Lugo, Urban elected to council

Jorge Lugo (left) and Mike Urban (right) were recently elected to the Parish Council.

By Mary Kay Head

The votes were cast, the results were counted, and two candidates emerged as winners. Those elected were Jorge Lugo and Mike Urban.

It was a very close election, which really wasn’t a surprise. With four very capable candidates, we knew the Parish Council would be in good shape regardless of the outcome of the election.

We thank each of you who participated in the election. Your vote was certainly important.

Upcoming Events

Sponsored by Health Ministry Committee

Sunday April 28 @ 10:00-10:30 am – "The Art of Relaxation" (hosted by Charlie Ochoa)
Sunday May 5 - Blood Drive
Sunday May 19 @ 10:00-10:30 am – "Balance and Core Exercises: Preventing Falls and Strengthening for Life" (hosted by John Kesler)

An invitation to pray

Hosted by Unión Guadalupana, the Spanish rosary group

Dear Brothers and Sisters, We would like to share with you the invitation to join the prayer project that will be held in 194 countries on April 4 and is called “Mater Fatima”. The rosary will be prayed for the peace of the world, respect for life, the forgiveness of sins and the conversion of the whole world.

On that day those who can are also asked to offer some type of fasting or penance, spend one hour before the Blessed Sacrament and pray the Holy Rosary, and consecration themselves to the Blessed Virgin Mary.

Official Website: www.materfatima.org
E-mail: materfatima2019@gmail.com
info@materfatima.com
contact@materfatima.com
Facebook: @materfatima
Twitter: @MaterFatima
Instagram: @mater-fatima
May Feelings @MaterFatima

World Rosary for Peace: April 4th 2019
Margaret E. Fischer, 1925-2019

Margaret Eleanor “Maggie” Karigan Fischer, 93, formerly of Sedalia, Missouri, passed away March 7, 2019, in Overland Park, Kansas. She was the mother of Rita Schulte.

Maggie was born July 9, 1925, in Sedalia to Eugene Patrick and Maude Ellen Schnoike Karigan. On February 2, 1949, she married the love of her life, John Quinton “Jack” Fischer, who preceded her in death on October 31, 1997.

Maggie was baptized and married at Saint Patrick Church in Sedalia. She was educated at Saint Patrick Grade School and Smith-Cotton High School. She supported Jack as he helped build Fischer and Fischer Contractors and Fischer Concrete Service. She was a member of the Daughters of Isabella and board member of Saint Patrick School and Church.

Her lifelong love of golf led her to become the President of the Missouri Women’s Golf Association and a charter member and board member of Walnut Hills Country Club. She was proud of having made a hole-in-one as well as a double eagle, and instilled an appreciation of golf in many of her grandchildren. She was preceded in death by her son, David Fischer, in-law, Jack Kerr, and daughter-in-law, Susan O’Brien Fischer.

Funeral services were held on Monday, March 11, 2019, at 10:00 at Saint Patrick Church in Sedalia with Monsignor Marion Makarewicz officiating. The family received friends at the church on Sunday, March 10, beginning at 4:00 pm and concluding with a rosary at 7:00 pm. The family suggests memorial contributions be made to St. Patrick Church or Sacred Heart School Foundation.

By Ron Meyer, Chair

The meeting opened with a prayer by Father Francis. The minutes from the February meeting were approved as submitted.

Paul Kanago gave a presentation regarding the Sacred Heart Catholic Community Foundation. He explained that it was established in 1998 to help provide for the long-term financial stability of the parish.

Presently there are five endowment categories within the foundation: Administration, Education, Liturgy, Liturgical Arts and Preservation of the Church Environment, and Social Concerns. A percentage of the funds are made available to each endowment annually. The foundation is administered by a volunteer board.

Dave Wagner gave a presentation regarding the need for a kitchen coordinator. He explained that it would be a volunteer position and listed the duties and responsibilities. He noted that there were a few people interested in the position. The council approved his request to move forward with the position.

There was discussion about the need for a new stove. The council is considering a new model that would also work with a new activity building. Frank Cunningham provided information regarding two such models. It was also noted that the refrigerator in the activity building had not been serviced for several years. With Father Francis’ approval, Frank will contact a reputable company to provide this service.

