Prost Golf Tournament to be held Sept. 28

By Gene Gerke

The nineteenth Annual Paul Prost Memorial Golf Tournament will be held at Columbia Country Club on Monday, September 28. This year we are very pleased to have two signature sponsors, Prost Builders and Missouri Solar Applications.

Proceeds for the tournament benefit the Sacred Heart Building Maintenance Fund. The tournament has generated more than $120,000 to help repair and update Sacred Heart facilities.

There are many opportunities to have fun and support the good cause.

Volunteer to help with the tournament day.

Play in the tournament and compete for great prizes. Just complete and mail the nearby registration form.

Become a tournament sponsor. Sponsorships are $250 and include
- Sponsor name on sign on the golf course
- Sponsor name on flyer on each golf cart
- Sponsor recognized in The Heart of the Matter

Many prizes will be awarded including longest drive, longest putt, closest to the pin, and cash prizes for the top three teams in two flights.

The tournament is in memory of Paul Prost. Paul was a long-time member of the Sacred Heart parish family. He spent countless hours working to improve Sacred Heart’s buildings. Paul was also an avid golfer. Paul and his wife, Bernice, were members of Sacred Heart Parish for six decades.

Positive results amidst negative times

By Barbara Head, Social Concerns Chair

We could all use some positivity now a days. You might not realize it but if you donate money using the Poor envelope, you have made a big difference in people’s lives. Rather than develop programs at Sacred Heart, which would cost money and develop a need for more office staff, we take advantage of local existing programs by supporting them.

We do keep some of the funds to distribute as needed, and we give money donated to Love Inc., St. Vincent de Paul Society, Voluntary Action Center (VAC) and the Food Bank.

Your funds are helping Love Inc. staff and volunteers provide the help critically needed by those most impacted by the pandemic. From mid-March to mid-July, Love Inc. helped 42 people find jobs or better jobs and provided 23 car repairs so employed workers could keep their jobs. They

Continued on page 3

Rosary Coast to Coast

The 5th Annual Rosary Coast to Coast will be held on Sunday, Oct. 11. Join other Catholics in the simultaneous Rosary across the US at 3 p.m. Central. The Rosary will also be held in 50 other countries around the world.

“Today our battle is spiritual! We continue to live in peaceless times with laws and court rulings in conflict with God’s laws; especially the disregard for the rights of the unborn, elderly and weak in our society and the attacks on marriage and family values. Society and many levels of government continue to demonstrate intolerance towards biblically based religious belief and practice. In conflict with First Amendment constitutional rights, persecution of traditional religious expression has reached historically high levels.”

