

## MASS INTENTIONS

### Monday, October 31

No Mass

### Tuesday, November 1

Solemnity of All Saints

9:00 AM School Mass Personal Intention

6:00 PM Mass † James St. John

Eucharistic Adoration following 6 PM Mass

### Wednesday, November 2

The Commemoration of all the Faithful Departed (All Souls)

8:00 AM Mass † Dan Brown

### Thursday, November 3

St. Martin de Porres

8:00 AM Mass † Mike Emerson

### Friday, November 4

St. Charles Borromeo; First Friday of the Month

8:00 AM Mass † Amy Whitters

### Saturday, November 5

Blessed Virgin Mary; First Saturday of the Month

4:00 PM Mass † Lisa Musel-McCoy

### Sunday, November 6

Thirty-Second Sunday in Ordinary Time

8:00 AM Mass St. Ludmila Parishioners

10:30 AM Mass Personal Intention

### **Pilgrim Statue in the home of:**

Gail Sullivan 218 11<sup>th</sup> St NW

Oct 31-Nov 4. Rosary recited each evening 7:30P.

**Prayer Line:** Let us pray for your needs 390.1277

### **Readings for the Week of October 30, 2011**

**Sunday:** Mal 1:14b-2:2b, 8-10;  
1 Thes 2:7b-9, 13; Mt 23:1-12

**Monday:** Rom 11:29-36; Lk 14:12-14

**Tuesday:** Rv 7:2-4, 9-14; 1 Jn 3:1-3; Mt 5:1-12a

**Wednesday:** Wis 3:1-9; Rom 5:5-11 or 6:3-9;  
Jn 6:37-40

**Thursday:** Rom 14:7-12; Lk 15:1-10

**Friday:** Rom 15:14-21; Lk 16:1-8

**Saturday:** Rom 16:3-9, 16, 22-27; Lk 16:9-15

**Next Sunday:** Wis 6:12-16; 1 Thes 4:13-18 or  
4:13-14; Mt 25:1-13

Born to a new life in Christ and joined to our faith community through the water of Baptism, we welcome:

**Jackson Jeffrey McGrath**

son of Scott and Danielle McGrath

**Mya Rose Elaine & Addison DeeAnne Netolicky**

children of Daniel and Sarah Netolicky



### **New Members of Our Parish Family**

#### **Welcome:**

John and Amanda Wilke

Harold Zenisek

### **Mass of Remembrance**

**Memorial Masses this weekend:** Those who were buried from St. Ludmila Parish from Nov 1, 2010 through Oct 2011 will be remembered at each Mass.



**One of the most important qualities of a disciple is to be a person of prayer.** In our fast paced lives it can be hard for a husband and wife or parents and children to find time and space to talk. It can be even more difficult to find time to pray. I'd like to offer just a few observations today about *prayer and the life of a disciple.*

First of all, prayer is not just talking to God. Good conversation is always two sided. If our prayers are all our words and thoughts we are doing all the talking and not letting God get a word in edgewise. This is not prayer. Over the years I have often pondered what St. Paul meant when he said we must "pray always." This seems like an impossible thing to imagine – praying always! But maybe not if you think of it this way; if you have a friend in trouble or someone in your family is very ill, they are in your mind all the time. Praying can be more an awareness than a talking. As you go through your day, are you aware that God is with you, is looking out for you, is on your side. Bringing God into our thoughts and into the events and needs of our day – being aware – is a profound prayer. You don't have to be on your knees, your hands don't need to be folded or your eyes closed to pray. A woman once told me that she struggled with her night prayers; she was so tired after a day taking care of her family. I asked her if that meant that a day gets by that she doesn't pray. She said, "O God no! I pray all day long!" Awareness of God's presence is the first and most important form of prayer for a disciple.

The above thoughts don't mean that we don't make time for special prayer. I often hear that people try hard to keep up their traditional prayers that they have said since childhood, but struggle mightily to keep their minds focused. They are thinking about a thousand other things while the Hail Marys and Our Fathers tumble off their lips. If a disciple's prayer life is full of distractions, it is time to search out some new forms of prayer like meditating on a verse from Scripture, or making up a personal litany of gratitude to God, or developing the discipline of centering prayer. As human persons we grow in many ways; physically, emotionally, intellectually, relationally; it seems to me that we should also grow and mature in the way we communicate with God – prayer.

