

SACRED HEART CHURCH
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Heart of the Matter

A Christian Community Building Households of Faith

Volume 9 • Issue 8

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August 2009

Judevine Center to rent Education Building

By Jennifer Holland

Sacred Heart has found renters for the Education Building, formerly occupied by Columbia Independent School, and their story is one worth telling. The Judevine Center works with families affected by autism. Autism affects an estimated one in 150 births in the U.S. and is the fastest growing developmental disability. The estimated annual cost is around \$90 billion with 90% going to adult services. However, with early diagnosis and intervention the cost can be reduced by two thirds.

Now for a little about Judevine: According to their website, "Back in 1970, funding for the Social Exchange Lab at Washington University was cut. So Lois J. Blackwell, then assistant director of the Lab, with the help of a parent whose child had "graduated" to regular schools, moved the Lab out into the community. Seventeen families took to the streets to raise \$9,000 on a "toll road" that allowed Judevine Center for Autistic Children to open its doors in the old St. Patrick's in University City, MO.

"Judevine's first program had an enrollment of 17 children. Today, in an average week, the Center directly touches the lives of literally hundreds of children and adults with autism spectrum disorders (ASD). And because no one is prepared to be the parent of a child with autism, we also work with families, helping them learn the special skills they will need each and every day. Although much has changed over the years, Judevine Center is still based



on its founding, client-centered philosophy that offers progress towards as much personal freedom and fulfillment as each person with ASD can achieve.

"Autism puts up a wall between the individual affected and the world around him or her. At Judevine, we help to break through that wall, brick by brick. We focus on building bridges between the person with ASD, the family, the school, the program, the neighborhood, the community."

Judevine seeks to "be the hallmark for quality treatment and training and the premier provider for autism services for children and adults, and their families, in our region and beyond. We see Judevine as the hub of an integrated treatment delivery system, based in our training programs, advocating maximum inclusion of children and adults with autism in their homes and communities. We acknowledge the parents' experience and superior knowledge of their son or daughter with autism,

recognizing and respecting them as full partners in meeting the immediate needs, as well as in planning for the future of their family member with autism. We recognize and respect the dignity of every child and adult with autism while providing them with effective and appropriate training and treatment.

"For more than 30 years, Judevine Center for Autism has been a pioneer in treatment and training of individuals with autism spectrum disorders (ASD) and their families. Its programs rooted in principles of applied behavior analysis within a social exchange framework, the Judevine Center has provided effective training and treatment to thousands of families across the world. Judevine Center has, over the years earned an international reputation as a leader in its field."

The rental of the space formerly occupied by the school will bring about some changes for the parish and we will have to make some adjustments. As changes are made and details are firmed up, we will write all about them in the coming issues. In the meantime, let's all pray for the Judevine Center and their mission to make a successful transition to their new space and for the continued success of their mission while they share facilities with Sacred Heart.

Sister Agnes Schlereth, C.P.P.S.

is retiring after 70 years of service (24 years with Sacred Heart Parish)

Sacred Heart Parish invites you to a
Retirement Celebration Dinner and Roast

Friday, Aug. 14, 2009 at Knights of Columbus Hall
2525 N. Stadium Blvd, Columbia



Social Hour: 5:30 pm
Dinner: 6:30 pm
Program: 7:00 p.m.
Closing Prayer: 9:30 pm

Attire is business casual

Please RSVP by Aug. 8
number of adults attending
to one of the following:
Email: rsvp@sragnes.org
Phone: 573-443-3470
Website: www.sragnes.org



Birthdays

- Aug. 16 Lea Belt, Anthony Caskey, Amy Langen, Aimee Spicci, Amanda Steckel
Aug. 17 Jennifer Gooch, Amelia Hermann, Paul Musket, Lori Wilson
Aug. 18 Samantha Cox, Kathleen Leonard, Bernice Prost, Seth Renfro, Jonathan Rife, Marianne Stone, Austin Ziegelbein
Aug. 19 Michael Hoehn, Zena Ledoux, Josie Ludlam, Cora Mitchell, Matthew Widhalm
Aug. 20 Allie Luetkemeyer, William Nickolaus
Aug. 21 Karen Gaffey
Aug. 22 Nickie Gilpin, Tobi Hurley, William Jones, Clayton Kittle, Brooks Priesmeyer, Lili Shrum/Vianello, Katherine Speichinger
Aug. 23 Carol Alexander
Aug. 24 Peggy Bohnenkamp, James McGuire, Anthony Speichinger, Ashley Van Deven
Aug. 25 Dora Jansen, McCaulay Keevins, Logan Widhalm, Joanne Witting
Aug. 26 Jane Corcoran, Joseph Corcoran, Emily Gerke, Michael Sarrazin, Katherine Wachholz, Betty Winkelman
Aug. 27 Mike Giblin, Jewel Keevins, David McIntosh
Aug. 28 Shirley Corwin, Laurel Giblin, Khalan Lee, Theresa McDonald, Emily Orscheln, Laura Perez-Mesa, Michael Quinn
Aug. 29 Andrew Bietsch, Kevin Scott, Caroline Slayton, Alan Spell
Aug. 30 Mark Bates, Linda Eckerle, Tania Palacios, Baxter Stone
Aug. 31 Brooke Borst, Maria Kalaitzandonakes
Sept. 1 Jeremy Miller, Johanna Nickolaus, Leah Pierce
Sept. 2 James Goewert, Christopher Johnson, Frank Nacarato, David Rapoff
Sept. 3 Daniel Colace, James Cook, Edward Crosby, Holly Haley, Gayle Jones, Cynthia Richmond, Mary Wheeling
Sept. 4 Christa Evans, Delaney Martin, Kennedy Martin
Sept. 5 Stanley Manahan, Francielie Quinn, Shyann Torres, Casey Wilson
Sept. 6 Tara Luetkemeyer, Casey Rotert, Channing Sapp, Robyn Vradenburg
Sept. 8 Jacob Adams, Maria Bates, Trina Gooch, Laura McHugh, Dessie Sprouse
Sept. 9 Josephine Duncan, Steven Rae, BJ Rodeman, John Stansfield
Sept. 10 Sarah Jolley, Paul Prost, Ronald Timmons, Mary Ann Wilkinson
Sept. 11 Mary Hopkins-Nichols, Jodie Niederer
Sept. 12 Susan Claeys, Gertrude Ferris, Ellyn Forbes, Myra Ortals, Michelle Ortals, Madeleine Stone
Sept. 13 John Hauschild, Megan Pursifull
Sept. 14 Madeline Hermann, Juan Mendez

Sessions for inquirers to begin soon

Do you know someone who has expressed an interest in joining the Catholic Church?

Invite them to join our
INQUIRY SESSIONS.
WEDNESDAYS, beginning SEPT. 16, 7 p.m.,
in the Activity Building, Library.

Would you be interested in being a faith companion (sponsor) for someone preparing for initiation?