The council continued to discuss the possibility of having a 50/50 raffle. A couple of options...
Childhood obesity: When Happy Meals aren’t so happy anymore

Submitted by the Health Ministry Committee

In a society where kids are changing their happy meal toys for cookies and ice cream cones, it is no surprise 30% of children in the United States are considered obese. Obesity is now the most common chronic disease of childhood.

A child is considered obese if their body mass index-for-age (also known as BMI) percentile is greater than 95 percent. This means the child’s BMI falls in the top 5% of children of the same age. A child is considered overweight if their BMI-for-age percentile is greater than 85 percent but less than 95 percent. This method has become a common tool to measure obesity in children, but ultimately only your physician can best determine and diagnose weight status in your child.

So what’s the problem?

As the rate of obesity in children continues to rise, we worry about the long-term implications. Children who are considered obese are 70 percent more likely to be obese in adulthood. They also are at an increased risk for serious health issues such as:

- Heart disease
- High cholesterol
- High blood pressure
- Diabetes
- Sleep apnea
- Cancer

Beyond these medical risks, childhood obesity has psychosocial implications including low self-esteem and depression related to social discrimination.

Causes

There have been a wide variety of factors that are linked to childhood obesity. But these 5 factors have been identified as major contributors to the problem:

- Environment – major environmental influences include television commercials promoting unhealthy foods and demoting the importance of physical activity, increase in portion sizes and eating out, and more soda and juice box consumption.
- Lack of physical activity – the growing use of computers, increased time watching TV, decreased physical education in schools has led to an increased sedentary lifestyle of children.
- Heredity and family – it is estimated that heredity contributes between 5 to 25 percent of the risk for obesity. However, genes alone do not always dictate if a child will be affected by excess weight or obesity.
- Dietary patterns – over the past few decades, the average amount of calories consumed per day has dramatically increased and the consumption of healthy foods has decreased. Food portions have also drastically increased.
- Socioeconomic status – children that come from lower-income homes are at greater risk of being affected by obesity as they cannot always afford particular activities that promote physical activity and tend to buy more “convenience foods” which are higher in calories, fat, and sugar, and may not receive education on proper nutrition and healthy food choices.

Ultimately, children are eating more and burning off less.

What can we do?

The treatment for childhood obesity is a little bit different than treating adult obesity. It is essential to involve the family in a child’s weight management program, as this support system is integral in ensuring goals are met.

It is important to first talk to your physician about your treatment options. These are some of the most common forms of treatment:

- Diet therapy – this may require meeting with a nutritionist that may provide specific recommendations and/or teaching on how to read food labels, cutting back on portions, and/or restricting caloric intake. The goal is to make long term changes to a child’s eating habits.
- Physical activity – since inactivity in childhood is associated with adult obesity, this is an effective treatment. Increasing physical activity

Acknowledgment

The Sacred Heart Knights of Columbus Council #14414 held our social meeting March 5 at Glenn’s Cafe. Our business meeting was held March 20 in the Education Building. Council members helped with the Trivia Night March 2. As this is written, we are preparing to host Lenten Fish Fries the latter two Fridays of March.

Coming Up

April 3 Social meeting: Attend 5:30 p.m. Mass and provide soups for the Lenten Soup Supper
April 7 Host degree ceremonies: 11 a.m. Admission Degree; 1:30 p.m. Second and Third Degrees
April 17 Pre-meeting dinner, 6 p.m.; Business meeting, 7 p.m.
April 26-28 Annual Missouri Knights of Columbus State Convention, Jefferson City

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).

Parish Council

Continued from page 2

were considered. The favored one will be reviewed in more detail at the next meeting. The proceeds from the raffle could be used toward the purchase of a new stove. Father Francis advised that he will be out of town during spring break on a mission trip to Equador. Norm reminded the council of a diocesan change over a three year time period to change reception of Confirmation to 7th. graders. Father Francis brought up the idea of term limits for Commission chairs in an attempt to get more involvement. Commission reports were presented.

The meeting ended with Norm reminding the parish that if you need help with projects around the home or in the yard, call Rick Clawson at (573) 491-3399 or email ricklawson1950@gmail.com

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

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 ricklawson1950@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

Sacred Heart Catholic Community Foundation

To Be An Angel Forever

Write to: The Foundation
PO Box 10263, Columbia, MO 65205-1263
By Stephen Cravens

From the Home and School Report:

The OLLIS Mother - Son event will be happening on April 13 at Lazer Lanes.

