Welcome back
By Sonia Potts,
Faith Formation Chair
Public masses resumed at Sacred Heart on Tuesday, May 5 after being closed since Wednesday, March 18th. Twenty-two people attended this first public mass. On the first weekend of public masses, May 9-10th, 23 parishioners attended the 4:30pm mass, 15 attended the 8:30am mass, and 27 attended the 11:00am mass. The following weekend 31 attended 4:30pm mass, 40 attended the 8:30am mass, and 34 were at the 11:00am mass. Each weekend a few more parishioners are returning to mass. On June 21st the attendance at the 8:30am mass was 82, and 44 attended the 11:00am mass.
Parishioners are safely attending mass with the use of masks, social distancing, hand sanitizers and disinfecting of the pews and high touch surfaces after each mass. Everyone who has come to a mass has been able to find seating as our church can hold up to 100 persons under the current City of Columbia regulations. The parish is also following all the guidelines given to parishes from the Diocese of Jefferson City.
Bishop McKnight released new guidelines for parishes in the Diocese of Jefferson City on June 15th. He has extended the Sunday and Holy Days Obligation dispensation until September 11. However, the faithful who are unable to return to public mass should participate by viewing a live-streamed or recorded mass, prayerfully read and meditate on the readings for the day and recite the Divine Mercy Chaplet or Rosary. At Sacred Heart the 4:30pm mass is being recorded and uploaded to the church website at sacredheart-church.org. The video is usually available for viewing late Saturday evening or early Sunday morning.
The wearing of masks is still requested upon entering church, during the Communion procession, and exiting church for everyone’s protection. Masks may continue to be removed while seated in the pews. Extra cloth masks made by several parishioners are available if needed. The offertory procession, sign of peace, and Holy Communion from the Chalice are still suspended, and Communion is received in the hand. Holy water fonts are still to be left empty. Small bottles of Holy Water were available for parishioners to take home at the weekend masses on June 20-21. Please feel free to bring your own container of water for Fr. Francis to bless for you. For additional information on the Bishop’s guidelines please visit: diojeffcity.org
As you can see, the Diocese and our Sacred Heart parish are following recommended health guidelines to make attending mass in person as safe as possible. The attendance at weekday masses has been ranging from 15-35 persons. Parishioners who may

Our 2020 graduates
By Mary Kay Head
We are fortunate to present six more students from our parish who are 2020 graduates. In reading their bios I felt very proud to see the type of young adults from Sacred Heart who are moving forward in their lives. Their individual accomplishments are already impressive. One can only imagine how much more they will achieve in the future.
Heart of the Matter wants to take this opportunity to honor them and wish them success as they move on with their lives. Congratulations to all of you!

Kathryn Miller
Kathryn Allison Dunsford Miller, aka Katy, is a 2020 graduate of Rock Bridge High School.
Katy was actively involved in the music programs at Rock Bridge including Jazz Ensemble and Symphony Bands, a soloist in the Emerald Regiment March Band and playing trumpet in the pits for many musicals and Show Choir over her four years. She was also a member of the Missouri Symphony
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## Birthdays

<table>
<thead>
<tr>
<th>Date</th>
<th>Names</th>
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<tbody>
<tr>
<td>July 1</td>
<td>Jake Aguilar, Edward Elsea, Mike Holland, Carol Kiel, Mike Little, Cheryl Modglin, Robert Ortbals, Vickie Williamson</td>
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<td>Steven Andriano, Maria Arzate, Jonathan Betanzo-Espinoza, Martha Fuentes, Mary Tim Hodgson, Christopher Holbrook, Rose Marie Inslee, Morgan Schulte</td>
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<td>John Crane, Jr., Mike Daly, Mary Grace Grover, Rocco Hodapp, Angelica Robledo</td>
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<td>Mary Ann Bohr, Deacon William Caubet, Rosa Espinoza-Alvarez, Rosalva Munguia, Paul Riester</td>
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<td>Maria Cox, Eliana Jeanetta, Kay Kanger, Courtney King</td>
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<td>July 30</td>
<td>Elizabeth Andriano, Andrew Quinlin</td>
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<tr>
<td>July 31</td>
<td>Marilyn Broussard, Emily Lansford, Claudia Rackers, Caroline Saucier</td>
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## Eternal Rest

Gertrude Dietz Ferris, 1920 - 2020

Gertrude Dietz Ferris, of Houston, Texas, died on Monday, June 15, 2020, at the age of 99. She passed away in peace and at the time of her death was surrounded by her loving family. She was the mother of long-time former parishioner Stephen Ferris.

