



From the Pastor's Desk

This week, **Barbara Szulc, a licensed clinical psychologist**, joins our parish family to support our parishioners in ministry, in providing thoughtful commentary, and in direct counseling opportunities.

Barbara's activity here is the result of her desire, as **a life-long Catholic who is deeply involved in parish life and in our faith**, to volunteer her skills and gifts to our parish community. Barbara is also an **Associate of the Congregation of St. Joseph**.

She begins her journey with us as part of a **six-week sabbatical** and she plans to continue with her work here during her retirement, which begins in January 2022.

While Barbara's particular counseling and educational ministry has not yet been fully determined, she has many ideas that will help nourish our parish with her training and wisdom.

Currently, Barbara is working with **Delia Porras of the Women's Club** to organize a **HGA Women's Retreat** in February. She is also planning a series of articles related to aging well. Plans are also underway for a book club.

Barbara is also available for personal counseling. Such counseling might involve assistance related to marital concerns, grieving, raising children, anxiety, depression, or decision-making issues. **Barbara's counseling is based on a Catholic perspective.**

Please join me in welcoming Barbara to our parish!

- Fr. Brian Kean

Here is a short biography from Barbara –

My name is Barbara Szulc, and I wanted to take this opportunity to introduce myself and to thank Fr. Brian and the Parish Council for accepting my offer to volunteer as parish counselor.

I am a licensed clinical psychologist whose experience and training has included work at the **FranCenter** in Darien, **Claret Center** (St. Mary's parish in Riverside), the **Chicago Lighthouse for People who are Blind or Visually Impaired**, **Adler Community Health Services** (St. Leonard's House, North Lawndale Adult Transition Center, Heartland Health Outreach), and **St. Francis Xavier** in LaGrange

(post-doctoral).

My faith is a gift from my parents, nurtured and sustained through catholic education, parish participation, prayer, and my experience as an Associate of the Congregation of St. Joseph.

As I reach the end of my career journey as CPA, I want to begin the next part of my journey by sharing my gifts with you, a faith-filled community of those dedicated to service in accordance with the gifts of the Holy Spirit.

I believe **the journey to wholeness begins with relationships**. Our relationships with God, self, and others are at the heart of who the Spirit calls us to be. Becoming our authentic self requires deep listening to the stirrings within our hearts.

I believe every person deserves **the “good life,” one of meaning and purpose**. When relationships bring pain, we seek healing.

My approach to therapy is holistic and person-centered; I focus on relationships, social interest, and the integration of mind, body, spirit, and emotion.

In counseling, I offer mindfulness meditation, visualization, prayer, and Adlerian life-style analysis as ways to foster self-understanding and encourage positive movement toward a meaningful life.

Individuals of all ages, couples or families coping with interpersonal difficulties, chronic/terminal illness, depression, job-related stress, grief, or other challenges are encouraged to explore the benefits of counseling services.

Through awareness, gratitude, acceptance and understanding, we begin the healing work, which often leads to profound change and enables us to become fully alive human beings.

If you are interested in meeting with me, **please call me at (708) 256-3329** for an appointment. Due to confidentiality, all appointments will be made through the above number, and I respectfully ask that you **do not contact the parish office for an appointment**.

Together, with Fr. Brian and the Parish Council, **we will be making plans for discussion groups, book club offerings, spiritual guidance, life-coaching, and more as we approach 2022**.

May God bless you and keep you well in mind, body, and spirit!

