agenda for the day. I create my agenda for doing things in triage fashion from the most important to the least. At the end of the day I will have checked off all the things I've done and feel a certain satisfaction that they are out of the way only to realize that tomorrow there will be a whole new list. As a recovering chronic workaholic I still feel a little guilty on my day off because I know there is work piling up on my desk. While I may bemoan the quantity of work there is to do, rest assured I will do it. I've been programmed to. And all the while I am thinking. I am planning what needs to be done next, I am thinking about Sunday's homily, and when I'm not doing that, I am nursing a little hurt from yesterday. Sometimes if I feed it enough it will grow into a great big hurt and I can wallow in it for days. So, in reality, I am never really doing nothing.

I recently read an article of an Anglican bishop who stationed himself in the London Metro giving out little three minute egg timers and telling people as they boarded the train to do nothing for at least three minutes while they rode home. He reported that his success was minimal but he was convinced that at least he had to try. And so do we. We really do.

I remember as a baby priest crying to my spiritual director about how busy I was. He had no pity on me (one of the major jobs of a good spiritual director is to be a persistent purveyor of reality). "So whatya going to do about it?" He demanded. "There's nothing I can do," I exclaimed, "My schedule is already written." "Listen, Son, when in doubt, cancel out." He then told me I was required to take one half hour a day out of my schedule to do nothing. "Can I pray?" "Absolutely, but you can't say prayers. You can start by saying prayers but that's still doing something. You can pray for your people and pray for yourself, you can read a spiritual meditation and that's all well and good and you're

already doing that but that's not what I'm asking you to do. I am asking you to stop. To stop doing. To stop thinking. To simply let go and let God." That was my introduction to contemplative prayer. And for the last thirty years I have been seriously struggling to enter into it. Saying prayers and praying has never been a problem for me. I can talk to Jesus ad nauseam. As a matter of fact I'm quite sure He's heard everything I've got to say a thousand times. But just to be with Him, without talking, without thinking, without asking a favor, without seeking, it is really and truly the highest form of prayer. It is the prayer of being. It is the prayer of relationship. It is the prayer we are called into during this sabbatical month. Are you willing to give it a try?

If you are, start out small. Get a three minute egg timer. Turn it over and then for the next three minutes do nothing and think nothing. If you are like 99 and 44 one hundredth percent of the population, you won't be able to do it. All kinds of thoughts will begin to pop up. Fears for the future and hurts of the past will fill the vacuum of your mind. So how do you deal with them? One of my favorite ways of beginning contemplative prayer was taught by Fr. Thomas Keating. Fr. Thomas says, as you enter into this silence, the thoughts will indeed come forward. Don't suppress them, just let them go away. He says to picture yourself on a bluff over looking a river below you. On the river will pass by all kinds of ships, boats, jetsam and flotsam. These are your ideas, fears, hopes, dreams and thoughts. Some of them will be huge. They are the ones you think about day and night. As they come into your consciousness look at them and as a river flows, let them flow down the river out of your consciousness. Until your mind is blank again and the next thought comes. Look at it, acknowledge it and then let it go. Hold on to nothing. The moment you realize that you are holding on to something, let it go immediately. Now, believe it or not, doing nothing and thinking nothing is the hardest work you'll ever do. Most of us are on automatic pilot. To actually become aware of this present empty moment with nothing in it is to realize the fullness of the presence of God. That's the paradox. In the emptiness is the fullness. One of the reasons it is so hard for us to experience God's presence is that we are so full of ourselves and full of our thoughts and full of our activities. May I give you some strong spiritual advice? Stop it! It can be done, it isn't easy. It takes discipline, and time. Are you willing to give away your precious time?

It is the summer sabbatical. I call our parish to contemplative prayer. Don't just do something. Stand there.

