



The Faith Community of

# ST. THERESE OF LISIEUX

CATHOLIC CHURCH

2020 91st STREET  
KENOSHA, WI 53143  
(262) 694-4695

VISIT US AT OUR  
PARISH WEBSITE:  
[www.st-therese-kenosha.org](http://www.st-therese-kenosha.org)

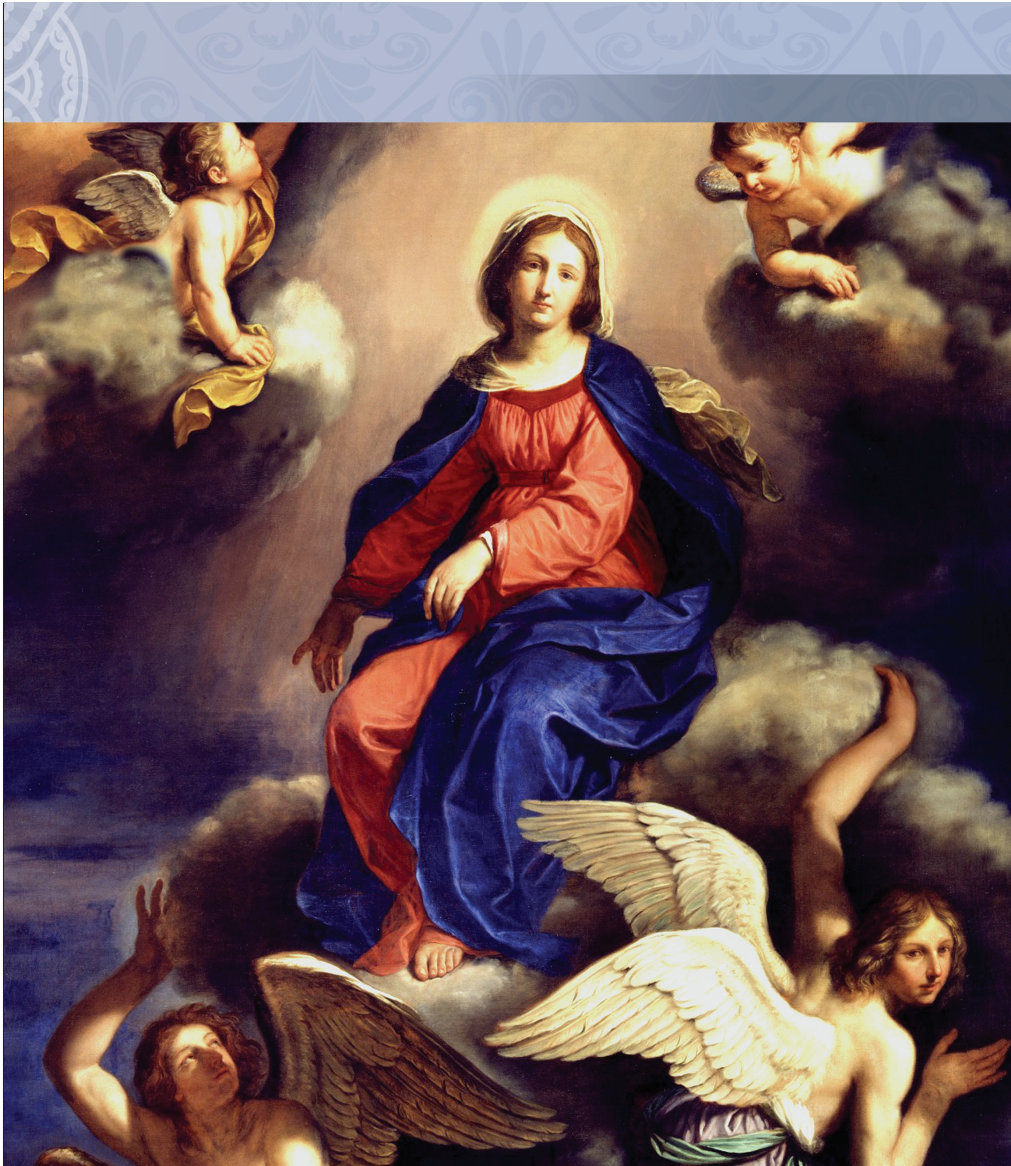
## OUR PARISH MISSION

*We are a welcoming Christian family committed to Catholic values, responding to the call of Christ revealed in the diversity of human need. We practice a conscious, living, active faith in a community whose source of strength is the Eucharist.*

