Parish Council election to be held in March

By Mary Kay Head
An election will be held during the weekend of March 21-22 to fill two seats on the Sacred Heart Parish Council. All registered parishioners age 18 and over are eligible and encouraged to vote. Ballots will be available at all Masses that weekend. Anyone who is unable to vote at Mass that weekend may go to the parish office during the week prior (March 16-20) to fill out a ballot.

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

Barbara Kingsley
Barbara has been a Sacred Heart Parishioner for 18 years.

Professional/Work Experience: I raised 5 children while owner of my own drapery business. Sold it and became a full-time volunteer in New Orleans at Covenant House for 1 ½ years. When I came to Columbia I was a houseparent at Rainbow House for 6 ½ years, and have been a caregiver for Home Instead Senior Care for 13 years. I have also continued making draperies since my move to Columbia.

Involvement with Sacred Heart Parish Activities: I serve as co-chair of the Christmas Bazaar, am a Eucharistic Minister at 4:30 Mass and for homebound, help decorate for Easter and Christmas, launder altar linens, help with the Easter Banquet and the Breakfast Café, and help with funeral dinners.

Reasons for Wanting to Serve on Parish Council: I love this parish. It has enriched my life and I want to “pay it forward.”

Other Comments: I have made 3 mission trips to Haiti, 1 to Guatemala, and 1 to Mexico.

In His footsteps Part II

By Mary Kay Head

To begin His three-year public life, Jesus went down to the Jordan River where John was baptizing. In those waters he was Baptized Jesus of Nazareth. We visited the Place of Baptism and noticed groups there preparing to enter the waters to be baptized. We renewed our Baptismal vows and brought back just a small amount of the water that still flows over the site. It is really a special moment to realize that you are truly walking in the same path that Jesus once walked.

After His Baptism, Jesus went into the desert to take time to pray and fast and prepare for His ministry. As the 40 days were ending the devil came to entice Him. He took Him to a very high mountain and showed Him all the kingdoms of the world. We saw (but thankfully didn’t try to climb) the Mount of Temptation which stands northwest of Jericho, overlooking the world’s most ancient city.

Galilee is where much of His time was spent. Nazareth where he grew up, and Capharnaum, where He carried out the major part of His ministry are in Galilee. We visited so many sites in this area.

We all remember the wedding feast at Cana, when Jesus, at Mary’s prompting, turned the water into wine. Our Mass of the day was at the Franciscan Church of the Wedding Feast. During this Mass Father Francis invited all the married couples to come forward to renew their wedding vows. What a beautiful experience!

We visited the sites of so many events recorded in the Bible. The Sea of Galilee (actually a lake) was one of my favorites. In 1984 a boat had been discovered that was the type the fishermen would have used in His time. It was amazing how they were able to dig it out and preserve it. And we actually had a boat ride on the Sea (doesn’t seem right to call it a lake). On the ride we saw the type of nets the fishermen would have used and how they were thrown into the lake. We also had a good time learning a dance on the boat. It was easy to imagine Jesus on the shore calling the fishermen to be fishers of men.

If you’ve read about it in the Bible, we were probably there. Our visits included the Mount of Beatitudes, which commemorates the Sermon on the Mount (today we get homilies rather than sermons), Tabgha, where Christ fed the 5,000 (but probably more like 15,000 when you include the women and children), the Church of the Primacy of St. Peter, where Jesus, told Peter he was the rock on which He would build His church, Mount Tabor, where Jesus was Transfig-
**Heart of the Matter**  •  March 2020  •  Page 2

### Birthdays

Mar. 1 - Justine Brown, Sullivan Cravens, Armando Garcia, Kirk Hankins, Francisco Herrera, Juan Mendez, Jr., Colleen Meyer, Megan Nuemann, Dana Sheahan  
Mar. 2 - Laura Crouch, Grace Cunningham  
Mar. 3 - Joyce Caine, Julith Fuentes, Andy Hall, Robin LaBrunerie, Janet Meives  
Mar. 4 - Omar Arzate, Joanna Guzman, Sabrina Optiz-Abramovitz  
Mar. 5 - Nora Korte, Sophia Rakshank, Ethan Songer  
Mar. 6 - Felicitas Barrera, Maria Morales  
Mar. 7 - Clive Cullen, Stephanie Londre, Aldo Mendez-Rogel, Jaime Mosso, Maria Rhshan, Thomas Schnelt, Christina Weller, Dianne Wortman  
Mar. 8 - Alaina Fitch, Alexi Kanago, Blake Turner  
Mar. 9 - Danitza Esponda, Maricruz Gomez, Maria Mendez  
Mar. 10 - Ashley Anderson, Toni Harvat  
Mar. 11 - Gerardo Arzate, Molly Delgado, Linda Jehling, Alison Vercell, Cohen Watson, Heidi Watson  
Mar. 12 - Gloribel Dominguez, Christopher Hays, Joseph Huhn, Madeline Inslce  
Mar. 13 - Issak Brazeni, Jose Ortega  
Mar. 14 - Brendan Arnold, Jason McClintic, Cameron Olson, Henry Weller, Emma Young  
Mar. 15 - Ryan Cokerham, Victoria Eber, Ellarie Priesmeyer, Rita Stone  
Mar. 16 - Leonardo Garcia Reza, Leslie Garrett  
Mar. 17 - Patti Cuddicke-Barner, Esey Freyohanns, Emily Hultzclaw, Michael Keevins, Nathan Perez, Richard Schmitt, Craig Scroggins, Marley Wurzer  
Mar. 18 - Wei He, Maria Mendez, Edward Vomund  
Mar. 19 - Juan Alvarez-Fuentes, Josefina Beltran, Beth Cunningham, Benjamin Drury, Joseph Quetsch, Joanne Roret  
Mar. 20 - Audrey Gerau, Charles Green, Anabel Marquez, Sophia Robinson  
Mar. 21 - David Alvarez, Jacob Land, Jean Viox  
Mar. 22 - Dennis Holbrook, Theodore Holland, Paul Korte  
Mar. 23 - Will Fish, Michael Keene, Chris Knaus, Christopher Mosso, Nancy Santana  
Mar. 24 - Charles Abromovich, Alan Bauer, Alicia Bixby, Martin Kraeger IV, Nathalie Lugo-Torres, David Sheahan  
Mar. 25 - Adam Andrews, Gerald Detbrow, Angel Garcia, Patty Johannmweier, August LaBrunerie, Anna Londre, Cathy Lynch, Christopher Perez, Vaughn Prost, David Rutter  
Mar. 26 - James Bixby, Cooper Giodaski, Michelle McAreavey, Carolyn Mills, Orion Nelson  
Mar. 27 - Henry Bendel, Maria Ramos  
Mar. 28 - Rosalyn Cravens, Guyson Hale, Katherine Hernández  
Mar. 29 - Jereal Buntin, Makainga Bunyecha, Karen Hayes, Barbara Head, Karlie Kahl, Henry Lopez, Ruben Ramirez, Dylun Schulte  
Mar. 30 - Francis Brightwell, Sarah Eber, Matthew Higgins, Casey Johnson, Jean Lewis, Peyton McClintic, Deven McDonald  
Mar. 31 - Douglas Clawson, Katie Martin, Alfonso Onate, Guadalupe Ortiz, Anna Spell, Elizbeth Spell