The All-School meeting planned for April 16 has been canceled.

Pot o' Gold was very successful again this year with over 150k raised to support OLLIS.

From the Principal's Report:

OLLIS recently completed a Self-Study and the results were excellent! The visiting team noted how caring the staff was and how strong the children's faith and Catholic identity was.

The visiting team also commended OLLIS for having two counselors and a learning specialist on staff as well as the entire administration’s focus on safety into all activities.

Construction on the addition has been delayed by the harsh winter and is likely to be delayed further still by the expected wet spring. Exact dates aren't known at this time, current estimate for completion is in the late-June timeframe.

Also due to the harsh winter, OLLIS plans to extend the school year by two additional days.

Father Chris was away for the meeting this month so we weren't able to get the Pastor's report in person, however he did send a pretty thorough email with some good info.

The movie Unplanned will be shown in Columbia theaters on Friday March 29th. The movie is based off of the book of the same name by Abby Johnson, a former Planned Parenthood director who left the organization and dedicated herself to exposing the abortion-centric philosophy and practices of planned Parenthood. It will probably have a limited run in Columbia so it’s important to get out and see the movie early if you would like to see it.

 Childhood obesity

Continued from page 3

can decrease or slow the increase in fatty tissues. The US Surgeon General recommends that a child get at least 60 minutes of physical activity each day.

Behavior modification – children establish their lifestyles and behaviors at a young age, which is why it is important to make adjustments to unhealthy behaviors during childhood rather than waiting until adulthood. Several ways to modify behavior include changing eating habits, increasing physical activity, becoming educated about the body and appropriate nutrition, participating in a support group or extracurricular activity, and setting realistic weight management goals.

Resources

Some great educational resources on obesity, healthy eating, and nutrition include:

USDA Food Tracker – see how your child’s daily intake matches up with daily targets and limits (https://www.supertracker.usda.gov/foodtracker.aspx)

Choose MyPlate – practical information to help build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information (https://www.choosemyplate.gov)

BMI chart – determine your child’s BMI (http://www.choosemyplate.gov)

Boys BMI-for-age percentile chart – see where your child falls on the chart to determine if he is considered overweight or obese (http://www.choosemyplate.gov/understanding-obesity-in-children/measuring-weight-in-children/bmi-chart-for-children)

Girls BMI-for-age percentile chart - see where your child falls on the chart to determine if she is considered overweight or obese (http://www.choosemyplate.gov/understanding-obesity-in-children/measuring-weight-in-children/girls-bmi-for-age-percentile-chart)

Life Teen News

By Tyler Peterson

Life Teen has been going really well this semester! Our talkers have done a really good job with some topics that are essential to being Christians, and it seems the teens have responded well in small groups and casual conversation. The weather is slowly getting better, which has definitely allowed more of our teens to be able to make it to Life Nights each Sunday. It is such a joy to see them each week, hang out with them, and get to know them better!

Summer Life Teen is back this year! We will be having events periodically that are quintessentially CoMo Life Teen- some fun, some friends, some food, and a whole lot of faith! We will release our summer schedule in a few weeks, but our first event is a picnic on June 1 at noon in Newman’s courtyard. Please save the date!

Luke 18 update: Our Luke 18 retreat is happening April 5-7 at Our Lady of Lourdes. We have had a lot of 8th and 9th graders sign up to go, which has been a huge blessing. Please remember to keep the Lukers, the team, and the adults in your prayers!

Confirmation is going well! Our students turned in their service reflection papers recently, and they were really thoughtful and well-written. It is crazy to think that Confirmation is in only a month and half. It has flown by, and we are so excited for our 30 students to receive this awesome sacrament!