## **Miraculous Prayer to the Little Flower**

*O Little flower of Jesus, ever consoling troubled souls with heavenly graces, in our unfailing intercessions I place my confident trust. From the heart of our Divine Savior, petition the blessings of which I stand in greatest need.....Shower upon me your promised roses of virtue and grace, Dear St. Therese, so that swiftly advancing in sanctity and perfect love of neighbor, I may someday receive the crown of life eternal.*

*Amen*



THE ASSUMPTION OF THE  
*Blessed Virgin Mary*

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August 11, 2019 Nineteenth Sunday in Ordinary Time

**ECOLOGICAL BREASTFEEDING:  
THE SECRET WEAPON OF NATURAL FAMILY PLANNING BY MARTINA CASEY  
by Allison Dreher (<https://sisterhoodcwa.com>)**

Research suggests that the optimal wait time to conceive another baby is between 18 and 30 months after giving birth to your last. Too little time between pregnancies may increase the risk of premature birth and contribute to low birth weight, considered anything under 5 pounds 8 ounces.

Until the early twentieth century the spacing of children was right in the middle of the recommendation; about two years. Then in the second half of the twentieth century child-spacing was shortened to about one year. What happened? According to research, a decline in, what has been labeled, “ecological breastfeeding.”

Ecological breastfeeding is a type of breastfeeding that is dependent on “maternal behaviors.” According to Natural Family Planning International, in ecological breastfeeding “mother and baby are one, and the mother uses her breasts to satisfy the baby’s hunger and suckling needs.” The term “ecological breastfeeding” was coined and developed by breastfeeding expert and co-founder of the Couple to Couple League, Sheila Kippley.

The “maternal behaviors” are seven standards that research now confirms delays the onset of ovulation. Natural Family Planning International indicates that when the seven standards are practiced congruently, ecological breastfeeding mothers “experience their first menstruation between 9 and 20 months postpartum,” the average return for North American moms being between 14 and 15 months.

Let’s take a look at the seven standards as listed by Natural Family Planning International:

1. Breastfeed exclusively for the first six months of life; don’t use other liquids and solids, not even water. This is also recommended by the American Academy of Pediatrics.
2. Pacify or comfort your baby at your breasts.
3. Don’t use bottles and don’t use pacifiers. This is also recommended by the World Health Organization.
4. Sleep with your baby for night feedings. According to the American Academy of Pediatrics parents should sleep in the same room as their infants ideally for the first year of life but on separate surfaces to avoid sleep related infant deaths.
5. Sleep with your baby for a daily-nap feeding. See American Academy of Pediatrics recommendation in number four.
6. Nurse frequently day and night, and avoid schedules. This is also recommended by the World Health Organization.
7. Avoid any practice that restricts nursing or separates you from your baby.

I found out about the seven standards when I was looking for a way to increase milk supply and my lactation consultant suggested ecological breastfeeding. Since milk supply is about supply and demand, it made sense to implement at least a few of the seven. I started with number one and number six first which expanded to all seven as time went by.

**The verdict:** when followed as prescribed it seems to work for most women, including me, I was amenorrheic (not getting my period) well-above the North American average of 14 to 15 months. And it really does boost milk supply. Here’s the catch though: for most women, the seven standards must be followed congruently and without fail and that’s not easy to do. There were many times, especially in the beginning, where breastfeeding alone without any of the seven stipulations felt overwhelming but I’d try to remind myself of 2 Corinthians 12:9 “My grace is sufficient for you, for power is perfected in weakness.”

Our Lady of La Leche, pray for us.

**Fr. Campbell's Wednesday morning 6 am Men's Bible Study:** 6am in the meeting room of Our Lady of Mt. Carmel School. Bring a Bible & Catechism of the Catholic Church (CCC). We study the upcoming Sunday Scriptures.

**PRAY for the SICK in our PARISH**, and visit them if possible: Jan Petrin, Diana Sauter, Josephine Gombar, Germaine Brennan, Gerry Buhnerkempe, Guy Turco, Sue Krawtowicz, Rebecca Dugan, Eleanor DeCesaro, Maria Miller, Pat Ware, JoAnne Spino, Ben Evangelista, Catherine Meyer, Eileen Johnson and Daniel Lenegar. If anyone knows of any other sick persons in our parish, please call the rectory 262-694-4695.

**"FORMED"** program offers catechetical materials, courses on various topics, movies (live streamed), electronic & audio books, and CD's.  
 - To access & set up an account: **Step 1:** go to [olmckenosha.formed.org](http://olmckenosha.formed.org): name, email (for parish name say Our Lady of Mount Carmel); **Step 2:** do an Internet search by typing in: [formed.org](http://formed.org) (the Formed program works best on [Google Chrome](http://Google Chrome) web browser).  
 - [Link to a video](#) showing how to register: <https://www.facebook.com/olmckenosha/videos/987079598110290/>. Q;s, call Diane Jacobson at 262-884-6865.