Gertrude was born Sept. 12, 1920, to Peter and Anna Dietz in Kersey, Pa. She was one of ten children and had four sisters and five brothers. She grew up on her family’s farm and continued to return to Kersey every summer for the remainder of her life. She enjoyed visiting her many nephews, nieces and cousins in Elk County, Pa.

Gertrude was a graduate of Kersey High School and married William on Nov. 27, 1941. She passed the war years in Kersey, with her first son, William.

Gertrude later lived in Ford City, Natrona and Brackenridge, Pa., before moving to Columbia, Mo., to be near her second son, Stephen. Later she moved to Houston, Texas, where she lived for the remainder of her life close to her eldest son, William. While in Houston, she was able to visit with her many great-grandchildren.

Gertrude was married for 61 years to William Ferris, who preceded her in death in 2002. She had four children: William (Delores), Suzanne, Stephen (Madonna) and Gregory (Karen). She has three grandchildren: William Ferris, Stephen Ferris and Raymond Ferris. She has five great-grandchildren: Ashley Ferris, William Ferris, Michael Ferris, Kira Ferris and Zachary Ferris.

Gertrude loved to play bingo and was a regular at it. She had a green thumb and could grow practically anything. Her home was always filled with various plants and flowers.

She was a long-term member of St. Joseph Parish in Natrona, Pa., and was active in its many events.

Her life will be celebrated with a Mass of Christian Burial to be held at the Most Blessed Sacrament Catholic Church in Natrona Heights. Interment will follow at Our Lady of Hope Cemetery in Brackenridge, Pa., next to her husband, William, and her daughter, Suzanne.

Funeral arrangements have been entrusted to the Teichart Gracan Funeral Home, 212 Wilmot St., Duquesne, PA 15110, 412-466-0500.
Ounce of Prevention

Food planning during the pandemic

Submitted by Becky Shafer

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

Check what you have at home first

Take a look at the foods you already have in your refrigerator, freezer, and pantry; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don’t need.

Make a shopping list

Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like “fruit” or “bread.”

Explore your shopping options

Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third-party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older or at higher risk, check if your store delivers or has early shopping hours for high-risk shoppers only.

How much should I buy?

Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.

What foods should I buy?

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond. With fresh foods, buy a variety in quantities that you would normally buy. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. Examples of shelf-stable foods include pastas, rice, legumes, nut butters, and dried and canned goods. Remember to include the special needs of all family members, including pets, infants, or those with dietary restrictions.

What should I make?

While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.

Access to food while school is closed

Many school districts across the country are continuing to provide meals to students in need during school closures. Check for local programs in your area, such as Meals to You. Contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

Additional Food Planning Resources at https://www.choosemyplate.gov/eathealthy/WhatsMyPlate

Tips for Every Aisle: Use these tips to fill your cart with budget-friendly and healthy options from each food group.

Sample 2-Week Menus: These can be used by any person or family wanting to follow a healthy diet at a modest price.

Activities for Families at Home:

MyPlate Activities To Do

Continued on page 5

Knights of Columbus Council 14414

In lieu of a formal meeting this month, the Sacred Heart Knights of Columbus Council #14414 gathered for Mass Wednesday, June 17. After Mass, we enjoyed a tailgating meal in the parking lot south of church. We welcomed Tim Powers to the Council the evening of June 17 as he reactivated his membership in the Order. And John Stolwyk became a Knight of Columbus June 23 via a statewide Admission Emplification ceremony.

