The ladies (and gentlemen) who put in so much time and effort each year have again pulled off a very successful event. Income from this endeavor amounted to $16,056.26. Any such undertaking involves many people, and many thanks are due. Here are a few.

The Bazaar Committee wishes to acknowledge the generous donation of $500 from the Knights of Columbus Columbia Council #1529. This was used for a cash prize for the 2018 Christmas Bazaar. Thank you very much!

The Bazaar Committee wishes to acknowledge the generous annual donation of $250 from the Knights of Columbus #14414. This was also used as a cash prize for the 2018 Christmas Bazaar. Thank you very much!

Special thanks to Sacred Heart's Youth Ministry Leader, Renee Molner, and to one of her confirmation group, Emily O'Connor, who chose to complete some service hours by helping with the Sacred Heart Bazaar. They stuffed flyers, raffle tickets, and Advent schedules in envelopes in preparation for pick-up and mailing. Their participation was greatly APPRECIATED!

2108 Bazaar raffle winners
Ellen Kesler – Handmade quilt
Keith Miller - $500 cash prize
Jean Feltz - $250 cash prize
Paul (from Wal-Mart) - $150 cash prize

There were also drawings for three door prizes. These were won by Deborah Bietsch, Fr. Francis Doyle, and Edith Naugle.

Silent auction makes fundraising fun
The Silent Auction, a crucial part of the 2018 Christmas Bazaar, was a big hit again. In all, the Silent Auction raised over $5,000! Bidders competed for attractive and useful gifts such as a wooden cedar bench and wooden walnut sofa table hand made by Tim Powers, a four-burner gas grill, a Missouri maple syrup basket, a dulcimer, two Broadway Brewery pack-

Continued on page 4
Birthdays

Feb. 1 - Armida Garcia, Lark LaBrumerie, Jean De Dieu Masumbo, Christian Ortiz, Laura Richardson
Feb. 2 - Addison Inlow, Leonardo Ocaña-Robles, Brea Teson
Feb. 4 - Linda Carlos, Idania Sandoval Barraza
Feb. 6 - Lori Bietsch, Keith Miller, Matthew Szkolka, Mike Westbrook
Feb. 7 - Maribel Arzate, Jennifer Heath, Joe Heath, Emma Nuelle, Branca Prentiss, Roberto Rivas, Nathan Trumbo
Feb. 8 - Jose Elvira Cortes, Kristy Higgins, Jean Souchek
Feb. 9 - Christina Fitzgerald, Gibson Holbrook, Stephen Singh
Feb. 10 - Matthew Bietsch, Tiffany Cochran, Cheryl Diaz, Letina Ghidey, Chuck Johnson, Fernando Onate, Julia Widhal
Feb. 11 - Trina Arce, Kevin Bowman, Lindsay Reedy, Vanessa Vellez-Rivera
Feb. 12 - Joshua Boss, Patricia Corona-de la Torre, Jim Folkerts, Annet Garcia, Terry Jehling
Feb. 13 - Matthew Cline, Eleazar Flores, Steve Mehren
Feb. 14 - Kelly Fuentes, Jim Singleton
Feb. 15 - Cassie Meyers
Feb. 16 - Zachary Bequette, Anderson Evans, Edith Pilger
Feb. 18 - Heloise Frymire, George Kalatziondanakes
Feb. 19 - Robert Bryant, Christian Candia, Gene Raiti, Dave Todd
Feb. 20 - Alma Rogers
Feb. 21 - Amber Cobb, Mario Morales, Louise Ochoa
Feb. 22 - Frances Alvarez, Sarah Doles, Michael Farrall, Francisco Guillen, Caroline Harr, Katherine Lansford, James Pitzer, Katrina Williams
Feb. 23 - Lauren Kosiara, Melissa Quinones, Emmiliano Rodriguez, Nicholas Schepers
Feb. 24 - Lloyd Nichols, Ron Raiti
Feb. 25 - Henry Bietsch
Feb. 26 - Iris Kelley
Feb. 27 - Aniyah Beck, Tomas De la Paz, Christine Elsea, Natividad Feliciano, Kerry McCartney, Paul Sandvol, Charlotte Wullf
Feb. 28 - Alloch Burton, Kevin Candia, Jose Rodriguez, Jarrod Talbert, Jessica Young
Feb. 29 - Kristina Cravens

Eternal Rest

Norma Jean Bell Orscheln, 1929-2018

Norma Jean Bell Orscheln, 89, passed away December 7, 2018, at home in Horn Lake, MS.

She was born May 21, 1929 in Carrollton, MO to Elbert and Bessie Bell. On Feb. 2, 1948, she married the love of her life, Gene, who preceded her in death earlier this year. She leaves one son, Gary (Sheryll) Orscheln of Columbia, MO; two daughters, Angelina (Terry) Calvert of Horn Lake, MS and Linda (JC) Willingham of Willard, MO; 5 grandsons, Christian (Christina) Willingham, Sean (Rhonda) Calvert, Eric (Belle) Orscheln, Brent (Stacy) Calvert, Brian (Alfonso) Willingham; three granddaughters, Shannon (Curt) Mayo, Callie (Jerry) Presley and Emily (Dustin) Rowland; three grandchildren, Karl Orscheln; 20 great-grandchildren; and 2 great-great-grandchildren.

