



Immaculate Conception School  
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The mission of Immaculate Conception School is to provide experiences to inspire, challenge, and nurture the mind, body, and spirit of our students within the framework of the Gospel of Jesus Christ and the tradition of the Catholic Church.

*Merciful God, you are the Divine Builder, who calls us to build your Church. Guide us in building our new Catholic Education & Activity Center, so that we can build the Church of the future by passing on the treasure of our faith to future generations. Bless the work of our hands, and keep us strong in faith, hope and love, so that all we do might bring glory and honor to you, forever and ever. AMEN*



## REJOICE AND BE GLAD IN THE LORD!

November 9, 2018

*Bienvenido el parrochia!*

V. 44 #21

Dear Parent,

**WE HAVE SCHOOL ON MONDAY. NO BUS SERVICE AVAILABLE. THIS A MAKE-UP DAY FOR THE SPRING MOVE** and Builders Club will hold a Patriotic Rosary in honor of all living and deceased veterans. We have a visual salute of more than 80 veterans at the end of our program. Please send in your favorite Veteran's digitally and we will add them to the presentation. Let us know how they are related. We will pray for this list of current military. Please help us update or add to it. Thanks!

Army Ranger Joseph Pope  
Corporal Alaine Sueme  
Benjamin Thoma 2nd Lt., USAF  
Chief Warrant Officer 2nd Class James Neumann  
Lt. Jared Walsh, USMC  
EM2 Katherine Gilbreth, USN  
Tim Pope, USN  
Carrie Gilbreth, USN  
Seth Spencer, USN  
SSGT Rebecca Millas  
Colin & Ashley Juengling, USAF, SPC  
PFC Kenny Fields, USMC  
Major Matthew A. Greb, US Army  
Justin Habiger, US Army

Major Brian Schoellhorn  
Captain Justin Weiler  
Master Sgt Eve Dorshorst, USAF  
Private First Class Nick Ganey  
ET3 Joseph Gilbreth USN  
Corp. Matthew Everding  
Brandon Molner USMC  
Katherine Gilbreth EM2, USN  
Andrew J. Gilbreth, USAF; 2nd Lt.  
Maria Witges MP Army  
Jake Tastad, PFC, US Army  
SPC Dylan Stern, US Army  
Kristopher Castellanos, US Marines

**11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month of 1918** The "**Great War**", later called World War I is just 100 years old this Sunday. It takes us 200 years to get over a war. The lines drawn up as countries in the Middle East crossed over thousands of years of tribal discontent. The people living there were not at the table as colonial powers thought they knew everything. If you study your history, you realize much of what you learned was wrong. My B.S. in History is updated every day. Pray for peace. Pray that just because you have a hammer, every problem is not a nail. Thanks to our Builders Club for praying for peace and the safety of our military on Monday.

**SQUARE 1 ART** has been distributed with each student. Deadline for orders is Friday, November 16. There will be no orders taken after the 16th. This is a great, memory-filled fundraiser for Parents & Friends, and are excellent Christmas gifts! Thank you, Carol Fetcho

**PARENTS: HEAD 'EM OFF AT THE PASS!** When I was a kid I watched so many westerns that I wanted to be an "old Indian fighter" when I grew up. My brother told me there were no old Indians in Columbia so I changed career goals. Learning through the grapevine is sometimes a good thing. We like to keep current on things and recently it's been called to our attention about students using Tik Tok, a social media app. It's the latest craze.

Tik Tok is similar to Snap Chat or Instagram. Tik Tok has recently been bought out by Musicaly, another social media app. These apps have no content filtering which means students are allowed to post and see anything from other users and they can find and see everyone else's posts. Please be vigilant and have a conversation with your children about what apps they are using. Everything you post stays out there in cyber-space somewhere. Someone somewhere captures and saves to use or enjoy later. Vigilance. Be careful what you type to who and when and why and how and where!

**PATRIOT'S PEN ESSAY CONTEST** sponsored by the Waterloo VFW Post and Auxiliary wish to thank all the students who participated. Honorees are:

- 1<sup>st</sup> Place: Brian Stark and advancement to the District!
- 2<sup>nd</sup> Place: Sydney Wahle
- 3<sup>rd</sup> Place: Allison Stark

The awards ceremony at the Post level will be Friday, November 16<sup>th</sup> at 6:00 pm at VFW Post 6504 in Waterloo. Thanks to Ms. Catie Taylor for chairing!