Coming Up

July 1 Social meeting (details TBA)
July 15 Business meeting (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).

Welcome back

Continued from page 1

not feel comfortable attending a larger weekend mass are encouraged to attend a daily mass. The daily masses are offered Tuesday through Friday at 5:30pm. On Wednesdays, the Exposition and Adoration of the Blessed Sacrament begins at noon and ends with Benediction just preceding the 5:30pm daily mass. Reconciliation is also being offered on Wednesdays at 4:30-5:15pm and Saturdays 3:30-4:15pm. Welcome back to everyone who has returned to mass and we hope to see the attendance continue to increase as parishioners become more confident in the safety measures that have been instituted to control the spread of the Covid-19 virus.

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
Parish School of Religion News

By Maria Cox

Where has the summer gone? As a teacher, I just have the month of July to be on “vacation”. That means not having a weekly Zoom meeting, grading assignments, and getting up early! As a teacher in the Columbia Public School system, I have been receiving lots of information regarding the opening of school in August. What does that mean for PSR? What will PSR look like? These are questions I need your help with in answering. I may send out an email or survey asking Sacred Heart families about the opening of PSR in September.

Sr. Francine, Fr. Francis and I will be meeting to discuss how we should proceed. We will use guidance from the diocese as well as the Columbia health orders. We will take the guidelines and see if we can open PSR with the guidelines in place. I have been exploring online curriculum as a resource for our PSR families. I will have more information once I determine which one we should purchase.

On another note, if your child completed the preparation for First Holy Communion in the 2019 – 2020 PSR year and you have not yet scheduled the date and the Mass time for receiving the sacrament, please call the church office to do so. The calendar is filling up and we want to make sure these wonderful young children are able to celebrate with the Sacred Heart family. We are able to accommodate two children at a Mass.

Please continue to pray for our children, families, and educators as we approach this school year. Thank you for supporting Sacred Heart PSR!

OLL Interparish School News

By Chris Drury

The hope and prayer of the OLLIS staff are for the school to be open and as normal as possible in the fall. The staff is working on updating procedures to put in place for everyone’s safety such as social distancing, more frequent hand sanitization, a more stable grouping of students, etc. The staff has been coming together to work through details and what-if scenarios. They know that if they do have to go to distance learning, they have learned a great deal from this past spring and would incorporate that learning along with input from our parent survey. They will be in an even better place to serve our students if a move to virtual learning is needed.

OLLIS Administration is planning to host a couple of Q & A sessions to help families prepare for this fall. There is one session currently scheduled for Aug. 3. There will also be a special session just for new kindergartner families and another for new families in general. These sessions will take place later this summer. OLLIS will email dates/locations later. There will also be virtual options.

Please mark your calendar for Meet the Teacher on Aug. 21. OLLIS will send more details around Aug. 1 based on the health order in place at that time. In preparation for the fall and the new procedures that may be in place, OLLIS asks that you work with your child/children on social distancing, wearing a mask when social distancing is not possible, and other safety measures. Students will have a much easier time if they are aware and have practiced these things. The first day of school is scheduled for Aug. 24.

OLLIS wants as normal a fall as possible while keeping the school community safe and in school. The OLLIS Administration will keep OLLIS families updated as things develop. Know that you are in their prayers, they humbly ask for your prayers as well.

Life Teen

By Renee Molner, Director of Youth Ministry

CoMo Life Teen is having a great summer! Our events so far have been a lot of fun, and it’s nice to be meeting in person again, even if we are distanced. We had the Totus Tuus missionaries join us for a week, and they led many middle-schoolers and high-schoolers in prayer, games and small group discussions.

We’ve planned a summer schedule filled with adoration, bible studies, and time to hang out. These events have been designed so they can be held either in person while social distancing or over Zoom, depending on what is necessary at the time. Our summer schedule can be found on our Facebook or Instagram pages - please sign up for our weekly emails for updated information. We’re so excited to see our teens in person (from 6 feet away)!

