Sacred Heart Choir returns from summer break

By Chris Vitt, Emily Edgington-Andrews and Charles Ochoa

This time of year during 8:30 Mass at Sacred Heart in Columbia, MO, you notice something special! The choir has returned from the summer break and has resumed the music ministry that will continue until Pentecost next year.

Often after Mass we hear questions from the congregation such as, “Who was that soloist? He/She was amazing!” or “That was a beautiful piece you sang today. What will you sing next weekend?” In this article we would like to introduce you a little bit to the choir, the members, and give you the schedule for this “fall semester.”

Sacred Heart parish has always had a choir; what you hear today is an evolution of a long commitment to having music as part of the Liturgy. It is worth noting that several members have been with the choir for more than 30 years. The choir is composed of approximately 40 voices, some have been in the choir many years and some are in their first year. You know many of these choir members as they are also long-time parishioners, dedicated to music ministry.

Important to the choir quality is participation by some students from the music programs of various local colleges and universities. As is the nature of university communities, these students rotate in and out as they graduate. Many times the solo or small ensemble performances you hear will be sung by these students. It is a mutual benefit experience because we are blessed to hear them sing praises to God, and they gain valuable experience to help them become better musicians.

The students are: Emiline Yorty, Soprano; Kate Mosier, Alto (note: Kate is also the choir music librarian and assistant to the director); Savon Hayes, Tenor; Keith Bodenhaver, Baritone; Nathan Roert, Bass/Baritone; and Ben Borgmeyer, Bass/Baritone.

Additionally we are blessed with a couple of “semi-pros.” This means people who are work-

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**Birthdays**

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<tr>
<th>Date</th>
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<tr>
<td>Oct. 1</td>
<td>Stacy Cooper, Noah Fisher, Lindsay Hernandez, Konnie Huisman, Tzetzi Mendez</td>
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<td>Elizabeth Barry, Luke Boss, Doug Boyer, James Evans, Christine Fuller, Aaron Ghidey, Charles Londrie, Henry Londrie, Alex McBaIn, Laura Rutter</td>
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**Eternal Rest**

**Emily “Emi” Meyer, 1977-2019**

Emily Marie “Emi” (Grismore) Meyer, 42, of Columbia, passed away on Tuesday, Sept. 17, 2019 at her home, surrounded by her family after a courageous fight with cancer. She will always be remembered by her beautiful smile, that she shared with everyone.

At her request, there will be no services.

Emi was born in Bluffton, Ohio on April 19, 1977. She graduated from Pandora-Gilboa High School in 1995, continuing her education at the University of Findlay.

She was formerly employed with the Girl Scouts, the University of California Santa Barbara and the University of Missouri College of Education. Emi was currently employed at the University of Missouri College of Veterinary Medicine as Executive Assistant of Student and Alumni Affairs. She was instrumental in the personal and professional lives of the students.

Emi was most happy when she was cooking for family and friends, enjoyed reading and shopping (for shoes) and loved her dogs greatly.

Emi is survived by her loving husband, Brian Meyer, whom she married on Nov. 9, 2013; mother Wendene (Welty) Grismore, Pandora, Ohio; sister Kelli (Matthew) Bailey, Pickerington, Ohio; sister Rachel (Austin) Plaugher and nephew Bentley, Charleston, S.C.; paternal grandparents Herbert and Jane Grismore, Bluffton, father and mother-in-law John and Margie Meyer, Columbia; sister-in-law Audrey Meyer, Kansas City; nephew Reece (Br) Bader, Columbia. Emi is also loved and remembered by numerous aunts, uncles and cousins.

She was preceded in death by maternal grandparents Donald and Marie Welty; paternal grandmother Marie Grismore; father Clare Grismore; brother Tony Grismore; and uncle Chuck Welty.

The family would like to extend a special thank you to the dedicated doctors, nurses and staff at the University of Missouri Hospital and Clinics and the Ellis Fischel Cancer Center for the care and compassion they gave Emi and her family.

Emi wished to set up a scholarship to benefit students at the College of Veterinary Medicine, named the Emily Meyer Imagination (E.M.I) Scholarship. In lieu of flowers, please make memorial contributions to her scholarship. Make checks out to the University of Missouri and include on the memo line ‘In Memory of Emi Meyer.’ Mail checks to: Office of Advancement, W210 Veterinary Medicine Building, University of Missouri, Columbia, MO 65211.

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**Sacred Heart Choir**

Continued from page 1

...ing full time jobs but are also performing musicians in our community. These include: Jared Smith, Tenor (note, Jared also plays trombone, so during special celebrations you’ll hear him playing, and Jared is the Assistant Director); and Sam Wright, Bass/Baritone.

