Common sense in an uncommon time

By Sarah Eber, Health Ministry

The newest strain of Corona virus, referred to as COVID19, is spreading throughout the United States, including Missouri. Fr. Francis has reminded us that we will get through this, just as Jews and Christians have for centuries. Peace. “Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.” (James 1:12) This is a great time to spend some quality time with God as we all practice social distancing and self-isolation. But what does that really mean and what should we be doing?

Social Distancing means maintaining a distance between human beings to prevent transmitting the Coronavirus by airborne droplet. The safe distance, as suggested by the CDC (Center for Disease Control) is six feet. Social Isolation means giving up social interaction in what we might consider the normal sense…going out to eat, to movies, to ball games, and to Mass. This reduces exposure to the virus and the spreading of the virus by people who may not yet be sick or are carrying the virus with no symptoms.

Common sense measures include discipline with behaviors (it is Lent…consider these add-ons). These measures include washing hands frequently (soap and water still work the best), covering your mouth for a sneeze or a cough, staying home when sick, drinking plenty of water, choosing fruits, vegetables, and whole grains over foods with fewer nutrients, exercise or activity daily, and getting a good night’s sleep. The CDC has several good pieces of information on its website. The links to some of them are included in this article. If you have questions about COVID19, contact your healthcare provider or a member of the Sacred Heart Health Ministry through the parish office. Someone from the committee will follow-up with you to answer your questions.

Faith In Action

Now for the challenge. What does it mean to be Catholic in an epidemic? Our Catholic history is rich with saints who gave all their energies, and in some cases their own health, to serve others during plagues and wars. God may not be asking you to be Christ to others at this level. With COVID19, however, God is giving us all an opportunity to live as Jesus taught us. For some of us, this epidemic is an opportunity to practice humility - if you need help, you must let your church family know you need it. For some of us, this epidemic is an opportunity to practice courage - when someone needs help, give it. Even if it means giving something up. If you are isolated and alone…you are not! Do

Presenting, calling, affirming our Elect

By Sr. Francine Koehler

On March 1 Deacon Bill, Sonia Potts, and Sister Francine accompanied our RCIA catechumens to the Rite of Election at St. Joseph Cathedral in Jefferson City. They joined hundreds of other catechumens and candidates around our diocese together with their sponsors as they were presented for full communion with the Catholic Church.

Previously our three catechumens enrolled their names on a special parchment sheet during the Rite of Enrollment which took place at Sacred Heart. At the cathedral, after presenting and calling forward the catechumens, the parchment sheet with their names as well as sheets from all catechumens are placed in a special Book of Enrollment to be displayed during Lent as a reminder for all to pray for the elect and candidates during their final preparation. After the “entire community has spoken in their favor,” the Bishop declares them to be initiated into the sacred mysteries at the Easter Vigil.

Let us warmly welcome them at our Easter Vigil on April 11 at 8 p.m.!
**Birthdays**

April 1
- Olivia Johnston

April 2
- Claire Altman, Amanda Smith

April 3
- Myra Aud, Maureen Brown, Yuliya Federak, Gay Guffey, Anabel Ocaña-Robles, Kellen Rotert, Philip Young

April 4
- Paul Rothenheber

April 5
- Mario Balinas, Rosa Gonzalez-Pedroza, Meta Kanago, Thomas McAaeary, Barbara Upton

April 6
- Celestine Anyanwu, Ceo Arias

April 7
- Stephanie Corona-de la Torre, Jacqueline De la Cruz, Zachary Lease, Susan McKarns, Alexandra Mendez, Katie Wulf

April 8
- Janice Clawson, Terese Dishaw, Janice Martin, Michael Vizcarra, Amy Wurzer

April 9
- Maria Garcia, Seth Holland, Gerald Smith, Becky Songer, Katerina Taggart

April 10
- Adrian Arce, Piper McHugh, Cheryl Shongwe-Duran

April 11
- Laura Frymire, William Harvey, Julie Stansfield, Les Steinhoff, Stirling Williams

April 12
- Vince Hodapp, Alice Hopkins, Patrick King, Celeste Mendez, Jerry Trumbo, Julia Young

April 13
- Sheila Bauer, Julissa Gonzalez Pedroza, Anthony Jayamanne, Amanda Julius-Daniels, Dian Kittle, Jerome Mank, Anastasia Schmatlz, Damian Schulthe, Kaelin Schulthe, Valerie Sheahan