Contact Deacon John Weaver at 443-3470 or
jweaver@sacredheart-church.org

Heart of the Matter
Sacred Heart Parish
Columbia, MO
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Editor: Mary Kay Head
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Eternal Rest

Martin Carignan

Martin Kenel Carignan began eternal life Friday, July 3, 2009. He was born on Oct. 31, 1915, in Bismarck, ND, to John and Emma Schubert Carignan.

Martin married Dorothy Blasa in 1935, and she preceded him in death. He married Mary Alice Smith Dec. 15, 1967, and she also preceded him in death.

Martin retired from Missouri Cable Co., then drove for several auto dealers in the area. He greatly enjoyed playing golf. He and Mary Alice were long-time members of Sacred Heart.

After Mary Alice's death, Martin moved to Bethesda Southgate Skilled Nursing Facility in St. Louis.

Martin's life was celebrated at a memorial service at Memorial Funeral Home Wednesday, July 8, 2009. He was laid to rest at Memorial Park Cemetery.

He is survived by his children Martin Jr., Tom, and Lou, and their spouses; 21 grandchildren; and several great-grandchildren.

May he now enjoy eternal peace and happiness.

Paul Frazier

Paul Wilson Frazier began eternal life Friday, July 17, 2009. He was born April 1, 1920, to John W. and Frances Vandiver Frazier in Fulton, MO. He graduated from Higginsville High School, Wentworth Military Academy, and attended the University of Missouri. He married Marcella Summers Sept. 27, 1944.

Paul served in the Navy from 1940 through 1965, when he retired as

Commander. He wrote for National Geographic and authored the book *Antarctic Assault*. After his retirement he managed a brokerage firm in Columbia.

He is survived by his wife Marcella; their children Paula, John, Duncan, and Patrick; as well as grandchildren and great-grandchildren.

May he enjoy eternal peace and happiness.

CCS News and Updates

By Raelene Head

Can you believe it is almost time for school to start back up? Just take a stroll in a local store and all you see are backpacks, notebooks, mark-its, folders, etc. Time really does go by faster each year.

Registration at CCS is scheduled for new families Aug. 10 (Monday) starting at 6:30 p.m. in the gym, and Aug. 11 (Tuesday) for all families from 1 p.m. to 8 p.m.

A school board meeting is scheduled Wednesday, Aug. 12. We will go over meeting dates, place a focus for the upcoming school year, and finish up any old business from last year.

There is an open house for families in Kindergarten and sixth grade, 6:30 - 7:30 p.m., Tuesday, Aug. 18. Classes

for everyone at CCS will begin Aug. 19.

An Ice Cream Social is planned for all Sacred Heart CCS families Aug. 5 (Wednesday) at 6 p.m. in the Activity Building. Come out, have some ice cream, and learn about new changes at CCS before registration. If you have any out-grown uniforms, bring them along if you would like to share them with other families. I'll bring a sackful for people to go through. Anything left after Wednesday evening can go to the Uniform Closet at CCS. There will also be information for families with second graders who will be preparing for their first Reconciliation and First Communion.

I look forward to seeing everyone Aug. 5.

Ice Cream Social

All Sacred Heart CCS Families are invited to attend the Back-To-School Ice Cream Social.

Wednesday, August 5, 2009
6 p.m., Activity Building

Learn about what's new happening at school for the upcoming year. A chance to find some used uniforms. Re-connect with all your friends before the start of school.

Sanctuary windows to be restored



Workmen carefully remove the stained glass sanctuary windows.

Midwestern Stained Glass removed the three sanctuary windows for renovation July 22. The glass will be completely disassembled, cleaned, put back together, and reinstalled when completed. This glass company has

completed the renovation of all the other stained glass windows in Sacred Heart Church. The company comes from Nevada, MO, as indicated in a prior article in the June 2008 *Heart of the Matter*.



With the removal of the three round windows, the sanctuary is notably brighter.

Knights of Columbus Council 14414

The Sacred Heart Knights of Columbus Council gathered at The Rome the evening of July 15 for fellowship and to plan events for the coming fraternal year. Watch for announcements in the parish bulletin and *Heart of the Matter* for the following: Aug. 15 we will hold our second BBQ fundraiser – we will take orders during the week prior and meals will be available for pick up at Noon. Sept. 13 will be the annual Sacred Heart Parish Picnic; our Council will serve as hosts and organizers. Oct. 17 we will host a scrapbooking fundraiser. Nov. 13 we

will host a Trivia Night. Jan. 9 (tentative date) we will hold our second Chili Cook-Off. Feb. 27 we will hold a Washer Tournament. (It is similar to horseshoes.) Other activities will include hosting or helping with competition for youth – soccer kick-off and free throw competition in the fall and in January, respectively. And, of course, October will bring the annual Tootsie Roll Drive. Not yet scheduled, but sure to happen, will be work days in which members of our Council do projects and chores to improve or renovate the buildings and grounds of the parish.

WHY CATHOLIC? JOURNEY THROUGH THE CATECHISM



Why Catholic? will formally begin in August at Sacred Heart.

Coming events:

- Aug. 8/9 – Commissioning of Planning Team
- Aug. 29/30 – Commissioning of Small Faith Group Leaders
- Sept. 12 – Small Faith Group Leaders orientation and training workshop
- Sept. 12/13 – Sign-up for Small Faith Groups
- Sept. 19/20 – Sign-up for Small Faith Groups
- Oct. 4-10 – Small Faith Groups begin weekly meetings
- Nov. 8-14 – Small Faith Groups conclude fall session

Pray for the success of Why Catholic?

Then come be part this faith-awakening journey.

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Single copy price is \$12.95

Send orders to: Sarah Memorial Fund
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Inquiries may be directed to: wheidlage@aol.com

Knights of Columbus Council 14414 Handyman Ministry

If you need help with projects around the home or in the yard, call Rick Clawson at (573) 491-3399 or email ClawsonRandG@wmconnect.com.

Payment for the service is not required, but donations are accepted by the council and are used to support the parish.



God calls us to the Church in His own time

By Mary Kay Head

The Bible teaches that God does not conform to our time. The Spirit moves whenever and whom-ever it wishes, and is not always in perfect timing with our schedules or even with the liturgical year. We also have read that “wherever two or more are gathered in My name, I am in their midst.”

The Initiation Team at Sacred Heart has met with many individuals who feel the call to seek God in the community of the Catholic Church. Though inquiry sessions are scheduled to begin in September every year, the call is not always heard or answered at that time. As a number of present parishioners have learned, the team has always tried to respond to the works of the Spirit as they are manifested, regardless of the month of the year.

In some instances, it is possible to work closely with individuals and then integrate them into an existing group. However, this is not always the case. Two women recently felt the call and responded in God’s time. As a result, they have journeyed together with the guidance of various team members in their pursuit of their goal. As they came to be ready to take the next step, that of full initiation into



Fr. Steve Kuhlmann, O.P., prays over the candidates at their full initiation into the Catholic Faith.

the Catholic Church, the date was set.

