Parish council election

By Mary Kay Head

An election will be held during the weekend of March 16/17 to fill two seats on the Sacred Heart Parish Council. All registered parishioners age 18 and over are eligible and encouraged to vote. Ballots will be available at all Masses that weekend. Anyone who is unable to vote at Mass that weekend may go to the parish office during the week prior to fill out a ballot.

Four fellow parishioners have been nominated to serve on the Council. They have provided information about themselves (see below) so that we may get to know them better and make an informed choice as we cast our votes. The Parish Council thanks them for their willingness to serve the parish in this important way.

Jorge L. Lugo
Jorge and his wife Beatriz have attended Sacred Heart for over 7 years.
Involvement with Sacred Heart Parish Activities: Knights of Columbus Council # 14414 (Sacred Heart) (4th Degree), Marriage Ministry since 2018, Virtus Training (October 2018, Jefferson City)
Reasons for Wanting to Serve on Parish Council: To assist on the integration of the Hispanic community to the Parish activities.
Other Comments: Member of the Life Runners organization (Jefferson City, MO Chapter). This is the largest Pro-Life runners team in the world with over 10,400 members. Our mission: Prayer and teamwork to cross the finish line that ends abortion.

Dave Rotert
Dave and his wife Joanne have attended Sacred Heart for over 40 years.
Professional/Work Experience: I have over 50 years experience in sales and management. I am with Tech Electronics.
Involvement with Sacred Heart Parish Activities: I have been nominated to serve on the Sacred Heart Parish Council (Jefferson City) (4th Degree), March 2019.

Turning 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 palms will be in the church 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.”

Why do we mark ourselves with Ashes? On Ash Wednesday, the ashes of the palms from the last year's Palm Sunday are placed on the foreheads of members of the congregation. The day is seen as a way for Christians to remind themselves that they need to repent their sins. The ashes are meant to signify penance, mourning and mortality.

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 twofold. 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 (sacraments) 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.

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

You may still 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 palms will be in the church through March 5.
Election
Continued from page 1
been part of the Parish Council for the past three years. I also serve as a Communion Minister and a Hospitality Minister at Mass.

Reasons for Wanting to Serve on Parish Council: I would like to keep Sacred Heart a vibrant and growing faith community. I would also like to see the finish of what the Council has begun regarding upgrades in the facilities. A number of things have already been completed – the new sound system in the church, refurbished tables and new chairs in the Activity Building – and more are in the planning stages.

Involvement with Sacred Heart Parish Activities: Currently, I am a lector at the 11 am mass and also altar serve with my daughter Grace. In the past I have served as an RCIA sponsor, PSR instructor, and helped with Confirmation Classes and Pre-Cana Marriage Prep Classes. Like most other parishioners, I also try and help out when I can with events like pancake breakfasts and the Room at the Inn.

Reasons for Wanting to Serve on Parish Council: I believe service to the community is an important part of who we are as Catholics and Sacred Heart has been a meaningful part of my family since arriving in Columbia over twenty years ago.

Other comments:
Living in China from 2006-2007 was important for me as a Catholic. Our family attended mass at the main cathedral in Shenyang where we were lucky enough to get to know the Bishop of Liaoning Province and witness the hardships and difficulties he experienced every day. Like every human institution the Church is flawed. But it is also clear to me that our faith community can be a powerful instrument of peace and hope by struggling to resolve these flaws and those in the world around us.

Crystal Volkman
Crissy joined Sacred Heart two years ago when she moved to Columbia and became engaged to Lucas Volkman. They were married at Sacred Heart in April of last year.

Professional/Work Experience: I work at the Pearson Testing Center here in Columbia. Previously, I was a veterinarian and an adjunct professor.

Involvement with Sacred Heart Parish Activities: Since becoming a member of the parish, I have become involved in several areas of the church. I am a director of worship and a hospitality minister at the 11 am mass. I volunteer at the community garden and I am the secretary for the liturgy commission. I also am very involved with the Knights of Columbus by being a member of the Ladies Auxiliary and involved with the Lenten fish fries.

Reasons for Wanting to Serve on Parish Council: I hope to become more involved with Sacred Heart by joining the Parish Council and helping to continue the wonderful work of the church in Columbia.

