All registered parishioners are encouraged to participate in our new Parish Photo Directory. Photography dates are Nov. 18-22, in the Activity Building. Sign up by visiting the Sacred Heart website or the following link, https://booknow-lifetouch.appointmentplus.com/b2yz0rsq/

Each participant receives a Free 8x10 photo and directory. Bring a non-perishable food item and get $5 off your order. Any questions or help making your appointment call the Parish Office, 573-443-3470 and talk to Barbara Head or Sonia Potts. With the new Parish Directory in the works we need volunteers to check people in when they come to have their photos taken. This is for the week of November 18 - 22. Shifts start at 2 p.m. and run until 9 p.m. Some volunteers have already signed up. Contact Barbara Head if you can help out.
Birthdays

Nov. 1  Louis Corwin, Montgomery Evans, Laura Hays, Teri Keene, Ethan McBain, Emmalee Riney, Barbara Tarnowski
Nov. 2  Amanda Hale, Michael Hale
Nov. 3  Laura Beth Cox, Elizabeth Duncan, J.D. Krueger, Tyler Martin, Judy Morris, Silvia Onate, William Riester, Kathleen Slaightter
Nov. 4  Maebry Cobb, Terrance Grus, Miriam Hankins, Mary Ann Tveitnes
Nov. 5  Andrew Cox, Olavio Delgado, Linda Doles, Minerva Garcia, Deb Johnoft, Steve Teson, Michael Urban
Nov. 6  John Frymire, Esmerialda Loredo, Debany Ramirez
Nov. 7  Laura Bentley, Luan Corbin, Samantha Fitzgerald, Jill McIntosh, David Nelson, Ann Orscheln, Julie Schelich, Thomas Schreiber
Nov. 8  Penelope Heidy, Tami Herman, Anne Quick, Sara Rutter, Don Smith, Esther Steinhoff, Patrice Vale
Nov. 9  Mark Evaniak, Leslie Frymire, Madge March-Riley, Carmelita Mendoza, Maricela Polite, Tita Rogers-Shaw, Rachel Scheffer, Maria Valdivia
Nov. 10 Brian Fitch, Camille Lease
Nov. 11 Allison Anderson, Norbert Richardson, Beatriz Squicimari
Nov. 12 Susan Adams, Debbie Bietsch, Cheli Haley, Sarah Kirchoff, Lucas Whitworth
Nov. 13 Jayne Burkett, Thomas Orhtals, Luis Robledo
Nov. 14 Bryan Andrews, Allana Bohr, Paul Citwood, Paula Citwood, Quinn Cunningham, Braden Songer, Yolanda Tober, Sheila Vazquez
Nov. 15 Marie Dishaw, Giovanni Garcia, Cindy Gardner, Meron Ghidey, Erin Green
Nov. 16 Sandy Arens, Sam Mayom, Vincent St. Omer, Cathy Vogelweid
Nov. 17 Rhys Crackeck, Pete Szkolka
Nov. 18 Esperanza Gomez, Ryan Nauagle, Aixa Perez
Nov. 20 William Galloway, Marianna Mendoza-Castro, Phil Weidinger
Nov. 21 Joshua Clark, Adriana Lopez, Sheryl Orscheln, Joseph Prissmeyer
Nov. 23 Hector Barraza, William Devoy, Lizbeth Dominguez, Jordan Wade
Nov. 24 Jose Garcia, Kelly McGuire
Nov. 25 Cristofer Dominguez, Donna Richardson
Nov. 26 Josephine Blanchard, Faustino Vazquez, Henry Wachholz
Nov. 27 Kesington Burns, Julian Garcia, Murphy Hall, Brian Kimes, Rosa Lopez
Nov. 28 Abigail Mayhan, Remy Rosas
Nov. 29 Tom Coudron
Nov. 30 Elena Diaz, Andres Perez, Evelia Rea, Kathy Singleton, Benjamin Zimmerman

December birthdays – weeks 1 & 2

Dec. 1 Mary Loftus, Zoe Marquez, Heather Scroggins, Bud Smith, Sheila Thomeczek
Dec. 2 Michael Bietsch, Patrick Gardner, Ruth Gillum, Brad McCracken, Amelia Schepers
Dec. 3 Alina Cuddhie-Barnes, Suzanne Todd
Dec. 4 Angelina Garcia, Andrew Kittle, Julio Lopez
Dec. 5 Eugenia Anyanwu, Don Branch, Crispin Candida, Erik Kirchner
Dec. 6 Braydon DeClue, Carlos Hernandez, Kenneth Kovarik, Ayan Mayom
Dec. 7 Lilianne Garcia Valerio, Lauren McGuire, Shawn Naugle, Katherine Sutter, Heriberto Uribe, Angel Vazquez
Dec. 8 Delfino Fuentes, Cory Mendez, Antonio Rea
Dec. 9 John Bequette, Almay Burnett, Mario Perez, Alberto Ramos, David Todd
Dec. 10 Barbara Kingsley, Marianna Vazquez
Dec. 11 Gustavo Moros, Elise Pilger, Phyliss White
Dec. 12 Katherine Bietsch, Anna Mae Clawson, Carrie Freeman, Tim Powers, Charlotte Smarr, Kate-Anne Vitt-Buntin, George Young
Dec. 13 Maria Garza, Sadie Sarrazin, Michael Schuster, William Stephens
Dec. 14 Aiden Bertrand, Phillip Moritz, Lucia Santana, William Walker
Dec. 15 Christina Frymire, Ian McDonald, Maria Paugh, Ana Perez-Sievert, Sonia Potts