Norma loved butterflies, hummingbirds, sunrises and sunsets. She enjoyed nature, working in the yard and with her rose bushes. As a wonderful wife and mother, she took great pleasure in providing a loving home for her family. Once, when asked why she went to such great lengths to set a table, make wonderful meals that so many would reserve for company and even taking the time to wrap each Christmas present uniquely, her reply was, “Why would I treat company better than my own family.” We could all take a note from that book. She would often fry chicken and prepare a wonderful picnic for drives to see the spring flowers or fall leaves. Backyard BBQ’s with hand cranked ice cream (the cooked kind, nothing was too good for the family). Badminton and croquet were such a pleasure to her. Norma was very active in the Alter Society, PTA and everything her children were involved in.

Norma loved music and dancing. Joyously she has reached the ultimate healing and will once again be dancing the night away with her beloved Gene in heaven.

A memorial visitation celebrating Norma’s life was held on Saturday, December 29, 2018 from 10:00 a.m. until 12:00 noon at Pathway Memorial Funeral Home. Final commendation took place at 12:00 noon followed by internment at St. Mary’s cemetery. In lieu of flowers, Norma asked for memorial contributions to be made to LED Lighting, Christ the King Catholic Church, 785 Church Rd. West, Southaven, MS 38671 or to St. Jude Children’s Research Hospital c/o Memorials Processing, 501 St. Jude Place, Memphis, TN 38105-9959 (stjude.org).
**Knights of Columbus Council 14414**

The Sacred Heart Knights of Columbus Council #14414 held our social meeting in December by helping the Bazaar ladies set up for the annual Sacred Heart Parish Bazaar, followed by pizza and soft drinks; we held our January gathering at LaSiesta Restaurant Jan. 3rd. Our business meetings were held Dec. 19 and Jan. 16 in the Education Building. We provided a pancake and sausage breakfast at Sacred Heart Dec. 16 at which we collected free will offerings to support the school in Umuelem Village in the Congo. The Handyman Ministry did a small plumbing project for a parishioner.

**Coming Up**
- Feb. 6 Social dinner, 6:30 p.m., 44 Stone Restaurant
- Feb. 9/10 Wheelchair Campaign collections after each weekend Mass
- Feb. 16 Pork steak barbecue following the 4:30 p.m. Mass
- Feb. 20 Pre-meeting dinner, 6 p.m.; Business meeting, 7 p.m.; Education Building
- Feb. 24 Provide supper for CoMo Life Teen Group

For information or to join Council 14414, contact Dave Rapoff (573/864-1068; davidr@cmcmfg.com) or Steve Sutter (573/489-6001; steves42868@gmail.com).

**Wheelchair Sunday**

Please join the Knights of Columbus for a brief presentation on how you can answer prayers and help someone in need receive a free wheelchair. Your donations will help sponsor and deliver a brand-new wheelchair, that would retail for over $500, free of charge to a deserving person. Your tax-deductible donation will help the Knights change lives in an immediate, and tangible way.

Donations accepted Feb. 9 and 10 following all Masses.

**Picnic in February**

The Knights of Columbus are hosting a pork steak dinner after the 4:30 p.m. Mass on Saturday, Feb. 16 at the Sacred Heart Activity Building. Cost is $10 for adults, $5 for children, with proceeds going to renovation work inside the church to repair plaster and paint that have been damaged. The menu will include barbecue pork steaks, hamburgers and hot dogs, and all the fixings. Carry-out meals will be available!

**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 rclawson1950@gmail.com

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

**Join us!**

Catholic gentlemen 18 years and older are invited to join the Knights of Columbus, Sacred Heart Council 14414. The Knights stand for the four principles of our Order: Charity, Unity, Fraternity, and Patriotism. If you want to be of service to your church and community, please consider the Knights.

For more information, contact:
- Steve Sutter - (573) 474-6227 or steves42868@gmail.com
- Dave Rapoff - (573) 864-1068 or davidr@cmcmfg.com
Parish School of Religion News

Meet the third and fourth grade

Top row: George Bizemana, Breckin Scroggins, Liz-zeth Lopez, Amelia Herman, Mariana Flores
Middle row: Stephanie Corona de laTorre, Khalan Lee, Alexander Lopez, Ashly Arias, Mario Caudillo, Aiden Ber-trand
Bottom row: Isabel Kosiara, Reece Borst, Christopher Mosso–Lopez, Kimberly Caudillo, William Grus, and teachers Jackie de la Cruz and Christine Sandvol

By Christine Sandvol

The third and fourth grade PSR class is in full swing! We’ve studied the Ten Commandments, the Seven Sacraments, and the three Persons of God. We’ve read, discussed, acted out, and echo-storied the Gospels. We are a lively group, usually filling every seat in the room, and are growing closer to each other as we approach God together.

Life Teen News

By Tyler Peterson, Life Teen intern

Happy 2019! I hope your Christmas holiday was a good one!
Life Teen is starting to get into the swing of things. Our first Life Night of the semester was Sunday, January 27, and it went really well! Our theme this semester is “Alive and Dangerous.” The series is about the fact that as Christians, we are fully alive when Christ is in us, and when we are fully alive, we are dangerous to the status quo of society. Society is dead without Christ, and it is terrified of the light of Christ shining through us.

The annual Life Teen trivia night is Saturday, Feb. 2, and we are really excited for it! We have had a lot of donor support from local businesses so the prizes are pretty great. We appreciate all of the support from businesses and attendees.

We are also planning our Luke 18 retreat. It is April 5-7, so save the date! This year, we are allowing our 9th graders to be retreatants along with our 8th graders. Our 10th-12th graders are going to be our team members. If you’d like to sign up to help, please contact Patricia Lombardo at edge@ourladyoflourdes.org or myself at youthminis-try@comonewman.org. Our theme this year is “Rise Up.”

