



Heart of the Matter

A Christian Community Building Households of Faith

Volume 10 • Issue 2

www.sacredheart-church.org

February 2010

Partnering in ministry - Love INC

(This was shared by Jane Williams of Love INC. The aim of this organization is to coordinate charitable efforts within the city in order to best serve the needs within the community.)

"...they caught a great number of fish and their net was breaking. So they signaled to their partners in the other boat to come and help." Luke 5:6-7

Love INC (with INC standing for In the Name of Christ) of Columbia is one of 140 local affiliates of a 33-year-old national organization closely affiliated with World Vision. We opened our doors in May 2008 in order to enable churches within our city to better network their resources, ministries, and talents to help those in need.

Mike and Leota Maag, leaders of the Society of St. Vincent de Paul, provided critical wisdom and advice to assist in establishing the initial direction and policies of Love INC. Their years of experience in taking calls from those in need, making home visits, and determining who to assist provided them with insights that were and continue to be invaluable. The Love INC clearinghouse operates in a similar manner to the Society of St. Vincent de Paul and we frequently partner to help those in need. We often share information and pool resources to provide the help needed to individuals who call. Each week Love INC volunteers are on the phone with Society of St. Vincent de Paul volunteers to discuss needs, determine who to help, and how best to help them.



Paige Brothers and friend at First Impressions

Love INC then uses the information gleaned from fielding and assessing requests to identify gaps in local services and initiate new ministries to meet them. Some of the ministries established include:

- o Budget Counseling and Financial Mentoring
- o Job Search Assistance / First Impressions Professional Clothing Closet
- o Living Large for Real Life Skills Classes
- o The Love Seat Furniture Bank

Several key Love INC ministry leaders and

volunteers are members of the local Catholic community. Barb Howard from the Newman Center coordinates our budget counseling and financial mentoring program. Chris and Nancy Cady, also from the Newman Center, have spearheaded the furniture bank.

Sacred Heart member Paige Brothers (daughter of John and Peggy Brothers) has volunteered regularly at Love INC's professional clothing closet. She organized clothing and helped job seekers find interviewing clothes. Always smiling and willing to take on any task, Paige has been a huge encouragement to many.

As need increases, it seems more critical than ever that we work together and also commit ourselves to addressing the underlying issues behind the calls for assistance. Many of these issues, such as employment and housing, are too big for any one group or church to address. We, like the disciples in Luke Chapter 5, will quickly see that our nets are breaking. Isn't it wonderful that we, like the disciples, have partners to call?

Love INC expresses a big 'thank you' for all the volunteer help and financial assistance provided by Our Lady of Lourdes and Sacred Heart through the Society of St Vincent de Paul, and through the Newman Center Social Concerns Committee.

To find out more about Love INC, visit our website at www.columbialoveinc.org, or call our office at 256-7662.

People in the Pews: Meet the Grellners



Karissa, Frances, and Mike Grellner

By Sophie Pingelton

Sacred Heart parishioners Mike and Karrisa Grellner, along with two and one-half year-old daughter, Frances, usually attend 8:30 a.m. Mass. They enjoy and frequent Coffee and Donuts between

the Sunday Masses as well. Karrisa offered, "I have met other mothers with older children there that have been so helpful with their strength and wisdom to me. Frances has a couple little friends that she loves to play with there as well. Once, one of the little girls had to go to a 'time out.' Frances went with her and didn't get out of her chair either. It was really cute."

Karrisa is from Vienna, MO, a farming community near Rolla. She is the oldest of four children with three younger brothers, two of whom live here in Columbia. Her family enjoys having "pizza night every Thursday with my brothers who live in town. We'll get some dough from Shakespeare's and make it together. It's great." Karrisa will graduate from medical school from the University of Missouri in May and begin her residency in July in Psychiatry. She received her undergraduate degree from Truman State and Master of Public Health in Epidemiology from St. Louis University.

Mike hails from Shrewsbury, a suburb of St. Louis. He is the youngest of four boys and was a member of St. Michael's parish. Mike's family all still live in the St. Louis area. He graduated from

Truman State with a business degree, specializing in Commercial Real Estate. He interned with Colliers in St. Louis and was offered a job. Mike is now part of Plaza Realty's Commercial Division. Mike attested, "I love what I do. This is a great community to live in. Columbia has a great cross-section of people."

Both Mike and Karrisa attended the small campus of Truman State University in Kirksville. However, they did not meet until chance brought them together, across the room from one another at a medical clinic in St. Louis where Mike had office space for lease and Karrisa was working part-time while attending graduate school. They married at Visitation Church in Vienna and have called Columbia home for about four years.

Karrisa loves all hand crafts such as knitting and crocheting, as well as being outside hiking, swimming, and biking. Mike enjoys fly fishing and camping. They enjoy many outdoor activities at Karrisa's family's farm in Vienna. The Grellners enjoy "all the community events Columbia has to offer. We love downtown's 'Living Windows,' the

Continued on page 2

Eternal Rest

Jeanne Daly

Marian Jeanne Duncan Daly began eternal life Wednesday, Jan. 6, 2010. She was born May 4, 1951, in Jefferson City, MO, to James Wayne and Josephine Duncan.

Jeanne was very active in her community. While living in Moberly she served on the school board and was very committed to education. In Columbia she was a docent at the University of Missouri's Museum of Art and Archeology, served on the Assistance League, and assisted at the Inside Outlet.

Jeanne was also very creative. She leaves a legacy of exquisite handmade prom dresses and dance costumes, giant paper mache turnips, stained glass sconces, wood cuts and water-colors, and sparkling whimsical holiday trees. She designed her own house and even erected part of it to be sure it was ready for Christmas.

She was also active at Sacred Heart Parish. She was one of the decorators of the parish rectory for the Christmas open houses that Fr. Edwin Cole offered to the parishioners. She designed and made a number of the decorations used in the beautiful enhancement of Sacred Heart Church. Many brides who were married at Sacred Heart benefited from the use of items she made or purchased for the parish.

Jeanne is survived by her husband, Dr. Michael Daly; their four children, Michael Daly, Kimberly Daly Tadrus, Kate Daly Pitzer, and Mackenzie Daly; her mother Josephine; her brother Jim; and by a dozen grandchildren.

She was a very kind and self-effacing woman who was dearly loved by family and friends alike. May she now enjoy eternal peace and happiness as she feasts at the table prepared by our Lord.