Sunday, July 26, 2009, at the 11 a.m. Mass, Megan Roberts and Alexandria Swoyer made a profession of faith, were Confirmed, and received their First Communion. They became the newest members of Sacred Heart Parish, in the Diocese of Jefferson City, Catholics in communion with many throughout the world who are the Catholic Church.

The journey that began months ago has not ended, but has moved to the next level. We practice

our faith in community, learning from one another, sharing beliefs, uniting in love of God and one another.

These are our newest parishioners:

Megan Roberts is originally from Edgerton, MO. She is the third of three girls in the family, and they have a younger brother. Presently she is a sophomore at Mizzou studying history and art history. When not studying or working at Olive Garden, Megan enjoys reading, drawing, current events, playing volleyball, and bike riding. Megan is sponsored by her good friend, Elizabeth Fracica.

Alex Swoyer, a true Texan from Houston, TX, is the daughter of Don and Vicki Swoyer. She is a senior at Mizzou, studying broadcast journalism. Perhaps you have seen her before if you happen to watch the Channel 8 news on KOMU TV. She is also a runner, participating in 5-Ks, 10-Ks and half marathons. Alex is sponsored by her great aunt, Connie Stahl.

We welcome these ladies into our faith community. May they continue to journey with us as we strive to become true and faithful followers of the teachings of Christ.



Megan Roberts



Alex and Megan preparing to receive their First Communion.



Alex Swoyer



(Left) **Jose Luis Jr. and Danna Paola Rodriguez**, children of Jose Luis and Alicia Gonzalez, were baptized at Sacred Heart at the 1 p.m. Mass Sunday, July 26, 2009. Pictured on the left are the godparents of Danna, Albert and Maria Ramos and their daughter Julianna. In the center are the parents, Alicia holding Danna and dad Jose Luis. On right are godparents of Jose Luis Jr., Laura and Fernando Martinez and their two children.

WHY CATHOLIC?

The sign of the Cross has always been a gesture of habit... Since I started *Why Catholic?* I stop and reflect on the Father, the Son, and the Holy Spirit.

Veronica M., Flemington, NJ

Why Catholic? helped strengthen my marriage. We use this as our tool to reconnect. Even if we don't have time to talk, we take time to pray together. That's a powerful tool.

Greg N., Daphne, AL

Ukraine is vacation destination of Donna Haley

By Donna Haley

At last I was in Ukraine. My small plane landed at the Lviv airport. In the distance I could see the 1950s Soviet-style terminal with its interesting large stone façade of men and women workers. And after deplaning, riding the shuttle to the terminal, and struggling with customs forms written in the Cyrillic alphabet, there were my friends to meet me – Oksana Bihun and Damiano Fulghesu.

I have learned much about this country from my friend and fellow Sacred Heart parishioner Oksana. As many of you know, Oksana has finished her studies in mathematics at the University of Missouri and will be teaching at Concordia College in Moorhead, MN, starting in August. She went home to Lviv, Ukraine, for the summer and I was thrilled that she invited me to visit. Also visiting Oksana was her fiancé Damiano, a fellow mathematician. He is a native Italian, so he was also learning Ukrainian and was able to give me some tips about learning its alphabet. I practiced by translating TV news headlines written on the TV monitor and, of course, street signs.

My apartment for the two-week visit was near Oksana's apartment in the city center, which includes architecture from the 13th to 20th centuries – rococo, baroque, Renaissance, and Gothic. Lviv is



Damiano Fulghesu, Oksana Bihun, and Donna Haley enjoy tea and sweets at an outdoor cafe on Prospekt Shevchenka, Oksana's favorite street in Lviv.

beautiful, with plentiful flowers in window boxes. I walked everywhere and saw numerous churches and museums. Lviv is called the city of museums and temples. It seems everyone has a cell phone. Many people were out in the evening – walking, sitting and visiting, musicians playing instruments (guitars and accordions), dancing, playing chess, and eating and drinking at outdoor eateries. Beer and hot tea were easy to find; a cup of coffee was a little more difficult to get.

One of the biggest challenges for me physically was reaching my apartment throughout the day, especially at the end of the day. It was on the fourth floor with no elevator (76 steps total). In the beginning I had to rest on the landings; I knew I had made it when I saw the picture of the Virgin Mary someone had posted at the top of the 12-foot doorway to my hall. I enjoyed the apartment immensely. I was able to cook and prepare what I bought at the outdoor market – fresh vegetables, fruits, and chicken. The view from my window was spectacular; it included several church spires, flowers, and the neighbor's cats sunning outside in window boxes on the third floor.

Lviv (also known as Lwow and Lvov) was founded in the 13th century, is in western Ukraine (which means borderland), and has a population of 760,000. It is considered the most patriotic city of Ukraine. I listened to Oksana and her childhood friend Taras (also a mathematician and graduate of University of Lviv) recount their witness to the events of Ukrainian independence from the Soviet Union in 1991 and the removal of the numerous Lenin statues throughout the city. Prospekt Svobody (Freedom Avenue) is part of a long mall or promenade which includes the Lviv Theatre of Opera and Ballet and an important statue of Taras Shevchenko, beloved national poet. Oksana, Damiano, and I attended an opera, "Zaporozhye Cossack over the Danube." We also visited Oksana's father, Dr. Bihun, a retired physics professor at the University of Lviv, who lived on the outskirts of Lviv in a high rise apartment. I was very honored to meet him; he



Oksana Bihun and her fiancé Damiano Fulghesu in front of the Lviv Opera House.

speaks many languages, as does his daughter.

Sunday worship was in The Church of Body of Christ of the Dominican Order built in 1792, which was one block from my apartment. The experience was immensely meaningful and beautiful, especially the choral music. My most lasting impression about Ukraine is that the churches of this very religious people were closed by the Soviets for 44 years. Ukrainian churches have only been reopened since about 1990. Large, ornate, beautiful churches are everywhere. These became museums, libraries, or just were used for storage. Teachers and other officials would stand out front and tell children to get away from the church. Priests, nuns, and others worshiped in secret at great risk. Following independence, the National Museum has gathered and preserved centuries-old icons from around the country. I visited rooms and rooms of these icons.

It was wonderful to see Oksana in her home country. In Minnesota she may find more Ukrainians than here in Missouri. Watch for Lviv in the news for the 2012 European Football Championships. Some of the games will be held there.

Memorial for Sr. JoAnn Schmidt is completed

Last August we reported the planning of a very special area to be dedicated to the memory of Sr. JoAnn Schmidt. The plans have become a reality. Adorned with a fountain, the bed includes the asters that Sr. JoAnn brought from the Benedictine Monastery grounds and planted on the Sacred Heart grounds just a short time before her death. In addition, this particular bed contains the engraved stone marker that was donated by Tom and Ruth Klaus.

