



The Seton Sentinel



St Elizabeth Ann Seton Council 7473

Serving St Elizabeth Ann Seton, Holy Spirit and St. Helens Catholic Parish's

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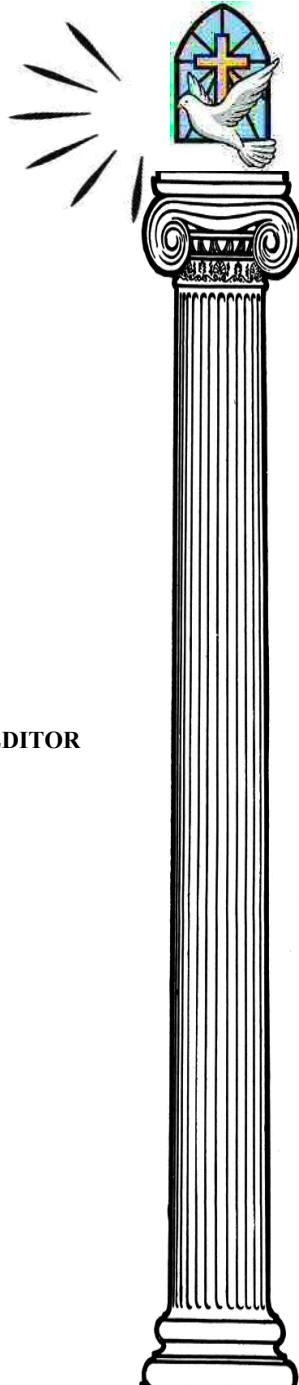
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Chaplain's Corner



IS SIPPING FROM THE COMMUNION CUP

A HAZARD TO YOUR HEALTH?

By Thomas Acker, Brian Cain

(Printed from the National Catholic register)

Flu, pneumonia and viral cold season is upon us. Is sipping from the communion cup a hazard to your health? Certainly, it is risky.

One medical doctor colleague who served as a minister of the cup told us of his experience after all the people had communicated. He consumed the remaining Precious Blood. Not long afterward he came down with mononucleosis. He could think of no other reason for contracting mono than his experience of drinking the remains of the cup. Whether our friend's analysis is correct or not, it discouraged him from being a communion minister and drinking from the cup.

A church organist told us she stopped receiving the Blood of Christ years ago when she found she was frequently getting sick with upper respiratory infections. One of our communion ministers of the cup recounted that at the end of communion when she looked into the cup with particles floating around and remembering all the people who have sipped, it turned her stomach. She would no longer serve as a communion minister because she said "what should be uplifting is gross."

Why do more than 50 percent of Catholics after receiving the consecrated host hesitate to drink from the same cup at liturgy? Health! Most medical people would advise against the congregation drinking from the same cup.

Some people suggest that the alcohol in the wine protects the drinker. Unfortunately, the low alcohol content of the wine is not antiseptic. A swab from the cup and onto a nutrient Petri dish would prove the point to the most devout communicant.

In the United States it is not our custom to share cups, utensils or straws. Consider the reaction of guests if you were the host of a party, put only one large cup of wine on the table and told the guests that they should pass this cup of wine around and share. A congregation drinking from the same cup is a time bomb waiting to happen.

There is a practical solution for receiving the Precious Blood already approved by the American bishops. The United States Bishop's Conference in 2017 issued Norms for the Distribution and Reception of Holy Communion. Norms presents another form for distributing the Precious Blood. It is intinction.

Intinction means that the consecrated bread is placed in or dipped into the consecrated wine; people then receive in one eating action the Body and Blood of Christ.

As a medical doctor for over 27 years and in family practice, I never drink from the cup unless I am the first after the priest. Most parishioners are quite capable of casual exposure to bacteria or virus particles. But the elderly, the frail or those otherwise immunocompromised (im-mu-no-com-pro-mised) are at much greater risk of severe illness when drinking from a common cup. Today, the elderly often make up a large portion of the congregation.

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Additionally, infected parishioners fail to understand when they are contagious. We have watched people who are coughing violently after a week of moderately severe influenza and then take from the cup first in the communion line. Despite warnings from the liturgical office of our diocese, they do not recall or advert to the harm of those who follow or the last person who consumes the remains.

Potentially the most infection risk to parishioners is the most insidious. Most viral infections have an incubation period after inoculation and before they feel symptoms. The person does not feel ill. These peoples had infectious material several days before the symptoms illness and thus drink unaware that they may be spreading infection.

There are also significant inconsistencies between teaching and practice with our children. Teachers instruct children not to drink from the same cup, drink from other's milk, or share straws. Then at liturgy we go with an opposite message — share the one cup. What a contradiction!

Intinction is another way of distribution. It has many positive factors. Intinction removes entirely the health risks of multiple people drinking from the same cup. It doubles the number of persons receiving both Body and Blood of the Lord. Good results!