Birthdays

- Feb. 1 Sullivan Cravens, Nora Gibbons, Lark LaBrunerie, Sarah Perez
- Feb. 2 Addison Inlow, George Miller, Brea Teson, Anthony Ullrich
- Feb. 4 Linda Carlos, Hunter Quinn, Carry Songer
- Feb. 5 Lucille Aud, Joseph Belt, Dayton Grover, Julia Grus
- Feb. 6 Lori Bietsch, John LaRocca, Tony Spicci, Matthew Szkolka, Dorothy Thornton
- Feb. 7 Mary Arzate, Tom Gittemeier, Jennifer Heath, Joe Heath, Branca Prentiss
- Feb. 8 Larry Epps Laporto, James Mullen, Jack Roth, Jean Souchek
- Feb. 9 Neal Fandek, Chrissy Fitzgerald, Cory Leese
- Feb. 10 Letina Ghidey, Chuck Johnson, Matt Morris, Fernando Onate, Julia Widhalm
- Feb. 11 Isabella Tillman
- Feb. 12 Terry Jehling
- Feb. 12 Ron Bulanda, Tanya Freelon, Steve Mehrer
- Feb. 14 Lee Eckerle, Rory Lucille Quinn, Jim Singleton
- Feb. 15 Willie Elias, Tara Giblin, Kathryn Seidel, Damon Sprouse
- Feb. 16 Zachary Bequette, Gary Leonard, Martin Romitti
- Feb. 17 Luis Garcia, Gene Gerke
- Feb. 18 Eloise Frymire, George Kalaitzandonakes
- Feb. 19 Robert Bryant, Maria Dickinson, Joseph Kinney, Gene Raiti
- Feb. 20 Thomas Schappe
- Feb. 21 Gary Naugle
- Feb. 22 Frances Alvarez, Sarah Doles, Caroline Harr
- Feb. 23 Anthony Adrian, Scott Priesmeyer
- Feb. 24 Lloyd Nichols, Ron Raiti
- Feb. 25 Jan Colbert, Tyler Green
- Feb. 26 Iris Kelley, Kathi Miller
- Feb. 27 Jane McCracken, Reese Ruprecht, Paul Sandvol, Ted Zderic
- Feb. 28 Gilberto Palacios, Jr.; Jose Ridriguez
- Feb. 29 Kristina Cravens

My journey to the diaconate - Part 1

By Bill Caubet

With ordination only a few months away, I thought that this might be a good time to reflect on my journey to the diaconate. My journey began the same way as yours – in our mother's womb, where we were knit together by the hands of a loving God.

My parents loved me very much and they instilled within me all the values that formed me – honesty, integrity, hard work, and respect for my elders. The one thing missing was a belief in God. Although my father was Presbyterian, he rarely talked about God or Jesus. My parents did not baptize me or send me for any formal religious education.

As a result, I grew up in a sort of religious vacuum. I knew in my heart that there had to be a God, but I didn't know anyone who could tell me where I could find Him. You know they say that nature abhors a vacuum, so I spent a good part of my life trying to fill that emptiness in my soul. I looked for answers in other religions such as Buddhism and Eastern Mysticism, but found nothing; I looked in science but found only more questions.

The years passed by and I met my future wife. I would often torment her with many questions and challenges to her Catholic faith and was left unsatisfied with the answers I heard. As I look back, I realize that though I was not satisfied, it was not because my wife's answers were somehow lacking; it was because I was not hearing what she was saying. Surprisingly, she married me anyway. We were married in the Catholic Church and both our children were raised in the Catholic faith. I was the only one in the family who was not Catholic.

That was all about to change. My father developed cancer in April, 1988,

as a result of his exposure to Agent Orange during the Vietnam War. He died Oct. 10, 1988, at the age of 56. This tragic event stirred up all those unanswered questions I had about God and what His plan was for each of us. So I started looking for answers again. Little did I know what God had in store for me.

I had been regularly attending Mass with my wife and children when the church we were attending received a new pastor, Fr. Michael Alliegro. The first time I heard Fr. Mike at Mass, I knew there was something different about him. Something about the way he talked made it seem as if he and I were the only people at Mass that day. Everyone around me, everything that was going on, faded until it was just Fr. Mike and me. Scripture tells us that Jesus came so that the deaf might hear, the blind might see, and the lame might walk. I can tell you that on that day my ears were opened – I could hear God answering my questions. My eyes could see that Fr. Mike had the peace in his life that I needed and I wanted to walk the path he walked.

At the end of Mass, we picked up the weekly church bulletin, and wouldn't you know it? There was an advertisement for the RCIA. I called up the parish office that Monday and soon after, I was attending formation classes. We were fortunate that at that time our parish deacons were very active in the RCIA process. I was very lucky to have their example – examples of faith-filled men serving their Church. I will always be grateful for everything Deacon Jack and Deacon Luis taught me. I promised myself then that my goal after receiving my sacraments was the diaconate; but that part of the story will have to wait until next month.

People in the Pews

Continued from page 1

Farmer's Market, the public library, Artrageous Fridays, Family Night at the Mizzou Recreation Center, riding on the Katy Trail, and the Chestnut Festival to name a few," Mike added.

Karrisa added that they love that Sacred Heart is a traditional parish. "I went to the 'Why Catholic?' classes with Frances. She being so little, I didn't know how that would go. It was great though. I got to discuss serious things and the group really embraced Frances."

Frances attends Children's House Montessori preschool. At home, she loves reading, doing artwork, and exploring the outdoors. Frances also loves singing and hopes to "officially" join the choir one day. Karrisa laughingly elaborated, "Once at Mass, Frances, with a booming voice, let out an outrageous screech. Sr. Agnes came up to us later, took me by the hand, and said, 'Don't worry, that just means she's going to be part of the choir someday.'"

Heart of the Matter

Sacred Heart Parish, Columbia, MO

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Articles in *Heart of the Matter* that address Church teachings or articles of faith are expressions of the author's opinion unless specifically noted otherwise.

CCS News and Updates

By Raelene Head

Catholic Schools Week is always the last week in January. This year it falls on Jan. 31 thru Feb. 6, 2010.

Catholic Schools Week (CSW) celebrates education that goes beyond preparation for a secular life – it is education that prepares students for a Christian life. CSW also celebrates the high standards of excellence and the quality of the education available to all students in Catholic elementary and secondary schools across the U.S.

The 2010 theme is “Dividends for Life: Faith, Knowledge, Discipline, Morals.” According to Karen Ristau, National Catholics Educational Association president, “Catholic schools provide good things for students and families – high expectations and daily experience of faith. In these challenging times, the theme also reminds parents that the dividends of a Catholic school education – students prepared in faith, knowledge, morals, and discipline – last a lifetime. There is no better way to invest in a child’s future or the future of our world.”

Across the country, schools observe the week with special Masses, community service projects, academic and artistic showcases, and athletic and family events. Many schools will hold open houses so that community members can learn more about the value of Catholic education.

Catholic Schools Week is a joint project of the National Catholic Educational Association, the world’s largest private, professional education association, and the United States Conference of Catholic Bishops, the nation’s public policy organization of U.S. bishops.