Butch Johnson, head of the grounds committee (and devoted fan of Sr. JoAnn), picked this particular area for the memorial knowing that it would include some of the many plants Sr. JoAnn brought to Sacred Heart. Also knowing Tom and Ruth Klaus and the beautiful stones they created, he solicited their help. As a result, the parish has a beautiful addition to the grounds that will always be a re-



minder of this wonderful woman who so willingly served God through her loving care and concern of all with whom she came into contact.



Oksana and Damiano standing in front of University of Lviv, Oksana's alma mater, and where her father was professor.

Prayer, public or private, is to be treasured time

I've been thinking lately about attendance at our Sacred Heart weekday liturgies. There seem to be more and more days when 7:30 a.m. remains a lonely time in our beautiful Church. It is regrettable that frequent and well-attended public prayer, especially Eucharistic prayer, the very source and summit of Catholic life, is difficult for our community of Sacred Heart to achieve.



Deacon John Weaver

Several years ago, I spent a week in snow-covered northwest Missouri. Several of my diaconal brothers and I were guests of Conception Abbey and the occasion was an annual retreat. I remember those winter evenings with my cold toes protruding from under the economy-sized army blanket. But I remember other things too. I remember the calm and fulfillment of praying in voice and song with the Benedictine community. Six times each day we gathered – for Vigils, Lauds, Eucharist, Daytime Prayer, Vespers, and Compline. This monastic style of communal prayer brings with it a particular reward I hope many of you will enjoy someday.

I admit there are times in my life when I would loudly proclaim all this to be way too much praying whatever the circumstance. Six spans of 20 or 30 unaccounted minutes is a greater time demand than many can seem to manage. Gathering so often each day just doesn't work well outside the context of religious community, especially when the church where we gather is an automobile trip away. Most lives in their present configuration are far too busy for anything that even approaches multiple, sched-

“it is way too easy to convince ourselves that a quick prayer... is quite enough for God”

uled, and organized prayer time. However, busy schedules or not, it is way too easy to convince ourselves a quick prayer as we enter and exit bed is quite enough for God when we have so many other outstanding and undoubtedly important demands upon our time.

There must be middle ground here. How much Peace of Christ, how much calm or fulfillment, might we reasonably expect to receive from a mere few minutes investment? The real tragedy here is that we may schedule ourselves out of the best possible lifetime relationship we would ever encounter. Somehow we need to fashion our overactive lifestyle to include a form of continuing conversation with the one who knew us in the womb before we were conceived, who first loved and cared for us; the one who humbled himself to share in our own humanity. When so much of life demands we spend time with those not of our choosing or preference, why would we let slip by an opportunity to spend time with someone who actually does care how we feel today, right now, at this very moment? Why would we choose to ignore someone who understands how truly frustrating our spouse or teacher or boss can be; who knows how painful certain issues or comments are to us; who knows the fear and concern illness and disease bring to our hearts? Why do we not confide our inmost secrets or entrust our deepest financial worries with the one who is trust itself?

Perhaps our reluctance comes because we struggle to understand what prayer really is or to believe the value it holds or to grasp the potential it has to form our lives. As Catholics, we are conditioned to readily accept the idea and form of structured public prayer. Truly ritual prayer has substantial value. Eucharistic prayer is Catholic life and my remembered Conception Abbey experience would have been much different without the ritual practice of praying the Hours together in community. But a caring, continuous, ongoing relationship with the one who created us must necessarily include our own thoughts and our own words. How can another author completely express our innermost feelings? How can our newest thoughts, our thoughts of this very moment, be pre-written? Any useful conversation must also, of necessity, be two sided. We must be listeners as well as speakers. Structured or packaged prayer does not always meet that need.

Fr. George Kramer, a longtime formation mentor of many in our diocese, relished in challenging his students to think, live, and act as adult Catholics. He often teased that “real” prayer is best defined as “wasting time with God.” I’m not so bold as to label anytime in God’s presence a waste. I am willing to reassure you time invested in prayer, real two-way conversation with the very root of love, whether structured and public or impromptu and private, will ultimately be treasured time.

“Let the Church stand”

The first time I heard Fr. Steve Kuhlmann, O.P., invite the “church” to stand I have to admit to some pretty strange images. Intellectually I comprehended the invitation, but it didn't stop my imagination from creating some fairly hilarious scenarios. So much for true confessions.



Eilyn Forbes
Director of Liturgy and Music

The Sacristy Manual by G. Thomas Ryan presents us with an engaging definition of church which I would like to share with you.

A BUILDING FOR ACTION

“From the earliest centuries, the people of Christ have found appropriate buildings to house (these) sacred actions. To distinguish themselves from other religions, they were quite careful, from the beginning, to say that they had ‘no temple’ but Christ, that their buildings did not contain their God. Over the centuries, the name of the people – ‘gathered people’, ‘church’ – came to denote the building in which the people met to perform their actions together. Thus, the building was called ‘church’. Our official liturgical books and the origins of the name itself suggest the felicitous nature of this double meaning: even the name of the building reminds us of the people gathered there. Church

“As much as we love our building... it is the liturgical action, the gathering of the people of God, that fulfills us and... sends us forth”

buildings exist for the sake of the church people, for the God who called this people into being, for the holy interactions that mark the passage through a year.

“In tracing our history, we might ask: Is the church building the ‘house of God’ or the ‘house of God’s people?’ The question can be answered with a resounding ‘Yes!’ It is both. The church building is the house or temple of God because the church assembly is the house or temple of God. God is not contained by these walls; we do not come to the church complex to see a magical epiphany or pageant of the Risen One. Instead, we gather so that we can engage – with Christ – in the liturgical rites of our community. The intensity of these rites and the holiness of our union in Christ are what make this place holy.

“When empty of its members, a church of stone would stand as a constant sign of the living stones who are now in the world, preparing the world for its transformation.”

It is hard to imagine our meaningful rites and

liturgies taking place outside the walls of our beautiful sanctuary, and yet just a short while ago we were celebrating Mass in our Activity Building. The “church” carried on as we have for centuries, praying the prayer of the people in community. This action is repeated throughout the world somewhere every minute of the day. It may be in a hut, in a field, inside a tent in the desert, or in a hospital chapel. The building or location is not what is important. As much as we love our building and strive to preserve it, it is the liturgical action, the gathering of the people of God, that fulfills us and ultimately sends us out to witness to our faith. The celebration of the paschal mystery that identifies us with the suffering, death, and resurrection of our Lord, this is what we, as “church”, are about.

The next time we hear the words “For the church” during the Prayers of Intercession, or when Fr. Steve invites, “Let the church stand,” know that it is each of us that is being addressed. We are the church, the temple of God, God’s holy people, the dwelling place of the Most High.

Reflections on kinship with God's creation

"Be prepared at all times for the gifts of God and be ready always for new ones. For God is a thousand times more ready to give than we are to receive." – Meister Eckhart

I saw the above quote in prayer a few days before my annual retreat. Little did I know the gifts God had in store for me at this unique and first-of-a-kind retreat. The retreat was a



Sr. Francine Koehler, S.S.N.D.
Hispanic Ministries and
Pastoral Care Coordinator

joint effort of representatives of four provinces who are dialoguing about pooling our resources as one province.