Finally, even with all the dedicated members, the Choir would not be what we are without the guidance of Emily Edgington-Andrews. Emily has directed the choir since 2006. She brings passion and excellence to the choir each week during rehearsals and on Sunday mornings. Our choir is a living example of Emily’s mission: to bring together people of diverse musical backgrounds and create beautiful music at a very high level. Indeed, this is our way to praise God with you in our Sacred Heart Parish.

Stay tuned for future articles featuring various parts of Sacred Heart music ministry!
Eternal Rest
Curtis Bourgeois, 1934-2019

Curtis Horacio Bourgeois, M.D., born on December 18, 1934 in Natchez, Miss., died on Thursday, September 19, 2019 at the age of 84. His last days were spent at his home in Denver, Colo., surrounded by family and friends.

In 1956 Curtis married Martha Jane Stephenson, the love of his life. They were happily married until Martha lost her battle with cancer in 2003. In 2005 he had another chance at love and married Ms. Roslyn Walker. A proud father of four and a doting grandfather of five, he was affectionately called “Doc” or “Papa” by the many whose lives he touched.

A 1961 graduate of Louisiana State University School of Medicine in New Orleans, Dr. Bourgeois completed his residency at Letterman Army Medical Center in San Francisco, Calif. He served in the United States Army, rising to the rank of colonel before his honorable discharge in 1971, retiring in 1995.

After serving in multiple cities across the United States, and a stint in Bangkok, Thailand, the Bourgeois moved their family to Columbia. Dr. Bourgeois joined Boyce & Bynum Pathology Laboratories, where he was a partner until his retirement from medicine in 2001.

Dr. Bourgeois is most widely known locally as cofounder of Les Bourgeois Vineyards. In 1974, he and Martha bought 15 acres of bluff top property near Rocheport. Originally conceived as an idea to beautify the property in front of their home, the vineyards grew from supporting a casual wine-making hobby to a vibrant business and popular tourist destination. His eldest son took over the business in 1987, which he successfully ran until the business was sold in early 2019.

Doc enjoyed traveling, photography, writing poetry, a stiff drink and sharing the things he loved with those he loved. He is survived by his wife, Roslyn Bourgeois; four children, Marcia Bourgeois, Curtis Bourgeois, Karen Bourgeois and Stephen Bourgeois; five granddaughters; and many families of Les Bourgeois Vineyards, who brought him so much joy throughout the decades.

The Bourgeois family warmly invites all to attend his service at 2 p.m. on Saturday, Oct. 5 at the Rocheport Methodist Church. The family suggests memorial contributions be made to the Rocheport Church, Meals on Wheels, or the charity of your choice in lieu of flowers.

Knights of Columbus Council 14414
Handyman Ministry

The Sacred Heart Knights of Columbus Council #14414 held our social meeting Sept. 4 at Broadway Brewery and held our business meeting Sept. 18 in the Education Building. Council members assisted the Garden Angels Sept. 14 on the church grounds. Members grilled and barbecued meats, served the meal, and set up before and cleaned up after the annual parish picnic Sept. 15. Council members served ministerial roles at the 1 p.m. Mass Sept. 29, the fifth Sunday of the month.

In the past month, the Handyman Ministry did minor plumbing and other household repairs for a parishioner, replaced door locks for another parishioner, and repaired a kitchen range for yet another parishioner, receiving donations of $120 to support the parish.

Coming Up
Oct. 2 Social meeting, 6:30 p.m. (Details TBA)
Oct. 12 Landscaping with the Garden Angels on the church grounds, 7:30 a.m.
Oct. 12/13 Tootsie Roll Drive at Homecoming Parade and weekend Masses
Oct. 16 Pre-meeting dinner, 6 p.m.; Business meeting, 7 p.m.
Oct. 19 Serve food at Special Olympics wiffle ball tournament (Details TBA)

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).

Knights of Columbus Council 14414
Sacred Heart Cares

If you need help with projects around the home or in the yard, call Rick Clawson at (573) 491-3399 or email rlclawson1950@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 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 sacredheartcares@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 visit

Name:
Phone:
Arizona MAP trip

By Miriam Hankins

It was the middle of the night as we gathered at Sr. Francine Koehler’s home for the start of our trip to Arizona. Buoyed by the blessings bestowed on us by the congregation, we loaded our luggage into the van and headed to the Kansas City airport. We had no idea what the week’s adventure would hold for us.

It all began when Sr. Francine approached a few of us to see if we would be interested in participating in a program sponsored by her order, the School Sisters of Notre Dame (SSND). The program is known as Mission Awareness Process (MAP). One of the missions is located in Douglas, AZ, right on the border with Mexico. The weeklong trip would be mainly an educational opportunity. We would learn for ourselves what was occurring on the border and then share with the parish what we experienced.