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**Council election**

Continued from page 1

Group and before that, Shelter Insurance.  

**Involvement with Sacred Heart Parish Activities:** I served on Liturgy Commission as Chairperson for 10 years; previously served on Parish Council; and served as Director of Worship, Lecter and Communion Minister monthly at the 4:30 Mass.  

**Reasons for Wanting to Serve on Parish Council:** I am always looking for ways to give back to the Sacred Heart community. Now that my children are either in college or starting their own adult lives, I have more opportunities to volunteer my time to things that are important to me. Sacred Heart is one of those things.  

**Christiane Quinn**  
Christiane and her husband Jim have attended Sacred Heart for 23 years.  

**Professional/Work Experience:** I am currently retired, but worked at the University of Missouri doing programing with the International Students, and also establishing a research center for Latin Immigration in the State of MO, and organized an annual Conference. I also worked at the Sacred Heart parish office.  

I am a Board Volunteer for the MU Museum of Art and Archeology, Centro Latino, Be the Change Volunteers, Public Transportation Advisory Commission for the City of Columbia, Columbia for Modern and Efficient Transit, Partners of Columbia, Centro Latino, Be the Change.  

I am a Board Volunteer for the MU Museum of Art and Archeology, Centro Latino, Be the Change Volunteers, Public Transportation Advisory Commission for the City of Columbia, Columbia for Modern and Efficient Transit, Partners of America, PTAs, and Columbia Montessori School.  

Professional: Agronomic Engineer, with a MS in Horticulture, with research in the medical field.  

**Involvement with Sacred Heart Parish Activities:** I am a tutor with the language program, helped organize the Pentecost celebration for over 10 years, assisted with the child care program, have written articles for Heart of the Matter. I have cooked meals for Life Teen, helped with Parish Socials (old spaghetti dinners), Room at the Inn, provided food for the Bake Sales, worked with Young Couples group, and helped at the Diocesan celebration of faith and culture (multicultural celebration in Jefferson City).  

**Reasons for Wanting to Serve on Parish Council:** I have been involved with Sacred Heart in all sorts of levels, but this is the first time that I am a candidate for the Parish Council. I am very excited with all the upcoming changes and projects within the Church, and I would love to contribute with my experience and opinions off course.  

**Other comments:** For those who don’t know me, I usually attend the 11 o’clock Mass. I am from Brazil, married an Irish farmer from Iowa and have 2 kids, oops adults now! My daughter Franciele was altar server for many years. Both had First Communion and Confirmation at Sacred Heart and went to OLLIS.  

I believe my experience as a Board Member of other organizations will enrich the Parish Council. I decided that now is a good time to seek a position on the Parish Council, and I would love to be your representative.  

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**Ed Elsea**  
Ed and his family rejoined Sacred Heart when they moved back to Columbia 5 years ago.  

**Professional/Work Experience:** I retired from Education in 2017. My last position was as the Principal at Lee Expressive Arts (now Locust Street Expressive Arts), across the street. Currently I am Assistant Market Sales Manager at First State Community Bank, at the Clark Lane location, and Regional Operations Manager for Catapult Learning, consulting with four regional school districts on their Summer School program.  

I previously taught in Smithton, Rolla and Poplar Bluff; Principal in Waverly and Lebanon; taught PSR, Eucharistic Minister, Lector and Cantor at St. Francis de Sales in Lebanon; Cantor and Choir Director at St. Peter’s in Marshall, Cantor and Lector at Sacred Heart in Poplar Bluff. I served as Grand Knight of K of C in Lebanon, Financial Secretary in Poplar Bluff and Recorder in Marshall.  