The setting of this retreat also was different in that it was not at a retreat house or a monastery, but in a small rural town called Mt. Calvary in Wisconsin. Although it was our community's property, it was not typical housing for a community of religious women on retreat. Besides housing for about 30 elderly sisters, the complex was home to prairie, swampland, orchard, woods, farmland, pigs, chickens, and a rich variety of vegetables, grains, fruit bushes, and flowers.

The site was the SUNSEED Eco-Education Center, a new venture of the SSND Milwaukee province. The center is nestled on top of a glacial drumlin on 36 acres of farmland. It "is committed to transformative change through holistic education

empowering humans to live on Earth in a mutually enhancing way" (from the Mission Statement of SUNSEED Eco-Education Center).

The Center was an ideal setting for this type of retreat where we attempted to grow in awareness and appreciation of the abundant gifts of God's creation that have always surrounded us. My very first day there the Psalm of the day jumped out at me: "Truth shall spring out of the earth." Ps 85.

The truth I realized during those days is truth that is available to all of us who inhabit the planet. The truth is that I am intimately related to every creature who shares life with me. The truth is that God's energy and power are expressed in an infinite variety of beauty and mystery in the universe. As I experience the four basic elements of air, earth, water, and fire I become conscious that I too, am these elements that I tend to overlook, ignore, or outright abuse. I learned to understand a bit more why St. Thomas Aquinas says: "The earth inhales God, why should we not do the same?"

The retreat was designed to give the participants lots of free time to inhale God's presence in an infinite variety of flora and fauna. We were invited to help the sister in charge of the organic garden and to feed the pigs and chickens. I weeded asparagus and tomatoes, dug for potatoes and carrots, daily picked plentiful raspberries, and collected eggs. I sprayed the pigs and weeded the herb garden. We ate delicious fresh organic food. One sister slept outside in a tent.

During retreat, the 18 of us gathered daily at the

gazebo for a morning ritual, walked past the old red barn, circled the labyrinth, or prayed in one of the earliest cemeteries of our sisters, dating in the 1840s, soon after the founding of our community in 1833. Daily Mass with the resident sisters and prayer before the Blessed Sacrament also were available.

In many new ways I sensed the presence of God in each element of fire, air, soil, and water. I experienced Creator God's energy, power, and even humor; Parent God's love and care for all creatures; and Spirit God's love, beauty, and mystery. In our input session each day we were encouraged to go deeper into the mystery of the truth of these new revelations. Three basic truths about the new cosmology of the universe are:

Differentiation – Each species of earth is unique. There are no two flowers, animals, nor snowflakes alike.

Interiority – Each species is a subject to be contemplated, not an object to be dominated. Each has an innate holiness.

Communism – All things are connected and our actions affect the entire web of life.

I returned home to Columbia and Sacred Heart with a deeper appreciation of the gifts God desires to give me right here in my own bioregion. I want to always be prepared to find God, not only in the obvious beauty of the night stars or a resplendent sunset, but in the most unlikely revelations such as a potato bug or a pig's tail. I want to grow in my desire to live on Earth in a "mutually enhancing way." Don't you?

People in the Pews: Meet the Riffles

By Sophie Pingelton

Perhaps you have noticed Frank and Debbie Riffle at their usual 8:30 a.m. Mass with their 13-year-old son Graham, who bears quite a likeness to his father. The Riffles have two other grown sons, Scott in Huntington Beach, CA, and Aaron, who lives in Columbia with his daughter Trinity. Graham will be in the eighth grade at Oakland Junior High School this fall.

Originally from Sedalia, MO, the Riffles moved to Columbia in 2003, "primarily for the job market and because of the services available for children with autism. Our son Graham has autism." Debbie, a registered nurse, works at Rusk Rehabilitation and Frank at ABB, in Jefferson City, MO, as a final assembly department supervisor.

In 2005, Frank, Debbie, and Graham were initiated into the Catholic Church. Debbie converted from the Baptist faith and Frank from the Episcopalian faith. Debbie's parents converted to Catholicism when Debbie was a child. She went to Mass with them, but her parents wanted the change to Catholicism to be truly her choice.

"The first thing that got me coming to the Catholic Church as an adult was actually a beautiful old rosary from my dad who had since passed away. I noticed that the cross was missing and I found out that my son Aaron had actually taken it off and worn it as a necklace and had lost it. In looking for a similar replacement cross, I had



Debbie and Frank Riffle

noticed so much beautiful, peaceful, and wonderful Catholic art. In comparison, the Baptist church is quite stark and plain, which is intentional for that faith. Looking at some of this art, I thought, this is my idea of peace in Heaven.

"At about the same time, our Baptist church had gone through another major split. As I was looking for that cross, I frequently thought of the passage that says that 'the church will stand the test of time and will always be there.' In my search for that crucifix, I discovered some of the truths of the

Catholic Church.

"There are about 10 Bible verses that stood out for me. One passage really stood out. In fact it was like hitting a brick wall. The passage is John 6, verses 52-58: *'This led to a fierce dispute among the Jews. 'How can this man give us flesh to eat?' they protested. Jesus answered them, 'In very truth I tell you, unless you eat the flesh of the son of man and drink his blood you can have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day. My flesh is real food; my blood is real drink. Whoever eats my flesh and drinks my blood dwells in me and I in him. As the living Father sent me, and I live because of the Father; so whoever eats me will live because of me. This is the bread which came down from heaven; it is not like the bread which our fathers ate; they are dead, but whoever eats this bread will live for ever.'*

"Once we moved to Columbia we needed to find a new church. Frank eagerly was willing to start going to the Catholic Church with me. My sister, Sharon, who lives here in Columbia, also goes to Sacred Heart and converted as well. Sacred Heart is so friendly and welcoming. We went to Mass at the other churches in town but Sacred Heart really stood out. I love its traditional beauty."

The Riffles enjoy gardening, swimming, biking and reading when not enjoying granddaughter, Trinity.

Prost Golf Tournament to benefit Sacred Heart

By Gene Gerke

The Eighth Annual Paul Prost Memorial Golf Tournament will be held at Columbia Country Club Monday, Sept. 28. Again this year, Prost Builders, Inc. is the tournament's signature sponsor. Proceeds from the tournament benefit the Sacred Heart Building Maintenance Fund. The tournament has generated more than \$45,000 to help repair and update Sacred Heart facilities. Paul Prost was a long-time member of our parish family who spent countless hours working to improve Sacred Heart buildings.

There are many opportunities to have fun and support this good cause:

1. Volunteer to help with the tournament day.
2. Play in the tournament and compete for great prizes. Just complete and mail the registration form below.

3. Become a tournament sponsor. Sponsorships are \$250 and include:

- a. Sponsor name on sign on the golf course.
- b. Sponsor name in ad in *Heart of the Matter*.