Activities at CCS include:

Sunday, Jan. 31

CCS students will participate in the Masses at all three parishes.
Annual Eighth Grade Pancake Breakfast in the Lourdes Cafeteria, 7:30am - 1 p.m. All proceeds will go toward the eighth grade trip.

Monday, Feb. 1 – Life in Community

8:30 a.m. Rosary
Open House 10:30 a.m. - 2 p.m.
Parents, grandparents, parish members, friends, etc. are invited to visit and spend the day or part of the day with the students.

Parents/grandparents lunch with grades K, three, and six.
Eighth grade Meals on Wheels service project, 11 a.m. - 12:45 p.m.
CSW Kickoff, 2:45 p.m.

Tuesday, Feb. 2 – Celebrate Students

Non-uniform day
No homework, quizzes, tests
Seventh grade International Dinner
Parents/grandparents lunch with

grades one, four, and seven
Cookies and student certificates handed out by Mrs. Garner and Mr. Wiggans

Visits from Senior High CCS Alumni
Sixth and seventh grade service project: Morning Preschool Olympics

2:15 p.m. student assembly with entertainment by Sara Jeffrey

Wednesday, Feb. 3 – Life in Our Nation

8:15 a.m. State Proclamation of Catholic Schools Week presented by Kenny Hulshof

Parents/grandparents lunch with grades two, five, and eight
Brunch for faculty and staff, 10 a.m. - 1 p.m., Flanagan Hall
Eighth grade vs. faculty volleyball game, 1 p.m. - 3 p.m., CCS gym

Thursday, Feb. 4 – Vocations

Clergy/student council breakfast, 7:15 a.m., Flanagan Hall

Fifth grade service project: making rosaries 1 p.m. - 3 p.m. Girls will visit Our Lady of Peace Monastery to make rosaries and boys will make rosaries with Fr. Shetler.

Friday, Feb. 5 – Celebrate Teachers

Spirit Day dress, early dismissal at 1 p.m.

All-School Mass, 8:30 a.m., OLL Church

9:30 a.m. Wrap Up Assembly
Upper grade presentations: students will rotate between a music presentation, Internet Safety Assembly, and CCS Alumni talks.

Kindergarten - second grade party at Bonkers, 1 - 2:30 p.m.

Grades three - five Roller Skating Party, 2 - 3:30 p.m.

Grades six - eight TBA

Other dates to remember in February:

- 9 - Teacher Appreciation Day
- 10 - Faculty meeting, 2 p.m. dismissal; No ASCC
- 12- Student Council Social, 7 p.m., gym
- 15 - No school – President’s Day
- 17 - Ash Wednesday
- 26- Interims go home
- 27 - Pot O’ Gold Auction, 8 p.m., Boone County Fair Grounds

I also would like to remind all second grade parents that the First Communion meeting for Sacred Heart parents is going to be Wed., Feb. 10, at 7 p.m. in the Activity Building. There will be lots discussed about the preparation for the children’s next sacrament, including setting the date for their learning centers. I am also looking forward to the next gathering of CCS/Sacred Heart Families – there is a game night being put together.

CATHOLIC SCHOOLS



DIVIDENDS FOR LIFE

WHY CATHOLIC? JOURNEY THROUGH THE CATECHISM

**There still is time to sign up for Lent sessions.
Forms are available in the church vestibule.
Or email ClawsonRandG@wmconnect.com**

Sacred Heart All Parish Dinner

**Feb. 6
Gathering 5:30 p.m.
Dinner 6 p.m.**

**Pastoral Council will supply the meat.
Parishioners should bring:
A-I, Salad
J-Q, Side Dish
R-Z, Dessert**

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.



Pastor reports financial status of parish

By Fr. Steve Kuhlmann, O.P.

To the right is the Sacred Heart financial report for the first half of the fiscal year. Our fiscal year is July to June, so from July 1, 2009 to Dec. 31, 2009 is half way through the fiscal year.

Compared to last year, weekly collections have increased. Considering the weak economy, this is great news for the parish -- evidence that we are a vibrant and growing parish. Thank you to all who generously support Sacred Heart Parish.

The maintenance and restoration collections have also increased. We were blessed with one large gift for restoration work in addition to many smaller donations. In total, these funds allow things to continue to move forward at Sacred Heart.

To date, the bottom line looks good, but there are major expenses in the near future. The frames for the outside protective glass have been shipped and we must make the final payment on the frames before they are installed. Within the next month or two we will have protective glass lowering heating and cooling bills for the church. In addition, the frames and protective glass will add to the beauty of the church.

We are also replacing the worst of the cracked or missing concrete walks and have created a pad for a bike rack. We will re-do the concrete in front of the church when consecutive good weather days allow the work to be completed without disrupting weekend liturgies.

Work slowly continues on the transformation of the former rectory into the new Gathering Place. To finish all three of the current projects, the budget committee estimates we may need another \$80,000 - \$90,000. We also need new flooring for the church, updates to the Activity Building, and water drainage improvements to the physical plant.

Thank you for your generous support. Let's complete these three current projects and move forward to meet the future needs of Sacred Heart. Detailed financial statements are available in the Parish Office. Any parishioner is welcome to make an appointment to view them.

Sacred Heart Catholic Church - Statement of Change in Net Assets for the 6 months ended Dec. 31, 2008 and the 6 months ended Dec. 31, 2009

OPERATING ACTIVITIES				
Revenues	12/31/2008	12/31/2009	Budget	%
Offertory Collection	\$306,447	\$321,776	\$610,000	53%
Bequests	500	25	-	N/A
Interest Income	297	858	200	429%
Other Administrative Revenue	4,162	4,073	6,300	65%
Weddings	2,780	1,503	7,350	20%
Liturgy Revenue	602	13,813	600	2302%
Faith Formation	805	880	2,700	33%
Social & Fundraising Activities	19,783	28,559	18,100	158%
Hispanic Ministry	814	3,516	8,800	40%
Rental (Education Building)	24,000	24,500	51,500	48%
Diocesan & Other Collections	7,882	7,595	16,000	47%
Total Revenues	\$368,072	\$407,098	\$721,550	56%
Expenses				
Salaries & Taxes	\$90,247	\$77,740	\$131,000	59%
Staff Benefits	35,954	42,440	105,200	40%
Diocesan Assessments	21,663	21,736	45,391	48%
Other Admin. & Operating Expenses	61,530	63,078	116,500	54%
Salaries & Taxes (Liturgy)	43,446	40,978	68,342	60%
Liturgical Expenses	2,927	4,391	9,300	47%
Columbia Catholic School Assessment	52,613	56,160	124,000	45%
Faith Formation	5,038	5,673	13,250	43%
Poor	7,637	5,455	20,000	27%
Social & Fundraising Activities	6,620	5,703	10,600	54%
Hispanic Ministry	1,516	2,328	3,500	67%
Diocesan & Other Collections	6,059	3,227	16,000	20%
Total Expenses	\$335,250	\$328,908	\$663,083	50%
Change in Operating Net Assets	\$32,822	\$78,191	\$58,467	134%
Maintenance & Restoration Activities				
Revenues				
Collections & Fundraisers	\$36,323	\$79,645	\$41,000	194%
Expenses				
Improvements to Buildings	\$35,969	\$99,643	\$200,000	50%
Maintenance & Repair	16,702	21,135	26,500	80%
Total Expenses	\$52,671	\$120,778	\$226,500	53%
Change in Maintenance & Restoration Net Assets	(\$16,348)	(\$41,133)	(\$185,500)	22%
Total Change in Net Assets	\$16,474	\$37,057	(\$127,033)	-29%
Net Assets at June 30, 2009		\$252,361	\$252,361	
Net Assets at December 31, 2009		\$289,418	\$125,328	

Saint Luke, patron saint of friends?