In Jesus, the ever present,

Fr. Tony

*The Parish Family  
of  
Mary Queen of Heaven*

*invites you to witness  
the exchange of wedding vows  
between*

*Thomas Joseph Nolan*

*and*

*Margaret Mary Wolak*

*on*

*September 4, 2011*

*10:30 a.m. Mass*

*A light lunch will follow on parish grounds*

*In lieu of gifts  
donations may be made to Mary Queen of Heaven Parish  
which will be tithed to St. Vincent dePaul and  
Elmhurst Walk-In Ministry*

## Parish News



### HELP NEEDED!

On September 18 of this year, we will be celebrating Father's 40th anniversary as a priest at the Odeum Exposition Center in Villa Park, IL. We will need volunteers with expertise in organization, volunteer coordination, catering, decorating, children's activities, traffic control, etc. If you (along with possibly a few of your friends) would like to be part of the planning process and day-of organization and other areas that will be need to be addressed, please do not hesitate to contact us at:

**parishoffice@maryqueen.org**  
SUBJECT: 40<sup>TH</sup> Anniversary.



**Deadlines for the bulletin for the months of August and September:**

For Bulletin On	Articles due by noon
Sunday, August 21	Friday, August 12
Sunday, August 28	Friday, August 19
Sunday, September 4	Wednesday, August 24
Sunday, September 11	Friday, September 2

Thanks for your cooperation

## NEW PHOTOS AND VIDEOS ON MARY QUEEN WEBSITE

In case you missed any of these events, the photos and videos are now available for viewing on **www.maryqueen.org**. To view, go to the Photo and Video Gallery (click link on left side of home page). The following events are now available:

- July 26 Corpus Christi Procession from Elmhurst College to Immaculate Conception Church (with participation from Mary Queen, Immaculate Conception and Visitation Churches)
- Homilies (click link on top menu bar of home page)
  - Fr. Tony's Homilies for 2011
  - Guest Homilies by Deacon Tom, Fr. Dan Stempora, Fr. Tapper and TuAhn Holm
  - Mimi Wolak's talk about her new role at MQH (July 10)



### EMHURST WALK-IN MINISTRY IC FOOD PANTRY

The food collection for the Immaculate Conception/Elmhurst Walk-In Ministry will be held this weekend of July 30-31. They are in need of non perishable items such as canned fruit, soup, vegetables, prepared foods, spaghetti sauce, pasta, baking items, rice, peanut butter, jelly, cereal, paper towels, toilet tissue, kleenex and cleaning supplies.

We want to thank you again for your continued support of the needy. Our parishioners are always so generous and caring of those less fortunate.



### NOURISHMENT FOR YOUR SOUL

You are invited to come and spend time nourishing your prayer relationship with Christ in the Blessed Sacrament during our day of Eucharistic Adoration on Monday, August 1, from 9:00 am. to 7:00 pm., followed by Benediction. Come and receive strength for the journey during this special day of prayer. **Why not join us for Benediction also!** Please refer to the sign-up chart in the back of church. For questions, call Kay Diggins at 630-530-7214, or Rose Wilkes at 630-833-7238. **Our sister parish, Visitation, provides 24/7 adoration in the convent chapel, 799 S. York.**

## Christian Worship



Please call (630) 279-5700 to have a name added to our list. A new listing will appear in bold face. Names will remain on the prayer list for four weeks. Contact the parish office to renew the individual's name on our prayer list.

We hope that you will pray for these persons every day.

Phyllis Anderson  
Kristeen Dotson

18<sup>TH</sup> SUNDAY IN ORDINARY TIME



## Parish News



### GARDEN CLUB UPDATE

Thanks to all who came out and planted our annuals on May 21. Though it was threatening rain, we finished before it came. We have also been joined by some new people, who have been a big help.

Thanks to Herb Schwarz, who has worked since last autumn in removing the overgrown plants in front of the former convent on West Avenue. In the last few weeks some of our garden club members and their family members have been planting in front of the building. Now we are well into our watering schedule for the summer. So far, it working well, with a different family, each week, keeping our precious annuals from getting too thirsty. Yes, in some instances, it is the whole family out there keeping Mary Queen looking great. Kudos to all who have contributed to the beautification of our gardens from spring continuing right through the remainder of the summer! If anyone wishes to join in the fun, you are welcome to call Rose Wilkes at 630-833-7238.