**BEGINNERS' SPEECH MEET** is this Saturday at ST. JOHN'S IN SMITHTON, IL. Doors open at 8:45. Judges will meet at 9 AM for assignments and speeches will begin at 9:30.

Solos: Ava Blaskiewicz: "An Ode to Hot Dogs"

Keeley Cooper: "Cotton Candy"

Duets: Sadie Loless and Adrian DeClue: "Stand Up and Holler"

Aubry Thomas and Maryann Imhoff: "Prom Terrified"

Sam Glasscock and Maddie Mauch: "How To Drive Mom Crazy in the Car"

Hope Schwartz and Layne Traxler: "Camping Chaos" Avery Ellner and Avery Herrmann: "Scare Me"

**YOUNG AUTHORS** Believe it or not, it's already time to plan dates for the spring Young Authors contest. The spring Bi-County Conference will be held on March 9th...(ALSO MOVING DAY---ALSO Science Olympiad)---is 6 weeks earlier than last year's conference due to impending maternity leave of the coordinator. This will create a bit of a tricky situation. We'll have to push it to squeeze in the spring contest immediately after Christmas break so we can receive registration, health form & t-shirt money back from parents by the county's registration deadline of Feb. 9<sup>th</sup> for those selected to attend. Here is the schedule:

- 1. Jan. 8th student stories due - jeans day
- 2. Jan 30th- spring assembly

Thanks to Carrie Stark for chairing and organizing our challenging writing program!

**CHESS NEWS:** Chess is about to begin! If you have not yet signed your child up for Chess Club please do so ASAP, using the following [link](#):

If you are signing up more than one student, please sign each one up individually. If your child is not signed up, you will not receive chess emails with chess team information. Please contact Mrs.

Herrmann at [cherrmann@icsmail.org](mailto:cherrmann@icsmail.org) with any questions.

Chess Practices in Cafeteria from 3:00-4:00 on alternating Tuesdays:

Grades 2 and 3: Nov. 20, Dec. 4, Dec. 18, Jan. 15, Jan. 29, Feb. 12, Feb. 26

Grades 4 through 8: Nov. 13, Nov. 27, Dec. 11, Jan. 8, Jan. 22, Feb. 5, Feb. 19

Chess Meets: Jan. 26 - at St. Teresa, Feb. 16 - at ICS, Mar. 23 - at St. Clare

Congrats to the Luke Sommer and Emma Ashton(and mom and dad) on new baby brother Lane Sommer, born November 3rd, 6lbs 11 oz, 20 inches long. Mom and baby are home and doing great!



**TRIVIA NIGHT 2018** was a success last Saturday November 3! We are humbled and amazed at what we can accomplish when we all work together!! On behalf of the trivia committee, THANK YOU!!! Thanks to all who donated libations, reserved a table, organized/donated silent auction items, and sponsored the event!! And HUGE thanks to those who volunteered to set up/tear down and work the trivia- we couldn't do it without you all, thank you thank you!!! We truly appreciate you all and feel so blessed by our ICS family.

A big thank you to our amazing sponsors of this year's Trivia Night! Please support these businesses when you have the choice because they are supporting our children! Our event sponsors: **TJD Business Services and the Mandy McGuire Group; our silent auction sponsor, Ideal Pediatrics; and our round sponsors: Ace Grease Service, Athletico Physical Therapy, Beauty Marks Studio, Bob Brockland, Family Hospice, Family Practice Associates, Reinhold Heating & Cooling, Fit Body Boot Camp, Hentscher-Johnson Orthodontics, Khoury Pharmacy, Linnemann Lawn Service, Peak Sign Company, Premier Academy of Dance, Tammy Mitchell Hines & Co Real Estate Team, Thomas Plumbing, and Williamson Dental.**

**Counselor's Corner:** November 18, 2018 is designated as the 2<sup>nd</sup> annual World Day of the Poor. Last year, on the first World Day of the Poor, Pope Francis urged us this way: "Let us love, not with words but with deeds." He asked us to "reflect on how poverty is at the very heart of the Gospel." We are encouraged by the Pope to be in solidarity with the poor. Pope Francis says that "to hear and respond to their cries, we must be in relationship and get to know people who are poor."

Every Thursday I drive by Catholic Urban Programs in East St. Louis. When I stopped in there today they told me that there is a high need for toothpaste, followed by soap and shampoo. As we approach the season of Thanksgiving would you consider buying extras of these items to help humanity in our nearby neighborhood?