**Involvement with Sacred Heart Parish Activities:** I serve as Eucharistic minister, Lector, Director of Worship (at 11:00 Mass); Deputy Grand Knight of Knights of Columbus; Family Quartet at Christmas Mass (2018); Financial Committee for the Knights of Columbus Supreme Convention in St. Louis (2017)  

Continued on page 3

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**Heart of the Matter**  
Sacred Heart Parish, Columbia, MO  
Pastor: Fr. Francis Boyle  
Editor: Mary Kay Head  
Layout Editor: Katherine Cummins  
Send comments to: jhead2405@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.
Heart. I have enjoyed getting in-

natural transition back to Sacred Heart from 89, the old office. After considering the flavors in the food, and how it feels in your mouth, consider where it came from. Did your Grandma or your dad or your friend bake it with love for you? Did you get it from a package in a store? Did you grow it in your back yard? Did the sign at the grocery store say it came from a local farmer? Did you make it for yourself and why? Before you took that first bite, were you hungry? Did you grab that food because it looked good and was easy to reach? Or was your stomach empty and growling? March is National Nutrition Month®. The theme for 2020 is Eat Right Bite By Bite. It is a challenge to try new foods one bite at a time to consider if this could be your new favorite! It is also a challenge to look at some of the foods you eat regularly, consider why you eat them, and how they taste. Human taste buds naturally prefer salty and sweet flavors. Most foods contain sodium and or sugars naturally. When we add extra salt and sugar to our foods, we lose the ability to taste the naturally occurring flavors in foods. Some of these flavors are awesome! Try some of your favorite foods without adding extra salt or sugar. Chew slowly and see if you can taste the naturally occurring flavors.

Managing hunger can be a challenge. Hunger can come in different forms. Eye hunger happens when food is presented to look very appetizing (like the pizza in the Domino’s commercial in the middle of your favorite program). When food looks good, we have a tendency to eat, whether we feel truly hungry or not. Why are you eating? Does it just look good or are you hungry? Take the time to prepare your food so it looks good. Enjoy the eye hunger and satisfy the real hunger at the same time. This March set a goal to take the time to taste the food you eat! Try some foods you have not tried before. Enjoy food one bite at a time and really think about the taste. What is the flavor when you first take a bite? Is it salty? Is it sweet? Is it savory (not salty, not sweet, but with a flavor explosion in your mouth like sausage or grilled mushrooms and onions)? Is it bitter? How does it feel as you chew? Is it creamy or buttery? Is it gitty, coarse, or smooth?

After considering the flavors in the food, and how it feels in your mouth, consider where it came from. Did your Grandma or your dad or your friend bake it with love for you? Did you get it from a package in a store? Did you grow it in your back yard? Did the sign at the grocery store say it came from a local farmer? Did you make it for yourself and why? Before you took that first bite, were you hungry? Did you grab that food because it looked good and was easy to reach? Or was your stomach empty and growling?

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Council election
Continued from page 2

I have helped with several church events, including the annual picnic, picture directory registration, breakfast, Spaghetti Dinner, and helped move items out of the old office.

Reasons for Wanting to Serve on Parish Council: I attended Sacred Heart from 89-93, while at Mizzou, periodically singing in the choir. When we moved back to Columbia in 2015, it was a natural transition back to Sacred Heart. I have enjoyed getting in-volved in the parish community and believe this is an opportunity to help continue traditions while looking forward to the future of Sacred Heart.

Other Comments: I have served on state, regional and national boards for Missouri Choral Directors Association, Missouri and National Association of Elementary Principals and Tau Beta Sigma, National Honorary Band Service Fraternity/Sorority. I enjoy taking on leadership positions and believe this will enhance my spiritual life, while hopefully enhancing the spiritual lives of others.

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 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

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Parish School of Religion News

By Keith Miller

This year’s 7th- and 8th-grade class is the largest group of bright-eyed kids as we have seen in many years. There are 15 kids and a number of guests that drop in weekly to talk, listen, share, learn and grow. The kids are from all of Columbia’s and Hallsville’s middle schools.

Our classes always begin and end in a prayer that we may hear, understand and live God’s Word.

Our classes center around the weekly newspaper Visions. Visions presents the Gospel each Sunday with stories of history, liturgy and geography. The lessons are presented in a way that is relatable to young teens. We discuss how the two-thousand-year-old Gospel is alive and relevant in today’s world and in today’s schools. The problems of growing up haven’t changed much over the years and the teachings of the Bible give guidance on how to face today’s difficult decisions.

Our discussions range from understanding the Word to being amazed at the Wonders of the Universe. Life is alive and well in this group making it a fun and a spirit-ed weekly experience.

Confirmation classes are moving along! Our February class was a talk on the Holy Spirit and I learned some things - the teens learned a lot! Keep updated with emails from Renee regarding the various requirements are due.

As a reminder, this semester CoMo Life Teen has started a new program called Encounter. It aims to get our students together more often than just once a week at Life Nights and to be a more casual time focused on Scripture as well as topics that aren’t broad enough for Life Nights! We are hoping that students can also have some time at the end of each night to do homework or otherwise just hang out with each other and our Core Team! Encounter will be every other Thursday from 7-8:30 p.m. in the Newman Center’s Aquinas room. You can find our schedule on our Facebook page.