### MARY QUEEN OF HEAVEN MEN'S GROUP EAST END POOL SWIM NIGHT



**Sunday, August 14**

**From 9:00 pm to 10:30 pm**

**Cost is Free, No Reservations required,  
but if you have any questions, feel free**

**to contact Paul Letourneau at 630-698-0081 or  
email [pletourneau@att.net](mailto:pletourneau@att.net)**

Trying to beat the heat? The Men's Group of MQH would like to invite all Mary Queen of Heaven Families and Parishioners to join them for a night at the East End Pool in Elmhurst. You can attend with a group of friends, fellow parishioners, family members, or on your own. There will be many parishioners from Mary Queen at the event, which will be held at East End Pool (467 East Schiller). Looking for a cool pool to beat the summer heat or a late night workout? Come on out and join us for this refreshing summer night event. The event will be held from 9:00 pm to 10:30 pm and the cost is FREE. We look forward to seeing you and your guests on August 14th!

## Religious Education News

### RELIGIOUS EDUCATION NEWS

**The children return to school in just 3 weeks. RE begins just a few weeks later. Where has the summer gone? We are still in need of some help in the program. Please consider spending an hour with us on Wednesdays. We can't share our faith with our children without you.**

**The following are those grade levels where you are needed:**

- **Session 1 – 3:15 pm Grade 2  
3 catechists and at least 3 aides**

If we do not get any responses to our request, there will not be any First Communion preparation classes at 3:15 pm this year. If you can help, please call the REO today. Classes begin soon.

**Have you registered yet?** We are accepting RE Registrations for those classes where space is still available. However, the following classes are closed:

- **At 3:15 pm, Kindergarten, Grades 1, 2, and 3, and 4.**
- **At 5:15 pm, Grades 3 and 5.**

If you are opting to Home School your children this year, it is important that you register in the program. Remember that registration in the RE program is limited to participating members of the parish.

**For more information on any of the above, please contact Mary Ann Woods at the  
REO: (630) 832-8962  
or email: [mqhmadwoods@sbcglobal.net](mailto:mqhmadwoods@sbcglobal.net).**



### MARY QUEEN OF HEAVEN PRESCHOOL AND KINDERGARTEN ENRICHMENT

**For information please contact :**  
**Ms. Brenda Scanlon, Director**  
**Mary Queen of Heaven Preschool (630) 833-9500**  
**Website: [www.maryqueenpreschool.org](http://www.maryqueenpreschool.org)**  
**E-mail: [mqhpreschool@maryqueen.org](mailto:mqhpreschool@maryqueen.org)**

**MINISTRY SCHEDULE**  
**SATURDAY, AUGUST 6 - SUNDAY, AUGUST 7, 2011**

	4:30 PM	8:30 AM	10:30 AM
<b>Presider</b>	Fr. Tony	Fr. Tony	Fr. Tony
<b>Lector</b>	B. Dunn	A. Grozik M. Grozik	S. Napolilli
<b>Eucharistic Ministers</b>	M. White (S) D. StaRosa (C) C. Reisenbuckler G. Los G. Los J. Vilim M. Zelinski	T. Sabel (S) M. Kelly (C) N. Williamson T. Nanak G. Pstrzoch K. Passarelli M. Murray	R. Melendez (S) R. Marro (C) K. Mueller M. McCall P. Mason P. Twardowski R. Styka D. Styka
<b>Altar Servers</b>	J. Mirretti M. McDonough M. McDonough	B. Dunn D. Dunn J. Reginelli	J. Race B. Hernandez C. Hernandez



**Church Support**

Collection Totals for: Sunday, July 24, 2011	
<b>Adults</b>	<b>\$5,589.00</b>
<b>Parish Pay</b>	<b>\$2,996.67</b>
<b>Children</b>	<b>\$19.78</b>
<b>Collection Total</b>	<b>\$8,605.45</b>