Golf Tournament

Continued from page 1

Closest to the Pin
Jim P. Koller (Round of golf for four donated by Columbia Country Club.)

Longest Putt
Wayne Coleman (Callaway XR)

Speed Driver donated by Thomas McGee Insurance Agency.

Longest Drive
Tom Decker (Round of golf for 4 donated by The Club at Old Hawthorne.)

Putting Contest
Dale Verslues (Barbeque for 16 donated by the Grillers in the

Mist, a highly regarded competition BBQ team.)

Honesty Award
For carding the highest score, the team of Charlene Jayamarn, Joyce George, Christine Tran, and Deborah Gerecke was awarded the annual “Honesty Award.” (VIP private Winery Tour and Wine Tasting for 10 donated by Les Bourgeois Winery.)

See page 6 for a list of sponsors.

Heart of the Matter
Sacred Heart Parish, Columbia, MO
Pastor: Fr. Francis Doyle
Editor: Mary Kay Head
Layout Editor: Katherine Cummins
Send comments to: jhead2403@aol.com or 105 Waugh St., Columbia, MO 65201

Articles in Heart of the Matter that address Church teachings or articles of faith are expressions of the author’s opinion.

Participants in the 18th Annual Paul Prost Memorial Golf Tournament enjoy more fun and fellowship after 18 holes of golf.
Ounce of Prevention

Mindfulness

By Charles Ochoa

Lately you might notice in media (digital, print, radio/TV) many references to ‘Mindfulness’ or ‘Living With Intention’ or ‘Centering Prayer/Meditation’. Often these topics accompany an article about relaxation and stress reduction. It may seem like these are new concepts and leading edge counseling methods, however it might surprise you to know that Mindfulness and Living With Intention are not new. In fact these concepts were introduced to the U.S. in the 1970’s as counselling and therapy techniques. You may be further surprised to learn that Mindfulness is a Buddhist concept that was introduced by Buddha ~2500 years ago! Additionally, speaking of ‘Intentions’, did you know that since the early days of the Catholic Church intentions have been offered at Mass?

Going back to the beginning, it is said that Buddha taught Mindfulness to end human suffering. In his view, human suffering was caused by people’s misunderstanding of the nature of reality. This kind of takes on new meaning when we think about how today many people are lost in the digital (virtual) world.

What do we mean by Mindfulness or Intention? A few definitions may help. In Buddhism, Mindfulness is defined as ‘bringing your attention to the present moment without judgment’. Sweet and simple, but what does it mean? Well that’s the subject of about 2500 years of meditation, so we can’t completely understand it in a few hundred words…but some key points:

- Being present in the moment, aware of yourself and environment;
- Being fully aware of what’s going on around you but not over-reacting;
- Mindful awareness but not judging the situation around you,
- Not judging yourself if/when you fail to be mindful; you are human and it’s ok to be imperfect.

One of my teachers summed it up for me: ‘our memories are in our past, our dreams and hopes are in our future, but our mind needs to be in the present because that’s where our body is’.

The concept of Living With Intention is very similar, it is to live with a purpose…not accidental living. This means that everything you do is for a purpose, but that again is a new level of accountability. We won’t get into this specifically in this article, but will save it for a future article.

Mindfulness and Living With Intention are the basis for techniques applied to stress reduction and relaxation. There are various levels and methods for meditation; here at Sacred Heart we have had several sessions where we introduce some of these techniques, and apply them to physical exercises. These are taken from basic Ki-Aikido training in which we seek to unify our mind and body so we can be more mindful and relaxed to achieve peak performance in every part of our lives.

We will be announcing future workshops, open to all ages and experience levels; hope to see you there!

Knights of Columbus Council 14414

The Sacred Heart Knights of Columbus Council #14414 held our social meeting Oct. 2 at 44 Canteen and held our business meeting Oct. 16 in the Education Building. Council members served a pancake breakfast Oct. 6 after the 8:30 a.m. Mass; at which over $200 in free will offerings were collected to support the PSR program. A council member assisted the Garden Angels Oct. 12 on the church grounds. Council members handed out Tootsie Rolls at the Mizzou Homecoming Parade and after Masses the weekend of Oct. 12/13 and collected nearly $800 for the disabled. In the past month, the Handyman Ministry repaired a dining room chair for a parishioner and received a donation of $30 to support the parish.

