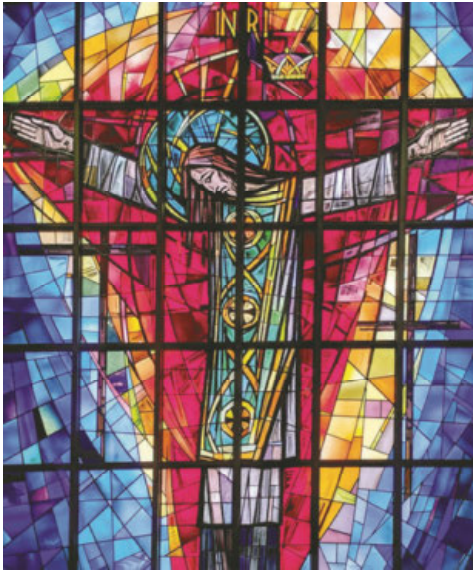




# HOLY REDEEMER

## CATHOLIC CHURCH AND SCHOOL

JANUARY 28, 2024



### 4<sup>TH</sup> SUNDAY IN ORDINARY TIME

In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

©LPI

### CHURCH INFORMATION

#### CONTACT

**Address:** 17 Joy Ave.

Webster Groves 63119

**Rectory/Office:** 314-962-0038

**Website:** [www.holyr.org](http://www.holyr.org)

### HOLY MASS

#### WEEKEND MASS

**Saturday Vigil:** 5:00 pm

**Sunday:** 7:30, 9:00 and 11:00 am

#### WEEKDAY MASS

**Monday-Friday:** 6:15am (*Summer Months*)

6:15 & 8:15 am (*During the School Year*)

**Holy Days:** See Bulletin Announcements

#### EUCCHARISTIC ADORATION:

Tuesday 9:00 am until Wednesday 6:00 am

#### SACRAMENT OF RECONCILIATION:

Saturday: 4:00 to 4:45 p.m.

