



Prioritizing Your Wellness: Stimulating a Virtuous Life and Holistic Success Through Spirituality



In America, discussions about mental health are evolving. In the aftermath of Covid-19, there is a growing mental health crisis. The pandemic's "long tail" is forcing the country to deal with an increased demand for mental health services. Parallel to this is a burgeoning racial awakening, recognizing that racism is a public mental health crisis. At the epicenter of this perfect storm? Communities of color who are underserved in terms of mental health. Dr. Angela Swain offers lifestyle practices the Christian community can adopt to help quell this perfect storm.

Because of her extensive education and experience, Dr. Angela L. Swain is known as the Trifecta Business Coach. She is an executive coach, business psychologist, researcher, author, and speaker. She believes in creating positive workplace cultures through professional and personal leadership development as an expert in organizational behavior. Dr. Swain worked as a researcher and moderator for The Emotional Intelligence Leadership Institute in Chicago, where she taught managers about team membership, meaning, and empowerment. She is currently the Director of the Archdiocese of Chicago's Office of Human Dignity and Solidarity, as well as a consultant, coach, and theological reflection facilitator for the Catholic Theological Union, a seminary for both lay and religious leaders.

As a certified professional coach, she promotes the health and wellbeing of the whole person and guides them through becoming a better version of themselves. She has coached and supported countless leaders, professionals, and entrepreneurs in trauma healing, health, and wellbeing during times of transition, as well as assisting their teams in doing the same.

Dr. Swain's writings include COVID-19 and Beyond: Supporting Your Staff in Times of Stress and Transition, Navigating Change: Breaking Barriers to Unleash Full Potential, and Kitchen Table Talks with Dad: 5 Simple Tools to Become a Transformative Leader, which debuted as an Amazon International Best Seller in Organizational Change Management and Conflict Resolution. She is a frequent guest lecturer at Loyola University Chicago and North Park University and a retreat speaker for pastoral and business leaders.

In the face of her many accolades, Dr. Swain's primary goal is to be purposeful. Whether this means lecturing burgeoning minds at universities or even pastors, she remains dedicated in her pursuit of showcasing the benefits of being healthy and holistic. To Dr. Swain, wellness isn't just a part of living but a whole-life approach, not just limited to how you look. The process is as internal as it is external.

To understand Dr. Swain's story is to understand the basis of her teachings. She has had Multiple Sclerosis for nearly 25 years and Rheumatoid Arthritis for 35 years while raising three neurodiverse children, now 21, 20 and 12 years old and caring for her mother and in-laws before their deaths. She is an expert in dealing with health extremes and has helped many leaders do the same.

As a part of the process, she is always open about her physical challenges and the fact that not every day will feel like a good day. While this is true, Dr. Swain also believes that every day is a new opportunity to be transformed and become the best version of yourself. Every day is a day we can live well and improve our wellbeing.

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Building off of her experiences as a faith-based leader and professional life coach, she takes time to explore what it means to be Christian in a world of wellness, consumerism, and popularity.

Dr. Swain believes that mental health and faith are inseparable and that a lack of integration between these concepts causes us to see and experience life as a constant uphill battle. God never intended us to live this way - like sheep going blindly through life without direction or purpose.

In her first book, *Kitchen Table Talks with Dad: 5 Simple Tools to Become a Transformative Leader*, Dr. Swain challenges readers to learn valuable lessons about effective leadership from her father-in-law, who she says was one of her greatest champions- Lessons such as how to be authentic, take risks and lead with heart. In her second book, *Mama Knew: From Behind the Eyes of a Matriarch*, Dr. Swain explores shepherd leadership, emotional intelligence and trauma-informed care. Using biblical themes and motifs, she shows how scripture can be woven into the fabric of our living and the importance of spiritual mentorship rooted in love.

What can you do to support your mental wellbeing?