The group that formed for the trip included Sr. Francine, Joan Reed (Sr. Francine’s sister), Donna Haley, Grace Cunningham, Augusta Nickolaus, and myself. We met several times to plan our trip, make travel arrangements, and fill out forms. Finally, the day arrived for our departure, Tuesday, Aug. 6, 2019.

We flew to Los Angeles and then back to Tucson where we were met by Sr. Judy Bourg, Sr. Lucy Nigh, and Sr. Pat Ferrick. After lunch we went downtown to the Federal courthouse to witness Operation Streamline. It is a government program for quickly processing, charging, and deporting those who try to cross the border illegally.

We were kept extremely busy the entire week as there was so much to show us. We were in Nogales, AZ, for a few days. While there, we went across the border to visit some shelters: one to help those being deported return to their homes, another for mothers with children. Members of Samaritan groups took us into the desert on the American side to place jugs of water at random spots. We stopped at the little village of Arivaca, AZ, to visit with a volunteer at a humanitarian aid station.

One day was spent back in Tucson to help a large shelter move from one location to another. It was the only “work” day for us, especially for our younger companions. There was still much to do when we left, but the Tucson area appeared to have a large, active corps of volunteers.

On Friday evening, we arrived in Douglas where the sisters live. We were up early Saturday morning so we could cross the border and have breakfast with migrants at a shelter for those seeking asylum. The shelter is called Centro de Atencion al Migrante “Exodus” (C.A.M.E.) The sisters regularly volunteer at the shelter and help financially as they are able. We spread out so one of us would be at each table. Some of us know Spanish, but I wasn’t one of them, so I had to wait for help from Sr. Judy. Before that, I had to make do with a smile and “hola.” There were quite a few children there so we brought coloring books, chalk, and soccer balls. Some of the refugees have been there for a very long time, and it is dangerous for them to leave the shelter. So, I hope the games were a welcome diversion.

From that shelter we drove to a women’s sewing cooperative. It is part of ongoing efforts to help people across the border make a decent living for themselves so they don’t have to migrate. Next to the women’s workshop is a carpenter shop where a couple of men make furniture for sale. A garden and orchard are also being developed behind the co-op. After touring the cooperative, we were treated to coffee at Café Justo. The coffeehouse buys coffee directly from the growers. This ensures that the growers can grow their crops in a sustainable manner and still receive a fair price for their crops.

The culmination of the week was an excursion into the desert north of Douglas to plant a cross in memory of a migrant who died in the desert. There were about 30 people who took part in the Native American ceremony, which was led by a member of the Yaqui Nation. It was a very meaningful and moving ritual. At supper that evening we heard more stories from guests who are active in the Samaritan groups.

The next morning was Monday, Aug. 12, and time to return home. Once our luggage was loaded, we met one last time to evaluate our week spent with the sisters. Then we left for the Tucson airport, arriving in Kansas City about midnight. Only the nighttime drive to Columbia remained.

This is just a short outline of our trip. I think I can safely speak for the others that our eyes were truly opened on this trip. We were almost overwhelmed by all that we witnessed during the intense week. Don’t miss our display table in the Activity Building. It will show many gifts from the people there, as well as items we purchased to encourage their talents.

Later in October we will present a PowerPoint with more poignant pictures of our border experience.
Saving lives through blood donation

By Becky Shafer

Source: American Red Cross (redcrossblood.org)

Every day blood donors help patients of all ages; accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds someone in the U.S. needs a blood transfusion. Each year 4.5 million lives are saved by blood transfusions. There are very specific ways in which blood types must be matched for a safe transfusion. The right blood transfusion can mean the difference between life and death. During medical treatment patients may receive whole blood or just the specific blood components they need. The information below is for Whole Blood Donation, which we typically associate with blood drives.

Who can donate? To ensure safety of patients and donors, these are some requirements donors must meet to be eligible based on donation type:

Requirements for Whole Blood Donation:
- In good health and feeling well
- At least 16 years old (in most states)
- Weigh at least 110 lbs.
- Common reasons people cannot donate:
  - Cold, flu, and other types of illness
  - Timing of some medications
  - Low iron
  - Timing of travel outside the U.S.
  - What will happen when I donate? The blood donation process from the time you arrive until the time you leave takes about an hour. The donation itself is only about 8-10 minutes on average.
- You can expect to complete all of the following steps:
  - Registration – You will sign in and go over basic eligibility. You’ll be asked to show ID, such as your driver’s license. You will read some information about donating blood.
  - Health History – You’ll answer a few questions about your health history and places you’ve traveled, during a private and confidential interview. Staff will ask about medications and will check your temperature, pulse, blood pressure and hemoglobin level.
- Your Donation – If you’re donating whole blood, staff will cleanse an area on your arm and insert a brand new sterile needle for the blood draw. (This feels like a quick pinch and is over in seconds.) You will be seated comfortably or lying down. When approximately a pint of whole blood has been collected (about 8-10 minutes), the donation is complete and a staff person will place a bandage on your arm.
- Refreshment and Recovery – After donating blood, you’ll have a snack and something to drink in the refreshment area. You’ll leave after 10-15 minutes and continue your normal routine.
- Besides Whole Blood, donors could instead choose from the following types of donations: Power Red (red cells only); Platelets; or Plasma. Each type of donation helps different categories of patients, includes different eligibility requirements, and involves slightly different procedures.

