Grounds work days

A plan has emerged to lay down mulch around Sacred Heart property with the help of small groups who agree to maintain social distancing. Plan to meet at the mulch pile by the Activity Building, bring gloves and buckets or a wheel barrow if you can. Work dates include: Wednesday, April 29, 1:45 p.m. and Saturday, May 2, 8 a.m.

Staying connected

By Mary Kay Head

Our world is a confusing place today. We can feel isolated and scared. But that is not the only option. We can also get involved. Did you know that one of our parishioners sewed 50 masks and donated them for use at the University Hospital? Others are calling homebound or elderly parishioners to keep in touch and help them not to feel so alone. There are many ways we can help one another and feel useful through our contribution.

If you or someone you know has found a way to help, please share it with us. Just send the information to me at jhead2403@aol.com, then read about it in the next issue of Heart of the Matter. We can print your name or simply share the way you helped, whichever you prefer.

Sacred Heart has always been active in its outreach to others. This is no exception. Perhaps by hearing what others are doing will spark a reaction in many more. And remember, something we can all do is pray. Pray for those who have died, either from this virus or from some other means, and keep their families in your prayers as well. And pray that this will pass and we can gather together again to pray.

Columbarium update

By Keith Miller

The shop drawings for the fabrication of the columbarium equipment have been approved by the Columbarium committee allowing Cold Springs Granite to begin the fabrication work. The columbarium equipment is expected to ship from Michigan and arrive in Columbia for setting on the new, yet-to-be constructed concrete foundations around late June or early July.

The parish council has approved the cost to remove the old overhead electrical service to the Church and install the electrical service underground. Fred Malicoat, PE, of Malicoat Winslow Engineering has donated his services for the electrical engineering work for building permits. Mid Missouri Electric will be doing the construction work. The City Water and Light Department is looking into removing all the overhead electrical lines from the corner of Locust and Hitt Streets east to Waugh Street and installing the services underground, benefiting the Church and the surrounding properties at no cost to Sacred Heart.

Allen Surveying of Osage Beach, son of former parishioners and grandson of the Paul Watkins family, has surveyed the property lines around the Church for use in the future required replatting of the Church properties. They are generating a topographical map of the Memorial Garden for use by the architect to layout the retaining walls, fencing and columbarium. The drawings will be given to the memorial garden committee for

Remember...

Daily Masses and weekend Masses at Sacred Heart with Fr. Francis are available. Go to the Sacred Heart website which will link you to the Mass on the parish YouTube channel or find it on the Sacred Heart Facebook page.

Stay connected as a faith community. And continue to pray that we can worship together soon.
Birthdays