April 14
- Suzanne Boss, Maria Meza, Cameron Naugle

April 15
- Sharon Huntze, Nicholas McNutt, John Moyom, James Quick

April 16
- Norman Cox, Andrew Given, Maria Lopez

April 17
- Ramon Espinoza, Kelly Knaus, Kennedy Martin, Dave Rotert

April 18
- Ruby Caubet, Daniel Freeman, Milo Gilberg, Terry Jennings, Joseph McCormack, Jack Scheffer, Paulette Squicimari, Meredith Travis

April 19
- Evan Fitch, Emily Glabuzit, Chris Vitt, Crystal Volkmann, Jeanie Wright

April 20
- Alejandra Abad, Alejandra Corona-de la Torre, Robert Davoy, David Ledoux, Cathy Olten, Christine Sandvol

April 21
- Fessahaye Ghidey, Sarah Higgins, Alicia Isdes, Mildred Neumann, Richard Schmatlz, Mark Schnell, Grace Weiland, Lewell Wilkinson

April 22
- Cecilia Albers, Daniel Arzate, Paul Dickerson, Francis Grellner, Brandon Hernandez

April 23
- Jasmin Alvarez-Fuentes, Betty Beasly, Marilyn Becker, John Cooley, Austin Gardner

April 24
- Nancy Burkett, Marilyn Cheetham, Benjamin Dickerson, James Head, Ron Meyer, Morgan Smarr, Lisa Smith, Mathew Sutter

April 25
- Joyce Guzman, Timothy Hoffman, Ariad Kianian, Joan Longwell, Christian Luetskemeyer, Curtis Quick, Marge Trainor, Yarci Valdivia, Emerly Wurzer

April 26
- Robert Bishop, Rose Dinheart, Edward Elsea, Michael Fulca, Lillian Gavett, Nathan Lansford, Matthew Plummer

April 27
- Kendra Clark, Karissa Grellner, Gary Naugle, David Reed

April 28
- Justin Nadyhlor, Tom Seibel, Alexis Sion, Stephen Sutter

April 29
- Elizabeth Best, Jonathan Espinosa, Katrina Everhart, Har- pre McHugh, Edith Naugle, Christi Rothermich

April 30
- Michael LaBlanc, Evelia Lopez, Maria Mendez, Carly Ochoa, Carolyn Oliver, Karla Troth

**Eternal Rest**

John Mack Bryan, 1944-2020

John Mack Bryan, 75, passed away on Tuesday, March 3, 2020. John was born March 29, 1944 in Boonville to Frances Harris and John McKinley “Kinney” Bryan.

A Columbia resident, John graduated from Hickman High School in 1962.

John met Lois Heffner on a blind date, and they married in 1966. He is survived by Lois and their two daughters, Theresa (Deven McDonald) and Michelle; grandchildren Ric (Nicole), Jacque, Monica, Bryanna, Zeke, and Ian; and great-grandson Vincent.

John enlisted in the U.S. Army and served as a medic in Vietnam 1968-1969. He compassionately cared for patients as an x-ray and radiation therapy technician, and he served as Director of Radiation Oncology departments in Missouri and Alabama. He was an active member of Our Lady of Lourdes parish and Knights of Columbus Council 1529, attaining the rank of 4th degree Knight. He enjoyed family hikes, donated notable Native American artifacts to MU’s Archeology Museum, and was a memorable nature photographer. John and Lois enjoyed many hours engaged in puzzles, card-games, and dominos with friends, and family gatherings were not complete without a game of Hand and Foot. He will always be remembered for his warmth, wit, and wisdom.

On Thursday, March 12, at Our Lady of Lourdes, Rosary begins at 9 a.m., Rosary, and Msgr. Michael Flanagan will celebrate Mass of the Resurrection at 10 a.m. Internment will be at Missouri Veterans Cemetery in Jacksonville.

In lieu of flowers, John requested donations be given to St. Raymond’s Society and Society of St. Vincent DePaul.

**Common sense**

**Continued from page 1**

You have extra time on your hands? Here is good use of it!

Contact your parish office or a member of the health ministry. We will help match you with someone to call or send letters to as we all wait out Corona together. If you have other needs, contact a member of the Health Ministry Team through the parish office. We will help you access what you need to weather this storm.