**Thank you for your continued support!**



**MASS INTENTIONS FOR THE WEEK**

**Sunday, July 31, 2011**

8:30 AM † Albert Kabat  
10:30 AM † Fred Cafasso

**Monday, August 1, 2011**

8:30 AM † August Bajzek

**Tuesday, August 2, 2011**

8:30 AM † John Flynn

**Wednesday, August 3, 2011**

8:30 AM † Catherine Conway

**Thursday, August 4, 2011**

8:30 AM † Elizabeth Lowrey

**Friday, August 5, 2011**

8:30 AM All Parishioners

**Saturday, August 6, 2011**

4:30 PM † Dolores and Paul Jandick

**Sunday, August 7, 2011**

8:30 AM † Albert Fuschen  
10:30 AM † Thomas Lavin

† indicates person is deceased

**Readings for the Week of July 31, 2011**

Sunday: Is 55:1-3/Rom 8:35, 37-39/  
Mt 14:13-21  
Monday: Nm 11:4b-15/Mt 14:22-36  
Tuesday: Nm 12:1-13/Mt 14:22-36 or 15:1-2,  
10-14  
Wednesday: Nm 13:1-2, 25-14:1, 26-29a,  
34-35/Mt 15:21-28  
Thursday: Nm 20:1-13/Mt 16:13-23  
Friday: Dt 4:32-40/Mt 16:24-28  
Saturday: Dn 7:9-10, 13-14/2 Pt 1:16-19/  
Mt 17:1-9  
Next Sunday: 1 Kgs 19:9a, 11-13a/Rom 9:1-5/  
Mt 14:22-33

**RESPECT LIFE EVENTS**

Saturday, August 13, 9:00 am – 3:00 pm, Theology of the Body for Teens Teacher Training for Middle School with Brian Butler: Training will be held at Queen of the Rosary Parish, 690 Elk Grove Boulevard, Elk Grove Village. Cost of registration is \$55.00 for materials and lunch meal. Please register at least 2 weeks in advance for training. Please contact the Archdiocese of Chicago Respect Life Office at 312-534-8792 or Ray Pingoy at [rpingoy@archchicago.org](mailto:rpingoy@archchicago.org) with any questions. If you are a teacher or a parent, you won't want to miss out on the opportunity!

	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	1		2 7:00 PM - 8:00 PM Building & Grounds Comm. Mtg. in Conf. Rm.	3 7:00 PM - 9:30 PM Bible Study in Conf. Rm.	4	5	6 3:30 PM - Confessions 4:30 PM - MQH Mass		
7 <i>Nineteenth Sunday</i> <i>in Ordinary Time</i> 8:30 AM & 10:30 AM - MQH Masses 2:00 PM - 3:00 PM Baptisms in C	8		9 6:30 PM - 9:30 PM Women's CRHP in BH 7:30 PM - 9:00 PM Baptism Preparation in C	10	11	12 DEADLINE BULLETIN AUGUST 21	13 3:30 PM - Confessions 4:30 PM - MQH Mass		
14 <i>Twentieth Sunday</i> <i>in Ordinary Time</i> 8:30 AM & 10:30 AM - MQH Masses 9:30 AM - 10:30 AM RCIA in Conf. Rm. 11:30 AM - 3:00 PM Wings to Heaven Picnic in BH	15 7:00 PM - 9:00 PM Commission Meeting in BH	16	17 7:00 PM - 9:30 PM Bible Study in Conf. Rm.	18 6:30 PM - 8:00 PM Preschool Parent Orientation in SH	19 DEADLINE BULLETIN AUGUST 28	20 9:00 AM - 12:00 noon Protecting God's Children Workshop in BH 3:30 PM - Confessions 4:30 PM - MQH Mass	21 <i>Twenty-first Sunday</i> <i>in Ordinary Time</i> 8:30 AM & 10:30 AM - MQH Masses 2:00 PM - 3:00 PM Baptisms in C		
22	23 6:30 PM - 9:30 PM Women's CRHP in BH 7:00 PM - 9:00 PM CCW Board Meeting in SH	24	25	26	27 9:00 AM - 12:00 noon Protecting God's Children Workshop in BH 3:30 PM - Confessions 4:30 PM - MQH Mass	28 <i>Twenty-second Sunday</i> <i>in Ordinary Time</i> 8:30 AM 10:30 AM 11:30 AM - 1:00 PM MQH Masses MQH Outdoor Mass Deacon Alex Grozlik Reception in BH	29	30	31

BH	Barrett Hall
C	Church
Conf. Rm	Conference Room
SH	Social Hall