

Hope amid the devastation

Weeks after a super typhoon struck a vulnerable region of the Philippines, Fr. Dandi Bermejo and his coworkers were still helping some of the poorest victims recover.

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The CATHOLIC MISSOURIAN

February 18, 2022 • Vol. 65 No. 17

Newspaper of the Diocese of Jefferson City

Taking time to celebrate marriages that endure



Father Ernst Dike blesses a group of couples who have been married for 50 years or more during a Feb. 14 Mass in the Montgomery City Knights of Columbus Hall. The Immaculate Conception Parish conference of the St. Vincent de Paul Society organizes a Mass and Valentine's Day luncheon to celebrate long-enduring marriages. — Photo by Jay Nies

By Jay Nies

Eleven long-married couples gathered in a semicircle around the temporary altar in the Montgomery City Knights of Columbus Hall.

Father Ernest Dike extended his hands and called down a blessing over them.

“Lord, in their struggles, let them rejoice that You are near to help them,” he prayed. “In their needs, let them know that You are there to rescue them. In their joys, let them see that You are the source and completion of every happiness.”

It was Immaculate Conception Parish's annual Valentine's Day Mass and luncheon for couples who have been married 50 years or more.

Those who attended brought to the altar and the table over 1,000 years of combined married experience.

“It's wonderful that we are gathered here today to give thanks to God for the gift of love, for the gift of marriage, for the gift of good health and for the gift of family,” said Fr. Dike.

A missionary priest of the Diocese of Orlu, Nigeria, Fr. Dike is serving as the modified temporary Parochial Administrator of Immaculate Conception Parish in Montgomery City, St. Patrick Parish in Jonesburg and Church of the Resurrection Parish in Wellsville.

He said the couples at the Mass are living witnesses that it is possible to stay married for decades while growing in love and respect for one another with God's continued help.

“You are all a living encyclopedia of what marriage is,” the priest stated. “You have seen the good, the bad and the ugly, and you have shown the virtue of perseverance and held tenaciously to

See MARRIAGE, page 19

St. George School in Linn bestows six husbands with awards during Catholic Schools Week

See group photo on Page 27

By Jay Nies

The six men who received Distinguished Graduate Awards from St. George School in Linn this year have an unusually personal connection to the school.

Each is married to one of the teachers.

“The Sacrament of Marriage is a vocation,” Principal Lisa Grellner pointed out during a Catholic Schools Week award ceremony at the school. “Especially, if you marry a Catholic school teacher.”

She explained the rationale for honoring Kevin Grellner, Chris Jurd, Neil Loethen and Sam Reinkemeyer, who are St. George graduates, and Terry Johnson and Scott Wingrath, who were receiving honorary recognition.

Not only do all of them help pass the faith on to their own children, they also accept the sacrifices that come with having their wives teach in a Catholic school.

“They are also great examples of living out the call for stewardship,” said Mrs. Grellner, “which is the grateful response of a Christian disciple who recognizes and receives God's gifts and shares these gifts in love of God and neighbor.”

Their work around the school is indispensable.

“These gentlemen get called upon to do a variety of things such as painting the school, cleaning classrooms, moving furniture, unclogging toilets, squeegeeing water out of a flooded science room (three or four times), cleaning gutters, fixing shelves, hanging flags and changing light bulbs,” Mrs. Grellner noted.

But even more important is the emotional support these men have provided to their wives, which has helped the school weather COVID shutdowns and other challenges.

“Teaching is changing and is a hard profession,” said Mrs. Grellner. “None of us could do our jobs if it were not for these gentlemen standing before us.”

“They have supported their wives and are models for living out their vocation of married life,” she stated.

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02/18/22



The Chancery Office of the Diocese of Jefferson City is now taking applications for the following positions in our Jefferson City office:

- ▶ **Administrative Assistant**
- ▶ **Director of Child and Youth Protection**
- ▶ **Director of Communications**
- ▶ **IT Coordinator**

Job descriptions and links for applying can be found at diojeffcity.org/about-us/employment/

Principal Needed



Sacred Heart School in Sedalia, Mo. is a pre-kindergarten through 12th grade Catholic school. Established in 1882, our vision is to provide Extraordinary Catholic Education, Through Christ, For All. Sacred Heart School offers a high-quality Catholic education to willing students of all faiths and economic backgrounds.

The school is seeking a highly effective Principal for the 2022-2023 academic year to assist in driving change and continue building our academic culture. The selected candidate will have an expectation of increasing and accelerating student achievement, evaluating and implementing effective curriculum and will be prepared to assist in leading students, staff and the community towards success.

The Principal is part of a three-person leadership team, with the School President, Principal and Assistant Principal collaborating in a comprehensive educational agenda. The Principal is expected to lead Sacred Heart's key instructional and spiritual initiatives, help to develop teachers and staff, as well as leading students through a challenging college preparatory curriculum.

Candidates must be active practicing Catholics. Applications for this position will be accepted through March 4, 2022. For more information please contact Dr. Mark Register at mregister@gogremlins.com.

Mini-mission in Boonville

DATE: February 23
TIME: 7 - 8:30 pm

Father Stephen Jones, director of stewardship for the Jefferson City diocese, will lead a parish mini-mission on Wednesday, Feb. 23, in Boonville.

It will be from 7 to 8:30 p.m. in Ss. Peter & Paul Church, 322 Seventh St.

The theme will be "Lent and the Resurrection: A Guide for the Christian Life."

Fr. Jones will guide participants through four brief theological reflection on a verse from Sacred Scripture followed by opportunities for silence and prayer in the presence of the Blessed Sacrament.

All are welcome and encouraged to attend.

Virtual Monastic Experience

DATE: March 4-6
VIRTUAL

The Benedictine Sisters of Perpetual Adoration invite single women, ages 18-40, who are considering religious life to attend a Virtual Monastic Experience via Zoom March 4-6.

The event's organizers will digitally show discerners around the monastery in Clyde, Mo., introduce some of the sisters, and share tips on prayer and discernment. The experience will include one hour of input each day. There will also be an opportunity to connect with the vocation director one-on-one. There is no cost to attend.

The Catholic Missourian

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"A diocesan paper serves as a bond of unity by publishing diocesan happenings and promulgating official regulations and decrees. It also plays a teaching role by reporting notable events of a religious and secular nature, and interpreting them in the light of Christian principles."

— Bishop Joseph M. Marling C.P.P.S., July 7, 1957

Bishop W. Shawn McKnight
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Pray for deceased priests

Feb. 27 — **Fr. James J. O'Sullivan**, Sacred Heart, Eldon (2004)
Mar. 1 — **Fr. Lawrence P. Mullen**, St. Joseph, Edina; and St. Aloysius, Baring (1996)
Mar. 3 — **Fr. Edward A. Doyle**, Immaculate Conception, Montgomery City (2019)

40 Days for Life kick-off rally Mar. 1 in Columbia

A kick-off rally and outdoor candlelight vigil for the Columbia 40 Days for Life Campaign will be held at 6 p.m. on Tuesday, March 1 on the sidewalk outside the Columbia Planned Parenthood, 711 N. Providence Road in Columbia.

Now in its 15th year, this local observance of the twice-yearly, nationally observed period of prayer and fasting includes peaceful vigils on the sidewalk outside Planned Parenthood.

Daily prayer vigils on the sidewalk will be held from 8 a.m. to

6 p.m. from Wednesday, March 2, through Sunday, April 10.

Abortions are no longer performed at the Columbia location, but women seeking abortions are given referrals there.

"We only need you to pray with us!" said Kathy Forck, coordinator for Columbia 40 Days for Life. "God will take care of the rest."

For information or to sign up for an hour to pray outside Planned Parenthood, visit:

40daysforlife.com/columbiamo

To register, please contact Benedictine Sister Maria Victoria at 660-944-2221, ext. 127, or vocation@benedictine

sisters.org.

For more information, visit BenedictineSisters.org.

College scholarships

The Diocese of Jefferson City is pleased to offer our parish families college scholarship opportunities through a generous donation from the families of William H. (Bill) Simon and John L. Warack.

To be considered for these scholarships, applicants must meet the following criteria:

- The student must be a registered Catholic in the Diocese of Jefferson City.
- The student must submit a completed application by March 31, 2022.
- The student must demon-

strate a financial need by submitting a copy of their Student Aid Report (SAR).

•The student must submit a letter or recommendation from: 1) school official (teacher, counselor, principal, coach, etc.), 2) current or present pastor.

•For the John L. Warack Scholarship, the student must attend the University of Missouri-Columbia.

For more information and to complete an application, visit diojeffcity.org/collegescholarships/.

Corrections

•Incorrect information was included in the Decree of Official Appointments published in the Feb. 4, 2022, edition of *The Catholic Missourian*. **Mrs. Kimberly Luebbert**, who was appointed to a three-year term on the Diocesan Liturgical Commission, is director of music for Immaculate Conception Parish in Loose Creek.

•An old statistic was included in the article, "Catholic School principals, teachers react to an unexpected act of gratitude," in the Feb. 4, 2022, edition of *The Catholic Missourian*. There are currently 6,981 students enrolled in the 37 Catholic grade schools and three Catholic high schools in the Jefferson City diocese — nearly 300 more than the number stated in the article.

We apologize for the errors.

2022 Lenten regulations and admonitions for the Diocese of Jefferson City

As another Lenten journey of conversion begins on Ash Wednesday, March 2, 2022, and ends with the Mass of the Lord's Supper on Holy Thursday, April 14, 2022, Holy Mother Church calls all Catholics to a deeper spirit of penance, fasting, almsgiving and prayer, "which express conversion in relation to oneself, to God, and to others" (*Catechism of the Catholic Church* # 1434 & 1969).

In order to foster a greater spirit of penance, of reparation for sin, to encourage self-denial, and so guide us more closely in the footsteps of Christ, Holy Mother Church reminds us of the following obligations of fast and abstinence during Lent and also admonishes us all to deeper prayer and worship.

Obligations

Abstinence — All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday, all Fridays of Lent and Good Friday.

Fasting — Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday.

Fasting is generally understood to mean eating only one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Voluntary fasting on other weekdays of Lent is highly recommended. But please note: when health or ability to work would be seriously affected, neither the obligations of fasting nor abstinence obliges.

These are minimal penitential practices and should not be lightly excused. If in doubt, please consult your parish priest.

Other recommended forms of fasting, including alcoholic drink, needless television, video games, internet use, and social entertainment, are of true spiritual value and strongly encouraged.

Almsgiving — The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a witness of fraternal charity and an expression of Lenten conversion.

Therefore, all Catholics are

encouraged to support generously the charitable works of the whole Church — through regular stewardship to their parish, support of charities, and their generous response to the diocesan Catholic Stewardship Appeal.

Regarding the Sacrament of Reconciliation for baptized adults seeking full communion with the Church, any previously baptized adult to be received into the full communion of the Catholic Church should appropriately

Masses may not be celebrated on Holy Thursday, Good Friday or Holy Saturday, nor on the Sundays of Lent.

When pastoral reasons require that a funeral be celebrated on these days, a Liturgy of the Word with the Final Commendation is to be held.

Holy Saturday — Mass may not be celebrated on Holy Saturday, April 16, 2022, except the Easter Vigil, which may be celebrated only after nightfall.

Easter Duty — All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season.

Of course, Catholics are encouraged to receive Holy Communion as often as possible, not only during Easter-tide.

However, anyone conscious of a grave sin must receive the Sacrament of Reconciliation before approaching to receive Holy Communion.

Covering of Crosses and images in Lent — From a rubric of the *Roman Missal* for the Fifth Sunday of Lent: "In the dioceses of the United States, the practice of covering crosses and images throughout the church from this Sunday of Lent may be observed. Crosses remain covered until the end of the Celebration of the Lord's Passion on Good Friday, but images



Prayer — In order to deepen one's love for Christ, Catholics are urged all the more to participate in the Sacramental life of the Church during Lent by attending daily Mass and frequenting the Sacrament of Penance and Reconciliation.

Admonitions

Baptism — Infants are properly baptized on Easter Sunday or during the Easter Season.

Confirmation — Any persons who were baptized Catholic but never catechized and who now wish to receive the Sacrament of Confirmation, may be confirmed by a priest at the Easter Vigil (or any other time) only if written delegation is given to the priest by the Diocesan Bishop.

The priest is asked to contact Bishop W. Shawn McKnight in writing *well in advance* of the Easter Vigil outlining the candidate's full name; the date and church of baptism, and explain the reason for this request. Bishop McKnight will gladly consider each pastoral request on an individual basis.

Reconciliation — Lent is also a privileged time for celebrating the Sacrament of Reconciliation, including its communal celebration. At communal celebrations of Reconciliation, however, general absolution is not permitted by the Law of the Church.

celebrate the Sacrament of Reconciliation before the Easter Vigil.

Marriage — Wedding Masses may not be celebrated during the Easter Triduum, on the Sundays of Lent, Ash Wednesday or during Holy Week.

Marriages that do take place at other times during the season of Lent should be according to the proper liturgical norms and provisions, mindful of the penitential spirit of the season.

Please note that according to the instructions given in the *Third Edition of the Roman Missal*, the Gloria is to be sung, or at the very least, recited at all wedding Masses, including those celebrated during the season of Lent.

Funerals — Funeral

See LENT, page 22



Bishop McKnight's Calendar

FEBRUARY

Feb 19 Blessing Mass of St. Thomas the Apostle Church renovations, 5 pm, St. Thomas

Feb 20 Confirmation Mass, Immaculate Conception Parish, 2 pm, Jefferson City; Prayer and dinner with younger priests, 5 pm, Bishop's residence

Feb 22 Pontifical College Josephinum Seminary Board of Trustees Meeting, 8:30 am, Columbus, Ohio

Feb 23 Catholic Rural Life Board Meeting, 2 pm, Virtual; Confirmation Mass, Immaculate Conception Parish, 6:30 pm, Loose Creek

MARCH

Mar 2 Catholic Charities of Central and Northern Missouri Board of Directors Meeting, noon, Catholic Charities Center, Jefferson City

Mar 6 Right of Election, 2 pm, Our Lady of Lourdes Parish, Columbia


Mar 7 Catholic Rural Life Board Meeting, 10 am, Virtual; Center for Applied Research in the Apostolate Executive Committee Meeting, 11 am, Virtual

Bishop McKnight's February prayer intention for our Local Church

For those who are ill, depressed, or forgotten in society; may the charity and mercy of the local parish community manifest the healing presence of God and counter the culture of indifference.