Birthdays
Mar. 1  Sullivan Cravens, Armando Garcia, Kirk Hankins, Francisco Herrera, Juan Mendez, Jr., Colleen Meyer, Dana Sheehan
Mar. 2  Laura Crouch, Grace Cunningham
Mar. 3  Joyce Caine, Julieth Fuentes, Andy Hall, Robin LaBrune-rie, Janet Merjes
Mar. 4  Omar Arzate, Joanna Guzman, Sabrina Optiz-Abramitz
Mar. 5  Nora Korte, Ethan Songer
Mar. 6  Felicitas Barrera, Maria Morales
Mar. 7  Clive Cullen, Stephanie Londrie, Aldo Mendez-Rogel, Jaime Mosso, Thomas Schnelt, Christina Weller, Dianne Wortman
Mar. 8  Alaina Fitch, Alexi Kanago, Blake Turner
Mar. 9  Danitza Esponda, Maricruz Gomez, Maria Mendez
Mar. 10  Ashley Anderson, Toni Harvat, Maria Mendez-Arce
Mar. 11  Gerardo Arzate, Molly Delgado, Linda Jehling, Cohen Watson, Heidi Watson
Mar. 12  Frank Applegate, Gioribel Dominguez, Christopher Hays, Joseph Hunn, Madeline Inslace
Mar. 13  Issak Brazeno, Jose Ortega
Mar. 14  Brendan Arnold, Jason McClintic, Cameron Olson, Henry Weller, Emma Young
Mar. 15  Ryan Cokerham, Victoria Eber, Ellarie Priesmeyer, Rita Stone
Mar. 16  Leslie Garrett
Mar. 17  Patti Cuddihee-Barner, Esey Freyohannes, Emily Holtzclaw, Michael Keevins, Nathan Perez, Richard Schmitt, Craig Scroggins, Marley Wurzer
Mar. 18  Wei He, Maria Mendez, Edward Vomund
Mar. 19  Juan Alvarez-Fuentes, Joselita Beltran, Beth Cunningham, Benjamin Drury, Joseph Quetsch, Joanne Rotert
Mar. 20  Audrey Gerau, Charles Green, Anabel Marquez, Sophia Robinson
Mar. 21  David Alvarez, Jacob Land, Jean Vix
Mar. 22  Dennis Holbrook, Theodore Holland, Paul Korte
Mar. 23  Will Fish, Michael Keene, Chris Knaus, Christopher Mosso, Nancy Santana
Mar. 24  Charles Abromovich, Alan Bauer, Alicia Bixby, Nathalie Camacho, Martin Krueger IV, David Sheehan
Mar. 25  Adam Andrews, Gerald Dethrow, Angel Garcia, Patty Johannemeier, August LaBrune-rie, Anna Londrie, Cathy Lynch, Christopher Perez, Vaughn Prost, David Rutter
Mar. 26  James Bixby, Cooper Glosdick, Michelle McAreavy, Carolyn Mills, Orin Nelson
Mar. 27  Henry Bendel, Maria Ramos
Mar. 28  Rosalyn Cravens
Mar. 29  Makinga Bunyecho, Karen Hayes, Barbara Head, Karlie Kahl, Henry Lopez, Ruben Ramirez, Dyllyn Schulte
Mar. 30  Francis Brightwell, Sarah Eber, Matthew Higgins, Casey Johnson, Jean Lewis, Peyton McClintic, Deven McDonald
Mar. 31  Douglas Clawson, Katie Martin, Alfonso Onate, Guadalupe Ortiz, Anna Spell, Elizabeth Spell
Ounce of Prevention

More than just the blues

Geriatric depression affects almost 10% of the elderly population, but it is not a normal part of aging. Depression often occurs in the elderly patients because they are suffering from other medical conditions or disabilities. Because of these other illnesses occurring, the symptoms of depression are frequently missed leading to a lack of treatment.

There are key symptoms of depression in older adults that include:
- persistent sadness lasting at least two weeks
- frequent tearfulness
- feeling worthless or helpless
- difficulty sleeping or concentrating
- unexplained physical pain or gastrointestinal problems
- withdrawal from social activities

Elderly people may be hesitant to talk about their feelings or not understand that physical symptoms, such as gastrointestinal problems, are a sign of depression. Elderly people living alone may have difficulty getting assistance due to isolation or transportation difficulties.

Medical conditions can worsen the symptoms of depression in the elderly, especially with painful or life-threatening conditions such as cancer, multiple sclerosis, and heart conditions. Many of the medications used to treat these debilitating diseases are associated with depression in older adults as well. When an elderly adult experiences depression symptoms while taking a medication, it is important to report that to the doctor immediately.

In the elderly population it can be difficult to determine the difference between depression and dementia because they share many symptoms. However, there are differences and depression is a medical condition that can be treated.

Depression:
- Mental decline is rapid
- Can state the correct date, time, and where they are
- Difficulty concentrating
- Language and motor skills are slow but normal
- The person notices and worries about memory problems and confusion

Dementia:
- Mental decline is slow
- Become confused and disoriented, may get lost, confuse dates
- Struggle with short-term memory
- Writing, speaking, and language skills are impaired
- The person doesn’t seem to notice or care about memory problems

For elderly adults struggling with depression, there are many different treatment options. Talk therapy has been proven to be very effective, especially when the talking includes topics such as physical health and religious or spiritual beliefs. Support groups are a great way for older adults to connect with other people that are experiencing the same feelings, and help with the isolation that is oftentimes experienced. They establish social support and structured outings that provide a safe space to share thoughts and feelings. After meeting with a doctor, antidepressants can be prescribed to help relieve symptoms but these medications should be closely monitored for adverse effects. Daily lifestyle changes may be the easiest and most effective way to treat depression. Daily exercise, healthy eating, and increasing social activities and support help tremendously. Friends and family of elderly adults can help by establishing a weekly visit, helping with transportation to medical appointments, or cooking healthy meals together periodically.