El Reverendísimo W. Shawn McKnight
Obispo de Jefferson City
Cordialmente le invito a unirse con nosotros al Rito de Ordenación de Diáconos
Sábado, 4 de Mayo, del año Dos mil diecinueve, Diez de la mañana
Catedral San José
2215 West Main Street
Jefferson City, Missouri
Recepción en el sótano de la Catedral después de la ordenación

The Most Reverend W. Shawn McKnight
Bishop of Jefferson City
Cordially invites you to join us for the Rite of Ordination of Deacons
Saturday, the 4th day of May
Two Thousand Nineteen
Ten o’clock in the morning at
The Cathedral of St. Joseph
2215 West Main Street
Jefferson City, Missouri
A reception will follow in the Cathedral Undercroft

Jon Michael Bequette
Michael Wayne Berendzen
Bradley Wade Jones
Christopher Anthony Korte
Luke Garrett Mahsman
Jose Jaime Medina
Nestor Andres Montenegro
Jose Amparo Orozco
Luis Enrique Reyes Pimentel
William Christopher Sago
Robert Raymond Schowengerdt
William Kenneth Seibert, Jr.
John Leo Watkins
For Sacred Heart Youth

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

Holy Thursday Unscramble

What happened on Holy Thursday?
Unscramble the words to fill in the blanks and use the letters in circles to fill in the last blanks.

The day _____ _____ _____ (EFROE E) He died, Jesus went to celebrate the _____ _____ _____ (SPSVROEA) with His _____ _____ _____ _____ _____ _____ .

(ISLEPSCDI)

During the meal, Jesus began to wash their feet, but Peter would not let Him. Jesus told him, "Now _____ _____ (UOY) don’t understand what I’m doing, but _____ _____ _____ _____ (DRAWFTRAU) you will."

Peter replied, "You will _____ _____ (VNEER) wash my feet!" Jesus said, "If I do not wash you then you will have no part with Me." Then Peter said, "Then Lord, wash not just my feet but my head and _____ _____ (DNSHA) too!"

Then Jesus took _____ _____ (EADRIB) and made it into His Body and took wine and made it into His Blood.

This _____ _____ (STCLA) Supper was the first Mass. Jesus wants to _____ _____ (CMOE) to us in Holy Communion and then go _____ _____ (TOU) and do His work in the _____ _____ (LWROD)

Jesus finished His work by offering His _____ _____ to God the Father for us on the cross.

Sarah Eber assembled materials for this page.

How will you spend your Maundy money?

In the early church, kings and queens would show their humility and willingness to serve people on Maundy Thursday. At Sacred Heart, we refer to Maundy Thursday as Holy Thursday or the Chrism Mass. In our church, this is the night our priest and deacons wash the feet of some of our parish family. In the early church, kings and queens did this same service for their servants and subjects. On this day in Jefferson City, the bishop blesses the Holy Oils that are used when we celebrate the sacraments.

The word maundy comes from the Latin word mandatum which means commandment. It is used on Holy Thursday to refer to the commandment Jesus gave us… ‘And now I give you a new commandment: love one another. As I have loved you, so you must love one another;’ (John 13:34). In our church, the washing of the feet is a way to show willingness to love to the point of sacrificing... or doing something you don’t like doing... to love others as Jesus loved us.

Since the 18th century (almost 400 years ago), Catholic kings, queens, and government leaders stopped washing the feet of their subjects. Many Christian leaders throughout the world still offer some sacrifice at this time of year. One interesting custom that remains in some countries even today is the giving of specially made coins to the elderly and people who do not have a steady source of income. Many countries do things like eating special candies only this time of year (Jordan almonds in Latin countries) or all green food on Holy Thursday (in Germany). For us, the purpose for celebration on Maundy Thursday is to focus on what real love is... doing and caring for others to the point of sacrifice (not the “I love you because you do good things for me or make me feel good” kind of love). This day reminds us that real love means caring and giving to people who do not always do the same for us. This is a day to really be like Jesus... when we give of ourselves to others. To whom will you give your Maundy money?

Sarah Eber assembled materials for this page.

Faith Formation Commission

By Sonia Potts, Chair

The Faith Formation Commission met Tuesday, March 19. The meeting was opened with prayer. In attendance were Susan Stolwyk, Marigrace Powers, Renee Molner, Sr. Francine and Sonia Potts. Deb Gerecke has resigned as co-chairman of the commission. The Faith Formation Commission and the PSR are responsible for providing soups and breads for the April 10th soup supper.

The Parish School of Religion has only four more classes this session. The last class will be Sunday, May 5th and will include the May Crowning ceremony.

The RCIA program has had one person already join the Church on Saturday, March 16th. One more person will join the Church at the Easter Vigil. The RCIA process.