Many prizes will be awarded, including longest drive, longest putt, closest to the pin, and cash prizes for the top three teams in two flights.

Tournament Schedule

Monday Sept. 28, 2009
Location: Columbia Country Club
Noon: Registration and Lunch
Noon: Driving Range Open
1 p.m.: Shotgun Start

Contact Information

Gene Gerke
2105 S. Country Club Drive
Columbia MO 65201
573-442-4163
ggerke@gerke.com



(Left) Cheryl Draheim, Charlene Jayamanne, Anthony Jayamanne, and Ellyn Forbes enjoying a day of golf and fun at the 2008 Prost Tournament.

Seventh Annual Paul Prost Memorial Golf Tournament

Columbia Country Club

4-person scramble

Sept. 28, 2009

Noon lunch, 1 p.m. start

Individual and Team Registration – Four Person Scramble

1. \$85 per player or \$340 for a team of four
2. Individuals will be assigned to a team if a foursome is not indicated on this form
3. Registration fee includes greens fees, cart, lunch, beverages, prizes, and gifts
4. Registration deadline is Sept. 21

Many prizes will be awarded including door prizes, longest drive, longest putt, closest to the pin, and cash prizes for the top teams in two flights.

	Player Name	Player Phone	Player Email
1			
2			
3			
4			

Make checks payable to Sacred Heart Church and mail with registration form to:

Cathy Coziahr
Prost Builders, Inc.
P.O. Box 1727
Jefferson City, MO 65102
cathy@prostbuilders.com
(573) 635-0211 ext 126

Tournament Dress Code: No denim, no metal spikes, and must wear collared shirt.

There is no rain date. If the tournament is cancelled because of weather, we will still have lunch, beverages and give away prizes!

Proceeds Benefit the Sacred Heart Parish Building Maintenance Fund

WHY CATHOLIC?

Sessions begin in October

**Please patronize
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Social Concerns Commission serves many needs

Written by the chairperson of each committee and compiled by Marge Roth

Do you remember the billboard years ago depicting Uncle Sam with his pointed index finger looking out at all the passers-by with the caption that read in large letters, "We need you?" It was a successful challenge and as a result many recruits signed up for military service. Their loyalty and generosity to their/our country is now history.

St. Augustine gave another challenge when centuries ago he answered the question posed to him, "What does love look like?" His answer is just as pertinent for us today as it was in his day. "It has," he stated, "the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has ears to hear the sighs and sorrows of men and women. That is what love looks like."

Each year our parish members are asked to complete a "Time and Talent" form challenging each member with the opportunity to offer his/her gifts and talent for the common good of our parish and beyond. It is each one's privilege as well as responsibility to accept this challenge. We have heard from a number of people that they are hesitant to fill out a form because they do not fully understand their commitment. Therefore, the Social Concerns Commission, which is in the process of restructuring, is asking you to prayerfully consider becoming a part of something old as well as something new. We hope to be able to give you some information in this article of the *Heart of the Matter*, as well as in future articles.

The mission of the Social Concerns Commission was formulated by its members many years ago. The endeavor was to keep the wording brief but the actions many-fold and ever expanding.

The mission is to: "Continue Christ's ministry on earth through our out-reach programs and activities; a) within the parish; b) the city of Columbia; and c) globally."

Following is a list of activities that are divided into committees; Banquet for the Poor, Bazaar, Coffee and Donut Hospitality, Food Drive, Funeral Luncheons, Giving Tree, Health Ministry, Parish Socials, Wardrobe, Interfaith Projects, and Projects for the poor such as Spaghetti/Chili Suppers etc. In

this issue we will attempt to explain three of the committees in detail and will follow with the others in subsequent issues.

THE WARDROBE – 715 Park Ave (Volunteers needed are approximately 10 – 12.)

Sacred Heart Parish provides a staff to work the second Wednesday of the month from 11 a.m. to 1 p.m. Parish members sort the donated clothes and hang them for display, as well as sell items to the general public. These people are by and large the moderately to the very poor of Columbia. On Monday volunteers from other churches/organizations sort and hang clothing from 8 a.m. to noon. This group is also looking for help, and one could come for an hour or two according to your schedule. Younger people are encouraged to come to work alongside our seasoned veterans. Should you like to assist or have any questions, you can contact Carolyn Harr who is in charge of the Wednesday group or Marge Roth who volunteers on Monday.

The Wardrobe is a not-for-profit resale shop serving local citizens since 1970. Their mission is to provide individuals and families good used clothing at little or no cost. Donations and shopping hours are: Wednesday - Friday, 11 a.m. - 4 p.m.; Saturday, 9 a.m. - Noon.

Tuesdays The Wardrobe offers "free" clothing and shoes to individuals referred to them by schools, social service groups, and churches. Money made from the sale of items is put into a bank account and twice a year "Referral Clients" can get shoe coupons for their children which can be redeemed at a local shoe store.

BAZAAR AND SILENT AUCTION

At the present time this is the most lucrative fund raiser for the parish. It prides itself in being one of the few remaining bazaars that offers a hand made quilt and other quilted or sewn items, as well as craft articles made by parishioners. This event is held the first weekend of December and offers many opportunities to participate on either a short-term or a long-term basis.

Individuals create crafts at home or attend our Wednesday Workshops. These are scheduled both during the day and evenings to accommodate everyone's schedule. The weekly bulletin gives the

pertinent information. One can come and go as time permits in your schedule. Many others do needle work, sewing, knitting, crocheting, woodworking etc. at home. All needed supplies for the various projects can be supplied; inquire from the chairpersons.

We are blessed to have a wonderful group of ladies who quilt each Wednesday morning. You have probably seen some of their beautiful handiwork in a quilt that becomes the grand prize for each bazaar. They have room at their quilting frame for more quilters or they would be happy to help anyone who would like to learn this art.

The Silent Auction is a large part of the Bazaar. The chairpersons are always searching for nice, donated items (especially antiques) they can use. Keep this in mind as you rearrange the furniture and articles in your home. Contact Ron and Mary Freiburghaus or Dru and Kate Buntin.

Questions anyone? Feel free to call any of the following: Pat Andrews, Doris Crites, or Marge Roth.

HEALTH MINISTRY COMMITTEE

This is one of the most recent of all the committees but they have serviced our parish community in many ways. One does not have to be a health care professional to belong to this committee. The objective is to be involved in various activities that address the mind-body-spiritual health of the parishioners. As such, they have sponsored a Red Cross Blood Drive once a year, have a Health Fair once or twice a year, as well as celebrate St. Luke's Day each year. A parish walking event is being planned as a conscience-raising activity to create an awareness of the successes as well as needs for cures.

The Committee meets off-campus once a month in order to plan and embrace new ideas for serving the health needs of our parish. Contact BJ Rodeman for more information.