- Food and Food preparation: [https://www.aces.edu/blog/foodsafety/ingredient-substitutions/](https://www.aces.edu/blog/foodsafety/ingredient-substitutions/)
- Mental Health: [https://www.ready.gov/food](https://www.ready.gov/food)
- Social Distancing: [https://extension.umn.edu/publications/4103c/](https://extension.umn.edu/publications/4103c/)
- COVID-19: [https://www.intro.org](https://www.intro.org)
- Cleaning and Disinfecting: [https://www.aces.edu/blog/foodsafety/ingredient-substitutions/](https://www.aces.edu/blog/foodsafety/ingredient-substitutions/)
- Food and Food preparation: [https://www.ready.gov/food](https://www.ready.gov/food)
Ounce of Prevention

When the burning in your chest isn’t the love of Jesus

By Sarah Eber, MPH RD LD CDE

Acid Reflux is a general term used to describe stomach acid that comes back up the esophagus and causes irritation. Symptoms include:

- heart burn
- Chest pain.
- chronic sore throat
- high dry cough.

Anyone experiencing chest pain should seek medical attention right away to make sure the heart is safe. If you have been diagnosed with acid reflux or suspect this is a problem, talk with your doctor or health care provider to determine what may be causing your acid reflux.

In fact, there are many causes of acid reflux. Chronic conditions such as obesity and hiatal hernia can cause acid reflux. Many medications used to treat chronic conditions can also cause acid reflux. Between the stomach and the esophagus (bottom of the throat) is a little flap called the pyloric sphincter. When the stomach acid level rises, normally the sphincter keeps the acid in the stomach. When something keeps the sphincter from working like it should or forces it open, the stomach acid can come up the esophagus and cause irritation... and even break the tissue down which can make swallowing difficult.

The first line of defense for acid reflux should be a low-fat high fiber diet. Reduce the excess use of oils, margarines, and butters. Choose low-fat meats and dairy. Choose foods like whole grains, starchy vegetables, vegetables, and fruits. Second effective treatment is 20 minutes or more of exercise. Other strategies that can help with acid reflux include sitting up for 30 minutes after meals.

Your doctor may prescribe medicine to help with the acid reflux. A common medication is called a proton-pump-inhibitor or PPI. This medicine keeps your stomach from producing too much acid. Common brand-name medications are Prilosec, Prevacid, Protonix, and Nexium. These medications can really help, but they work much better with a high fiber, low fat diet, and regular exercise. If you and your doctor feel you need to use one of these medications over a long period of time, be sure to eat enough protein. These medicines can reduce your body’s ability to absorb protein. Include foods like beans and lentils (which are also good sources of fiber), white meat chicken and turkey, the loin cuts from pork and beef (sirloin or tenderloin). Be cautious with sausage, bacon, and processed meats. These can be high in fat.

Sometimes, dealing with acid reflux is unavoidable. You can live a strong and healthy life with acid reflux or any chronic condition!


Image from: https://www.freepik.com/free-photos-vectors/heartburn

Knights of Columbus Council 14414

Message from Grand Knight David Rapoff

As an organization we have a chance, and an obligation, to make an impact on the rate of spread of COVID-19. The best thing we can do for ourselves, for our families, for our fellow parishioners, and for our communities is to slow it down. That’s how as a nation we can keep from overwhelming the healthcare system and how we can dampen the effects of this pandemic. Therefore we will suspend all council activities until we get the “all clear” from the healthcare professionals, the Diocese of Jefferson City, and the Supreme Council of the Knights of Columbus. If we take steps that prevent infections we will prevent additional infections and saves lives. Thank you for understanding.

For information or to join Council 14414, contact Dave Rapoff (573/864-1068; davidr@cmcmfg.com) or Steve Sutter (573/489-6001; steves42868@gmail.com).

Knights of Columbus Council 14414

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

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:
By Becky Allen

The 2nd Graders have had a busy year! On February 2nd they completed their First Reconciliation and we are so proud of them. They are currently preparing for their First Communion. For many of the students in our class, this will take place on Sunday, April 26 during the 11 a.m. Mass. Some students will be completing this at other times.

We are asking you to pray for them as they prepare to receive this Sacrament.