As with any age that experiences depression, there is always a risk of suicide. According to current data, the second highest suicide rate occurs in people 85 years and older, and the highest rate occurs in people age 45-64. If there are any signs of suicidal thoughts or behaviors, it is important to seek immediate help or call the Suicide Prevention Hotline at 1-800-273-8255. For more information on depression in elderly adults visit https://www.cdc.gov/aging/mentalhealth/depression.htm.

No matter the age, if you are feeling depression symptoms or have thoughts of suicide, know that you are never alone and there are always options.

Knights of Columbus Council 14414

The Sacred Heart Knights of Columbus Council #14414 held our social meeting Feb. 6 at 44 Stone. Our business meeting was held Feb. 20 in the Education Building. Council members collected over $900 for the Knights of Columbus’ American Wheelchair Mission, which delivers free, new, high-quality wheelchairs to physically disabled children and adults worldwide. We prepared and served a barbeque dinner the evening of Feb. 16, raising $934 to contribute to the parish for the plaster repair and painting project in our beautiful church. Council members also prepared and served supper for CoMo Life Teen the evening of Feb. 24. The Handyman Ministry did a small home insulation project for a parishioner, raising $50 which will be used to support Sacred Heart Parish.

Coming Up
- March 2 Trivia Night, 7 p.m., Activity Building
- March 5 Social meeting, 6:30 p.m., Jazz Restaurant
- March 20 Pre-meeting dinner, 6 p.m.; Business meeting, 7 p.m.
- March 22 Fish fry, 4 to 7 p.m., Father Tolton Catholic HS
- March 29 Fish fry, 4 to 7 p.m., Father Tolton Catholic HS
- March 31 Fifth Sunday at the 1 p.m. Mass

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).

K of C Lenten Fish Fries

Sacred Heart Knights of Columbus Council is holding two all-you-can-eat Lenten Fish Fries from on 4-7 p.m. on March 22 and March 29 at Fr. Tolton Regional Catholic High School, 3351 E. Gans Road.

Menu includes fried or baked fish, meatless pasta, green beans, fried potatoes, cole slaw, cornbread, homemade deserts, coffee, tea and lemonade.

Meals will be $10 for adults, $5 for children ages 5-12, children under 5 eat free. 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 rlc1awson1950@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
TAKE A BITE

How can you bite into a healthy lifestyle?

Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer.

Plus, physical activity can help you manage your weight.

If you haven’t been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class.

If you start slowly and keep going, you’ll reap health benefits and reduce your risk of injury or burnout.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless!

It’s Time to Mix Things Up!

It’s National Nutrition Month! The theme this year is “Bite Into a Healthy Lifestyle.” Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle...

- Make Smart Choices. Do you know what’s really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you’re shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you’re dining out, look up the menu online.
- Eat and Drink Fewer Calories. Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that’s rich in nutrients.

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the class another in trying to live holier lives... And, they especially appreciate feel comfortable asking questions about their faith and supporting one
tions at home, at school, and in the world. The students have really be-
ent saints in our class, too. Some of the saints we
the Sunday Gospel and try to dissect its meaning both to the people of
books. Each class, the students take turns reading the various roles in
Along the way we discussed inspired verses, literal interpretation and
looking
we
[5th/6th grade Catechist]
By Nancy Singh
(Fifth and sixth grade PSR students have enjoyed a very busy several months. Last fall we began the new school year with the customary review of Catholic prayers i.e., “Our Father”, “Hail Mary”, “Glory Be” which led us right into learning about the rosary and a little bit of its history, too.

Since our weekly Venture materials include that Sunday’s Gospel, we’ve learned how the Bible is organized and have even practiced looking-up various readings in both the Old and the New Testaments. Along the way we discussed inspired verses, literal interpretation and what the Bible authors were trying to convey when they wrote different books. Each class, the students take turns reading the various roles in the Sunday Gospel and try to dissect its meaning both to the people of Jesus’ time and to our own lives.

We’ve enjoyed learning about the lives and challenges of all different saints in our class, too. Some of the saints we’ve discussed so far are Oscar Romero, Francis of Assisi, Juan Diego, Maximillian Kolbe, and the story of Our Lady of Guadalupe.

Perhaps what the students find the most interesting about our class is that we have lots of down to earth discussions about “real life” situations at home, at school, and in the world. The students have really become a close-knit community through prayer and sharing so that they feel comfortable asking questions about their faith and supporting one another in trying to live holier lives... And, they especially appreciate the class’s prayerful support when they have a test coming up or a project due later that week in school.

Needless to say, they’re a great group of students!

Chad Masters Resigns to Become Varsity Head Football Coach at St. John Vianney
Fr. Tolton Catholic High School Athletics/Activities Director and Varsity Head Football Coach, Chad Masters, has officially tendered his resignation to school officials. Masters has accepted the position as varsity head football coach and leadership and theology teacher at St. John Vianney Catholic High School in Kirkwood, Missouri. Masters’ last day with Tolton Catholic will be June 30, 2019.