For additional information visit rosarycoasttocoast.com
## Birthdays

| Sept. 1 | Renee Hoagenson, Victoria Mendoza-Castro, Johanna Nickolaus, Leah Pierce, Patricia Whelan                     |
| Sept. 2 | Lucas Green, Frank Nacarato, David Rapoff, Ulisses Silva, Maria Luisa Suzzarini Torrealba                 |
| Sept. 3 | John Fuenhausen, Holly Haley, Gayle Jones, Neal Slattery                                                |
| Sept. 4 | Christa Evans, Hayden Freeman, Christine Gardner, Ema Higgins, Daniel Kitchen, Delaney Martin, James Mortimer |
| Sept. 5 | Stanley Manahan, Francie Quinn, Casey Wilson                                                           |
| Sept. 6 | Jack Heibel, Briana Hernandez, Tara Luetskemeyer, Casey Rotert, Channing Tillman, Robyn Vradenburg       |
| Sept. 7 | Aramis Guzman, Nathan Hernandez-Fuentes, Mariela Mendez-Rogel, Michael Reilly, Ruben Ubias               |
| Sept. 8 | Jacob Adams, Maria Bates, Tria Gooch, Laura McHugh, Theda Perez                                       |
| Sept. 9 | Jason Hernandez-Fuentes, Steven John Rae, Marsha Rowaihy, John Stansfield                             |
| Sept. 10 | Sarah Jolley, Jorge Lugo-Camacho, Mary Jo Peck, Blandina Pinho, Paul Prost, Mary Ann Wilkinson          |
| Sept. 11 | Sharon Garcia, Anneke Hall, Mary Hopkins-Nichols                                                      |
| Sept. 12 | Susan Claey, Alejandro Ocaña-Robles, Michelle Ortbals                                                  |
| Sept. 13 | Anneliese Anz, Megan Pursifull, Fernando Santana, Alec Scherer                                         |
| Sept. 14 | Juan Mendez, Vanessa Plummer                                                                          |
| Sept. 15 | Xochilt Galindo-Salas, Taylor Kelty, Freyohannes Kidane, Valeria Rodriguez                            |
| Sept. 16 | Ronald Armentrount, Connie Caffrey, Joe Crider, Caleb Ortbals, Janette Robledo, Regan Ubias, Judith Walker |
| Sept. 17 | Enith Ballinas                                                                                        |
| Sept. 18 | Campbell Laird                                                                                        |
| Sept. 19 | Samuel Drury, Kristin Green, Arnold Kurtz, Camila Ortega                                               |
| Sept. 20 | Katherine Burkett, Jocelin Guerrero, Pete Harvey, Arely Lopez, Theresa Ortbals, Jennifer Rodriguez      |
| Sept. 21 | Zackary Borgmann, Victoria Fuentes, Evelin Garcia, Jenna Glaubitz, Kristin Riney, Sherri Vizcarra       |
| Sept. 22 | Cecilia Albers, John Donelon, Jean Feltz, Elizabeth Fisher, Kelly Fuentes, Clayton Neuner, Moises Sosa, Samuel Sosa, Teresa Vasquez, Gary Vogelweid |
| Sept. 23 | Joseph Kropac, Stacia Reilly                                                                            |
| Sept. 24 | Anna Dickerson, Steve Fedenia, Larry Glaubitz, William Grus, Isabel Rife                               |
| Sept. 25 | Nancy Ballinas, Shelley Naydychor, Paula Thomas, Marina Trumbo, Michelle Wiley                         |
| Sept. 26 | Vicky Anaemna, Ronald Baker, Suzanne Dennis, Salome Lugo-Torres, Joshua McNeely, Aimee Mosso, Rebecca Shafter |
| Sept. 27 | Terry Elwing, Daelynn Hernandez, Nicholas Kalitzandanakes                                               |
| Sept. 28 | John Aguilar, Robin Aguilar, Solange Garcia Santos, Dayton Grover, Jocelyn Lopez, Maria Mendez-Sosa     |
| Sept. 29 | Brayden Andrews, Clariza Candia, Jose Garcia, Diane Jennings, Paul Land, Juliana Ramos                   |
| Sept. 30 | Caroline Andriano, Brenda Spell                                                                           |

## Eternal Rest

**Laura Ann Perez-Mesa, 1928 – 2020**

Laura Perez-Mesa died on August 11, 2020. To all those who had the good fortune of knowing her, she was the embodiment of effortless elegance, charm and class.

Laura was born in Hopkinton, Iowa, to George Heims and Florence (Jurgens) Heims on August 28, 1928. She grew up in Monticello, Iowa, graduating from Sacred Heart School in 1946 and then from the Northwest Institute of Medical Technology in Minneapolis, Minnesota in 1950.

She met her Cuban born husband, Dr. Carlos Perez-Mesa, while working at Penrose Hospital in Colorado Springs, Colorado. Dr. Perez-Mesa knew only several English phrases at the time, which included “please don’t order the lobster” and “I’m not Desi Arnez.” They were married in Monticello, Iowa in 1959 and honeymooned in Dubuque, Iowa, Detroit and Newark, New Jersey; must have been booked at the time.

Laura furthered her education by attending classes at the University of Iowa, Colorado College and the University of Missouri, where she was very involved with Osler Life Long Learning. Yet, she could still not teach her husband how to pronounce “Vikings” or “fantastic.”