All incoming freshmen are now welcome to join CoMo Life Teen for any of our activities! We’d love to meet you all this summer. It’s always exciting to meet the newest members of our Life Teen family.

We are sad to say that Steubenville Mid-America has been canceled for this summer, but the youth ministry team is working hard to organize an in-town retreat to happen that same weekend - and the in-town retreat will be free for our teens thanks to the generosity of the McGivney Catholic Education Fund! Please pray for the teens who will be joining us at this substitute retreat. While it’s been difficult to have so many events we were looking forward to canceled, we feel very blessed at CoMo Life Teen to continue events in different ways.

Columbarium update

By Ron Meyer, Parish Council President

There is not a lot of new information to share. The columbarium is still scheduled to be delivered around August 1st. There was some delay in getting the overhead electrical lines moved underground but that has been resolved and should happen very soon (if it hasn’t already). Our next step is submitting our project to the city and getting bids for the work. Also, a call has gone out to those interested in working on the landscaping for the memorial garden.
Fr. Tolton High School

Important Upcoming Dates
School and athletic activities are on the school calendar which can be accessed on the website www.toltoncatholic.org.
• August 9 — Fall Sports Parent Meeting
• August 10 — First Day of Fall Sports
• August 13 — Tolton 101 for Freshman and New Students
• August 17 — Registration for Returning Students
• August 24 — First Day of School (noon dismissal)

Summer Office Hours
The main office will be CLOSED June 28-July 5. The main office hours for the months of June and July are 9 a.m. to 1 p.m. Monday through Friday.

A Theatrical Whirlwind — Project 24
Save the Date - August 28 at 4 p.m. through August 29 at 8 p.m.
Project 24 is a theatrical experience for those wondering “Is theatre right for me?” to veterans and everyone in between. Students will read and memorize scripts, design lights and sound, create sets and costumes, rehearse, direct, and perform a show—all within 24 hours! The resulting show will be enjoyed by family and friends Saturday evening. More details to come!

Tolton Booster Luau — July 29
Join the Tolton Booster Club for a "Le'i'd Back Luau" on July 29 in the Tolton parking lot. Wear a Hawaiian shirt, bring a lawn chair and come join the fun. This is an adults-only event as adult beverages will be provided.

Fall Sports Required Forms
All students who plan to participate in sports need a signed Permission to Participate form as well as a current MSHSAA physical on file in the office before the first official day of practice (for Fall sports, this is August 1)

Physicals are valid for two years. For returning students, if you had a physical last year and it is on file in the office, you most likely will not need a new physical. You may contact Brenda Neuhaus in the office to find out when your student's physical will expire.

Permission to Participate forms must be completed each year.
Please contact Brenda Neuhaus at bneuhaus@toltoncatholic.org or 573.445.7700 if you have any questions.

Triby Award Nominees
The Tribby Awards recognize the best high school athletes in the area. Congratulations to all the Trailblazers that were nominated!
Nominees
Boys Basketball — Coban Porter, Nate Schwartz, Jevon Porter, Chase Martin
Girls Cross Country — Jaclyn Sexauer, Mary-Rourke Boyd, Anna Gangloff, Olivia Andrews
Boys Cross Country — Silas Glaude, Drew Freeman
Girls Golf — Jayden Berrey, Madeline Fallis, Alice Golden, Sidney Fessler
Boys Soccer — Holden Petri, Lael Haire, Tyler Stevens, Blake Hinerman
Softball — Paige Bedsworth, Allie Widmer, Bridget Bartlett, Emilee Farnan
Girls Swimming — Lauren Hervey, Lindsey Hervey
Wrestling — Teague Travis, Brant Whitaker

Planning
Continued from page 3
with Kids: Activities and printables to get the whole family on board with making healthier choices. https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families/#kids

Additional Nutrition Activities for Families at https://www.fns.usda.gov/mnt:
Team Nutrition Cooks!
Cooking based nutrition activities for children ages 8-12 years old.
Team Nutrition Games & Activities: Make your way through all the food groups with these fun games and activities.

For solutions to feeding children impacted by COVID-19, email feeding-kids@usda.gov.