“It is with a heavy heart that I announce that I will be stepping away from Fr. Tolton Catholic at the end of this school year, but I am also excited to begin a new chapter of my life in St. Louis at St. John Vianney Catholic High School,” Masters said.

“Coach Masters’ many contributions as a teacher and coach, along with his trailblazing role in building a 15-varsity sports program as athletic director, will be forever remembered here at Fr. Tolton Catholic High School,” said Principal Gwenn Roche.

“While our school will miss him, we are extremely pleased for him and wish him well as he steps into his new position at Vianney Catholic High School.”

Catholic Schools Week Recap

Our students had a wonderful time celebrating Catholic Schools Week! Each day we celebrated a different group: teachers, students, parents, vocations, and volunteers. The festivities included: All-School Mass with Fr. Francis and Fr. Chris; Teacher Trivia; Relay races; Talent Show; Ice cream social; and "Stable Warming" and Sadie Hawkins Dance.

10th Annual Tolton Golf Classic - Registration Open
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. We are also looking for some volunteers to assist with the planning of the tournament. If you are interested in helping, contact Laura Sasser at lssasser@toltoncatholic.org.

‘White Lightning’ is Here!
Special thanks once again to all of the donors who helped make this project possible, as well as Fast Signs for donating the awesome decals! This van will be used to safely transport our precious cargo (students) around the state.

Flag Dedication Ceremony
In January, our Christian Diversity Committee dedicated a new flag to fly in front of the school. The flag was previously flown in a F-15E Strike Eagle over Syria and Iraq. It was gifted to the school by Sgt. Frye in gratitude for the drive the CDC organized last year for the troops.

Athletics and Activities Highlights
Wrestling won the AAA Conference Championship on January 30 at St. Mary’s in St. Louis! Scholar Bowl placed 2nd in the AAA Conference Tournament on Saturday, January 26. Nick Slushe
er earned 2nd place out of all the varsity players.

Tolton’s Blaze Girls Dance team finished in 2nd Place at the AAA Conference competition on February 2 at Christian High School.

McGivney Catholic Education Fund Mouse Races
Please Join us for the 3rd Annual McGivney Catholic Education Fund, Inc. Mouse Race Fundraiser on Saturday, April 27 at 6:30 p.m. at Tolton Catholic. Whether you’ve experienced a mouse race in the past or this will be your first time, you will experience an evening full of excitement, entertainment, and just a good time with family and friends. This year each race will be sponsored by a local business and the mice will be named after Fr. Tolton teachers, OLLIS teachers, and the
Continued on page 6

Sacred Heart Catholic Community Foundation
Meeting the long-term purposes of our parish
Perpetuating Our Faith
To Be An Angel Forever
Write to: The Foundation
PO Box 10263, Columbia, MO 65205-1263

Heart of the Matter • March 2019 • Page 5
Will the real feminists please stand up?

Who would you name as the two strongest, most admirable women in America? (answer that in your head) Then, ask yourself why you admire them? What do you admire about them? Are they sexy? Do you wish you had nails or hair cut/color like them? Do you admire their success, or how outspoken they are? Do you like how they focus on the needs of women? Do you think their views and opinions represent American women?

So here is the real challenge question: What makes a strong-powerful woman? Is it her money, or her views, the way she talks or the way she smiles? Is it her beauty or her talent and skills? Everyone will have answers for these questions. Most likely names like Oprah Winfrey or Michelle Obama, or Pink, or Lady Gaga would be common answers.

Here is the challenge idea: the real power of a woman is her ability to love others above and beyond herself. Can you match that to any of those strong women you just visualized while reading those questions? Do the women we see as strong in America today focus on what they want and need... what they feel they deserve? Or is the real strength in a woman’s ability to give of herself totally for those she loves... to the point she puts others’ needs in front of her own?

Enter the real women

As Catholics, we have the perfect example of a strong powerful woman who sacrifices herself for us every day... our holy mother the Blessed Virgin Mary. On March 7, we also celebrate the extraordinary love of two other strong powerful women- Saints Perpetua and Felicity. These two women gave up home, their families, and time with their babies and husbands so that their children would grow up knowing that there is a greater love, greater beauty, and a better life than the one the world presents as “the good life” or success. They were humble, focused, and devoted to their families and their God beyond what they felt they needed or deserved. As we watch the strong personalities of celebrity women on our televisions and phones... let us keep the story of Perpetua and Felicity closer to our hearts. Remembering their sacrifice can help all of us realize that truly strong powerful women demonstrate real love- the willingness to give up their own pleasures and needs to serve others.

(Sarah Eber assembled materials for this page.)

For Sacred Heart Youth

Heart of the Matter

Life Teen

By Tyler Peterson

Life Nights have started, and we are really excited for this semester! So far, our Life Nights have been really fun - our teens are amazing, and we are constantly blown away by how responsive they are. It’s honestly a joy to be at every Life Night and get to hang out with the teens. Just a reminder, we will send an email on Sunday if the weather is bad and we have to cancel; otherwise, Life Night will happen as usual.