### PASTORAL STAFF

**Pastor:** Reverend Kevin Schmittgens

**In Residence:** Reverend Charles Samson

**Deacon:** Patrick Waldschmidt

**Deacon:** Stephen L. Murray, M.A.

FOUNDED 1886



## PARISH STAFF

**Fr. Kevin Schmittgens, Pastor**  
fatherkevin@holyr.org

**Fr. Charles Samson - in Residence**  
charlessamson@kenrick.edu

**Dea. Stephen L. Murray, M.A.**  
stephen-murray@sbcglobal.net

**Dea. Pat Waldschmidt**  
patrickwaldschmidt@archstl.org

**Laurie Medley, Parish Secretary**  
lmedley@holyr.org

**Carol Herber, Bookkeeper**  
bookkeeper@holyr.org

**Parish Office:** (314) 962-0038

**Parish Office Hours:**  
Mon-Fri: 9 am - 4:00 pm

**Bulletin Deadline:**  
Monday at Noon

**Holy Redeemer School**  
(314) 962-8989

**Pam Galluzzo, Principal**  
principal@holyr.org

**Mary Ann Gaffney, School Secretary**  
office@holyr.org

**Todd Senzig, Music Director**  
music@holyr.org

**Teresa Roberson-Mullins, CRE**  
PSR@holyr.org

**Molly Berra, Youth Director**  
youth@holyr.org

## MASS INTENTIONS & DAILY READINGS

### MONDAY, JANUARY 29

2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5, 6-7/Mk 5:1-20

**6:15am:** Daniel L'Ecuyer

**8:15am:** Paul Bowen

### TUESDAY, JANUARY 30

2 Sm 18:9-10, 14b, 24-25a, 30—19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

**6:15am:** Parish Purgatorial Society

**8:15am:** Ralph Anderson

### WEDNESDAY, JANUARY 31

St. John Bosco, Priest

2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

**6:15am:** Frank & Lucille Boyer

**8:15am:** Dorothy Ruzycski

### THURSDAY, FEBRUARY 1

1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

**6:15am:** Jim Christy

**8:15am:** Mary Helen Nicklaus

### FRIDAY, FEBRUARY 2

The Presentation of the Lord

Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/Lk 2:22-40 or 2:22-32

**6:15am:** Dorothy Ruzycski

**8:15am:** Daniel L'Ecuyer

### SATURDAY, FEBRUARY 3

St. Blaise, Bishop and Martyr; St. Ansgar, Bishop

1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/

Mk 6:30-34

**5:00pm:** Bob & Janet Hart

### SUNDAY, FEBRUARY 4

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 (see 3a)/

1 Cor 9:16-19, 22-23/Mk 1:29-39

**7:30am:** Cathy Jeep

**9:00am:** Kathleen Oates

People of the Parish

**11:00am:** Maria Argentina Perez Abaunza

## SPECIAL COLLECTION - ST. LOUIS REVIEW SUBSCRIPTION - JANUARY 21

### WEEKLY COLLECTION

01/21/24	Actual	Budget
Envelopes	\$ 4,775	
Online	\$ 7,036	
Total	\$11,811	\$15,335
Year-To-Date	\$421,584	\$460,050

## FILM SCREENING

### Forging Women's Economic Empowerment in Haiti

As part of Holy Redeemer's Haiti Twinning Program mission to raise general awareness of the plight of Haitian people, and in recognition of the upcoming International Women's Day in March of 2024, **we invite you to a complimentary screening and discussion of the documentary "Madan Sara" with Co-Executive Producer Lulaine Childs:**

**Tuesday, February 6, 2024**

**7 – 8:30 p.m.**

**Heagney Theatre at Nerinx Hall High School**

**530 E Lockwood Ave**

Madan Sara are the women who buy, sell and distribute food and other goods throughout Haiti, bravely playing an integral role in the economy amidst civil unrest. Credited for being "on the forefront of the battle for a more robust, inclusive economy," this is a story of entrepreneurial determination in an environment of social injustice, extortion and theft. The screening and discussion with the co-executive producer following the film is free and open to the public. **Please join us.**





## PASTOR'S CORNER

FR. KEVIN SCHMITTGENS, PASTOR



**How are you doing with your New Year's Resolution?**

**Did you even make one? No?**

Well **TODAY is a good day to start and I'll give you an easy one. START EXERCISING!** (and if you already are, keep it up and push yourself a bit more even) According to the CDC, about a third of the population over sixty-five reports that they engage in no leisure-time activity. That is not good. Obviously, you should always check with your doctor before beginning any fitness routine, nevertheless, no matter where you are on the fitness continuum, **now is a great time to start moving.**

Here's why. Almost all of this is taken from the book SPARK by Dr. John J. Ratey. (Highly recommended!)

### **Exercise helps with depression and other mental issues.**

In October of 2000 researchers from Duke University made the New York Times with a study showing that exercise is better than sertraline (Zoloft) at treating depression. Sometimes people with panic disorder are treated with both imipramine and beta-blockers — the first to quash the fear and the second to relax the body. The real point of understanding how these drugs work is that they provide an explanation for how exercise works. As it turns out, exercise impacts the same pathways as these medications — it puts a safety on both triggers.

A massive Dutch study of 19,288 twins and their families published in 2006 showed that exercisers are less anxious, less depressed, less neurotic, and also more socially outgoing. A Finnish study of 3,403 people in 1999 showed that those who exercise at least two to three times a week experience significantly less depression, anger, stress, and "cynical distrust" than those who exercise less or not at all.