<table>
<thead>
<tr>
<th>May</th>
<th>Laim Boss, Doris Crites, Patrick Kelly, Julia Lacy, Ruben Ramirez, Delaney St Omer</th>
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</thead>
<tbody>
<tr>
<td>May 2</td>
<td>Carly Bowman, Jeanne Szolka</td>
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<td>May 3</td>
<td>Kyle Richardson, Carmen Slattery, Collin Westbrook</td>
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<tr>
<td>May 4</td>
<td>Rachel Alvarez, Amy Anderson, Bart Cuddhee-Barnes, Abigail Hernandez, Mary Moore, Julian Ramos, John Singh, Carolyn Steinmetz, Lizbeth Vazquez</td>
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<td>May 5</td>
<td>Elise Best, Roman Timmerman, Theresa Timmerman, Erik Uribe, Jeannette Uribe-Hdez</td>
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<td>May 6</td>
<td>Jack Baugher, Raelene Head, Sarah Hodapp, Monica Pfiffer, Steve Prattie, Anthony Uribe, Dan Westbrook</td>
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<td>May 7</td>
<td>Darleen Bell-Mayfield, Ann Devoy, Apolinar Herrera, Altogracia Sontos</td>
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<td>May 8</td>
<td>Cheryl Johnson, Annalynn Ortiz</td>
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<td>May 9</td>
<td>Devin Duran, Merryn Kostara, Seth Schelich</td>
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<td>May 10</td>
<td>Amanda Anderson, Rodrigo Chaddad, Sandra Garcia, Martin Mendez, Mareya Murrieta, Nery Ortega, Richard Troth</td>
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<td>May 11</td>
<td>Augustus Grellner, Juan Lopez-Valdivia, Charles Ochoa, David Whelan</td>
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<td>May 12</td>
<td>Timothy Mayhan, Michael Meyers, Susan Schaefer</td>
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<td>May 13</td>
<td>Justin Borgmann, Arthur Clark, Grace Fisher, Madelyn Harvey, Annette Kobriger</td>
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<td>May 14</td>
<td>Kelly Hernandez</td>
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<td>May 15</td>
<td>Andria Burns, Alexandra Cadwell, Michelle Cokerham, Rush Holbrook, Kathleen Pitzer, Marigrace Powers, Jordan Rapoff, Vanessa Rogel</td>
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<td>May 16</td>
<td>Robert Borst, Freddy Ocampo, Tim Opitz-Abramovitz</td>
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<td>May 17</td>
<td>Alexander Baldwinovos, Dionne Bates, Bronson Even, Nicole Nelson, Angie Priesmeyer, Alejandro Rogel</td>
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<td>May 18</td>
<td>Elsa Dickerson, James Evans, Greta Frymire, Allen Moss, Emma Schulte</td>
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<td>May 19</td>
<td>Dennis Bernhardt, Douglas Whitworth</td>
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<td>May 20</td>
<td>Amira Beck, John Brothers, Sr. Francine Koehler, Laura Korte, Marcus Wade</td>
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<td>May 21</td>
<td>Erika Fitch, Jeffrey Freeman, Charlotte Ortiz</td>
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<td>Reece Borst, Ann Doherty, Christine Harvey, Robby Lammers, Pedro Meza, Raymond St Omer, Baujo Tuwambe, Daniel Wihalm, Joshua Womack</td>
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<td>May 29</td>
<td>Julia Mendez, Kevin Politte, John Shrum, Ireland Watson</td>
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<td>May 30</td>
<td>Finn Even, Justin Rapoff, Jacqueline Valdovinos</td>
</tr>
<tr>
<td>May 31</td>
<td>Joyce Holland</td>
</tr>
</tbody>
</table>

Eternal Rest

Bruce Mason Brunstrom, 1934-2020

Bruce Mason Brunstrom, 86, of Columbia, passed away peacefully in his sleep March 17, 2020 after a complicated, extended recovery from an injury.

Bruce was born March 14, 1934 in Menominee, Michigan to Prescott and Mildred (Schwartz) Brunstrom. Bruce migrated to the Boone County area with his mother, stepfather and six brothers as a child. He attended primary school in the Fayette/Rocheport areas and secondary school at Hickman High in Columbia. In 1951, he joined the United States Air Force where he proudly served his country for four years, stationed at Lake Charles, Louisiana as a flight line mechanic and electrical engineer. He was honorably discharged from the service in 1955 and returned to the Columbia area. In 1959 he married his first wife, Mary Bledsoe and they had two children. In 1985 he met and married Velma "Ann" (Stott) Whitesides.

Bruce was a delivery driver for multiple companies in the Columbia area for the majority of his working career and retired after 20 years from Wonder Bread in 1986. In retirement, he tinkered with construction documents for the columbarium foundations and landscaping.

The construction documents for the columbarium foundations and privacy walls have begun. Civil and structural engineering for the new landscaping.

Bruce was preceded in death by his parents; brothers: Richard “Dick” and John “Jack” Brunstrom; half brothers: Thomas, Jimmy and Patrick Chrouser; wife, Mary Bledsoe; and wife of 34 years, Ann Brunstrom.

Bruce is survived by his children: Steven (Jan) Brunstrom (Ashland) and Michelle (David) Wiley (Columbia); brother, Alan Brunstrom (Florida); half sisters: Pam Brunstrom (Illinois) and Valerie (Jerry) Barns (Iowa); stepsons: Bruce (Susan) Whitesides (Columbia), Gary (Lisa) and Steve (Julie) Whitesides (both of California); grandchildren: Kyle Brunstrom, Amanda Wiley, Cindy Jaegers, Tabby Clayton, Jake, Olivia, Alex, Alexis, Logan and Delaney Whitesides; great-grandchildren: Silas Brunstrom, Lincoln Jaegers, Austin, Taylor, Tyler and Sofia Clayton; and many beloved nieces and nephews.