The rest of the committees will be introduced to you in following issues of *Heart of the Matter*. Already you may realize that the first challenge presented, "We need you," is a reality. The second question presented to you is "What does love look like?" Hopefully, you feel yourself called to respond and become an active participant for the greater good of our parish.

Some surprising gifts from St. Benedict

By Tim Pingelton

If you have enjoyed incredible Dubbel-style ale from Belgium, rare Port Salut cheese from France, or even creamy caramel candies from Iowa, you can thank Saint Benedict. Westvleteren beers, Campénéac cheeses, and Monastery Candy are crafted by Trappist monks or Trappistine nuns. These Trappists follow the Rule of St. Benedict which, in part, states, "And if the circumstances of the place or their poverty should require that they themselves do the work of gathering the harvest, let them not be discontented; for then are they truly monastics when they live by the labor of their hands, as did our Fathers and the Apostles." Thus, followers of the Rule support themselves and their organizations by making what they know how to make. Serendipitously, these are fine delicacies.

Saint Benedict was born in central Italy around 480. He and his twin sister Scholastica grew up in Rome. Before he turned 20, Benedict left school to

live a life of a hermit. Several miracles are attributed to Benedict and he established many monasteries in Italy. He died in 543 and was buried in Monte Cassino with his sister.

St. Benedict wrote the Rule for lay people and religious alike. In it, he established guidelines for the operation of religious communities by noting the essential vows of stability, fidelity to monastic life, and obedience. These guidelines are followed by most monastic communities in the western world and were also adopted by many European lay communities as ways of establishing law and order.

In 1098, the Order of Cistercians was founded, promoting adherence to St. Benedict's precepts closer than what had devolved since the Rule was written. The Order of Cistercians of the Strict Observance, a branch of the Cistercians, are also referred to as Trappists. The word "Trappist" is derived from La Trappe Abbey (built in 1122) in Normandy, France.

The first Benedictine monastery on record for

producing beer is the Abbey of Saint Gall, in present-day Switzerland. A blueprint for its construction drawn up in 820 calls for three breweries: one to make beer for guests, one for the brothers, and one for pilgrims and the poor. This illustrates the Rule's exaltation of manual labor for the glory of God. Serious beer aficionados consider Belgian and French Trappist ales to be the finest in the world. Many of these brewers sell only at certain times of the week from the front door of the abbey. They could expand dramatically, but they chose not to because they are able to support themselves and their charities adequately with their current small volume.

Cistercians throughout the world also produce fine soaps, detergents, and even pea soup. Regarding these world-class ales, cheeses, and sweets, however, it is prudent to heed St. Benedict's words (quoting the sentence immediately following his quote above), "Let all things be done with moderation, however, for the sake of the faint-hearted."

New parish directory soon to be a reality

By Mary Kay Head

In a parish as transient as Sacred Heart, keeping an up-to-date pictorial directory is indeed a difficult task. By the time one book is published, there have already been changes in the parish make-up. So what does one do?

One option is to do nothing. The other extreme would be to update the book annually. The latter would offer a greater degree of accuracy, but would be very time consuming and difficult for many of the stable members of the parish. As is often the case, the most viable option would be something in between, such as producing a new directory every few years, missing some faces, but recording as many as possible.

There probably are those among us who would be in favor of the first option – just forget about a directory. I, however, would like to convince you that a parish directory is a very useful tool as well as a beautiful collection of friendships and memories.

Though many come and go in this college town, there are those who remain constant. My family, for example, moved to Columbia in 1953. Sacred Heart was the only Catholic Church in town at the time and Msgr. John Patrick Flood was pastor. We met and were befriended by those with whom we worshipped.

Being a collector of sorts, though some would call me a pack rat, I have copies of Sacred Heart parish directories dating back to 1969. These books have been kept as a reminder of the people who were an important part of my life at one time or another. Some are still present, though the number of those grows smaller with each passing year. It is always nice to page through

an old copy and see a special face that brings back such good memories.

I noticed that as I matured, the directories definitely became more frayed. One even has the back cover taped together. These are the ones I have used religiously as I have searched for a picture to be able to put a name to the face of a parishioner, or to look up an address or phone number when needed. We are not just individuals who share a worship space. We are family. We are a community.

It has come to the point when I look around as we greet one another before Mass that I see far too many faces that are not in my directory. People who have joined us four or five years ago, are very active in the parish, but were not present when the current directory, published in January 2004, was being assembled.

Have you ever enjoyed a conversation with someone at coffee after Mass on a Sunday morning, then forgot their name? A pictorial directory could help you with that. Have you wondered who that Lector was at Mass who proclaimed the readings so well? A pictorial directory could help you with that. Have you seen a familiar face at the grocery store or at the mall, but were unable to remember the name? A pictorial directory could help you with that. Would you like to know who is sitting in the pew next to you? A pictorial directory could help you with that. There are many occasions when my directory has been useful. I would hate to think of struggling along without it.

Fortunately, the parish is in the process of remedying the situation. Ron and Colleen Meyer have graciously agreed to spearhead the

project. And *Lifetouch Church Directories and Portraits* has reserved enough times and dates for the parish to make participation convenient for everyone. However, if this is to be a success, it will take the cooperation of each and every one of us.

There are always excuses, but there are also many positive reasons to participate. How many would say, "I don't like to have my picture taken?" These same people, however, want to have a directory to be able to identify everyone else. Or, "I just couldn't get my family all together for a sitting." With the times and dates available, there should be opportunities for everyone to participate. Here is a list of available sign-up dates and times:

Tuesdays, 9/22/2009 or 10/13/2009 – 2:30 - 9 p.m.
Wednesdays, 9/23/2009 or 10/14/2009 – 2:30 - 9 p.m.
Thursdays, 9/17/2009, 9/24/2009, or 10/15/2009 – 2:30 - 9 p.m.
Fridays, 9/18/2009, 9/25/2009, or 10/16/2009 – 2:30 - 9 p.m.
Saturdays, 9/19/2009, 9/26/2009, or 10/17/2009 – 10 a.m. - 4 p.m.

If you like to include a recent photo in your Christmas greetings, these dates will allow time to use this sitting for that purpose as well. And just for participating in this endeavor, you will receive at no cost to you an 8x10 picture of your choice and a brand new, up-to-date parish directory.

How do we sign up? This year it will be a very simple process. We will receive a web address which will allow us to make arrangements from our own homes, at a time convenient to each of us. There we can select the day and time that works best. If you

do not have a computer or need assistance, come by or call the parish office. Parish staff will be happy to accommodate you.