Coming Up

Nov. 6 Social meeting, 6:30 p.m. (Details TBA)
Nov. 20 Pre-meeting dinner, 6 p.m.; Business meeting, 7 p.m.

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 support PSR

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THANK YOU

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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.

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Dave Rapoff - (573) 864-1068 or davidr@cmcmfg.com
By Chris Drury

“If HE asks much of you, it is because HE knows you can give much.” - St. John Paul II

October’s meeting of the Our Lady of Lourdes Interparish School Advisory Board coincided with the Feast Day of St. Pope John Paul II. It is a great reminder to honor him and attempt to give a little more. The OLLIS advisory board is made up of representatives from the three Columbia Parishes that send students to OLLIS. The board meets once a month and helps to ensure that the school is working toward Bishop McKnight’s goals of improvement in three key areas: 1. Contributing to the Evangelizing Mission of the Church; 2. Being Distinguished by Excellence; 3. Being Accessible and Affordable to our families.

OLLIS Updates:

The weekend of Oct. 19-20 was Mass Pass weekend for OLLIS students. Once a month students will be given an opportunity to have a uniform free day at school if they wear their uniforms to Mass. Fifty percent (first round was 54%) of students participated. Keep an eye out for students in their uniforms.

Parent-Teacher Conferences were Oct. 24 and 25.
Sr. Karolyn and Fr. Clark discussed vocations with students in sixth grade this month. Sr. Karolyn even brought her ukulele.
Sixth graders also worked with their second-grade buddies this month. One of their activities was building candy corn towers (see pictures).

Dr. Sara Rutter is joining OLLIS in Kindergarten. She will job share with Susan Leonard. Mark Hughes, maintenance, resigned due to a desire to explore other opportunities.
OLLIS is not currently enrolling any new students at this time. They have accommodated all students who are Catholic from their waitlist that want to enroll for this academic year.

There is a new grade card in grades K-2 which are standards-based. Teachers have received professional development on the new grading. Parents were sent information and also a link to a powerpoint presentation on standards-based grading.

Nov. 4 will be a professional development day for all teachers in the diocese. We will be in Jefferson City at Helias. The day will focus on three key areas of growth: Catholic Identity, Teaching and Learning, and Student Mental Health. The day will begin with Mass celebrated by Bishop McKnight at 9:00 a.m. in the Helias Catholic Field House.

Sixth graders worked with their second-grade buddies. One of their activities was building candy corn towers.

Grandparents Day Recap

Wow - what an amazing day with more than 200 wonderful grandparents in attendance! It was such a pleasure to meet so many of the caring figures in our students' lives. For those who had their photo taken by Mr. Bradley, a copy will be sent to the student's house.

Three Days, Four Championships!

Clockwise from top left: Tolton’s softball, girls golf, girls cross country and boys cross country teams all recently won championships.

Between Monday, Oct. 7 and Wednesday, Oct. 9, the Trailblazers racked up four championships! Here's how it happened:
Monday: Softball defeats St. Francis Borgia 3-1 to clinch a tie for the AAA conference championship.
Tuesday: Girls Golf wins the District Championship, which they hosted at Lake of the Woods. The team shot a 356 to win by 5 over MICDS. Four golfers finished All-District (Jayden Berrey, Ali Golden, Madeline Fallis, and Sidney Fessler).
Wednesday — Cross County hosted the AAA Conference meet and both the boys and girls teams took home the conference championship! Drew Freeman broke a new school record with a time of 17:05!

Barry O’Neill Award

Congratulations to Tolton parent Randy Timmerman, who was recently selected as a 2019 recipient of the Barry O’Neill Award. The Notre Dame Club of Central Missouri, a long-time partner organization, started this recognition program in 2016 with the goal of recognizing two honorees (one from Tolton, and one from Helias) who “exemplify the values of Notre Dame and our Mid-Missouri Catholic Schools” within their respective communities. Honorees can be a fac-

Continued on page 5
Life Teen News

By Tyler Peterson

Life Nights so far this fall have been a lot of fun! Attendance has been higher than last year, and small groups and the talks have been impactful as usual. We are making meaningful relationships with the teens, which is something not all of them always have otherwise. 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.

Our two Confirmation classes and the day of service have gone really well so far. Being in a larger community—especially with the college students on core teams—has helped create a more fun environment. Even though a retreat is not technically required for our Confirmation students this year, it is highly encouraged, so a handful of Confirmation students signed up for Fall Retreat! Please continue praying for us through this year and that the students encounter Jesus through the Confirmation process!

Fall Retreat is Nov. 1-3! We hit our registration limit (and over doubled our attendance from last year!) and are bringing 30 teens out to Camp Trinity in New Haven, MO! We’ll spend the weekend listening to talks, bonding in small groups, canoeing, hiking, going on hayrides and praying. We are excited for the retreat—please pray for the teens!