The annual Life Teen trivia night was Saturday, Feb. 2, and it was a ton of fun. We had more tables than the last few years, and there were six tables within ONE (!!!!) point of winning. The trivia night was such a success because of all our sponsors and the handful of teens who volunteered to help out - thank you very much!

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 youthministry@comonewman.org. Our theme this year is “Rise Up.” Confirmation is off to a slower start than planned this semester because both meetings were cancelled due to winter weather. The Q&A is rescheduled for March 17 (formerly Diocesan Vocations Day), and the meeting that was supposed to be Feb. 10 has been rescheduled to March 17 as well.

So to recap, come to the Newman MPR from 2:30-4:30 p.m. on March 17 to make up both the January and February meetings. Hopefully the weather will cooperate for this one!

Our Confirmation date has been officially confirmed (HA get it?) as May 11 - 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.

Tolton

Continued from page 5

Priests in the Diocese. This fundraiser will allow MCEF, Inc. to continue its mission of forming the mind and spirits of our students through the support of excellence in education of the Catholic Faith. With your generous support, MCEF, Inc. has awarded nearly $15,000 in scholarships to students attending Tolton Catholic since 2015. We look forward to seeing you on Saturday, April 27, and thank you in advance for your continued support!
Hearing creation’s cry for conversion: A Lenten day of prayer

By Nancy Singh

Although we’ve all heard Genesis 1 and the story of the creation of the world multiple times, have we ever really listened to how God found everything He created as “very good”? Have we ever taken the time to ponder our role in creation and how each of us affects God’s world and all of its inhabitants, both animate and inanimate, for good or for bad? Certainly, as Christians we are called to do so. We are called to be co-creators and to build God’s Kingdom, both through acts of kindness and stewardship of creation.

Unfortunately, often times we are so busy living our lives that we don’t concern ourselves with sustainability and the environmental impact we are having as human beings on creation. And yet, it is this very world, our Mother Earth, which continues to remind us of our own fragile existence here through natural disasters, such as fires, droughts, and floods, or through disease.

So, as Christians how do we even begin to discern the answers to these environmental issues? It requires prayer, openness to change, and conversion. Lent is the perfect time to embark on this journey.

To get us started Sr. Sharon Zayac, O.P., a Springfield, IL Dominican Sister, will present “Hearing Creation’s Cry for Conversion: A Lenten Reflection” at St. Thomas More Newman Center in Columbia on Saturday, March 9, from 9:00 am to 3:00 pm. The day will include presentations, group discussion, and quiet time for personal reflection. Lunch is provided, so please register at www.comenewman.org beforehand.

Sr. Sharon has worked with environmental issues for many years. She was the founding director of Jubilee Farm, her Order’s 164-acre Ecology and Spirituality Center, dedicated to caring for and reverencing the land and all of the creatures who inhabit it. Her vast knowledge of earth literacy led Sr. Sharon to join with 139 others for training by Al Gore on his award winning documentary, An Inconvenient Truth, experienced from a faith-based perspective. In October of 2015 she was a panelist, speaking on Pope Francis’ encyclical, “Laudato Si’: On Care for our Common Home.”

Knights of Columbus need help

By Crissy Volkman

Ladies Auxiliary

We are very fortunate here at Sacred Heart to have a Knights of Columbus Council that is very active in our parish. They are often called in to set up the Activity Building for various functions – such as the annual Christmas Bazaar. They help the Garden Angels keep our grounds beautified, they are very involved with the annual parish picnic, and they offer opportunities for the parish to gather and share a meal, such as the recent Picnic in February. Their Handyman Ministry has provided help with home and yard projects for many people.

Now they could use our help. This is our opportunity to step up and assist them. What could we do? We could provide desserts for their Lenten Fish Fries.

We have two fish fries this year, the first on March 22 and the second on March 29. To assist with filling the needs for desserts, a Sign-up genius has been designed. You can go to it by emailing Crissy Volkman at veststudentcm@gmail.com. She will then send you the Sign-up Genius invite where you can see the needs of each fish fry and sign up what you would like to bring. You can sign up to bring desserts for one or both dates.

The numbers attending the fish fries have grown every year, meaning more and more desserts are needed. It has been estimated that 300 desserts are needed for each fish fry. That’s a lot! That’s 300 desserts needed for each occasion. If the numbers of attendees continues to grow, then even more would be needed.

It has been noted that fruit pies and fruit desserts were more popular last year, so if you are not sure what to bake, please consider this. Can’t cook? Don’t despair! Frozen ready-made pies are acceptable as donations this year too! An example would be anything from Marie Callender’s as those are already prepared and just need to be baked. If you choose to donate a frozen pie, they would be needed early enough to allow time to cook and cool before serving. Please remember that all types of desserts are welcome and needed!

The desserts may be taken to the kitchen in the Activity Building at Sacred Heart. For the March 22 fish fry, they can be dropped off on March 22 at the Activity Building until 11 a.m. After that please bring them to Tolton Catholic High School. For the March 29 date, desserts can be dropped off on March 29 until 11 a.m. in the Activity Building and after that again to Tolton. Or, you may certainly bring the desserts with you to Tolton Catholic as you come to enjoy the meal. If you need additional help in knowing when/how to donate a dessert please just e-mail Crissy directly or there is even a link in the sign up to contact her.