The students from PSR Second Grade are: Charlotte Ortiz, William Galloway, Jonathan Dhenyi, Martin Dinethart, Daelynn Hernandez, Merryn Kosiara, Anna Dickerson, Kailynn Hernandez, Grace Fisher, Celeste Guadalupe Mendez.

Others are participating in RCIC with Sr. Francine and will receive sacraments: Felix Abekas, Rebecca Tsedha.

By Chris Drury

At the end of the school day Tuesday March 17th, Our Lady of Lourdes Interparish School was closed. They will tentatively open on April 14th. In accordance with Bishop McKnight’s guidance, they will be following the Columbia Public Schools and will remain closed through April 13th which is a scheduled day off for Easter Monday. Administration will continue to monitor the situation and inform families if the closing is extended beyond April 14th. OLLIS is encouraging families to take this opportunity to stay home and stay safe.

Teachers have prepared lessons and activities for students. They are encouraging families to establish some type of regular schedule at home for their children. There is an example of a schedule below. Remember that distance learning at home is condensed. It is not the same as in the classroom with 20+ others. Your child doesn’t have to be in 8 solid hours of academics. For younger students (K-5th grade), an hour or two a day is adequate. Develop a schedule for the rest of the day for them. Older students (6th-8th grade) should have 2-3 hours of daily academic time. Again, they would benefit from a daily schedule. Screen time should be limited and please keep younger students away from media coverage of the health crisis.

Spring Break is the week of March 23rd. Families will take some days off. Families are encouraged to email their teacher if they have questions. They will be available.

OLLIS campus will be closed to all sporting activities and clubs during this time. They will be working with their cleaning company to disinfect the building. Mrs. Hassemer (chassem@ollk8.org) will be monitoring her email regularly to offer support to families. They can also call the Lourdes Parish Office at 445-7915. Leave a message. The office staff is currently working out their schedule and the parish is figuring out how to assist families in need.

OLLIS has reached out to their families that participate in the free/reduced lunch program and is providing assistance to those that requested it.

Please pray with your children daily and know that the OLLIS staff is praying for you.

By Renee Molner, Director of Youth Ministry

March started out very routine for Life Teen. We had Life Nights and Encounter, but we ended up having to cancel those for the time being. We’ve also had to cancel our Luke 18 retreat for the 8th-graders. However, we’ve been doing a lot to still provide resources and community for our teens as everyone stays home! We’re looking into online “Life Nights” where teens can log in and listen to a speaker and take part in discussion with teens across the country. We’ve shared resources with them about Spiritual Communion and prayer, and we’ve been active in the Life Teen GroupMe so we can keep up with our community. We’re also looking into offering an 8th grade retreat or lock-in of some sort so our 8th graders can still have a retreat experience.

As for Confirmation, while our last class had to be canceled, our students learned so much throughout the year. It was really incredible to watch them grow in their faith and in their friendships with other students. Please continue praying for our candidates!

During this strange time, CoMo Life Teen is hoping to offer a community to all of our teens and hopefully make them feel a little less alone. We love all of our high schoolers, and we can’t wait to see them all again hopefully fairly soon! If teens are looking for more ways to get involved electronically, email comolifeteen@gmail.com.

Financial Aid and Scholarships

The FACTS financial aid online application is now open. All applications must be completed by Wednesday, April 15. To be eligible for financial awards, most of the scholarships or work study, the FACTS application MUST BE completed.

Financial Awards: To apply for financial awards, you must complete the online FACTS application, available HERE. If your tax returns are completed, the application process takes less than 20 minutes. If FACTS applications are submitted after April 15, financial awards will be allocated based on remaining funds available.

Scholarships: Tolton Catholic offers several need-based and merit-based scholarships. The application for these scholarships are available on the Financial Aid page or copies are available at the front office. Several scholarships require that the FACTS application be completed. Scholarship applications are due by Wednesday, April 15. After April 15, scholarship applications will be submitted for review and FACTS will complete their calculations. No late scholarships will be accepted.

Work Study: To be eligible for work study, the FACTS application MUST BE completed. Work study session will be offered June 1-25 and make up week will be July 6-9. Work day is from 7:00 a.m. to noon, Monday-Thursdays. Students can earn up to $1,000 for tuition. The work study application and guidelines are available on the Financial Aid page or copies are available at the front office. Application must be submitted by April 15.

