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St. Anthony Parish

# VOICE



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## Addressing Faith and Mental Health

By Dave McDermott

The importance of mental/brain health is a topic that has gained significant attention recently. Over the past 20 years, studies have indicated a steady deterioration of mental health in the United States. Potential causes of this deterioration include the pace of modern life, technology and social media—along with many others—while also

not engaging in helpful practices such as a healthy diet, exercise and prayer. Join us, as guest speaker, Virginia Pillars, shares her daughter’s experience of a mental health disorder and how Pillar’s faith played a role in helping everyone through the process.

### MARK YOUR CALENDAR

**SPEAKER: VIRGINIA PILLARS**

**Sunday, February 16, 12:00 p.m. (Noon) at St. Anthony’s  
All are invited to attend.**

## Community Sunday—A Jolly Good Time

By Kimberly Davis



A special guest arrived at St. Anthony’s the weekend of December 14th and 15th. Santa and his merry crew stopped by for their annual visit with children and families after the weekend Masses. Music, donuts and refreshments were enjoyed by all.

The event is always a wonderful opportunity for our parishioners to visit and share in the joyfulness of the season! Thanks to all of the volunteers that helped make it possible!



# Community Built Through Books

By Nancy Knipper



Books are amazing in many ways! They can lead us to new lands or challenge us as we try to solve a mystery. They introduce us to people who have changed the world or help us understand what happened years and years ago. But, can books build community? I reflected on this question and my experience with the used book sale at St. Anthony. The most obvious benefit of the book sale is the money raised which supports Take Away Hunger (TAH). Is there more than meets the eye here? Do books build community? I say... Yes!

As a member of the committee that organizes the annual book sale, held the first weekend in November, I firmly believe that books can and do build community at St. Anthony's!

Community is built when parishioners come every Wednesday afternoon in October for an hour to presort the books into categories/by authors. Often I heard, "Has anyone read this book... I hear it's good" or "We read this in our book group and I would recommend it!" Friendships are renewed and excitement builds as volunteers decide which book to read next.

Community is built on Friday when the book sale is set up. Young parishioners always come and help carry the books from the storage area to O'Malley Hall. We "veteran" parishioners are very grateful that those with strong backs and arms do the hardest work of the

weekend. Names are exchanged and smiles are shared among each other.

Community is built when approximately 50 people arrived throughout Friday afternoon to help set up! When only 15 people had previously signed up for this task, it was humbling and heartwarming to see so many people show up and help. At one point, I looked up and was literally in awe of the people gathered, working and enjoying it. It was amazing! That was one of many moments when I was aware of being so grateful that we have a parish where people 'show up' and work together to help make projects successful.

Community is built through the volunteers that staffed the sale both days. They answered questions from those coming to shop and clarified details of the TAH organization.

Community was also built on Sunday afternoon when it was time to pack up the books and clean up the basement for the next event. Again, people just showed up and were willing to pack up their vehicles to donate unsold books to several organizations around the city.

The used book sale this year raised \$3,822 for the Take Away Hunger event! That is awesome! And what is also awesome—and priceless—is the fact that community was built around books!

## From Father Steve's Desk

By Fr. Steve Resonke

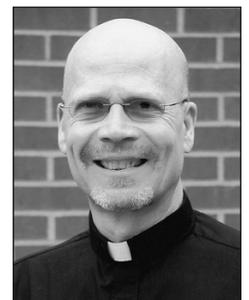
### Solemnity of Mary, Mother of God—God's Plan for Mary

The Scriptures don't say a lot about Mary, the Mother of Jesus. She is honored as the person who made God's presence as a human being possible.

Scripture presents Mary as an ever-faithful loving Mother who remained close to her son throughout his ministry. She stayed with Jesus even at the foot of the cross. Mary was a caring Mother at Jesus' side while he slept in the manger and while he hung on the cross. She helped Jesus to be a responsible man. Her kindness,

compassion, and love are things that Jesus will pick up gradually.

Mary may not have said much in the Scriptures, but it was Mary who is seen in the many sermons and parable of Jesus! Mary is the strength that came to Jesus when he felt fearful or abandoned. Mary was always there to give what he needed to complete his mission.





City of Dubuque Attendees

## NCYC: Fueling Our Faith

By Allie Kutsch and Becca Schmerbach

The National Catholic Youth Conference (NCYC) is a 3-day event for Roman Catholic teens. This year, 106 teens and chaperones from Dubuque attended from November 21st through the 24th in Indianapolis, Indiana. We participated in many activities including a "For King and Country" concert, faith talks, adoration, and a group mass with over 20,000 people in Lucas Oil Stadium!