Intención del mes de febrero del Obispo McKnight por nuestra Iglesia Local

Por aquellos que están enfermos, deprimidos u olvidados en la sociedad; que la caridad y la misericordia de la comunidad parroquial local manifiesten la presencia sanadora de Dios y contrarresten la cultura de la indiferencia.



Please be so kind as to make this a part of your group and private prayer.

Msgr. Michael Wilbers: 50 years ministering to God's family

By Jay Nies

Monsignor Michael J. Wilbers once shared some priestly advice from an old friend.

"Keep close to the Lord Jesus in your prayer. Keep close to the Lord Jesus in your work and ministry. Seek Him often in word and in sacrament. Reveal the Lord's love for us in who we are and what we do. Remember that the disciples didn't stay in Emmaus, they spread the Good News. So may you do the same."

Those words have been guiding Msgr. Wilbers throughout his first 50 years of Priesthood.

Whether by helping parishes throughout the diocese form and empower the laity; providing steady leadership behind the scenes; forging friendships in the parishes that were entrusted to his care; and now by humbly offering up the difficulties of advanced infirmity,

he has kept the light of his priestly ordination burning.

"He has served the Church well, gone where he's been called to go and done what he's been asked to do," stated longtime friend Sister Kathleen Wegman of the School Sisters of Notre Dame. "His record of service is a wonderful testament."

Committed to renewal

Msgr. Wilbers, a son of the late Fred and Julietta Wilbers, grew up in Jefferson City and attended St. Peter Interparish School.

"Many of us who have been formed and nurtured in the environment of a Catholic school know of the great benefits we have received," he stated upon receiving the school's Distinguished Alumni Award in 2010.

He recalled that many priests,



Bishop W. Shawn McKnight visits Monsignor Michael J. Wilbers in Jefferson City.
— Photo by Monsignor Robert A. Kurwicki

religious and laypeople created an atmosphere that brought the Gospel to life for him.

"I am most grateful to my parents who made many sacrifices to provide this opportunity to me," he said. "I know

I would not be a priest today without this foundation."

He attended the St. Thomas Aquinas Seminary high school in Hannibal, followed by philosophy and theology studies at Conception Seminary in Conception, Mo.

He ministered as a deacon at St. Pius X Parish in Moberly, where he organized a religious education program and helped couples prepare for marriage, and at St. Gregory Barbarigo Parish in Maryville, where he offered a weekly religious-education course for adults.

On Feb. 26, 1972, in St. Peter Church in Jefferson City, Bishop Michael F. McAuliffe, now deceased, ordained him to the Holy Priesthood.

Msgr. Wilbers would spend the next 40 years in both parish and diocesan ministry.

He remained in Moberly as

an associate pastor while serving at the chancery offices in Jefferson City as associate director of religious education.

He became the diocesan religious education director in 1974.

"He did a fantastic job of leading that office," said Mark Saucier, a longtime coworker at the chancery. "He was very proud of those years in religious education, both in terms of the accomplishments and the team he put together."

Not only did he assemble an impressive pool of catechists in Central Missouri, he worked with parishes to the north and the south to establish regional catechetical centers in Edina and Rolla.

"He proved himself to be quite an adept architect for ministry," stated Jim Kemna, who worked with Msgr. Wilbers in religious education and later served for many years as director.

Msgr. Wilbers organized annual Religious Education Institutes, inviting nationally-recognized Catholic speakers and drawing hundreds of people to the Capital City.

"He wanted everything done right," said Mr. Kemna. "He was very committed to helping the parishes accept the call of the Second Vatican Council to a renewed, invigorated laity and a renewal of catechesis."

While continuing in that role, he was appointed pastor of

See MSGR. WILBERS, page 21

Father McCartan Memorial School in Marceline Presents:



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- C&W Hardware, 110 S. Kansas Ave.
- Text or call Brooke at 660-734-3393

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Seating at 6 / Dinner at 6:30

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Mar. 4

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Mar. 6

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Vocalists will work with
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"Life is a gift"

New pipe organ, being built as part of Cathedral renovation, will help direct people's hearts, voices toward God

By Jay Nies

When renovations are completed next year, the Cathedral of St. Joseph in Jefferson City won't just have a renewed appearance, it will also have a clearer, more colorful voice.

A new, custom-designed organ is being built to make the hymns sweeter and the moments of encounter deeper for parishioners and pilgrims alike.

"We believe that God is the source of everything that is true, good and beautiful, the work of our hands and the creativity of our minds," said Father Jeremy Secrist, pastor of neighboring St. Peter Parish in Jefferson City, who is also the diocese's moderator for pipe organs.

"That's why we strive to make the most of these things as preparation for an encounter with the Triune God, from Whom all of these artistic attributes flow," he said.

This Cathedral's first major renovation in its 53-year history will incorporate classical elements into the familiar structure, enhancing its beauty, functionality, capacity for hospitality and uniquely Catholic identity.

Fr. Secrist has been working with the Buzard Organ Company (buzardorgans.com) of Champaign, Illinois, to design an organ of suitable beauty and proportion for the renovated Cathedral.

"As is often said in organ-building, the most important stop of any organ is the room, the space that it exists in," Fr. Secrist noted.

The new instrument will occupy the same space as the previous one, but the Cathedral itself will be substantially different, with many new materials that will enhance its acoustics and bring greater depth to all sung and instrumental music.

Mindful of that, said Fr. Secrist, this new organ is being designed and built "to serve the needs of the People of God, respective of the other beautiful things that will

be occurring within the Cathedral, while giving a nod to the rich and colorful history that came before."

A phase of that history ended shortly after noon on Jan. 9, when the last triumphant strains of "O God, Beyond All Praising" and a postlude arrangement of "Rejoice! The Lord is King!" gave way to stillness.

"We decided to send it off on a high note," said organist Annette Kehner, who accompanied the last Mass before the Cathedral was closed for renovation.

Several sets of pipes from the previous organ, installed when the Cathedral was built in 1968, will speak again in the new instrument.

Others will find homes in different organs that are yet to be built.

"So we'll be taking a bit of what was good about the old instrument and incorporating it into something new and even more beautiful," Fr. Secrist said. "It's a very Catholic approach that we're taking."

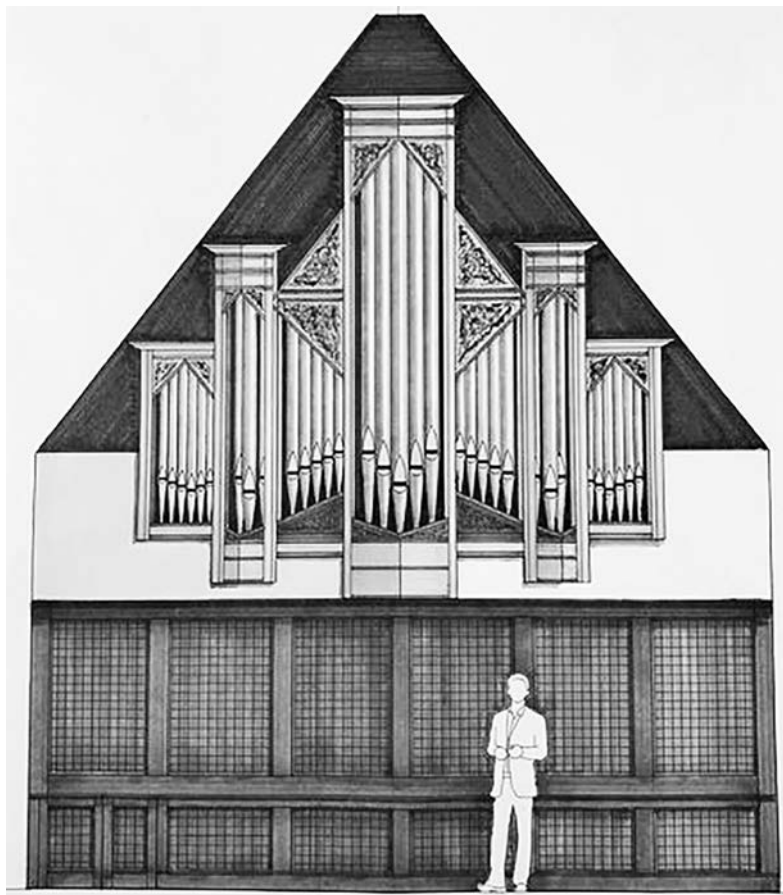
It was clear that the old or-



Sets of organ pipes from the Cathedral of St. Joseph's previous, 1968-vintage pipe organ are placed in the middle of the Cathedral, which is undergoing a major renovation, in this photo from Feb. 1. These pipes will be reconditioned and incorporated into the new instrument that is being designed and built for the Cathedral. — Photo by Father Jeremy Secrist

gan was wearing out and needed to be replaced.

"It served us well, but it was very much a product of



A preliminary rendering from the Buzard Organ Company website suggests how the newly-designed pipe organ might look in the space vacated by the previous instrument in the Cathedral of St. Joseph in Jefferson City.

the time in which it was produced," said Fr. Secrist, who used to help tune and maintain the organ when he was associate pastor of Cathedral of St. Joseph Parish from 2004-07.

The blower and windboxes for forcing compressed air into the pipes were deteriorating, as were some of the pipes themselves.

In addition, because of the instrument's tonal qualities and the building's dry acoustics, the voices never mixed properly. Much of the sound came from about head-level, right behind the choir, meaning that it had to fight its way past a group of people.

The new organ will have more voices — 40 ranks of pipes versus 31 — most of which will project into the Cathedral from high above the choir members' heads.

Many of the various sets of pipes will be enclosed in chambers. The organist will be able to adjust the volume at which those pipes are

multiplied the possibilities for mixing the organ's voices and creating appropriate tonal effects for whatever kind of music is being played.

The new pipes and the complex systems that will make them speak are being built to last for generations.

"We're laying the foundation for people still to be praising and worshiping here long after we've all gone to meet God," Fr. Secrist stated.

Love's greatest depths

John-Paul Buzard, president and artistic director of Buzard Organ Co., has stated that the company's purpose is to create "functional works of art."

His objective all along has been to combine the tonal strength and richness of late-19th- and early-20th-century organs with modern versatility and timeless functionality.

"Our organs truly sing in their spaces, and their singing encourages us in *our* singing," the company's website states.

Fr. Secrist said hearing is believing. As a member of the

See ORGAN, page 27



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Fr. Bermejo's mission in the Philippines gave immediate help in the wake of super typhoon

By Jay Nies

A powerful typhoon that struck the vulnerable region of the Philippines nine days before Christmas compounded the misery from COVID, industrial pollution and generations of appalling poverty in and around Manapla.

"We were hit very hard by the super typhoon RAI, which caused so much devastation and loss of lives, property and homes of thousands of people," reported Father Donardo "Dandi" Bermejo.

Fr. Bermejo is founder and director of the Works of Charity Center and St. Joseph the Worker Charity Clinic for the indigent sugarcane plantation workers of the Negros Occidental region.

He spent 10 years ministering in the Jefferson City diocese before returning home to minister to some of the poorest people in his homeland.

Much of the support for the

ministries he conducts comes from the people who contribute to the mission outreach of the Jefferson City diocese.

"Typhoon RAI was so powerful and catastrophic," Fr. Dandi reported. "It brought torrential rains with packing winds up to 168 miles per hour. It pummeled us for nearly 10 long hours. It was so scary."

More than 400 people died, with another 80 reported missing.

The storm knocked out electricity, access to water and internet services for more than a week.

In response, Fr. Dandi and his coworkers in ministry set about providing rice, food, water and other basic needs to many of the poorest victims.

"As soon as the super typhoon left the Philippines, we bought several sacks of rice and repacked them and distributed them to so many affected people," he noted.

The afternoon of Christmas Day, the group distributed 70 pieces of galvanized iron to about 10 local families whose roofs had been ripped off their homes.

Doing so was especially urgent, because the rain continued to pour for weeks after the typhoon, he said.

"We also shared monetary contributions to so many in or-



Massive, uprooted trees were lying on top of the ruins of homes in the immediate aftermath of a super typhoon that struck the Philippines shortly before Christmas.

— Photo by Father Donardo Bermejo

pital and did what they could to help with the hospital bills.

"It was so heartbreaking — and it still is," the priest stated.

The destruction and suffering made for a nearly unbearable Christmas and New Year.

"But what I continue sharing with the people — and I don't care whether they believe me or not — is the message that Christ is the Emmanuel Who was born to live and dwell

der to help them even a little bit repair their devastated houses, as well as providing medical assistance and medicines to those

who were sick," he said.

He and his coworkers helped transport people who were injured to the nearest hos-

See TYPHOON, page 17

Contemplative Prayer is divine therapy

DATE: March 5
TIME: 9 am - 12:30 pm

The following was written by the moderator of spiritual formation for the Jefferson City diocese:

By Father Matthew Flatley

Sisters and brothers, have you ever lived through a global pandemic?

Can you imagine?

Surely, an experience like this would be an incredibly challenging, painful, frightening and stressful episode in our lives.

And just try to imagine the stress and challenge it has been for our children.

My friends, in no way is my intention here to be flippanant about the dreadful suffering and grief many of us have had to endure, wrought by the worldwide scourge of COVID.

Our hearts go out to those who have lost loved ones, and our fervent prayers continue in the hope that our medical and scientific communities can discover the best ways to beat this virus and help us to find new ways to live with a new normal.

In this light, I am delighted that Pope Francis has set in motion the preparations for the Jubilee Year 2025, which he believes "can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so

urgently desire" after two years of pandemic and suffering. He has chosen "Pilgrims of Hope" as the motto for the Holy Year.

Can we remember how to hope?

Most of all, let us remember those theological virtues of faith, hope and love ... which can only be received ... that is, when we open to receive them.

We must all strive to seek healing and hope at this time and certainly one of the best ways to open to healing and hope, is to turn to Christ in prayer.

In particular, Contemplative Prayer.

Christ reveals Himself as the Divine Physician, Who came to heal.

He not only reveals Himself to be the Divine Physician in Sacred Scripture, He also shows us the pathway into full healing of body, heart and spirit.

Christ invites healing at a level of wholeness where our human spirit fully unites with the spirit of God.

United in Prayer Day

"Then suddenly a woman who had been suffering from hemorrhages for 12 years came up behind him and touched the fringe of His cloak, for she said to herself, 'If I only touch His cloak, I will be made well.' Jesus turned, and seeing her he said, 'Take heart, daughter; your faith has

made you well.' And instantly the woman was made well." (Matthew 9:20-22)

How can we grab onto this cloak and not let go? How can we come to the absolute acceptance and conviction that God dwells within our very center and loves us, offering us healing and hope?