For more information about Coronavirus:
Coronavirus.gov
Cdc.gov/coronavirus
https://www.usa.gov/coronavirus
Spanish: https://www.usa.gov/espanol/coronavirus
Ready.gov

Source: https://www.choosemyplate.gov/coronavirus

Camp
Our High School Athletic Summer Camps have been re-scheduled for July. The new dates are available in the flyer above. These camps will be offered for FREE this summer. To register, visit: www.toltoncatholic.org/summer-camps/

Welcome New Assistant Coaches!
Kaitlyn Stimson — Assistant Dance Coach
Grey Hayes — Assistant/ Freshman Girls Basketball Coach
Coach Hayes is a recent graduate and played women's basketball at Columbia College throughout her college career. She played basketball throughout high school and on AAU teams. She brings excitement, energy and knowledge that Coach Best is happy to have on her coaching staff and have the girls coached by her.

2020 High School Summer Camps
Price: FREE
Registration: ONLINE AT TOLTONCATHOLIC.ORG/Summer-Camps
Location: ALL CAMPS WILL TAKE PLACE AT TCHS

Football
July 6-10 | 6:00-8:30 p.m.
Cheerleading
July 13-16 | 9:00 - Noon
Girls Basketball
July 14-16 | 5:00-7:00 p.m.
Boys Soccer
July 14-16 | 6:00-8:30 p.m.
Cross Country*
July 20-23 | 6:00-8:00 p.m.
Girls Soccer
July 22-24 | 6:00-6:30 p.m.
Softball
July 22-24 | 6:00-6:30 p.m.
Volleyball
July 25-30 | 6:00-8:00 p.m.
Graduation 2020

Katy Miller
Continued from page 1
Conservatory for 8 years, playing the cello and finishing as the principal trumpet chair. Katy is a member of the National Honor Society.
Katy’s future plans are focused towards entering the medical professions in Dentistry. Currently she plans to take a gap year before entering Mizzou in 2021. During her gap year, she plans on traveling and learning new skills like working in her parent’s architectural firm. Katy is the youngest child of Keith & Kathy Miller and sister to AJ and Jackson.

Grace Spell
Grace Spell is a 2020 graduate of Hickman High School where she played volleyball, was a member of the Key Club, was president of Kewps United, was a member of Mu Alpha Theta, and worked on the Yearbook.
She was class Valedictorian and received both the George Washington Carver Award and the Presidential Excellence Award.
She enjoys running, reading, working puzzles and spending time with friends.
Grace will attend the University of Missouri and will study Biomedical Engineering.
Grace is the daughter of Alan and Brenda Spell.

Sam Spell
Sam Spell is a 2020 graduate of Hickman High School where he enjoyed E-Sports, was president of the Key Club, was a member of Mu Alpha Theta (Math Club), and was a Court-warming King Candidate.
Sam achieved his Eagle Scout status this year as well as receiving the George Washington Carver Award and the Presidential Excellence Award.
He enjoys playing video games with friends, camping and canoeing.
Sam will attend the University of Missouri this fall for a dual major; Computer Science and Mathematics.
Sam is the son of Alan and Brenda Spell.

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Grace Cunningham

Grace Cunningham graduated from Rock Bridge High School. She played varsity soccer throughout her high school years and participated in Model United Nations. Most semesters, she was on the “A” honor roll. She represented Rock Bridge High School at Missouri Girls State her junior year. She has taken weekly piano lessons and participated in yearly festival contests since she was in kindergarten through her senior year.

Grace has been a lifelong member of Sacred Heart Catholic parish where she attended PSR classes and helped with the program in high school. She has been an Altar Server since the third or fourth grade. Last August, Grace was among a small group of women from our parish who participated in a week-long mission trip to the Sonoran Desert on the US-Mexico border assisting volunteers and Sisters of Notre Dame who provide basic needs and support to immigrants and refugees at the border. Grace has also helped with other needs of the parish, including babysitting some of the children while their parents attended our English Tutoring program and she has volunteered to clean up trash and help in the garden areas on various workdays at the parish.