She is survived by her children: Carlos Perez-Mesa, Jr., who resides in Kailua, Hawaii; Michael, who resides in, ironically, Colorado Springs, Colorado, and; daughter, Melissa Hayes, who resides in Webster Groves, Missouri. In addition, Laura has 8 grandchildren: Carlos Aurelio and Ava Perez-Mesa; Austin, Gabriella and Carlie Perez-Mesa and John Carlos, Michael Thomas and William Hayes.

Laura’s husband, Dr. Carlos Perez-Mesa, died in 2000. Even 41 years later, he still told her not to order the lobster.

Laura’s siblings include Joseph Heims (deceased), Louis Heims, and Mary Noshbish.

In light of the current COVID restrictions, a Memorial Mass of Christian Burial will take place at Sacred Heart Catholic Church in Columbia, Missouri. Details of this service and Celebration of Life, most likely to occur in mid-2021, will be provided later.

Laura has requested that in lieu of flowers, memorial contributions be made to the “Dr. Carlos Perez-Mesa Lectureship in the Medical Humanities”: University of Missouri - Columbia Office of Development, One Hospital Drive, DC 205.00, Columbia, Missouri, 65212. Or to the We Always Swing Jazz Series, 21 N 10th St, Columbia, MO 65201.

Laura’s motto was “treasure every moment that you have, and treasure it more because you shared it with someone special, special enough to spend your time. Remember that time waits for no one, yesterday is history, tomorrow is a mystery, and today is a gift. That’s why it’s called the present. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their heart to us.” No one was a better friend than Laura Perez-Mesa.

The unofficial mayor of Columbia is, sadly, now no longer. Long live the Queen.
Exercise is essential for well-being during COVID-19 pandemic

By Becky Shafer, Health Ministry Committee

As we cope with the current pandemic, business closures, social distancing, and changes in everyday schedules are disrupting just about every aspect of ordinary life — and exercise routines are no exception. Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise is now even more important for physical health and mental well-being.

Why is exercise important during the COVID-19 pandemic? Regular exercise is essential for everyone under normal circumstances. However, here are a few reasons why exercise is especially crucial during this pandemic:

- Exercise boosts the immune system: Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections.
- Exercise may prevent weight gain: Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
- Exercise reduces stress and anxiety: Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
- Exercise improves sleep: There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night’s sleep has also been found to boost your immune system.

Exercise may be especially beneficial for older adults and people with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise can help to improve balance, flexibility, strength, mobility, and cardiovascular health. Plus, it can boost energy and overall well-being. According to recommendations from the American Heart Association, adults should aim for at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity per week.

How can I stay physically active despite closures? There are many ways you can be active, even when the gym is closed and you are practicing social distancing. If you have a chronic condition or are an older adult, you should check with your doctor before starting an exercise program. Your doctor may be able to recommend exercises safe for you and/or types of exercise you should avoid. Here are a few suggestions to help you get moving:

- **Exercise with family:** Exercise is an excellent opportunity for family fun. Walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples of how you and your household members can exercise together.
- **Get outdoors:** Walking, cycling, jogging, and hiking can help you get fresh air while staying safely away from others. If time is a concern, consider breaking your workout up into several 10-minute sessions. You’ll be surprised at how quickly a few brisk walks around the block can add up to a full workout.
- **Follow along with online exercise videos:** Whether you enjoy yoga, cardio kickboxing, strength training, dance, or another type of workout, chances are you can find a service offering online videos. Many exercise studios and other community organizations are now providing on-demand virtual fit-
Parish School of Religion News

By Maria Cox

I know families have had to make decisions about school and childcare recently that may not be ideal. Please know that you have many resources available to you in our city and county. As your PSR Director, I am here for you. You may contact me at psrdirector@sacredheart-church.org, call/text 573-832-3356, or call the church office at 573-443-3470 and leave a message.