Jesus said to his Apostles, "Come Follow Me." And He is calling us, too.

In silent, contemplative prayer, Christ calls us to a deeper relationship with Him.

Our task is to be open, consent and surrender to the movement of the Holy Spirit to receive this healing, which leads to hope and the fullest experience of faith and the acceptance of Divine Love.

Please join the Contemplative Outreach of Central Missouri (COCEMO) for our annual Christian ecumenical United in Prayer Day on Saturday, March 5.

It will be offered this year, both in person and virtually via Zoom, from 9 a.m. until 12:30 p.m. at Broadway Christian Church, 2601 W. Broadway in Columbia.

To register, please call 573-864-1097; email cocemoweb@gmail.com, or visit cocemo.org.


Fr. Flatley is pastor of Holy Family Parish in Hannibal and St. Joseph Parish in Palmyra.

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Distinguished graduates honored during Catholic Schools Week

By Jay Nies

Each year during Catholic Schools Week, Catholic schools throughout the country honor graduates that exemplify the schools' values and ideals.

Here are some of this year's honorees from the Jefferson City diocese:

JEFFERSON CITY

St. Joseph Cathedral School honored **Ann Linhardt**, a member of the Class of 1989.

Mrs. Linhardt has spent the past 21 years in education. She began her career at the Special Learning Center in Jefferson City, became the director of Brain Balance 13 years later, and has spent the past years teaching at St. Joseph Cathedral School.

She and her husband Craig have three children, who attend the school.

Upon receiving the award, Mrs. Linhardt thanked many of her former educators, who had such a huge impact on her life.

She shared some advice she gives to her second-graders: "When you are suffering, or stressed, or feel like you are being tested in your faith ... go to the Cross and feel the Kiss of Jesus, feel His embrace, feel His heart is open to love you!"

Immaculate Conception School honored **Josh Kampeter**, a member of the Class of 1997.

He and his wife Emily are very active in Immaculate Conception Parish, leading music at Masses on weekends, occasionally with their two children, who attend I.C. School.

Mr. and Mrs. Kampeter "are also very involved with other parish activities as well," said Heather Schrimpf, principal. "Their love for Catholic education and the Catholic faith is evident. They have committed countless hours to volunteer for numerous functions and parish events.

"They continue to be a great asset to our school and parish,"

said Mrs. Schrimpf.

MARSHALL

St. Peter School honored **Stephanie Thomson** with this year's "Friend of St. Peter" award.

"She is a helper," stated Mary McCoy, principal. "And when she's finished being a helper, she finds a way to help some more. She is a teacher, a mother, a leader, a go-getter and a doer. There is no job she's unwilling to tackle."

Ms. Thomson collects bids when they're needed, helps bake cinnamon rolls the school fundraiser, and was instrumental in purchasing a swing set for the school.

"She's committed to Christian values, not just in the way she speaks, but in the way she interacts with others, in the way she supports our school, in the way she lives," said Mrs. McCoy.



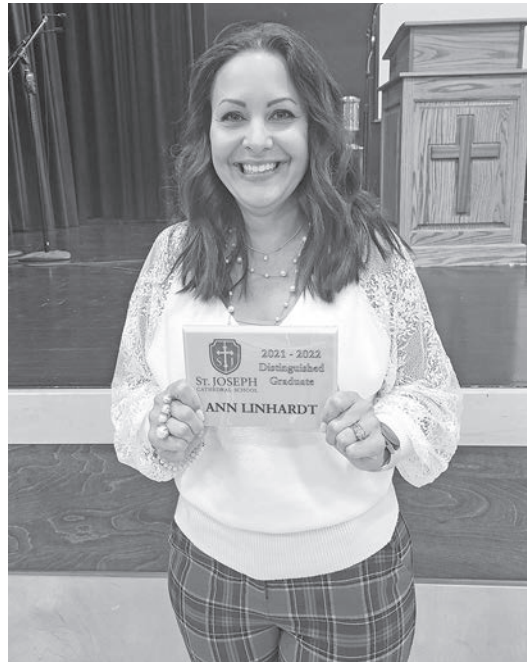
Father Anthony Viviano, pastor of St. Joseph Parish in Westphalia and St. Anthony of Padua Parish in Folk, presents this year's Distinguished Alumni Award from St. Joseph School to Jim Massman.

MEXICO

St. Brendan School in Mexico honored **Vince Fuemmeler**, a member of the Class of 1986.

Mr. Fuemmeler coached boys' basketball for four years, chaired the dinner auction for two years, and was on the parish advisory council and school advisory council.

He is active in the larger community, serving as past president of the Mexico Chamber of Commerce, Rotary Club and YMCA.



LEFT: Ann Linhardt received this year's Distinguished Alumni Award from St. Joseph Cathedral School in Jefferson City. RIGHT: Vince Fuemmeler received this year's Distinguished Alumni Award from St. Brendan School in Mexico.



He continues to serve St. Brendan Parish by welcoming and providing instruction to people who are interested in becoming Catholic;

assisting with providing meals to people who are homebound; and is discerning a possible call to the permanent diaconate.

Mr. Fuemmeler founded his own company, called IMS, in 2008 to help businesses streamline operations with information technology support and software.

He and his wife, Sandy, have two sons, who attended St. Brendan School.

"Through his life, Vince has demonstrated that he is truly dedicated to sharing with others what he has learned starting with the foundation provided by the education he received at St. Brendan School," an article about him stated.

"The education and high expectations, opportunities for leadership and moral development received at St. Brendan School helped shape the life and career of Vince Fuemmeler," the article stated. "His demonstration of a life of stewardship in being a grateful and giving disciple continues to be a model to students today."

WESTPHALIA

St. Joseph School honored **Jim Massman**, a member of the Class of 1967, with its Distinguished Graduate Award.

Since graduating, Mr. Massman has continually dedicated his life to giving back to his parish and his elementary school, stated Patricia Kirk, principal.

He and his wife, Darlene, are owners of Massman Plumbing and Wiring.


They have two daughters, who are members of St. Joseph Parish, and eight grandchildren. Four of them attend St. Joseph School.

"For many years, Jim was

responsible in making sure the plumbing was working in the bathrooms of the school," Ms. Kirk noted. "And whenever the lights would go off or a plug would not work, Jim was right there fixing it, no matter what time of day or night."

He still helps out at school whenever needed.

"You have seen Jim working many years with parish picnics and the Spring Dinners," said Ms. Kirk. "Nowadays, Jim has added another job title for his life as you see him working along with Darlene in the garden area north of the Hilda House in summer, fall, winter and spring."

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QUESTION CORNER

Effect of 'last rites' / What justifies natural family planning?

By Father Kenneth Doyle
Catholic News Service



Q. My husband died suddenly and did not receive the last rites of the Catholic Church. We had just come back from Mass and Holy Communion about three hours earlier. I am very upset that he was not able to receive the last rites, and this has been very difficult on me. I would be grateful for your thoughts on this. (Columbus, Georgia)

A. I would not be worried about your husband's salvation. I suspect strongly that he was wonderfully prepared to meet the Lord — having just shared in the celebration of Mass, together with receiving the Lord in the Eucharist.

God is not bound by the sacraments; if one has led a good, prayerful and charitable life, he has little to fear when the moment of death arrives — even if that should come suddenly. At the same time, though, I don't want to minimize the importance of the Sacrament of Anointing of the Sick.

As the *Catechism of the Catholic Church* says, the conferral of that sacrament has several effects: "the uniting of the sick person to the passion of Christ, for his own good and that of the whole Church; the strengthening and courage to endure in a Christian manner the sufferings of illness or old age; the forgiveness of sins, if the sick person was not able to obtain it through the sacrament of penance; the restoration of health, if it is conducive to the salvation of his soul; (and) the preparation for passing over to eternal life" (No. 1532).

Given the salutary effects of this sacrament, the Church recommends not waiting until death is imminent before requesting to be anointed. Any serious illness, even early in its course, qualifies a person to ask for this sacrament.

Q. My wife and I are planning to take our two children on a trans-Atlantic trip next spring to visit my grandmother. We expect that it will be her only opportunity to meet her great-grandchildren, as she is in poor health. However, my wife has expressed concern about taking that long plane trip if she should then be pregnant. Additionally, general medical advice seems to be that women are better off waiting for a year after birth before becoming pregnant again. (Our youngest is 8 months old.) Pope Paul VI's "*Humanae Vitae*" allows for the use of natural family planning to avoid pregnancy when there are "well-grounded reasons" (also translated as "just cause"), while Pope Pius XII's "Address to Midwives on the Nature of their Profession" required "grave reasons" for such use. Has the Church clearly settled which of these standards to apply? (Wichita, Kansas)

A. Your question is answered in the *Catechism of the Catholic Church*: "For just reasons, spouses may wish to space the births of their children. It is their duty to make certain that their desire is not motivated by selfishness but is in conformity with the generosity appropriate to responsible parenthood" (No. 2368).

Even Pope Pius XII's 1951 address to midwives, which you referenced, mentions "medical, eugenic, economic and social" reasons as possible justification for licit use of the sterile period. In your own circumstances, my pastoral judgment would allow natural family planning. Your motive is certainly not one of selfishness, but kindness to your grandmother.

Questions may be sent to Father Kenneth Doyle at askfatherdoyle@gmail.com and 30 Columbia Circle Dr., Albany, New York 12203.

Papal Audience
February 16, 2022

Dear Brothers and Sisters:

Our catechesis on St. Joseph now concludes with a reflection on his role as "Patron of the Universal Church." This title, bestowed on St. Joseph 150 years ago by Blessed Pius IX, is based on the witness of Scripture. In the Gospels, Joseph is consistently presented as the guardian of the Virgin Mary and the Child Jesus. Just as Joseph protected the Holy Family, so too he continues to love and protect the Body of Christ, which is the Church, as well as the poor, the sick and the dying whom the Lord calls the least of His brothers and sisters. St. Joseph teaches us that we too must love

and protect the Church and Christ's poor. At a time when it is easy to criticize the Church, this means frankly acknowledging that we are a people of sinners graciously redeemed by God's mercy, while at the same time bearing witness to the Risen Christ's presence in our midst, the transformative power of His grace in the sacraments, and the holiness which is the unfailing gift of His Spirit. Together with so many saints throughout history, let us commend ourselves and the needs of the Church to the protection of St. Joseph, asking him, in the words of today's prayer, to "guide us in the path of life... and defend us from every evil. Amen."

I greet the English-speaking pilgrims and visitors taking part in today's audience, especially those from Nigeria and the United States of America. Upon all of you, and your families, I invoke the Lord's blessings of joy and peace. God bless you!

Lenten parish mission in Hannibal

DATE: March 1-3
TIME: 7 - 8:30 pm

Holy Family Parish in Hannibal and St. Joseph Parish in Palmyra will host a Lenten Parish Mission with Jesuit Father Jeff Putthoff on Tuesday through Thursday, March 1-3.

Sessions will be from 7 to 8:30 p.m. in Holy Family Church, 1111 Broadway in Hannibal.

All are invited and encouraged to attend any and all sessions.

The theme will be "You Are the Salt of the

Earth" (Matthew 5:13). Fr. Putthoff will lead participants into an exploration of this teaching, using St. Ignatius of Loyola's Conversational Prayer of Encouragement and Curiosity.

Fr. Putthoff is a retreat leader and director of the Spiritual Exercises of St. Ignatius and desires to help others connect to God. He is a gifted national speaker on trauma-informed care, organizational dynamics, youth formation, Ignatian spirituality and leadership.

Visit him on Facebook at [fatherjeffputthoffsj](https://www.facebook.com/fatherjeffputthoffsj)

Catholics Returning Home program to begin March 1 in Camdenton

St. Anthony Parish in Camdenton will host Catholics Returning Home, a program designed to assist people on the journey back to the Catholic Church.

Participants will meet from 6:30 to 8 p.m. on six Tuesday evenings beginning March 1.

Catholics Returning Home participants meet in a small group to share their stories, clear up misunderstandings, begin to heal old hurts, and answer questions.

They also refresh their understanding of the Creed, the

Sacraments and the Mass.

The meetings are informal and friendly. There is no obligation; no pressure.

Many of the facilitators were non-practicing Catholics at one time and are eager to share their stories.

Masses in St. Thomas

Mass will return to St. Thomas the Apostle Church in St. Thomas beginning Saturday, Feb. 19.

Weekend Masses will be at 5 p.m. on Saturdays and 10 a.m.

Meetings are in the St. Anthony Education Center, 1874 North Business Route 5 in Camdenton.

For information, call or text Joyce at 573-410-9191 or call the parish office at 573-346-2716.

on Sundays. Mass in St. Cecilia Church in Meta will be at 8 a.m. on Sundays.

St. Thomas the Apostle Church has been undergoing renovations.

Where were You, God?

By Effie Caldarola
Catholic News Service



On the morning of Jan. 5, a fire tore through a Philadelphia rowhouse that had been converted into apartments. Twelve people died, including nine children.

Probably most Americans heard the news, then moved on to the next big story. Perhaps the situation on the Ukrainian border grabbed our attention or the filibuster fight or the horror of yet another, bigger apartment fire, this one in the Bronx.

But then my daughter told me what

I'd missed.

"Did you know that the 5-year-old boy who was playing with a lighter, which started the Christmas tree on fire, made it out of the building alive?"

I felt like someone had punched me. No, I didn't realize a 5-year-old likely caused the Philadelphia fire, survived, and told authorities what had happened. And after investigation, officials believe that the evidence corroborates his story.

My heart broke for that 5-year-old. What would this burden do to his life? In the span of moments, the trajectory of his future curved into something unimaginable.

He must have known all the victims. Some of them were probably playmates, and worse, perhaps some were his imme-

diately family.

He'll probably live his life in proximity to this community. People may always define him as "the boy who ..." That's what he may imagine them thinking. Hopefully, that's not how he will define himself.

I confess, my first reaction was to be angry with God. How could God permit such a thing?

But there was horror all around — for the victims, their families, the other survivors. Beyond that, every day there are victims of violence, war, accidents, overdoses, suicide.

Why did God's absence seem so stark in this case? Perhaps because my son was once 5, or maybe because tragedy became so real in the person of one little guy

wandering around the house in the early morning whose curiosity would forever change his life.