Grace has embraced the social teachings of her faith and is guided by Christ’s journey to help others and advocate for a more equitable society and care for the planet. She plans to major in environmental engineering at Mizzou and would like to further her studies in environmental or human rights law.

Grace is the daughter of Frank and Beth Cunningham.

Elsa Nicole Dickerson

As a David Henry Hickman High School Senior 2020, Elsa completes 12 years attending CPS, to include elementary at our church neighbor Lee (Locust) Expressive Arts, West Middle and ending at Hickman. While at Hickman Elsa's extracurricular pursuits included marching band (9th grade), track (9th & 10th) and Minority Priorities (9th-12th). However, her real passion was theater tech and her involvement with the Kewpie Stage Players as a member of the Missouri International Thespians Society. She was awarded superior ratings both junior and senior years, winning one of 3 theater tech scholarships offered at the state level and two awards at the Hickman Kewpie Stage Players' annual awards night, to include the Joyce Walker Memorial Drama Scholarship. Elsa's academic achievements include the George Washington Carver Award and the Presidential Excellence Award, induction into National Honor Society and National French Honor Society, with additional Advanced Placement (AP) Capstone honors.

At Sacred Heart Elsa has served Mass at the eleven o'clock service since elementary, often alongside her brother and her catholic school buddy Sarah Doles (Tolton 2020). She completed Sacred Heart's PSR through 8th grade and especially holds Mr. Keith (Miller) in high regards for teaching her class over half those years!

Elsa will attend the University of Missouri - Kansas City (UMKC) in the fall through their honors college, as a member of the Conservatory, majoring in Theater Tech Design - Costume Design.

Elsa is the oldest daughter of Marie and Paul Dickerson and big sister to Benjamin and Anna.
Parishioners on a journey

By Miriam Hankins

A group of six parishioners (including myself) are on a journey of discovery and discernment, yet our feet aren’t doing the walking. The journey is an internal one to discover if there is the call to become an Associate of the School Sisters of Notre Dame (SSND). We were invited by Sr. Francine Koehler, SSND, to come together to learn more about the Sisters and their mission.

We started meeting once a month at Sr. Francine’s home, and had met several times before the pandemic caused a bit of interruption. With the use of Zoom and other distancing options, we have been able to continue our education. Associates are both women and men who wish to incorporate the mission and prayer life of the Sisters into their own lives. We are called “pre-Associates” at the moment while we are learning about the history, charism, and mission of the Sisters. Should we decide that we want to be full partners in the Sisters’ mission, and if we are accepted by the Order, we will make formal, one-year commitments. Thereafter, the commitment can be renewed each year.

The Sisters use their gifts as educators to promote their mission, which from their constitution states: “Our Mission is to proclaim the good news as School Sisters of Notre Dame, directing our entire lives toward that oneness for which Jesus Christ was sent. As He was sent to show the Father’s love to the world, we are sent to make Christ visible by our very being, by sharing our love, faith, and hope.” Although there aren’t nearly as many Sisters in classrooms as years past, the drive to educate still remains as strong as before.

One thing I have gathered from our group meetings is that strengthening one’s prayer life can use the encouragement that comes from other like-minded people. The journey of the group takes on a greater dynamic than is possible with solo traveling.

Presently, we are learning about the Foundress, Blessed M. Theresa Gerhardinger, and Mother M. Caroline Friess, who was in charge of the schools in America. The story of the humble beginnings in Bavaria, the tenacity of the Sisters, and the hardships they endured makes for an interesting read. The Order, started in 1839 with 14 Sisters and nine novices, now numbers more than 2,500 and has a presence in over 30 countries. Soon we will be exploring the various types of prayer so that we can discern the best approach for each of us, according to our personalities and individual gifts.

Continuing the spiritual journey

Tracking moments

By E. Jane Rutter

According to Fitbit, this week I averaged 80,534 steps and 530 active minutes. Heart rate’s excellent (for a woman my age!) and calorie count indicates I’ll lose weight, thought I could increase my sleep. In today’s techno world, we track every moment but the most important one: how we rate in loving others.

