



WORDS AND WORKS

quarterly newsletter for Holy Infant Parish
Ballwin, MO

Prayer and the Road to Change

Romans 12:12 Rejoice in Hope, endure in affliction, persevere in prayer

By Father Chris Dunlap

When people see me these days, my appearance elicits a variety of responses:

“You look great!”

“Are you healthy?”

“You look 10 years younger!”

“When I saw you, I didn’t recognize you!”

“Did you get new glasses?”

A new haircut?

Something is different about you...”

“How did you do it?”

Yes, I am healthy, maybe more so than at any point in my life thus far. As of this writing, with the aid of proper diet, exercise, encouragement, and prayer, I have lost a little over 100 lbs. What began as a Lent Biggest Loser competition on Ash Wednesday in February, 2012 has evolved into a lifestyle change, promoting an overall health improvement, spiritually as well as physically. Lent was a good time for me to begin, because of the sacrificial nature of this penitential holy season. It’s natural to deny ourselves certain things to unite us a little more closely with Jesus’ suffering.

When asked about what I did and how I’ve done it, I respond with three words: **Drive**, **Diligence**, and **Discipline**. I had decided that I was tired of

being so unhealthy, and I was ready to lose some weight and get healthier; that’s **drive**. I knew it was not going to happen overnight...**diligence**. And I was going to have to make some changes, sacrificing some food choices and behaviors and implementing new ones to better myself... **discipline**.

Discipline is probably the key, in sticking to my diet and exercising, but also in prayer. I have found that I am now a better prayer as well. I have turned to the Lord for inspiration in my perspiration, with Romans 12:12 and Philippians 4:13, two focal verses for me, among others. I wanted to get healthier to be a better man, a better priest, to be able to minister to God’s people better and hopefully for a long time. I wanted to get closer to

being the man God has created me to be, as the author Matthew Kelly says, “the best version of yourself.” I had a long way to go.

But though I was “in it to win it”, I was not by myself. God blessed me with many friends that wanted to help me along my new road to health and well being. I have had a lot of help. As John



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(Prayer and the Road . . . Continued from page 1)



Donne and Thomas Merton wrote, "No man is an island." We need other people. I am not alone. God has created us for relationship. And just like Mary's "Yes" to God, I too said "Yes" to invitations to bet-

ter my health. I have been blessed to have people in my life courageous enough to see my unhealthiness and ask me if they could help me. This really has been the key for me and my personality. I began seeing a trainer, Randy Leopando, from the parish, a couple nights a week, who trained me in a friend's basement (Matt and Cathy Hazlip) a couple of nights a week before putting in his own gym in his new home. I went to the chiropractor, Dr. Andrew Burns, also from the parish, who put me in touch with his father-in-law, Dr. Daniel Windsor, a weight-loss specialist, who I began seeing in February, 2013. I returned to the doctor, the dentist, and as well as other medical professionals to help me on my road to a better me.

So how did I do it? The old "80-20" rule holds here. My results come from 80% diet and 20% exercise. What worked for me was starting with a low-carb diet for a year, eating mostly protein, fruits, and vegetables, sticking to between 4-6 servings of carbs a day and working on avoiding unhealthy carbs and junk food, which was a challenge, but that is where **Drive**, **Diligence**, and **Discipline** come in. Last February, I went to Dr. Daniel Windsor, who really helped me kick my diet into high gear. With him, I then went to consuming only "spartan" carbs, pretty much cutting out carbs entirely, as I ate only the healthy carbs present in fruit, along with protein and vegetables. I also held myself to eating smaller portions. I continued to see Randy, my trainer, as well as Dr. Burns and my other doctors regularly. A real bonus for me is the faithful friendships I have gained from them, as well as knowing they cared and supported me along the way.

I'm now on maintenance, which means just what it says. I'm focused on maintaining my weight where it is, still seeing my trainer and doctors regularly.

Encouragement from family, friends, and parishioners has spurred me on toward my goals. As I learned from Fr. Stanger a long time ago, "Never underestimate your power to inspire." So thank you, thank you, thank you, to our beloved people from Holy Infant for your inspiration! May God continue to bless us all abundantly!

By Carol Laupp
with Amy Ratzki

Serve St. Louis — October 12, 2013

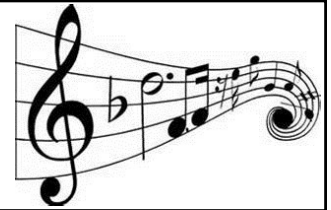


(above) Sister Rosario and 30 volunteers made 27 fleece baby blankets for the "Linus Project".