The Life Teen program has 23 8th grade student scheduled to attend the Luke 18 retreat April 5-7. Confirmation is scheduled for Saturday May 11th at the 5pm mass at the Newman Center. There are approximately 30 students from Sacred Heart and Newman Center who will be confirmed this year. Renee will be working with the Diocese on plans on how to implement the new 7th grade confirmation schedule. Renee has a “Bible and Breakfast” program planned for this summer and may extend it into next fall. On June 1st at the Newman Center there will be a welcome picnic to welcome 8th grade students to the Life Teen program. Life Teen students will also have the opportunity to attend the St. Louis Conference in Springfield, MO on July 19-21. Scholarships are available to help cover the cost.

The Adult Faith Formation Committee offered the Formed.org Lectio Prayer video series in small groups during lent. Eleven parishioners are participating in two small groups. Bishop Barron’s The Mass video series will be offered during the early summer. The dates and times will be determined at a later date. A bilingual Rosary for world peace is scheduled Thursday, April 4th at 6pm in Church.

There was some discussion on including the Church’s teaching on Social Justice issues in future programs. Also, the possibility of a representative from the Social Concerns Commission attending the Faith Formation Commission meetings and vice versa was discussed. The next meeting is scheduled for Tuesday, April 30 at 6:30pm. All members were asked to bring names of parishioners who might be interested in joining the Faith Formation Commission. The meeting was closed with a prayer.
FertilityCare practitioner teacher training

By Phyllis White

FertilityCare Center of Kansas City Teacher Education Program is pleased to announce a new FertilityCare Practitioner Program beginning April 28. It will be held at the Franciscan Retreat Center at 2100 N Noland Road, Independence MO. The Program Director is Phyllis A. White, CFCE of Sacred Heart Parish in Columbia. Medical Consultant is Dr. Joseph B. Stanford, Salt Lake City, UT. Information and application materials can be found at www.fertilitycarekc.com under FCP Training.

The program has the encouragement and support of the Dioceses of Jefferson City, Kansas City-St. Joseph and the Archdiocese of Kansas City in Kansas. It is accredited by the American Academy of FertilityCare Professionals. This is a 13-month program with two Education Phases and two Supervised Practicums. Dates for Education Phase I are April 27-28, May 4 and Education Phase II, November 2-7. Students begin teaching at their own home location immediately after EPI. Practitioner Interns will teach all reproductive categories from adolescence to menopause. Introductory Sessions are taught in group or individually and subsequent follow-up sessions are one-on-one. The Creighton Model System (CrMS) was developed at Creighton University Medical School by Thomas W. Hilgers, MD, OB/GYN as a natural system of women’s health and fertility, and is a highly effective system to achieve or avoid pregnancy. The new medical approach to women’s health is called NaProTechnology (Natural Procreative Technology) and has application to PMS, Polycystic Ovarian Disease, unusual bleeding, postpartum depression, frequent miscarriage and infertility. Having far more success than Artificial Reproductive Treatments, i.e In Vitro Fertilization (IVF) and Artificial Insemination. The focus is to identify and treat the problem to make the woman healthy, not just to treat the symptoms.

The FertilityCare Practitioner is vital to the work of the FertilityCare Medical Consultant, in teaching the woman (couple if engaged or married) to track her cycles which will identify potential warning signs. Then the FCMC will use the woman’s personal chart to time precise testing and treatment, both medical, and surgical if indicated, and then to monitor the effects of the treatment. This is done in total harmony with the woman’s natural system and in accord with Church teaching. The training of physicians in NaProTechnology is done in a 6 month program at the Pope Paul VI Institute in Omaha, NE. There is also a 1 year medical and surgical OB/GYN fellowship program.

Fortunately, not every young girl or woman has cycle problems. But, many do even at a young age i.e. heavy and painful periods even in Junior High. These kids are given the Band-aid treatment of the birth control pill, which cannot cure anything. For example, Dr. Patrick Y. Yeung, OB/GYN, St. Louis University Endometriosis Center says that on average it is 9 years to diagnosis and treatment of endometriosis. This is not good health care. All young girls (and adults) deserve to understand how God made them and to learn the state-of-the-art knowledge of health and fertility. We cannot appreciate what we do not know!