For this school year, 2020-2021, PSR will not meet in person. However, as I stated in my last article, I have purchased curriculum that includes an Activity page and links to on-line lessons and resources. *Pflaum* is the same curriculum the children have been using for a few years, so hopefully you are familiar with it. The exception would be our kindergarten and first grade students from last year who were instructed using *The Good Shepard* curriculum. First grade students moving to second grade are now eligible for sacramental preparation to receive First Reconciliation and First Eucharist. Families will need to indicate that their child is ready for this instruction. Along with the *Pflaum* Activity page, those students will have additional material as well as a teacher that will meet with them weekly via a virtual platform.

Enrollment will be up and running very soon. I will be sending an email message to all families that were enrolled last year, except 8th grade families. (Hopefully, they are attending Life Teen.) If you are NEW to PSR, you may contact me using the contact information above or visit the church website to enroll. The fee this year will only include the cost of curriculum material which is $16.00. Students enrolling in sacramental preparation will have an added cost of $14.00 ($30 total). You will be able to submit payment through We Share on the church website, or if you are attending church in person, you may put your payment in an envelope marked PSR and drop it in the collection basket. Any family needing financial assistance with fees should contact me, please.

I invite ANY parishioner called to support the PSR program to make a financial donation by using We Share or labeling an envelope PSR and adding it to the collection basket. You may also mail it to the church office, attention PSR on the memo line. Donations allow me to assist families by covering all or some of the enrollment fees. I thank you in advance for your generosity and support of this ministry.

I will be ready to distribute materials the weekends of September 12-13 & 17-18 after all Mass times. Each student will receive a folder with Activity Pages, parent resource, and an instruction sheet for accessing on-line resources. I have a plan for a “drive through” pick up system but need final approval of the space since it would mean impeding traffic. I will share details via email and church website soon!

As a professional teacher, I have been very busy preparing for various instruction scenarios. I have been learning about the importance of relationships, routines, and resiliency. There have been moments when I feel completely overwhelmed by the enormity of the task before me. This is when I stop, breathe, and talk with God. I mostly thank Him for giving me the wisdom and strength to do what I do. From Joshua 1:9, “Be strong, and courageous! Do not be afraid or discouraged, for the Lord your God will be with you wherever you go.” Right now, these words are my comfort and allow me to continue on with my tasks. Remember to take time to breathe. God is with you, always.

OLL Interparish School News

By Chris Drury

OLLIS has successfully reopened in the height of a pandemic when many schools are not reopening. They feel so blessed. There are 603 students currently enrolled with 25 from Sacred Heart.

While school looks different, they are making strides to get back to as close to normal as possible. Many things are different in order for them to be in compliance with the local health order and to keep everyone safe. It is important for the entire OLLIS community to be partners in this process. Remember parents, your feelings about the health crisis will be picked up quickly by your children. Being positive around your children (no matter how you feel personally about the health order/COVID) will help them have a better school experience.

When things get tough, we ask that you turn to God for encouragement and grace in dealing with the pandemic.

OLLIS appreciates those who have been volunteering to improve the grounds and create an environment that is welcoming during a time requiring social distancing. The school staff loves seeing all those positive comments and photos on social media. The OLLIS community is better together and they greatly appreciate your prayers and support.

You might also enjoy seeing our first All School Mass. Fr. Duncan spoke directly to the students in their classrooms. To watch the All School Mass, click on this link: [https://www.facebook.com/OurLadyofLourdes.Columbia/videos/303696237554714](https://www.facebook.com/OurLadyofLourdes.Columbia/videos/303696237554714)

You will also find that students get tired toward the end of the week and their enthusiasm may wane. Remember it is hard to get back into a routine after 5 months. Your positive, supportive comments will help your child get through this situation.

Life Teen

By Renee Molner, Director of Youth Ministry

CoMo Life Teen has wrapped up a fantastic summer, and we’re so glad we were able to meet in person for bible studies, adoration nights, and for outdoor activities! Our last event of the summer was a movie and bonfire night, and everyone seemed grateful to be with each other.