(above) Holy Infant parishioners volunteered two full days at Our Lady of Guadalupe parish in Ferguson to spread mulch, paint banisters, and repair doors, statues and bookcases.

THE SOUND OF MUSIC



By Eileen Buehrle



It is said that when we sing we pray twice. Since Mary Pancella retired, Holy Infant has been unable to fully sing without a Music Director. But things changed with the arrival in May of our new Music Director, Chuck Chauvin.

Chuck was born in New Orleans, Louisiana and his family moved to St. Louis when he was 8 years old. Chuck grew up in Ascension Parish (Chesterfield) where he attended grade school, and he attended St. Louis University High School and St. Louis University (SLU). Chuck met his wife, Michelle, in the SLU Jazz Band, and today she is a Nurse Practitioner at St Luke's Hospital. Chuck and Michelle reside in Fenton where their home parish is, St. Paul Catholic Church. They have six children ranging in age from 12 – 23. Michelle is an accomplished flutist (you may have heard her playing a Mass or two at Holy Infant) and the children play a variety of instruments including piano, trumpet, French horn, flute, and bass. But music is not the only extracurricular activity – the children are also involved in scouts, dance, taekwondo, volleyball, and rugby.

While Chuck has a business degree from SLU and is currently an Information Technology auditor, he also has much experience in music. He began private piano lessons at the age of 6 and started

playing for school and parish Masses at Ascension Parish when he was in the 5th grade. Chuck continued to play for Masses and Prayer Services in high school. His music exposure broadened as the pianist for the school Jazz Band and with addition of classical piano study. He also formed a jazz quartet which would play for various alumni events such as reunions and auction parties.

While attending SLU, Chuck joined the St. Francis Xavier College Church choir. He accompanied them as pianist and organist for 14 years. During this time he also became a part of one of Bob Kuban's bands, which brought more opportunities such as playing for wedding receptions, dances and parties, jazz at Laclede's Landing and a few evening cruises on the Mississippi aboard the President. But this didn't take away from Chuck's love for Sacred Music. He continued to play for Masses, weddings, and funerals throughout the Archdiocese.

Just prior to joining us at Holy Infant, Chuck was the Director of Music and principal organist at Sacred Heart Parish in Eureka, where he also maintained the parish's 12-rank pipe organ. In addition to playing music, Chuck also sings in the Archdiocesan Choir.

When asked what interests him besides work and music, Chuck's first answer was family. His family in St. Louis includes his parents and two sisters and his extended family in Louisiana. There were great aunts who played the organ in church, an uncle who helped design PT boats during WWII, and an uncle who started the Blue Runner Canning Company, (canning figs in his back yard, about 2/3 rds the way up-river from New Orleans towards Baton Rouge.) Chuck also likes to hunt and fish, although he does not get as much opportunity to do this as he would like, given his busy schedule. Have you ever seen Swamp People on TV? Chuck's dad and grandpa used to fish some of those same waters in the '40's and '50's (they weren't always alligator-infested).

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A Message from our Pastor — Father Stanger— Joyful Christmas!



Through the generosity of many of our organizations here at Holy Infant and many parishioners who have underwritten the cost of this project and through the inspiration and initiative of our Holy Infant Evangelization Committee, we presented a Christmas Gift to all who visited us for Christmas Mass this past Christmas (2013).

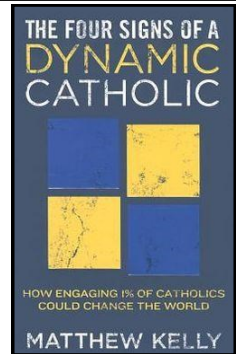
It is an inspiring book by Matthew Kelly entitled *The Four Signs of a Dynamic Catholic* which suggests four things that can make the difference between highly engaged Catholics and disengaged Catholics. It is a valuable book for those who are ready to allow God to take their spiritual life to the next level and for those who are feeling inspired to become more involved in the mission of parish life.

As many parishioners have found already with this book, it is quite good at offering practical tips

on small steps to improve our faith life. Now with Super Bowl behind us and warmer spring weather still some weeks away, it is a good time to get through a few chapters. Consider sharing some ideas at the family dinner table, in your parish ministries, or as planning your personal Lent faith improvements. There might also be a pop quiz in church! Be ready! Be Dynamic!