Practice Stillness

We live in a fast-paced world. We don't get enough chances to appreciate a lack of motion combined with perfect silence. So, to truly understand the power of stillness, we must take it. Our lives promote anxiety while downplaying the importance of stillness, even though it is the force that combats stress. Stillness necessitates handing over control to God, knowing that his strength is more significant than any other. It entails acknowledging that, while things may not go as planned, you can't see the big picture, and you must trust God and be assured of your stillness.

Be Dynamic

Humans aren't just one thing. We are many pieces of a beautiful puzzle together to form a whole. It's time to stop categorizing and start embracing all of our parts. Every aspect of who you are is essential. As Dr. Swain said, "I accept that I am a beautiful jumble of dyslexia, MS, and Rheumatoid Arthritis. They have an impact on me, but they do not define me. I live with them as a mother, wife, trailblazing professional, and wherever my faith takes me."

Be Imaginative

Dr. Swain frequently gives this exercise to her clients. She lets them imagine there is no ceiling above and no floor beneath. What are their reactions? Most of her clients will express excitement, while others will express fear. Both are normal but what matters is that you get to choose which serves you best at the time. And that point of view is a simple but life-changing concept that can be applied in various ways.

Build Self Awareness

What is it that you truly desire? What are you attempting to build, and what will it take to get there? Don't settle for a surface or default response. Dig deep and explore the inner places you often avoid.

Name Your Outcomes

Never underestimate the power of visualizing yourself doing and being what you desire. Then, seek assistance in developing a strategic plan to get there.



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Black August

By Gardis Watts



Pic source: <https://ccrjustice.org/black-august> accessed 8/22/22

Black August is a recent commemoration movement that seems to be gaining popularity among various grassroots movements. Originally started as a tribute to the political prisoners of the Black Power Movement of the late 60s and early 70s, Black August has stretched beyond remembering political prisoners. Black August is being widely recognized for the spirit of its intended purpose: resistance. It is not just for those activists who fight for the humanity of those incarcerated behind the wall but it has now been identified by those who fight against repressive systems that either murder or dehumanize black people globally.

The roots of Black August starts with the efforts of prison activists of the Black Power movement. Most of these activists were martyred during the month of August. The first of the important figures of Black August was W.L. Nolan. Nolan was an inmate in San Quentin prison in California. There he met another key figure in the Black August movement in George Jackson. Both Nolan and Jackson were radicalized to the Black Power struggle and helped radicalize several other prisoners with them. Their activism caused them to be in solitary confinement for much of their prison sentence. Both were transferred to Soledad Prison in 1969. That same year, Nolan circulated a letter with the intent to file a lawsuit against the department of corrections for the oppressive and inhumane conditions the prisoners were experiencing. This garnered so much attention that he feared for his life. Months after he wrote that letter, W.L. Nolan's life was taken from him when him and two other inmates, Cleveland Edwards and Alvin Miller, were shot by prison guards under suspect circumstances that officials dubbed as a 'prison riot.'

After Nolan's death, George Jackson became the central figure of the movement. Jackson started writing letters to recipients in and out of prison about revolutionary action. His letters garnered much attention by activist and intellectuals that it was compiled into two bestselling books. His first published work was *Soledad Brother: The Prison Writings of George Jackson*. His second and final work while he was housed in San Quentin was *Blood in My Eye*. On August 21, 1971, days before he completed *Blood in My Eye*, George Jackson was killed by San Quentin prison guards in an attempted escape.

Much of the original commemoration of Black August concentrates itself on those days that recognizes the dates of open rebellion and martyrdom of those freedom fighters like George Jackson that fought against an oppressive system inside and outside of prison. However, as August has become a month of the incarcerated activist of the Black Power movement, it is also a month of many other important events in Black Resistance. Famous slave rebellions like the Haitian Revolution, Gabriel Prosser and Nat Turner's rebellion happened in August. Various civil rebellions against racism like in Watts, California in 1965, Lansing, Michigan in 1966 and Milwaukee, Wisconsin in 1967 happened in August. Also remembered in August are those non-violent resistance movements that took place in the month like the 1906 Niagara Movement, the huge 1920 UNIA convention, and the 1963 March on Washington. All of these events symbolize the fight against racism, materialism and imperialism.