Notification of Awards: After April 15, scholarship applications will be submitted for review and FACTS will complete their calculations. This process takes several weeks, the final awards will be mailed to the recipients by May 15.

If you have any questions, please do not hesitate to contact

Continued on page 5
For Sacred Heart Youth

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

\textbf{Completely yours, \textit{totus tuus}!}

St. Louis Mary Grignon de Montfort – How about that for a long name? St. Louis is best known as St. Louis de Montfort. He added “Mary” to his name to show his devotion to our Blessed Mother. His family name was Grignon. He was from the village of Montfort in France. He was trained by the Jesuits and Sulpicians but loved to minister to those living in poverty. He traveled all over western France and lived very simply. His passion for ministering to the poor and encouraging daily communion often caused trouble with church authorities.

St. Louis brought thousands of people to the church with his preaching. He was devoted to Mary. He used her example of total acceptance of God’s will to encourage Catholic people to do the same. He wrote many books encouraging devotion to Mary. One of his most popular books remains today to be one of the best devotionals for praying the rosary. “The Secrets of the Rosary”.

With the many troubles Catholic Christians face every day, St. Louis’ message of complete acceptance of God’s will remains a message of hope today. “\textit{Totus tuus}” means “Completely Yours”. This was the motto chosen by St. John Paul II for his life as the pope. It is a message that reminds us that we belong to God. If we try to live as Jesus taught us, God will bring us to live with Him in heaven when we have lived our lives devoted to Him. In the middle of a fight in the family, quarreling with friends, losing a job, or an epidemic, it is easy to forget we belong to God. He has wonderful plans for us. We must love with His love and suffer a little, taking courage from the greater suffering of Jesus for us. If we can follow the example of St. Louis and Mary, and live completely for God, things will get better. His feast day is April 28.

\textit{(Sarah Eber assembled materials for this page.)}

\begin{center}
\textbf{Tolton News}
\end{center}

\textbf{Continued from page 4}

Rose Lloyd in the finance office at 573-445-7700.

\textbf{Purchase a Yearbook Online}
Yearbook orders will only be accepted ONLINE this year. The deadline to purchase a yearbook is May 30. To purchase a 2019-20 yearbook, visit: https://tinyurl.com/TCHSyearbook2020

Info about \textbf{Senior Ads and Portraits}: If you would like to purchase an ad in the yearbook to recognize your senior, the deadline to do so is April 30. The price is $85 for a 1/2 page ad, and $50 for a 1/4 page ad.

Seniors also have the option to turn in a photo to be used in the senior section in place of their school portrait. These photos need to be submitted to Mr. Bradley at jbraley@toltoncatholic.org by April 15. These photos should be submitted as a .jpg and can be black and white or color. The ideal orientation is horizontal, with the ability to be cropped square.

\textbf{Counselor’s Corner}

By Kristie Wilson

I thought this week might be a good time to share some simple and effective tips to help alleviate general anxiety and worry. Please know that this doesn’t replace counseling, medication, or other interventions in place for those that suffer and are under doctor’s care. It is my effort to help ease some extra anxiety and worry that I see increasing in the wake of the Coronavirus concerns.

Turn off the news and put down your phones-in a world where we have instant access to all the information in the world, we seem to have a difficult time disseminating fact from opinion. Use reliable sources, double check with other reliable sources, and remember not to believe everything you read/see.

Do something productive every day. Complete at least one task each day, especially if a quarantine situation arises. Don’t allow being stuck at home prevent you from feeling useful.

Take a walk-get fresh air and enjoy the sunshine when you can! Even a 30 minute walk can reduce your heart rate and ease your anxiety and worry.

Play a game-spend time with your family/friends and laugh, enjoy a little friendly competition and distract yourself from your worries for a bit.

Limit caffeine-coffee can trigger panic attacks and aggravate anxiety.

Take deep breaths and count to 10 slowly- think about your breathing, focus on inflating your lungs as you breathe in and deflating them as you breathe out.

Make a list of positives-every hour find something “good” about it (ex. My friend sent me a funny meme, I didn’t get homework in Math today, My mom texted “I love you”, etc) and keep a running list, refer to it often, and at the end of the day you will be able to see the positivity in the day.