How can I help save lives without donating? Sacred Heart hosts a blood drive each year. We are currently looking for volunteers to coordinate the Spring 2020 blood drive. This will involve advertising the event and/or recruiting volunteers to sign up interested donors after Masses leading up to the event. American Red Cross will provide staff for the day of the drive. If you are interested in helping coordinate, please contact the parish office.

Mary C. Heimburger
Offering individual and group Spiritual Direction
ckeich@hotmail.com  573-445-3208

Curtis and Martha Bourgeois

The Sacred Heart choir singing Christmas carols at the Les Bourgeois winery.

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entertainment, enlisted the participation of the Parish Council to perform. The female members gave their rendition of Man, I Feel Like a Woman sung by Shania Twain and the male members entertained with O Lord it’s Hard to Be Humble sung by Mac Davis. Another year, Summerfest 2001, the theme was Stepping to the Cajun Beat, where attendees learned to two-step to upbeat music, enjoyed down-home Louisiana cuisine, laughed and relaxed on a gorgeous summer afternoon with friends while soaking in the sun amidst the beautiful surroundings of the Missouri River and bluffs.

During the time Fr. Edwin Cole was pastor at Sacred Heart, he enjoyed selecting a person or a couple as Parishioner of the Year. This honor went to Curtis and Martha at the parish Christmas dinner in December of 2001. When asked about his selection, Fr. Cole said, “I selected them because of their continued generosity to the parish over the years. Their generosity came in the form of space, money and energy. They made their winery and bistro available for our Springfest and for the choir’s Christmas Caroling event.”

“I remember vividly one Easter Vigil when Martha gathered all the daffodils from her property and filled the sanctuary with the springtime blooms,” said Pat Gerke. “That may have been the year they joined the Church. I recall at least two Christmas events at the Bistro. Always beautiful! We should do that again. Gene and I visited Curtis over the Labor Day weekend while we were in Denver. He was reminiscing about Sacred Heart with us. It was wonderful to see him, and little did we know, we were likely his last visitors from Columbia and Sacred Heart.”

This was a couple who certainly left their mark on Sacred Heart Parish. I believe many of you still remember them and the many good times we had at their winery. May they now be together again forever in God’s presence.
Life Teen News

By Tyler Peterson, Life Teen intern

The school year has officially started, and that means that CoMo Life Teen has started! We have had a couple Life Nights so far, and they have been wonderful! Attendance has been higher than last year, and small groups and the talks have been impactful as usual. As always, we’re incredibly grateful to all those who sign up for our food ministry program. This allows us to eat a meal as a family together before the programming for the night, and it really helps the teens get to know each other better.

We had our first Confirmation class, and the changes to the program definitely made it better. Being at Newman for the whole time makes everything much easier, and the students seem to open up more when they’ve been in a large group of people their age as well as being around college students who are all friends that play off each other.

Having more fun helps bring the guards down for our teens, which is necessary for Jesus to encounter them.

Registration is now open for Life Teen’s Fall Retreat! The retreat is November 1-3 and the cost is $100, but scholarships are available. Although not required, we HIGHLY encourage those going through Confirmation to register for the retreat because, again, it’s a way for students to lower their guards through the fun activities and new environment so that Jesus can break into their lives and make the Confirmation process more meaningful. All teens in high school are invited to join us for this weekend of talks, canoeing, prayer, and hayrides at Camp Trinity in New Haven, MO. Registration can be found on any of our social media (@comolifeteen on Instagram, Twitter and Facebook).

Parish School of Religion News

By Maria Cox, PSR Director

It’s been about three weeks since the start of PSR and we are off to a great start! Our current enrollment is 64 Pre-K thru Grade 8 students, an increase from this time last year. Families may still register on-line through the parish website or in person on Sunday morning, 9:50 – 10:50 in the Education Building. Cost per child will be $35. Thanks to the generosity of wonderful parishioners, we were able to provide nine scholarships to our students. Our Knights of Columbus Council gifted us with a donation in the Spring that has helped us purchase materials.