A celebration of life will be held at a later date at Nilson Funeral Home. Bruce’s ashes will be spread at Lake Tahoe, Nevada per his request, where he and Ann spent many happy years.

Columbarium

Continued from page 1

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 • May 2020 • Page 2
John Gordon, Aug. 22, 1946 — April 19, 2020


John was born Aug. 22, 1946, in Jefferson City to Sidney and Virginia Alexander Gordon. After his father’s career in the U.S. Army, John’s family settled in West Plains, where John finished high school in 1964.

John graduated from MU in 1968 with a bachelor’s degree in physics. He was a member of the U.S. Air Force ROTC program at the university and was commissioned as a second lieutenant upon graduation.

After 32 years in the U.S. Air Force, John retired in 2000 with the rank of general.

Beginning his career as a physicist at the Air Force Weapons Laboratory, John’s Air Force career highlights include roles as deputy director of the Central Intelligence Agency, director of operations for Air Force Space Command, commander of the 90th Missile Wing, and senior director for policy on the National Security Council at the White House.

Following his Air Force service, John served as undersecretary for the Department of Energy, where he established the National Nuclear Security Administration and was its first administrator.

His final government job was assistant to the president and homeland security adviser. In this capacity, he helped design the government’s response to terrorism.

After retiring from government service in 2004, John was an independent consultant in the areas of nuclear security and military intelligence. He served as board chairman for Charles Stark Draper Laboratories in Cambridge, Massachusetts, and as a trustee for Analytical Services in Alexandria, Virginia.

John was recognized in 1998 as an outstanding University of Missouri Arts and Science graduate, served as grand marshal of Mizzou Homecoming in 2000 and received a Faculty-Alumni Award in 2003. He also received the university’s Golden Quill Alumni Excellence Award in 2019.

John and his wife, Marilyn Lang, met while they were undergraduates at the university. They returned to their Missouri roots in 2011 and have lived in Columbia since that time. John is survived by his wife and their daughter, Jennifer.

John will be buried in St. Martin’s Cemetery, southwest of Boonville. Full military honors and a celebration of John’s life will be held this summer.

In lieu of flowers, the family requests donations to the Parkinson’s Foundation (1359 Broadway, Suite 1509, New York City, N.Y. 10018), to a charity of one’s choice or to someone in need during the COVID-19 pandemic.

Arrangements are under the direction of Parker-Millard Funeral Service & Crematory. Condolences may be left online for the family at www.Millardfamilychapels.com.

Eternal Rest

Knights of Columbus Council 14414

The Sacred Heart Knights of Columbus Council #14414 held a business meeting April 15 via the internet. Our council raised $615 from the pork steak dinner in February and about $5,000 from the Lenten fish fry in early March. The Handyman Ministry did yard work for an Our Lady of Lourdes parishioner and received a donation of $20 to support the parish.

Coming Up

May 2 Work day at Sacred Heart to mulch the flower beds with the Garden Angels, 8 a.m.

May 6 Social meeting (if conditions allow; details TBA)

May 20 Business meeting (details TBA)

May 22 Celebration of the 10-year ordination anniversaries of Fr. Francis and Deacon Bill (if conditions allow; details TBA)

May 31 Fifth Sunday (if conditions allow; details TBA)

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

Knights of Columbus Council 14414
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.

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 sacredheart-cares@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

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• Conversion • Siding • Repair

Name:
Phone:
By Maria Cox

Greetings, Sacred Heart Family! First, I hope that all families are doing well and are taking time to participate in the daily YouTube Mass on our web page. It has been a joy to see and hear Father Francis if only on TV! For families with older children, you can visit the church website and click on the link for the daily readings then follow the readings during the televised Mass. What other time will your child be able to follow church on their device? Of course, you can always pick up the Bible and locate the scripture readings for the day. This often prompts a conversation about what we believe as Catholic Christians and helps children understand religious vocabulary. These are great ways for your kids to stay connected with scripture and to have hands on participation.