Life Teen News

By Tyler Peterson,
Life Teen intern

In Life Teen this semester, we have been talking about the good news of salvation because of Jesus, aka the Gospel! The talks given have been phenomenal, and the small group times have reflected that. We have prioritized having prayer time at the end of each Life Night, and the teens have responded well! Also, Luke 18 is coming up! 8th graders should consider signing up to go on the retreat, while high schoolers should apply to be on the team for the retreat.

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Tolton High School News

Important Upcoming Dates
School and athletic activities are on the school calendar which can be accessed on the website www.toltoncatholic.org.
- March 1 — Spring Sports Parent Meeting
- March 2 — First Spring Sports Practice
- March 23-27 — Spring Break
- April 24-25 — Murder Mystery Dinner Theater
- April 26 — Best of the Blazers event
- May 2 — Prom
- May 4 — Tolton Classic Golf Tournament
- May 13 — Baccalaureate
- May 15 — Graduation
- May 20-22 — Final Exams

January Students of the Month

We had quite a few students recognized for their outstanding work in the month of January in the areas of Spirit, Heart, Mind, and Body! Congratulations to the following: Chase Martin, Ross Hagan, Max Brucks, Nathaniel Krebs, Jarod Aholt, Carson Atkins, Jack Richards, Meredith Baker, Sarah Kiefer, Samantha Pochlman, Dylan Seidt, Abigail Mayhan, Joshua Munger, Kalina Nettles, Ava Youtsey, Anna Devine, Christian Rischer, Brooke Hedrick, Alex Pienenger, Drew Timmerman, Coban Porter, Jack Richards, Avery Wells, and Ryan Hulett.

Continued on page 5
OLL Interparish School News

By Chris Drury

February was a busy month at Our Lady of Lourdes Interparish School. Despite the snow and many days off, a lot was going on. The end of January was Catholic Schools Week. This included many events celebrating the importance of Catholic Education. Students painted rocks that will be part of a rock garden around the school, there was an all school Mass, special snacks, a pancake breakfast with an Open House, and door decorations. Because of the efforts of the Loos family, over $80,000 was raised at the annual Rally for Rhyan game on February 9th at the Mizzou Men’s basketball game.

One of our Partners-In-Education, KPLA, is sponsoring the 27th Annual Apples for Teachers which recognizes excellent teachers for their hard work and dedication to bettering the lives of students. This is an opportunity for parents and students to nominate a teacher for the Golden Apple Award. Nominations may also be completed online by going to the following link: https://www.kpla.com/2020/02/10/apples-for-teachers-2/

Pot O’ Gold:
Mark your calendar for the annual Pot O’ Gold Auction! Doors open on February 15th! Pot O’ Gold is a kick-off event to our annual Lenten Soup Suppers. As part of Lenten Soups Suppers, we are welcoming donations of used items, non-perishable foods, and monetary donations. Pot O’ Gold is a continuation of the success of last year’s event!

We welcome all alumni and parents to drop in, listen and share your experiences in the Church. As God sent us on a mission, then the discovery and the sharing of our personal mission are exciting for the rest of us to hear. Since God is always with us, his stories are real and alive. We learn something new every week and we leave with a smile.

Sacred Heart Lenten soup suppers

By Barbara Head

For many years Sacred Heart Parish has hosted a weekly Lenten soup supper. This takes place after the 5:30 Mass. It provides an opportunity to share a simple meal during this season of Lent with friends and fellow parishioners. This year instead of having a specific group responsible for bringing the soups, we are asking the whole parish to participate. The reason for this is that in this very active parish, many belong to more than one group, and were consequently providing the soup for more than one occasion. We invite each of you to take part in this. Feel free to bring your favorite soup to share any of the Wednesdays listed in the sign-up.

We do encourage you to use the sign-up so that we can have an idea of the number of soups to expect. It generally takes 12 crock pots of soup each evening. And the best part of this is that it means there are 12 varieties of soup to taste and enjoy.

We will continue the practice of having a specific group responsible to arrange for the set-up and clean-up, but even so anyone is welcome and encouraged to volunteer for this. Many hands make for light work.

Even if you are unable to bring a soup, or are unable to attend the evening Mass, we hope you will come and join us each Wednesday evening during Lent. The supper begins at 6 p.m. This is an excellent opportunity to share good food and fellowship.

There are three ways you can sign up:

- Copy the following link into your search engine: https://www.signupgenius.com/go/10c0e4fa9a62ca3fe3-sacred3. Go to the parish website and click on the link.
- Call Barbara at the parish office – 443-3470

Tolton News

Continued from page 4

Catholic Schools Week Recap
Thank you for your support of a most wonderful Catholic Schools Week!

Monday we were overwhelmed by the generosity of students supporting our community through bringing supplies for the Room at the Inn winter shelter.

Tuesday students enjoyed ice cream sundaes and a school-wide photo scavenger hunt - Congratulations to Mrs. Tramel’s home-room, our winning team!

Wednesday, we were inspired by the words of Former Congress

man Kenny Hulshof to ask ourselves each day, what can we do to further the kingdom of God on earth?

Thursday, Tolton Catholic Alumna Mary Kaitlyn Conduct encouraged us to participate fully in our Catholic education. Congratulations to our winners of the family gift card give away: Zach Hecker, Molly Grace Cleavinger, Abigail Mayhan, and Janie Stefens!

Friday, the students defeated the teachers in our school-wide dodge ball tournament. Congratulations, students!

We appreciate your entrusting your students to our care. May God bless you!