Our school and our parish is generous in so many ways, because we can be. I hope we can continue to love each other in word and in deed.

(Ed. Smiles go miles and the brighter they are, the more they light it up! Mrs. Lundy will transport.)

**Parish Work Day** Projects for this Saturday, November 10, 2018

Church (consider bringing ladder)

Sweep and Scrub floor in garden level

Dust/clean crucifix and wood roof behind altar. This takes a 10 or 12 foot ladder and long pole with dusting attachment. Vacuum flat roof area.

Weed landscaping on south side of church

Clean ice maker with CLR

Clean front door glass, gathering space glass, office door glass and exterior glass doors in gathering space

Dust gathering space furniture including the grouping near the elevator. Dust cabinets and counter tops in Father's vesting room.

Clean lower garden level windows including elevator area. Wipe down elevator interior walls.

Clean windows in main stair well as high as can be reached.

Dust office area, Father's office, conference room hallway ledges. Clean glass in these areas.

Dust cabinets in warming kitchen and clean counter tops.

Clean Glass in the Reservation Chapel Room.

Clean west side lower windows. Several people will be needed to carefully move the candle holder in from the Mary's statue.

Dust the east side pews including the music area, piano and organ. Dust music storage room and rear confessional

Dust west side pews. Dust confessional and ledges in west area leading to back stairs. Dust cabinets and counter tops in work sacristy area.

Dust library/clean windows. Dust doors, clean windows in doors to Knights and quilters room  
Coffee and donuts to be furnished by A.C.T.S.



**There's so much to love about our Catholic faith.** One of my favorite parts is when Jesus tells us to be practical about being a disciple.

***"Which of you wishing to construct a tower does not first sit down and calculate the cost?"***

I think this message is essential, especially with fundraising. Do the math. You move forward by planning **AND** faith, right?

The brick on the gym and the roof deck is going up. But we are stuck on 70% on our pledges. We have families in school and in the parish that we hope will help us with this legacy. We do not give because we get something. We give to the future in

honor of those who did for us in the past! Please contact me or Keith Huels for the sales pitch.

**I DARE YOU!**

**BUILDERS CLUB "HUNGER IS SCARY":** Our total was 1371, if you would like to bring in any more cans, bring them to our Pre-Thanksgiving Mass November 21 (another make-up day for MOVE WEEK). In first was Mr. Kassebaum's Class of 2019, in second was Mrs. Tolan's 7<sup>th</sup> grade, and third was Mrs. Ettling's 4<sup>th</sup> grade. We will make another push for Thanksgiving to up our numbers.

Please set aside the **MOVE WEEK** on your calendar to help us move. Maybe you can block out a day or two? We will have "Sign Up Genius" to help us.

**March 9-17** We will need several hundred hands and want to have it all moved in by Wednesday, March 13, so teachers have a couple days to get acclimated.

March 18 Opening Day, will be one of the most exciting in our school history.

**Yearbooks:** We have extra yearbooks in the office, if you did not get yours ordered in time for last year's book, come to the office---on sale for \$20.

**VOCATIONS Sign up with Joanne Schilling** at [jrs530@htc.net](mailto:jrs530@htc.net) to take a week. Prayer and action. Encourage your children that the priesthood and religious life is a great life. I hope you heard Fr. Carl's homily last week. He is the happiest man I know!

### **GRADS IN THE NEWS...**

**Jane Whelan** This woman lives the Loretto life through her dedication to this school and her classmates. Her strength, positivity, and confidence touch everyone she encounters. She actively seeks for ways to be involved and help out her peers. Her kind and authentic demeanor spreads joy throughout the school. For these reasons, Jane Whelan is our Junior Loretto Leader at Nerinx for the month of November..

**Mary Catherine Wessel** is at State with the Althoff Catholic High School Volleyball Team for the second year in a row. She is a stand-out player!

**SCHOLASTIC BOWL TRYOUTS:** Scholastic Bowl tryouts will be November 26th & 28th for 7th & 8th graders. On Monday, November 26th tryouts will be from 3 – 3:45pm and on Wednesday, November 28th from 3 – 4:30pm. The Scholastic Bowl team is limited to 15 players due to State competition. Scholastic Bowl is a large time commitment beginning in December and ending in early May with practices or matches two nights a week. Practices conclude at 4:30pm, and matches usually conclude at 5:30/6pm (add travel time if the match is away). Scholastic Bowl team members must have a wide array of knowledge, be able to think quickly on their feet, and be a team player. If you have any questions, please email Mrs. Taylor ([ttaylor@icsmail.org](mailto:ttaylor@icsmail.org)).