Fr. Tolton news

Continued from page 4

utility or staff member, a parent, a donor, or a volunteer. Randy has devoted countless hours to maintaining our school facility, from refinishing floors within the school building to mowing and stripping the athletic field. We are grateful for his commitment to the Trailblazer Community. Congrats, Randy!

AmazonSmile

Do you shop on Amazon? If so, did you know that part of your bill could be going back to Tolton Catholic? All you have to do is start your shopping at https://smile.amazon.com. Then select "Fr Augustine Tolton Regional Catholic High School" as your chosen charity. Then BOOM! Just like that, Tolton Catholic will start receiving a donation every time you spend money on Amazon. Happy shopping!

Alumni in the News

Excerpt from COMO Magazine:

During their free time, most high school kids are nose-deep in homework or wandering the hallways with their friends. A unique Columbia pair, however, spent their time envisioning ideas that would bloom into a bold new clothing line. Started by Clayton Neuner and Jack Parker, Vintage Huskey is a contemporary clothing brand with an aesthetic centered around appreciating nature’s tenure.

The business began as one of Clayton’s ideas. He was a student at Father Tolton Catholic High School and wanted to start a clothing business. He wanted to create clothes that were contemporary, cool, and contributed to the sustainability movement. Bursting with promise and excitement, he consulted with his friend Jack and the two created designs that harkened to their vision.

Diocese to host Advent small group studies

Join Catholics throughout the 38 counties of the Diocese of Jefferson City in small group faith sharing this Advent. A Steward’s Way consists of four sessions based on the Joy of the Gospel, Pope Francis’ apostolic exhortation. Reflect on how our faith provides a foundation of gratitude from which comes deep joy and hope for our lives, our families, our communities and our world. Your participation in these sessions will give us a common spiritual formation as Bishop McKnight leads us in a new pastoral plan for the next three to five years.

Marigrace Powers will lead a group on Monday evenings at 7pm on Dec. 2, 9, 16 and 23. Please contact her at grace.dandblessed@gmail.com or 573-489-8788 to register and for location information.

Phyllis White will lead a group on Thursday afternoons at 2pm on Nov. 22, Dec. 5, 12 and 19. Please contact her at phyl-lisawhite.home@gmail.com or 816-550-8789 to register and for location information.

Please register for either of these groups by November 14th to ensure enough time to order the study guides. A donation of $5 for the study guide is suggested. The study guide is also available to download online at: https://diojeffcity.org/wp-content/uploads/2019/09/Advent-Small-Group-Booklet-English-only.pdf

The Spanish community at Sacred Heart will also be forming small groups. Please contact Sr. Francine at srfrancine@sacredheartchurch.org or 573-443-3470 for more information.

If your schedule does not allow you to join a small group, you may register to join the private Facebook Group the Diocese will use as an online Virtual Small Group. To register for the online group please go to: https://diojeffcity.org/advent-2019/virtual-small-group-registration/
For Sacred Heart Youth

“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)

Spotlight on St. Andrew

St. Andrew was the oldest brother of Simon Peter. He followed John the Baptist originally but was thought to follow Jesus after John pointed to Jesus and called Him the Lamb of God. His love and faith in Jesus is easy to see. He was the disciple that told Jesus of the five loaves of bread and the two fish which Jesus used to feed thousands (and us today). He traveled to the Black Sea and taught the Gospel. He was crucified like Jesus for teaching the Gospel, but asked that his cross be shaped like an X (called a salterie) because he felt he was unworthy for a death on a cross the same as Jesus died upon. His relics (relic is part of a dead person…like a bone or one of their possessions) were taken to many places, including Scotland. St. Andrew is the patron saint of fishermen and singers. He is also the patron saint of Scotland, Romania, Russia, Ukraine and Patras and his feast day is celebrated on November 30.

November: Time to Give Thanks and Pray for the Souls That Love Us!

After all the fun of Halloween…we go straight to thinking about Christmas. But shouldn’t we stop and give thanks for all we have and all the people who love us first? And what about all those people we know and love that died? They were a part of our Halloween, Thanksgiving, and Christmas too. Do we just forget them after they die? Well…no! How about taking November to think about and pray for all our loved ones who have died? And maybe some people we don’t even know who also died? Can you think of friends of your mom or dad or Gramma or Grandpa that died? Or maybe your teacher’s or coach’s family or friends who also died? Can we love enough to think about and pray for people we don’t know? That is, after all, what Jesus did (even though He really knows us all). It is that easy! Think about someone… and say a quick prayer for them. Maybe, light a candle for them. You know that cemetery you go by every day? Ask a trusted family member or friend to take you there…just sit and pray. Here is a prayer written by Saint Gertrude you can say if nothing else comes in your head:

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

Maybe say a quick extra prayer every day starting November 1st after you give thanks for your meal for all Souls! Someday… it may be me or you someone is praying for!

(Sarah Eber assembled materials for this page.)