We’re so excited to be back for another great year of youth group! We’ve planned a full fall schedule with the hopes that we can have (socially distanced) in-person Life Nights. Our first Life Night of the semester is Sept. 6. We meet Sunday nights from 6:45-8:30 p.m. at the Sacred Heart Activity Building.

Continued on page 5
2020 Tolton CASH Raffle

Tolton’s raffle has now begun! Once again this year there will be 5 CASH prizes: $15,000, $2,000, $1,000, $1,000 and $1,000. Chances of winning are 5:10,000. The drawing will take place the evening of September 18. Tickets will be $20 apiece and families with a single child enrolled will need to sell 42 tickets and families with multiple children will need to sell 52 tickets. Due to COVID-19 restrictions, there will be no selling events scheduled this year. However, tickets will be available to purchase online at https://ToltonCatholic.OurRaffle.org. Any questions, please contact Jean Jenner at jean3jenner@yahoo.com.

Lunch Volunteers Needed!

We need volunteers to help us with our lunch service. We have openings every day except Tuesday. Lunch volunteers are needed from 10:45 to 12:30. Volunteers must complete VIRTUS child protection training. Workers must wear a mask and have their temperature checked upon arrival. We'll be packaging lunches and serving them to students as well as cleaning. You can serve every week or alternate weeks if you prefer. Please contact Brenda Neuhaus at bneuhaus@toltoncatholic.org to volunteer or with questions.

Life Teen

Continued from page 4

CoMo Life Teen is a youth group for all high school students, and we have a great time building community and learning about our faith. If you have any questions, email us at comolifeteen@gmail.com. Our semester schedule and additional information can be found on our Facebook and Instagram pages (@comolifeteen).

With our Confirmation info sessions over, we’re ready to start our year of Confirmation prep for our high schoolers! All registered students will meet for the first class on Sept. 13 from 1:30-3 p.m. in the Chapel at the Newman Center. We’re excited for another year of sacrament prep - the teens tend to create a great faith community within their class, and our team of volunteers are incredibly knowledgeable. Please be praying for these high schoolers as they start their journey toward this sacrament!

Positive results

Continued from page 1

also provided financial assistance to 74 families to prevent homelessness and, in many cases, helped them locate permanent housing. Wonderfully, Love Inc. is already seeing some families move from crisis to financial stability through their Extra Mile transitional housing and budget coaching program.

VAC continues to provide services during the COVID-19 crisis, and they are determined to continue to do so as they serve many who are most vulnerable at this time. Your donation will help the VAC continue to provide food, hygiene and household cleaning supplies, diapers, prescription co-pays and other services at this critical time. The VAC remains vigilant to respond in other ways as circumstances unfold.

Our recent donation to the Food Bank is essential in helping them to continue their distribution of food as they react to the COVID-19 crisis. They are working with partner agencies throughout their service area to adapt and continue providing nutritious food to those who need it most. The Food Bank serves so many because of their bulk purchasing power. With every $10 in donations they are able to purchase $210 worth of groceries. The wholesale value of that food is more than $50 million. At the root of that giving is you.

There are many people who live pay-check to pay-check, and they are one disaster away from being homeless or having their utilities shut off. St. Vincent de Paul Society assists residents of Columbia mostly with rent and utility bills, but all assistance requests are considered. Unexpected expenses happen and with your help St. Vincent can pay the rent or utilities and help people keep their head above water.

We have even been able to help some parishioners directly who have been negatively affected by COVID-19, because of your generosity. Hopefully with your continuing generosity our small but mighty parish can continue to make a positive long-term difference in our community.

Ounce of Prevention

Continued from page 3

- Take a virtual class: If you have the resources, consider supporting a local fitness studio or personal trainer by signing up for online classes or training sessions. Some trainers even offer private virtual sessions customized to your needs, schedule, and preferences.

- Challenge yourself: Set an exercise goal - such as doing yoga five days per week or beating your best 5K time - and make a plan to work toward achieving it.