**ENTERTAINMENT BOOK PRIZES** are being sent home today!!! Congratulations to Mrs. Kennedy on winning the \$50 amazon gift card, her third grade class sold the most books totaling 57! Congratulations to 5th grader Aiden Howard-Maul for being top seller with a total of 15 books sold. Thank you so much to everyone for your participation in this fundraiser, it is one of the biggest fundraisers for Parents and Friends. Our school goal was to sell 500 books and we sold 518!! Way to go ICS!!! And special thanks to our Chairperson Shannon(Jeff) Howard and Julie Maul!

**We have to entertainment books to sell if you need one. Contact the office**

### **GIBAULT CATHOLIC HIGH SCHOOL NEWS...**

**Fall Rummage Sale:** The Gibault Women's Club will hold its fall rummage sale on Saturday, November 10 from 8AM to 3PM. Donations will be accepted November 5-8. Please, no large furniture or exercise equipment. TVs and computers will be accepted. Come check out the bargains!

**Finish some early Christmas shopping** at Gibault Catholic's spirit wear store! Our online store will open on November 15 and close on November 29, with delivery to Gibault Catholic on December 15- just in time for Christmas! Visit our store: <https://gcs2018.wswebstore.com/store?preview=tjg8d9>  
Gibault March For Life Group

**Honey Baked Ham Taking orders for your Thanksgiving entertaining!** The Gibault March for Life Group will be selling Honey Baked Hams and Desserts to benefit their trip in January. See attached order form if you are interested. Please return to the school office by Friday, November 16th at noon. Orders can be picked up from 4:00-5:00 on Tuesday, Nov. 20th in the ICS cafeteria. Thank you from the students traveling to Washington DC for the March for Life!

### **ALTHOFF SALUTE TO DISTINGUISHED ALUMNI & RISING STARS 2018**

Althoff Catholic is proud to announce its 2nd bi-annual "Salute to Distinguished Alumni & Rising Stars" at which we will honor ACHS alumni who have distinguished themselves through their impact on their communities, our nation, and our world. The recognition dinner will be held on Wednesday, November 14, 2018, at St. Clair Country Club. Congratulations to this year's honorees who have distinguished themselves through their impact on their communities, our nation, and our world.

RISING STARS 2018 Emily Beyersdorfer '12 Sara (Thomas) Dietrich '04

Craig Toberman '07 Steve Warchol '04

DISTINGUISHED ALUMNI 2018 Larry Mank '65 Jared & Adrienne Neville '97 Gerard Reis '69

**Dan Whelan '84**

On November 14 we will also salute the 2018 Values & Vision Award winner, Allen J. Foppe, for all he has done to support Althoff Catholic High School.

**SO WHO WASHES AND IRONS OUR PARISH VESTMENTS, ALTAR CLOTHS, PURCHASES OUR HOSTS AND WINE FOR LITURGY?** Our Immaculate Conception Council of Catholic Women!

**ICCCW Christmas Party Game** Back by popular demand is the (***Saran Wrap***) game! In order to make this game even more exciting (maybe even competitive), we are collecting small, inexpensive gifts to hide in two large Saran Wrap balls. If you have any unused items or want to pick up items that we can use in the game, please drop those items off in the Gathering Space at church in the container marked "ICCCW Christmas Party Game Items." We will collect the entire month of November. To make the game really exciting, we can hide cash in it as well. If you choose to donate cash, please place your donation in the collection basket in an envelope marked "ICCCW Party Game." We hope to see you at the Christmas party on Dec. 6th at 5:30 p.m. at Aunt Maggie's.

**Thanksgiving Dinner Donations Needed** The Society of St. Vincent de Paul Belleville Council needs your help with the Belleville Thanksgiving Dinner that will be provided again this year at St. Luke's

Parish Center on Thursday, November 22, for those who are alone and would like to join others for a delicious dinner and enjoyable conversation. The following items are needed: **pies – store or bakery purchased** (health laws do not allow home-baked items) **fruit cups** (individually packaged) **drinks** (individually packaged...Capri Sun, etc.)