The FertilityCare System is taught age-appropriately with expanded application to achieving and avoiding pregnancy for the engaged and married. The CrMS requires no equipment and is applicable to all. In the Jefferson City Diocese client instruction is available monthly in Kirksville, Columbia and St. James. Brochures are in the rack in back of church.

For information about teacher training or to learn the system, contact Phyllis A. White CFCE at 816-550-8789 or pwhite@fertilitycarekc.com.

Missouri Faith Voices

By Miriam Hankins

There is a grassroots prophetic organization in Missouri that might be of interest to anyone wanting to live a more active life guided by the demands of social justice. Missouri Faith Voices (www.missourifaithvoices.org) is a state-wide collaborative organization that seeks to have a role shaping public policy that will speak to the needs of the most vulnerable people in our state. The organization grew out of the Missouri Interreligious Roundtable, that among other things, was instrumental in 2009 in providing the opportunity for tens of thousands of children to gain health insurance.

In 2011, the Roundtable was formalized as Missouri Faith Voices (MFV), and was registered as a 501c3 organization. Currently there are 4 chapters in the state, one of them in Columbia. There are various campaigns that the organization is currently focused on: predatory lending practices, healthcare, sanctuary, faith in democracy, poverty, and criminal justice.

The Columbia chapter spoke to thousands of the most vulnerable city residents to find out the most urgent needs of these citizens. The chapter put together a moral agenda that was presented to the City Council in February. The items on the agenda, which can be studied in more detail on the website, included the following: housing justice, transportation, sanctuary, education, and justice systems.

The Catholic Church has its own public policy arm, the Missouri Catholic Conference, that is most active at the state level. However, at a more grassroots level, the local chapter of MFV seeks to sway our city and county officials to act in ways that are in alignment with gospel principles. Anyone seeking to be more active in guiding public policy should check out this organization and study its goals and agendas.

Click on the “Join Us” button to leave your email information. The organization will then send email alerts about upcoming events.

There is a faith assembly every other month, with the next one scheduled for April 16, 6:30 pm, location to be determined. The local leadership team consists of Brittany Hughes (Organizer), Aziza Rashid, Pastor Brad Bryan, Rev. Molly Housh Gordon, and Rev. Sarah Klaassen. Those wanting more information can reach Brittany by email at Brittany@missourifaithvoices.org.

I attended the last meeting of the local chapter of MFV that was held at United Methodist. There were 70-80 people seated in a large circle. We introduced ourselves and what church or group we represented, and I think it is quite possible that the group can help shape local governmental policy that will benefit the less fortunate in our community.

Social Concerns

By Barbara Head, Chair

Parish Council Report: Paul Kanagoo from the Sacred Heart Foundation wants to remind people that the Foundation will fund up to 3% for various parish needs—just ask. PC approved Dave Wagner’s Kitchen Coordinator plan. Frank Cunningham got quotes ($8-10,000) for a commercial range to replace the one in the activity building. Vanessa Velez reported the Hispanic Friday Rosary group is planning to participate in an international praying of the rosary on April 4th to pray for World Peace/Respect for Life/other causes. Sacred Heart will participate in the Ecumenical Palm Sunday celebration this year.

Health Ministry: There will not be a Walk to Jerusalem this year. Planned are a May 5 Blood Drive at Sacred Heart, Fall Prevention Program April 28, Relaxation program May 19, Food Handler class April 14. They are continuing to review video conferencing systems to allow groups to meet virtually. Charlie Ochoa is working on updating Emergency Preparedness. There is a family of 8 who needs a ride to mass.

Care of Creation: Members attended the Day of Reflection at Newman, their next meeting is April 10. April 13 is Cleanup Columbia and the group will pick up litter near Sacred Heart. May 4th is a gardening/landscaping day at Sacred Heart.

Sr. Francine wanted to bring to our attention other social justice issues, some of which we may

Continued on page 7
Continuing the spiritual journey

Let the waters flow to God

By E. Jane Rutter

Back from his winter retreat, I watch the cardinal pecking at his reflection in the mirrored planter outside the greenhouse. He’s reclaimed his nest in the nearby cedar tree and flits between the two. The early morning fog rises off the pond as a deer darts through the yard. Jules and Dolly incessantly bark at me until I shoo them out to chase it.

Today we usher in spring, welcoming its promise of returning birds and deer, budding trees and longer, warmer days.