Next, most immediate is the news that we will not be rescheduling the First Communion group celebration. We ask that those PSR families who have completed the sacrament preparation curriculum this year to please call the church office to schedule an individual celebration date AFTER the diocese has given us the clearance to resume public gathering at church. Please do not call the church office before we receive word from the diocese. We ask that no more than two students schedule for the same Mass time. When you call the church office, someone will be able to let you know if a date and time is available. Second grade families should have received a note or a phone call from PSR teachers regarding this change.

Finally, I continue to pray for all of you as you work with your children at home and help them to understand the world around us. We are looking forward to and making plans to begin a new PSR session in September. God Bless!

By Chris Drury

No one ever expected March 17 to be the last day of in class school at OLLIS. We had all heard mentionings of the seriousness of the COVID-19 outbreak, but few of us had realized it would change our normal routines for the extended future.

After the closing of school, the OLLIS staff began to roll out distance learning. Younger students were sent home with packets while older students did work through google classroom. Teachers worked to build community through weekly communication with their classes. Additionally, we did some fun things school wide to build community from home. Students participated in Spirit days where they dressed up or took part in a fun at home challenge.

We are not sure at the time of this publishing when we will be able to get back together with our students. Tentative plans are being made to allow students to come and get their materials from school and return books. We are hopeful that fall will allow us to return to in-class instruction.

Above you can find examples of the Spirit Days and activities our families have undertaken at home.

Important Upcoming Dates

School and athletic activities are on the school calendar which can be accessed on the website www.toltoncatholic.org.

May 1 — College Decision Day
May 2 — Online Play - 10 Ways to Survive Life in a Quarantine
May 15 — Last Day of School
June 15 — Tolton Golf Classic
June 26-28 — Tentative Prom, Baccalaureate, and Graduation

We may not be able to have graduation on May 15, but we can enjoy Fr. Mike’s traditional Senior Storytelling on May 15! He will share his reflections about our senior students from the Tolton Catholic chapel at 7 p.m. that evening and it will be streamed live on our Facebook page. Keep an eye out for more details as the date approaches.

Academics

General class instruction will continue through Friday, May 8. Students should focus on doing their personal best through this date.

The following week will be utilized for remediation. For those who are satisfied with their 4Q grades as of May 8, no further coursework will be required. However, for those who want to work to improve their 4Q grade in a course(s), the week of May 11 will allow for additional review, reteaching, assignment turn in, test retakes, project completion, etc. Work done during this time can only help, not harm, a student’s grade. (Additionally, students who had a failing grade in 3Q may work with teachers in an effort to improve their grades up to 70%).

Students will NOT take comprehensive semester final exams. The “exception” to this will be for those students who will take AP exams. Teachers will utilize the week of May 11 to continue review and prep for the exams.

Semester grades will be determined by a weighted average of 3rd (60%) and 4th (40%) quarters. Report cards will be made available on Tuesday, May 26.

There will be some changes to Summer School this year. Personal Finance and Health classes will be offered online by our faculty members. Physical Education will not be offered in light of the virtual learning platform. Refunds will be made to those who have already registered and paid for that course. There is still time to register for Health and Personal Finance (and you can count on PE being offered as usual next summer). Please email Mr. Scherrer or Mrs. Lloyd if you need registration information.

Contacting the School Office

If you need to reach the school office in the coming weeks, the best way to communicate with us is via email at office@toltoncatholic.org. Also, there is a new mailbox/dropbox installed outside the main school doors. Families can mail or drop off enrollment forms for 2020-21.

New Head Girls Basketball Coach

We are excited to announce that Elizabeth Best has agreed to be our Head Girls Basketball Coach next season. Coach Best played on three High School State Championship teams at Rock Bridge High School for Jill Nagel, one of the finest high school basketball coaches in the state. Coach Best brings energy, enthusiasm and a passion for the sport of basketball. She is committed to the total student-athlete experience, on the court, in the classroom, and in the community. She can be contacted at ebest@toltoncatholic.org.