**Christian Women's Circle of St. Therese** – Our next meeting is scheduled for **Monday, August 12th** at 9:00 am. We will also have an evening meeting on Wed., August 14th at 6:30 pm.

**Community Outreach collection for the month of August is for Frank & Brass Elementary Schools.** Providing students returning to school with the basic supplies necessary for learning. **Needs:** All basic school supplies, facial tissues and hand sanitizer. Monetary donations are also welcome and may be placed in the Community Outreach box.

**Pope's Prayer Intention for August. Evangelization:** That families, through their life of prayer and love, become ever more clearly "schools of true human growth".  
**Sign up for FLOCKNOTE!** To sign up: Send the word LOOP (typed in all caps) as text message to this address: 84576. Then you will be in our parish "loop."

**Parish Support**  
 Weekend of August 4, 2019  
**\$4,402.75**

Budgeted weekly need...	\$4,327.00
Weekly offertory	\$4,402.75
<b>Over/Under budget</b>	\$75.75
Plan YTD	\$17,308.00
Actual	\$19,401.00
<b>Excess (1 month)</b>	\$2,093.00

**Packers v. Bears: 100 Years of Rivalry:  
 Let Sportsmanship Prevail  
 Saturday, Aug. 31, St. Therese Catholic Church,  
 Kenosha, WI**

To celebrate the 100 year anniversary of the first NFL season and the Green Bay Packers & Chicago Bears rivalry, the St. Therese Holy Name Society will be hosting a dinner and discussion of Packers & Bears history with John Lombardi (grandson of Vince Lombardi) & Patrick McCaskey (grandson of George Halas), Sat. Aug. 31, St. Therese Church, 2020 91<sup>st</sup> St., Kenosha: Mass at 4pm, appetizers & cash bar at 5pm, dinner 5:15pm. Talks will follow dinner, then Q & A. \$10 per person; proceeds to WSFI Catholic Radio (88.5 FM). Reservations please: call 262-694-4695 Mon. - Thurs. 7:30am-2:30pm by Aug. 22.

**"Swing Fore Shalom" Annual Golf Classic**

The Shalom Center of the Interfaith Network is holding its Annual Golf Classic on **Friday, September 20** at the Bristol Oaks Country Club to benefit programs serving the homeless and food insecure people of Kenosha. \$100 per person includes greens fee, cart, lunch and dinner, plus an opportunity to participate in our raffles for great prizes. If you have any questions or need a form, please contact Ellen Kupfer at 262-496-7855.

**Masses for the Assumption of the Blessed Virgin Mary (Holy Day of Obligation):**

**St. Therese Church**  
 Wed. Aug. 14, 5:45pm Anticipated Mass  
 Thurs. Aug. 15, 8am & 7pm  
**Our Lady of Mt. Carmel**  
 Wed. Aug. 14, 7pm  
 Thurs. Aug. 15, 8am, 12 noon & 5:30pm

**Parish Office closed on Thursday, Aug. 15.**

The Women's Weekly Bible Study will begin meeting at St. Therese Church beginning on **Wednesday morning, September 11<sup>th</sup> from 10:00-11:30.** The study will include an organized guide entitled The Acts of the Apostles authored by Jeff Cavins. Jeff is well known for his appearances on EWTN Catholic Network. The study will include 20 sessions. The sessions will be weekly, starting at 10:00am on Wednesdays. Please contact Sharon Kirsch at (262) 515-5779 or Patti Soens at (262) 857-7415 if interested in attending or for more information.

**MASS INTENTIONS for the Week**

**Monday, August 12**

8:00 AM † Maria Rog (Family)

**Tuesday, August 13**

8:00 AM † Frank McGovern (Family)

**Wednesday, August 14**

**Anticipated Mass for Assumption**

5:45 PM † Priest Intention

**Thursday, August 15 Assumption of the Blessed Virgin Mary (Holy Day of Obligation)**

8:00 AM † Priest Intention

7:00 PM † Priest Intention

**Friday, August 16**

8:00 AM † Dorothy O'Brien Thillman (Thomas & Heather Sczygielski)

**Saturday, August 17**

4:00 PM † Bill Haddican (Teresa Valetti)

**Sunday, August 18**

8:30 AM † John Ruggiero (Theresa Ruggiero)

† Mary Marasa (Chic Marasa)

† Regina & Joseph Pumpera (Theresa Ruggiero)