- Tackle calorie-burning chores: Chores such as mowing the lawn, gardening, washing the car, or cleaning the garage provide opportunities to build muscles and burn calories.

Although it may take some effort to create and adjust to new fitness routines, regular physical activity can help you optimize your health and well-being during the coronavirus pandemic and beyond.

Adapted from Norwalk Hospital at nuvancehealth.org/coronavirus https://www.norwalkhospital.org/newsroom/article-listing/adults-exercise-and-covid19
Season of Creation 2020

‘Jubilee for the Earth: New Rhythms, New Hope’

By Nancy Singh

Did you know that the Season of Creation is a worldwide celebration of creation beginning on Sept 1, the World Day of Prayer for Creation, and lasting 30 days until Oct. 4, the Feast of St. Francis of Assisi, the Patron Saint of Ecology and author of the famous Canticle of the Creatures?

Christian churches throughout the world come together during this time of ecumenism in gratitude, reverence, and contrition for all of the countless gifts we’ve received from God through creation, and to ask forgiveness for the many ways we’ve ravaged and abused those same gifts. It’s a time of great spiritual growth for humanity and a time of healing for Mother Earth, our home. There are special Masses, prayer services, and a renewed appreciation and awareness of our need to protect the earth and to treat it with the great respect it deserves as having been created by God, just as we have been created by God.

This year’s theme: “Jubilee for the Earth: New Rhythms, New Hope” reminds us that just as human beings require rest to rejuvenate and prosper, the earth does as well! This year in particular many people have sensed a need to be still and appreciate the calm. The spread of COVID-19 throughout the world has caused people to slow down and has even reduced the number of cars on the streets these days, reducing our carbon footprint and making the air healthier for everyone.

But, as the fires rage out of control in CA and other southwestern states, severe hurricanes continue to pound the low-lying coastal areas, and the arctic shelf continues to melt and increase ocean levels, there is still much to do to protect the earth and our own existence as well. Certainly, it’s a win-win situation when we take care of our planet and truly respect the home God has given us.

Here are some suggestions to help you celebrate this year’s Season of Creation:

1) Attend the evening Mass and prayer service afterwards which will be dedicated to the Season of Creation on Wednesday, Sept. 16. Come and pray for the earth and the many people within our own country and around the world who are suffering as a consequence of the damage we’ve caused to it;

2) Let the earth rest. Fight the urge to have a perfect lawn and avoid using harmful chemicals on it that hurt bees and other insects, as well as pollute the soil and water with dangerous substances. God finds weeds beautiful, too;

3) Go for a walk or bicycle ride in a park in your neighborhood and really enjoy the feeling of being out of the house and in nature. God surrounds us with this beauty 24/7, if only we’d bother to look;

4) Get involved with the Sacred Heart/Newman Center Care for Creation Ministry and make a difference in the world!

Contact Sr. Francine for more information.

Help needed for bazaar

We need your help!!!

The annual Sacred Heart Bazaar will need to go online this year. The Bazaar committee is seeking a parishioner who can assist with setting up a webpage featuring handmade items that will be for sale. If you have experience and the time to donate to your parish, please contact Doris Crites at dorcee1938@aol.com or 573-474-6596.

Peanut Brittle

The Sacred Heart Bazaar committee will be accepting orders for bags of peanut brittle now through November 15th for delivery in early December. To place an order please contact Barbara Kingsley, 573-443-7054 or, Pat Andrews, 573-875-5610 or, Doris Crites at dorcee1938@aol.com or 573-474-6596 (leave message).
**Nineteenth Annual Paul Prost Memorial Golf Tournament**

**Columbia Country Club**

4-person scramble  
Monday September 28, 2020  
Noon lunch, 1:00 PM start

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<td>$400 for a team of four</td>
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<td>Registration fee includes greens fees, cart, lunch, beverages, prizes, and gifts</td>
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Many prizes will be awarded including longest drive, longest putt, closest to the pin, and cash prizes for the top teams in two flights.