By Tim Pingelton

The primary Gospel readings from this liturgical year come from the Gospel according to Luke. Most scholars believe that Saint Luke wrote this Gospel as well as the Acts of the Apostles (a continuation of the Gospel). Luke is the patron saint of doctors, artists, brewers, and, depending on the source, several other vocations. Judging from his writings and his biography, he should be nominated as patron saint of friends, too.

Saint Luke was a physician from Antioch, in what is now called Turkey. He was not Jewish, but his writings reveal that he knew much of Jewish thought. In the preface to his Gospel, Luke declares that he was not an actual participant of the events

about which he writes, but he "investigated the whole course of these events in detail" (Luke 1:3). Except for a few passages that use the "we" pronoun, Luke also was not present for many of the events of Acts. So where was Luke during all the action? Probably helping out a friend.

Saint Paul, who called Luke "the most dear physician" (Col. 4:14), was imprisoned at various times by Roman authorities. While Paul was in prison, Luke took it upon himself to continue Paul's duties of evangelization. He also visited Paul frequently. They were close friends. Referring to his final imprisonment, Paul writes, "I have run the great race, I have finished the course. . . Demas, his heart set on this present world, has deserted me and

gone to Thessalonica; Crescens is away in Galatia, Titus in Dalmatia; apart from Luke I have no one with me" (2 Tim. 4:7-11).

It is only in Luke's Gospel, the longest of the Gospels, that we read the story of the Good Samaritan and are given images of Jesus as a young boy. In another contrast, the Gospel of Matthew notes the genealogy of Jesus as it relates to David, but Luke derives the genealogy farther: "son of Seth, son of Adam, son of God" (Luke 3:38).

Saint Luke emphasizes friendship and peace, and he was sensitive to the oppressed and powerless. Mary, the mother of Jesus, was one such person. The Gospel according to Luke offers us a unique

Continued on page 8

Parishioner Francis Pike celebrates a milestone

By Beth Pike Cunningham

Long-time and oldest Sacred Heart parishioner Francis Pike celebrated his 100th birthday soon after the New Year with family and friends at The Bluffs Nursing Home in Columbia. Despite frigid temperatures in the mid-teens, many admirers greeted Columbia's newest centenarian with well wishes.

"I've had the privilege of getting to know Mr. Pike the past several years while taking Holy Communion to him every other week," says parishioner Christy Nickolaus. "He has a special connection with my five year-old son, George, when we come to visit. I can tell he just loves people, and really likes kids."

Mr. Pike was born Jan. 4, 1910, in Indian Creek, MO. At the age of 17, he came to Columbia to attend the University of Missouri and is the oldest living graduate of the School of Journalism. He began working for the Columbia Daily Tribune while attending college, and remained at the newspaper for 75 years. He is a member of the Knights of Columbus and Kiwanis Club, and was awarded the Boy Scouts' distinguished Silver Beaver award for his many years of service to young people. Known as the "Boone County Historian," Mr. Pike dedicated much of his volunteer time as a member of the Boone County Historical Society, authoring several books and writing history columns for the local newspaper.

"What's new!" is what I'd hear when I picked up the phone each day he called me," says close friend, Bill Crawford, who attended

the birthday party. "Like any newspaper man, he'd always be excited to hear the latest progress of the Boone County Historical Society as we searched for a place to display our county's treasures. We worked together to build a permanent building for the Society, and we've enjoyed a wonderful friendship and love of history," adds Crawford.

Columbia Mayor Darwin Hindman presented Mr. Pike with a City Proclamation for reaching his birthday milestone, fondly remembering how Mr. Pike had the task at the Tribune of being in charge of the "rowdy carriers," which the mayor was among. "He is a remarkable man who cared a great deal about his newspaper carriers," says Mayor Hindman. "Back then, carriers would purchase the newspapers first, and then sell them. So, we had to collect money, be responsible, and make sure we delivered our newspapers on time," adds Hindman.

A Missouri State Proclamation was also read by Mr. Pike's daughter, Marilyn Gould, marking Jan. 4, 2010 as Francis Pike Day in Missouri.

"I have so many good memories of my father and mother. I never heard them say a cross word to each other. We had a very loving family. I would play piano at our house, helping my dad and his barbershop quartet practice their music," says Gould.

"Pappy gave me the greatest gift," says son, Johnny Pike. "He became my father when he and my mother adopted me as a baby. I owe my life to them."

Granddaughter Betsy Gould of St. Louis recalled how "Gramps" liked to play games and entertain his grandchildren, "He is so much fun, and I always loved coming to Columbia to visit my grandparents."

Mr. Pike is not the only centenarian among his family. His mother, Opal Pike of Monroe City, died just one week shy of her 100th birthday. His uncle, J.C. Green of Columbia, lived to the ripe old age of 104.

"I tell my kids that I intend to stay around at least until I'm 95, just to aggravate them," says Emma Jo Mudd, 87-year-old sister of Francis Pike. "I have wonderful childhood memories. My big brother would always give me a good book for Christmas. He did me a favor by encouraging me to read, and I still love to read. I tell my friends that you're never lonely if you have a good book," says Mudd.

While history, reading, writing, and music are common threads through Mr. Pike's life, he also has a passion for the Missouri Tigers, and enjoys listening to game broadcasts. The day before his birthday party, Coach Mike Anderson and his players signed a basketball for Mr. Pike – the same basketball signed by Coach Norm Stewart when Mr. Pike's "Uncle Cess" turned 100.

Mr. Pike is married to Clara Wiedmeyer, who resides at home and often attends the 4:30 p.m. Saturday Mass at Sacred Heart. He was married to Mary Winifred Anthony for 51 years until her death. His son and daughter-in-law, John and Nancy Pike, live in Columbia, and daughter and son-in-law, Marilyn and John Gould, live in St. Louis, along with two granddaughters and two great granddaughters. Mr. Pike has a sister, Emma Jo Mudd of Monroe City, and a brother, Don Pike of Washington, MO.