Confirmation is off to a slower start than planned this semester because our first meeting was cancelled due to snow; the Q&A is rescheduled for March 17 (formerly Diocesan Vocations Day) from 2:30-3:30 p.m. Our Confirmation date has been officially confirmed as May 11th - get excited! If you have any service opportunities you need help with, feel free to contact Renee at renee.molner@comonewman.org, and she will send the opportunity on to the Confirmation students.

We’re so excited for what 2019 is going to bring CoMo Life Teen, and we hope you are, too! Please be assured of our prayers for all parishioners and our teens.

Auction

Continued from page 1

ages, a handmade rug from Guatemala and a set of six Galway Crystal wine glasses. One of the most popular items was a Kate Spade designer bag. A special opportunity was offered to join Father Francis for a five-course dinner, featuring Chef Michael Keene, with wine and/or cocktail pairings.

Special thanks to Carolyn Steinmetz, Will Fish and Dru and Kate Buntin for their volunteer time! Thank you to the following who donated Silent Auction items: Pat and Sam Andrews, Bazaar Ladies, Mike & Debbie Bietsch, John & Lois Bryan, Bob & Judy Bryant, Allan & Mary Ann Bohr, Bob & Tiffany Borst, Broadway Brewery, Dru & Kate Buntin, Doug & Anna Mae Clawson, Rick & Glenda Clawson, Columbia County Club, Paul & Marie Dickerson, Carl & Sarah Eber, Charlie Flores, Ron & Mary Freiburghaus, Johnathan & Nicole Galloway, Gene & Pat Gerke, Tami Herman, Alice Hopkins, Tim & Jan Jeffries, Kansas City Royals, Paul & Meta Kanago, Mike & Teri Keene, Ron & Laura Kelley, Glenda Kelly, Barbara Kingsley, Jan Kittle, Helen Maxwell, Ron & Colleen Meyer, Sonia Potts, Tim & Mari-grace Powers, Jim Pursifull, Frank Reed, Dave & JoAnne Rotert, Michael Schuster, Dave & Carolyn Steinmetz, Stephens College & Rob Doyen, John & Susan Stol-wy, Vanessa Veloz, JoAnn Vesse-sell, Lili Vianello & Jim Shrum, Chris Vitt, and Anonymous Pa-rishioners.

Lent begins Wednesday, March 6, 2019
Ash Wednesday schedule

7:00 a.m. Mass with distribution of ashes
12:10 p.m. prayer service with distribution of ashes
1:00 to 5:15 p.m. Adoration and Benediction
4:30 to 5:15 p.m. Reconciliation
5:30 p.m. bilingual Mass with distribution of ashes

Columbia Associates
project locations
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kathy miller principal of interiors
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Continued from page 1
Fr. Tolton receives million-dollar gift
Bishop Shawn McKnight, bishop of the Diocese of Jefferson City, announced today that an anonymous donor has given $1 million to Fr. Tolton Catholic High School to assist in its debt relief. The donor’s intention is that the gift will inspire other friends of the school to support the school’s long-term financial stability with similar generosity.

The school, which opened its doors in 2011, cost $14 million to build, and required bond financing for completion.

“Our diocese is blessed to have benefactors who acknowledge the far-reaching impact of faith-based education and are willing to invest in such a significant way to further solidify the future of our youngest diocesan high school,” Bishop McKnight said. “The benefits of Catholic education - with its universal focus on self-discipline, rigorous academics, and service for the greater good - are significant not only to the Church, but to our society as a whole.”

Deacon Dan Joyce, president of Fr. Tolton Catholic High School, said, “We are extremely grateful and pleased to have benefactors who realize the importance of lowering our debt obligation. This gift not only improves the long-term financial sustainability of the school, but positively impacts current operations by permitting funds allocated for debt service to go directly into educational programs and services for current and future generations of students.”

Fr. Tolton Catholic is in its eighth year of operation, serving students in grades 9-12 with an enrollment of 273 students as of August 2018. The school develops students in spirit, heart, mind, and body, providing a rigorous academic program and expansive extracurricular offering in a Christ-centered environment.

John and Dolly Kadlec Scholarship Endowment
A few months ago, the Tolton advancement staff enlisted the help of former Mizzou Tiger, Gary Link, now a faculty member at Tolton Catholic, to make some calls on the school’s behalf to contacts outside the Columbia area that might be interested in supporting Catholic schools. Link encouraged his friends to support our Blaze of Glory gala and invited them to attend the November event. One couple had a more specific intention for choosing to get engaged with Tolton – and their engagement will have long-term positive impacts on the school’s student community.

Gerard and Jane Grewe’s hopes were simple – they wanted to honor John and Dolly Kadlec with a scholarship endowment in the Kadlec’s name. Cousins (Jane’s mother was John’s aunt), the Grewe and Kadlec families lived blocks from one another in South St. Louis. John and Dolly were most gracious hosts to the Grewe’s young family over the years and Gerard and Jane have many fond memories of the Kadlec’s kind and welcoming ways. The Grewe’s knew how much Catholic education meant to John and Dolly, and were aware of the role John, especially, had played in early fundraising efforts to establish Fr. Tolton Catholic High School. For these reasons, they chose to honor John and “the Doll.”

The John and Dolly Kadlec Scholarship Endowment is sufficient to fund four annual scholarship awards to Tolton Catholic in perpetuity. Two annual awards will be need-based and available to any student with demonstrated financial need (including returning students and rising 8th graders who will be Freshmen at Tolton). The other two awards will be merit-based, and will be awarded to returning Tolton students only, based on grade point average, disciplinary record, and service hours.