As Black August evolves into a common cause for solidarity among all in the black struggle, we also recognize the birthdays of various freedom fighters in this month. The black radical writer James Baldwin was born on the 3rd. The founder of the UNIA, Marcus Garvey, was born on the 16th. And Fred Hampton, the leader of the Illinois Black Panther Party was born on the 30th. These, and several others, are representatives of black resistance against the system of white supremacy.

So, what does Black August mean for Black Catholics? It means a lot. As members of the Catholic faith, we recognize our fight against racism in the Catholic Church. Our spiritual ancestors fought and struggled against white supremacy and we still carry that fight today. We also recognize those Black Catholics who are our resistance fighters who bravely stood up against racism within and outside the church. Father Augustus Tolton, who became a priest despite those who resisted his calling because he was black. Daniel Rudd (who was born August 7, 1854) organized the Colored Catholic Congress to fight for the civil and human rights of black people across the country when lynching of blacks was common. Henriette DeLille went against the status quo and even against her family when she became a nun and educated black children in New Orleans.

We also have contemporary spiritual warriors of the 20th century who fought for black people's rights for freedom and expression. Thomas Wyatt Turner, the Black Catholic Scholar who founded the Confederate Colored Catholics, gave a voice to blacks in the Catholic Church when it was being suppressed. Months before she succumbs to cancer, Sister Thea Bowman advocated for Black Spirituality at a 1989 U.S. Bishops Conference composing of nearly an all-white audience. Father Clarence Rivers introduced gospel music to the Catholic liturgy during a time when gospel music was not widely accepted. Sister Antona Ebo participated in the 1965 voting rights march in Selma, Alabama knowing that she would be facing white racist terrorist. Father George Clements in Chicago aligned himself with many of the Black Freedom struggles of the 60s and 70s, which also drew the ire of Cardinal John Cody when Father Clements let the Black Panthers use his church to hold their meetings. Father Lawrence Lucas out of New York expressed his fight against racism in his autobiographical book published in 1989 called, *Black Priest, White Church*.

Today, we have current figures who fight against racism in and out of the church. Theologians like Bryan Massingale of Fordham University, writers like Olga Segura the author of *Birth of a Movement: Black Lives Matter and the Catholic Church*, and white comrades like Father Michael Pflieger of St Sabina of Chicago, represents the spirit of black resistance against white supremacy.



Sankofa Spotlight: Looking Back to Look Forward



Dr. Jacqueline Callery is a dedicated wife, mother, educator, and liturgical minister. Dr. Callery, her husband Adam, and her son Marshall became parishioners at St. Thomas the Apostle Catholic Church in Hyde Park between the years 2009/2010 when they transferred their son to St. Thomas the Apostle School in the third grade. Dr. Callery is active in the parish. She is a lector who is passionate about proclaiming God's word. In her teen years, she was part of a choir at St. Margaret of Scotland in Chicago. Dr. Callery served on the liturgy committee, volunteered her time as a eucharistic minister, and has taken on the enormous task of bringing some of the liturgical ministries of the parish to use technology in the scheduling process. Dr. Callery continues to serve God's people by supporting the liturgical ministries at the parish in scheduling the lectors, eucharistic ministers, and altar servers. Dr. Callery has many skills that come from her creativity, passion, and leadership, from the educational path she has taken to nourish her vocation in teaching. She received a B.S. in Industrial Management, an M.B.A. in Marketing/Management, and a Doctor of Education from National Louis University. She is a board member of Quad Communities Development Corporation. Dr. Callery is an associate professor at National Louis University Graduate School of Business and Leadership, where she created a new master-level program and curriculum for the university, which is now implemented. Dr. Callery loves facilitating teachable moments and is passionate about student success.