I see the discord around our country and think of axioms like “kids fighting in the playground”, “the pot being stirred”, “bulls locking horns”. In our passion to take sides, to join the drama fueled by the media, politicians, and activist groups, we’re losing sight of God’s greatest commandment to love.

We are substituting caring for one another with challenging each other’s character and honor. If you don’t do this, then you are that. From wearing a mask, tearing down a statue, career, ethnicity, and gender to whom we vote for, our perspective is right (good) while the other’s is wrong (evil).

Caught in a red tide that has washed ashore, we are in danger of being swept away by self-righteousness. Whether we go to the extent of participating in a riot or simply make snide remarks couched with remorse, every one of us is guilty of adding to the drama and, collectively, we are drowning our nation in fear, negativity and hate.

I beg each of you to turn off the noise. Instead, commit to help turn the tide and sow peace instead of discord. Together as one human family, let’s take St. Paul’s words to heart: “mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you.” (2 Cor 13:11)

Yes, the world is unfair; injustice, poverty, sickness and despair are real. God does not ask us to turn the other cheek to the needs of others, but precisely the opposite: his message is of love and forgiveness. Jesus tells us to bind ourselves to him, to bring his healing heart of peace to all. “Take your yoke upon you and learn from me, for I am meek and humble of heart and you will find rest for yourselves,” he encourages and promises. (Matt 11:29)

Fitbit may rate my heart as excellent (for a woman of my age!), but if I have learned anything from God, it’s to track its health based on serving others. I have a long way to go to be meek and humble.

And so I pray: Dear Lord, let my heart beat with passion for you. Rid me from all anxiety and fill me with your peace. Help me track the moments that matter.
### Parish Celebrations

Ema Higgins, daughter of Matthew and Kristy Higgins, received the Sacrament of Confirmation at Sacred Heart at the 4:30 Mass on Saturday, June 6, 2020. Rose Caubet was sponsor to Ema. Pictured in front are Kristy, Sarah, Ema and Matthew Higgins; in back are Ema’s grandparents Gerard Hoke, Peter and Jennifer Higgins, and sponsor Rose Caubet.

### Graduation 2020

Augusta Nickolaus graduated from Hickman High School. She played basketball and ran track all 4 years at Hickman. She was also a member of the National Honor Society. Most of all, Augusta was an active spectator at all of Hickman’s sporting events and is very proud to be a Kewpie.

Augusta was an Altar Server at Sacred Heart for almost 10 years. Last August she participated in a week-long mission trip to the Sonoran Desert on the US-Mexico border where she assisted volunteers and Sisters of Notre Dame who provide basic needs and support to immigrants and refugees at the border. She volunteered to assist at the Breakfast Café for the poor, and helped with children’s liturgy.

She will be attending University of Central Missouri in Warrensburg in the fall.

Augusta is the daughter of Daniel and Christy Nickolaus.

### 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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Wit and Wisdom
from G. K. Chesterton

“To say that the moderns are half-educated may seem to be too compli-
mentary by half.” – Illustrated London News, June 2, 1928

“The mass of the immoralists never believed in immorality or in anything
else. They never really thought that wrong was right, because they never
really thought at all. They merely believed what they were told; that being
lawless was the latest thing.” – The Well and the Shallows

“They have committed the supreme suicide who have yielded to the spirit
of the times.” – Illustrated London News, Aug. 11, 1923

“The only really practical type of a rebellion is that which is also a repentance… All real reform springs
from this sense of something wrong, not only in our surroundings, but in ourselves.” – Illustrated London
News, Oct. 23, 1920

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 vol-
unteers to fulfill this mission. Heart of
the Matter is published monthly by
Sacred Heart Church, Columbia, MO.

“BROTHER, CAN YOU
SPARE A DIME?”
Just $1 will provide 15 meals
for those in need. Support the
Central Missouri Food Bank
by calling (573) 474-1020.