The world's cruelty suddenly seemed encapsulated in his story. Where were You, God?

I found solace in an excellent column written by Helen Ubiñas in the Jan. 12 *Philadelphia Inquirer*. She had the exact concerns for the child as I did.

This led her to visit the website, "Accidental Impacts," which provides support to people who deal with a death or injury they have unintentionally caused. Think, for example, of a woman backing out of a parking space who has no idea a 2-year-old has just run behind her car.

See CALDAROLA, page 23

Students and teachers are struggling in never-ending pandemic

By Mike Brown
Catholic News Service

It has been two tough years for teachers and students.

I returned to teaching high school English last year, after more than 30 years of being out of a classroom while serving as a Catholic journalist. I didn't envision the challenges that would come to hit me square on from a pandemic that doesn't seem ready to end.

The 2020-21 school year began online for me, teaching English to freshmen who never really finished middle school. My "classroom" featured the mother of all "Hollywood Squares" screens and the impression that students possessed the same height, skills and stable family background.

Naturally, I bonded with the images of the students on my screen but quickly learned that not everything was picture-perfect.

As the semester closed, I learned that one student who had stopped logging in had been admitted to a medical facility after attempting suicide. Subsequently, I learned of other cases; all of them cited isolation from their peers as one factor.

When school opened in August 2021, most students attended in person. However, there was a clear difference between the maturity levels I expected to see and the ones of the students on campus.

Freshmen acted more like sixth graders and even upper-class students more often paraded around like freshmen. There were schoolyard fights almost daily.

As the year progressed, the omicron variant spread like wildfire. Anywhere from a third to half of my students were absent on any given day.

Teachers and school staff weren't immune to the effects of pandemic. A large number retired during the summer; others waited till the end of the first semester to leave.

After Christmas, with the virus in full bloom, teachers were calling out sick for multiple days following a positive COVID-19 test, with few or no subs available to cover classes.

Those of us healthy enough to work chipped in by skipping our planning periods to keep the students in their classrooms. Otherwise, classes are moved to large halls or the cafeteria to make sure they are monitored safely by security or office staff.

I have talked to several teachers — young ones and veterans — who are looking to leave after the semester. The students are too crazy and have lost too much time; teachers are asked to cover classes and can't get a break; and parents, administrators or some other foil are asking too much of us.

Going back to remote learning is not an answer. Redoing the year of remote learning — giving high schoolers a fifth year to recapture lessons and catch up on the maturity scale — makes sense to me but few others.

What doesn't make sense is the push for teachers to have students show progress on standardized tests.

This mentality is driven by decades of "educational reform" during which high performing schools are rewarded for their achievements and, following unsuccessful funding boosts, underperforming schools bear financial hardship.

Because of this model, all teachers are pressured to teach to the test, analyzing which questions and which standards need to be overcorrected before the next set of tests.

I tried this when my students underperformed on identifying supporting evidence and main ideas in a paragraph. I retaught the section, assigned extra work and even tried more essay writing to drive the lesson home.

At the next testing block, their scores were even lower. It is hard to focus on

these types of "trivial" exercises after you have buried your grandmother or some other family member who died of COVID-19.

Eventually, omicron will wane, the

students will gain maturity, teachers will start feeling good about themselves again and the last two years will fade like

See BROWN, page 23

REFLECTION

High and mighty

By Mark Saucier

Last Sunday, a line in the first reading from Jeremiah hit me. The "weeping prophet" struck a joyful note when he described one who trusts in the Lord as "a tree planted beside the waters that stretches out its roots to the stream."

Those words echoed in the Psalm that followed, which declared that the righteous one is like "a tree planted near running water."

I don't know why this image of a tree suddenly captivated me. The Bible is thick with references to trees.

Genesis begins with the Tree of Knowledge of Good and Evil, and Revelation ends with the Tree of Life.

In between, the mention of trees is surpassed in number only by those referring to people and to God.

Trees in the Bible, all those oaks and olives, figs and sycamores, had significance in their respective stories, but in general they were symbols for the attributes and the gifts of God.

But Sunday's two were different. In these, the tree is used to convey what it means to be human in relationship to God.

According to children's author Maria Gianferrari, "We are all like trees: our spines trunks, our skin bark, our hearts giving us strength like heartwood. We are fueled by air and sun."

I don't think Jeremiah or the psalmist would disagree, but they saw in the comparison something even more profound.

Trees try to grasp the heavens, but they can do this only because of a complex rooting system that can capture nutrients in the soil and spread out to delicately balance the tree. We, too, have been planted in a soil that feeds us through family, relationships, neighborhoods and traditions.

Time and attention to these will strengthen our roots and ensure stability as we reach for the light. Nutrients alone are not enough to bear fruit. Roots are in constant search of water, always stretching to the stream, as Jeremiah says.

This is true for us as well — for what is prayer but seeking out the water of life, the ever-flowing love of God that sustains us?

Driving today, I noticed cedar trees growing vertically out of the sheer limestone walls of the highway cutouts. Their radiating roots had dug through cracks in the rock to search for water and were now anchoring and giving life.

Like those cedars, we're not all planted next to a running stream, but trusting in the Lord, we will find our way to the water.

Visitor to Starkenburg shrine finds radiant cross image in her photo

By Jay Nies

A light stood out from the others, and it was in the shape of a cross.

Marian Scheppers Forck made the discovery while looking at photos she took on Nov. 8, during the Church of the Risen Savior Parish Fall Dinner in Valentine Hall at the Shrine of Our Lady of Sorrows in Starkenburg.

“This was very special to me, seeing the cross,” she stated in her St. Aubert News column in the Nov. 10, 2021, edition of the *Unterrified Democrat* newspaper.

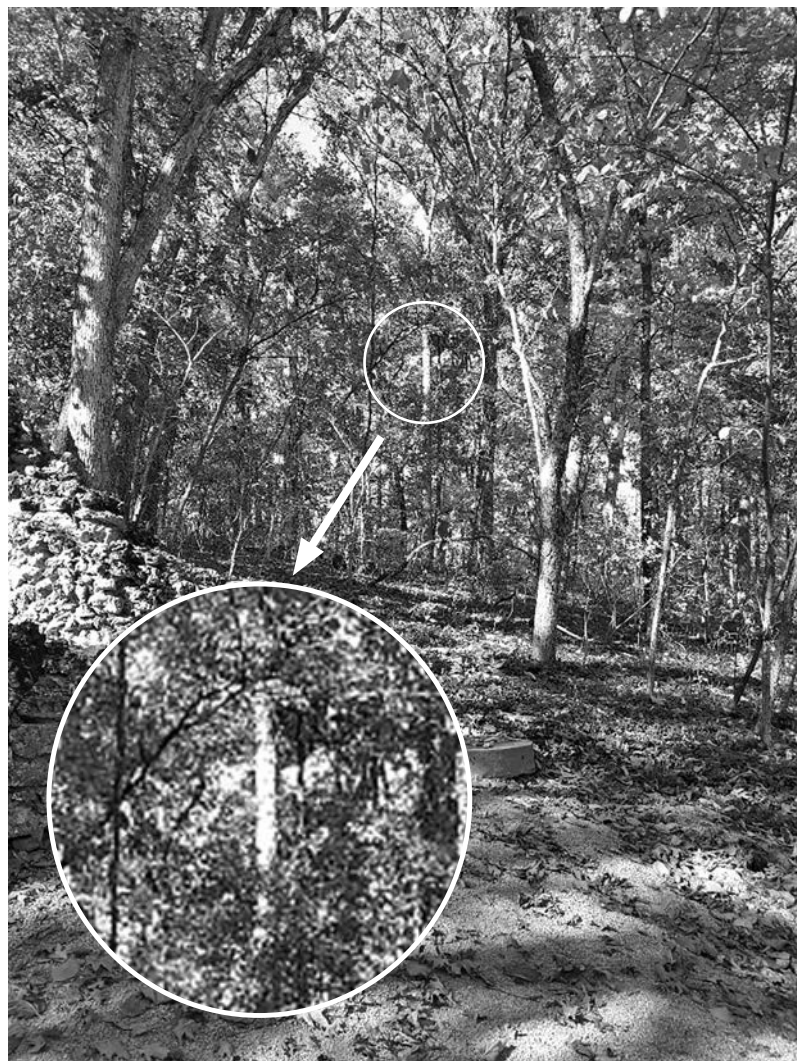
She recounted how she and her husband had gone to Mass that morning in Chamois, then traveled to Starkenburg through a panoply of autumn colors.

“We toured the Shrine of our Lady of Sorrows and walked the Stations of the Cross through the woods,” she noted. “I took lots of neat and beautiful pictures.”

She was standing next to the Our Lady of Lourdes Grotto when she aimed her camera toward a nearby grove of trees and opened the shutter several times.

Sunlight in the shape of a cross shone through the leaves and tree branches.

She noted that the illuminated cross could only be seen



The highlighted portion of the photo points to sunlight in the shape of a cross in a photo last November near the Our Lady of Lourdes grotto at the Shrine of Our Lady of Sorrows in Starkenburg.

— Photo by Marian Scheppers Forck

in the photos and not with the naked eye while looking at the trees, which were rustling in the breeze.

She pointed out that the grounds of the former St. Martin Parish, now part of Church of the Risen Savior Parish in

Rhineland, have been a pilgrimage destination for generations.

Bavarian immigrants and other Catholics founded the parish in 1846.

“Jesuit fathers endured many hardships coming from Washington and later from Hermann,” Mrs. Forck wrote. “They rode by horseback 45 miles to offer Mass in homes, later a tobacco barn, and then a log church.”

She’s proud that her grandfather, Ben Scheppers, helped build the stone chapel at the Shrine of Our Lady of Sorrows, as well as the impressive outdoor grottos.

“At this time, he was living in Wardsville and had a long trip to Starkenburg to help,” she wrote. “Sometimes, he would take my dad, Lawrence, with him while working on the church. My dad didn’t do much work because he was pretty young then.

“My uncle Otto also helped with the church,” she noted.

CSW snow creations at I.C. School, Loose Creek



Students of Immaculate Conception School in Loose Creek decided to make the best of having snow days during Catholic Schools Week and started a pop-up “Snow Creation” contest around town, celebrating things they love best about their school.

— Photos submitted by students’ families

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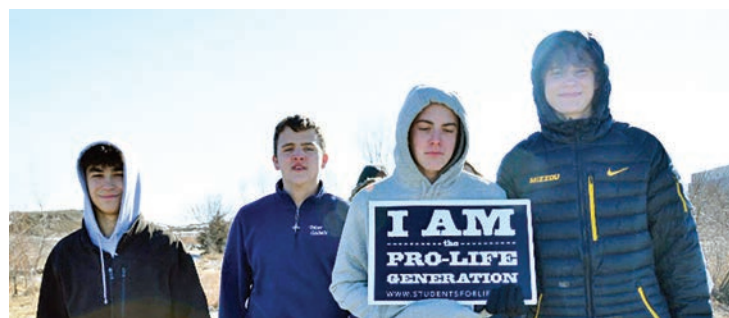
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Students march for life at Fr. Tolton Catholic High School



— Photo by Paulina Tramel, moderator, Fr. Tolton Pro-Life Club



Members of the Fr. Tolton Pro-Life Club, as well as other student supporters, staff and faculty at Fr. Tolton Regional Catholic High School in Columbia, brave freezing temperatures in support of the lives of pre-born babies on Jan. 21. It was the day before the 49th anniversary of the U.S. Supreme Court decisions that legalized abortion-on-demand throughout the United States. Though unable to go to Washington, D.C., for this year's national March for Life, these students, faculty and staff marched in sodality to support the lives of the unborn and put an end to abortion.

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What to do when your mood is as gloomy as the winter sky

The following reflection was written by the director of counseling for Catholic Charities of Central and Northern Missouri (CCCNMO).

By Dala F. Hemeyer, MSW, LCSW

Some will say, "If you can get through a Midwestern winter, you can get through anything."

And while we Midwesterners are hardy people, it can be a real struggle to keep your spirits up after months of being stuck indoors due to snow and cold temperatures.

Even if you're an outdoorsy winter person, the shortened days and lack of sunshine can still have an impact. By this time of the year, the number of Midwesterners who don't want warmer days is starting to dwindle.

Enter, the Winter Blues.

This common mood shift experienced during the colder and darker months of fall and winter is typical for those living in areas where hours of daylight vary greatly from summer to winter.

While symptoms can range from mild and inconvenient to severe and highly disruptive, it is important either way to be mindful of and ad-

dress them once you notice them.

Signs of the Winter Blues

First off, let's talk about what it looks like:

- feeling "droopy"; fatigued, tired, or lacking energy;
- poor concentration or thinking isn't as sharp as usual;
- feelings of sadness or gloom, lacking interest in or having trouble enjoying activities;
- sleep problems; ranging from little to no sleep at all to sleeping all the time;
- irritability or anger that is easily triggered by minor elements in your daily life;
- increased appetite and/or strong cravings for foods like pasta, bread and sweets;
- sudden and unexplainable muscle and joint pain; and
- depression — having feelings of hopelessness and worthlessness, and an all-around miserable perspective on life.

There are many factors that contribute to this mood condition from our family history, genetics, environment, daily habits and even the food we eat!

While the precise causes aren't fully understood, it is generally agreed that a combination of these factors impacts people in different ways and causes them to feel generally "low" during winter months.

The Winter Blues are very common, so take heart and know that you are not alone. Many go through this each year; many more don't even realize what it is.

And have hope, because there are many strategies that are simple and effective in managing this winter woe.



The Strategies

1. Soak up the Sun.

Light therapy is the No. 1 treatment recommendation for the winter blues.

Whether the sun is shining bright or hidden behind clouds, make it a priority to get at least 20 minutes of unfiltered sunlight every, single, day!

Have your morning coffee on your porch or in front of a sun-facing window. Set a reminder on your phone or watch to prompt you to pop outside for a minute or two during every hour of daylight.

If getting outdoors isn't an option, consider purchasing a light therapy lamp. You can find them for as low as \$25 on [Amazon.com](https://www.amazon.com), or your health insurance may cover one (ask your primary care physician or psychiatrist for a prescription).

If you're purchasing one on your own, make sure the lamp emits at least 10,000 LUX.

Use light therapy as early in your day as possible to reset or maintain a healthy sleep cycle and battle fatigue. Avoid light therapy in the evening, as it may be too stimulating and interfere with sleep cycles.

If you have diabetes or bipolar disorder, speak with a physician before starting light therapy.