Dr. Callery is a cradle Catholic, along with her brother and father. She was raised in the Catholic faith but also has a shared experience in a multitude of faith communities since her mother's side of the family attended Pentecostal and Baptist churches. Her father passed when she was in the third grade, and she briefly attended St. Margaret of Scotland, where she received her First Holy Communion and transferred to another school in the third grade. She attended the liturgies at St. Margaret of Scotland until around the eighth grade. After her mother's death, she insisted on being allowed to complete her preparation for the Sacrament of Confirmation at St. Margaret of Scotland. Her sponsor was a friend of her mother's, who is Catholic. Soon after, she joined her aunt and uncle in worship services at Pentecostal and Baptist churches for some years.

Dr. Callery returned to the Catholic Church when she met her husband Adam in college, who is Catholic. Dr. Callery and Adam were married in the Catholic Church, moved to Michigan and North Carolina, and tried to attend predominantly white Catholic parishes, which did not make them feel welcome. Wanting to remain in a faith community sent them to other denominations seeking a place of worship and welcome. Dr. Callery and Adam stopped attending Mass for a while and found a home of worship, mainly in Baptist and non-denominational churches, where they felt welcomed. When asked if there was any prejudice from non-Catholics? Dr. Callery says, "I have individuals who are part of my spiritual support system. I would not say any prejudice is encountered, just agreement to respect the ideas of our respective faiths. We come together in prayer, and our bond is in a shared belief in God and the risen Christ." Dr. Callery's hope for the Catholic Church is "that the church will continue to evolve in her acceptance of all humanity; Jesus welcomed everyone to the feast. We grow as a society when there is no judgment, and we see the hearts of individuals, love unconditionally, and forgive others so we can be forgiven." Dr. Callery is a woman of love and faith who is in the service of God and his people. Dr. Callery leaves us with this thought "Love unconditionally and forgive others. There you find your joy." Jennifer E. Davis



Taleah Cage is a 20-year-old young woman of faith studying biology at Loyola University. As a third-generation cradle Catholic, the rich tradition of her faith strengthens Taleah as both her mom and grandmother ensured that she stayed active and involved in the parish. Attending mass every Sunday at the now-closed Corpus Christi Parish allowed her to serve as an altar server and become a Jr. Daughter with the Knights and Ladies of Peter Claver.



Schools such as the Academy of St. Benedict the African, Mother McCauley High School, and now Loyola University provided Taleah with a strong academic foundation and a deeply spiritual one. Her favorite prayers include the Serenity Prayer and the Evening Prayer as it is simple but covers so many bases.

Taleah started at Loyola University during the height of the Covid-19 pandemic. While the pandemic curtailed her involvement in church and school activities for a couple of years, the time did allow her to reflect on new ways that she may serve the church.

As a Sr. Thea Bowman scholar, Taleah is learning about the richness of our Catholic faith and theology as well as how Black Catholics have influenced and continue to influence the church. She was able to interact with other scholars from around the country in June by participating in a retreat and symposium that were held in Chicago for scholars. In addition, her studies at Loyola has helped her become mindful of the importance of being a good steward of our earth through the study of *Ladauto Si*, Pope Francis' encyclical on the environment.

Through invitation and encouragement, Taleah is interested in becoming a youth minister for Our Lady of Africa's newly formed youth ministry. She has several ideas that she thinks will help our young people become more engaged in parish life including, Gospel Karaoke, having safe spaces for youth to talk about their faith journeys, developing events such as ice cream socials, or creating spiritual-based memes and bulletins that are cell-phone accessible. These are a few tangible ways to bring young people into the church. Taleah also offers advice for older church members to help our youth come back to church; One, do not be so critical or judgmental of our youth, by listening to them with compassion and humility, the youth may feel more welcomed to be a part of the church community. Two, the church is rich in traditions but sometimes, traditions need a reboot, and the church will need to evolve with the times in order to grow and thrive.