PSR

Continued from page 4

include Abedi, Alana, Allie, Bram, Brooke, Brynn, Byatanga, Christina, Christine, Frances, Hillary, Jacob, Marlena, Mukombozi, Olivia and Zoey. Regular drop-in past alumni include Paul, Katy, Ben, Elsa, Grace and Abigail.

The class is taught this year by Bryan Mayhan, Patti Cuddihee and Keith Miller.

We welcome all alumni and parents to drop in, listen and share...
For Sacred Heart Youth

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

Describe yourself in one word. Think a minute. Why did you pick that word? Is it some way you think about yourself? Or is it a name someone gave you?

João Cidade Duarte became known as St. John of God. Some stories say he took this name after having a vision of the infant Jesus. Other stories say St. John of Avila (another St. John) gave it to him after witnessing his extreme humility. João was born to a poor Christian family and was kidnapped or wandered off and was eventually orphaned. He spent time as a shepherd before entering the military.

During his time in the military, he stopped practicing his Christianity and felt lost. After more wandering and searching, he decided to rescue Christians being enslaved in Africa. After a short time there… he became a bookseller and then had what was described as a mental breakdown. His behavior became so wild, he was put in a hospital where St. John of Avilla calmed him and helped him put his energy into caring for people who were sick and poor. It was at this time he was referred to as St. John of God.

St. John of God was known for his humility and devotion to caring for the sick, the mentally ill, the paralyzed and lepers. At first he begged himself for the money to provide care. Because of his own history with mental health issues, he had little support and even some resistance to the work he was doing. His work was done with such love and sacrifice; he developed followers and founded the Brothers Hospitalers. His feast day is March 8.

As we move through Lent, consider what name you would give yourself. How do you want to be known? You may be many things. John was an orphan, a shepherd, a soldier, a zealot, battled mental illness, then finally a care giver. Consider St. John and his sacrifice and devotion to the sick. Consider giving your time to write letters to sick children or parish members in the hospital or nursing home. Talk with Sister Francine about people in our local nursing homes who would love someone to come visit or write letters. Maybe someone will name you St. _______ of God!

Let’s talk about who you are

See Page 7 for crossword answers

(Sarah Eber assembled materials for this page.)
‘Better Together’ more than a Lenten Study

By Sonia Potts

Bishop Shawn McKnight is asking all parishes in the Jefferson City Diocese to participate in his “Better Together” small group Lenten study to focus on discerning how their “parish communities, as centers of charity and mercy, practice stewardship and co-responsibility.” However, this is not just a Lenten spiritual renewal program. This process will discern a three-year pastoral plan for each parish and the Diocese of Jefferson City. Bishop McKnight’s Better Together vision for our diocese is based on three pillars:

Parishes as centers of mercy and charity
The co-responsibility of laity and clergy
A stewardship spirituality rooted in gratitude for God’s blessings

Using a “bottom up” approach, Bishop McKnight is giving every parishioner in every parish the opportunity to provide input into the development of their parish pastoral plan and the pastoral plan for the Diocese.

Although our Sacred Heart parish and other parishes in the diocese are doing some great works in our communities, the bishop has shared some indicators that suggest we can do more:

Since 2001 mass attendance is down 29% despite our general Catholic population remaining relatively flat.

The social health index of our communities points to unmet needs such as single parent families, refugees fleeing persecution, rise in suicides, bankruptcies for farmers, prison workers and the incarcerated and their families.

There is an unprecedented rise in the number of young people (and not so young) who claim no affinity to any organized religion

The Church is often characterized as inward-focused, irrelevant and staid, and racked by abusive leaders and corruption.

Bishop McKnight is offering us this great opportunity to show how Sacred Heart is already meeting some of these needs and how we can improve on them. This discernment experience will occur in small groups meeting for four sessions during the Lenten season. The sessions will cover the areas of: “To be a Christian Steward”, “Co-responsibility of Clergy and Laity”, “Parishes as Centers of Charity”, and “Parishes as Centers of Mercy.” In each session we will be reading Scripture, study Church teachings and prepare a discernment report to be sent to our priest/parish council. The discernment report will include the group’s input on what our parish is doing well in each area, areas of growth and recommendations to make positive change happen. After receiving all of the reports, Fr. Francis along with the parish council, will prepare a three-year discernment plan that will be presented to the Bishop.

Currently three Sacred Heart parishioners have volunteered to lead small groups. Phyllis White will lead a group on Thursdays at 12:30 at her home on March 5, 12, 19, and 26th. Phyllis can be contacted at 816-550-8789 or at phyllisawhite.home@gmail.com. Deb Gerecke will lead a group on Mondays at 6-8pm beginning Monday, March 2nd in the Library in the Activity Bldg. Deb can be contacted at 1-573-450-2841 or at dgrdh1@gmail.com. Susan Stolwyk may also be leading a group, however, her dates and times have not been determined at this time. Please contact one of these parishioners to join a group.

Sr. Francine is also coordinating groups for our Hispanic parishioners. Also, if you already have a small faith group meeting on a regular basis or would like to chair another small group, please consider participating in this program. If you wish to do so, please contact a member of the parish council.

A limited number of print study booklets ($3ea) will be available or all the information can be downloaded from the Diocesan website at: https://diojeffcity.org/better-together-parastal-planning-process/. This is an excellent opportunity to provide your input into the important pastoral planning process, so please consider joining a small group and participating this Lent!