2. Eat to support your mood.

Winter is not the time to "go low carb." Eat the majority of your daily allotted nutritious carbohydrates for break-

fast and lunch, plus morning and afternoon snacks (approx. 80%) to boost and maintain your energy throughout the day.

Have a small serving of carbs at dinner (approx. 20%) to aid in the production of necessary sleep-inducing chemicals.

Here is a "beat the winter blues" example meal plan

Breakfast — breakfast burritos with salsa and pumpkin bread

Lunch — chicken wrap and veggie pasta salad

Dinner — tomato bisque with nutty apple spinach salad and skinny oven fries

(Special thanks to Lori Stoll, CCCNMO Food Program Coordinator, for providing the above nutritious resources to both clients and staff.)

If structuring your meals is a daunting task, these simple strategies to ride your body's natural energy wave towards bedtime:

- as you enter the evening hours, stop eating at least 3 hours prior to bed
- minimize high intensity activities
- keep the lights low in your home (this includes limiting your screen time)

3. Get Active.

Physical activity is known to support energy and sleep, as well as boost mood and fight the winter blues.

This doesn't have to be intense exercise or be time-consuming. Aim for 20 minutes

per day.

Similar to light therapy, this can be done all at once or in bits and pieces throughout your day.

To get the most benefit from the activity you choose, get moving earlier rather than later in your day.

Level up! Walk the outdoor perimeter of your work building or home once every hour or take a short walk over your lunch break to get BOTH light therapy and physical activity.

Or add the office exercises at [darebee.com/workouts/office-workout.html](https://www.darebee.com/workouts/office-workout.html) to your schedule a few times a day (they just take a few minutes to complete)

4. Make time for fun and relaxation

Do something you enjoy every day! This can be as simple as listening to music you highly enjoy on your daily commute. Listen to an audiobook or podcast while you make dinner.

You can find an activity list at [therapistaid.com/worksheets/activity-list.pdf](https://www.therapistaid.com/worksheets/activity-list.pdf) to inspire you.

Remember, the purpose of this practice is to do something you enjoy, not to do an activity just for the sake of doing an activity.

Also, consider adding 10 minutes of relaxation practice to your evening routine. "Smiling Mind" is a great meditation app for all ages. Or try your hand at centering prayer:

[contemplativeoutreach.org/centering-prayer-method/](https://www.contemplativeoutreach.org/centering-prayer-method/)

(Special thanks to Sr. Kathleen Wegman, CCCNMO Director of Mission Integration, for providing these resources on centering prayer.)

Another thing ...

If you feel that the symptoms are making it difficult to maintain relationships, complete work or manage daily, or if you've tried some or all of these strategies consistently for two to three weeks with no improvement, please reach out to your doctor or a mental health professional for help.

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Messenger

A quarterly publication by the Missouri Catholic Conference



February 2022

A Tragic Illusion

Few issues are as morally challenging for Catholics as the death penalty. Since capital punishment was re-instated in 1976, the United States has executed 1,536 individuals. Missouri, with 91 executions, is in the top five states resorting to capital punishment. While support for the death penalty has steadily decreased over the years, the majority of Americans favor it. But what does the Catholic Church teach about capital punishment? That is the focus of this *Messenger*.

Catholic Teaching and the Death Penalty

The Catholic response to the death penalty is shaped by an understanding of good and evil, sin and redemption, justice and mercy. Catholic teaching is built on the foundation that we are created in the image of our Creator and that every life is a precious gift from God. Each of us is called to respect the life and dignity of every human being. Even when people deny the dignity of others, we must recognize their dignity is God-given and not something that is earned or lost by their actions. Catholic tradition also holds that those harmed by violence deserve both justice and compassion. Those who inflict such harm must be held accountable. Yet punishment should be consistent with the demands of justice and with respect for human life and dignity.

For many years, the Catholic Church taught that the use of the death penalty by legitimate authority was an appropriate response in extreme cases. Today, however, there is an increasing awareness that the dignity of the person is not lost even after the commission of serious crimes. In addition, new prison systems have been developed that do not definitively deprive the guilty of the possibility of redemption. Consequently, the Church teaches, in the light of the Gospel, that “the death penalty is inadmissible because it is an attack on the inviolability and dignity of the person” (*Catechism of the Catholic Church*, No. 2267).

Pope Francis reiterated the Catholic Church’s stance against the death penalty in his 2020 encyclical *Fratelli Tutti*, and called upon all Catholics to advocate for the abolition of the death penalty. Pope Francis wrote, “There can be no stepping back from this position. Today we state clearly that the death penalty is inadmissible and the Church is firmly committed to calling for its abolition worldwide.” In the encyclical, Pope Francis does more than state the Church’s stance on the death penalty. He offers a vision for what justice in its broadest sense can look like: a way of being in relationship with one another that unconditionally upholds human dignity and offers opportunities for healing and transformation.

continued on next page...



Exonerated Death Row Prisoner Joe Amrine and one of the members of the jury that convicted him, Deacon Larry Hildebrand, share their incredible stories of faith and forgiveness.

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continued from previous page...

“We cannot overcome crime by simply executing criminals, nor can we restore the lives of the innocent by ending the lives of those convicted of their murders. The death penalty offers the tragic illusion that we can defend life by taking life.”

U.S. Catholic Bishops, A Good Friday Appeal to End the Death Penalty, 1999

An eye for an eye?

Many use the Old Testament as a justification for the death penalty. The most commonly cited phrase is “an eye for an eye, a tooth for a tooth” from Leviticus 24:20. But in reality, this reference is a plea for less violence, urging people not to avenge one offense with a larger one. Catholic teaching does not support vengeance as a way to achieve justice. In the Gospels, Jesus said that retaliation was an incorrect response to violence. Rather Jesus tells us to offer the other cheek and extend our hand in blessing and healing (Matthew 5:38-48).

A tragic illusion

The U.S. Catholic Bishops have often addressed the culture of violence we live in and see the death penalty as perpetuating a cycle of violence. The bishops stated in their 1994 publication *Confronting a Culture of Violence: A Catholic Framework for Action*, “We cannot teach that killing is wrong by killing.” Catholic teaching increasingly sees the death penalty as a false promise. In *A Good Friday Appeal to End the Death Penalty* published in 1999, the U.S. Bishops stated, “Increasing reliance on the death penalty diminishes all of us...We cannot overcome crime by simply executing criminals, nor can we restore the lives of the innocent by ending the lives of those convicted of their murders. The death penalty offers the tragic illusion that we can defend life by taking life.”

As Catholics, we believe in a consistent ethic of life, from conception to natural death where the sanctity of the human person cannot be diminished. Saint Pope John Paul II stated in *Evangelium Vitae*, “Where life is involved, the service of charity must be profoundly inviolable at every stage and in every situation; it is an indivisible good. We need then to show care for all life and for the life of everyone.” The death penalty violates this consistent ethic and does not conform to our pro-life teaching.

Reasons to oppose the death penalty

When the U.S. Supreme Court re-instated the death penalty in 1976, the justices believed it could be administered fairly and justly. Over the years, evidence has shown that the influence of race in the death penalty is pervasive. More than half of the people on death row in this country are people of color. Black or Latino defendants are significantly more likely to get the death penalty than their white counterparts.

Defendants who have intellectual disabilities or severe mental illness not only have to overcome societal barriers to daily living, but are also much more likely to become victims of crime and are at special risk for wrongful conviction. In 2002, the death penalty for

people with Intellectual Disability was deemed unconstitutional by the U.S. Supreme Court, yet those with severe mental illness can still be executed. Even individuals with severe disabilities are still sentenced to death and executed. In 2017 alone, at least 20 of the 23 people executed nationally had evidence of mental illness, intellectual disability, brain damage or severe trauma.

Almost all death row inmates were unable to afford their own attorney at trial. Court-appointed attorneys often lack the experience necessary for capital trials, and are overworked and underpaid. This often results in poorly handled cases where mitigating factors and tools such as DNA evidence, severe mental illness, or intellectual disability may not be brought up.

According to a 2014 study, at least 4% of those sentenced to death in the United States are innocent. The 186 people and counting who have been exonerated due to their innocence since 1973 exemplify that fact. For every nine people who have been executed since the death penalty was reinstated in 1976, one person has been exonerated after proven innocent.

How do innocent people get convicted and sentenced to die? While each case is unique, common causes include eyewitness misidentification, forensic science problems, false confessions, snitch testimony, poor lawyering and misconduct by law enforcement or prosecutors.

Care for the victim’s family

Murder often leaves a gaping wound in the victim’s family that can result in years of trauma, pain and grief. While some still cling to the belief that the death penalty sentence will bring “closure,” many victim families reject that idea. To them, too much time, energy and resources are diverted to a very few cases that ever result in a death sentence. With ongoing legal challenges and delays, the death penalty often adds to a family’s frustration and slows the healing process.

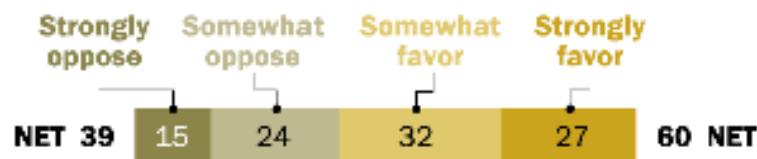
Without a costly death penalty system, resources could be available to help families with funeral costs, daily needs while grieving, counseling services, education for the victim’s children and community resources to help make everyone safer.

As Catholics, we are called to reach out to victims of violence and their families. As individuals and communities of faith, we need to show compassion and care, ministering to the spiritual, physical, and emotional needs of these individuals. Our efforts, no matter how small, are appreciated. As a victim once remarked, “Sometimes a hug, a prayer, and a friendly ear can achieve wonders.”

Pope Francis called on all Catholics to oppose capital punishment in his 2020 Encyclical, Fratelli Tutti

Majority of Americans favor death penalty, but nearly eight-in-ten see 'some risk' of executing the Innocent

% who the death penalty for persons convicted of murder



% who say ...

The death penalty is morally wrong, even when someone commits a crime like murder **When someone commits a crime like murder, the death penalty is morally justified**



Black people are more likely than White people to be sentenced to the death penalty for committing similar crimes **White people and Black people are equally likely to be sentenced to the death penalty for committing similar crimes**



The death penalty DOES NOT deter people from committing serious crimes **The death penalty DOES deter people from committing serious crimes**



There is some risk that an innocent person will be put to death **There are adequate safeguards to ensure that no innocent person will be put to death**



Note: No answer responses not shown
Source: Survey of U.S. adults conducted April 5-11, 2021.

PEW RESEARCH CENTER

91

Missouri has executed 91 people since reinstating the death penalty in 1976



22 years ~ the average time a death row inmate serves before execution

Still Children of God

Deacon Ministers to Death Row Inmates



“What these men are convicted of, no matter what they did, no matter how horrendous, by the time they are executed, they are not the same men.” - Deacon Andy Daus

Left: Deacon Andy Daus listens to Troy Steele, a retired warden from the Potosi Correctional Center, during the 2018 screening of “An American Tragedy.” The film focused on the execution of Jeffrey Ferguson, convicted of murdering Kelli Hall. Ferguson was forgiven by Hall’s father, Jim Hall, before the execution. Photo Credit: Lisa Johnston, *The St. Louis Review*

The light of Christ shines in even the darkest of places, and St. Louis Deacon Andy Daus brings that light to the Potosi Correctional Center every week. Daus, 75, was ordained a deacon in 2000, after retiring from a career with 3M. Assigned to St. Margaret Mary Alacoque in South St. Louis County, he began prison ministry in 2007 at Potosi when he volunteered to teach a class there. Deacon Andy, as he is affectionately known, has been ministering there ever since. He sees Jesus in every prisoner he encounters. “My hope is maybe they see Jesus looking back at them when I am with them,” Daus said.

During his 14 years of prison ministry, he has counseled prisoners sentenced to life in prison, as well as those on death row. Most of the men are repentant for their crimes and trying to live a good life, even establishing a hospice program for dying inmates. Daus shared a story of “Rod,” an inmate serving life without parole, who took it upon himself to care for a fellow prisoner in hospice, even taking him outdoors on nice days and pushing him around in his wheelchair. “A lot of these guys feel like they have been warehoused and forgotten and they’re not,” Daus noted. Regardless of what crimes they may have committed, “they are still children of God.”

The first time Daus met Jeff Ferguson at the Potosi Correctional Center, Ferguson impressed him as someone who really had it together. But Ferguson, who was set to be executed in 2014, was quick to correct him. “He said everyone in this room is broken,” Daus remembers. Ferguson attended all of the deacon’s scripture classes at the prison and RCIA. The two men formed a bond, and Ferguson asked Daus to be at his execution. Daus even helped cover the cost of his burial.

The death penalty is given to only the most heinous crimes, but doesn’t define the person, and Daus questions what was gained from Ferguson’s execution. “What did we gain by executing him? Jeff was funny, a leader, a positive force in prison. He was more about trying to help other guys be good citizens.” Most recently, Daus ministered to Ernest Johnson, who was executed in October. Johnson was engaged in some of Daus’ programs and was happy to serve others. “He was just a good guy,” Daus remembered, “A gentle giant.” Daus was among many, including Pope Francis and the U.S. Conference of Catholic Bishops, to request Johnson get a stay of execution.

Daus hopes people in support of capital punishment will reconsider their position, noting that it is not man’s job to judge the life of a person. “What these men are convicted of, no matter what they did, no matter how horrendous, by the time they are executed, they are not the same men.”



Deacon Andy’s perspective on capital punishment has shifted during his 14 years of prison ministry. “When you come to understand the human being, execution seems very extreme.”



Potosi Correctional Center

New inductees chosen for Sedalia's Sacred Heart Hall of Fame

Sacred Heart School in Sedalia announced this year's inductees into the Sacred Heart Hall of Fame during an all-school Mass on Feb. 17.

Tim and Sally Alley — Sally Alley is a 1969 graduate of SHHS. Tim Alley served as a member of the Sacred Heart Foundation for more than 20 years.

"Throughout that time and since, the Alleys have held Sacred Heart near and dear to their hearts and remain sup-

portive of our efforts to this day," said Dr. Mark Register, school administrator.

The Alleys' son, Dodd, Class of 2000, was a member of the cast of the 1998 school musical "Godspell" and was inducted into the Hall of Fame with the rest of the cast, crew and directors of that production.

Francis and Ruth Mergen — The Mergens provided all eight of their children a Sacred Heart School Catholic

education.