Taleah plans to graduate from Loyola University in 2024 and continue on to medical school. As she maintains a clear mind and a faithful heart, I do not doubt that this young woman of faith will serve God and God's people with integrity, compassion and love.

Tina L Carter



On the Road Toward Sainthood: Fr. Martin de Porres Maria Ward, OFM Conv.

The Friars of the Provincial Custody of the Immaculate Conception have begun the process of opening the Cause for Canonization for Fr. Martin de Porres Maria Ward, OFM Conv. As an early missionary friar of the province, Fr. Martin is also the first person of African lineage to enter the order in modern times.

Friar Martin de Porres Maria Ward, OFM Conv. was born Matthias Ward on March 20th, 1918, in a biracial family in Boston. His family later moved to Washington D.C. The oldest of thirteen children, Matthias was Methodist but converted to Catholicism when he was seventeen after attending mass with a friend. The spirit called Matthias to religious life, he answered and first attended the Salvatorians in Wisconsin in 1942 but illness forced him to withdraw. He went to Brooklyn New York. Three years later Matthias applied to join the St. Francis Seminary of the Conventual Franciscans.

When Matthias received the application, he felt compelled to notify the vocation director that he was colored. In a letter, he wrote "I would not want to cause embarrassment on anyone's part....if you think it not wise to accept me, I shall not in any way feel hurt, but perhaps, it might be your policy not to accept colored just now...I will return the application blank if you cannot accept me...don't feel hurt to tell me the truth please." As it happened, the provincial chapter in June of 1945 voted to accept missions in Central and South America including Brazil. This joyous news allowed Matthias to join the conventual Franciscans. After ten years of study, Matthias became a priest in Albany, NY on June 4th, 1955. Two of his sisters and their families joined him in the celebration of his ordination and reception when the rest of the family rejected his decision. Matthias took the name of Martin de Porres Maria.

After Fr. Martin's ordination, he volunteered to go to Brazil where he stayed for most of his life. While in Brazil he became well known as a funny and enthusiastic teacher. As a chaplain and spiritual director, Fr. Martin was celebrated for his modesty and humility. He would share his testimony of how he became a friar and the difficulties he had to endure because he was an African American and suffered from pulmonary disease. In times of despair, he would turn to Mother Mary for strength and Divine Providence for support. Where there is pain, there is also peace and joy. Fr. Martin experienced this when he was able to catechize and baptize his own father, William Henry Ward, before he died.

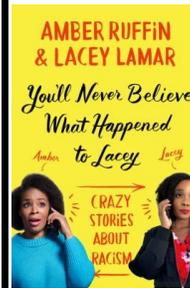
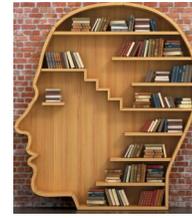
Fr. Martin's generosity and warmth were so valued that the community of Andrelandia awarded him the title "Citizen of Andrelandia" in 1995. In 1999 while serving mass Fr. Martin began to suffer a heart attack. Yet, he insisted on completing mass. Soon after Fr. Martin was rushed to the local hospital. Given the seriousness of his condition and his advanced age, his superiors decided against his will to have Fr. Martin transported to a hospital in Rio de Janeiro, which was 4 hours away. Fr. Martin de Porres Maria Ward suffered a massive heart attack en route to Rio. He died the next day at the hospital. He was 81 years old.

The outpouring of love and gratitude came out from the city of Andrelandia as they remembered Fr. Martin's humor, humility, and help to the community. Fr. Valdomiro said at the time of his death that "Friar Martin was a good man, a man of God, a man of the people and a true Franciscan. We will miss the teacher, confessor, and peacemaker.... but we have an intercessor in heaven." He is buried in Andrelandia.

