

MASS INTENTIONS FOR THE WEEK

SUNDAY MASS SCHEDULE

Sat. 5p Schiavo, Rigoni and Stockero families
 Sun. 8a The people of the parish
 10a Don Curran

WEEKDAYS AT 8:00a

Mon. Delma Schwinke
 Tues. *Communion Service*
 Wed. Rick Dawson
 Thurs. Rev. James A. Krings
 Fri. Temporiti & Oldani families

NEXT WEEKEND

Sat. 5p Vincent P. O'Shaughnessy
 Sun. 8a Betty & Frank Janisch
 10a The people of the parish

REFRESHMENTS

1st Sunday Parish Council
 2nd Sunday Mary Patterson
 3rd Sunday Maggie Hart-Mahon & Bob Mahon
 4th Sunday Anna Forder & Henry Schmitt
 5th Sunday Volunteers always needed

**CORE VALUES
 OF THE
 SAINT CRONAN COMMUNITY**

- being a community whose foundation is prayer – both personal & corporate
- being a community open to where and how the Spirit speaks to us and moves us
- being a sacramental community, rooted in the tradition of the Second Vatican Council
- being a eucharistic community that welcomes all believers to the Lord's table
- being a community that affirms the ministerial leadership of women & men, ordained & lay
- being a community that welcomes & celebrates our LGBTQ sisters & brothers openly
- being a community rooted in the FPSE neighborhood
- being a community called to be instruments of reconciliation and peace-making
- being a community that names injustice and prayerfully acts to produce change

PLEASE PRAY FOR OUR SISTERS & BROTHERS

Sheryl Renken, Pat Knoll, Louis Naum, Greg Nesbitt, Jacob Talve (Susan's son), Pat Oldenburg, Bob Inyart (Mike's dad), Irene Kernan (Tom's Mom), Bonnie & Joe Kuciejczyk, Rocky Sieben family in Omaha, Aidan Jordan, Laura Manser (Joe Proehl's cousin), Michelle Wiessing (Jane's sister), Chad Barton (Donna's brother-in-law), Gerry Kleba, Terri Meyer (daughter-in-law of Irene & John Meyer), Vickie Avellone, Pat Naum (wife of Louis), JoAnn & Donald Anderson, Holly Jacobs (Ruth Hasser's cousin), Cynthia Evez, Stella Noecker, Kathy Queisser, Jane Ngatia, Eugene Schulte (St. Cronan 1953 alumnus), Ellen Knighter, Maggie Yanochick, Kristian Logan Booker, Charles Malone, Rosie Cockrell, Ed Burton, Lisa Picker, Tom Curtis and Alexa Glore (Trish Curtis' family), Koeller Lucille Nash, David Sieben (Rocky's father), Barbara Peper (Anne Perkins' stepmother), Peggy Moss (Marcy Soda's cousin), Daniel Whealon (Mary Whealon's twin brother), Sue Lauritsen's son Nodric, Danielle Oliveros (Nancy Buck's granddaughter), Paul Wegman (John's father), Paul Oldenburg, Susan Christopher, Carrie Brown (Roland Martir's daughter), Nancy Buck's daughter Chris, Edward Dee (son of Mary Ellen Dee), Jeffrey Williams, Arthricia Temes, and Genevieve Pollack.

Amaryllis Bulbs - The St. Louis Chapter of the Huntington's Disease Society of America (HDSA) is again selling beautiful Amaryllis Bulbs. HDSA is offering individual 'Amaryllis Bulb Kits' already in a gift box for only \$10. These make excellent Thanksgiving or Christmas gifts for teachers, office staff or family and friends. Proceeds of the sale of the bulbs support the programs that help families living with HD in the St. Louis area. Contact Kathy Hunn to place an order.

Mark your Calendars! The second meeting of the **Catholic Employment Network group** for St. Cronan, St. Margaret of Scotland and Catholic Charities Midtown Center will be held on Tuesday, December 1st at 5:30pm at 1202 S. Boyle Ave. Anyone looking for job leads, networking opportunities and support in their job search should attend. Call 314-534-1180 for more information.