### **Exercise helps with weight control and helps prevent heart disease and strokes.**

Simply being overweight doubles the chances of developing dementia, and if we factor in high blood pressure and high cholesterol — symptoms that often come along with obesity — the risk increases six fold. When people retire, they figure they deserve a break after working their whole lives, and they start piling on the food. But what they don't realize is that having dessert with every meal is no treat. Exercise, naturally, counteracts obesity on two fronts: it burns calories, and it reduces appetite. Among those over sixty-five, most suffer from hypertension; more than two-thirds are overweight; and nearly 20 percent have diabetes (which triples the chance of developing heart disease). The leading killers are heart disease, cancer, and stroke; together they account for 61 percent of all deaths in this age group. *We've had the medical proof that exercise protects against these diseases for decades.*

### **Exercise keeps your mind sharp.**

If your brain isn't actively growing, then it's dying. Exercise is one of the few ways to counter the process of aging because it slows down the natural decline of the stress threshold. Ironically, the abilities we take for granted — being able to tie our shoes, unlock a door, or drive to the grocery store — rely on our highest order brain functions, such as working memory, task switching, and blocking out irrelevant information. That's why even a trained monkey has trouble properly buttoning a shirt. Successful aging really begins

with desire, because without the desire to stay engaged and active and alive, people quickly fall into the death trap of being sedentary and solitary. One of the problems of getting older is the lack of challenges, but with exercise we can continually improve and push ourselves.

### **Exercise helps stem addictive behavior.**

The National Institute on Drug Abuse now defines addiction as a compulsion that persists in spite of negative health and social consequences. The common denominator in substance abuse is an out-of-control reward system, which some people are born with and some people develop. In smokers, just five minutes of intense exercise can be beneficial. Nicotine is an oddball among addictive substances as it works as a stimulant and a relaxant at the same time. Exercise fights the urge to smoke because in addition to smoothly increasing dopamine it also lowers anxiety, tension, and stress levels — the physical irritability that makes people so grouchy when they're trying to quit. Exercise can fend off cravings for fifty minutes and double or triple the interval to the next cigarette.

Exercise is directly antithetical to drug-addictive behavior. Because you need lung strength, muscle strength, mental acuity to engage in physical exercise — lots of things that drugs deprive you of.

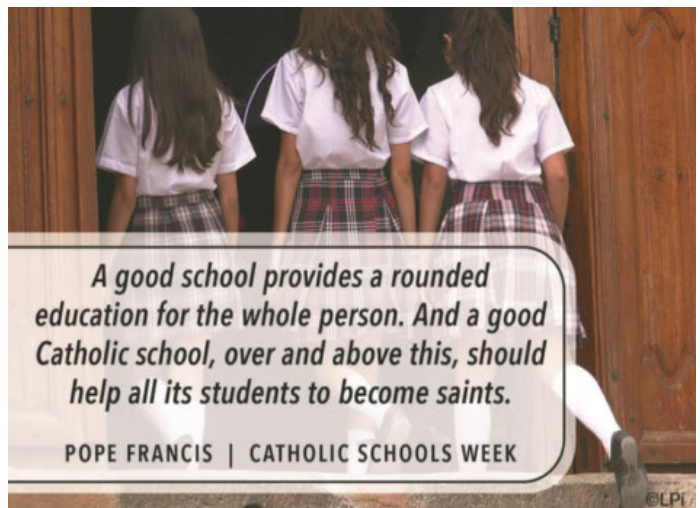
### **Two practical suggestions to start.**

1. Don't overdo it. You cannot get up from the couch and run a marathon. Start by walking. Then keep pushing yourself to go a little farther and farther as the weeks go by. If you are on Medicare, you can go to a gym for free.
2. Get a fitness device. I purchased my first Apple Watch in 2016 and it has changed my life. You do not need something that expensive, however. Any wearable will do. It is a great way to keep yourself honest and motivated.

Creatures with brains move, so get off the couch and go!