Sacred Heart parishioners are known for their culinary skills and for stepping up when needed. Your participation in this endeavor will be greatly appreciated. Let’s step up again and make this a truly parish affair!

Thank you

Sacred Heart Knights of Columbus appreciate and thank the Parishioners of Sacred Heart for their GENEROUS support of our recently completed “Wheel Chair Sunday” and “Picnic in February” events!
Continuing the spiritual journey

Celebrate sacrifice

By E. Jane Rutter

In truth, we are the revolution, the sign, the miracle. Ambassadors for Christ, our pure hearts and actions are what it will take to turn our world right-side up. (2 Cor. 5:20)

Lent calls us to action. If we are serious about calling ourselves Christ’s ambassadors or disciples, then let’s commit now to celebrate the next 40 days by sacrificing even little luxuries in our lives and substituting them with meaningful change. Here are some examples to get us started:

- Sacrifice - thirty minutes of sleep each day.
- Substitute – pray and reflect on God’s presence.
- Sacrifice - one hour per day stuck to a cell phone, TV or tablet for entertainment.
- Substitute – engage with another person. Truly get to know them.
- Substitute – attend a weekday Mass.
- Substitute – buying designer drinks or treats.
- Substitute – donate the price of the drinks or treats to your church.
- Substitute – mantel of approachability, warmth and welcome to all.

And so I pray: Dear Lord, thrust me out of my comfort zone and strengthen me to be a true ambassador of your love.

Sacred Heart Cares

A project of the Health Ministry committee offering support to parishioners who are homebound or have related needs. If you or a family member need assistance, e-mail sacredheart-cares@gmail.com or call Glenda Kelly at 573-443-3976 or Johanna Bishop at 573-356-4053 or complete the following form and mail to Sacred Heart Cares, 105 Waugh, Columbia, MO 65201

Examples of available support includes:
- Help with meals
- Transportation to medical visits
- Help with errands or grocery shopping
- Social visits
- Requests for prayers

Name:

Phone:

Parish Council

By Ron Meyer

Father Francis opened the meeting with a prayer. The minutes from the October and November meetings were approved.

There are four candidates for two slots on the council. They are Crissy Volkman, Dave Rotert, Mike Urban and Jorge Lugo.

There are potentially two additional candidates. The council approved the slate of four and asked that Ron be notified if either of the two wanted to run. The election will be held during the weekend of 3/16-17. We will need pictures and bio by 2/22 for the HOM. There will also be an insert in the bulletin the week-end prior to the election. If possible, we will try to have all of the candidates available during one week-end before the election at each Mass.

A new fundraising proposal for a 50/50 raffle was discussed. It was generally felt that this may be a better initial option than the previous idea. Monies raised would go toward facilities. Ron will draft a proposal and send it to Tim for comments and then it will be discussed at the next meeting.

We are still waiting to hear back from the diocese to set up a meeting to discuss the capital campaign. Parishioners seem like the new chairs. Habitat for Humanity and Catholic Charities took the old chairs. The Knights will have a winter bar-b-que on 2/16 to raise money for the plastering and painting in the church. There will also be a trivia night on 3/2 to raise funds. Father Francis and the Administration Commission are working on a new job description for janitorial/maintenance work.

The next meeting will be on March 12.

Social Concerns

By Barbara Head, Chair

Health Ministry will host a blood drive in April and they need a new person to be in charge of that, Johanna Bishop may be willing. Charlie Ochoa is taking over Emergency Preparedness committee. The committee is currently testing online meeting platforms to share with the parish.

Food Safety committee described a new Kitchen Coordinator Ministry. Kitchen needs oversight and Dave presented a draft of proposed responsibilities which was approved by Social Concerns and will be presented to the Parish Council at the next meeting. Dave also shared the Food Safety Guidelines flyer that is being used to train kitchen workers. There are plans to buy a new stove for the kitchen that can also be used when the Activity building is replaced.

Language Program: Sacred Heart has been asked by the diocesan Refugee and Immigration Committee to expand the English language tutoring classes to 2 days a week, which will be Monday and Thursday in the Education Bldg. Volunteers must complete VIRTUS and background check. Citizenship classes run for 12 weeks and English tutoring is ongoing. They need more structured materials such as workbooks. Sarah mentioned that the Food Safety Committee could provide some materials which would reinforce learning and teach food safety at the same time. They plan a Taste of the World Celebration on June 8 after the 4:30 Mass and would like to host an informational lecture about refugees on Sunday, June 23 in honor of World Refugee day.

Old Business

Bazaar 2018 raised $16,056 for the parish. A new quilt has been put in the frame and quilters meet on Wednesday mornings to work on this. They plan to have a meeting to ask for suggestions and new ideas for future bazaars. They need someone to take over the jewelry booth. The spring bake sale to fund supplies for the bazaar will be held April 6 and 7. Connie will make a sign-up genius for this.