We have also had a couple boxes of copy paper, pencils, and pencil boxes donated to the PSR program. Your support is very appreciated, I can’t say “thank you” enough.

We are in need of substitutes to fill in when a catechist needs to be absent. Parents, this is a way that you could assist us in this ministry. If you feel called to be available for us, please contact me at psrdirector@sacredheart-church.org. There is a diocesan policy that individuals working with children must have VIRTUS training. There is still time to attend a session here in Columbia. Please contact Sr. Francine at the church office for information about registering for the training.

I would like to encourage students grade 9 and older to attend Life Teen. It is a wonderful way to stay connected with the church and to be involved with the youth topics of today. For more information please contact Renee Molner, Director of Youth Ministry for Thomas More Newman Center and Sacred Heart, at 573-449-5424 ext. 210.

OLL Interparish School News

By Chris Drury

Students and teachers are now all moved into the new addition at Our Lady of Lourdes Interparish School. September was a great month at OLLIS with Middle School sports representing the school well and great things happening in the classroom. Here are some other updates:

**Construction** on the inside of the new addition is complete except the punch lists. The trailers will be removed the week of September 30th and then the driveway, parking lot, and grading can be completed.

**Uniform Mass Pass** was a success. The weekend of Sept. 20-21 OLLIS students were encouraged to wear their uniforms to Mass. Those students participating received a pass.

Tolton High School News

New Faces at Tolton Catholic

This school year we are excited to welcome the following new faculty and staff members to the Tolton Catholic team! Mrs. Samantha Baratta - Science; Mr. Doug Callahan - President; Fr. Paul Clark - Chaplain; Ms. Abby Courtney - Language Arts; Mr. Jeffrey Hagan - Social Studies; Mr. Mark Hausman – Theology; and Mr. Kevin Kiley - Business/Social Studies/ Theology.

Blaze of Glory Gala — Nov. 2

It’s time to reserve your spot for the 8th annual Blaze of Glory Gala! Event date is Saturday, November 2. A four-course meal, an open bar, a spirited auction and dancing make for a fun night - and the event proceeds directly benefit students! Reserved tables of 8 are $1000 (and come with lots of PR benefits for your business), or you can purchase individual tickets for $75 each. Make your reservation with Jill McIntosh at jmcintosh@toltoncatholic.org.

Can’t be at the gala, or simply want to do more to help?? We are gratefully accepting donations to the silent auction, as well as wine donations for the wine ring toss game! In-kind contributions may be left at the main office during regular office hours, or contact Jill McIntosh to arrange for pick-up.

THANKS in advance for your support of this important event!

Continued on page 8
What does it mean to be rich or wealthy? Many of us do not consider ourselves rich or wealthy (if we were, our Christmas Lists wouldn’t be so long!). Do you have food to eat each day? When you are thirsty, can you go get a bottle of water? How many pairs of tennis shoes do you have? How much time do you have to play video games? How many times did you eat a meal at a restaurant or fast food place? Or go to a movie? When you have a headache… can you ask your mom for ibuprofen and then she has some to give you? Do you have a cell phone? How many cars does your family have? For many people, these are things rich people have. Jesus tells us many places (including Luke 16:19-31) that wealth can lead us away from God when we focus on ways to get and keep our “Stuff”.

Everything we have in our lives… even if we worked for the money for them or our parents worked hard for the money… are gifts from God. The ability to work and earn money are also gifts from God. Not everybody can work for one reason or another. Many people would like to work and earn money for food and fun things, but cannot.

St. Hedwig was a rare person. She was very wealthy and married a very wealthy man… Duke Henry or Poland back in 1200 something! But she used her money and her power to help people who could not afford ibuprofen or a place to live or food. She did this her whole life! Yet, her sons still fought because they thought they did not get enough wealth from their mom and their dad. Even with her money wealth and power, St. Hedwig, like many of us, was still sad about her sons and the loss of one of her own children. Her feast day is Oct. 16. Maybe on that day, think about things of which you have 2 or 3. Think about how much time you spend on your cell phone or playing video games. Stop and look around and see how you can use your “wealth” to help others… not because they can pay you back, but because you realize you have been given many gifts… and they are from God, not just because you earned them (your ability to earn is a gift too… remember?)

Our Lady of the Rosary

Oct. 7 is also the Feast of Our Lady of the Rosary. Honor our Blessed Virgin Mother, your mother, and Mother St. Hedwig by saying your rosary this month. Consider reflecting on the Mysteries of Light and pray to be open to Jesus helping us all use our gifts for others instead of focusing on just getting more.