*Father Kevin*

## CELEBRATE CATHOLIC SCHOOLS WEEK



*A good school provides a rounded education for the whole person. And a good Catholic school, over and above this, should help all its students to become saints.*

POPE FRANCIS | CATHOLIC SCHOOLS WEEK



## KENNETH PORTWINE

*Eternal rest grant unto them O Lord, and may eternal light shine upon them. May the souls of all the faithful departed, through the mercy of God rest in peace.*



### PRAY FOR OUR SICK

- Catie Barnes
- Joe Cantalin
- John Charron
- Jamie Christy
- Salvatore Colletti
- Torni Corno
- Bethany Curtis
- Gayla Daugherty
- Susy Dolan
- Janet Doubek
- John Dwyer
- Patrick Fox
- Claire Galli
- Jim Hardin
- Ruth Henry
- Cletus Henry
- Teresita Manubay
- Johanna Marnatti
- Patricia V. Miano
- Ginny Miller
- Bob Nawrocki
- Will Newman
- Don Pokorny
- Scott Petty
- Renee Petty
- David Schilli
- Bob Simcox
- Rhonda Simeone
- Rick Slais
- Bev Straub
- Mary Swift
- Kathy Timpe
- Judie Tucci
- Paul Vogt
- Ken Wetzel
- Patricia Wilhelm

## CALENDAR OF EVENTS

### JANUARY 2024

**Sunday, January 28**  
10am - 1pm School Open House

### FEBRUARY 2024

**Wednesday, February 14**

**Ash Wednesday Masses:**

**6:15 & 8:15 am**

**12 Noon**

**7:00 pm**

## ST. VINCENT DE PAUL

As we start the new year, we want to thank our parish community for your enduring support. During these winter months, our neighbors will need our assistance more than ever, and we are so grateful to be able to provide that help because of your generosity and compassion.

If you know of anyone who needs assistance, please have them call our hotline at 314-289-6101, mailbox 2250.



## Server Schedule

Date	Mass Times	Servers
February 3	5:00 pm	Carly Satchell Jack Keaveny Katie Keaveny
February 4	7:30 am	Charlie Lindh Mary Clare Lindh
February 4	9:00 am	Kate Nixon Adalyn Blumfelder Carter Wagner
February 4	11:00 am	Claire Wood Grace O'Leary Henry O'Leary

## PLEASE PRAY FOR OUR MILITARY

**1st Lt. Connor Doran - Army**  
**Capt. George Hardin - Army**  
**Airman Ethan Baer - Navy**  
**Sean Haug - Navy**  
**2nd Lt. Max Hartrich - USMC**  
**Capt. Riley Konzen - USMC**

**LCpl. Logan Smith - USMC**  
**Capt. Patrick Visser - Army**  
**PV2 - Alex Beckerle - Army**  
**Spc. Joseph Lowry - Army**



If you would like to add your family member, please email the rectory at [Imedley@holyr.org](mailto:Imedley@holyr.org).

# 4TH SUNDAY IN ORDINARY TIME

HOLY REDEEMER CATHOLIC CHURCH

# 05

## Lector & Extraordinary Minister Assignments

Date	Mass Times	Lector	Extraordinary Ministers	
February 3	5:00 pm	Rosemary Meyers	Katie Mank Geri Baumgart	Maureen Werner Tricia Reh
February 4	7:30 am	Paul Fiess	Joe Zaph Mark Abad	Phyllis Matteuzi Kathy Rehmer
February 4	9:00 am	Megan Pardeck	Maria Wagner Sue Flanigan	Diana Dahl Jerry Baum
February 4	11:00 am	Mary Shurk	Melissa Kessler Susanne Doran	Theresa Jeevanjee Pam Mahoney

### Interested in becoming Catholic?

In the Rite of Christian Initiation of Adults or RCIA, you will learn about the teachings of Jesus, as the Catholic Church has handed them on, and also have the opportunity to participate in the life of the parish through service and prayer. If you or someone you know would like more information, please contact Mary Ziegelman (314) 732-8708 or the parish office (314) 962-0038.