Finally, a disciple needs to spend time with the master, listening, enjoying, being quiet, laughing and sometimes shouting for joy! Last weekend a little boy was baptized at Mass. After the water was poured and his head dried off a bit I looked at him and said, "Good job!" He broke into a huge smile and started clapping, and so did the people at Mass. *For me, that was the best moment of prayer this past week.*

**BREAD FOR THE JOURNEY #34:**

**POSTURE**

As Catholics, we pray with our bodies—and what we do with our bodies affects how we pray. So there are times during Mass when we sit, a posture of relaxed attention. There are times when we stand, a posture of heightened attention and respect. There are times when we kneel, which can be a posture of penitence or a posture of adoration. In the United States, it has become the familiar practice to kneel after the Lamb of God (for the invitation to communion) and remain kneeling through the rest of the Communion Rite except when making one's way to and receiving communion.

*Catholic Messenger Series-- Liturgy of the Eucharist: The Communion Rite (Part 2) by Deacon Frank Agnoli, Davenport, IA.. Permission granted for reprinting.*

**Faith Formation**

**Why Go To Mass?**

Come to an informative session on **Wednesday, November 2**, beginning at 5:20 or 6:40PM in the church. Topic: Liturgy of the Eucharist.

Join us on Nov 10, for an adult education session **"The Gospel of Mark,"** presented by Rev. Robert Beck, Professor of Religious Studies, Loras University. Social at 6:30PM, presentation **at 7PM, St. Elizabeth Ann Seton**, 1350 Lyndhurst Dr, Hiawatha. *What is Mark doing with his Gospel?*

*How is Mark different from the other Gospels?  
How does the Liturgy use Mark?*

**The Word Among Us** booklets for NOVEMBER are available in the Gathering Space for your reflection on the Sunday and weekday Scripture readings, as well as interesting articles on the Catholic faith. Donations appreciated.

**November 6** MINI Retreat at American Martyrs Retreat House, Cedar Falls - Sunday 1-4PM. Presenter: Dave Cushing. *"The Challenge of Living Eucharist in Everyday Life."* The series of mini-retreats are co-sponsored by the Catholic Parishes in Waterloo and AMRH. Donation: \$10/adults, \$5/students payable at the door.

For more background on the speaker/topic, or to register: [www.waterloocatholics.org](http://www.waterloocatholics.org) or 266.3543



Read about these topics and more in the Oct 30th issue of *The Witness*:

- ❖ Three Dubuque parishes host men's leadership program "That Man is You."
- ❖ Parish staff members hear about emerging models of parish leadership.
- ❖ Rural life conference calls for 'new food system' to guide agriculture.

*"Parish Office has subscription forms."*

**All Liturgical Ministers and Altar Servers**

Tom and Jeanette Niccolai are creating the *schedules for Dec and Jan*. Call them (363.6115) **no later** than the 13<sup>th</sup> of November if you **CANNOT** minister because of illness, vacation, or if you will be away during those months. There will be signup sheets for Christmas in the Gathering Space sometime in December. Also, if you know you will be gone January 1 weekend, please let them know. Interested in receiving your bi-monthly schedule by e-mail?

Send Tom and Jeanette your e-mail address to:

[romano\\_01@msn.com](mailto:romano_01@msn.com)

**Parish Life**

**Fall Clean-up at the parish Nov. 19<sup>th</sup>!** The lunch provided will taste even better knowing one has used one's time and effort in service to our parish home. We will start about 8:30AM! *Come and meet friends old and new!*

**Youth Ministry**

**Parental Consent Form/Liability Waiver:** Parents of all senior high youth (9<sup>th</sup>-12<sup>th</sup> graders) from St. Ludmila are reminded that the 2011-2012 Archdiocesan Parental Consent Form/Liability Waiver which your child received by mail at the beginning of October must be completed and returned to Bob Gardner's mailbox in the Parish Center lobby by Monday, October 31st! **IF THIS FORM IS NOT COMPLETED AND ON FILE AT OUR PARISH, YOUR CHILD WILL NOT BE ALLOWED TO ATTEND ANY OFF-SITE EVENT (skating party, ski trip, guest retreat, Planet X fun night) OFFERED BY THE PARISH, THE CEDAR RAPIDS AREA YOUTH MINISTERS, OR THE ARCHDIOCESE OF DUBUQUE THIS SCHOOL YEAR!**

**Senior High Youth Night:** All 9<sup>th</sup>-12<sup>th</sup> graders from St. Ludmila and your friends are invited to our next Senior High Youth Night on Wed, Nov 2, 7:30-9PM in the School Gym. We're having Open Gym, so come and join us for a great evening of food, fun, and fellowship.