Welcome, Coach Best!

New Asst. Dance Coach Hired

The Blazer Girls are very excited to announce the addition of Shannon Fry as their new Assistant Coach! Coach Fry graduated from the University of Missouri and served as the head cheerleading coach at Blue Springs High School for two years, before taking over the role as director of the Mizzou Golden Girls for 21 years! The team is thrilled to have Coach Fry on board!
Life Teen News

By Renee Molner
Director of Youth Ministry

The past month has looked different for CoMo Life Teen, but we’re still rolling with our ministry! We’ve been using ProjectYM Live, an online national youth night, each Sunday night for our programming. We then hop onto a Zoom video call to discuss what we just watched and to talk about how life is going. Our teens are clearly craving community during this time; please keep them in your prayers!

We’ve also been offering another virtual program throughout the week each week. Sometimes it’s a Bible study; we’ve also done a Q&A with Fr. Paul Clark and a Praise & Worship night. While so much is uncertain at this time, we’re hopeful we’ll be able to offer at least some of our typical summer activities. Our summer schedule will be released soon, but as expected, some of the events very well might not take place in person.

As for Confirmation, please continue to pray for the teens who have prepared all year for the sacrament. We’re not sure when Confirmation will actually take place, but I will make sure everyone knows as soon as I do.

The entire CoMo Life Teen team misses seeing the teens each week, but please know that we are continuing to pray for our community and parishes. May God bless you all and keep you safe!

Calling all graduates!

Do you have a son, daughter, niece, nephew or other relative who is graduating this Spring? If so we’d like to highlight them in Heart of the Matter. Just send a photo of the graduate, provide their name, their parents’ names, where they are graduating from and what their future plans are. They may be going on to high school, college, grad school or a job. Any further information you would like to share would be appreciated. Just email the photo and info to jhead2403@aol.com, or you may drop it off at the parish office. Our graduates deserve recognition for a job well done, and we’d like to help with that.

Parish Council

By Ron Meyer, President

As with other committees the Parish Council has not met due to the corona virus lockdown. However, there has still been activity with regard to the columbarium and the memorial garden. After continued talks with the city it was determined that any replating would not be required until an overhead shelter was to be constructed over the columbarium. Since then we have scheduled the overhead electrical wires in the back of the church to be moved underground. We are also having the land surveyed. This is necessary in order to have the necessary engineering specifications and documents required to build the retaining/privacy wall, complete the landfill and install the fence surrounding the garden. Landscaping will not be completed until after the delivery of the columbarium since street access will be required for its installation. Currently the delivery date for the columbarium is around the end of June.

As the situation allows we will also be reviewing campus security, especially for the office and the memorial garden.

Election for new parish council members is postponed until we can again all attend Mass together.

Ounce of Prevention

Staying mentally strong through COVID

Adapted from NAMI, National Alliance for Mental Health by Sacred Heart Health Ministry Team

Covid19 continues to take its toll on the Columbia community. During this time, here are some simple suggestions to boost your mental immunity.

It’s common to feel stressed or anxious during this time. It may be especially hard for people who already manage feelings of anxiety or emotional distress. Recognizing how you’re feeling can help you care for yourself, manage your stress and cope with difficult situations. Even when you don’t have full control of a situation, there are things you can do.

Having some limits on your news consumption can help:

- Watching or listening to the same news constantly can increase stress.
- Reading can be an easier medium to control how much and what kind of information you’re absorbing.
- Set limits on when and for how long you consume news and information, including through social media. It may help you to choose a couple of fifteen-minute blocks each day when you will check news/social media and limit your news consumption to that time.
- False information spreads very rapidly and can be very harmful.