New Business

Soup suppers—March 13 will be hosted by Social Concerns, March 20 by Choir, March 27 by Parish Council and Liturgy Commission, April 3 by Knights of Columbus, April 10 by PSR and Faith Formation.

Knights of Columbus Fish Fry will be March 22 and 29 at Tolton Catholic High School and

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IN REMEMBRANCE:
Honoring Nathan Ward

FEATURING

PROMETHEUS: AN AMERICAN VOCAL CONSORT
R. Paul Crabb, Prometheus Artistic Director and Conductor
Emily Edgington Andrews, Assistant Conductor
WITH PHI MU ALPHA SINFONIA • ZETA CHAPTER

7 P.M. FRIDAY, MARCH 8
Sacred Heart Catholic Church, 105 Waugh St., Columbia, MO
Reception to follow

7 P.M. SATURDAY, MARCH 9
Our Lady of the Presentation Catholic Church
130 NW Murray Rd., Lee's Summit, MO

REMEMBRANCE CHOIR
Join CAAM's professional Artists in Residence Prometheus as they honor the life of fellow artist Nathan Ward, who passed in late 2018. Friends of Nathan are warmly invited to join a "Remembrance Choir" to perform on this program in Columbia and/or Lee’s Summit. Register for the choir and see rehearsal dates at ChoralArtsAllianceofMissouri.org or contact Paul Crabb or Emily Edgington Andrews directly.

TICKETS: $20 ADVANCE / $25 DOOR / $7 STUDENTS WITH ID
A portion of concert proceeds will go to the Nathan Ward Memorial Scholarship and the planting and dedication of a tree outside the new School of Music Building on the MU Campus in his honor.

[Logos and logos]
Council of Justice and Peace. It son, president of the Pontifical program with Cardinal Peter Turk
Continued from page 7
Lourdes will take place on April 2nd. The one at Our Lady of man Center

Liturgy Commission
By Lucas Volkman, Chair

The February Liturgy Commission meeting was held on Feb. 21 in the library. After Lucas Volkman opened the meeting with prayer, the minutes were approved from the previous meeting. The commission then heard the parish council report, which was given by Judy Walker.

Things then shifted to the discussion of old business. The group first talked about the tabernacle placement and the construction of a second hymn board. There was no update on the panels. The church is looking into the process of purchasing some inexpensive votive candles to place in the side chapel to see how they go. Next up was discussion of Ash Wednesday. There will be a 7 a.m. Mass and 12:10 p.m. prayer service, which Deacon Bill will lead. The 5:30 p.m. Mass will be bilingual.

The attendees then discussed the ideal number of lay ministers to have at each Mass.

The Lenten calendar is being finished and will be later distributed to the parish. Once again, the communal penance service will be held in conjunction with the Newman Center – it will be on April 2nd. The one at Our Lady of Lourdes will take place on April 8th. As many Sacred Heart parishioners go to confession on Wednesdays and Saturdays, there is less demand for a communal service, hence the combination with the one at Newman. Stations of the Cross will be after the 5:30pm Mass during Lenten Fridays, which Mary Kay Head will coordinate. Finally, the parish will once again participate in the downtown ecumenical Palm Sunday service at 10:30am that day.

Under new business, it was announced that rose vestments were being purchased, thanks to a parishioner’s donation. Judy Walker announced that the Easter flowers are being ordered. With the Triduum, the Mass on Holy Thursday will be at 7pm, along with the service on Good Friday – both will be bilingual. With the Easter Vigil, 8pm should be enough time to allow for the sun to go down, as the vigil must start after sunset, but it will be verified with the diocese. Finally, the commission will work with the parish council to provide the soup for the March 27th soup supper. Deacon Bill then closed the meeting in prayer, giving the commission a reflection on the saint of the day, St. Peter Damien.

Social Concerns
Continued from page 8
Crissy Volkman has made a sign up Genius for desserts for the fish fries.

Easter Vigil reception: since both custodians have retired by that date, we will need help to set up tables and chairs as well as prepare food and decorate.

Banquet for the Poor will be on Wednesday April 17. Tami will publish sign up Genius in March.

Care for Creation their next meeting will be Feb. 27. There will be a speaker at Newman Center on March 9, Sr. Sharon Zayac, O.P., will present “Hearing Creation’s Cry for Conversion: A Lenten Reflection.” Clean up Columbia is scheduled for April 13, Earth Day is April 28 and the next trash clean-up day will be scheduled soon.

Missouri Faith Voices Miriam shared a hand out that was presented to the Columbia City Council on the dignity and equality of all people outlining justice in housing, transit, education and our legal system.

Next meeting: March 19 at 6:30 p.m. in the Library

Conversion
Continued from page 7
For Our Common Home”, at a program with Cardinal Peter Turkson, president of the Pontifical Council of Justice and Peace. It was hosted by the Catholic Conference of Ohio Bishops and the Catholic Climate Covenant. She writes, lectures, and gives retreats in and outside the U.S. on Earth spirituality and sustainability.