“Pasta Dinner and Open House” at Catholic Charities Midtown Center: Begin your holiday season joining friends and neighbors for “dinner” catered by LoRusso's Cucina at “our house” – Catholic Charities Midtown Center. Sunday, 6th December with 4:30 p.m. and 6:00 p.m. seatings - \$25/person. Enjoy wine tasting. Wine may be ordered for holiday parties and gifts. Learn about Midtown's programs and community needs. For reservations call (314) 534-1180. (1202 South Boyle Avenue – parking adjacent to Midtown)

THANKS to All for a Hearty Meal & a Splendid evening with Family & Friends: Let's give credit where it belongs: **Norma Schmitz** did most of the work for the Soup & Salad Supper. She organized all the donations for the food, as well as organizing everything we needed for this event. She has also worked hard and artistically on the baskets. But there are many other unsung heroes and heroines: **Donna Moramarco** is providing a lot of guidance with the silent auction and helping us organize and put together the baskets, as well as providing a large number of them; **Gina Heagney** got the donation for the bread for the dinner, and was also in charge of desserts; **Fr. Gerry** got the salad for us from Pasta House, **Tina Nathe** arranged for a large crew of young people to help out as servers, and the entire **Parish Council** worked hard before, during, and after the event. The **parish's good cooks** made the soups, baked the cookies, and so many good hearts have donated the items artistically arranged in the baskets and the **parishioners** who provided butter, lemonade and tea. And of course, the staff (Delores, Pat, and Carlos) is always in the background, helping out as much as they can and providing moral support. Thanks to all who have volunteered to help out before and after the dinner.

B.A.S.I.C (AA) meets every Saturday from 11:00a-1:00p in the lower level of the Parish Center.

T'ai Chi Chih 9:30a Sundays, outside (weather permitting) or in the balcony.

The Food Pantry is open on the 2nd, 4th, and 5th Saturdays of the month from 9:00-11:00a. It serves households in the 63110 zip code.

Faith Formation communities meet 1st and 3rd Sundays from 8:45 a.m. to 9:50 a.m. at the Parish Center to nurture the relationship with God and with one another.

Faith Formation, Children's Liturgy, Children and Youth Census Sign-Up: Our children are needing prayer leaders for children's liturgy. You do not need to be a teacher or theologian or preacher but members of our faith community who will tell a story of God's love and lead the children in prayer during liturgy of the word at the 10 AM liturgy. I have created packets with the story, a tape with songs, and other support materials. Contact [tmkkernan\[at\]earthlink.net](mailto:tmkkernan[at]earthlink.net) if you are willing to lead. By the way, you need not be a parent - just willing to be a friend to our children!

COOKBOOKS FOR SALE! The St Cronan Cookbook is finally ready...just in time for Christmas! They are a wonderful collection of more than 250 treasured recipes from parishioners and friends. Recipes span all the regular cookbook categories as well as a miscellaneous section featuring dog biscuits and bubbles. Food-related quotes are interspersed throughout. The cookbook makes a beautiful and useful gift. Books will be sold following Sunday masses for \$10 each (cash or check made payable to St Cronan's). Hurry and get a copy for yourself as well as a few for beloved friends!

Health Cabinet Meeting: This Sunday, November 29th after the 10 a.m. mass in Parish Center.

Bro. Mel Book Signing Celebration: You are invited to the book signing celebration for Bro. Mel: A Lifetime of Making Art on Sunday, December 13 from 2 - 6 pm at Marianist Galleries, 1256 Maryhurst Drive (on the campus of St. John Vianney High School) in Kirkwood, MO. Info: http://melsmart.com/main.php?g2_itemId=1778

All Saints: Throughout the month of November we will be mindful in our liturgies of our loved ones and all holy men and women who have gone before us marked with the sign of faith. We encourage you to bring a memento or photo of your loved one (labeled, please) to place on the altar near the Baptismal Font. And during the Eucharistic Prayer, we encourage you to name aloud some of the loved ones you are holding in your prayer. May this cloud of witnesses pray for us.

Advent Reflections: Please be sure to get the Advent Reflection that you signed up for to Jim Goeke, either by e-mail: (preferably) or snail mail or give to him on Sunday.