Sacred Heart student becomes citizen

After completing her Citizenship test and interview in December, Jesus Olivia Billups took the Oath of Allegiance and became a U.S. Citizen on Wednesday, Feb. 19 at the U.S. Federal Courthouse in Kansas City. Olivia was a student in a recent 15-week Citizenship class offered here at Sacred Heart Church. (Above) Rose Caubet, Lynne Coudron, Olivia Billups and Donna Haley attended the oath ceremony in Kansas City.

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The Feast of St. Joseph

By Miriam Hankins

I didn’t even know he was there when I bought the house. It wasn’t until that fall, when a dense patch of 3-ft tall perennials started to die, that he slowly emerged; a heavy, 2-ft tall concrete statue covered in several coats of peeling, brightly colored paint. Judging from his unsightly neckline, he must have suffered a major accident at some point. He is holding the Child Jesus and a lily. Now, after several years, I have finally started his rejuvenation. The time that it takes to get a fairly smooth surface using a drill with a wire wheel has given me ample time for reflection. I have always loved St. Joseph. I try to imagine what his life was like, imagine what he was really thinking when he learned his betrothed was with child. He must have known Mary’s virtue yet the unthinkable had happened. It says much about his character that he didn’t blame her in public and put her aside. What faith he must have had to take this child as his own, which, in turn, made Jesus a legal descendent under the Law.

I have another statue of Joseph on my bookshelf that I dearly love as well. It is diamond-shaped because Joseph is squatting on the ground, his huge arms and elbows sticking out to the sides. Sheltered within those arms are Mary and Jesus. Scripture is full of references to God as Father, and that statue is an apt representation of the Father’s love for us.

I consider myself blessed that my father was an excellent example of a loving father. He worked hard, both at his shop and on our small farm, to make sure we never lacked for food, clothing, or shelter. He loved his wife and was gentle, kind, and generous. About the only time I recall him getting angry was when we ran noisily through the living room just as Perry Mason was revealing the guilty person. There was no rewinding or recording back then.

I often wonder how we can convince non-believers that God is a loving Father if they don’t have a good example of a human father. How do we describe the Father’s loving nature to someone who knows their father only as a violent, angry, abusive man who is often drunk or high on drugs? Or a father who is nowhere to be found? If anyone has any ideas, I would love to hear them.

The feast of St. Joseph is March 19, but unfortunately, it is often overshadowed by all the St. Patrick celebrations. Besides his role within the Holy Family, St. Joseph is also the patron saint of a happy death. ‘Happy death’ may mean different things, such as a death free from fear and pain, but for us it should mean a death that finds us in a state of grace. It is diamond

Continuing the spiritual journey

Inspiration

By E. Jane Rutter

I think of myself as a positive person and serving others through my gifts is a blessing. I try not to take lightly. I believe God is love, creation is a gift of beauty, and our faith brings us to a place of deep-seated joy. Admittedly, in my imperfection I have many moments of falling short in loving, and a few shining ones when a glimmer of God’s grace pours forth from my soul. Thankfully, these next forty days of Lent give me the opportunity to cleanse myself of sin and to prepare for the glory of Christ resurrected at Easter. Bookends, Lent is the winter of our penitence and Easter the spring of our growth. Both seasons are inspirational.

Yet much of what we read and hear throughout the year emphasizes the negative, words and voices that anesthetize our thoughts of hope and joy with muck and doom. We expect this from the secular media, but, unfortunately, negativity can creep into our churches as well. And that is something we have to look out for.

After all, we claim the incredible message of eternal life and joy. I simply ask that we [as church] express ourselves in a way that matches our message; that inspires rather than exhausts.

For example, do we use the language of invitation or condemnation? Do our words emphasize how people serve instead of how they fail to serve? We seek forgiveness for our failures, but few of us are inspired by having them pointed out! Reframe the question. Instead of asking others why they are not involved, ask them where they get their energy. Use their energy in ministries that drain it and people become disheartened. Invite people to put their talents to work and they’ll be on board.

Do we use the language of need or of welcome? Hearing over and over again that there are not enough volunteers in church is a question of our generosity in sharing leadership, not the quality of others’ discipleship. If made to feel welcome, people will offer to serve in ministries they like, where they think they can achieve and will find appreciation. Simple thoughts really, but they deserve our merit.

And so I pray: Dear Lord, let me welcome all into service and help me step aside to let others shine.

(c)2012-2020, E. Jane Rutter

OLLIS News

Continued from page 5

at 6:00pm on Saturday, March 14, 2020 at Fr. Tolton Catholic High School. This fun, casual event features food, drinks, live and silent auctions! Tickets are $50/each or $400 for a table of 8. Invitations will be going out soon. Organize your friends now to purchase a table! You can also purchase individual tickets. This event will likely sell out and there will be no walk-in tickets available.

Our Lady of Lourdes Interparish School 2019-2020 Concert Series
3rd Grade Musicals
Sunday, March 8th
3B 1:30pm, 3R 2:30pm, 3W 3:30pm, OLLIS Gymnasium

Spring Concerts
Sunday, April 19, OLLIS Gymnasium **THIS DATE HAS CHANGED**
1st Grade Music 1:00pm
5th Grade Music & 7th & 8th Grade Choir 2:30pm
6th Grade Band & Black & Gold Band 4:00pm
Kindergarten Celebration Friday, May 15th at 1:30pm, OLL Church
Parish assembly results

By Ron Meyer, Parish Council President
Sacred Heart had a Parish Assembly on Jan. 26. For those of you who were present, this will serve as a reminder, and for those of you not present, this is a recap of what went on at the assembly.