Continued on page 7
Focus on the Holy Family

What month do we focus on the Holy Family? December-right? Well, in December we celebrate the feast of the Holy Family… but the love behind the Holy Family we actually celebrate in May! We start the month with the second feast celebrating St. Joseph as foster-father. We recognize the sacrifice of love St. Joseph makes… as a hard worker and supporter for his family. Read more about St. Joseph the worker at http://www.holyspiritinteractive.net/kids/saints/0501.asp

This month we also celebrate Mary’s visitation to her cousin Elizabeth, where we see Jesus’ larger family… Aunt Elizabeth and Uncle Zachary and his cousin John (you know… John the Baptist- except in this picture… he is still in his mother’s womb…). Even from inside Elizabeth… he knew it was a family reunion… he was so excited… he jumped in her womb!

We end the month with Jesus who completes his earthly ministry as we celebrate the hope of seeing him in heaven… at the Feast of Ascension (read more at http://gardenofpraise.com/bibl32s.htm )

So this month… celebrate your family…especially mom at Mother’s Day… do something nice for her and remember our Blessed Mother Mary… an easy way to honor her (besides with your prayer) is to make a beautiful crown of flowers and place it on a likeness of her as we celebrate her love and the love of all our Moms! (Listen to the May Crowning Song at https://www.youtube.com/watch?v=VTeWWa4J700 )

Reflection: “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden, and holy is his name.” (Luke 1:46-55)
It has been inspiring to see that so many are continuing to send their weekly or monthly contributions to the parish office. parishes have submitted their tithes for the rest of the year. This caused a $30,000 jump in the March numbers. Masses until the last 2 weeks of this quarter, so collections continued until then; and due to present conditions of no gathe

### Ounce of Prevention

**Continued from page 5**

easily on social media and can have serious consequences for individual and public health. Always verify sources and make sure they are reputable, especially before sharing anything.

- Follow healthy daily routines as much as possible. Your daily habits and routines can help you feel more in control of your own well-being.

Are You Feeling Stressed Because of the COVID19? Simple actions can make a difference:
- Make your bed.
- Get dressed.
- Connect with loved ones.
- Move your body.
- Make time for breaks. If possible, take regular short breaks during work or between shifts. During these breaks, go outside and engage in physical activity if you can.
- Practice good hygiene, especially by cleaning your hands.
- Prioritize sleep and prayer.
- Eat nutritious food as much as possible. Your daily habits and routines can help you feel more in control of your own well-being.

Note: Net assets represents funds on hand or in reserves. Budget percentages are actual receipts/expenditures as compared to budgeted receipts/expenditures and the budget percentage is estimated relative to the current budget.

S You may notice that offertory and maintenance collections show an increase for this quarter. Two things to keep in mind: we were gathering for Masses until the last 2 weeks of this quarter, so collections continued until then; and due to present conditions of no gatherings, some parishioners have submitted their tithes for the rest of the year. This caused a $30,000 jump in the March numbers. It has been inspiring to see that so many are continuing to send their weekly or monthly contributions to the parish office. PLEASE continue to do so. Financial statements are available in the parish office.