One of the many highlights for the Mergen family is that they hosted the school's first foreign exchange student, Mr. Hector Cruz from Costa Rica, in 1966. The families remain in contact to this day.

Francis Mergen passed away in

They have had grandchildren graduate from the school as well.

The Simons have been active and passionate leaders in the Pettis County Catholic Community and have passed that passion on to their children and grandchildren.

Among the many lifetime highlights for the

and these girls amassed a two-year record of 62-8-8 on the way to back-to-back state championships.

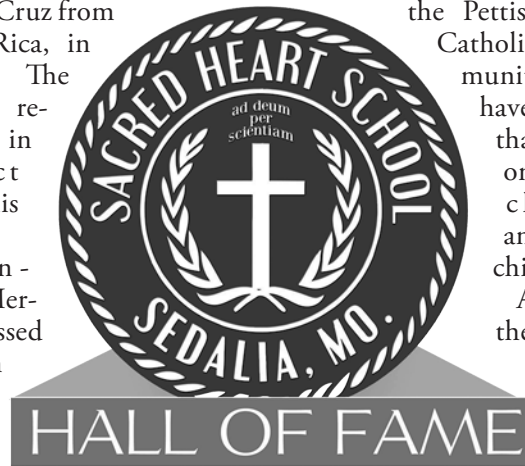
Coach Fall and his teams represented Sacred Heart School in the proudest way, providing many happy memories for all that were there to watch and appreciate them.

Teresa Bain — A member of the Class of 1974, Mrs. Bain is a faithful, loyal, hard-working, unassuming servant leader.

She and her husband George raised and educated their two children at Sacred Heart, being active and involved Catholic school parents.

Mrs. Bain has had one grandchild graduate from the high school and has four more currently attending the school.

She has worked as a teacher's aide in the elementary school for many years, helping to improve the lives of countless SHS students.



2004.

Ruth Mergen was in the SHHS class of 1946 and is still an active parishioner and regular Mass attendee at age 93.

Tony and Teresa Simon — Mr. and Mrs. Simon provided their large Catholic family a strong Sacred Heart education.

Simons, they and their children were recognized as the Pettis County Farm Family of the year in 1979.

Coach David Fall and the Sacred Heart High School 2007 & 2008 Missouri Class 1 State Volleyball Championship teams — Coach Fall, Class of 1978,

TYPHOON

From page 6

with us," Fr. Dandi stated.

"And because He dwells with us, there is hope!" he continued. "Because He lives with us, no matter how bad the situations we are in right now, everything will be okay."

Fr. Dandi insists that because Jesus came to live with His people, "our lives, like His, will have a happy ending, and we will not end up being victims but victors, not just survivors but conquerors!"

On behalf of the people of Manapla, he deeply thanked all of the people of the Jefferson City diocese for their loving support for his and other ministries supported by the missions.

"We really appreciate it here especially in this time of loss, suffering and devastation," he said. "Be assured always of our prayers for you."



TOP: Father Donardo "Dandi" Bermejo's coworkers at the Works of Charity Center in Manapla, the Philippines, fill bags of rice to distribute to people who were affected by a devastating super typhoon nine days before Christmas. **BOTTOM:** Fr. Bermejo and his coworkers distribute sheets of galvanized metal for people to repair their roofs that were damaged in the storm.

U.S. Ukrainian Catholic bishops urge prayer, fasting for peace in Ukraine

By Gina Christian
Catholic News Service

Philadelphia

As fears of a Russian invasion of Ukraine continue to mount, the Ukrainian Catholic bishops of the U.S. have called for a three-day prayer vigil "for peace and the conversion of the hearts of those who preach violence and escalate war."

The appeal, directed to Ukrainian Catholic faithful and "to all people of goodwill," was issued in a Feb. 12 letter signed by Archbishop Borys Gudziak, who heads the Ukrainian Catholic Archeparchy of Philadelphia and is metropolitan archbishop of Ukrainian Catholics in the U.S.

Also signing the letter were: Bishop Paul P. Chomnycky of the Eparchy of Stamford, Connecticut; Bishop Benedict Aleksyichuk of the Eparchy of St. Nicholas in Chicago; Bishop Bohdan J. Danylo of the Eparchy of St. Josaphat in Parma, Ohio; and Auxiliary Bishop Andriy Rabi of the Archeparchy of Philadelphia.

"We ask that each pastor and community, each family and each person, participate in this vigil in whatever way is possible for them," said the bishops. "May our churches be open throughout the day, may the prayer of the Church interchange with personal contemplation.

"Conduct and participate in services, pray the Jesus Prayer, the Marian Rosary, the Paraclesis (a prayer service of supplication), sit with the Scriptures. Fast in order to focus on the hope that only God gives."

Russia has amassed more than 100,000 troops near the Ukrainian border, while launching large-scale joint maneuvers with neighboring Belarus Feb. 10.

In recent days, a number of countries, including the U.S., the United Kingdom and Germany, have urged their nationals to leave Ukraine.

A massive Jan. 14 cybersecurity attack, regarded by many as a prelude to Russian military action, crippled approximately 70 Ukrainian government websites, with an onscreen message warning users to "be afraid and expect the worst."

"Over the last weeks, the world has become fully aware of the fact that democratic Ukraine and its freedom-loving people are increasingly surrounded by hostile military forces prone for invasion," said the bishops.

Since 2014, clashes, shelling and sniper attacks have become common in eastern Ukraine. The United Nations reported close to 1.5 million registered internally displaced persons in the country as of 2021, and at least 3,353 civilian deaths and more than 7,000 civilian injuries between April 2014 and March 2020.

In total, between 14,000 and 15,000 are estimated to have been killed in the conflict to date.

Amid the grave situation, the bishops urged faithful to "pray and be full of hope," citing Scripture passages from the First Letter of Peter and psalms 20 and 125.

"We put our trust in God and ask for divine intervention," the said.

Remember that you can leave a legacy to your local parish or school through a planned gift. The amount of the gift is not nearly as important as the fact that you remember your local parish or school in your final act of stewardship.

Have you already remembered your parish or school in your estate plans? Please let us know!



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Increase in Catholic school enrollment

Catholic News Service
 Washington, D.C.
 Catholic school enrollment

increased for the first time in two decades this school year, according to a preliminary re-

port released by the National Catholic Educational Association Feb. 14.

The enrollment increase was from Catholic elementary schools and overall grew overall by 5.8% — primarily due to the sharp rise in the number of prekindergarten students.

The brief report credited the enrollment bump this year to Catholic schools' "dedication in safely opening classrooms and supporting their communities' needs," but it also stressed this trend must continue.

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MARRIAGE

From page 1

the faith that God has granted to you.”

Fr. Dike said the couples' durable commitment to marriage and parenthood is a sign of hope to all people, “that those who trust in God and believe in Him, those who choose to remain faithful will always recognize His blessings in their lives.”

He thanked the couples for being such a clear sign of hope, through good and bad times, to the whole parish.

“We pray that the Good Lord will continue to sustain you in your marriage, your happiness, your love for another, and bless you with good health,” he said.

Later in the Mass, the people joined Fr. Dike in praying for all married couples, including those who for health reasons could not be there —

“that the Good Lord will sustain their marriage and continue to grant them the grace, the wisdom, the faith and the perseverance to testify with their lives that the Good Lord loves us.”

They also prayed for all who are seeking marriage and for everyone who is discerning a possible calling to Priesthood or religious life.

“May the Good Lord continue to sustain their faith and continue to call them to Himself,” Fr. Dike prayed.

“Forever to go”

After Mass, the people

adjourned to a large table adorned with flowers, candles and candy, place cards, muffins and fruit, china and glasses, and placemats and Valentine's Day cards made by the children of Immaculate Conception School.

Fellow parishioners prepared and served baked ham, green beans, potatoes and quiche.

A lavishly decorated, heart-shaped cake was served for dessert.

Organizers packed up several meals and delivered them to long-married couples who were homebound or otherwise unable to travel to the event.

Humor and lightheartedness permeated the luncheon.

Parishioner Jerry Witthaus, master of ceremonies, played music, shared jokes and threw out a few conversation starters.

Most of the husbands and wives showed that they hold pristine recollections of their first date and early courtship.

The meal concluded with a toast, but the music and visiting continued.

The couples were photographed with a Valentine backdrop and as a group with Fr. Dike near the altar.

Each couple in the photos held a sign with their names and how long they've been married, in the manner of: “50 years down, forever to go!”

A new day, every day

The couples spent time ban-



ABOVE: A group with over 1,000 years of combined experience of being married joins Father Ernest Dike for a photo after Mass in the Montgomery City Knights of Columbus Hall on Valentine's Day. **BELOW:** Couples who have been married for 50 years or more raise a toast during a Valentine's Day luncheon sponsored by the Immaculate Conception Parish conference of the St. Vincent de Paul Society in Montgomery City.

— Photos by Jay Nies

tering, laughing and reflecting about how to achieve a long and happy marriage.

“Learning to give and not always have to have things your own way,” said Carole Bainbridge, who has been married to Richard for 56 years.

“Give and take,” stated Leroy Hanneken, who has been married to Betty for 60 years. “I think you've got to share and have a lot of patience.”

Mrs. Bainbridge believes praying together and going to church as a family is what has kept her and her husband together.

“Absolutely!” Mr. Bainbridge agreed.

Others pointed to the benefits of having a good listening ear, a thick skin and a sense of humor.

“Some days, you want to say something, and some days you just have to shut your mouth and listen!” said Mr. Witthaus, who has been married to Dianne for 46 years.

More photos from this event have been posted in *The Catholic Missourian's* online edition, cathmo.com. Select “Photo Galleries” from the “Multimedia” tab on the menu bar.

Mrs. Hanneken said a couple should never go to bed angry at each other.

“If you do, then you'll dwell on it all night and get up the next morning and still have bad feelings,” she said.

Ron and Dianne Talley have been married for 50 years.

“Nowadays, you can get out of it too easily if you want to,” said Mr. Talley. “So you've got to want it to work, and you've got to make it work.”

Someone nearby responded, “Amen!”

Mrs. Talley said she prays for her husband's safety when he's out working.

Mr. Witthaus said it's important to pray for patience.

“You have to give every situation some time,” he said, “be-

cause if you speak before you get a chance to think about it, you'll say things you can't take back.”

He and Mrs. Witthaus make a point of praying the Rosary together.

“There's nothing like being able to tell your children that you prayed for them today,” said Mrs. Witthaus.

“Love never fails”

The Valentine's Day event has been an Immaculate Conception Parish tradition since 2010.

Parishioners Aggie Balldetti, Debbie Heidelberger and Mrs. Talley and the parish's St. Vincent de Paul Society conference organized the event.

Leading the music at Mass were guitarist and vocalist Dottie Brueggen and pianist Debbie Heidelberger.

Immaculate Conception School Principal Dana Schroeder said that for the students, making the cards and placemats was time well spent, because celebrating solid marriages is important.

“We feel that in the world we live in today, our students need to see that when married couples follow the example of Christ, their chosen vocation can endure many obstacles,” she said.





By Father Don Antweiler

ACROSS

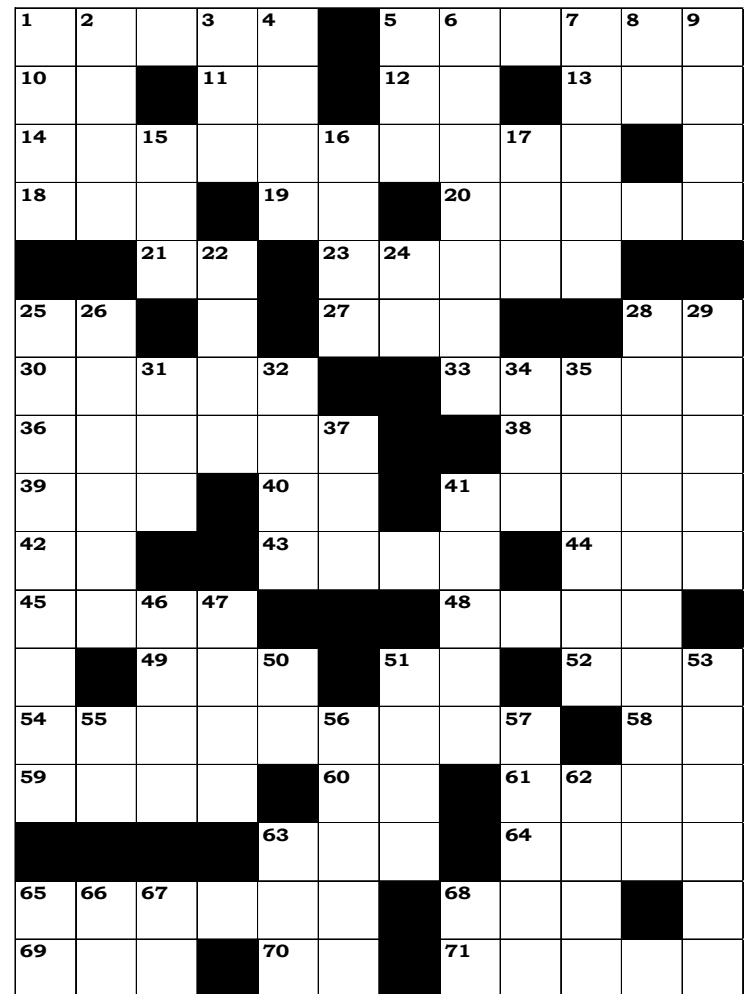
1. The Vatican Apostolic Library is one of the oldest in the _____, started by Pope Nicholas V in the 1450s.
5. "...Agabus...predicted by the Spirit that there would be a _____ famine, and it happened..." (Acts 11:28).
10. Abbr. for each.
11. St. Pope John Paul _____.
12. Not FM.
13. _____ rummy; card game.
14. The Vatican Library is a research library for researchers in history, law, _____, science, and theology.
18. *Et cum spiritu* _____.
19. *Laudato _____* (Praise Be To You) is Pope Francis' encyclical on caring for the environment, God's creation and our common home.
20. "Let no one deceive you with _____ arguments..." (Ephesians 5:6).
21. Sodium on the Periodic Table.
23. The oldest documents in the Vatican Library date back to the _____ century.
25. This State has over 200 species of fish and more than a million acres of surface water (abbr.).
27. "He took the needs of the country very seriously, but he never took himself _____ seriously," —actor Clifton Truman Daniel on his grandfather Harry S Truman. Daniel has performed his one-man show "Give 'em Hell, Harry!" for many years and in many places, including Independence, Rolla and Jefferson City, Mo.
28. Short for Master of Ceremonies.
30. Land of Caesars and Popes.
33. The Vatican Library was founded as a manuscript library and has one of the most significant collections of historic manuscript texts in existence and so has a high _____ of manuscripts

36. In 1959, St. Pope John XXIII founded the Vatican Film Library. It has filmed materials on the history of the Church starting with "Pope Leo XIII in the Vatican Gardens," filmed in 1896. Its 8,000 titles include a collection that dates back to the beginnings of _____ and has documentaries and some commercial films worthy of note.
38. A type of bar or short skirt.
39. "The memory of the just will be blessed, but the name of the wicked will _____," (Proverbs 10:7).
40. Letters for *Consumer Reports*; an independent product-testing org. and magazine.
41. Although the Vatican Library (of course) includes Bibles, Canon Law texts and theological works, from the beginning it has also specialized in secular books. In fact, the Library's classical Greek and _____ books were central to the revival of classical culture during the Renaissance.
42. Bone.
43. Mary's mom.
44. "Every first-born of an _____ you shall redeem with a sheep," (Exodus 13:13).
45. The _____ between the Thompson-Crismon families in Miller Co. in the 1920s started with a falling out due to disagreements over, among other things, Sunday school(!). It climaxed and ended with the suspicious death of patriarch Grant Thompson (a shot to the head) and the death of patriarch Fred Crismon's son.
48. "You pay tithes of _____ and dill and cumin, and have neglected the weightier things of the law: judgment and mercy and fidelity," (Matthew 23:23).
49. "A picture-perfect family: Mary is sinless, Joseph is a just man, and Jesus is the _____ of God. Although all of this is true, hardship accompanies the birth of Jesus," —*Mary's Life in the Holy Spirit*; by Andi Oney.
51. _____ and behold!
52. Abbr. for golden agers.
54. "Speak, for your servant is _____," (1 Samuel 3:10).
58. Abbr. meaning in English, in other words.