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

Micles of faith

By E. Jane Rutter

A Eucharistic minister, it’s humbling for me to offer the Lord’s cup to my brothers and sisters at Mass, and equally as touching to watch them receive it as the food for eternal life. We believe Christ’s body and blood consecrated in the Eucharist has transformative powers.

Thus, it saddens me to learn of Pew Research’s recently released study purporting that overall, 69% of Catholics do not believe in the real presence of Jesus Christ in the Eucharist. Further, the study concludes, of those faithful who attend Mass weekly, only 63% believe in transubstantiation.

Admittedly, I am neither theologian nor scientist. I simply share with them a curiosity and openness to the unseen. In this vein, I posit the following question for both, as well as to those who, like me, desire to probe the mystical; the hidden: Does the Eucharist have physical healing powers?

Spiritual healing. The New Testament, Catechism of the Catholic Church, St. Thomas Aquinas and our present-day theologians cite unity, the real presence of Christ, the conversion of man to Christ, and the promise of eternal life as the spiritual food inherent in the Eucharist.

*Unity. St. Paul conveys that Christ lives in us, strengthens us and loves us with his assertion that “the Eucharist unites us with God.” (Hebrews 12:13)

*Presence of Christ. The Catechism celebrates the Sacrament of all Sacraments, affirming, “In the most blessed sacrament of the Eucharist, the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore the whole Christ is truly, really, and substantially contained.” (CCC 1374)

*Conversion of man to Christ. In his wisdom, St. Thomas Aquinas, Doctor of the Church, notes that “Material food first changes into the one who eats it… Spiritual food, on the other hand, changes the person who eats it into itself. Thus, the effect proper to this Sacrament is the conversion of a man into Christ, so that he may no longer live, but Christ lives in him…”

*Christ living in us, Aquinas summarizes, “… has the double effect of restoring the spiritual strength he had lost by his sins and defects, and of increasing the strength of his virtues.” (Commentary on Book IV of the Sentences, d. 12, q. 2, a. 11)

*Love. Reflecting on Jesus’ words to his disciples that “just as I have love because of the Father, so the one who feeds on me will have life because of me” (John 6:57), author and theologian Jeremy Driscoll, OSB, Abbott of Mount Angel Abbey in Saint Benedict, Oregon, says the form God’s Fatherly love takes is “manifesting itself to us in the flesh is Jesus’ laying down his life for his friends. This same form is expressed in the liturgical act of receiving communion, receiving the Lord’s body and blood from his very hands.” (What Happens at Mass, p. 126)

Physical healing. Should we even shift from the spiritual healing power of the Eucharist to incorporate questions about physical healing? Scientific research studies do conclude that regular church attenders are happier, less prone to depression and suicide, have lower blood pressure and increased longevity. Yet my question is a big leap from these benefits of attending church to the latter.

Granted, one can dismiss my question as foolish and/or heretical. But with the advances in genetic research, it is compelling. Perhaps it stems from being an expectant grandmother and reading about the advances in science. Learning that a mother carries her child’s fetal cells beyond giving birth they circulate in the blood and brain well into aging, and even boost the mother’s autoimmune system (Robert Martone, Scientific American, Dec. 4, 2012; Laura Grace Weldon, Pathways to Family Wellness, Issue #41; NPR Morning Edition, Oct. 26, 2015)

Jubilant in my daughter’s upcoming birth of a son, I rejoice in King David’s psalm to God: “You formed my inmost being; you knit me in my mother’s womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know.” (Psalm 139:13-14). God is the creator who forms a baby and leaves traces of the baby in

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New directory coming soon

By Barbara Head, Parish staff

The Sacred Heart Parish Council recently approved the effort to create a new, up-to-date parish directory. This will be handled through Lifetouch, a company that has developed many such directories. This year we will participate in the Community Connect version of a directory, which will give us the option to periodically update the pages as new faces join our congregation.

Appointments for photo sessions will begin on November 18. It is important to get as many parishioners’ pictures in the directory as possible.

Information on how and where to sign up for your photo session will be coming soon. Each parishioner/family who participates will receive a free 8x10 copy of the photo and will receive the new parish directory.

If you bring a non-perishable food item when you come, you will receive $5 off additional photos you may choose to purchase. This is a perfect opportunity to be able to put names to the many faces you see in this vibrant, active faith community. It is our hope that all registered parishioners will participate. Please plan to join us in this endeavor.

Fr. Tolton news

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2019 Cash Raffle Winners

Congratulations to our 2019 Cash Raffle Winners! Thanks to everyone who purchased a ticket to support our Athletics and Activities Fund! $15,000 Winner - John and Julie Stansfield; $2,000 Winner - Paul Schelich; $1,000 Winners - Todd Sanders, Seth Paul and Anthony Russo; Tuition Incentive Winners - Williams Family.