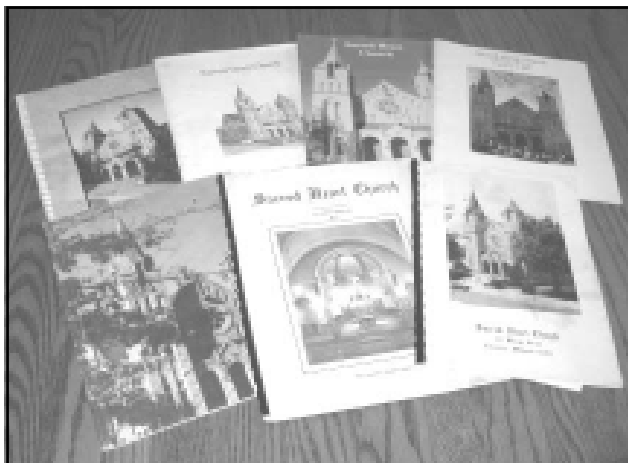
Both the photography and proof viewing will take place on the same day. Lifetouch's state-of-the-art equipment allows you to view your images immediately after being photographed.

Watch the parish bulletin for more information. The web address will be posted as soon as it is available. When sign-ups begin, your help will be needed. An effort will be made to contact those who did not sign up. Ron and Colleen could use your help at that time. If you have a laptop, perhaps you could spend some time on a Saturday afternoon or Sunday morning after Mass to assist those who do not have a computer. Or when the process begins and pictures are taken, help will be needed to facilitate this process.

Getting involved early will give you a chance to see old friends and perhaps meet some parishioners you didn't know. It will be a wonderful opportunity to establish fellowship.

If you are willing to give a little of your time for this very worthwhile project, please contact Ron and Colleen Meyer and let them know of your willingness to serve. They can be reached at 445-2270 or at ron.meyer9@yahoo.com.

Please make every effort to participate in this endeavor. It is always a disappointment to find that a member of our faith family is missing from the album. To truly be a success, this project will need the cooperation of each and every one of us. Please plan now to help make this an outstanding success.



Parish directories are useful for getting to know fellow parishioners today and become a keepsake for remembering friends.



*Meeting the
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We bow our heads to honor the power of the Holy Spirit

By Jennifer Holland

We bow our heads as we say, "By the power of the Holy Spirit, He was born of the Virgin Mary and became man." I once asked why we bow our heads at this point, as the practice is not one that is carried out everywhere and is one of which I just recently have been made aware. I was told by the priest that we bow our heads there because there is a note in the prayer that this option can be utilized at that point. That was it. The book said so, so we did it.

Pope John Paul II had a much better explanation and it really is a simple one. We bow our heads in acknowledgment of God becoming

man, in honor of the divine humbling Himself to join humanity. Throughout Old Testament history, God had been on high – ruling from above and dispensing justice from a far off place. But by the power of the Holy Spirit, all of this changed. At that moment, the Word became flesh and bone, a crying, hungry, dependent infant. At that moment, He became subject to skinned knees and broken hearts, to hunger pains and yawns. We bow our heads in acceptance and acknowledgment of the hands that formed the stars reaching for His mother's breast. Our God is the one true God because our God knows and loves us, because He has been man.

"I am Who am." The Israelites didn't even say His name. He was the great I Am. He was the burning bush. He was the voice in the clouds. Whenever He came near, a temple was created and the ground was holy. Only one person was allowed in the inner sanctum of the temple, and that was only once a year. God ruled from the mountaintop and His people obeyed.

The rules had become too important and the ideal of God being in His image had been distorted. It was time for a new beginning. And so, an angel was sent to a young woman to change the course of the world. While His beginning was just another birth on earth, heaven took note. A star

appeared and angels burst forth in song. The same glory that had been given Him in heaven daily was sung on the day He became man and everything changed.

So we bow our heads to acknowledge His humility. We bow our heads in honor of the willingness God had to become man, a supreme example of who we can be and how we are to live. No longer do we have to follow the rules to get to Him. We are able to follow the example He set every day in every step that He took. Following His path is our path to life eternal. Acceptance of Him as the one whose steps we must follow leads us to bow our heads because God became man.

Parish Celebrations



Marlena Rose Frymire, daughter of John and Christina Frymire, was baptized at Sacred Heart at the 8:30 a.m. Mass Sunday, July 26, 2009.

Pictured in front are Kay and Laura Frymire, cousin Christopher Haywood, Greta in front of her sister Leslie Frymire, and Marlena held by Maddie Gilmore. In back: Augustine and John Frymire; Fr. Steve Kuhlmann, O.P.; Tina Frymire; godparents Joseph and Donna Gilmore; and cousin Sarah Stuart.

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The Door is Open!

The Knights of Columbus is an organization of Catholic men (ages 18 and over) founded on the principles of charity, unity, fraternity, and patriotism. For information about Council 1529, contact Tony Speichinger (573-443-8648). Come join us!

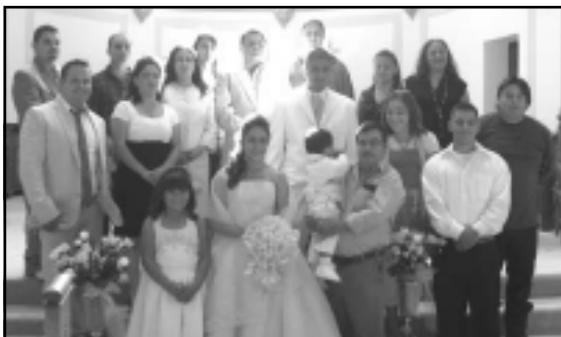
Parish Celebrations



Bianca Gomez celebrated her Quinceanera at Sacred Heart Sunday, July 5, 2009 at the 1 p.m. Mass. Pictured with Bianca are 15 ladies and 15 gentlemen, who celebrated the occasion with her.



Bianca and Cruz Gomez, children of Veronica and Sergio Gomez, and **Paola Dominguez** received their First Communion at Sacred Heart at the 1 p.m. Mass Sunday, July 5, 2009. Pictured in front are Bianca, her cousin Paola, and Cruz. In back are Bianca's godparents Juan Carlos and Teresa Valerio; Fr. Steve Kuhlmann, O.P.; and Veronica and Sergio Gomez.



Hessell Sanchez celebrated Quinceanera at Sacred Heart at the 4:30 p.m. Mass Saturday, July 25, 2009.

Family and extended family came to share the occasion. In front are younger sister Suzeth, Hessell, and little brother Jose held by their grandfather Fortino Mendez. In back, second from left is her mother, then her grandmother Maria Mendez, and her older brother Juan Pablo behind Jose and their grandfather.



Iris Luella Kelley, daughter of Kyle and Megan Kelley, was baptized at Sacred Heart at the 8:30 a.m. Mass Sunday, July 26, 2009. Pictured are her dad Kyle; godmother Katy Reinhard; mom Megan holding Iris; Fr. Steve Kuhlmann, O.P.; godmother Claire Reinhard; and godfather Nels Moss.

Mission Statement

The mission of *Heart of the Matter* is to be a communication tool for Sacred Heart Parish. It is our goal to inform, to instruct, to evangelize, and at times, to amuse readers. We rely on God's grace and on the efforts of many volunteers to fulfill this mission. *Heart of the Matter* is published monthly by Sacred Heart Catholic Church, 1115 Locust St., Columbia, MO 65201, 573/443-3470.

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