During Advent 2017, the Parish of St. Joseph in Randolph, Ohio, practiced intinction and 95 percent of the people received the Body and Blood of Christ. As the administrator of this parish and a priest for 55 years, I can attest there were no drippings and no accidents. The congregation approved of this adult and healthy way of receiving the Eucharist and spoke eloquently with their feet. We handled intinction in the following way. We obtained intinction sets that were used in the Maronite Catholic Rite. The dish in the middle is very shallow and, in this cup, we poured some very red wine for consecration.

At Communion the consecrated host was dipped into the wine by the communion minister but only allowing a small ring of the Precious Blood to form as a crescent on the bottom of the host. The intincted host was then presented to the communicant with the words, "The Body and Blood of Christ." They received the intincted host at the top by their fingers and placed it themselves in their mouth.



Words from the Grand Knight

Dear Brother Knights:

I was both privileged and happy to see our newest member, Ian Lukas, installed into the First Degree of our Brotherhood last month.

I know that I am repeating myself when I say that young men like Ian are the future of the Knights. (He is a student at Valparaiso University.) The thing about clichés is that they state truths so obvious that people stop paying attention to them. We cannot afford to stop being mindful of this statement.

If our Council is to have a future, we need to change our recruitment strategy. One of the challenges that we must overcome is to get prospects to stop thinking of the Knights as "just a bunch of old guys sitting around drinking." Yes, we do that — but more importantly, we serve our families, parishes, and community. We need to impress upon younger men exactly what we are doing as knightly ministers.

I welcome your input, Brothers. Think about ways that we can accomplish this, and feel free to speak up. The more young men like Ian we can recruit, the better for our Council and our Brotherhood.

Viva Jesus

Ken Williams
Grand Knight



Knights' Prayer

Our Lady, Queen of the Knights, bless all the activities of our Order. Keep us true to our pledge, to extend the kingship of thy divine son on earth. Through Thine intercession, win for us the grace, ever to exemplify in our public and private lives, the virtues that should characterize those especially dedicated to the service of the heavenly court. Make us always aware that as your Knights, we are constantly observed, our faith judged, and our Order appreciated. Accept, O Mary, this renewed pledge of fealty and devotion, of Thy Servants, the Knights of Columbus.



*In Need
of Your
Prayers*



Bruce Beck's brother Larry, and
friend Larry
Chopps Family,
Dennis Conley,
Rich Cunningham,
Marty DeBattista,
James Doppler and his wife
Ted & Nan Fitzgerald,
J.Foliar and his wife,
Janet Foresman,
Bob Greaney's Family intentions,
Mike Halcarz,
Fr. Joseph Kelchak family
Dennis King's mother Norma,
Bishop Dale Melczek
Bob Mann's widow Debbie
Leo Mayhew and his wife Trish,
Jim Miller,
Jim Murphy's Granddaughter,
Eric Olson,
Joe Pollaro,
Dave Pzonka,
Brother Joe R from SEAS,
John Ryczaj
Fred Siminski's friend in Hebron,
Fred Siminski's mother in law,
Jessica Siminski and baby,
Mark Siminski & his wife,
& Daughter in law who's pregnant,
Ed Stram,
Ernie Williams,
Ken Williams Mom & Dad,
Glenn Wyant and Family

If you know of anyone who should be added or removed from this list please contact:

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December, 2018 Meeting

Good of the Order Fr. Tom: for the young man, Mr. Tinoco who died in the accident on 109th, for Fr. Denis White who passed away, for Jim Murphy's daughter Karen, who has liver cancer and his 8 month old grandson, Oliver who is sick, Jacob Porter and his family from Hebron, Jason's co-worker, for the soul of Ken's former college roommate Evan Pauley, Ken's dad, Ernest, John Ryczaj, Ed Stram and Holy Spirit parishioners Pat and Monica's son Brian who passed.

50/50 Drawing: Was won by Bruce Spindler, \$16.

Attendance drawing: Member #122, Brad Rybek was drawn for \$70.00, he was not in attendance. The kitty will raise to \$75.00 for the next meeting.

January, 2019 Meeting

Good of the Order Ken's friend Drew Rhodes, whose son was injured in a training accident, also one of our Brother Knights who has been nominated to the federal bench and was opposed because he was a Knight, John Ryczaj, Ed Stram and Jim Doppler.

50/50 Drawing: Was won by Gerry Glatt \$12.

Attendance drawing: Member #142, Bernard Taylor was drawn for \$75.00, he was not in attendance. The kitty will raise to \$80.00 for the next meeting.



HELP!!

**BROTHERS WE NEED
YOUR HELP!!!**

Once again beginning in March and April, we are having our annual Lenten fish fries at our Churches

**To be successful
we need your help.**

There is a lot of work involved in the preparation before and after and during the dinners.

Help is needed to get these jobs done. Only a few do these jobs now. These few need help, especially from the younger generation. Maybe you and your family could get involved. This is a good time for those who are making their Confirmation to get their needed volunteer hours. Also, this is a good opportunity to get help from the Boy Scouts and Girl Scouts, and the young peoples clubs in our churches.