### SACRED HEART CATHOLIC CHURCH

#### STATEMENT OF CHANGE IN NET ASSETS

For the 9 months ended March 31, 2020

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<td><strong>REVENUES</strong></td>
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<td>General and Operating-Other</td>
<td>$ 7,117</td>
<td>$ 5,579</td>
<td>$ (1,538)</td>
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<td>1,185</td>
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<td>5,509</td>
<td>2,795</td>
<td>4,800</td>
<td>116.65%</td>
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<td>Social Concerns</td>
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<td>34,218</td>
<td>(876)</td>
<td>43,800</td>
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<td>Hispanic</td>
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<td>(1,246)</td>
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<td>Diocesan &amp; Other Organizations</td>
<td>8,318</td>
<td>8,773</td>
<td>455</td>
<td>13,350</td>
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</tr>
<tr>
<td><strong>Total Revenues</strong></td>
<td>583,321</td>
<td>601,211</td>
<td>17,890</td>
<td>759,050</td>
<td>79.21%</td>
</tr>
<tr>
<td><strong>EXPENDITURES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General and Operating</td>
<td>225,672</td>
<td>215,589</td>
<td>(10,083)</td>
<td>297,682</td>
<td>72.42%</td>
</tr>
<tr>
<td>Maintenance</td>
<td>86,102</td>
<td>149,200</td>
<td>63,098</td>
<td>90,400</td>
<td>165.04%</td>
</tr>
<tr>
<td>Liturgical</td>
<td>69,971</td>
<td>67,536</td>
<td>(2,435)</td>
<td>95,990</td>
<td></td>
</tr>
<tr>
<td>Faith Formation</td>
<td>113,009</td>
<td>139,643</td>
<td>26,634</td>
<td>226,942</td>
<td>61.53%</td>
</tr>
<tr>
<td>Social Concerns</td>
<td>12,734</td>
<td>14,969</td>
<td>2,235</td>
<td>26,000</td>
<td>57.57%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1,993</td>
<td>2,016</td>
<td>23</td>
<td>4,400</td>
<td>45.82%</td>
</tr>
<tr>
<td>Diocesan &amp; Other Organisations</td>
<td>6,776</td>
<td>--</td>
<td>(6,776)</td>
<td>13,350</td>
<td>0.00%</td>
</tr>
<tr>
<td><strong>Total Expenditures</strong></td>
<td>516,257</td>
<td>588,953</td>
<td>72,696</td>
<td>754,764</td>
<td>78.03%</td>
</tr>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td>67,064</td>
<td>12,258</td>
<td>(54,806)</td>
<td>4,286</td>
<td>286.00%</td>
</tr>
</tbody>
</table>

| Net Assets at Beginning of Year | 583,857          | 659,163          |                  | 75,306               |          |
| Net Assets at End of Period    | $ 650,921        | $ 671,421        |                  | $ 79,592             |          |

Note: Net assets represents funds on hand or in reserves. Budget percentages are actual receipts/expenditures as compared to budgeted receipts/expenditures and the budget percentage is estimated relative to the current budget.

For additional help:
NAMI HelpLine: Call (800) 950-NAMI (6264) Monday through Friday between 10:00 am and 6:00 pm ET for mental health resources or email info@nami.org
Crisis support resources Crisis Text Line: Text “NAMI” to 741741 to chat with a trained crisis counselor
SAMHSA Disaster Distress Helpline: Call (800) 985-5990. Press 2 for Spanish-language support [En Español].
SAMHSA Disaster Distress Helpline: Call (800) 985-5990. Press 2 for Spanish-language support [En Español].
National Suicide Prevention Lifeline: Call (800) 273-TALK (8255) If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor.
Continuing the spiritual journey

Three Sycamores

By E. Jane Rutter

Three sycamores stand out at the base of the creek, their white trunks lifting my eyes to the wooded hillside and storm-filled clouds. Gazing out at this scene Easter morning, I found myself at Golgotha, the sycamores three barren crosses that a short while ago restrained the bodies of the unrepentant thief, Jesus, King of the Jews, and the contrite one.

Witnesses to the empty tomb, the two disciples fled Jerusalem in fear of retribution from the Romans just as we run from the trials facing us. As with the disciples on the road to Emmaus, we find the closer we are to him, the more we want Christ beside us. “Stay with us,” they urged Jesus, unaware of his identity at the time. (Luke 24:29) They experienced a stranger feeding them the truth of the Scriptures and they wanted his presence to last.

Imagine the disciples being presented with Jesus in their midst after his resurrection. Once they overcame their fear, their joy was uncontrollable. Gone was their doubt, disbelief and indifference. They could no longer run from Jerusalem or hide behind locked doors. Isolated by the restrictions imposed by the corona virus, now is the perfect time to open ourselves to Christ.

Like the disciples, God calls us to laughter, love, faith, and joy in others’ achievements. Faith allows us to deeply experience all joys – even among our tears and suffering.

Christ is risen, released from the sin and darkness of this world to grant us the pure light of eternal life. We have only to accept his gift. If we look, we’ll experience Christ in all our moments - in the mirror, the faces of those we pass on the street, and even the sycamores at the base of the creek.

And so I pray: Dear Lord, do not relieve the burden of the cross from me; rather, let me wear it. Let me take a cloth to it and shine each edge and tainted imperfection until the cross gleams with Christ’s love and glory.