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Parish Council

By Ron Meyer, President

The meeting began with an opening prayer by Father Francis. The minutes of the August meeting were approved without revisions. Due to the success of the first 50/50 raffle a second raffle will be held. Tickets will be sold at the picnic and the following two week-ends. Proceeds from the first raffle will be used to re-furbish the long tables just like the round ones. The upcoming raffle will be used to offset the cost for the new stove. Plans call for holding the raffle on a quarterly basis.

The sale of the items in the old office building netted $400. The long tables will be re-furbished in September or October depending upon when the company can fit it into their schedule.

After speaking with the diocese, we were informed that we could proceed with our request to have them sign the demolition permit prior to getting all of the bids as long as we didn’t proceed until the bidding process was completed. A packet of information has been developed and should be sent to the diocese in the very near future. It was decided to hold off on scheduling a parish assembly until we hear back from the diocese and have more information to provide to the parishioners.

The parish office will contact Lifetouch to schedule a time frame to move forward with an updated parish directory. Rebates will be available to the parish for photos purchased directly from Lifetouch or from Shutterfly.

Father Francis reported that another meeting is scheduled with the Bishop and the four local priests. The Council requested that the group be advised that parishioners felt strongly about keeping Sacred Heart in its current location. This would allow a continued presence in the downtown area and an ability to maintain all of its current outreach programs. Father also reported that the church’s air conditioning unit is not in good shape and that this is an item to keep in mind for needed repairs or possible replacement in the future.

Social Concerns

By Barbara Head, Chair

Care of Creation: the committee has lined up a program on September 28th to share knowledge about bees, pollinator plants and composting. The annual bazaar will use calling, signup Genius and reminder cards to get people to donate to the bake sale. All areas now have a chairperson and will be ready to go. Tickets for the raffle will be printed soon. There is still a need for white syrup and sugar for making our famous and delicious peanut brittle. Picnic recap: the picnic was well attended in spite of the warm weather. We will try to schedule next year for same location on September 20, 2020.

A Missouri Right to Life speaker will present at Sacred Heart on Oct. 27 at 2 pm.

Breakfast Café: There are 5 Saturdays in November this year. November is the month that Sacred Heart feeds breakfast to the needy and homeless in our community. Nov. 23 will be a pot luck serving in order to free the kitchen for making peanut brittle for the bazaar. We are particularly in need toiletries and socks to hand out to those who attend.

Coffee and donuts: there has been a donut shortage the last few weeks due to a power outage at Dixie Créme. This will be resolved in a couple of weeks.

It was decided to participate in Warm up Columbia. Barb will check with VAC about our parish participating in this annual coat drive. Next meeting: Oct. 15 at 6:30 p.m. in the Library

Liturgy Commission

By Lucas Volkman, Chair

The most recent Liturgy Commission meeting was held on Thursday, Sept. 12 at 6:30 pm in the library. After chairman Lucas Volkman opened the meeting with prayer and those present approved the minutes from the last meeting, the commission heard the parish council report. Under old business, the group joined by two members of the Spanish liturgy team, began to examine the All Saints Day and All Souls Day schedules. As Nov. 1st is a Friday and the second a Saturday, the timing is a bit difficult to figure out. After some discussion, the group decided to have an anticipatory Mass for the Holy Day obligation of All Saints Day on Oct. 31st at 5:30 pm and another Mass on Friday Nov. 1st at 5:30 pm as well. For All Souls Day, the plan for now is to have the annual Mass of Remembrance at 7 pm on November 1st. It was then discussed how Our Lady of Guadeloupe is on Thursday, Dec. 12th and there will be a variety of festivities that everyone in the parish is welcome to attend. Those present then continued to study the Christmas Mass schedule. It was decided to keep the times from last year, with Masses on Christmas Eve at 4:30 pm and 10 pm and a 10 am Mass on Christmas Day. After some discussion, the 10 am will be more of a multicultural Mass.

The group then continued through old business in recapping Pentecost and Corpus Christi Masses from the summer. Overall, it was thought that both celebrations went well. With Pentecost, the video made of the feast was liked by many as it emphasized the cultures/groups who are active at Sacred Heart Church. While measurements have been taken for a new hymn board, that project is taking a little longer as legs were needed for the tabernacle first. Plans for the finalization of the tabernacle move were examined at the meeting as well. Fr. Francis will discuss the change at Mass. To close out old business, Chris Vitt explained some of the different options for chalices to replace the deteriorating ones that we are currently using.