Surround yourself with inspiration-put a inspirational quote or encouraging bible verse on your bathroom mirror, refrigerator, next to your bed, and/or as a screensaver on your phone.

Physical touch-teenagers don’t like to admit it but they still love high-fives, knuckle taps, and hugs. While we should exercise extra caution here, physical touch helps to reduce anxiety and self-focused worry.

\textit{Continued on page 8}
In his footsteps — the road to Jerusalem

By Mary Kay Head

As we continue our journey, Jesus was heading back toward Jerusalem. Though His disciples tried to stop Him, He received news that His friend Lazarus had died, and He proceeded on to the start of His final days.

We visited the Upper Room, the site of the Last Supper. This is also believed to be the site where His followers were gathered when Jesus appeared in their midst on two occasions, once without Thomas and again to address the doubting disciple.

At the foot of the Mount of Olives, just above the Kidron Valley, stood the garden of Gethsemane, filled with olive trees. After the meal Jesus went there to pray. We were able to spend time in the garden. It was a quiet and peaceful place, a beautiful place to pray. This was also the place we know from the Sorrowful Mysteries of the Rosary as where the Agony in the Garden took place as Jesus prayed. And the site where Judas led the soldiers to arrest Jesus.

We visited the Church of St. Peter in Gallicantu. The word gallicantu refers to the crowing of the cock, reminding us of Peter denying Christ three times. The church was built over the site of the house of the High Priest Caiaphas. Below we viewed dungeons where Jesus would have been kept overnight. This area, which has now been excavated, was designed so that a prisoner could be tied in a harness with his arms behind his back and lowered into the darkness, and then yanked back up when needed for trial or punishment. So, after much torture and brutality, Jesus was lowered into this dark, foul place to await the morning when he would receive his cross, waiting in the darkness. Time melts away in these ancient places. It was easy to imagine how slowly those hours passed for the Lord, alone, in pain, in the dark. This was a powerfully moving experience.

We prayed the Stations of the Cross as we walked along the Via Dolorosa, the “Way of Sorrow.” The Via Dolorosa marks the path Jesus traveled as He carried the cross from the place He was sentenced to the place of crucifixion. The last five Stations are actually within the Church of the Holy Sepulchre. The twelfth Station, Jesus Dies on the Cross, brought us to a Greek Orthodox altar with a silver disc under it marking the place of crucifixion. We went forward in pairs to kneel at this spot. The last Station, Jesus is Laid in the Tomb, is also the sight of His resurrection. This site serves as the focal point of the church. The tomb of Christ is inside a small enclosure in the center of the rotunda. Above the entrance of the Sepulchre is a relief depicting Jesus conquering death and rising from the tomb. Through His suffering, death and resurrection we have been saved.

While visiting the areas of Jesus’ birth and his years of teaching were lighthearted, the final steps left us somber. Whether the steps were ones of joy or sorrow, walking where Our Savior once walked was a truly amazing experience. This was indeed the trip of a lifetime, and

one I would encourage everyone to take if you get the opportunity to do so.
Continuing the spiritual journey

Respond with hope, joy and generosity

By E. Jane Rutter

Ash Wednesday seems so long ago. We gathered after Mass and laughed at the shapes of the ash crosses on our foreheads then went about the day as normal. Lent began with our thoughts focused on the usual stuff – work, school, childcare, grocery shopping, time with family and friends. Our Lord’s invitation to “Even now...return to me with your whole heart” seemed a gentle, easy one. (Joiel 2:12)

Then the Corona Virus hit, rolling over the earth like a cloud of dust to skew our vision and seep into our senses. From Wall Street to Main Street it has us spiraling into fear-based reactions, succumbing to an unnatural term coined “social distancing”.

Against our will, we’ve been forced to slow down, back up, let go of plans. Caught up in this whirlwind, the only choice in which we have complete control is our response.

I consider what’s important to me and immediately my family, friends and parish come into view. But the circle quickly expands to encompass my neighbors, coworkers, clients, and - before I can take another breath - I am astounded by the realization that we are one community and my sole purpose is to love and serve.

This truth brings me to my knees. I make the sign of the cross whispering “in the name of the Father (open my mind); and the Son (open my lips) and the Holy Spirit (open my heart).”

Dear God, open my mind and release all fear of sickness or economic distress. Empty my thoughts of worry about the future and fill my mind with Your call. Direct my path today.