**Donations may be dropped off on: Tuesday/Wed. Nov. 20-21, 9:00 a.m. – 2:00 p.m. each day:**

Society of St. Vincent de Paul Belleville Council #13 Vieux Carre Drive, East St. Louis  
(Loisel Village area/immediately off Route 157—across from the new Save-A-Lot store)

Or **Thanksgiving Day, Nov. 22, 9:00 a.m.- 11:00 a.m.:**

St. Luke Parish Center---226 North Church Street, Belleville

Cash donations are also greatly appreciated; mail your check, payable to St. Vincent de Paul, to: SVDP, P.O. Box 3415, East St. Louis, Illinois 62203. Be sure to mark "Thanksgiving" in the memo portion of your check. **Thank you so much for your generosity!**

**COMMUNITY THANKSGIVING SERVICE** 7:00 p.m., Wednesday, November 21 at Immaculate Conception Church. Pastor Keith McDevitt, from St Paul UCC will deliver the message

**The 2018 Parish Christmas Party hosted by the KCs** is right around the corner.

\*Annual Immaculate Conception Parish Christmas Party

\*Saturday, December 8, 2018 in the ICS Gym

\*Doors open at 5:30 p.m., Dinner at 6:45 p.m., and Dancing until 10:30 p.m.

\*Ticket information: \*Adults (13 and older): \$12 \*Children (ages 7–12): \$6

\*Kids 6 and under: FREE!

**NOVEMBER IS THE MONTH OF ALL SOULS.** And so we remember

**Fr. Chris Rueter: 10 Commandments for graduates (that are good for a lifetime):**

1 Smile

2 Listen

3 Disagree without being disagreeable

4 Attack ideas not people

5 Turn the other cheek

6 Take the plank out of your own eye before trying to take the splinter out of another's

7 Walk in the other persons shoes

8 Teach by example

9 Love one another

10 If all else fails count to ten

**George Perry**, Mrs. Karen Weiler's Dad, is trying every option. Please keep him in your prayers.

**Ken Biske**, Maria, Spencer and Elena's grandfather and Todd (Andrea's) Dad, has had his cancer return in a very aggressive way after a year of being cancer free. This is a tough time for him(Carol) and the family but there is a hope with some of the new treatments. Prayers are appreciated as he works through this. Our hope is in the Lord, and in the doctors, and in new research. He lives in Florida and again, distance makes it more difficult on the family. God bless you for your prayers!

**+Aunt Pearl** never had children but took care of all children. My Godmother was probably the oldest living graduate of our school. She frequently asked me what I needed for school and was a major donor to Room 220. When Uncle Harold heard what she wanted to give for that project, he matched it! **Everyone ought to have an Aunt Pearl.** When you make it in life, you go by one name---Elvis, Martin, Oprah, and in Columbia she was Pearl! The love she gave us lives on!



**Pearl M. Mueller nee Schmidt**, 96 years, of Columbia, IL, passed away on November 2, 2018 at Oak Hill Care Center, Waterloo, IL around 5:30 p.m.. She was born May 12, 1922, in Columbia, IL, daughter of the late Urban and Anna,

nee Einwich, Schmidt. She was married to the late Harold S. Mueller. They were married February 16, 1991. He had passed away December 13, 2002.

Pearl was retired from Weillbacher's Grocery Store in Columbia, IL, where she had been the store manager. She took great pride and dedication in her work and the home-towners called her store "Pearl's and Weillbacher's southtown store "Urban's" in honor of her father who was manager there. She was a member of Immaculate Conception Catholic Church, Columbia, IL, where she had been active with the Altar Sodality, Columbia Gymnastic Assoc. Aux., and American Legion Post 581 Aux. Pearl certainly loved fishing, and baking pies and cakes, and threaded needles for the Parish Quilters well past 95. She was so proud of the plaque they gave her for her 90<sup>th</sup> birthday!

Surviving is her brother, Richard (Sue) Schmidt of Columbia, IL, nieces and nephews, sister-in-law Julie Saeger, Gerald Kish, Dennis (Elaine) Kish, Michael (Jeanne) Kish, Thomas Kish, Steven (Debbie) Kish, Patrick Kish, Albert (Patresa) Kish, Mary (John) Olsson, Susan Settle, Margaret (James) Burns, Joanne Stahlmann, Denise (Jim) Bennette, Cathy (Tom) Heaton, Danny Schmidt, Sandra Rusteberg, Richard (Lynn) Schmidt, Jr., and Kara (Mike) Gibson, special friend Lucy Hollman, along with other relatives and friends.