NCYC was an unforgettable experience. We felt the growth of not only our own faith, but thousands of other teens. We were able to reflect, grow, and share in our faith. Hearing personal experiences of faith stories was eye-opening and changed our outlook on life. It allowed us to see that we are not alone in our faith and

it is universal. We would like to thank the support and prayers of the parishioners for making the trip possible.



St. Anthony and Nativity Attendees

## New Music Group to Offer Their Talent

By Dave McDermott

St. Anthony's has enjoyed a long and sustained tradition of music at our liturgies. Other churches typically have a hired musician who coordinates and plays for all of the liturgies on a given weekend, but St. Anthony's takes a different approach. There are seven different groups of musicians that rotate through the St. Anthony Masses. The hope in this is that people will hear a wide range of styles and music selections that encourage them to participate as fully as possible in celebrating the liturgy. Frankly, it is a testimony to the talent and commitment of our musicians that we are

able to keep the system going as it does. Soon we will add another group to the collection as Maria Steinlage has graciously agreed to add her voice and talent to coordinating the task. "I am over the moon excited and blessed to be able to start a new music group at St. Anthony's. It is such an honor to be able to combine my love of faith and the Holy Mass with my love of music and singing. St. Anthony's is such a musical community and the Liturgy is truly enhanced through prayerful songs to praise our Lord." said Maria Steinlage.

GET INVOLVED

If you feel called to sing or play an instrument for St. Anthony's, please contact Dave McDermott 580-1874 or [dbq060ff@dbqarch.org](mailto:dbq060ff@dbqarch.org).

# Remembering Tom Hildebrand

By Jim Henkels

Tom Hildebrand, St. Anthony's outdoor maintenance man, passed away on Thanksgiving morning. We, as the staff at St. Anthony's, lost a co-worker and friend. We are all deeply saddened by his passing.

Father Steve and I hired Tom in 2010. He was a dedicated worker, who was always proactive with his work—fixing things before they became a problem.

Driving by St. Anthony's in the summer, you would see the green John Deere tractor and the man with the straw hat going about his duties. When it snowed in the winter, he would be here at 5:00 a.m., clearing the snow and salting the walks. With Tom on the staff, I never worried when I woke up seeing snow, as I knew he would be there taking care of business. He took pride in his work and helped countless volunteers who kept the flower beds beautiful and the school grounds well-manicured.

Tom was a friend to everyone. He gave me good advice and taught me many things about ground care. He was a wheeler and a dealer in procuring equipment for the parish. We never paid more than we should



have for anything he purchased. As the Business Manager, that was music to my ears. He would stop in my office to give me the daily news, and it was always great to see him in the morning. I would refer to him as my favorite radio station, WTOM in the morning.

Well, my friend, we miss you, and may you rest in peace, till we meet again.

## Emmaus 2020

By Anita and Bob Sullivan

### A WEEKEND OF FAITH, FELLOWSHIP AND FUN

February 28, 29 & March 1, 2020—Women

March 6–8, 2020—Men

"No, I'm too busy"... "That is not for me"... "Maybe next year"... "We have something going on then..." Yup, many of us have had those same excuses. Have you ever felt like your life is on a treadmill, that you have to just keep going, and going, and going without a break? Have you wanted some "ME TIME" just for a little while? Do you just need a break, to step off that treadmill and recharge—to stop, take a moment, get away and reflect on where your life is headed and why? Are you at a point in your life where you have an endless list of things to do? Emmaus is the perfect gift to help you de-stress. Are you new to the community or perhaps don't know a lot of people? **Emmaus could be YOUR answer!**

Emmaus is the gift that can help nurture connections with others. Perhaps you are in a phase where you are dealing with life's hard things. Emmaus can provide the soft spot that you may need right now. Maybe your resolution this year is spiritual in nature. Emmaus is a great opportunity to share and grow your faith. Many people have told us that once they took the time to attend a weekend, it was the best decision they could have made. They felt that they became calmer, understanding, a better partner, mother, father, friend, and a better person.

We'd love to have you join us this year for a wonderful weekend of beautiful music, inspiring talks, good food, community and friendship. Grab a pamphlet from the gathering space or check out one of the below...

LEARN MORE OR SIGN UP:

**WEBSITE:** Stanthony-dubuque.org/Emmaus-Details

**FACEBOOK:** Facebook.com/StAnthonyEmmaus

**CALL:** Anita (563)581-4555 or Bob Sullivan (563)580-6430

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#### WANT TO GET INVOLVED?

We always welcome additional assistance. If you are interested in contributing to our quarterly newsletter, from writing articles to donating photos, please contact John and Jenny Stork at [jcstork@ibisci.com](mailto:jcstork@ibisci.com)