Thanks to the Paul Prost Memorial Tournament Sponsors and Donors

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Prost Builders, Inc.
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Closest to the Pin: Four Rounds of Golf, Columbia Country Club
Honesty Award: VIP Private Winery Tour and Wine Tasting for Ten, Les Bourgeois Winery

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Murry’s Restaurant
1839 Tap House
Robert Hankins, Dell Technologies
Paul Kanago
Mary & Paul Rothenheber

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November: Time to Give Thanks and Pray for the Souls That Love Us!

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

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)

Spotlight on St. Andrew

St. Andrew was the oldest brother of Simon Peter. He followed John the Baptist originally but was thought to follow Jesus after John pointed to Jesus and called Him the Lamb of God. His love and faith in Jesus is easy to see. He was the disciple that told Jesus of the five loaves of bread and the two fish which Jesus used to feed thousands (and us today). He traveled to the Black Sea and taught the Gospel. He was crucified like Jesus for teaching the Gospel, but asked that his cross be shaped like an X (called a salterie) because he felt he was unworthy for a death on a cross the same as Jesus died upon. His relics (relic is part of a dead person…like a bone or one of their possessions) were taken to many places, including Scotland. St. Andrew is the patron saint of fishermen and singers. He is also the patron saint of Scotland, Romania, Russia, Ukraine and Patras and his feast day is celebrated on November 30.

November: Time to Give Thanks and Pray for the Souls That Love Us!

After all the fun of Halloween…we go straight to thinking about Christmas. But shouldn’t we stop and give thanks for all we have and all the people who love us first? And what about all those people we know and love that died? They were a part of our Halloween, Thanksgiving, and Christmas too. Do we just forget them after they die? Well…no! How about taking November to think about and pray for all our loved ones who have died? And maybe some people we don’t even know who also died? Can you think of friends of your mom or dad or Gramma or Grandpa that died? Or maybe your teacher’s or coach’s family or friends who also died? Can we love enough to think about and pray for people we don’t know? That is, after all, what Jesus did (even though He really knows us all). It is that easy! Think about someone… and say a quick prayer for them. Maybe, light a candle for them. You know that cemetery you go by every day? Ask a trusted family member or friend to take you there…just sit and pray. Here is a prayer written by Saint Gertrude you can say if nothing else comes in your head:

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

Maybe say a quick extra prayer every day starting November 1st after you give thanks for your meal for all Souls! Someday… it may be me or you someone is praying for!

(Sarah Eber assembled materials for this page.)
Tabernacle returns to front of sanctuary

By Chris Vitt, Director of Music and Liturgy

Approximately two years ago the Liturgy Commission began discussing the location of the Tabernacle. A few parishioners had suggested to Father Francis their desire to have the tabernacle return to the front center of the sanctuary. Father Francis added his feelings that Jesus Christ Our Lord should have the most prominent position in our sanctuary, rather than the priest, deacon and other ministers. He also felt that the architecture of our church seemed to center around a significant front piece, such as the tabernacle.

Originally, our church was built with a front high altar which contained the tabernacle at its center. The priest celebrated Mass while facing this altar. After the Second Vatican Council, when the altar was turned around so the priest would face the congregation, new instructions for the celebration of both Mass and private prayer began to emerge.

In 1967 the Instruction on the Worship of the Eucharist, Mysterium Fidelitatis, issued regulations concerning tabernacles (cf. #52-57 and Canons 934-944): The Holy Eucharist may be reserved only on one altar or one place in any Church, and a vigil lamp must burn at all times to indicate and honor the presence of Our Lord in the Blessed Sacrament. This tabernacle must be immovable, made of solid and opaque material, and locked to prevent theft or desecration of the Blessed Sacrament. The tabernacle “should be placed in a part of the Church that is prominent, conspicuous, beautifully decorated, and suitable for prayer” (Canon 938).

To promote prayer and devotion, the Instruction stated, “It is therefore recommended that, as far as possible, the tabernacle be placed in a chapel distinct from the middle or central part of the church, above all in those churches where marriages and funerals take place frequently, and in places which are much visited for their artistic or historical treasures” (#53). For example, at St. Patrick’s Cathedral in New York City, which has a constant flow of tourists, the Blessed Sacrament is reserved in Our Lady’s Chapel located behind the main altar; this beautiful chapel provides a quiet place for the faithful to pray without the distraction of the comings and goings of people. A similar situation exists at the Basilica of the Immaculate Conception in Washington.

Thus the US Catholic Bishops encouraged the construction of special Eucharist Chapels for the placement of tabernacles to encourage places of quiet prayer. Since a church can only have one tabernacle used on a regular basis, reading this paragraph, on its own, would seem to indicate that it is currently preferred that this tabernacle not be in the sanctuary but, if possible, be in a chapel instead.

A group of parishioners, together with our pastor at the time, Fr. John Long, studied the issue, and followed through with this recommendation, resulting in our side chapel with the placement of the tabernacle there. This was completed 1994.