59. The red planet.
60. Does the label go _____ the top or the bottom?
61. Toaster or microwave.
63. First lady.
64. Moscow's news agency.
65. "*Spaventati* _____"; or "Scared to death," in Rome (2 wds.).
68. The part of a shark that breaks the surface of the water.
69. In addition to manuscripts, the Vatican Library has over 1.1 million print books. Each year 6,000 _____ books are acquired.
70. _____ Paso; Texas border town.
71. The Vatican Apostolic Archive was separated from the Vatican Library way back in the 1600s. This archive itself contains another 150,000 _____.

DOWN

1. "As (Jesus) drew near, He saw the city and _____ over it..." (Luke 19:41)
2. Honolulu's island.
3. "_____ Abner"; comic strip set in Dogpatch, USA; written and drawn by Al Capp for 43 years, from 1934-1977.
4. The Spanish founded, in 1565 at St. Augustine, Florida, the mission of *Nombre de _____* (Name of God), the first in the present continental United States.
5. _____ Paulo; the chief industrial center and most populous city in Brazil (12.4 million).
6. The Vatican Library includes the oldest known complete Bible, the *Codex Vaticanus*, dating from 325 A.D., one of 50 originally commissioned by Constantine, the first Christian _____.
7. The infant Jesus was rushed away to this country as a refugee from Herod.
8. This State's official nickname is The Ocean State. It is also called Little Rhody (abbr.).
9. One of the seven deadly sins.
15. Charged particle.
16. "Simon, behold Satan has demanded to _____ all of you like wheat..." (Luke 22:31).
17. Possible letters on the side of an English vessel.
22. Capable.
24. Moon of Jupiter.



25. Part of the Vatican Library can actually be found here in Mo.! 37,000 works from the Vatican Library in Rome are on _____ at Saint Louis Univ.'s Pius XII Memorial Library in St. Louis; the only such collection outside of Rome itself.
26. Serving no practical purpose; futile; idle.
28. "The New Testament speaks of a variety of _____ in the Church; Christ Himself is the source..." — *Catechism of the Cath. Ch.*, Glossary: ministry.
29. The Vatican Library collection also includes 330,000 Greek, Roman and Papal _____ and medals.
31. Colony insect.
32. The Young Men's Christian Assn. (_____) was founded in London in 1844 by evangelicals. It was for uprooted farm boys trying to survive the social ills of the city's industrial revolution; it provided Bible study, prayer, and a safe place to go.
34. U.S. doctor's org.
35. Tennessee NFLers.
37. Prince Valiant's son.
41. It is said that if your car turns out to be a _____, it was probably manufactured on a Monday (or Friday).
46. Cold war foe (abbr.).
47. She loved to dress in polka _____.

50. This State has the largest indoor rainforest in the U.S., at the Henry Doorly zoo in Omaha (abbr.).
51. I do a lot of my shopping on _____.
53. Seeing, hearing, touching, etc.
55. In the Star Trek universe, this State is the birthplace of James T. Kirk, captain of the Enterprise (abbr.).
56. What a professional writer might produce.
57. Says one outfielder to another as they chase a fly ball: I've _____! (2 wds.)
62. In the long history of the weather _____, the shape that has been a perennial favorite is the rooster.
63. Summer on the Seine.
65. I only drive 70 miles _____ hour on the Interstate, even though lots of people pass me.
66. "More things of importance happened to _____ in Marceline (Mo.) than have happened since _____ or are likely to in the future," — Walt Disney on one of his visits back to Marceline, expressing what his 4 years as a child there meant to him.
67. Exclamation of pain.
68. Semper _____! U.S. Marine motto.

ANSWERS on page 23

MSGR. WILBERS

From page 4

St. Thomas the Apostle Parish in St. Thomas, where his reverence and personal approach immediately impressed his parishioners.

"He never rushed through Mass," recalled St. Thomas parishioner Joann Heckman. "He always held the host up high and long during the Consecration so you could really meditate," she said.

His homilies made people think.

"He was very good at taking the Gospel and applying it to everyday life," she said.

He was committed to hospitality. Mrs. Heckman worked with his housekeeper, Agnes Strobe, and fellow parishioner Patricia Loethen to prepare food whenever he entertained guests, including his priest support group.

"He wanted the absolute best for them," Mrs. Heckman recalled.

St. Thomas parishioners Tom and Carol Backes commented on his easygoing manner, coupled with "fierce dedication to his Catholic faith and his calling to be a priest."

They will always remember his "example of strong faith in God and in the people he has been chosen to lead and serve."

They will also remember his fondness for spending time with parishioners and visiting those who were homebound.

The Blair Oaks School District had been using the former St. Thomas the Apostle School as a public grade school for many years before deciding to close it in 1989.

In one of Msgr. Wilbers's last acts before moving to another parish, he rallied parishioners to reestablish St. Thomas the Apostle School as a ministry of the parish.

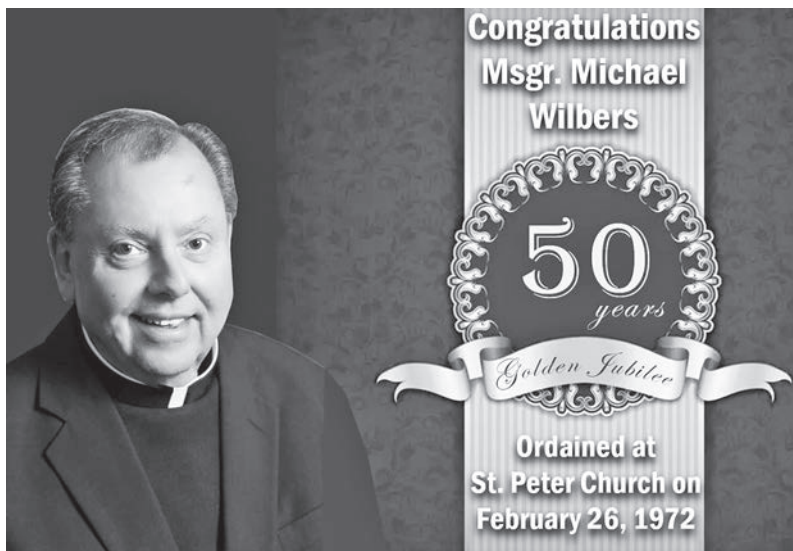
Harvester of talent

Msgr. Wilbers served as chancellor of the Jefferson City diocese from 1981-89 and as vicar general from 1988-2002.

In those roles, he assisted Bishop McAuliffe and oversaw many of the day-to-day operations of the diocesan chancery offices.

His work as vicar general for the diocese continued into the time of Bishop Emeritus John R. Gaydos.

"I've always recognized Msgr.



— Graphic by Kathleen Lavery, from the St Peter Church (Jefferson City) Facebook page

Wilbers as a very kind and very patient man," said Bishop Gaydos. "He brought people together and drew forth their talents in the many activities we undertook for the sake of the Gospel."

Msgr. Wilbers served as rector of the Cathedral of St. Joseph from 1989-99, mentoring many newly ordained priests, including Father Christopher Cordes, pastor of Our Lady of Lourdes Parish in Columbia.

"I've always appreciated the confidence he had in me and the responsibilities he trusted me with while I was his associate pastor," Fr. Cordes stated.

Sr. Kathleen enjoyed getting to know Msgr. Wilbers. As a former provincial of the St. Louis Province of the School Sisters of Notre Dame, she saw how well he respected and collaborated with religious sisters in parishes and in diocesan ministries.

As a native of Cathedral of St. Joseph Parish in Jefferson City, she witnessed how he ministered to her parents and relatives. She called to mind the homily he preached when her father, Leroy Wegman, died in 1990.

"Dad worked at American Shoe for many years," she noted. "We used the Gospel reading of Jesus washing the Apostles' feet at the Last Supper. Monsignor talked about my Dad in that role: preparing people for the journey."

"Okay, Martha!"

Msgr. Wilbers celebrated his 25th priestly anniversary in 1997.

"I treasure greatly just being a part of the everyday experience of people in their laughter and

sorrows," he stated at that time.

"One cannot help but celebrate and give thanks to the Lord," he said. "He has truly been kind and gracious to me."

Msgr. Wilbers became pastor of Our Lady of the Lake Parish in Lake Ozark in 1999.

Early in his time there, Pope St. John Paul II made him a Prelate of Honor, an honorary member of the Papal Household, with the title Reverend Monsignor.

"He brought strength and unity back to our parish," Our Lady of the Lake parishioner Gaye Ann Christie recalled at the parish's 75th anniversary in 2015. "He helped us go from more of a tourist-type parish to a family parish, where we all started working together."

"He led with such kindness and consistence and passion for the Church," parishioner Susan Ziegler, longtime parish secretary, recently stated.

She was always amazed at how dedicated he was to being a pastor, despite his heavy responsibilities at the chancery.

"He was spread so thin, but he always took time to be with the parishioners, to socialize with them and get to know all the families and spend time with young people," she said.

She pointed to his subtle sense of humor.

"Whenever I would get nervous and remind him about meetings or daily chores or talk to him about, 'Don't forget this' or 'We've got to get this done,' he'd look at me and say, 'Okay, Martha,'" she recalled.

She knew he was referring to Jesus's task-oriented and occasionally frustrated friend in Luke 10:38-42.

"Then we'd both laugh," she said.

"Thank You, God."

Our Lady of the Lake parishioner Chris Hermann became acquainted with Msgr. Wilbers while serving on the diocesan Finance Council in the 1990s.

Their friendship has grown and endured.

"He was brought up in a loving family and speaks very lovingly in stories about his parents and sisters," Mr. Hermann noted. "Family seems to be a common theme for him, and I think that shaped

him into becoming a compassionate priest."

Mr. Hermann said Our Lady of the Lake Parish grew in fellowship, communal connection and appreciation for the sacraments throughout Msgr. Wilbers's pastorate.

His parishioners were always like family to him.

"Our relationship as a family is what he values," said Mr. Hermann. "The things he accomplished with us and for us were his way of engaging and connecting with the parish community."

Msgr. Wilbers celebrated his 40th priestly anniversary shortly before retiring for health reasons in 2012.

He settled into a house in Lake Ozark and remained as active as he could. Fellow parishioners would drive him to Mass and take him to lunch.

"We all enjoyed seeing him here and visiting with him because he was always such a positive presence here," said Mrs. Ziegler.

Monsignor Robert A. Kur-

wicki, current vicar general, worked with Msgr. Wilbers for many years in the diocesan Chancery offices.

"While Monsignor Wilbers has held a wide assortment of diocesan positions, his first love was always the parish and the people in the parish," Msgr. Kurwicki noted.

Msgr. Wilbers has a niece and four nephews. His extended family is grateful to have had him preside at weddings and perform baptisms.

He moved to St. Joseph's Bluffs at the Heisinger Bluffs Senior Living Community in Jefferson City in early 2021.

He continues to appreciate people's prayers for him, especially as his golden jubilee approaches.

"I've enjoyed my visits with him over the years and am happy to congratulate him on the 50th anniversary of his Priestly Ordination," said Fr. Cordes.

"I'll be praying for him to be able to really celebrate and know how much people love him," said Mr. Kemna, "and that the Spirit that guided his ministry will continue in the Church."

"I pray in thanksgiving for his faithful service and friendship all these years," said Sr. Kathleen.

"I thank God that (Monsignor) made the choice to become a priest and share his love of the Church with everybody he touched in everyday life," said Mrs. Ziegler. "And we should also pray for his comfort and for him always to stay in the arms of Jesus."

"Thank You, God, for giving me the chance to know and be served by this wonderful priest!" said Mrs. Heckman.

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Visit the diocesan EVENT CALENDAR at diojeffcity.org/events.
Want your event listed?
Fill out the ONLINE FORM at diojeffcity.org/event-listing.

Fundraisers & Social Events

Feb. 18

Columbia, St. Thomas More Newman Center Parish trivia night, 7-9:30 pm; **Westphalia**, K of C fish fry, 4-7 pm

Feb. 19

Lake Ozark, Our Lady of the Lake Parish trivia night for the the Pregnancy Help Center, 6 pm, Bestgen Hall; **Sedalia**, St. Vincent de Paul Parish ham & bean dinner for vocations, 11 am-7pm, St. Patrick basement

Feb. 20

Freeburg, K of C country ham breakfast, 6:30-11 am, Holy Family School cafeteria; **Martinsburg**, St. Joseph Parish breakfast, 8-11 am, K of C Hall

Feb. 24

Jefferson City, Helias Catholic High School Papa Murphy fundraiser night, 11 am-8 pm, 1803 Missouri Blvd.