The need for ritual

By Miriam Hankins

The practice of our Catholic faith is steeped in ritual: those precise movements intended to convey particular beliefs or truths. The more elaborate the ritual, the more important the truth that is being represented. Celebration of the Eucharistic is our central ritual, but each sacrament has its own ritual, plus the recent high holy days of the Triduum are filled with meaningful ritual.

There is one area that I feel our ritual falls short, and that is in how we deal with death and dying. We have a large, empty gap between the time a loved one dies and the time we gather for the funeral. I was reminded of this when I watched a streamed movie last week called “Departures,” a Japanese movie with English subtitles.

Japanese culture seems extraordinary at lifting ritual to an incredible art form, and this film is a fine example of that. The main character, Daigo, is a young man who returns home to Japan after an absence of several years. His job as a professional cellist disappears when the orchestra goes bankrupt, and he is forced to check newspaper want-ads for a new job. One listing called ‘Departures’ looks promising as he thinks it is a travel agency. Imagine his surprise when he discovers the job entails preparing bodies for placement in caskets just prior to cremation.

The boss, whom I will call the Master, doesn’t give Daigo any opportunity to refuse the job, and immediately takes him to the next job. I was just as mesmerized as Daigo as I watched the Master work his craft. The body was on the floor, under a blanket, with all the family kneeling on the floor to one side. The ritual was amazing as the Master uncovered the face of the deceased, then proceeded to give the body a symbolic wash. Then he picked up the final clothing, resembling a type of kimono, and methodically worked with the sleeves. I am not sure how he did it, but he managed to wash the body and change the clothes under the blanket so that the naked body was never seen. He then proceeded to shave the person’s face if it was a man, and put on make-up to make the face look more life-like. Once the family was satisfied and made their final goodbyes, the body was lifted into the coffin.

At first Daigo doesn’t want the job. He had never been to a funeral before. His mother had died a couple of years before while he was away, and he didn’t return for her funeral. His dad had abandoned the family when Daigo was quite young, so he had no idea where he was. However, upon seeing how the Master worked with such dignity, both with the deceased and with the remaining relatives, he decides to learn the craft as well.

Daigo grows to realize that the Master is a good father to him. The patient Master accepted him without question, had faith that Daigo would make a good assistant, gave him much needed money right away, and always seemed to be at the right place at the right time (and sometimes absent at just the right time as well.) Daigo is dealing with so much all at once: a new vocation in which he has no experience, a wife who doesn’t want him dealing with dead bodies, and the realization that he should have come home for his mother’s funeral.

Besides Daigo, there are other characters in the story who are struggling with their own relationships and losses, each in unique ways. Other layers that make this a beautiful movie include segments of Daigo playing his cello outdoors with misty views of the mountains in the background. Small events during the movie remind him of his lost father and move the plot toward a final resolution of that internal conflict.

Perhaps this movie would be a good starting point for a group discussion on how our culture and our faith either deals, or does not deal, with death and grief. Maybe our funeral industry wishes to spare us from pain and reality, but maybe that is the wrong direction to go.
Wit and Wisdom from G. K. Chesterton

“Catholic marriage is not merely a surrender to sex; it is also a channel of grace and an opportunity of good.” – G. K.’s Weekly, Aug. 21, 1926

“Boundaries are the most beautiful things in the world. To love anything is to love its boundaries.” – Tremendous Trifles

“It is surely plain that the housewife is not the bird in the cage, but the bird in the nest.” – The Uses of Diversity

“Most modern governments organize sterilization today and may organize infanticide tomorrow. Those who hold the modern superstition that the State can do no wrong will be bound to accept such a thing as right. If individuals have any hope of protecting their freedom, they must protect their family life.” – The Well and the Shallows

Mission Statement

The mission of Heart of the Matter is to be a communication tool for Sacred Heart Parish. It is our goal to inform, to instruct, to evangelize, and at times, to amuse readers. We rely on God’s grace and on the efforts of many volunteers to fulfill this mission. Heart of the Matter is published monthly by Sacred Heart Church, Columbia, MO.

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