Cards and letters for Mr. Pike can be sent to him at The Bluffs Nursing Home, 3105 Bluff Creek, Columbia, MO 65201.

(Editor's note: The writer of this article knows Mr. Pike as "Uncle Francis," and is among the many nieces and nephews scattered across the Midwest.

As this issue was going to print, we learned that Francis died Friday, Jan. 22. His funeral was held Wednesday, Jan. 27.)

Francis Pike (center) with his family



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Candles



Emma Jo and Francis

First seminary year presents writing challenges

As I continue the story of my discernment and initial formation as a Dominican, I have come to the point of first profession. If you recall from the November issue of *Heart of the Matter*, in the summer of 1986 eight men entered the novitiate, and at the end, four remained and were approved for simple profession. On Aug. 16, 1987, the four of us knelt, one at a time, before the Provincial and declared our vows.



Rev. Steven Kuhlmann, O.P.
Sacred Heart Pastor

That evening, before a community gathered inside St. Dominic Church, and including my parents, my grandmother, my youngest brother, and some aunts and uncles, I said the following words, "I, Brother Steven Francis Kuhlmann, make profession and promise obedience to God, to Blessed Mary, and to Blessed Dominic, and to you, Brother Donald Goergen, Prior Provincial of the Province of St. Albert the Great, USA, in place of Damien Byrne, Master of the Order of Friars Preachers and his successors, according to the rule of Blessed Augustine and the constitutions of the Friars Preachers, that I will be obedient to you and your successors for three years."

With those words I became a member of the Order and a simply professed brother of the Province. Because I was then a vowed brother, I re-

"I, Brother Steven Francis Kuhlmann, make profession and promise obedience to God, to Blessed Mary, and to Blessed Dominic"

ceived my first assignment on the same day. The formal letter of assignment stated, "I, Brother Donald Joseph Goergen, Prior Provincial of the Province of St. Albert the Great, to our beloved Brother Steven F. Kuhlmann, considering the needs of the Province and your ability in the service of Christ, by virtue of this document, I assign you simply and directly to the Convent of St. Dominic in St. Louis, Missouri, with residence at the same convent, and I direct the superior of the aforesaid convent to receive you kindly and treat you charitably, as legitimately assigned. Given at Chicago, in the Convent of St. Pius V, under the seal of the Province, on the 16th day of the month of August, in the year of our Lord 1987."

After the ceremony guests left, the four of us loaded our few possessions into the novitiate van and headed to St. Louis. On arrival, we were welcomed by the Prior, our new superior, and the student master who would lead and guide us through our time in the seminary. After we chose from available rooms and unloaded the van, we began to unpack our belongings. After a busy afternoon and evening, the Prior took us on a little

outing. We were introduced to Ted Drew's Frozen Custard, which would end up being a temptation to my waistline during my years in St. Louis. One of my classmates, after we finished our first concrete, told me half jokingly, "I'll buy you another if you can eat it." I immediately named a flavor and proceeded to finish off a second delicious, caloric concrete. Fortunately, I was younger and my metabolism was running at a higher pace in those days. Needless to say, that classmate never made that offer again.

Shortly after we got ourselves settled into our rooms, the rest of the student brothers returned from their summer assignments. Before we knew it, the school year began. With my background in Statistics and Applied Mathematics (not something more useful like history or philosophy), my first year was a tough one. I not only had to quickly learn the language of philosophy and theology, I also had to learn how to write good papers quickly. It was a challenge, but with help from students who had already been there a couple years, I got by. One of the older students told me, "Remember, brother, the graduate school mantra: 'Bs get degrees.'"

Help Wanted: Church Sacristan

I'm sure there are many of you who remember Sr. JoAnn Schmidt, OSB. If you didn't, however, have the privilege of knowing her, she was a bundle of energy, wit, and grace with an untiring love and respect for the liturgical rites and symbols that are the foundation of our Catholic faith and tradition. She was also a teacher, community activist, prioress of her monastery (Our Lady of Peace) for eight years, member of the national organizational council for her Benedictine community, and devoted to pastoral care for the infirm and dying. God claimed her back to himself Oct. 15, 2007. The irony that only God



Eilyn Forbes
Director of Liturgy and Music

can design was that the beautiful fall decorations of pumpkins, corn stalks, and autumn flower wreaths welcoming mourners to her funeral Mass at Sacred Heart were all placed lovingly days earlier by Sr. JoAnn herself.

We continue to feel the loss of Sr. JoAnn today. She functioned in the background for a number of years as the Sacristan for Sacred Heart. This was her ministry and one that she tended not only with love and respect but with humility. On any given day or season, the colors would change, the flowers and plants would appear or disappear, the symbols would be arranged, the proper vestments placed in the vestry, and the numerous other details of

"Wanted: Hard working, devoted individual to assume leadership role... Only selfless individuals who want to serve the Lord need apply."

liturgical life managed. All were done for us – to foster liturgical harmony, compliment the seasonal changes of the church year, and inspire us to a deeper sense of worship through our senses, whether we knew it or not. The Sacristan's role is myriad but I am sure Sr. JoAnn would volunteer that the blessings far outweigh the tasks.

Environment did not stop with the church building for Sister. She had a particular love for the outdoors and took special pride in creating and developing places of meditation and beauty in natural surroundings. One of the new gardens on the north side of the church was dedicated in her memory, from which I believe Sr. JoAnn still watches over her beloved Sacred Heart.

If this were a help wanted ad it would probably read something like this:

Wanted: Hard working, devoted individual to assume leadership role in behind-the-scenes preparations for large public gatherings. Hours vary, but week-ends are required. Pay is non-existent but

rewards, nonetheless, are great. Only selfless individuals who want to serve the Lord need apply.

Does this sound like you? Yes, Sacred Heart is in need of a Sacristan. Since Sr. JoAnn's death, her ministry has been shared by many. The Art & Environment Committee has a new chairperson. There are people now to launder the altar linens, polish the brass, water the plants, dispose of the palms and Holy Oils, etc. We are very grateful to those who have taken on aspects of Sr. JoAnn's ministry, but there is no one at the helm (so to speak) except for this liturgist, and I believe it is too important and rewarding for me to reap all the gain.

If anything I've mentioned has tugged at your heartstrings and felt like it had your name written on it, please stop by the garden, say a little prayer, and give me a call. I would love to share what I've learned about the Sacristan's role and pass on the rich tradition of this ministry. Whatever God has planned for us is ours to pursue, for God has called us by name and we belong to God.