Dear brother, Christ open my lips that I may proclaim your healing presence. Walk beside me so that I may be a light, radiating your love and truth to those in need.

Holy Spirit, open my heart to serve all as brothers and sisters of our loving God.

God has created us with a spirit of hope, joy and generosity. In this time of uncertainty, we must cling to St. Paul’s words we heard at Mass just as few weeks ago, “And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us.” (Romans 5:5)

Whether secluded in our homes or tasked as essential workers - wherever we find ourselves today – let’s give our whole hearts to God. Secure in God’s love, let’s spread hope, joy and generosity and open the mind, lips and hearts of those we meet.

And so I pray: Dear Lord, help me live everyday as a child of Easter and spread the Great News that, “This is the day the Lord has made, let us rejoice and be glad.” (Psalm 118:4) Please continue to financially support your parish or church every week so it can maintain its vital mission to spread the gospel message, administer sacraments and reach out with charity and justice to people in need.

Language program begins new citizenship class

Clockwise from Noon: Odette (DR Congo), Stephanie (Canada), Sonia (Guatemala), Hernando (Colombia), Ebtesam (Libya), Hadeel (Iraq), Zinab (Libya), Majida (Iraq), Jamil (Afghanistan), Erick (Peru), Maryna (Ukraine), not pictured: Elena (Mexico) and Andre (DR Congo).

By Pat Gerke

On Thursday evenings in Room 203 of the Sacred Heart Education Building, people from around the world are seated at the table, helping each other. Thirteen people from 10 different countries and 5 different continents come together each week to prepare for their US Citizenship Interview and to study about our form of government, US History, Civics, Geography and they help each other practice speaking, reading and writing in English. Meet the students of our third US Citizenship Class. Eligible applicants must fill out a complicated 20-page Citizenship application form (N-400) and send in their application fee of $725 to the USCIS (US Citizenship and Immigration Services). The class also assists students in filling out the N-400 application form and then each application is inspected by Lorna Tran of Catholic Charities who is trained by the USCIS. From the time the application is sent in, to the time the person takes the Oath of Allegiance, takes a minimum of six months.

We began on March 5 and we held two classes before pausing the program. In those first two classes the students learned the Pledge of Allegiance, the symbolism of the American Flag, facts about George Washington, Presidents on American money and US Geography (our borders, major rivers, the Great Lakes and states).

We plan in a future class to have one of our state representatives teach a lesson on state government and take questions from the students.

Our curriculum is set up through the USCIS to assure the applicants are prepared to pass the test and interview on the first try. Remember, these people did not go to school here, and English is not their first language. If you are at home watching Netflix these days, there is a good video about what we teach in our classes. The video is called “Out of Many – One”. In this video you can watch a class of Citizenship applicants in New York go through a very similar curriculum to the one we use. You will get a glimpse into the lives of these applicants and what brought them to our country.

Seven applicants from our first two classes have passed the test and interview and have taken the Oath of Allegiance to become US Citizens.

Our volunteer instructors are Rose Caubet, Lynne Coudron, Pat Gerke, Donna Haley, and Alex Smith.

We wish God’s blessing on each of you and your family as we wait to resume our normal lives, where we can all get together around a table and help each other again.
Parish Council

By Ron Meyer, President

The meeting began with an opening prayer by Father Francis. The February minutes were approved with one typing correction. With the recent theft of the AED and vandalism to some of the church pews, the council discussed campus security. The back door to the activity building has been reinforced and the new AED placed in a more secure location. Cameras inside the church are expensive and wiring could be problematic. Outside cameras were considered and could be tied to the security for the memorial garden. This option will be explored further. Office security was also addressed. Charlie will look into this issue and report back to the council.

We now have specific accounting codes for the 50/50 raffles and any monies collected specifically for the campus updates. Plans to move the overhead electrical wires are in place. We are also checking what projects can be completed prior to re-plating. Margie Meyer volunteered to help with this process. Preparation for the concrete base for the columbarium is underway. There was a suggestion to have stamped and stained concrete.

A recent letter from Father Francis in the bulletin informed parishioners of the need for additional fund raising for campus updates. Further requests will be forthcoming after solid figures are determined for the various projects. Proceeds from the Christmas bazaar are to be utilized for the updates, specifically the kitchen.