Another paragraph in Eucharisticum Mysterium addresses churches in which the tabernacle remains in the sanctuary. “In other words, all of these are options. If a church has a tabernacle in the high altar, they can continue to use this tabernacle, even if the altar is not used anymore. If the church wishes to move it to somewhere else in the church, this is acceptable too, provided it is in a prominent place where people easily find it and pray before it. If the church includes an altar or an chapel as part of the church building, this should be the only tabernacle in the church. The most important thing to understand is that there is no requirement that the tabernacle be in any particular place, but that wherever it is, it be prominent and not hidden.”

From a purely educational perspective, the goodness of having the tabernacle in the body of the Church either in the center, or at least to the side, is that it fosters devotion to the Blessed Sacrament. For instance, people genuflect in reverence to the Blessed Sacrament. Since the one day most parishioners visit their Church is on Sunday, having the tabernacle visible in a prominent and conspicuous location makes them aware of the Eucharistic presence of our Lord. The people are more mindful that our Lord in the Blessed Sacrament, and one clear way to accomplish this is by highlighting the tabernacle.

The result is that after almost two years of discussion and thought, it was agreed that we move the tabernacle back to the center front of the sanctuary, as you see it today. To honor the real presence of our Lord in the Blessed Sacrament, we remind congregants to genuflect as they enter their pew, keeping in mind that for some people this will not be physically possible.

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 visits
Requests for prayers

Name: __________________________

Phone: ________________________

Matt Higgins and Fr. Francis ready to place the Tabernacle in the sanctuary.
Raffle tickets, brownies and English

By Pat Gerke, Program Director

The Sacred Heart Language Program is off to a great start this fall! We currently have 35 tutors signed up and we are accepting new students every week.

We meet on Sunday mornings from 9:45–10:45 a.m. during the PSR time, on Wednesday mornings from 9–10:30 a.m., and on Thursday evenings from 6–7:30 p.m.

I enjoy the sound of chatter and laughter emerging from Room 103 of our Education Building on Wednesdays at 9 a.m. It is such a joy to see how quickly this group of about 15 tutors and learners has bonded and how much they enjoy each other’s company. Our Wednesday learners hail from six countries and three continents!

Experiential Learning

Of course, we discuss the English language at class each week. We practice listening, speaking, reading and writing at every class. Our advanced students have been learning about colloquialisms, euphemisms, mottos and idioms in the classroom. After our class last Wednesday, we took a walk over to the Activity Building to visit Judy Bryant who was working on a beautiful handmade quilt for our annual bazaar quilt raffle. Judy gave us a brief overview of how quilting is done.

What is a Raffle? The students did not know the word for “raffle” in Chinese, Korean or Bengali but someone Googled it: A raffle is a type of contest in which participants purchase tickets in exchange for chances to win a prize. The prize is typically determined by a “raffle drawing,” when the winning ticket is blindly pulled out of the pool of tickets. Our tutor Ruth Walters knew the word in Spanish. So finally, the concept of this fundraiser was understood.

We explained to the students that although we do not charge a fee for our language classes, and our teachers are volunteers, we do have some expenses such as books, utilities and building maintenance. The funds go for the maintenance of the other buildings and programs in our church as well.

Carolyn Steinmetz asked if our class would be willing to assist the bazaar committee by stuffing an envelope for each family in our parish with raffle tickets. So, students volunteered to spend an hour after class to help with the fundraiser by “stuffing envelopes”. While we worked, there was much discussion about the words: raffle, tickets, quilt, cash, and how to pronounce “envelope”.

Bonding with Brownies

Last week we celebrated Ro-

Continued on page 9
Parish Council

By Ron Meyer, President
The meeting began with a prayer led by Ron Meyer. The minutes were approved without revisions.

The diocese signed the request to demolish the old office building. The permit request has been given to the city. Their review could take up to six weeks. Glenda Kelly and Paul Kanago gave an update on the columbarium. Total cost is $30,513. 11 niches have been sold at $1500 each which includes etching of names and dates. Anything additional will be the responsibility of the buyer. Each niche can hold two cremains. It will take 10-14 weeks to complete the columbarium. The council voted to move forward with the project.

Prost Builders will remove the asbestos in the old office building. Cost is $7000. The council voted to move forward with this project. Anyone with items still in the building will need to remove them as soon as possible.

Father Francis, Ron Meyer and Tim Jeffries attended another meeting with representatives of the diocese and the other churches. Ron advised everyone that the parishioners of Sacred Heart felt that moving the parish was not supported. Sacred Heart has a very important place with the downtown community. It was also noted that the Bishop has not yet visited Sacred Heart. We will look at some dates and see if he is available sometime.

Now that the columbarium and memorial garden are moving forward, it was decided that it was time for another parish assembly in order to inform the parishioners of ongoing projects and get their feedback. Several members will be gone for two weeks in November and then comes the holidays. Consequently, we will look at January to schedule the assembly.

Parishioners can sign up for the directory on-line. Pictures will be taken Nov. 18-22 from 2 until 9 p.m. All participants will receive a free 8 x 10.