### Abortion Amendment Backers Seek Signatures

Recently, a coalition of Missouri abortion-rights groups announced that they would begin collecting signatures to put a pro-abortion constitutional amendment on the 2024 ballot. The group, called Missourians for Constitutional Freedom, has the support of Abortion Action Missouri, the ACLU of Missouri, and Planned Parenthood affiliates in Kansas City and St. Louis. The group announced that it had already raised more than \$1 million in donations on its first day of launch, with the largest contribution coming from a \$500,000 check from an out-of-state organization called the Fairness Project.

Missourians for Constitutional Freedom had previously filed 11 initiatives that would each seek to add abortion rights to the Missouri Constitution. This week, the group announced that it would pursue the version of its initiative that it claims would allow unregulated abortion until viability.

The proposed amendment states that the government "shall not infringe upon a person's fundamental right to reproductive freedom, which is the right to make and carry out decisions about all matters related to reproductive health care, including but not limited to prenatal care, childbirth, postpartum care, birth control, abortion care, miscarriage care, and respectful birthing conditions."

The proposal states that the legislature may regulate abortion after fetal viability, except where the life or physical or mental health of the mother is in danger. This means that an abortion can occur through all nine months of pregnancy as long as a health care provider is willing to state that the abortion is necessary for the woman's mental health.

**While pro-abortion groups were announcing their intent to place abortion rights on the ballot, a pro-life coalition announced its intent to fight these ballot initiatives. The group, called Missouri Stands with Women, was formed to "protect Missouri's laws respecting the dignity of life, the safety of women and parental rights."**

"Out-of-state extremists pushing Big Abortion's agenda are intent on using the initiative petition process to reverse all the pro-life work our state has undertaken to protect the dignity of life, safety of women and parental rights", said Stephanie Bell, a spokeswoman for Missouri Stands with Women. "We are united in our efforts to ensure these out-of-state extremists are not allowed to tear the fabric of our constitution by placing unregulated, taxpayer-funded abortions up to the moment of birth, effectively overriding all Missouri's pro-life laws."

**The Missouri Catholic Conference (MCC) will continue to partner with Missouri Stands with Women and other pro-life and pro-woman advocates to fight this abortion initiative and will continue to provide updates on the campaign.**

## Marriage Banns

MENG ZHANG  
KEVIN CARPENTIER

Date of Marriage:  
February 10, 2024

### You Are Invited!

**The HR Men's Club is sponsoring a Jesuit Retreat on March 7 - 10, 2024** at the White House Retreat Center located on the bluffs of the Mississippi River in south St. Louis County.

Based upon the spiritual exercises of St. Ignatius of Loyola, our directed retreat begins with dinner Thursday evening and ends Sunday at noon. All men of the parish are welcome.

For details, call 314-416-6400, or email: Greg Mueller at [Greg@InjuryLawStL.com](mailto:Greg@InjuryLawStL.com)





### EUCCHARISTIC ADORATION

Spend some Quiet Time With Our Lord

9:00 am Tuesday & continues through Wednesday before the 6:15 am Mass.

Rosary and Chaplet of Divine Mercy  
Pray for Peace in Our World at 7:15 pm

Please help us fill all open time slots. Scan the QR Code or go to Sign Up Genius and select a time!

<https://www.signupgenius.com/go/20F0B4DACA928A5FC1-47104685-eucharistic#/>



### GAMAM

#### FOOD ITEMS NEEDED

Give A Meal A Month will again be collecting non- perishable food items for needy families serviced through Webster Rick Hill Ministry . Please put food items in the large, Blue Rubbermaid container located in the back of church by Sunday, January 28th .

Thank you so much for your generosity!

# Holy Redeemer YOUTH MINISTRY



### Life Teen - High School

All High School Students are welcome to join us every Thursday

**7:00 - 8:30 p.m.**

in the church meeting space, for a night of fun, fellowship, and snacks

### 7th and 8th Graders

weekly Edge Hang out 7th & 8th Grade, Every Thursday **5:30 - 6:30pm** in the School Cafeteria



### Steubenville

Registration is open!