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Make checks payable to Sacred Heart Church and mail with registration form to:  
Pat Gerke  
2105 S Country Club Dr., Columbia, MO 65201  
Email: patgerke@gmail.com, Phone: 573-875-7125, Fax: 888-359-1326

**Tournament Dress Code:** No denim, no metal spikes, men must wear a collared shirt.

Note: There are no rain dates or refunds.

Proceeds Benefit the Sacred Heart Parish Building Maintenance Fund
Continuing the spiritual journey

From fear to love to peace

By E. Jane Rutter

“We have nothing to fear but fear itself,” FDR said. In this time of the pandemic and global vulnerability that statement may sound trite. Some are afraid the end time is near. For many, COVID is uppermost in our thoughts as we change routines to avoid going to places we usually frequent; events we unfallingly attend. Rather than living normally, we’ve become immobilized by fear. Indeed, our paralysis reflects FDR’s subtle message to, above all, fear the unlived life.

It is naïve to think we can vanquish fear or the threat or actuality of disease, war and hostilities. It is true that we are born, live and will die. Our challenge is how we choose to live. God gives us this precious gift of life on earth not to claim as our own but to further His eternal kingdom. In the short life span of our hometown United States of America, God has endowed us with many freedoms: to learn, to express ideas, to work, and to worship.

To preserve these freedoms, we must first recognize God as their source. Freedom is not reading only to understand the words, speaking only for the debate, or working merely for financial gain. Freedom is giving all of ourselves to God, submitting our wills to God’s great plan. To worship we must open our hearts to the Father. We must seek His direction through prayer, while acknowledging our limitations as human servants of the perfect Christ.

Stewards of God’s gifts of life and freedom, He calls us to action regardless of circumstance. As St. Hilary said, “I am well aware, almighty God and Father, that in my life I owe you a most particular duty. It is to make my every thought and word speak of you.”

Whatever talent or duty God bestows on us is merely self-gratifying if we hear His call. When our hearts long to do God’s will we can set aside complacency despite fear, responding in the affirmative with full faith that where God takes us, He gives us the words to speak, bread to eat, place to rest, friends with which to walk and peace of mind.

St. Benedict is an exemplary role model for stewardship in action. Forsaking the temporal pleasures of the world, he became abbot and founder of the Benedictine Order. In his Rule of St. Benedict, the early Christian set forth the standard for life in monastic communities and ideals for Christian spirituality that still endure. Under the four tenets of prayer, study, labor, and community he advised, “We must always serve God with the good things he has given us.”

Contrasting other monastic groups around 500-540 A.D., St. Benedict’s communities flourished with his common-sense instructions encouraging the perfection and use of individual talents for the good of all. The first fruits harvested through Benedictine labor were witnessed in the education of youth, building of Cathedrals and flourish of scholarly writings.

Since recorded time, the world has not seen a century of conflict. Conflict seems to reside hand in hand with man, whether in our neighborhoods or far off continents. Yet Christ’s message of love and hope and stewardship has never faltered. Our earthly lives may not always be easy, but we hold the choice of ongoing spiritual joy in God.

We simply need to engage.

And so I pray: Dear Lord, fill our hearts with love and compassion. Lead us through the dark of this time into the light of your Word. Give us the courage to sow peace.

Parish Council

By Ron Meyer, Parish Council President

The meeting opened with a prayer by Father Francis. The minutes from the July meeting were approved without further revision.

Members of the landscaping committee working on the memorial garden made a presentation regarding various ideas as to what the garden could look like and they responded to questions from the council. The most immediate concern was to hire a landscape designer to coordinate this effort and have it available for when the area was ready. A motion was made and passed to hire Gene Hrdina for up to 20 hours of work. He has worked on numerous other similar projects for other churches.

The columbarium is completed and ready for delivery. We are still waiting for the electrical lines to be buried (note: this work has been completed since the meeting). Bids are being sought for all of the concrete work and fencing. Once a contract is awarded the foundation for the columbarium can be poured.