New Faces at Tolton Catholic
We wish to welcome the following members to the team at Tolton Catholic, one of which just joined our faculty, and two who have been with us for a few months now. Please make them feel welcome!

Ms. Elizabeth Best - Elizabeth Best received her BS in Education with an emphasis in Secondary Education in Social Studies from the University of Missouri, where she was named the 2017 Pre-Service Teacher of the Year. She will be teaching AP U.S. History, World History, and British Literature. She has taught abroad in India, Italy, and Nicaragua. Elizabeth is looking forward to working with academically motivated students here at Tolton. She enjoys learning, traveling, and spending time with family/friends.

Mr. Gary Link - Gary Link took over both the Intr. to Business and Personal Finance classes last semester and serves as an assistant on the Boys Basketball team. He earned a Bachelor’s Degree in Business in 1974 from the University of Missouri, where he played basketball for the Tigers. Gary helped run a family business for 26 years, and also worked with Mizzou Athletics for 17 years. He has two children, Michael and Lindsay.

Mrs. Kristie Wilson - Kristie Wilson is completing the school year in Sophomore Theology. She received her B.S.Ed from Central Methodist University in Middle School Education and her Master’s of Education in K-12 Counseling from Stephens College. She is also currently working on a Master’s Degree in School Administration (she really loves school). Kristie is in her 19th year of teaching, with the last ten as the Director of PRIDE Academy, Hallsville Public School’s alternative high school program. Her first teaching job was at St. Mary’s in Glasgow and she is thrilled to be returning to Catholic Education. She enjoys reading, laughing, hanging out with her nieces and nephews, and watching her children play sports. She, her husband, Steve, and their children, Paul and Ruthie, live in Hallsville. Their eldest child, Stephen graduated in 2018 from TCHS and now attends Westminster College in Fulton.

Winter Blood Drive
Thank you to the 140+ people who showed up to donate blood last month! The Red Cross was able to collect 102 units of blood, meaning we helped save 306 lives! Extra congratulations to the Houses of Xavier, Max, Sebastian, and Blaise for hitting their goal of 25 donors each!

7th Annual Bowling Tournament — February 23
Register for the 7th annual Bowling Tournament on Saturday, February 23! Check in at 4:30 p.m. and bowling starts at 5:00 p.m. Please join us for a night of fun, food, and friendly competition! Teams can register for $250/team, non-bowlers are welcome for $25. All money raised will benefit Fr. Tolton Catholic Athletics and Activities! Register by Feb. 15. For more information, contact Suzette Bacon at baconbest@centurytel.net.

10th Annual Tolton Golf Classic
Save the date for Monday, May 6 to play in the 10th Annual Tolton Catholic Golf Classic! This year’s tournament will be played at Country Club of Missouri. All proceeds from the event benefit Tolton Catholic’s tuition assistance fund. Registration will be available soon. For more information, contact Laura Sasser at lsasser@toltoncatholic.org.

Blazer Band Uniforms
Thanks to generous grants from the Orscheln Industries Foundation Inc. and The Rotary Club of Columbia Northwest Foundation, as well as funds from the annual raffle, we were able to purchase a full inventory of band uniforms in a wide variety of sizes for the Blazer Band! We can't wait to see them in action!
Many ways to support our foundation

By Julia Grus

As the start of 2019 begins, the motivation to clean, declutter, purge and organize in the New Year takes over. Reviewing important documents such as your life insurance policies, 401K statements, Last Will and Testament, and Trusts should be on your “to do” list for the beginning of 2019.

The start of a New Year is a wonderful time to update your important documents and consider giving to the Sacred Heart Catholic Community Foundation, hereinafter referred to as “Foundation”. The Sacred Heart Catholic Community Foundation was established in 1998 as a means for individuals and organizations to provide long-term financial stability for the charitable, religious, and educational purposes of Sacred Heart Parish. The Foundation operates endowments in the six areas of focus: Education, Liturgy, Social Concerns, Poor, Displaced and Refugee Families, and General Fund.

The Foundation has grown through generous donations. The Foundation will accept donations at any time. You might consider requesting donations to the Foundation at a milestone event such as birthday, anniversary or retirement instead of gifts.

For Estate Planning purposes, a variety of methods exist for a person to transfer assets upon their death other than through a Last Will and Testament. Several of these methods allow the asset to be distributed without a probate estate being opened.

1) Transfer upon Death (TOD) – Assets that you own can be titled in such a way that they will transfer to the named party upon your death. One way to make a donation is by titling your vehicle to transfer upon your death to the Sacred Heart Catholic Foundation. Transferring real estate upon your death can also be achieved through a Beneficiary Deed. The Beneficiary Deed would name the Foundation as the beneficiary of the real estate interest upon your death. (This process requires legal services and recording the Beneficiary deed with the county in which the property is located).

2) Beneficiary designations – Assets can be transferred by naming the Foundation as the beneficiary of the asset upon your death. Review your life insurance policies, annuities, stocks, IRAs, 401ks, stocks, etc., and update your beneficiaries to include The Sacred Heart Catholic Community Foundation. This type of asset often allows you to name multiple beneficiaries and distribute the asset by percentages.

3) Living Trusts – Another estate planning tool includes the creation of a living trust. These trusts may be revocable or irrevocable. Regardless of what type of trust that is created, the Foundation can be named as a beneficiary to receive trust assets upon certain events.