1. What is Sacred Heart’s overall plan for moving forward?
Sacred Heart is a growing and vibrant parish and has not received any indication that we should not continue to plan as such. This is evidenced by our plans for a columbarium, a memorial garden space, as well as updates to the activity building.

2. When will the memorial garden and columbarium be completed?
The columbarium has been ordered and should be delivered in April. We are currently making arrangements to build the memorial garden and will be taking bids in the near future.

3. How are the columbarium and memorial garden being funded?
These costs are being covered upfront by existing church funds. However, the columbarium will be totally self-funded through the sale of the niches.

4. How much do the niches in the columbarium cost?
$1500/niche. Each niche will hold two cremains. After it has been paid off any remaining funds will help reimburse the church for costs incurred in the construction of the memorial garden space.

5. What updates are planned for the activity building?
Updated kitchen, updated bathrooms, and additional floor space are the main areas of concern. Depending upon available funding, other projects could include new flooring, paint, etc. All work would be completed in stages so as not to lose the availability of the activity building.

6. What are the costs for the updates to the activity building?
Costs for individual updates have not been calculated. However, it is estimated that around $750,000 would be required to complete all of the updates.

7. How will the activity building updates be funded?
The projects will be funded by new contributions from parishioners, some existing church funds and future fundraisers. We will not proceed from one project to the next until funding is available, so there are no plans to take out a loan. Parishioners will be contacted through bulletins, letters and personal contact. One-time contributions can be made or it could be spread out over three years. It is hoped that parishioners will respond with the same enthusiasm as when they pledged $1.5 million during the feasibility study last year and that they would pledge some or all of what was previously pledged. All contributions will be placed in a separate account specifically for this purpose.

8. Will parishioners have any input into the updates?
Committees will be developed to aid in the completion of various updates. Suggestions may also be made to the parish council or delivered to the office. If you are interested in serving on a committee, please contact anyone on the parish council.

Sacred Heart FAQs

1. Sacred Heart has a Parish Assembly. What is the purpose of this event?
Parish assemblies are held periodically to inform the parishioners of the activities and events of the parish. The purpose of the assembly is to provide a forum for the exchange of ideas and information.

2. What are the main areas of concern for the activity building?
The main areas of concern for the activity building include the kitchen, bathrooms, and additional floor space.

3. How will the columbarium and memorial garden be funded?
The columbarium and memorial garden will be funded through contributions from the church and other sources.

4. Will parishioners have any input into the updates to the activity building?
Yes, parishioners will have the opportunity to provide input into the updates to the activity building.

5. How can I sign up to volunteer for the upcoming events?
The parish will be hosting several events throughout the year, and interested parishioners can sign up to volunteer at the parish office or through the parish website.

6. Can I purchase a niche in the columbarium?
Yes, you can purchase a niche in the columbarium for $1500/niche. Each niche will hold two cremains.

7. What is the estimated cost of the updates to the activity building?
The estimated cost of the updates to the activity building is around $750,000.

8. How will the activity building updates be funded?
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Liturgy Commission

By Lucas Volkman, Chair
The February liturgy commission meeting was held on February 6th at 6:30pm in the parish library. After the meeting was called to order, Fr. Francis led the group in prayer and the minutes from the January meeting were approved as amended. The attendees then heard the parish council report from Charlie Ochoa.

Under Old Business, Chris Vitt discussed how the new communion chalices were purchased. As the liturgy company was having a sale, they were purchased for $69 apiece. With that price, the purchase cost was covered by a recent donation from a family. Though, the old chalices will still be used occasionally since they were a memorial gift. Efforts to find replacement numbers for the Stations of the Cross failed – though we are continuing to look at alternatives to repair them efficiently. Finally, old palms will be collected prior to Ash Wednesday.

Under New Business, the commission discussed the massive amount of materials in the gathering space. The effectiveness of having so many materials was questioned as many brochures linger for some time. The group decided that it would be a good idea to remove the superfluous materials and feature one thing a week. An announcement will be made of these changes prior to Lent. With the soup suppers, there is a chance this year as the whole parish will be asked to sign up to bring soup for a particular week. The liturgy commission will partner with the parish council to set up and clean up for the soup supper on the 25th of March.

Chair Lucas Volkman then adjourned the meeting with prayer.

Social Concerns Commission

By Barbara Head, Chair
Health Ministry: an AED to replace the one that was stolen has been purchased and it may be moved to a more secure location. A volunteer has come forward to head up the annual blood drive and Charlie is revising the Emergency Preparedness Committee information.

Care of Creation: there will be a Lasagna Gardening presentation on March 13 at 5 p.m. in the Sacred Heart garden in front of the Education Building and a Spring Spruce up will be on March 14th starting at 8 a.m. with the Garden Angels. All are invited to both events.

Language Program: May 30th Pentecost, language program committee will host a Tastes of the World celebration.

Old Business
Soup Suppers: a sign-up Genius has been created for this and will be distributed to the parish and be in the bulletin and on the parish website.

Care Team: 4 people volunteered to help a parishioner with visits and errands and will be using a calendar so the parishioner can keep track of who has visited and when the next visit will be.

Faith formation will host 2 speakers at soup suppers, one from St. Raymond’s Society and one on Ending Human Trafficking.

New Business
Looking ahead to April/May events: Banquet for the Poor on April 8, Holy Saturday Vigil reception will be on April 11, and May 22 will be a Fiesta celebration of the 10-year anniversary of ordination for Father Francis and also for Deacon Bill.