**Holy Family**

**LaSalle Middle School presents "Beauty & The Beast Jr."**

Nov 17/18 at 7P at Xavier High School. Tickets: Adults: \$5, Students: \$3, children under five are free (but must sit on parents lap). Tickets may be purchased in advance by calling LaSalle at 396.7792. *Come enjoy an evening of enchantment!*

**St. Jude Teacher Is First Time Author:** Cedar Rapidian and St. Jude kindergarten teacher Andy Allen has written his first children's book, "Stormin' Norman: The Soggy Doggy." This book features two best friends, one human and one dog, who discover the trouble that can come from a harmless looking stick near a creek bank. Andy must go to great lengths to save his pal Norm when the dog is caught in the creek's current. Based on the Iowa flood of 2008, this wonderful story of friendship in the face of danger will warm the heart of any animal lover. Pre-orders of "Stormin' Norman: The Soggy Doggy" are currently being taken. The book, priced at \$16.95, will be personalized/autographed by the author upon request. Call 319.400.6324 or visit [www.andyandnorm.com](http://www.andyandnorm.com) to place your order. Andy Allen will have a book reading and signing event at Barnes and Noble, 333 Collins Rd NE at 11AM on Saturday, Nov 26.

## Xavier

**All-Saints Day Memorial Mass** Tuesday, Nov 1 at 10AM. Xavier will hold the Memorial Mass in the Gymnasium. This Mass is in memory of alumni, faculty and friends. Parents, grandparents and the Xavier Community are welcome!

The Xavier Drama Department is busily preparing for our big fall musical, *Smile*. Take 26 high school senior girls of various backgrounds, send them all to Santa Rosa, California, give them hokey dance numbers and even more hokey costumes and you'll have yourself the musical *Smile*. *Smile* also gives us beautiful ballads and enthusiastic and lively music that will keep you humming long after the show is over. Join us for a night of comedy, great music and fun.

### *SHOW TIMES*

**November 10th, 11th and 12th at 7PM**

**Regis-LaSalle Theatre at Xavier**

Tickets are on sale from 8AM-3PM at the  
Xavier Activities Office

## Appreciation

**Thank you to the volunteer secretaries for week of Oct 17:** Laverne Fisher, Darlene Chmelicek, Mickey Betz. **Thank you to God's Housekeepers for week of Oct 17:** Karen Neuhaus, Betty Skvor, Natalie Zaehringer, Mary Brecht, Pat Roberts, Stephanie Roberts, Denise Pudil, Kelly Hiserote, Denise Benesh, Fran Musel, Mark/Rosann Sandersfeld, Jim/Lorilei Christner, Joyce Janovec, Barb Schaufenbuel, Patience Jellen, Julie Farmer.

**Thank you to:** Janet/Carol Hayek, Joyce Janovec, Donna Grimm, Karen Doyle, Betty/Hal Schulze, Esther Benesh, and Nancy Macek for waxing the Church floors. To Bob Doyle for cleaning the interior Church windows.

**Thank you to: these people who make cakes for bingo:**

Joan Sylvester, Ann Rude, Bob/Molly Cunningham, Renee Levi, Colleen Knipper, Karen Billick, Paula Wilhelm, Cindy Martin, Mary Lou Sandborn, Lori McMann, Brenda Havlik, Betty Dooley, Sue Vecerka, and Sue Berger.

**Our thanks to all of our parishioners** who are so kind in volunteering to bring food and work at our funerals. You continue to be a shining example of giving back to God by serving his children. Please feel free to pick up your dishes in the coat room in the Social Hall anytime you are in Church.