Source: <https://www.olaprovince.org/2019/11/26/minister-provincial-fraternal-visitation>

Tina L Carter

Literary Corner



The book I reviewed for this month's Literary Corner is *You'll Never Believe What Happened to Lacey: Crazy Stories About Racism* by Amber Ruffin & Lacey Lamar.

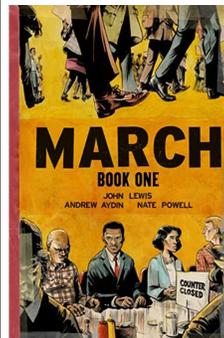


Prior to reading the book, I was a bit optimistic because I am one who believes you cannot find humor in any situation pertaining to racism. Nonetheless,

I still decided to give the book a shot, and I'm glad I did. I considered the book to be very relatable due to the variety of experiences I have also witnessed and experienced as a Black woman, and although the author uses a lot of humor while sharing her stories, I still believe the book could be very educational by allowing others to sit back and not only read about the different racial experiences, but also learn about how the experiences had a profound effect on others. I believe this would be a great book for book clubs, and groups!

-Shannon Ambrose

March: Book One is the first in a series of three graphic novels created by the late John Lewis, congressman from Atlanta Georgia, Andrew Aydin and Nate Powell. It is both a biography of his life as well as a history of the civil rights movement during the 1950s and 60s. First published in 2013, this book goes back and forth from the day of President Barack Obama's inauguration in 2009 to the 1940s, 50s, and 60s when John was a young



man in the movement. Black and white illustrations draws the reader in as they are transported back in time with John from his time as a young boy taking care of chickens and sneaking off to school, to him as a young man sitting at the lunch counter as he is being taunted and harassed and as an elder congressman who is preparing for the inauguration. This accessible book is a must read for those who are interested in a deeper understanding of the civil rights movement and would like to learn more about one of its young and dynamic leaders. Recommended for ages 12 & up.

-Tina L Carter

Habari gani What's the News?



Black Catholic Deacons of Chicago
Praying for Non-Violence
in our Hearts - Schools – Family - Streets

STOP THE VIOLENCE

Since 2010, on the shores of Lake Michigan, the BCDC has hosted annual sunrise prayer services to pray for the protection of our children.

Join us for: **"These Streets Are Holy"**
Saturday, August 27, 2022

Sunrise Prayer Service 6:30 am - 8:30 am
Oakwood Beach - 41st Street & Lakeshore Drive, Chicago
Peace Fellowship Breakfast 9:00 am - 10:00 am - Our Lady of Africa
Peace Symposium 10:00 am - 12:00 am - Our Lady of Africa

NOTE: In the event of heavy rain, the prayer service will be moved to Our Lady of Africa Catholic Church - 613 E. Oakwood Boulevard, Chicago

For more information contact Deacon Gill at 773-933-0027 or email deacongill@sbcglobal.net

**SAINT SABINA
BACK TO
SCHOOL
BLOCK PARTY**

**August 19, 2022
6-9pm**

**Renaissance Park
1300 West 79th Street**

**BOOKBAG GIVEAWAY
BASKETBALL**

**BOUNCY HOUSE
LIVE MUSIC**

**FREE HAIRCUTS
LIVE DJ**

**GAMES FOR KIDS
FREE FOOD**

FAITH COMMUNITY OF SAINT SABINA
1210 W 78TH PLACE
773-483-4300

St. Moses the Black Parish Presents:

**INTO THE DEPTHS
REVIVAL 2022**

WHEN:
10:30AM - SUNDAY, AUGUST 28TH
7PM - MONDAY, AUGUST 29TH
7PM - TUESDAY, AUGUST 30TH

Luke 5:4
Jesus said to Simon, "Put out into deep water, and let down the nets for a catch."