Lenten booklet encourages reflection and prayer

Over the years, three or four scripture passages have become my favorites. The admonition from James that words without acts are effectively useless frequently disturbs my inertia. But if I were to choose just one scripture story, it would be the parable of the prodigal child. I've used no other in ministry or for my own understanding more often than this story of unconditional love, forgiveness, and acceptance.



Deacon John Weaver

I've made acquaintances visiting or bringing Communion to patients in our Columbia hospitals, who were certain they lived in a way that forced God to abandon them long ago. We would visit awhile; I would recount the parable to them and with the assurance of an awaiting welcome home, they began to find peace where only guilt, apprehension, and fear previously dominated.

This parable of daily life is a personal challenge too. It is easy to recognize myself as the younger child or older sibling. Foolishness and envy are so easily accomplished. But the calling to be parent is even more difficult to accept. Extending forgiveness, especially when wronged, is hard. I doubt that I am unique. Perhaps many of you share my experience because this parable and all its nuances are fundamental and universal truth.

Sometime before the beginning of Lent, each

“Henri Nouwen... is one of the great spiritual writers of our time... he claimed to discover within the parable of the prodigal, ‘the whole gospel.’ His reflections can be a tremendous stimulus of thought and prayer”

Sacred Heart household will receive a booklet of daily reflections, “From Fear To Love.” It was drawn from presentations Henri Nouwen gave on this parable and the famous Rembrandt portrait, “The Return of the Prodigal Son.” Nouwen, who died in 1996, is one of the great spiritual writers of our time. At a crisis point in his own life, he claimed to discover within the parable of the prodigal, “the whole gospel.” His reflections can be a tremendous stimulus of thought and prayer, particularly as we journey through Lent. Each day a little more of the core message of the parable is revealed: we are God’s children, given our freedom by the creator, the parent who loves us unconditionally whether we

stay or go or return, whether we have been unfaithful or ever present.

Focused awareness of our past may be uncomfortable at times, but it can also be motivation to move more fully into God’s presence from wherever we are today. When the booklet arrives, give it an honest opportunity to achieve its purpose. A few minutes each day this Lent in guided reflection and prayer has the potential to bring, as St. Paul would say, unimaginable gift to us and our households. Remember the wisdom from James: failure to consider and respond in some way renders even an exceptional thought or idea useless.

Cherie and Ruth Gillum, *Catholic Angels*

Last month Fr. Steve and I received an unusual letter from the daughter of a woman who had passed away recently. In her letter she expressed her deep appreciation for the faithful visits of one of Sacred Heart’s truly “extraordinary” ministers of Holy Communion, Cherie Gillum. I was so struck by her words that we printed the following in our Sunday bulletin.



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

I wanted to take a few minutes and let you know how very much we came to love and appreciate the Eucharistic ministry of Cherie Gillum. Cherie was so faithful in coming every Sunday, and praying with Mom and giving her Communion. When Mom was more alert, she would pray with us. For about the last three months, she could no longer pray with us. At this time, Cherie would pray the spiritual Communion for Mom. These visits were so welcome and appreciated. I began to call Cherie and her mother Ruth... “our Catholic Angels.” God bless them and God bless you both for arranging these visits through the outreach program of Sacred Heart. I can assure you that it means everything to the resident and the family of the resident.

Cherie is a quiet, reserved parishioner who has been a member of Sacred Heart since 1984. At that

time she began helping with the Initiation Process and later was trained as a Communion Minister at Mass. In 2004 her mother Ruth’s friend became ill. Ruth asked Cherie if she could bring him Holy Communion. That was the beginning of her ministry to the homebound.

Since then, Cherie has gladly accepted various homebound parishioners to visit, whether in their own homes or in residential care facilities. When I asked Cherie why she continues in this ministry, she responded, “I get a lot from interacting with the people. They are always happy to see me.”

Ruth, who often accompanies Cherie, added that some are very sick, lonely, and sometimes neglected by family members. Cherie says, “What is difficult is seeing people so ill, especially when they want to communicate with you and can’t.”

Perhaps Cherie ministers with an extra dose of compassion to her care receivers because, when she was 28 years old, she herself was gravely ill with



Ruth and Cherie Gillum

cancer for a year.

Both Cherie and her mother agree this ministry enables them to appreciate their own blessings of good health and family support.

“There but for the grace of God go I,” they smiled.

Local Knights Councils hold Free Throw Contest

Columbia Council 1529 and Sacred Heart Council 14414 held the 2010 Knights of Columbus Free Throw Championship at the Columbia Catholic School gym Jan. 9.

Congratulations to the winners (upper picture) and to all participants (below):

Champion Boys:

- 11-year-olds -- Carlo Montano
- 12-year-olds -- Tyler Harrison
- 13-year-olds -- Ryan Bernskoetter
- 14-year-olds -- Mason Murray

Champion Girls:

- 12-year-olds -- Makenzie Murray
- 13-year-olds -- Andrea Lang

Many thanks to Columbia Catholic School, especially Mr. Wiggins, for allowing the use of the gym, and to the many volunteers who showed up to help, including: Sammy Goedrich, Hanna Goedrich, Aaron Goedrich, Adam Wehner, Steve Sutter, Matthew Sutter, Chris Drury, Rob Bernskoetter, Joe Fulca, and Kim Beeson.



A letter from the family of Fr. Cole

Dear Scared Heart Parishioners:

The family of Father Edwin Cole would like to express our deepest gratitude and appreciation for all of the love, kindness and thoughtful gestures that have been bestowed upon us by the parishioners of Sacred Heart, both during his illness and upon his death. The flower arrangement sent by the parishioners was glorious.

The Cole family has so many fond memories of Sacred Heart parish. We had many happy reunions, birthdays, and other occasions where the love of the parish was expressed not only to Edwin but also to his family. His beloved baby grand piano is now in Florida with Carlos.

We are all struggling with the loss of Edwin in our own private way and we will all have our own personal memories of Edwin to comfort us. He would not have wanted any of us to be sad long. Instead he would have wanted us to rejoice with music that he is not in pain and has found peace with God.

Since music was such a part of Edwin's life, we have established a scholarship fund at the University of Missouri for a music student. The contact information for the scholarship fund is Father Edwin J. Cole Scholarship Fund, Columbia Credit Union, 310 E. Walnut, Columbia, MO 65201.

The Cole Family would like to leave you with the following Irish Blessing:

May the road rise to meet you.

May the wind be always at your back.

May the sun shine warm upon your face.

And rains fall soft upon your fields.

And until we meet again.

May God hold you in the hollow of His hand.

God Bless You.

The Family of Father Edwin Cole

St. Luke

Continued from page 4

perspective on Mary. As Pope John Paul II wrote in 2000, "Luke introduces us to Mary's interior life, helping us at the same time to understand her unique role in salvation history." At times, Luke writes of thoughts known only to Mary – for example, she "treasured up all these things in her heart" (Luke 2:51).