Pastor's Peace

This weekend we celebrate the First Sunday of Advent. We are transitioning from the focus on the end times and the Second Coming of Jesus to a time of preparation for the celebration of Jesus' first coming, the Nativity. The readings today reflect this in that they can be reflected on from either perspective — as an anticipation of either the Nativity or the Second Coming. This emphasizes the cyclical nature of the liturgical year that imitates the cyclical nature of the seasons, especially as we are blessed to experience all of them here in our part of the world. One season leads to the other in a universal dance. A reminder that the seeds of each season are embedded in the current one. Summer, Autumn, Winter, Spring — Life, Passion, Death, Resurrection — are intrinsic parts of our human existence and all life in the universe.

This is also true of communities, and our St. Cronan Community has gone through its share of Life, Passion, Death, and Resurrection in its 130-year history. Last year was a very difficult time for our community, a Passion experience, but we are showing signs of Resurrection. The Parish Picnic, our Soup and Salad Fundraiser, the two issues of Cronan Chronicles, the return of Advent vespers and the Advent reflection booklet among others are all signs of hope.

It is fitting to take time now to reflect on these experiences of our community in light of our Core Values which we have been invited to do during November. This weekend, we will be invited to concretize those reflections by making a commitment to our community based on those Core Values.

Advent is a season of hope. Our community's hope in the future lies in being authentic witnesses to those Core Values lived out in our own community, the FPSE community, the Catholic Church community and all those we interact with.

To paraphrase the reading from Jeremiah:
The days are coming, says the LORD,
when I will fulfill the promise
I made to St Cronan's.
In those days, in that time,
I will raise up for the Body of Christ a just shoot ;
that shall do what is right and just in the land.
In those days St. Cronan's shall be safe
and all shall dwell secure;
this is what they shall call her:
"The LORD our justice."

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The Cronan St. Vincent DePaul's annual Holiday Cookie Sales have begun. Please assist us with this important financial endeavor and enjoy wonderful cookies from Taste and Tell. We will be selling up to Christmas.

Pray for Peace in 2009

Parishioners wishing to celebrate the Sacrament of Marriage are asked to contact Father Gerry at least six months in advance of the proposed wedding date. The Sacrament of Reconciliation is available on Saturdays at 4:30p and at other times by appointment. Adults who are interested in Sacramental preparation (Baptism, Eucharist, Confirmation) should talk with Father Gerry about RCIA — the Rite of Christian Initiation of Adults is held in the Parish Center – 10a on Saturdays:

From the Desk of Barbara O'Connell, our parish nurse: **VITAMIN D:** A report by the International Osteoporosis Foundation has alerted medical professionals to a serious health problem of global proportions. The report states that the Vitamin D status is seriously inadequate in large proportions of the population across the globe. Vitamin D is mainly produced in the skin upon exposure to sunlight and to lesser extent is derived from nutritional sources. It plays an important role through its influence on calcium levels in maintenance of organ systems and is needed for normal bone mineralization and growth. It helps keep our bones and teeth healthy and it also boosts our immune system by regulating its activity and by preventing an excessive or prolonged inflammatory response. Vitamin D also helps regulate blood sugar levels and prevent high blood pressure.

Ultraviolet-B (UVB) rays in sunlight trigger the skin to produce Vitamin D. Brief sun exposure can supply your daily needs with a minimal risk of side effects and little worry about what's in your diet. You don't need to sunbathe---just exposing your face, arms, and legs for 5 minutes a day will get you a healthful dose of Vitamin D. There are many days without sun and there are many factors that make it difficult to get the necessary exposure to sunlight. Our skin color and age influence how much Vitamin D our body can make. Fair-skinned people need less time in the sun for adequate Vitamin D production. The darker your skin tone, the longer it takes for your body to produce enough Vitamin D. Also, natural skin changes make it harder for rays to convert sunlight to Vitamin D as we age. People over 50 typically need to rely more on food sources or supplements for their Vitamin D. Foods rich in Vitamin D include fatty fish and fish oils (sardines, salmon, shrimp), fortified cow's milk, and eggs.

source: www.whfoods.org and Nancy Berkhoff, RD, EDD in Whole Food Market, July/August 2009 newsletter

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