Fellowship Each Day:
Sunday @ 12pm: BBQ on Parish Lawn
Monday @ 5:30pm: Burgers & Hot Dogs
Tuesday @ 5:30pm: Taco Tuesday

Dr. Kimberly Lymore
The Faith Community of St. Sabina
Sunday, August 28th

Rev. Dr. Ebony Only
First Baptist Church of University Park
Monday, August 29th

Dr. Darlene Allen-Nichols
DAN Ministries, Incorporated
Tuesday, August 30th

More Information:
www.stmosesparish.org
(773) 224-1022

331 E 71st Street
Chicago, IL 60619

Habari gani

What's the News?

St. Benedict the African Church

THE CATHOLIC CHURCH IN ENGLEWOOD
340 W 66th St, Chicago, IL 60621
(773) 873-4464*<https://benedicttheafrican.org/>



HUSH HARBOR

Saturdays at 11 AM
Our Hush Harbor series features spirituals and speeches from the past that speak loudly today.

In Antebellum America, a hush

harbor was a place where the enslaved Africans would gather in secret to practice religious traditions.

MEETING ID: 89415895742

PASSCODE: 636489



St. MOSES the BLACK
PARISH

St. Moses the Black Parish

331 E. 71st Street
Chicago, IL 60619
773.224.1022
stmosesparish.org



Pray the Rosary

August 7th 9:30 AM 10:15 AM
(in the church)

The Women's Guild will pray the Rosary the 1st Sunday of each month.



Worship with us as we celebrate our first revival as a new parish!

AUGUST

28 10:30 AM 12:00 PM
29 7:00 PM 9:00 PM
30 7:00 PM 9:00 PM



ST. MARY EVANSTON BLACK CATHOLICS

JOIN US, AS WE GATHER FOR A PEACEFUL AFTERNOON DISCUSSION, EXPLORING A VARIETY OF ARTICLES AND TOPICS RELATED TO BLACK CATHOLIC HISTORY, SOCIAL JUSTICE, MINISTRY, & MORE.

WEDNESDAY'S VIA ZOOM @ 2:00 PM!
PLEASE CONTACT SHANNON AT
STMARYEVANSTONBC@GMAIL.COM
FOR THE ZOOM LINK AND ADDITIONAL INFORMATION



The South Side Jazz Coalition Presents

JAZZ'N ON THE STEPS SUMMER 2022

ST. MOSES THE BLACK PARISH
331 EAST 71ST STREET
4PM TO 630PM

Fourth Sundays

May 22

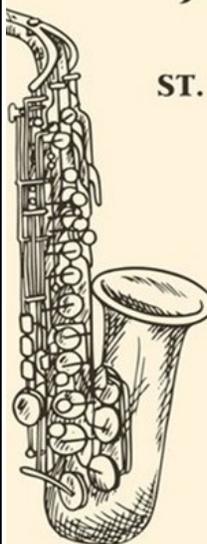
June 26

July 24

August 28

September 25

FREE EVENT



Sponsored by: Safe and Peaceful Communities
St. Moses The Black Parish

Habari gani What's the News?



Our Lady Of Africa/Tolton Site
4058 S Michigan Ave
Chicago, IL 60653
(773) 268-1518

OUR LADY OF AFRICA FOOD PANTRY

Fresh fruits, vegetables, meats and non-perishable groceries.

Info for Thursday food pantry...
Every Thursday
@10:00AM-12:00PM

Meats and non-perishable food

*You can only receive once a month, identification is required and no boundaries

4058 S Michigan Ave
Chicago, IL 60653

Info for Saturday food pantry...
Every fourth Saturday
@10:00AM-12:00PM

Fresh fruits, vegetables, and non-perishable groceries.

44 E 41St
Chicago, IL 60653



The Augustus Tolton Pastoral Ministry Program at Catholic Theological Union

The Augustus Tolton Pastoral Ministry Program provides an opportunity for Black Catholics to receive academic, personal, spiritual and professional education and training in preparation for professional ministry for the specific needs of Black Catholics.

- Applicants from the Archdiocese of Chicago are eligible for a full-tuition scholarship.
- Applicants outside of the Chicago dioceses are encouraged to apply for the Tolton program and will be considered for other scholarship funds.