10:30 AM † For Members of the Parish

**Readings for the Week of August 11, 2019**

Sunday: Wis 18:6-9/Ps 33:1, 12, 18-19, 20-22 [12b]/Heb 11:1-2, 8-19 or 11:1-2, 8-12/Lk 12:32-48 or 12:35-40

Monday: Dt 10:12-22/Ps 147:12-13, 14-15, 19-20 [12a]/Mt 17:22-27

Tuesday: Dt 31:1-8/Dt 32:3-4ab, 7, 8, 9 and 12 [9a]/Mt 18:1-5, 10, 12-14

Wednesday: Dt 34:1-12/Ps 66:1-3a, 5 and 8, 16-17 [cf. 20a and 10b]/Mt 18:15-20

Thursday: Vigil: 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14 [8]/1 Cor 15:54b-57/Lk 11:27-28. Day: Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16 [10bc]/1 Cor 15:20-27/Lk 1:39-56 Friday: Jos 24:1-13/Ps 136:1-3, 16-18, 21-22 and 24/Mt 19:3-12

Saturday: Jos 24:14-29/Ps 16:1-2a and 5, 7-8, 11 [cf. 5a]/Mt 19:13-15 Next Sunday: Jer 38:4-6, 8-10/Ps 40:2, 3, 4, 18 [14b]/Heb 12:1-4/Lk 12:49-53

**PARISH OFFICE HOURS:**

**Monday through Thursday 7:30 am to 2:45 pm  
Closed Friday**

Please submit bulletin announcements in writing to the Parish Office or e-mail to valang@tds.net by 9:00 AM Thursday of the week before publication.

**PRIVACY LAWS:** Please notify the Parish Office if you or a family member is in the hospital, nursing home, hospice, etc. With the new privacy laws, medical institutions will not call unless you ask them to notify the Parish. If you would like a home visit, please call the Parish Office or Homebound Ministry.

**Parish Directory**

Weekend Masses	Saturday Evening	4:00 PM
	Sunday Morning	8:30 & 10:30 AM
Weekday Masses	Monday, Tuesday & Friday	8:00 AM
	Wednesday	5:45 PM
	No 8:00 AM Mass on Thursday or Saturday	
Holy Day Masses	Please consult Sunday bulletin.	
Confessions	Saturday	3:00 to 3:45 PM
	Sunday	8:00 to 8:15, 10:00 to 10:15 AM
First Fridays	Eucharistic Adoration: 8:30 AM Friday to 6:00 AM Saturday	
Mother of Perpetual Help Devotions (Follow the Wednesday 5:45 PM Mass)		
Parish Telephones	Parish Office	262-694-4695
	Fax	262-694-7284
	Rel. Ed. Coord.	262-705-9097
Liturgical Musician	Jan Sleyster	262-331-4734
Sacristan	Jim Lauzon	262-945-1855

All Saints Catholic School North/South/West 262-925-4000  
St. Joseph Catholic Academy 262-654-8651

Parish Mailing Address 2020 91st Street • Kenosha, WI 53143  
Fr. Campbell FrCampbell@olmckenosha.org  
Fr. McDermott mcdermottrt@aol.com  
E-mail & Bulletin E-mail valang@tds.net  
Parish Web Site www.st-therese-kenosha.org  
K-6 Rel. Ed. Coord. beth.sturino@wi.rr.com  
7-12 Rel. Ed. Coord. mariannkramer@hotmail.com

**Parish Staff**

Pastor.....Rev. Fr. Dwight P. Campbell, S.T.D.  
Shared Associate Pastor.....Rev. Fr. Robert T. McDermott  
Rel. Ed. Coord.....Beth Sturino  
Liturgical Musician.....Jan Sleyster  
Parish Secretary & Bulletin Editor.....Mary E. Vestal

**Parish Pastoral Council**

Robert Baales, Trustee Treasurer	Kristen Kelly
Jim Lauzon, Trustee Secretary	
Bruce Havrilak, Chairman	Patricia Soens
Rob Jenewein, Vice-Chairman	Rita Van Guyse
Rita Van Guyse, Secretary	Claudia Volpentesta

**Rite of Christian Initiation of Adults (RCIA)** Adults or children interested in baptism, reception into the Catholic Church, Confirmation and/or First Communion, please contact the Parish Office.

**Baptism** Please call the Parish Office to arrange for Baptism. Those who wish to have a child baptized must be attending Sunday Mass regularly for at least four months.

**Marriage** Please call the Pastor at least six months in advance to make arrangements. Couples who are sharing the same abode will be asked to live separately prior to their marriage.

**Home Visitation** Anyone unable to attend Mass because of sickness/old age, contact the Parish Office.

**Estate Planning** Please keep St. Therese in mind when planning your estate. This is a wonderful gift that will last many years.