Frank Cunningham was the most recent winner of the 50/50 raffle. $1188 was collected. The next raffle will be in the first quarter of 2020. It was noted that there will be a need for more serious fundraising for future projects in the parish.

It was reported that there are 69 PSR students. Additional scholarship money is still needed.

The meeting ended with the Our Father. The next meeting is Nov. 19.

Language program

Continued from page 8

The celebration of sario’s birthday. We sang “Happy Birthday” and Sister Francine brought brownies to mark the occasion. Students were curious how they might make such a delight in their own kitchen. So, at the end of class on Wednesday, students went to the Education Building kitchen to learn how to bake brownies from a box. Everyone had a chance to assist with the preparation and learned English terms like oven temperature, measurement, whisk, spatula, etc. when you receive your bazaar raffle tickets this year, think not only of the ladies who spent countless hours creating this year’s beautiful quilt, but think also of the students from around the world who “stuffed the envelopes” and enjoyed their brownie reward. See you at the bazaar!!

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

Social Concerns

By Barbara Head, Chair
Health Ministry: Emergency Preparedness committee is working on safety and security plan of Parish office. There will be a mindfulness presentation Nov. 17 and they need a new blood drive coordinator.

Care of Creation: last cleanup was cancelled but the presentation on bees/pollinator plants went well.

Language Program: going well, always looking for more tutors. There is a Sunday morning session for parents of PSR students, a Monday session sponsored by the diocesan refugee committee and another session on Thursday.

Old Business
Bazaar: raffle tickets are printed, all committees are ready. Peanut brittle will be made Nov. 23 and donations of syrup are still needed.

Breakfast Café: sign up Genius just went out and MedZou will be providing health screenings for Nov. 2, 16 and 23 at the breakfast café.

MO Right to Life: Oct. 27, will also include a break for refreshments and a women’s health speaker after the break.

New Business
Parish Directory: volunteers needed to sign people in as they get their picture taken. Anyone interested please contact Barbara or Sonia in the Parish office.

Giving Tree: tags will be distributed the second weekend in November.

Next meeting Dec. 17, no meeting in November.

Liturgy Commission

By Lucas Volkman, Chair
The October Liturgy Commission meeting was held on Thursday, October 3rd at 6:30pm in the library. After Fr. Francis opened the meeting in prayer, the group approved the minutes from the September meeting.

Those present then turned to old business. After confirming the times for the All Saints and All Souls Day Masses, it was announced that requests for relatives of deceased parishioners to attend the Mass of Remembrance for All Souls Day were sent out. There will be a 5:30pm Mass on Monday, Dec. 9th for the Immaculate Conception, which is a Holy Day of Obligation. The group then turned to the new placement of the tabernacle. Many were happy about it or understood the reasoning when Fr. Francis explained at Mass. Others did not agree or wanted more notice for the change. Those present at the meeting then discussed the sanctuary light and how best to situate it close to the tabernacle for the least expense. Instructions were sent out to the Eucharistic Ministers in October on the new procedures to purify the sacred vessels. Finally, in old business, the commission discussed purchasing new chalices from the liturgical supplier I. Donnelly to replace the current ones that have deteriorated — as it is cheaper than having them replated.

Under new business, Chris Vitt and Sonia Potts gave the director of liturgy report. Besides discussing the October count and new lector books, there was an offer from a company who manufactures electric votive candle banks to sell a set to Sacred Heart. Their business model is to allow the parish to pay for the bank as donations come in for the candles. This offer will be investigated in the future. Unfortunately, some of the Stations of the Cross have been damaged and the commission will explore the possibility of getting them repaired before Lent.

After setting a meeting time for November, the commission closed with prayer.
Continuing the spiritual journey

**Worthless without you**

By E. Jane Rutter

In the early morning I rise and walk down the street to work. The autumn air is crisp and the city traffic is moving along without delay. Only the coffee and pastry shops are open, the aroma of caffeine and sweets tempts me. A few others are on the sidewalk, briskly headed to I don’t know where. I try to make eye contact, to smile in acknowledgment of our shared presence but, except for one young man, my friendliness is to no avail. For all the other pedestrians are plugged into false realities, wires hanging from their ears. How did we become such a plugged-out society, unwilling to see the stranger beside us, unable to greet one another with a simple nod or hello? Yet I cannot judge, for I know my own unworthiness. Without God in my life, in my day and each moment, I am the withered fig. Unattached to the vine, I do not thrive.

I walk by the Cathedral wheeling my briefcase in one hand and cup of designer coffee in the other. The homeless and ragged nearby are hungry for human encounter and openly return my smile. Gloriously, God gives me the grace – the need – to turn around, to take a few steps back, and enter His church.

On my knees I find peace and inspiration. In the quiet reverence, my joy and faith in humankind are restored. He reminds me to recognize the angels he brings into our lives. We may not realize them as gifts at the time; it may take years for us to understand, as it has been for me.