After all his brave sea voyages and selfless preaching, we are given a picture of a strong, wise, patient, loyal, and loving Luke. Are not these the same qualities which make for a good friend?

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Knights Council holds annual Chili Cook-off

Andrews and Sutter declared champs in the kitchen



Above, Pat Andrews and Chris Drury were lucky raffle prize winners. Right, Sam Andrews retained the title of champion in the chili cook-off, while Connie Sutter proved her talent in the baking cook-off.

The Sacred Heart Knights of Columbus Council 14414 Third Annual Chili Cook-Off was held Jan. 9 following the 4:30 p.m. Mass. Despite the frigid and inclement weather, attendance was outstanding. The public sampled several different varieties of chili, including Heirloom Vegetarian, White Chicken, Wyoming Line Shack, Better Homes Style, and Texas Style, to name just a few. In addition to the chili competition, the First Annual Dessert Bake/Cook-Off was held. There were several scrumptious entries, including, *Better Than the World Dessert*, White Chocolate Macadamia Nut

Cookies, and Mississippi Mud Cake, to name a few.

The Knights also hosted a raffle of two items -- a Crock Pot, donated by Doug Clawson, and a handcrafted wooden Mizzou logo plaque, made and donated by Dave McIntosh.

Try as they might, all the competing chili entries failed in comparison to reigning, and still champion, Sam Andrews. The winner of the Dessert Bake/Cook-Off was Connie Sutter. Both are pictured below with their trophies, the Golden Ladle for chili, and the new Golden Oven Mitt for the dessert.



With the funds raised, the Knights were able to purchase some new tables for the Activity Building. Thanks to all who participated and attended. Watch for a bigger Cook Off next year.

Parish liturgical and activity schedule for Lent

Lent begins Feb. 17. Make this season special as you celebrate with your faith community.

2-17-2010 – Ash Wednesday.

Masses in English with distribution of ashes at 7:30 a.m. and 6 p.m.
Liturgy of the Word and distribution of ashes at 12 noon – bi-lingual.
Mass in Spanish with distribution of ashes at 7:30 p.m.

2-19-2010 – Private Stations of the Cross every Friday in Lent – noon to 5 p.m.
Communal Stations of the Cross 5:30 p.m. every Friday through 3-26-2010.

2-24-2010 – Wednesday evening mass at 5:30 followed by a soup supper. This will continue on the Wednesdays of Lent through 3-24-2010.
Reconciliation on Wednesdays during Lent will begin at 5 p.m.

3-12-2010 – Annual Lenten Salmon Dinner.

3-31-2010 – Annual Banquet for the Poor.

4-1-2010 – Holy Thursday, bilingual mass at 7 p.m.

4-2-2010 – Good Friday.

12 noon – Stations of the Cross

2:30 p.m. – Spanish Via Crucis, Liturgy of the Word, Veneration and Communion

7 p.m. – Good Friday Service in English

4-3-2010 – Holy Saturday

Easter Vigil 8 pm

4-4-2010 – Easter Sunday - regular Sunday mass schedule

Why Catholic? groups meet for six sessions during Lent. These begin the week of February 14 and run through the week of March 21. These replace the former Lenten Small Groups. If you have not yet signed up to participate in this experience, please contact Rick and Glenda at ClawsonRandG@wmconnect.com.

Transubstantiation is no accident

By Carl Franks

One of the things that makes writing about Catholicism so challenging is that, many times, it is very difficult to discuss only one topic because the Church's teaching is such an organic, unified whole. Try to discuss topic A, and you have to discuss topics B through L because they're so interconnected. Such is the case with the crucial, fundamental doctrine of Transubstantiation. However, since my coworker, Sandra, who's in RCIA, specifically wanted to know more about it, I'll make the attempt.

Any discussion of Transubstantiation begins with the Eucharist (Greek "*eucharistia*" meaning "thanksgiving"), which is given under two species: bread and wine. Specie is the outward form or appearance of either of the Eucharistic elements, both before consecration *and* that which remains after consecration by the priest. Two theological and philosophical terms intimately connected with the Eucharist are "substance" and "accident." Accident is easier to grasp conceptually because it is simply the outward, physical appearance of something (e.g., a rock, a fish, etc.). Substance is more difficult to grasp because it is the essential part of a thing, its essence, that which exists by itself. Thus, the substance of a fish is different from its accident, i.e., its outward appearance. And, since the substance which composes the fish is completely separate from its physical appearance, the physical appearance of something is said to be accidental to the matter which comprises its essence.

Our English word "transubstantiation," from the Latin "transubstantiatio" (Greek "metousiosis"), is composed of three semantic elements: "trans," a prefix meaning "across;" "substance," the essential part of a thing; and "tion," a suffix expressing action or the process of something. So, "transubstantiation" literally means "the process of going across substances." The general agreement is that the word was coined about 1079 by Archbishop Hildebert de Lavardin of Tours (died 1133) in describing the change from bread and wine into the Body and Blood of Christ. The word obviously caught on and, by the end of the 12th century, was widely used in both ecclesiastical and lay circles. In fact, both the Fourth Lateran Council (1215) and the Council of Lyons (1274) used the word in their documents. It is important to note that, though the term may have been coined in the 11th century, the process it describes had been long taught by the Church, and many Church Fathers wrote about it, such as St. Ignatius, St. Justin, St. Irenæus, St. Cyprian, St. Cyril of Jerusalem, and St. John Chrysostom.

During the Liturgy of the Eucharist, the priest confects (i.e., brings about) the change in substance of the Eucharistic species from bread and wine into the Body and Blood of Christ. As the priest pronounces the words of consecration, the substance (essence) of the bread "goes across" into the substance of the Body of Christ. Likewise, the substance of the wine "goes across" into the substance of the Blood of Christ. Our Lord himself, as he instituted the Eucharist, told the disciples, "While they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, 'Take, eat; this is My body.' And when He had taken a cup and given thanks, He gave it to them, saying, 'Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins'" (Matt. 26: 26-28).

The Church's doctrine of Transubstantiation is its theological statement of how this literal change is accomplished. The original physical appearances of the bread and wine, i.e., the accidents, remain, however, even though their respective substances have been changed. This is why Catholics show such a reverence for the consecrated species, because their substances are now literally that of Christ's Body and Blood and, as such, are accorded all due honor.

The *Catechism of the Catholic Church* explicitly reinforces the doctrine of Transubstantiation. In § 1376, "The Council of Trent summarized the Catholic faith by declaring: 'Because Christ our Redeemer said that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God, and this holy Council now declares again, that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the Holy Catholic Church has fittingly and properly called Transubstantiation.'" And, in § 1374, "The mode of Christ's presence under the Eucharistic species is unique. It raises the Eucharist above all the sacraments as 'the perfection of the spiritual life and the end to which all the sacraments tend.' In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained.*' 'This

presence is called 'real' – by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, it is a *substantial* presence by which Christ, God and man, makes himself wholly and entirely present."