The council members received the feedback from the small groups that worked on the Better Together project. This material will be reviewed by the council members. A committee of the council will then compile the comments and develop an overall discernment report for the parish which will be submitted to the diocese.

There was one quote for an upgraded security system for the office. However, it was not a “mobile” system. We will try to obtain an additional quote for a mobile system.

The finance committee reported that a deficit is expected for the 2021 year due to the pandemic. Maintenance expenses will also increase with all the projects underway. Expenses were approved to bury the electrical lines and also to have the re-plat of the campus so later construction (overhead coverage for the columbarium) can be made to the area.

The Hispanic committee reported that they are working on getting the community more involved in completing the census.

It was reported that PSR will be on-line this year with an expected 80+ students to participate.

The meeting ended with Our Father.

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:
Parish Celebrations

Aneliz Sophia Ramírez Sánchez, daughter of Marcos and Jacqueline Ramírez, was born in Columbia, MO, on Nov. 21, 2017. She was Baptized at Sacred Heart on August 8, 2020. Pictured are Marcos, Jacqueline holding Aneliz, Fr. Francis Doyle, and godparents Patricia White and Luis Cruz.

August Stephen Pilger, son of Jacob Edward and Elise Catherine (Welsh) Pilger, was born in Columbia, MO, on Dec. 22, 2019. He was baptized at Sacred Heart on August 15, 2020. His godparents are Brett Joseph Bessine and Anna Rhee Sezwick. Pictured is August being held by Fr. Francis Doyle.

Abigail Njeri Karuga, daughter of Alexander Ngugi Karuga and Marisol (Gómez) Karuga, was born in Columbia, MO, on Oct. 17, 2019. She was Baptized at Sacred Heart at the 4:30 Mass on Saturday, Aug. 22, 2020. Pictured are godparents Jorge Mendez-Flores and Faviola Gómez, Alexander holding Abigail, and Marisol.
Parish Celebrations

Grace Elizabeth Fisher, daughter of Neil John and Elizabeth Ann Fisher, received First Communion at Sacred Heart at the 4:30 Mass on Saturday, August 1, 2020.

Felix Abekas, son of Abedi Abekas and Mauwa Malenga, and Rebecca Dhenyi, daughter of Justina Lossi and Dhenyi Tsedah, received First Communion at Sacred Heart at the 8:30 Mass on Sunday, August 2, 2020. Felix and Rebecca are pictured with Fr. Francis Doyle.

Anna Josephine Dickerson, daughter of Michael Paul and Marie Teresa Dickerson, received First Communion at Sacred Heart at the 11:00 Mass on Sunday, August 2, 2020. At the same Mass her sister Elsa received prayers and best wishes from Deacon Bill Caubet as she served her last Mass before leaving for college. Pictured are Benjamin, Paul, Anna, Marie and Elsa Dickerson.
Allison Jasmine Hernandez and Kailynn Alexa Hernandez, daughters of Carlos and Katherine Hernandez, received First Communion at Sacred Heart at the 11:00 Mass on Sunday, August 16, 2020. Pictured in front are Kailynn, Fr. Francis Doyle and Allison. In back are Katherine, Carlos, Donna, Brenda, Sandra and Adalynn Hernandez.

Stephanie Corona De La Torre, daughter of Alejandro Corona and Patricia De La Torre, received First Communion at Sacred Heart at the 1:00 Mass on Sunday, August 16, 2020.
“Government grows more elusive every day. But the traditions of humanity support humanity; and the central one is this tradition of Marriage. And the essential of it is that a free man and a free woman choose to found on earth the only voluntary state; the only state which creates and loves its citizens. So long as these real responsible beings stand together, they can survive all the vast changes, deadlocks, and disappointments which make up mere political history.” – In Defense of Sanity

“The human house is a paradox, for it is larger inside than out.” – In Defense of Sanity

“There are two ways of getting home; and one of them is to stay there.” – The Everlasting Man

“Joy comes from within and not from without.” – The Apostle and the Wild Ducks

**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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**Wit and Wisdom**

**from G. K. Chesterton**

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