She was also preceded in death by her sister, Betty(Albert) Kish; two brothers, Urban and Robert (Betty)Schmidt; and nephew Mark Schmidt.

In lieu of customary remembrances, the family requests with gratitude that memorial contributions be directed to: Immaculate Conception Catholic Education & Activities Center Building Fund, or the Eugene Schorb - Immaculate Conception School Education Fund, 411 Palmer Road, Columbia, IL, 62236 . For more information, please access our website, [www. leesmanfuneralhome.com](http://www. leesmanfuneralhome.com).

**PRAYERS: Special Intention** Danielle Dorlac, Charlie Stockes, George Perry, Gerald Kish, Angela Roepke, Joyce LaPrade, Tabitha LaPrade, Tom Johns, Jan Hoffmann, Bill West, Jerry Weiler, Jennifer Nesser, Bill Anderson, Patrick Kish, Owen Jordan, Patti Rottler, Mike Taylor, Richard Prater, Pat Schwartz, Donna Kania, Libby LoPorto, Lindsey Herbeck, Marla Vogt

**This Sunday** we hear the story of Elijah in Kings where the jar of oil and the jar of flour never runs dry for the widow who shares the last she has and then in Mark's Gospel Jesus explains the widow's mite. When we give of our excess that is great. But if we give till it hurts, blessings come back to us many times over. Try it. Trust your God.

Praised be Jesus Christ!

*Mike Kish*

Principal

PS The Builders Club will sponsor a "**Dress Down for Danielle**" day **NEXT FRIDAY**. Free will donation. Danielle Dorlac(Constance Barnett's Mom) is and aggressive form of MS that has taken a difficult toll on her. Your help is greatly appreciated! She is one of our own!

**From Bishop Braxton:**



Dear People of God,

ICHTHUS is the Greek word for “fish.” Every day Jesus of Nazareth speaks to each of us saying, “Come follow me. And I will make you fishers of men!”

The fish symbol has been a part of Christian iconography for centuries. Yet, many Catholics who see it in Christian art do not know what it means. During Lent, many parish communities enjoy a “Friday Fish Fry” without knowing the profound and ancient meaning of the fish symbol. During Advent and Christmas time, the ICHTHUS symbol is a powerful reminder of the mystery of the Incarnation of the Word of God and the fundamental reason for celebrating Christmas.

In the early Church, this word was used as a “symbol,” an acronym, a word formed from the first letter of words that express the heart of the Christian faith. I. C. H. T. H. U. S. stands for “Jesus Christ, God’s Son, Savior.” This has often been expressed as, “Jesus Christ is the Son of God our Savior.” Thus, with this simple image, or drawing, Christians could profess their faith in the life, death, and resurrection of Jesus Christ, especially in times of persecution, suffering, or crises in the Catholic Church.

- I = Iesus = Jesus
- Ch = Khristos = Christ
- Th = Theou = God’s
- U = Huios = Son
- S = Soter = Savior

The sign of the fish in early times was used by Christians as a secret symbol that all who believed that Jesus was the Christ would recognize.

It was scratched on walls and rocks and drawn in the sand. Therefore, as Catholic Christians, you can express the heart of your faith throughout your day by simply praying with one word “I C H T H U S”.

Many people see the fish as a symbol of peace without knowing its ancient meaning. Of course, Jesus is the Prince of Peace.

ICHTHUS can be easily used as a fundamental image for catechesis throughout the liturgical year as a reminder for why we celebrate the Church’s Year of Grace. Please share this with the entire Christian faithful, place in parish bulletins, and explain it to Catholic school children and those in the Parish School of Religion. Ask the children to study and memorize it in preparation for Confirmation. Display it prominently in all classrooms.

The Most Reverend Edward K. Braxton, Ph.D., S.T.D.

**ANXIETY** The “**Our Father**” could also be called our “*don’t worry so much prayer*”. Jesus taught us the “Perfect Prayer” so we could lay it all out---all our worries---about letting God be #1, give me something to eat, forgive me, help me forgive, and keep me away from tests--- before the Father. The “Perfect Prayer” should be a source of consolation and not a cause of anxiety and being “perfect”. [Here is the link for the National Catholic Education Association](#). It is a great article. Please take the time and I think you will be very glad you did as you raise children and grow yourself. As George Will said so well, “Biologically, parents raise children. Spiritually, children raise parents.”