Transubstantiation is also linked to Confession. St. Paul wrote, in 1 Corinthians 11:29, "For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly." The King James Version renders it much more bluntly: "For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body." No wonder the Catechism teaches, "in the formation of conscience the Word of God is the light for our path, we must assimilate it in faith and prayer and put it into practice. We must also examine our conscience before the Lord's Cross. We are assisted by the gifts of the Holy Spirit, aided by the witness or advice of others and guided by the authoritative teaching of the Church" (§ 1785).

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Family Focus

A deeper look at the Mass - Part 1

By Jennifer Holland

Every movement in the Mass has meaning. Every time we genuflect, sit, stand, kneel, and bow our heads, there is a reason for doing it. Every word the priest speaks and every move he makes has a reason. We go so often that we lose the meaning behind what we are doing. If we lose the meaning, we lose the richness that is the Catholic Mass. The Mass is not a prayer service, but a taking part in the life and death of Jesus. Let's spend some time getting reconnected with what we are doing and how we are doing it. Let's spend some time with our Mass.

We are going to Mass. We dealt with wrinkled clothes and missing shoes, whining children and empty gas tanks, missing coats and lost keys. We arrive late and frazzled to sit in the presence of Christ and participate in the Last Supper of Christ. We go because we were told we had to go. We go because it is one of the Ten Commandments. Despite such distractions, it is time to reclaim the magnificence of the Mass.

We are the body of Christ on Earth. When we join in Mass, the Body of Christ partakes of the Body of Christ. As we listen to the words of God, sit in the presence of Christ, and join the choirs of angels in heaven, we are asking to become more and more Christ-like. As we climb the steps to enter into the presence of Christ, we need to take a deep breath and get ready to partake in something more amazing than we can possibly understand. We climb the steps and open the door and move to dip our hands into the water of the baptismal font. Are we remembering: that in the beginning of the bible, there was God and the wind and the waters; that in the time of Noah, it was water that cleansed the earth and provided a cleansing from sin; that in the time of Moses, the people were saved by a

wall of water; that Moses struck a rock and brought forth water? Not only does the world begin with water, but so do we. Each of us floats in the wonderful water of our mother's womb. As humans, water is fundamental to our physical survival. The first miracle Christ performed involved water. Jesus approached John the Baptist to be immersed in the waters of Jordan.

In Jewish custom, it was required that the hands being lifted in prayer were clean and the custom continued into the early Christian church. Even in the first centuries of Christianity, churches were built with fountains and flowing water so that those gathering could purify their hands. Through the baptism of Jesus, water becomes life-giving once again. We were all born from the water of our mothers and are all born into Jesus' family through water and the Holy Spirit. And so, as we enter into the church – the love of Jesus' life – we pause briefly and dip our hands into the water as a way to cleanse ourselves, protect ourselves from evil, and remember our inclusion in His family.

Then we make the sign of the cross. Genesis 4:15 mentions that God put His mark on Cain to keep him safe from future harm. Ezekiel Chapter 9 has the people of Jerusalem being marked on their foreheads with a sign and they would be the ones that would be saved. Revelation 14 mentions the mass of people standing with Christ who have God's name on their foreheads. And Revelation 22 has those marked standing and looking upon His face. In the third century, Tertullian wrote, "In all our travels and movements, in all our coming in and going out, in putting on our shoes, at the bath, at the table, in lighting our candles, in lying down, in sitting down, whatever employment occupies us, we mark our foreheads with the sign of the cross." During the times of


Christian persecutions, the sign of the cross was a quick way in which believers could identify themselves and each other. The sign of the cross also, since the early Church, has been invoked to drive away demons and protect those marked from the devil. We bless ourselves, the priests and the bishops bless us, and we bless each other. The original sign was made only on the forehead and when the change to making a full-bodied sign occurred is not known. What we do know today is that the sign of the cross is a prayer, a blessing, a symbol of our Christian identity, and a show of acceptance of our role as a member of God's family. We sign ourselves with the cross as we enter the church to remind ourselves of whose home we are entering and of our role in the family of His love, the Church.

Then we proceed forward into the sanctuary where we genuflect towards the tabernacle. Psalm 95 instructs us to "kneel before the God who made us." In St Paul's letter to the Philippians, we are told that "at the name of Jesus, every knee shall bend." Imagine then what reverence we need to show to His presence. And so as we enter His house, we genuflect in a gesture of honor and

acknowledgement of the Real Presence of Jesus in the Blessed Sacrament contained in the tabernacle.

We also bow to the altar. As the priest enters he reverences the altar with a low bow. The altar symbolizes the sacrifice of Christ and the bow expresses our faith in this great mystery. We enter and acknowledge the altar upon which the bread and wine is transformed into His body and blood and made holy by His divine presence. We bow to prepare ourselves to be in His presence.

Then we enter the pew where we kneel and pray for a moment. We kneel in penitence. We kneel to prepare ourselves to be in the presence of Christ and take part in the eternal sacrifice of Calvary. If we think for one moment that any of us is worthy to enter the presence of Christ without taking a moment to collect ourselves and ask God's forgiveness and grace, we are sorely mistaken. There is but one path to heaven and it begins on our knees. It is a time to stop and reflect on our time since we last were in His presence and prepare ourselves to be seated at that table in that upper room where He will offer His body and blood for the forgiveness of our sins.




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Parish Celebrations



Laris Celeste Martinez Jimenez was baptized at Sacred Heart Church Dec. 27, 2009. She is pictured above with Fr. Steve Kuhlmann, O.P.; her godmother Vita Elpez; and her parents Fidencio Martinez Lara and Briseida Jimenez Hernandez.



Dulce María Martinez was baptized at Sacred Heart Church Dec. 27, 2009. She is pictured above with Fr. Steve Kuhlmann, O.P.; her godmother Lidia Flor Maldonado García; and her mother Dora Lila Hernandez Ramirez.



Rocco Joseph Hodapp, son of Cory Christopher and Sarah Marie McGann Hodapp, was baptized at Sacred Heart at the 4:30 p.m. Mass Saturday, Jan. 16, 2010. Pictured are godparents Katy Travis and Joseph McGann; Fr. Steve Kuhlmann, O.P.; Sarah holding Rocco; and Cory.



Xavier Murtha Hermann, son of Thomas Michael and Yvonne Marion Murtha Hermann, was baptized at Sacred Heart at the 4:30 Mass Saturday, Jan. 2, 2010. Pictured are Yvonne holding Xavier; Thomas; sister Madeline; Fr. Steve Kuhlmann, O.P. holding sister Amelia; and godparents Brendan and Jenny Murtha.

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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