For more information about Sr. Sharon’s Lenten Day of Reflection, please contact Sr. Karen Freund, O.P., Pastoral Associate/ Spiritual Director at St. Thomas More Newman Center at srfren@comonewman.org.

‘I need you to survive’
By Miriam Hankins

I have been singing in church choirs since I was in sixth grade at St. Mary’s in Cape Girardeau, MO. Since that time, I have sung sacred hymns from just about every genre in existence. However, it has only been within the last few years that I was introduced to traditional black gospel music in its purest form, taught by repetition without the use of printed music.

The opportunity to learn this type of music was through a collaboration between the Columbia Chorale, under the direction of our own choir director, Emily Edgington Andrews, and a gospel choir under the direction of LaMont Walker, assistant pastor of United Community Cathedral here in Columbia. Singers were given the lyrics to a song but no musical notes. Each voice part (soprano, alto, etc.) was taught separately, line by line, by the conductor who sang the line and then the singers repeated it back. Eventually, all 4 parts were put together. The conductor used hand signals to inform singers when to repeat from the beginning, or sing it again a half step higher, or time to sing the ending.

One piece that we did at a recent concert really stuck in my mind. It is called “I Need You to Survive,” a piece by Hezekiah Walker, released in 2002 on an album entitled “Family Affair II: Live at Radio City Music Hall.” I have never sung gospel-inspired lyrics such as these before, so I have continued to think about them:

I need you, you need me
We’re all a part of God’s body. Stand with me, agree with me.

We’re all a part of God’s body. It is His will that every need be supplied.

You are important to me.

I need you to survive.

I pray for you, you pray for me.

I love you, I need you to survive.

I won’t harm you with words from my mouth.

I love you, I need you to survive.

I asked LaMont Walker if he knew what inspired the song writer to express this need for another to survive. He didn’t know the answer to my question, but he had this to say: “For me, the lyrics are a great reminder that we cannot survive in this world alone and secluded. As well, I love the declaration and affirmation in the vamp of the song regarding us praying for one another and declaring our love for one another.”

We have a tradition at Sacred Heart of sponsoring students from the university who are studying music, enabling them to gain further experience in singing or conducting. This past February, Preston Wilson, a PhD student, shared his talents with the choir by conducting a couple of pieces written in the style of traditional Black Gospel tunes. He also taught “Glorious is the Name of Jesus” to the choir by rote without music. Learning music in this fashion invited the singers to open themselves to new experiences, a good skill for any disciple of Christ to learn. It was easier for some than others, but just as we are all part of the one Body of Christ, the choir mirrors that Body by singing, moving, and breathing as one.

The smile on my face doesn’t mean my life is perfect. It means I appreciate what I have and what I have been blessed with. I choose to be happy.

www.daveswordsofwisdom.com
Roamin’ Catholics to visit the Holy Land

Join Fr. Francis Doyle, Deacon Bill Caubet and other Roamin’ Catholics as we travel to Israel and walk where Jesus walked. Leaving Nov. 4, 2019, and returning Nov. 14, we will spend eleven unforgetable days in the Holy Land in this extraordinary pilgrimage.

Pray where Jesus was born, spent his youth, and called his apostles. Renew your baptismal vows in the Jordan River and your wedding vows in Cana. Celebrate Mass on the Mount of Beatitudes. Visit Capernaum and even sail on the Sea of Galilee.

In the holy city of Jerusalem, pray in the Upper Room, celebrate Mass in the Garden of Gethsemane, walk the Stations of the Cross on the Via Dolorosa, and celebrate Mass at the Church of the Holy Sepulcher.

The price for all of this and much more is $4,000* (based on double occupancy). Pricing includes the tour, roundtrip airfare from St. Louis, a full time guide, four and five star hotels, deluxe motor coach, gratuities, and daily breakfast and dinner. Also included are program/entrance fees as well as surcharges and taxes.

For questions, reservations and/or a full brochure and itinerary please contact Ron Meyer at ron.meyer9@yahoo.com or Colleen Meyer at colleenmari-
c72@yahoo.com. You may also get additional information from the travel agency’s web site at: proximotravel.com.

Make sure not to miss out on this once in a lifetime adventure!

*Price does not include insurance.
“Love is the most realistic thing in the world.” – The Great Victorian Poets (The Victorian Age)

“We can all love mankind if we remember not to judge them by their leaders.” – Illustrated London News, Nov. 16, 1907

“They have invented a phrase, a phrase that is a black and white contradiction in two words ‘free love’ as if a lover ever had been, or ever could be free. It is the nature of love to bind itself, and the institution of marriage merely paid the average man the compliment of taking him at his word.” – A Defence of Rash Vows (The Defendant)

“Creatures so close to each other as husband and wife, or mother and children, have powers of making each other happy or miserable with which no public coercion can deal.” – What’s Wrong With the World

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 Church, Columbia, MO.

“BROTHER, CAN YOU SPARE A DIME?”

Just $1 will provide 15 meals for those in need. Support the Central Missouri Food Bank by calling (573) 474-1020.