4) Last Will and Testament – A bequest to the Foundation may be included in a person’s Last Will and Testament. This type of estate planning is effective but oftentimes requires that an estate be opened in Probate Court.

As you declutter, organize and plan for 2019 please consider contributing to the Foundation in any and all methods outlined in this article. Although some of these methods require an attorney’s services, several do not and can be easily implemented. The official name for the Foundation that should be included in any document is “Sacred Heart Catholic Community Foundation”.

Please feel free to contact Paul Kanago, President, Sacred Heart Foundation, 573-446-7526 or email pkanago@CenturyTel.net or talk to any to the board members, Ron Freiburghaus, Michael Schuster, Ron Meyer, Fr. Francis Doyle, Rick Clawson, Jon Bequette, Gene Gerke and Julia Grus. Also please check out the link to Foundation information at the Sacred Heart Catholic Church website - https://www.sacredheart-church.org/foundation/

Thank you for your consideration and Happy New Year!
Humans spend nearly 1/3 of their lives asleep, and it is just as important to overall health as diet and exercise. So why is it when we have jam-packed schedules that sleep is the first thing to get cut down? The amount of sleep needed each night varies with age but here are recommended guidelines according to The National Sleep Foundation:

- Infants: 12 to 15 hours
- Toddlers: 11 to 14 hours
- School Age: 9 to 11 hours
- Teenagers: 8 to 10 hours
- Adults: 7 to 9 hours

Why is sleep so important? Sleep plays a role in protecting your mental health, physical health, quality of life, and safety.

While you are asleep, your brain is processing information from your day and preparing for the next day. New pathways are formed in the brain to help you learn and remember information. Sleep helps improve learning and problem-solving skills, and helps you pay attention and increase creativity. Sleep deficiency is linked to difficulty with controlling your emotions, increased depression, and difficulty coping with changes. Children and teens who are sleep deprived may have difficulty getting along with peers and may not be as successful in the classroom.

Sleep is involved in healing and repairing heart vessels, so it is critical for heart health. Ongoing sleep issues can lead to heart disease, kidney disease, high blood pressure, and stroke. Sleep helps with maintaining healthy levels of hormones, specifically the hormones that control when you feel hungry or full. This imbalance of hormones from sleep deprivation contributes to the increased risk of obesity. Another hormone is released during sleep that promotes normal growth in children and teens. It builds muscle mass and helps repair cells, so it leads to normal growth and development. The immune system relies on sleep to help fight against foreign substances in the body, so when your body is tired it will be more difficult to fight off minor illnesses such as the common cold.

After several nights of losing sleep, even just 1-2 hours per night, can affect your ability to function. This lack of sleep leads to microsleep, which are brief moments of sleep that occur when you're normally awake. An example of microsleep would be when you've driven somewhere and not even remembered part of the drive, or when you're sitting in class and felt like you missed some of the information. There is no way to control microsleep, and you may not even be aware that it's happening which emphasizes the importance of getting a quality night's sleep.

Here are a few tips on how to get a better night's sleep:

- Exercise about five or six hours before it's time to go to bed
- A hot shower or bath before bedtime may be helpful
- Go to bed and wake up around the same time every day to establish a normal sleep pattern
- Cut off screen time about an hour before bed. Texting or watching TV stimulates our brains when it should be time to wind down, and the extra light does not allow melatonin (a hormone that helps us fall asleep) to be released.

Next time you are thinking about cutting out a few hours of sleep to get those daytime tasks done, remember how important sleep is for the body and do your best to make sleep a priority!

Heart of the Matter • January/February 2019 • Page 7

Secular Franciscans – join us

By Nancy Singh, OFS

Whom do you serve, God or the world?

That was the question St. Francis of Assisi had to ask himself. And, that is the question that each of us must ponder repetitively in our own lives, if we truly want to live as Jesus’ followers. Will we follow what the crowd and those in power tell us are important values? Will we spend our money on buying the latest car, cell phone model, or other luxury brand, just to keep up with everyone else? ....Or, will we look to Jesus and the Beatitudes to give our life direction and focus? As a Secular Franciscan (Third Order Franciscan), I often find myself pondering those same questions.

So, what is a Secular Franciscan? The short answer is that we’re ordinary people (married, single, clergy) who are striving to live holy lives in whatever circumstances God places us. We follow a Rule of life that was approved by the Vatican since we are an international Religious Order. As members of the OFS, (Order of Secular Franciscans), we strive to build God’s Kingdom here on earth through prayer, apostolates (works of charity), and coming together on a monthly basis for fellowship and continual formation. On the “outside” we look like everyone else—we have spouses and children, live in our own house, and go to work every day.

Unlike joining most other “groups” becoming a member of a third order is considered a vocation or “calling” because it is a lifetime commitment. But, don’t let that scare you. It’s a gradual process of discernment and prayer to see if this Secular Franciscan lifestyle is truly one that’s right for you.

On the fourth Saturday of the month our members gather in Jefferson City to attend morning Mass; to enjoy a shared brunch with plenty of food and hospitality; and then, to spend some time as a fraternity praying Morning Prayer (the universal prayer of the Church) and learning how to live a more Christ-like life, in the footsteps of St. Francis.

So, if following St. Francis sounds exciting to you, email me at singh_nancy@yahoo.com to find out more info about the Secular Franciscans. It might be the best resolution you make in 2019!