Those present then turned to new business. In the Director of Liturgy report, Chris talked about the efforts being taken to commemorate September as Care of Creation month as declared by Pope Francis. Next came the Art and Environment report, with Judy Walker describing how one of the plants was overwatered and likely will not survive. She emphasized that there is already a schedule for watering the plants in church and no one should in turn water them as there is a high possibility that they would be overwatered. Debbie Bietsch then talked about the panels and updated the group on future orders. The commission concluded the meeting with a discussion of liturgical ministers and some things to clarify roles. It was emphasized that those assisting with the distribution of Holy Communion need to help purify the vessels after Mass. Finally, it was emphasized that liturgical ministers need to arrive at least fifteen minutes prior to Mass as there have been a lot of issues with late arriving ministers. The meeting was then closed with prayer.

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Annual bazaar and raffle tickets coming soon

By Pat Andrews

The Sacred Heart Church Annual Parish Bazaar will be held on Friday, Dec. 6 from 3 to 7 p.m. and Saturday, Dec. 7 from 8 a.m. to 3 p.m. Limited items will also be available on Sunday, Dec. 8 until 1 p.m. The bazaar serves as a major fundraiser for the parish, and is open to the public, helping share the joy of the holiday season from our faith community to the community at large.

The bazaar offers a variety of programs that might be of interest to you in your hunt for perfect Christmas gifts and treats for yourself and for others. Included is our traditional craft market – all our crafted items are handmade by members of the parish, making our traditional bazaar increasingly unique as this fades from practice. We also have a book sale which is a great opportunity to find some out-of-print and gently used books for you or for gifts. We have always offered a jewelry sale where donated jewelry items, ranging from special and exceptional to modest and fun, are given a fresh chance to find that perfect outfit they can accent for you!

Each year the bazaar hosts lots of ways to enjoy delicious food items. There is a wine and hors d’oeuvres evening event held on Friday, Dec. 6th. Saturday & Sunday Dec. 7-8th we offer baked items for your purchase – a wonderful and delicious selection is always provided, so come early and buy often. Saturday a luncheon is served at the rare and famous Stage Door Café – a real treat while you launch your holiday shopping.

Each year we raffle a queen size hand quilted quilt, and this year’s offering is another beautiful work of art. Included in the raffle are other gifts as well as a cash prize. Tickets will go on sale in November for the raffle prizes.

The Bazaar has also always hosted a silent auction with wonderful quality items that you can bid on while the bazaar is underway. Don’t forget to come back and check to see if you want to up your bid for your favorite offering!

We would love to see you and all your friends and neighbors celebrate and enjoy this great parish tradition with us, so please plan to stop by and shop and enjoy.

Anyone interested in contributing is welcome to drop off home crafted items, or gently used books to the Activity Building at any time. Baked goods can be donated Friday, Dec. 6 or Saturday, Dec. 7. If you have something you wish to donate to the auction, either a special handcrafted item, or other nice offering, and need to arrange pick-up or otherwise coordinate the

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t heir mothers! How little we know and how much more have we to learn?

From the miracle of birth, to the miracles of spiritual and physical healing, I leave it to the theologians and scientists to illuminate what I wonder in faith.

And so I pray: Dear Lord, you alone know our hearts, filled as they are with strength and weakness, humility and pride, audacity and fear. Heal us of our sins and keep straight our thoughts that we may always be on the path toward you.

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Ana Esperanza Tapia Millan, born in Columbia on June 12, 2012, is the daughter of Juan Manuel Tapia Millan and Jessica Leah Tapia Millan. She was baptized at Sacred Heart Catholic Church on Saturday, Sept. 28, 2019. Pictured is Ana in front with Fr. Francis Doyle, dad Juan, Mom Jessica, godmother Maria Angeles Morales Rizo and godfather Mario Alberto Caudillo Gonzalez.

Caroline Louise Saucier, born July 31, 2019, is the daughter of Aaron James Saucier and Kaitlin Marie (Bruegenhemke) Saucier. She was baptized at Sacred Heart Catholic Church at the 8:30 a.m. Mass on Sunday, Sept. 29, 2019. Caroline’s godparents are Matthew Joseph Muenks and Rebecca Ann Saucier. Pictured are Fr. Francis Doyle, mon Kaitlin holding Caroline, and dad Aaron holding big sister Elizabeth.
Prayer

"Prayer does depend on two or three quite definite dogmas. First, it implies that there is an invisible being, who can hear our prayer without ordinary material communication; which is a dogma. Second, it implies that the being is benevolent and not hostile; which is also a dogma. Third, it implies that he is not limited by the logic of causation, but can act with reference to our action; which is a great thundering dogma."

– Illustrated London News, Jan. 19, 1929

"Praise should be the permanent pulsation of the soul."

– Orthodoxy

"Our fathers had this great advantage over us; that they did believe, in theory at least, that men should have a sense of penitence at all times, even in times of prosperity."

– Illustrated London News, July 29, 1933