**July 12-14, 2024**

Open to Current 8th - 12th Graders



Registration due Feb 1st

Follow us on social media



Questions? Contact Molly Berra

Email: [mberra@holyr.org](mailto:mberra@holyr.org)



Please join us in congratulating Deacon Steve Murray as he celebrates the 37th Anniversary of his ordination. Thank you for your service Deacon Steve!

### STEPHEN MINISTRY

Dear Friends, ...we are the members of the Stephen Ministry Team of Holy Redeemer Parish. We have had over fifty hours of instruction to prepare us to do this ministry. We are non-judgmental listeners who are ready and waiting to help you with anything weighing on your heart. Our conversations are strictly confidential.

**If you would like to meet with a Stephen Minister or want to learn more, please contact the rectory office, (314) 962-0038.**

# 4TH SUNDAY IN ORDINARY TIME

HOLY REDEEMER CATHOLIC CHURCH

# 07

## PLEASE PRAY FOR OUR SICK RELATIVES AND FRIENDS

Norbert Krekeler, brother of Mary Ann Baum  
 Rosemary Rowe, sister of Sr. Angela Senyszyn, OSF  
 Stephen Serati, son of Marlene  
 Michael Miana, friend of the Serati family  
 Peter Schreiner, grandson of Audrey Schreiner  
 Jim Serati, son of Marlene Serati  
 Jean Marie Darcy, sister of Mike & Sue Darcy  
 Julia Furey-Bastian, niece of Rob & Jane Furey  
 Patricia J. Doubeck, mother of James  
 Rita Hill, sister of Germaine Schlueter  
 Ken Johnson, friend of Faith & Deeds Fletcher  
 Joan Martin  
 Terry Jordan, friend of Marlene Serati  
 Sarah McCready, aunt of Michelle Mikosz  
 Brendan Mahoney, son of Pam & Peter  
 Joan Dailey, mother of Mary Schurk  
 James L. Dubek - father of James  
 Anne Radovich - mother of Phyllis Hartrich  
 Jim Siebel, son-in-law of Barbara Oates  
 Pat Geiss, mother of Tim Geiss  
 Allison Alexander  
 Judy George, friend of Carol Devanny  
 Bethesda Orchard Residents  
 Mary Ann Borage, mother of Pam Rogers  
 Nazareth Living Center Residents  
 Our Lady of Life Residents  
 Evan Hummel, grandson of Bob & Janet Hart  
 Leah Taylor, friend of Pam Mahoney

Tricia Peckham, daughter of Kate & Bob Nawrocki  
 Ann Hatrich, sister of Kate Nawrocki  
 John Coburn, brother of Pat Consiglio  
 Mary Moran, sister of Pat Consiglio  
 Rick Thomas, friend of Deeds & Faith Fletcher  
 Robby Johnson, friend of Kathy Robinson  
 Katie Fechter— Sister in Law of Barb & Gary Roufa  
 Jane Wegert - Mother of Todd Senzig  
 Marie Senzig - Aunt of Todd Senzig  
 Andy Baumgart - nephew of Steve & Geri Baumgart  
 Theresa Waltos - mother of Amanda Waltos Hieger  
 Rita Gralike - Aunt of Rhonda Simeone  
 Jim Schurk - brother of Mark Schurk  
 Paul Christman - cousin of Mary Ziegelman  
 John Costello - Great-nephew of Phyllis Matteuzi  
 Michelle Drinning - daughter of Brenda Drinning  
 Peggy Probst - daughter of JoAnne Probst  
 Dr. Toby Harris - Haiti Committee Member  
 Cyndi Caimano - niece of Corky & Harry Bahr  
 Christy Reh - sister of Tricia Reh  
 Bob Juzenas - brother of Kathy Juzenas  
 Gary Chaput - friend of Denny Staub



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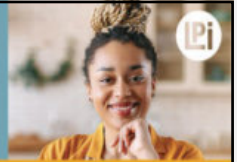
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