**Thank you to** those who gave explanations of the church furnishings and sacred objects last Sunday.

**Thank you to** the students from Xavier who worked on the church grounds on Wednesday.

## ACTIVITIES AND MEETINGS



### SUNDAY, October 30

9:05 AM RCIA, SH

1:30 PM Marriage Seminar, SH

3:30 PM Bingo (school doors open) games begin 5:30 PM

### MONDAY, October 31

6:30 PM Divorce and Beyond (closed session), PC

### TUESDAY, November 1

5:30 PM Bingo (school doors open) games begin 6:30 PM

6:45 PM Faith Formation Commission, SH

### WEDNESDAY, November 2

2:00 PM Legion of Mary, PC

5:15 PM Adult Faith Formation, PC

5:15 PM RE Early Session, C/SC

5:20 PM Why go to Mass?, CH

6:45 PM RE Late Session, C/PC/SC/SH

6:40 PM Why go to Mass?, CH

### THURSDAY, November 3

12:45 PM Rosary over Lunch, CH

5:00 PM Church Cleaning, Leader Carole Palas

6:30 PM Light Weigh, SH

6:30 PM Liturgy Mtg, PC

7:00 PM Men's Group, SH Multi-purpose Room

### FRIDAY, November 4

9:00 AM Church Cleaning, Leaders Hal/Betty Schulze

### SATURDAY, November 5

No activities/meetings scheduled

### SUNDAY, November 6

9:05 AM RCIA, SH

3:30 PM Bingo (school doors open) games begin 5:30 PM

**C/CH: Church, PC: Parish Center, SC: School, SH: Social Hall**

## St. Ludmila Fall Bazaar

Save these dates!

Sat, Nov 12; Sun, Nov 13

Calling all Kolach Bakers, Crafters and Volunteers to help with the church booths, to bake cookies for the cookie walk, make cakes and pies for the Café St. Ludmila.

We are also looking for parishioners to volunteer with the bazaar committee.

Contact Karen 364.3135.



### St. Ludmila Kolach Bake

Saturday, November 12

Apple, Apricot, Cherry,

Poppy Seed, Prune, Strawberry

Orders must be in by: Tues, November 8

**Kolaches are sold as pre-order only.**

Orders will be taken from

Tuesday, October 25, between the  
hours of 9 AM to 7 PM through

Tuesday, November 8.

Call your orders in to:

Darlene 390.1277; Elaine 364.0897

**Our Children's Envelopes**

These past weeks the kind deeds and prayers offered back to God who inspires all the good we do included -



Praying For:

- Connie who hurt her arms
- My family
- Hawkeyes, Brett Greenwood

Kind Deeds:

- I helped my mom carry food bags
- Helped put out the recycling at school
- Sitting in peace

**Support**

**American Cancer Society - I Can Cope**

Educational program for cancer patients, their families/friends

**Celebrating Life!! Survivors Panel**

Thurs, Nov 3, from 5:30-7PM • St. Luke's Cook Cancer Wellness Program - 810 1st Ave NE

**Free** of charge - Open to everyone

Pre-register: 319.861.7791

**Respect Life**

**40 Days for Life** will conclude with a rally on Sunday, Nov 6. Starting at 6P in front of Planned Parenthood, 3425 First Ave SE, we will join for the final hour of the vigil. Even if you have prayed from home and want to join us, it's a great time to do so. At 7P, we will walk one block North to the Town & Country Shopping Center/Mall and gather for pizza and concluding remarks. Recommend parking in the Town and Country parking lot. We will accept free will donations at the closing event to help cover the costs of the food.

RSVP: 366.1684.

**Free Community Education Outreach Program**

*First in a series of Health Forums*

**Hosted by:**

**All Saints Church**

**720 29th St. SE - Parish Social Hall**

'Understanding Levels of Care:

Home Health, Independent Living, Residential Care, Assisted Living and Nursing Care.'

\_ What's the difference?

\_ How do I know what I might need?

\_ How much will it cost?

A panel of experts in each living option will present a brief explanation of each level of care and a Q&A session will follow.

**Wednesday November 9th**

**Morning Session 9:30-11:00 am**

**Afternoon Session 1:00-2:30 pm**

Browse the display tables of area Senior Living option providers to obtain specific information on each level of care. Over 40 providers will be available with take home information at each table.

***Learn Now—Live Better Later***

**In Our Community**

**Turkey and Ham Dinner** - St. Michael Church, Belle Plaine Sun, Nov 6 - Serving from 11A-1:30P - Carry outs available - Adults \$10; Children (6-10) \$4; 5/under Free

**Fall Card Party** - St. Patrick Church, Watkins - Sun, Nov 6, at 1:30P. Lots of prizes/delicious lunch. Bring your friends.

**Kimbilio Hospice**

**Creating a Community that Honors Life & Offers Hope**

An educational presentation exploring hospice and palliative care in Kenya where AIDS has ravaged cities

Wednesday, November 16

5P Reception, 6P Program

St. Luke's Resource Center, 1026 A Ave NE

Presented by: Juli McGowan, RN

Director of Living Room Ministries International

Hear the powerful experience of mobilizing rural communities in Africa to provide home-based palliative care and to create a 26 bed in-patient hospice house. The challenges faced, successes achieved and stories encountered while providing palliative care and hospice in Kenya will also be discussed. CEU's will be provided in nursing and social work for a minimal fee. Registration is requested: 369.7744. Sponsored by: St. Luke's Hospice