Thirty-five years have passed since she handed me the slip of paper that I carry in my wallet. Now yellowed and frayed, its verse I for me. Now yellowed and frayed, its verse I recognize the angels he brings into our lives. We may not realize them as gifts at the time; it may take years for us to understand, as it has been for me.

Experiencing his gift, I cannot remain dismayed, discouraged or disgruntled by the imperfect. Fed by the vine, rooted in His Word, I can only ask to grow smaller.

And so I pray: Let us eat, drink, sleep, work, dance, laugh and love in You, Lord. Use us as you will. Bless the work of our moments and only ask to grow smaller.

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**Mission Awareness Process: A personal reflection**

By Miriam Hankins

Jesus spoke to the crowds about John the Baptist. “What did you go out to the wilderness to see? A reed swaying in the breeze?” (Luke 7:24)

To be honest, I had no idea what I would see in the desert of Arizona, that week of Aug. 6-12, 2019; but I carry the confidence of a sojourner who has often experienced being in the right place at the right time. I recognize that these moments are not of my own making, but of something far greater than myself, swirling about like bursts of energy. I had faith that this trip would be no different; I would be shown what I was meant to see.

First of all, I found it a bit odd that there was very little structured prayer time when we were with the sisters. I certainly don’t know what the congregation does in their private time, and they arose much earlier than I did. We did start each day gathered in prayer before we headed out on that day’s journey. Although we usually didn’t have any formal prayer the rest of the day, I can attest that I have never before felt that each entire day was an immersion in prayer, as I did that week spent with the sisters.

I could sense an urgency within every experience we encountered that week. We were being shown the tiniest taste of what so many migrants are experiencing in a life and death struggle. We could spend the day with migrants, yet return that night to a safe, cool place to sleep and eat. The migrants often do not have that simple luxury. One migrant who lost that struggle was Maria Mangera Rojas, who died in the desert in 2002. The culmination of our week spent in Arizona was planting a cross in the desert to remember her. We were told we could leave a little present to her by the cross. A couple of days before, while walking down a desert trail, I had picked up a heart-shaped rock. I decided to give that rock to Maria, to ask her to accept my humble gift, and to ask forgiveness for our collective inhumane conduct.

We were watching a movie one evening about the process of identifying human remains found in the desert. Someone said that the reservoir of God’s grace resides in the poor, and I remember thinking how true that is. Perhaps that is why we go into the desert, searching for something that often remains elusive. After visiting with migrants in the shelter, I certainly believe they are the sacred vessels of God’s grace.

In the coming months, as we share the story of our trip, I will be telling those that will listen that I didn’t see murderers and rapists, drug dealers, and criminals (although I did notice the wolves circling). I will tell them that what I saw were mothers with small children, and gentle men with a shadow of fear in their eyes, all depending on the generosity of others to survive.
Lucas Reid Borgmann, son of Justin Keith Borgmann and Elizabeth Anne (Grunz) Borgmann, was born July 19, 2019 in Columbia. He was baptized at Sacred Heart Catholic Church at the 4:30 Mass on Saturday, Oct. 5, 2019. Pictured are godfather Keigan James Borgmann, godmother Christina Erin Erlacker, Fr. Francis Doyle, big brother Zachary in front of mom Elizabeth, and dad Justin holding Lucas.

Elizabeth Lopez, daughter of Karla Jacqueline Lopez, was born on May 15, 2019, in Columbia. She was baptized at Sacred Heart Catholic Church at the 4:30 Mass on Saturday, Oct. 12, 2019. Pictured are her madre Karla, Fr. Francis Doyle, madrina Elizabeth Contreras Guzman, and padrino Juan Carlos Lopez Alcaraz holding Elizabeth.

Sacred Heart students anticipating the reception of the Sacrament of Confirmation next Spring participated in the Rite of Enrollment. Fr. Francis called the students up at the 11 a.m. Mass on Sunday, Oct. 6 and asked them to state their intentions going through the Confirmation program. The students are: Alondra Guadalupe, Joe Devoy, Catherine Mayhan, Abigail Mayhan, Vicente Fuentes, Stacey Alvarez, Kathryn Miller, Jessica Rogel, Hugo Rubio, Kennedy Martin, George Nickolaus, Ema Higgins, Matthew Sutter, and Paul Sandvol.
The modern world was not made by its religion, but rather in spite of its religion. Religion has produced evils of its own; but the special evils which we now suffer began with its breakdown.” – Illustrated London News, July 5, 1919

“Once abolish the God, and the government becomes the God.” – Very Christian Democracy, Christendom in Dublin

“We can talk once more about Church and State; though nowadays it generally means the Catholic Church and the Totalitarian State.” – G. K.’s Weekly, July 27, 1933

“Catholics are almost the only people now defending reason.” – The New Jerusalem

“Among consistent cosmic creeds, [Catholicism] is the only one that is entirely on the side of life.” – St. Thomas Aquinas

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.