I ask that you please begin now to ask the Holy Spirit to stir up great things in the hearts of those who visited us for Mass this Christmas and for those who will take the time to read this special gift!

(note from the Editor: Thank you Father Stanger for your Christmas blessing to all of us & for allowing such a beautiful gift to be included this past Christmas Season. We are grateful.)



Serve St. Louis — October 12, 2013



(above) St. Vincent de Paul truck was filled by 15 volunteers who collected donations from parishioners and neighbors.



(above) Holy Infant Teens and Adults, along with community volunteers, worked several days at St. Nicholas parish cleaning flower beds, painting walls, building bookcases, repairing windows, and much more.

Gloria Rohrer

November 2, 2013

The Words and Works staff wish to express our sympathy to Gloria's family. She was a dedicated newsletter writer and will be sorely missed.

NO X-TRA MONEY , NO X-TRA EFFORT, EQUAL , X-TRA FUNDS 4 PARISH & STUDENTS

By Kathie Hanneke

The **Knights of Columbus** have teamed up with **Holy Infant School** to help raise funds through the Gift Card program. The proceeds are split equally between our Day School/PSR and need-based grants to attend Catholic high school. So far, the Knights have helped 30 Holy Infant teenagers attend Catholic high schools. Applications for the 2014-15 school year will be available this spring.

You can buy gift cards for: groceries, clothes, gas, restaurants, Amazon, bikes, vacations, etc. in the church lobby, school office and on-line. Payment can be made with cash, checks or on-line with Presto-Pay, which automatically debits your checking account. You can also buy or email gift certificates 24/7 or reload gift cards on-line from the convenience of your home by logging on to www.shopwithscrip.com. The Holy Infant School website, holyinfantschool.org, provides step by step instructions when you click on the Holy Infant Scripts Program, listed in the left column OR email your gift card team @ higiftcards@gmail.com , phone (314) 498-0244.

Schnucks also will make a donation to Holy Infant when you use their eScript card. All you have to do is pick up an eScript card at Schnucks and register the card, either on-line or by calling 800-931-6258. During registration of the eScript card, you are able to designate Holy Infant Church, Holy Infant School or Holy Infant's St. Vincent dePaul Soci-

ety as the recipient of the Schnucks contribution. Each time you shop at Schnucks, have the eScript card or key fob scanned when you check out. Some people keep the eScript card next to their credit card for convenience. Schnucks makes a 1 - 3% contribution to Holy Infant based on your monthly total. Liz

Yettke will be happy to answer any questions on the Schnucks eScript program. Her phone is 636-227-8163.

The more you "Shop With Scrip" - The more our kids benefit!

Recycling is another way you can help the parish and school. By bringing your cardboard (flattened), newspapers, catalogs, books (hard covers removed), phone books, and non-metallic wrappings to the Recycling bins on the school parking lot, you are helping the parish raise extra funds. Aluminum cans are also welcome! Abitibi Retriever Company pays on average \$250 a month to the parish from your recycling drop offs. The proceeds are divided between the Holy Infant Seniors and Holy Infant School. Call Jim Yettke at 636-227-8163, if you have questions about the recycling program.

The **Holy Infant Business Network**, better known as HIBN, is an association of Holy Infant parishioners, who are professionals in a variety of fields. By purchasing goods and services from these members, you not only receive quality products and services, HIBN members make contributions to help support the parish. For more information check out our website www.holyinfant.biz and watch for more information in the next issue of Words and Works.

You can support the parish at no X-tra Cost to You!



photo by Kathie Hanneke



photo by Kathie Hanneke



Words and Works is a quarterly publication of Holy Infant Parish, informing parishioners of events and activities of interest to the parish, with a further goal of fostering unity within the Church and drawing all together into a closer warmer Church family.

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Thank you for Your Contributions

The Words and Works Newsletter Staff would like to express our sincere gratitude to Mrs. JoAnn Dinkelkamp for her writing contributions to the many issues of this Holy Infant publication. Jo Ann worked to inform parishioners of events and activities of interest to the parish. Best wishes for a wonderful retirement from this volunteer position.



The Words and Works Newsletter Staff would like to express our sincere gratitude to Mr. Don Dinkelkamp for his detailed photographic contributions to the many issues of this Holy Infant publication. Don helped to foster unity within the parish by drawing us all together through his art. Best wishes for a wonderful retirement from this volunteer position.

Serve St. Louis — October 12, 2013

(right) Eight teams of volunteers labeled over 400 storm drains and educated 2,000 households about the dangers of dumping chemicals into storm drains.