Nature laughs at our precision in assigning start and end dates to the seasons, dumping a foot of snow on the northeast today to remind us of our folly. Oftentimes, in our haste to firmly close the door behind us as we open the next, we avoid dealing with our past and move impetuously into our future.

Liturgical seasons are the same. Christmas celebrates Christ’s birth, Lent mourns His death, and Easter rejoices in His resurrection. We feel the sentiment of one season, put it behind us, then plunge forward to experience the next. We are well-trained in reacting to the moment we are in.

But life isn’t compartmentalized. Like water, at times life freezes us in place, swirls us back and forth, and pushes us forward.

Why then the paradox of the prophet Isaiah advising us to “Remember not the events of the past, the things of long ago consider not . . .” and St. Paul preaching that he is “. . . forgetting what lies behind but straining forward to what lies ahead”? (Is 34:18, Phil 3:8)

Surely, they recognize that God cleanses us through the water’s movement. We don’t really shut the doors to the past until we’ve given God our future.

While we like living in the moment, have we worked through then let go of the past, forgiving ourselves and others for the selfishness, screw-ups, suffering, and sins we’ve caused or experienced from others?

Our own lack of understanding or unwillingness to let go of mistakes and pain keeps us from the joy that God wants to shower upon us.

The thirst-quenching joy that Isaiah describes as “In the wilderness I make a way, in the wasteland, rivers.” (Is 34:19) The joyful promise of eternal life that St. Paul strives for when he writes, “I continue my pursuit toward the goal, the prize of God’s upward calling, in Christ Jesus.” (Phil 3:13-14)

Until we forgive, until we allow God to wash us clean from these miseries, we remain in winter. Like the cardinal, we retreat in harsh weather. Like the wasteland, our lives are dry without water.

Baptized in Christ, we sing the praises of the beloved and yearn for life’s next adventure.

And so I pray: Dear Lord, give us the strength to forgive ourselves for past sins and others for the hurt they have caused us. Free us from our weak spirits to accept the fullness of Your love. Help us face and forgive ourselves and others for the selfishness, screw-ups, suffering, and sins we’ve caused or experienced from others.

Continued from page 6

already be addressing and others which we may want to consider such as Refugees (World Refugee Day Speaker is planned for June 23rd at Sacred Heart), Immigration (Sacred Heart offers English language and Citizenship classes), Human Trafficking, Gun Control, Death Penalty, Racism, Climate Change. She also mentioned a mission trip to the border in AZ which her group of sisters is participating in and which anyone is welcome to join.

Old Business

Social Concerns

Cynthia Hackathorn completed the Initiation process at Sacred Heart Catholic Church at the 4:30 p.m. Mass on Saturday, March 16. She was Baptized, Confirmed, and received First Communion. Pictured are Fr. Francis Doyle, Cynthia, and Deacon Bill Caubet. Congratulations, and welcome!

Soup suppers: The first soup supper last Wednesday had a low turnout—Barb will be monitoring the others and see if we want to continue the soup suppers next year.

Bazaar—spring Bake sale is April 6-7 and will be in the library on Saturday due to a conflict with the main room, but in the main room on Sunday.

The Parish Picnic will be Sept. 15 at Lamb Shelter at Cosmo Park.

New Business

Easter Vigil Reception: A sign up Genius for this will be coming out soon. Since we only have one person joining the church we may want to consider a 14.

Parish Celebrations

Continued on page 8
Social Concerns
Continued from page 7
need less food than previous years.
Next Bunco night is Tuesday
April 23 at 6 p.m. in the Activity
building.
Easter Banquet for the Poor will
be on Wednesday, April 17th from
5-6:30 p.m. Sacred Heart parish
comes together to serve warm
meals to many of Columbia's
needy individuals and families. If
you are interested in volunteering
at this event or making a monetary
or food donation, you may do so by
contacting Tami Herman directly at
573-619-9114 or therman@ma-
cf.org. A sign up list has also been
created at Signupgeni-
us.com. Please use the following
link to sign up:
https://
www.signupgenius.com/
go/10C0E49AA829A7FB6-
sacred1.
Thank you for supporting this
annual event!
Next Social Concerns meeting
will be May 21 because the April
date would fall during Holy Week.

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 vol-
unteers to fulfill this mission. Heart of
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