Palms into ashes

By Chris Vitt

Ash Wednesday, which is the official start of the Lenten Season, will fall on the first Wednesday of March - March 6, 2019. All are invited to bring blessed palms back to church so that they may be burned to be made into the ashes used on Ash Wednesday. Baskets for the collection of the these palms will be in the church from Feb. 16 through March 5.

Why is the day called Ash Wednesday? Ash Wednesday is a Christian holy day of prayer, fasting and repentance. Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants to either the words “Repent, and believe in the Gospel” or the dictum “Remember that you are dust, and to dust you shall return.”

Who may receive Ashes? Anyone may receive ashes. This refers to all people—the non-believers, the un-baptized, the young, the old, and even those who have been excommunicated.

Why do Catholics revere this practice? Perhaps the answer is two-fold. First and foremost, receiving the ashes on our foreheads is a sobering act, meant to remind us of our mortality and our need for repentance as we ponder our death. Secondly, wearing the ashes on our foreheads is a physical marking that serves to identify us as Catholics.

Where do the Ashes come from? From burning last year’s palms that were blessed on Palm Sunday.

What shall I do with my old Palms? According the Code of Canon Law, blessed items (sacramentals) are not to be thrown away, but instead are to be burned or buried. This type of disposal honors their sacred presence and allows them to be returned to the earth in a dignified way.

Ounce of Prevention

Catching some ZZZZs

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New Year greetings from Sr. Francine

What a pleasant surprise when after our Eucharistic community celebration on Gaudate Sunday, three Sacred Heart parishioners and Day-by-Day retreatants were shouting my name as I waited for the elevator! I am always so uplifted when I hear from or feel the powerful prayers of Sacred Heart folks. Thanks to many of you for your cards and good wishes!

After a mid-January visit to the surgeon, hopefully I will be allowed to begin bearing weight, negotiate steps, and test my driving skills. Most likely there will be more weeks, probably months of physical therapy, hopefully in Columbia.

The following is a prayer/reflection I share with you. We are united in prayer and love as faithful disciples of Jesus.

Gratefully in Notre Dame,
Sister Francine

Walking by Faith
Without a compass, without a map
No meetings, no schedule, no responsibilities – except to enable healing
Hidden bones silently re-knitting into wholeness
Like the winter scene outside my window
Bare trees supported by sturdy roots
The dawning light breaks through the gloom
God’s Spirit knits my being once again.
Oh 2019, what do you hold for me? For us?
Fresh as new fallen snow, sure as a promise, unfolding the mystery of now
Love evolving into wholeness.
Faith boldens my tentative ploddings…until the miracle of walking!
Then the birds in the treetops beckon me: why not fly on wings of faith?

For the poor

By Barbara Head, Social Concerns chairperson

Have you ever wondered what becomes of the money that you place in the envelope marked for the poor? It’s the green envelope stuck in with the weekly donation envelopes we receive in the mail or find in the church pews. Actually the funds received help many people in our local area in a great variety of ways.

Sacred Heart does not have the staff to personally be able to help those most in need, nor is it necessary that we do. There are already local organizations who do just that. The three main organizations that benefit from your generosity are Voluntary Action Center, Love Inc. and St. Vincent de Paul.

To give you an idea of how you have helped, let me cite a few instances of some who have benefited. A couple who was homeless, living in the woods, was helped into an apartment. A recently released prisoner is now working because he was helped with attaining an ID and a work uniform. Diapers were purchased for a struggling mother, food was provided for a family in crisis. A co-pay was made for a child’s critical medicine, and household items were purchased for new refugees. These are just a few of the ways your money has made a difference.

I want to thank you for your generous support and ask you to please continue to give so that we can continue to help those in our midst who have very real needs.
Continuing the spiritual journey

Safe travels

By E. Jane Rutter

The rain that fell all day has turned to snow and the temperature is dropping. By morning the roads will be treacherous; black ice a certainty. I sleep fitfully, my mind flitting to weather conditions and my ears tuned to the early morning alarm that will ring all too soon. The flight home is beckoning.

What rational person commutes out-of-state for work? The one who promises God to "go wherever you want me to serve." Left to my own scheduling, chances are I would not venture too far off my established path, my comfort zone, my community. After all, I can pray at home and church, be kind to others, and call it a day.

No. I prayed for God to lead me. Now I more fully understand Saint Paul’s message to Timothy to “stir into flame the gift of God that you have.” (2 Tim 1:6) God is challenging my self-indulgent tendency to sit home and read a book, watch TV or hang out with family and friends. All fun for me, but admittedly, not very strong on furthering His purpose for my life. Stir the gift into flame. Go out and make disciples.

I’ve learned that following God’s lead requires me to give up control, serve others, and, most importantly, to connect with those around me. Having no patience, I handle a five-hour delay at O’Hare airport waiting patiently.

I’ve learned that serving God calls me to be open to having relationships that are reciprocal. Not playing a role of serving those whom I think are beneath me. Not ministering as if I know better or have more to offer or need nothing in return. Being a servant must radically transform the way I view another; the way I relate to and respond to those around me. I have a gift to offer you and you have a gift to offer me. We both share in receiving the other’s smile, knowledge, kinship, sacrifice. Our servanthood is a natural response to seeing God in the faces of our brother and sister. We all need love and acceptance.

Serving one another, whatever power there is in the relationship - whether real or perceived - flows both ways. We experience the omnipotent power of the Holy Spirit, not man’s ego-inducing power. It is humbling.

Yes, God. I will go where you lead despite being lazy or tired or fearful or impatient. Help me to listen to the stories of those with whom I share a little bit of time. To worship with strangers. To see a need and respond. To give back. To evangelize. To open hearts.