(above) Families, Scouts and other volunteers completed yard work projects for Holy Infant seniors.

(right) 20 volunteers at Shaw Nature Reserve collected 120 gallons of seeds for replanting in another Shaw prairie.



(The Sound of Music . . . Continued from page 3)

Some of Chuck's responsibilities at Holy Infant include playing for the Saturday 4:00 and 5:30 pm Masses and alternating with the Joyful Noise Choir for the 8:30 am Sunday Masses. He also plays and directs the choir at the 10:30 am Sunday Mass. He is the parish organist for funerals and weddings.

When asked about music goals for the parish, Chuck hopes to broaden the scope of our music repertoire, and he wants everyone to know that we desperately need additional cantors. We have a great group of talented individuals, but the number is small, and there are times when we cannot cover all the Masses.

Many have wondered why Chuck used to wear a red cassock. This cassock (organist cassock/robe) matches the choir robes at his previous parish and he has not yet been able to replace it with one matching our grey choir robes. "Organist and choir

robes remove a visual distraction of varying styles of clothing and display a reverence for the Mass and the Holy Sacrifice taking place at the altar," he states.

One of Chuck's favorite composers is Maurice Duruflé, a French organist and composer. Some of his works are improvisations based on Gregorian chant, and the delicate way Duruflé weaves in counter melodies, harmonies, and polyphony through the simple yet sacred lines of chant is very calming and appealing.

In closing, Chuck said that he would like to see more parishioners take part in Music Ministry -- whether singing, cantoring, or playing an instrument; and he would welcome anyone who is interested in being a part of the Music Ministry at Holy Infant to talk with him. He can be reached at:

Chuck Chauvin -
[chuck.chauvin@holyinfantballwin.org] or near the organ after any Mass.

Catholic apps dot com

By Pam Miller



First and foremost do you have a love for your Catholic faith? How about technology? You can explore bringing the two together with some Catholic apps!! Download on your Android, iPad, or iPhone! Some apps are free and some require a cost. These apps are brought to you by Catholic@pps.com – It is the best site for Catholic Apps that I have found. Let me know if you have a favorite Catholic app and I will include it in our next newsletter! Visit this site <http://catholicapps.com/category/free-apps/> or check out some of the apps and descriptions below! Have fun!!

Catholic Sermon - <http://catholicapps.com/catholicsermonsapp> Listen to the sermons of the Fathers of the Church; (*St. John Chrysostom, St. Augustine, St. Ephrem, St. Leo the Great, St. Gregory the Great* . .

Fighter Verse - <http://catholicapps.com/fighterverse> Learn Scripture! It even has a section for children.

Mea Culpa - <http://catholicapps.com/meaculpa> Great app to help in the examination of conscious prior to receiving the Sacrament of Reconciliation.

Catholic Meditations for Lent by Thomas Aquinas - <http://catholicapps.com/aquinaslent> Meditate during the Lenten season with meditations by St. Thomas Aquinas. Meditate for 63 days starting from Septuagesima Sunday until Holy Saturday.

Magnificat Lent Companion - <http://catholicapps.com/magnificatlent> Welcome to the Lenten Companion App – optimized for iPad – designed to help you live all the graces of Lent.

Regular Mass Schedule

Sunday Obligation

Saturday: 4 p.m. and 5:30 p.m.
Sunday: 7 a.m., 8:30 a.m.,
10:15 a.m. and noon

Weekday Masses

Monday-Friday: 6 a.m. and
8 a.m.; Saturday 8 a.m.

Holy Day Masses

Please check the bulletin or
call the rectory to check
times for Holy Day Masses.

Perpetual Eucharistic Adoration

24 hours, 7 days a week.
Enter the chapel through the
main lobby.

Holy Infant Church

627 Dennison Drive, Ballwin MO 63021-4898

Rectory: (636) 227-7440 FAX (636) 227-4548

Website: www.holyinfantballwin.org

Pastoral Staff

Father Edward J. Stanger Pastor
Father Donald T. Anstoetter Associate Pastor
Father Christopher J. Dunlap. Associate Pastor

Rectory Office Hours

Monday-Friday, 8 a.m.- 4 p.m.
Closed for lunch from noon -1 p.m.

Ministry to the Homebound

Please call the rectory if you are ill at home or in the hospital or
nursing facility and would like Communion brought to you. Volun-
teers also are available to help in other ways.

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