Please call the coordinator Brother Jim Quirk (219-988-2759) for information and to volunteer. He would be happy to hear from you.

Fish Fry Schedule as follows:

MARCH 7 Fish Fry setup at St. Helen's
MARCH 8 Fish Fry at St. Helen's from 4:00 - 7:00 pm
MARCH 9 Fish Fry cleanup if necessary

MARCH 21 Fish Fry setup at SEAS.
MARCH 22 Fish Fry at SEAS from 4:00 - 7:00 pm
MARCH 23 Fish Fry cleanup if necessary.

APRIL 4 Fish Fry setup at HS.
APRIL 5 Fish Fry at HS from 4:00 - 7:00 pm
APRIL 6 Fish Fry cleanup if necessary.

Ticket Prices:

Adult at the \$12.00,
\$10.00 in advance
\$ 5.00 Children 5-13
Free - Children under 5

PRAYER OF MOTHER TERESA

Dear Jesus, help us to spread your
fragrance everywhere we go.
Flood our souls with your spirit and life.
Penetrate and possess our
whole being so utterly
that our lives may
only be a radiance of yours.

Shine through us and be so in us
that every soul we come in contact with
may feel your presence in our soul.

Let them look up and
see no longer us, but only Jesus.
Stay with us and then we shall
begin to shine as you shine,
so to shine as to be light to others.
The light, O Jesus, will be all from you.
None of it will be ours.

It will be you shining
on others through us.
Let us thus praise you
in the way you love best
by shining on those around us.
Let us preach you without preaching,
not by words, but by our example;
by the catching force -
the sympathetic influence
of what we do,
the evident fullness
of the love our hearts bear to you.
Amen.

Prayers For All First Responders



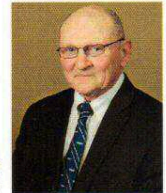
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UPCOMING EVENTS



- FEB 6 Council Officers Meeting at St. Helen's - 7:00m**
FEB 9 Council Breakfast at Baja's at 8:00am
FEB 2 HolySpirit Men's Group 8:00 AM
FEB 12 Santa Maria Venegas Assy 2712 Mtg./Dinner at 6:00 pm St Bridgets.
FEB 13 Council Business meeting at St. Helen's -7:00 pm
FEB 27 Council Social Meeting At Seasons Lake House - 7:00 pm
- MAR 2 Holy Spirit Men's Group 8:00 AM**
MAR5 Council Officers Meeting at SEAS - 7:00 pm
MAR 6 Ash Wednesday
MAR 7 Fish Fry setup at St. Helen's
MAR 8 Fish Fry at St. Helen's from 4:00 - 700 pm
MAR9 Council Breakfast at TBA 8:00am
MAR 9 Fish Fry cleanup if necessary after Council Breakfast.
MAR 11 SMVA 2712 Business Meeting at St. Edwards, Lowell - 6:00 pm
MAR 21 Fish Fry setup at SEAS.
MAR 22 Fish Fry at SEAS from 4:00 - 7:00 pm
MAR 23 Fish Fry cleanup if necessary.
MAR 27 Council Social Meeting TBA - 7:00 pm
- APR 3 Council Officers Meeting at HS - 7:00m**
APR 4 Fish Fry setup at HS.
APR 5 Fish Fry at HS from 4:00 - 7:00 pm
APR 6 Fish Fry cleanup if necessary.
APR 6 Holy Spirit Men's Group 8:00 AM
APR 8 SMVA 2712 Business Meeting at Cedar Lake, Marion Council Hall 6:00 pm
APR 10 Council Business meeting at HS 7:00 pm
APR 13 Council Breakfast at TBA 8:00am
APR 14 Palm Sunday
APR 19 Good Friday
APR 21 Easter Sundy
APR 24 Council Social Meeting TBA - 7:00 pm

BIG
Thank You!

TO: Tin & Celine Henderlong for hosing our annual Social & Christmas Parties. They have been doing this for many years. Because of them the parties were a great success and lots of fun. *God bless you both!*



James Feeney (20),
Donald Heymig (17), John Kaley (14),
Leo Mayhew (5),
John McCarthy (27),
Robert Moreth (10),
Ian Lucas (11)
Deacon Norm Neher (11),
Joseph Pollaro (6),
Thomas Owens (27),
Leon Sanchez (6),
Fred Siminski (8),
John Vida (9),
Jacob Wellsand (4),

Our Brother Jason's dream vehicle



THE CHICAGO MARCH FOR LIFE SUNDAY JANUARY 13, 2019



Cardinal Cupich speaking



Chicago Bears VP Pat McCaskey speaking



Fr. Kevin, Pat McCaskey,
& Jason Yurechko



Gil Spisak & Pat McCaskey



MFL Kevin Schultz, Gerry Glatt,
Emery Kostelnik & Rich Rajski



Chicago MFL Knights



Chicago MFL Knights



Chicago MFL Knights



Chicago MFL Knights