Take me out of my comfort zone and onto icy roads. My need for control, serve others, and, most importantly, to connect with those around me. Having no patience, I handle a five-hour delay at O’Hare airport waiting patiently.

I’ve learned that following God’s lead requires me to give up control, serve others, and, most importantly, to connect with those around me. Having no patience, I handle a five-hour delay at O’Hare airport waiting patiently.

And so I pray: Dear Lord, keep us safe in your care today whether our travels take us five miles or five hundred from home. Give us the courage to be Your light and love.
By Lucas Volkman, chair

The January Liturgy Commission meeting took place on Thursday, January 24th at 6:30pm. After things were called to order by chair Lucas Volkman, Fr. Francis opened with prayer. The minutes from the last meeting were approved as submitted and there was no parish council report, as they did not meet in January.

Under Old Business, Advent and Christmas went well. One thing of note, however, is that the Advent Wreath needs to be repaired, which will be completed in the future. Moreover, the company who supplied the poinsettias messed up the order, sending too many plants — though the plants still looked beautiful and did not cost any more money. In terms of Christmas, the Masses went well, but the 4:30pm Christmas Eve Mass was too crowded. Multiple solutions were suggested, such as adding an additional Mass or changing things with the children’s performance. This issue will be examined again in the future.

The group then turned to the tabernacle placement. Chris Vitt brought up an example of how a local parish in the diocese recently added a reservation chapel along with their tabernacle in the center of the sanctuary as an alternate consideration. But, the hope is to place a larger crucifix in the chapel. That crucifix currently sits in Fr. Francis’ office. One of the things the group desires is to get a bank of electronic votive candles placed in the side chapel. There are less expensive options available, such as placing a small table in the chapel instead of spending a lot of money on one of the more elaborate sets in the liturgical catalog.

New Business was next on the agenda, and the committee received the liturgy and art and environment reports. Next, the members heard from parishioner Donna Haley on her concerns with the Matthew Kelly book, The Biggest Lie in the History of Christianity, that was passed out during the Christmas Masses. While she did not object to the content of the book, Donna did not like the provocative title being showcased before Mass and thought that the book was being forced on people entering the church. After discussing the process by which the Faith Formation Commission went through to distribute the book, the Liturgy Commission brought up some suggestions for the future.

Commission members then moved towards looking at Ash Wednesday and Lent. In terms of Ash Wednesday, the main discussion was what Mass times to have. After a long discussion on past schedules, the commission decided to propose a mass at 7am, a service led by Deacon Bill at 12:10pm and another Mass at the normal 5:30pm time. With Lent, Chris plans to have a bigger display to ask parishioners to bring their old palms back to church so they can be burned for Ash Wednesday ashes.

After setting a meeting for February, Deacon Bill closed the meeting with a prayer from St. Francis de Sales, the Saint of the day.

Parish Celebrations

Maebry Elizabeth Cobb, daughter of Joseph Richard Cobb and Amber Elizabeth (Shipman) Cobb, was born in Columbia on Nov. 4, 2018. She was baptized at Sacred Heart Catholic Church at the 11 a.m. Mass on Sunday, Jan. 20, 2019. Her godmother is Jami Lynn Allen. Pictured are mother, Amber, Fr. Francis Doyle holding Maebry, and dad, Joseph.

Opportunities, needs and events at Love INC

(Love INC is one of the local organizations that Sacred Heart supports through our envelopes for the poor)

Credit Scores: Fundamental for Financial Success

“Understanding credit scores is critical,” said Kelli Van Doren, Love INC’s Extra-Mile Coordinator, “because it helps people understand where they are and make a plan for moving ahead.”

“For many of our clients, it is the first time that they have seen their score. They usually know it is ‘bad,’ but they are encouraged as it often isn’t as bad as they feared and there are things they can do to help it,” said Van Doren.

“As people understand their credit situation, they can make changes to help themselves reach their financial goals.”

“41% of Americans could not handle an unexpected $400 expense either at all or without selling something or borrowing money.” from a 2018 Federal Reserve report.

Twenty-four people* learned more about their credit score last fall at Love INC including:

- Nathan, whose score of 689 meant he could apply to a bank to refinance a furniture loan, something he didn’t know before his visit.
- Alice, whose ex-husband had taken care of their finances before he went to jail. It was sobering but helpful to see her score.
- Mary, who was thrilled that her score was so high - 697! She just has a car loan and a credit card and no collections.

FICO scores range from 300 to 850 and in 2019 the average American’s score is 687; the average Missourian’s score is 690 according to www.governing.com.

Love INC clients who are enrolled in money management programs have an average credit score of 548. A 600 credit score is typically

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“Amen I say to you, whoever does not accept the kingdom of God like a child will not enter it.” (Mark 10:13)

Saint Josephine Bakhita
Feast Day Feb 8

St. Josephine is known as Bakita (“fortunate one”). She was born in southern Sudan (in Africa). As a little girl, she was kidnapped and sold into slavery. She was actually sold several times in markets in Africa. The people who bought her used her as a slave, for hard physical labor, for prostitution, and other forms of slavery. Bakita was not the name she received from her parents at birth. The fright and the terrible experience she went through made her forget the name her parents gave her. Bakita, which means “fortunate”, was the name given to her by her kidnappers. Bakita was purchased by a kind Italian family, which lead to her becoming Catholic. She took the name Josephine when she was baptized. Six years later she entered the Daughters of Charity of Canossa Italy. There, she was known as sweet, humble and a joyful witness to God’s love. When she was on duty at the door of the convent, she would gently lay her hands on the heads of the children who daily attended the Canossian schools and caress them. Her amicable voice, which still had the sweet sound and rhythm of music of her country, was pleasing to the children, comforting to the poor and suffering and encouraging to those who knocked at the convent door.