For More information or to apply visit us online at ctu.edu/Toltonprogram

Coming to a Bar Near You! Will We See You?

ARCHDIOCESE OF CHICAGO
THEOLOGY ON TAP

AUGUST 10

Michelle Nickerson
The Case of the Camden 28: How Catholic Peace Activists put the Vietnam War and the U.S. Government on Trial

AUGUST 17

Fr. Eric Immel
Hear His call: How young people are called to social justice and vocation

AUGUST 24

Lauren Schwer
How God uses our desires to communicate to us how we might co-labor in God's Project of Love

AUGUST 31

Fr. Carl Gales
Dialogue and Listening: What is the Catholic Church hierarchy failing to hear from the pews?

Scan me

One (1) Free drink ticket if you register in advance

TICKET

When: 6:45 - 8:00pm (Check-in begins at 6:30pm)
Wednesdays this August (8/10, 8/17, 8/24, 8/31)
Where: Black Barrel Tavern, 455 W. North Avenue
Who: All young adults aged 21-35

Cubs Ticket Raffle!
Free raffle ticket every time you attend!
Extra ticket for every friend who joins you!

ST. TERESA OF AVILA CATHOLIC PARISH • EST. 1899 ST. JOSAPHAT PARISH ST. MICHAEL CHURCH IN OLD TOWN REDEMPTORIST FATHERS & BROTHERS

This space is available to share your events.

For more information please email us at

chicagoblackcatholics@gmail.com.

Prayer for August

A Prayer to End Gun Violence

Merciful Lord, we come to you heavy hearted, for we have heard the cries of the slain calling to us from the ground. We come remembering all the lives lost to the weapons of war that have flooded our communities. We come reminded of the many bodies locked in jails and prisons across this country. And we ask for your mercy.

Although we find ourselves in a broken world – a world in which hurting people hurt other people, it is no mystery that you are a God capable of healing our world through justice and fairness. Your own revelation has shown us that you stand firmly with those people whose backs are against the wall. Your own life demonstrates how you came from heaven to earth to redeem creation, our communities, and our own lives. So, we ask for this same redemptive power to be unleashed among us as it was on the day of Pentecost. May we be empowered by your Spirit to reverse the conditions that produce young men and women who are driven to resort to violence and destructive behavior in their fight to stay alive and struggle to remain free.

We know that you have no pleasure in the death of anyone, so we boldly come to the throne of grace today dear Lord, seeking your wisdom as we create strategies that provide pathways and lifelines to hope and healing. Help us to remember we are all your children, created in your image, and we are connected by a single garment of mutuality and destiny. Cause us to never forget how our needs are the same and our calling to address these needs are the same. Reveal to us Lord, that the pain felt in Newtown is the same pain felt in Chicago. The tears shed in Oak Creek are the same tears shed in Oakland. The lives lost in Tucson are the same lives lost in Camden. The children being buried in Aurora are the same children being buried in Detroit.

We cry out to you, heal our souls from this scourge of violence. Endow us with the courage to step down from the pulpits and out from behind our desks to seek the peace of the city. In the coming days and weeks as our leaders debate solutions, Lord we ask that you grant us the voice to speak truth power and demonstrate sacrificial compassion to the hurting. Teach us your ways, O God. Bless us with the wisdom and strength to put down our swords and be peacemakers. Use us, work through us and, if necessary, work in spite of us to mend our nation's brokenness.

We thank you for your protecting embrace and unfailing love. All of these requests we bring to you, in the name of Jesus the Christ we pray.

Amen.

by People Improving Communities through Organizing (PICO)



Who are we?

The Pulse is a monthly newsletter to provide information about the concerns and happenings in Black Catholic Chicago. It will be made up of articles, profiles and information about events and programs happening throughout the archdiocese of Chicago. If you are interested in contributing or have any questions or concerns please email us at chicagoblackcatholics@gmail.com

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