The parish council election will take place prior to each Mass during the week-end of March 21/22. An announcement will be made after each Mass during the prior week. Ballots will also be available in the parish office the week prior to voting.

Several groups are currently meeting to participate in the pastoral planning process “Better Together”. However, there is a need to have better participation. Reports from these meetings will be forwarded to Father Francis and the council and then a final three year pastoral plan will be forwarded to the diocese. The council discussed how this could be a great opportunity to show Sacred Heart’s contribution to the community.

It was noted that the council and the Liturgy commission are responsible for the March 25th Lenten soup supper.

The meeting closed with a Hail Mary. The next meeting will be April 14.

Liturgy Commission

By Lucas Volkman, Chair

The March Liturgy Commission meeting was held March 5th in the Sacred Heart Library at 6:30pm. After commission chairman Lucas Volkman opened the meeting with prayer, the minutes from the February meeting were approved as submitted by Crissy Volkman. The commission then heard the parish council report from Charlie Ochoa.

The group then moved to old business. With the Stations of the Cross in the church, replacements were found for two of the Roman Numerals and a mold could be made to replace the other broken numeral. With Ash Wednesday, the commission went over the masses and service from that day. While things went well overall, some changes could be made for the distribution of ashes for next year to make them more efficient. In terms of the Stations of the Cross, Mary Kay Head reported that they are being done at 5pm instead of after the 5:30pm mass so everyone can make the fish fries. Overall, things had been going well with the stations.

In terms of new business, the commission heard the director of liturgy report from Sonia Potts. Sonia explained that the brochure thing was taken down in the back of church and the simpler display was working well. Moreover, a few new altar servers were trained by Deacon Bill. Those present then moved to the Art and Environment report from Debbie Biesch and Judy Walker. Judy ordered flowers for Easter and both she and Debbie were making arrangements for the decorations during the Triduum and Easter. Finally, the group went over the mass times for the Triduum and Easter – though this was discussed before the diocese was forced to suspend masses.

Finally, the next meeting was scheduled for May, as the commission normally skips April because of Easter. Fr. Francis then closed the meeting with prayer.

Tolton News

Continued from page 5

precaution in the coming weeks to avoid becoming ill, we can still love on the ones we love! Don’t let fear keep you from showing affection!

PRAY-St Padre Pio says, “Pray as a first, rather than last resort.” He also says, “Pray, Hope, and Don’t worry!” The most important thing we can do is remember that we have a loving Father that sends us his Holy Spirit to protect and guide us. Rely on Him.

May God Bless you and your family during this time of unprecedented fear and worry!

I’m going to end today’s note in prayer: Heavenly Father, we ask that you wrap your loving arms around our world right now. Protect those that are ill, susceptible to becoming ill, and those that are suffering. Guide our leaders, doctors, and researchers to make sound, safe, and responsible decisions for those in their care. Lord, please send down your Holy Spirit to ease the anxiety and worry we have and guide us to be rational and reasonable in our decisions. Help us, as adults, to ensure the children in our care to feel safe and loved. We pray in Thanksgiving.

One Of A Kind Remodeling

and home improvements from Columbia’s oldest and most reliable remodeling firm.

VISIT US AT www.naugleco.com
OR JUST GOOGLE ”Gary Naugle”

Call today! 474-9444

Our history of:
50 years experience in home building and remodeling; with a “can do for you” attitude, and thousands of satisfied customer references.

Gives you:
assurance of clever design, durable crafting, high value, reasonable prices, long-term satisfaction, and a warranty you can count on.

Sacred Heart Catholic Community Foundation

To Be An Angel Forever
Write to: The Foundation
PO Box 10263, Columbia, MO 65205-1263

Heart of the Matter • April 2020 • Page 8
"The command of Christ is impossible, but it is not insane; it is rather sanity preached to a planet of lunatics." – Twelve Types

"Our own society is insolently blind to its own sins; and gives no place at all to the opposite view, which would correct those sins." – Columbia, October, 1926

"If there be something that behaves like savagery and boasts of civilisation, then there is the devil in it." – Illustrated London News, August 22, 1914

"Religion is a battle; and to have your thinking unfinished is to be fighting unprepared. If there is an enemy in the field, he will not wait until we find truth, he will already be leading us into error." – Columbia, October, 1926

“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.