Her humility, simplicity and constant smile won the hearts of all the citizens. Her sisters in the community loved her her for her constant sweet nature, goodness and deep desire to make the Lord known. “Be good, love the Lord, pray for those who do not know him. What a great grace it is to know God!”, she said.

At her canonization ceremony on October 1, 2000, Pope John Paul II said of St. Josephine: “In today’s world, countless women continue to be victimized, especially now with... the atrocities in the state of New York. In St. Josephine Bakhita we find a shining advocate of genuine emancipation. The history of her life inspires not passive acceptance but the firm resolve to work effectively to free girls and women from oppression and violence, and to return them to their dignity in the full exercise of their rights.”

“Many people think that slavery is a thing of the past,” but “this social plague remains all too real in today’s world” with child labor, forced prostitution, trafficking for organs and a variety of forms of forced labor...” Pope Francis 2015

World Peace Day

Spend some time reflecting on areas of your life where you are not free. What is it that enslaves you? How might God be calling you to greater freedom in this area?

(Sarah Eber assembled materials for this page.)

Love INC
Continued from page 10

needed to rent in a preferable neighborhood and to qualify for lower loan rates.

Credit Score Chart: Poor - 579 and lower; Fair - 580 to 669; Good - 670 to 739; Very good - 740 to 799; Excellent - 800+

*Names changed to ensure our client’s privacy.

Job for Life seminar Feb. 4
Become Employable for the Rest of your Life!

Two dozen volunteers from more than 20 churches and Columbia businesses are preparing to fight unemployment at the root. Jobs For Life is a 16-session, eight-week seminar that builds confidence and connections to find a job or better job through relationships and resources.

The program pairs mentors and students to learn practical employability skills like resume building and interviewing, to meet potential employers, and to discover dignity and value in the workplace.

“I love to see the “Aha!” moment when people discover their gifts and see how they can support their families. You just can’t beat that feeling,” said site coordinator Daniel Dean, who is also executive director at United Community Builders, which is hosting the training. “We want to see more people economically stable, working at meaningful jobs. Our goal is to see 100% of our students graduate and find employment or enroll in training or school within 60 to 90 days,” Dean said.

“Jobs for Life is a great opportunity for people to form relationships to help one another,” said Melissa Clark, assistant site coordinator, Missouri United Methodist Church. “This is a chance to really help people who really want help.”

The program begins on Monday, February 4th, from 6-8 p.m. at United Community Builders, 617 N. Providence Rd. Meals are provided, and transportation and childcare are available on request. To enroll or volunteer, contact Love INC at 573-256-7662, ext. 201 or email office@columBIaloveinc.org.

- Good things come in small packages!
- It’s the little things in life which often make the difference. A smile and an encouraging word can make your day. Thanks to Sprout Academy Pre-School families for more than 30 “Cozy Kits” they donated recently. Each kit provides a hat, scarf, socks, mittens or gloves, and a children’s book that’s age-appropriate. “It’s warmth and knowledge all wrapped up in a little bag!” said Love INC service coordinator Bethany Kohl.

Sprout Academy chooses a service project every year and has worked with Love INC in the past. “Parents explained that not all kids in Columbia have things to keep them warm,” said Susan Ashton, the pre-school’s director. “Kids and parents shopped together, then dropped the kits off at school. This year we added a book because one of our school’s goals is to promote a literacy-rich environment for children. Reading together creates strong bonds between parents and their children.”

“Cozy Kits will make a great addition to our Essentials Closet,” said Jane Williams, Love INC’s program director. “Many families in crisis are so grateful to receive personal hygiene products and other home necessities like diapers, paper towels, and gift cards donated by generous donors.”

To learn how you can help, visit http://www.columBIaloveinc.org/in-kind-donations/

Plan to rappel for Love INC
It’s too cold to rappel today, but...on September 28th the weather will be warmer, and Love INC will welcome back Over the Edge at the Tiger Hotel! More than 65 Edgers helped raise more than $100,000 for Love INC programs by rappelling 140-feet from the historic hotel’s roof.

“Bigger and better” is how Pat McMurry, Love INC executive director, is describing this year’s event. “Pencil in the date today. We’ll have more details to share in mid-February.”

Love Seat Furniture Bank
In 2018, the Love Seat Furniture Bank distributed more than 1,030 pieces of furniture to more than 137 families in Columbia. The Love Seat Furniture Bank provides free, gently-used, basic-needs furniture to our neighbors in need. You are invited to donate today to this very worthy cause!

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“The trouble with the modern disputant is not that he does not understand the case for his opponent’s convictions. It is that he does not understand the case for his own convictions. He has never gone back far enough in his own argument; and he has forgotten the very nature of first principles. First principles are the very last principles he is likely to think about.” – Illustrated London News, Nov. 4, 1933 (Editor’s note: A first principle or axiom is something that can only be perceived or accepted; it cannot be proved. For example, it is axiomatic that existence is better than nonexistence.)

There may have been a time when people found it easy to believe anything. But we are finding it vastly easier to disbelieve anything.” – Illustrated London News, Mar. 14, 1914

“It is very important to know the enemy’s religion; and still more important to know the enemy’s religious atmosphere. For every man has a religious atmosphere even if he has not a religion.” – New Witness, Mar. 2, 1923