Other: Fish Fries, there will be a sign-up Genius for desserts for the 2 fish fries hosted by the Sacred Heart Knights of Columbus on March 6 and April 3 at Tolton.

Social Concerns next meeting: March 17. All are welcome to attend.
Parish Council

By Ron Meyer, President

The meeting began with an opening prayer. The January minutes were approved as submitted.

Donna Haley addressed the council regarding the distribution of books during Mass. The concern was that distributing the books prior to Mass was disruptive to parishioners as they prayerfully prepared for Mass. It was also discussed that many authors should be used. Miriam also noted that the author of the last book had been criticized in some circles for his connection to both his profit and non-profit businesses. The council determined that books should be available on a table after Mass and that it would be announced after Mass.

Sarah Eber addressed the council regarding the purchase of a video conferencing machine that would help more parishioners attend various meetings. The council felt that this would be helpful and authorized its purchase. It will be kept in the office and checked out similarly to how people currently reserve meeting space.

Ron explained the pastoral planning process that the Bishop described during a recent meeting of parish council representatives from all of the parishes. Each parish would utilize several small groups to address a variety of issues: stewardship, parishioners and laity working together, charity and mercy. Each group would meet during lent and submit reports to Father Francis and the parish council. In turn, a three-year discernment report would be submitted to the Bishop. Information regarding this project will be provided to all parishioners.

It was brought up that several protective pads on the legs of the chairs used for overflow during Mass were either missing or falling off. Father will check with Dennis regarding correct replacements.

It was noted that feedback from the parish assembly was very favorable. Ron developed a FAQs sheet that could be inserted in the bulletin and HOM to provide information to those that were not able to attend the assembly.

Norm provided an update on the columbarium. It was noted that there were some issues that still needed to be addressed such as burying some electrical lines because the current overhead lines run through the columbarium will be located. Also, re-platting will be necessary in order to place an open-air roof over the structure. There will also be a need for some back-fill dirt and perhaps a retaining wall.

The council discussed the need for different committees to aid in the planning of the memorial garden and activity building. It was noted that the Garden Angels and the Knights might help with landscaping. Also, the kitchen committee could help with identifying the needs for the kitchen re-model.

The nominating committee reported that they have three candidates for the parish council with the possibility of two more.

Tobi Hurley was the latest winner of the 50/50 raffle. She will split $1245 with Sacred Heart.

Miriam wanted to let everyone know that Wilkes Blvd. Methodist Church is in dire need of funds to assist with some major structural issues. This church addresses a lot of the needs of the poor and homeless in our community.

The meeting ended with a prayer. The next meeting will be March 10.

Faith Formation

By Sonia Potts, Chair

The Faith Formation Commission met on January 28, 2020. The following members were in attendance:

Sr. Francine, Renee Molner, Susan Stolwyk, Dian Kittle, Phyllis White and Sonia Potts.

Renee reported that Confirmation this year will be May 9th at 10am at Our Lady of Lourdes. Students from all three parishes will be confirmed together at this one mass. The Lifeteen Life nights this semester is studying the Gospel and also prayer. A new program called Encounter is offered every other Thursday and combines a Bible study and community building time for teens. The Stubenville retreat in Springfield, Missouri will be July 17-19 and registration is currently open. The cost is $265. The Luke 18 retreat is scheduled for April 3-5. There will also be a day retreat the end of May at Lourdes.

The RCIA program currently has 3 people inquiring. One participated in the Rite of Welcoming. Sr. Francine has 7 children participating in the RCIC program.

First Reconciliation for PSR students will be Sunday, February 2. The group First Communion will be Sunday, April 26th at the 11am Mass. At the last class in May there will be a May Crowning ceremony.

Lenten resources including the Dynamic Catholic Best Lent Ever Journal will be put out for parishioners to pick up on the weekend before Ash Wednesday. The Formed.org video Bible study series, Lectio Mark, will be offered on Monday evenings at 6:30pm and Thursdays at 12 noon in the church Office. The Monday evening showings will begin on Monday, Feb. 24 and end on Monday, April 6th. The Thursday noon showings will begin on Thursday, Feb. 27 and end on Thursday, April 9th.

Representatives from the St. Raymond’s Society and the Stop Human Trafficking Coalition of Central Missouri will be asked to speak at two of the Lenten Soup Suppers. Tentative dates are March 4 and March 18. The speakers will be asked to do a 15 minute presentation during the supper.

The next Faith Formation Commission meeting will be Tuesday, March 31 at 6:15pm in the church Office.

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 include:
- Help with meals
- Transportation to medical visits
- Help with errands or grocery shopping
- Social visits
- Requests for prayers

Name: ____________________________

Phone: ____________________________
Walking in His Footsteps


(Left, middle) Cruising the Sea of Galilee.

(Left, bottom) Visiting the Mount of Temptation.

(Above) Drawing water from the River Jordan.
"Nothing short of the extreme and strong and startling doctrine of the divinity of Christ will give that particular effect that can truly stir the popular sense like a trumpet; the idea of the king himself serving in the ranks like a common soldier. By making that figure merely human we make that story much less human. We take away the point of the story which actually pierces humanity; the point of the story which was quite literally the point of a spear." – The Everlasting Man

"If I am to answer the question, ‘How would Christ solve modern problems if He were on earth today’, I must answer it plainly; and for those of my faith there is only one answer. Christ is on earth today; alive on a thousand altars . . ." – Good Housekeeping magazine, April, 1932