Feb. 25-26, Mar. 5

Marceline, "Arlene's Beauty World," Fr. McCartan Memorial School dinner theater, 6-10 pm, for info or tickets call/text 660-734-3393

Feb. 25

Argyle, K of C fish fry, 5-7 pm; **St. Clement**, K of C & Ladies Sodality drive-thru chicken dinner, 3:30-7:30 pm

Feb. 26

Boonville, Cooper County Cornhole Doubles fundraiser for the K of C 4th Degree Honor Guard, 9 am-9 pm, K of C Hall; **Moberly**, St. Pius X School Redono, 5 pm-midnight; **Montgomery City**, Immaculate Conception Parish "A Night in Disguise" Mardi Gras fundraiser, 6 pm-midnight, K of C Hall; **Rolla**, St. Patrick Home & School trivia night, 7-10 pm, parish Hall

Feb. 27

Jefferson City, St. Peter Holy Name Society pancake breakfast, 8-11 am, Selinger Centre

Mar. 4

Fulton, K of C fish fry, 4-7 pm; **Hermitage**, K of C drive-thru only fish fry, 4-6 pm, St. Bernadette Parish Hall; **Holts Summit**, K of C fish fry, 3:30-7 pm, St. Andrew Parish's Veit Hall; **Linn**, K of C fish fry, 4-7 pm; **Macon**, K of C fish fry, drive-thru only, 4:30-

pm; **Marceline**, "Arlene's Beauty World," Fr. McCartan Memorial School theater production/snack night, 6-10 pm, for info or tickets call/text 660-734-3393; **Morrison**, Assumption Parish fish fry, 4:30-7:30 pm; **Osage Bend**, St. Margaret of Antioch men's group fish fry, 5-8 pm; **Taos**, K of C fish fry, 4:30-7:30 pm; **Warsaw**, K of C fish fry, 4-7 pm

Mar. 6

Jefferson City, Immaculate Conception Parish Holy Name Society pancake & sausage breakfast, 7:30 am-noon; **Marceline**, "Arlene's Beauty World," Fr. McCartan Memorial School matinee theater production, 1 pm, for info or tickets call/text 660-734-3393; **Vienna**, K of C breakfast, 7:30-11 am

Mar. 11

Argyle, K of C fish fry, 5-7 pm; **California**, K of C & Ladies Sodality curbside fish fry, 4-6:30 pm; **Hermitage**, K of C drive-thru only fish fry, 4-6 pm, St. Bernadette Parish Hall; **Holts Summit**, K of C fish fry, 3:30-7 pm, St. Andrew's Veit Hall; **Rich Fountain**, Sacred Heart drive-thru only fish fry, 4:30-7:30 pm; **St. Martins**, St. Martin Home & School fish fry, 4:30-7:30 pm, school gym; **Taos**, K of C fish fry, 4:30-7:30 pm; **Warsaw**, K of C fish fry, 4-7 pm

Mar. 11-13

Jefferson City, Helias Catholic High School spring musical "Anastasia," Fri. & Sat. 7-9:30 pm, Sunday matinee 2-4:30 pm, Miller Performing Arts Center, for tickets (starting Feb. 28), call 573-635-6139

Mar. 12

Hannibal, Holy Family School dinner auction, 5-9 pm

Mar. 13

Belle, St. Alexander Parish breakfast, 7-11 am; **St. Patrick**, Shrine of St. Patrick Parish 65th Anniversary celebration, with Mass, roast beef & ham dinner, and other events, 8 am-2 pm

Mar. 18

Fulton, K of C fish fry, 4-7 pm; **Hermitage**, K of C drive-thru only fish fry, 4-6 pm, St. Bernadette Parish; **Holts Summit**, K of C fish fry, 3:30-7 pm, St. Andrew Hall; **Wardsville**, Wardsville/Osage Bend K of C fish fry, 4:30-7:30 pm, St. Stanislas gym; **Warsaw**, K of C fish fry, 4-7 pm

Mar. 24

Rolla, Pregnancy Resource Center of Rolla's "Banquet for Life," 6:30-8:30 pm, Havener Center, for info or to register visit supportmyprc.com/banquet/

Mar. 25

Argyle, K of C fish fry, 5-7 pm; **California**, K of C & Ladies Sodality curbside fish fry, 4-6:30 pm; **Hermitage**, K of C drive-thru only fish fry, 4-6 pm, St. Bernadette Hall; **Holts Summit**, K of C fish fry, 3:30-7 pm, St. Andrew's Veit Hall; **Taos**, K of C fish fry, 4:30-7:30 pm; **Warsaw**, K of C fish fry, 4-7 pm

Mar. 26

Mary's Home, Our Lady of Snows Shiloh Dance, 7-11 pm

Meetings/ Workshops

Feb. 19, Mar. 19

VIRTUAL, Couple to Couple League natural family planning intro session, 8-9 am, to RSVP email MidMoNFP@gmail.com

Feb. 23

Jefferson City, DRE & Youth Minister Spring 2022 Workshop, 9:30 am-2 pm, Chancery Office, to register visit diojeffcity.org/registration-workshops/

Feb. 26

Columbia, Cursillo Grand Reunion, 9:30 am-4 pm, Fr. Tolton Regional Catholic High School, for info or to register visit diojeffcity.org/cursillo

Mar. 1

VIRTUAL, Marriage Prep Facilitators' morning refresher, 10:30-11:30 am, to RSVP email faithformation@diojeffcity.org

Mar. 7

VIRTUAL, Couple to Couple League natural family planning intro session, 8-9 pm, to RSVP email MidMoNFP@gmail.com

Mar. 15

VIRTUAL, Marriage Prep Facilitators' evening refresher, 5:30-6:30 pm, to RSVP email faithformation@diojeffcity.org

Mar. 22

Jefferson City, 30th Annual Pro-Life Event, with keynote Abby Johnson, lunch event noon-1:30 pm, dinner event 6:30-9pm, Capitol Plaza Hotel, to register visit vitaefoundation.org/events

Mar. 25

Columbia, "God in the Barren Spaces: Ministering with Music to the Whole Community," 6:30-8:30 pm, Our Lady of Lourdes Church, for info or to register email jeffersoncitymo@npm.org

Mar. 26

Columbia, Guitar and vocal coaching with Jaime Cortez and Lynné Gray, 9 am-noon, Our Lady of Lourdes Church, for info or to register email jeffersoncitymo@npm.org

Eventos del Ministerio Hispano

1 marzo

VIRTUAL, Sesión de Capacitación para Facilitadores de Preparación Matrimonial, 5:30-6:30 pm, envíe un correo electrónico a faithformation@diojeffcity.org antes del lunes anterior si planea asistir

15 marzo

VIRTUAL, Sesión de Capacitación para Facilitadores de Preparación Matrimonial, 12:15-1:15 pm, envíe un correo electrónico a faithformation@diojeffcity.org antes del lunes anterior si planea asistir

Faith Formation

Feb. 22, Mar. 1, 8, 15, 22

Jefferson City, "Cookies, Coffee & Catholicism," featuring Bishop Robert Barron's "Catholicism" series, 6:30 pm, Immaculate Conception's Pleus Hall

LENT

From page 3

remain covered until the beginning of the Easter Vigil."

Neither the Stations of the Cross nor stained glass windows are ever veiled. The veils are usually made of lightweight purple cloth without any decoration.

Holy Water during Lent

— The Congregation for Divine Worship and the Sacraments has stated (3/14/03: Prot. N. 569/00/L): "This Dicastery is able to respond that the removing of Holy Water from the fonts during the season of Lent is not permitted, in particular, for two reasons:

"1. The liturgical legislation in force does not foresee this innovation, which in addition to being *'praeter legem'* is contrary to a balanced understanding of the season of Lent, which though truly

Mar. 1-3

Hannibal, "You are the Salt of the Earth," parish mission with Fr. Jeff Putthoff, SJ, 7-8:30 pm each evening, Holy Family Church

Mar. 4-6

Moberly, Engaged Encounter weekend, to register visit diojeffcity.org/marriage-preparation/engaged-encounter

Mar. 12

Columbia, Pre-Cana Program to register, visit diojeffcity.org/marriage-preparation/pre-cana-registration

Liturgical

Mar. 5

Columbia, United in Prayer Day with Fr. Matthew Flatley, 9 am-12:30 pm, Broadway Christian Church

Health & Wellness

Mar. 6

Jefferson City, Immaculate Conception Parish Spring Health Fair with health info and screenings, and COVID vaccination clinic provided by JCMG, 8 am-noon, Immaculate Conception's Kennedy Hall

Mar. 24

Jefferson City, Adult/child/infant Heartsaver CPR class, 5:30-9 pm, Immaculate Conception Parish's Pleus Hall, for info or to register visit icangels.com/upcoming-events

being a season of penance, is also a season rich in the symbolism of water and baptism, constantly evoked in liturgical texts.

"2. The encouragement of the Church that the faithful avail themselves frequently of the sacraments is to be understood to apply also to the season of Lent. The 'fast' and 'abstinence' which the faithful embrace in this season does not extend to abstaining from the sacraments or sacramentals of the Church.

"The practice of the Church has been to empty the Holy Water fonts on the days of the Sacred Triduum in preparation of the blessing of the water at the Easter Vigil, and it corresponds to those days on which the Eucharist is not celebrated (i.e., Good Friday and Holy Saturday)."

Anniversaries

Brookfield, Immaculate Conception

Francis & Barbara Clark, 57 years
Ron & Rose Paalhar, 55 years
Jerry & Peggy Ward, 54 years
Roger & Cindy Walsh, 48 years
Larry & Kathryn McCurry, 43 years
Dennis & Sarah Paalhar, 42 years
Don & Sheila Paalhar, 34 years

Bonnots Mill, St. Louis of France

Don & Jeanne Knollmeyer, 62 years

Boonville, Ss. Peter & Paul

John & Donna King, 67 years
Jerome & Darlene Wirths, 62 years
Dennis & Jeanette Crump, 56 years
Larry & Rosemary Leathers, 56 years
Terry & Kim Wiemholt, 43 years
Joe & Dina Herzog, 39 years
Keith & Patty Kueckelhan, 37 years
Jim & Janet Waibel, 35 years
Leonard & Nene Imhoff, 32 years
David & Cathy Maupin, 32 years
Kevin & Jennifer Roth, 28 years

Brinktown, Holy Guardian Angels

Don & Donna Knapp, 47 years
Daniel & Marita Wansing, 34 years

Camdenton, St. Anthony

Jim & Rose McCullough, 62 years
George & Jenne Stuckel, 62 years

Columbia, Our Lady of Lourdes

Jack & Ruth Schweitzer, 60 years

Freeburg, Holy Family

Pat & Sandy Haller, 59 years
Duane & Carma Wegman, 53 years
Harry & Linda Struempf, 51 years
Carl & Sherry Lewis, 25 years
Noland & Jody Stuecken, 19 years
Dusty & Erin Fick, 11 years

Milan, St. Mary

Joe & Deanna King, 62 years
Lorenzo & Beneranda Torres, 29 years
Edwin & Clelia Pacheco, 23 years
Gregorio Victorino & Yolanda Osorio, 17 years

Montgomery City, Immaculate Conception

Brad & Lynn Arens, 37 years

Rich Fountain, Sacred Heart

Mike & Suzanne Bauer, 48 years
Bill & Karen Bax, 46 years

St. Martin, St. Martins

Ted & Diana Munsterman, 50 years

Tipton, St. Andrew

Greg & Liz Moon, 45 years

Vienna, Visitation

Ken & Peggy Neubert, 34 years
Ethan & Erin Murphy, 18 years

Names for the People Page

Information for the People Page, including anniversaries 10 years or more, birthdays 90 years or more, baptisms, deaths, marriages and initiations of local parishioners may be e-mailed to editor@diojeffcity.org or mailed to *The Catholic Missourian*, 2207 West Main Street, Jefferson City, MO 65109-0914.

Baptisms

Jefferson City, St. Peter — **Bennett Anthony Struempf**

Koeltztown, St. Boniface — **Oliver John Kramer**, son of Carson & Amber Kramer

Richland, St. Jude — **Hollis and Weston Mills**

Russellville, St. Michael — **Beckett Russ Anderson**, son of Josh & Hannah Anderson

St. Patrick, Shrine of St. Patrick — **Andrea Kathleen Uhlmeyer**, daughter of Ryan & Katelyn Uhlmeyer

Taos, St. Francis Xavier — **Henrietta Mae Gawf**

Wardsville, St. Stanislaus — **Josie Rae, Rhett James** and **Ryker Joe Wells**, children of Ryan & Courtney Wells

Westphalia, St. Joseph — **Sloane Theresa Kleffner**, daughter of Cory & Kelly Kleffner

Birthdays

Freeburg, Holy Family — **Esther Lauberth**, her 95th on Feb. 28

Elections

Mary's Home, Our Lady of the Snows — **Adam Schwaller, Sarah Tucker**, to the School Advisory Board

Russellville, St. Michael — **Monsignor Robert A. Kurwicki VG**, as an officer of the Russellville Area Ministerial Alliance

CALDAROLA

From page 9

Ubiñas spoke with one of the group's board members, an Episcopal priest named David Peters, who as a teenager accidentally killed a motorcyclist with his car. I was moved to realize how people respond to tragedy, often because of their own grief, by doing good.

Peters agreed that the child would need tremendous support. And, he mentioned the biblical "cities of refuge."

I visited Exodus 21:13. Mosaic law permitted murderers to be executed, but in the case of accidental death, the perpetrator could find safety from vengeance in one of six specified cities.

Ubiñas suggested that her city, Philadelphia, should be a "city of refuge" for all children.

Life is full of mystery and sometimes faith is challenging. But the God in Whom I believe is not a controlling God, but a God Who suffers with us

Deaths

Daniel H. Schwartz, 73 — brother of Deacon Stephen Schwartz, who assists the pastors of St. Lawrence Parish in St. Elizabeth & St. Anthony of Padua Parish in St. Anthony — on Feb. 6. The Mass of Christian Burial was celebrated on Feb. 12 in St. Aloysius Church in Argyle, with Father Basil Tigga, Deacon Schwartz and Deacon Michael Brooks assisting.

Sister Mary Berenice Hartke SSND, 95 — who taught at the old St. Boniface School in Koeltztown in the 1950s — on Dec. 10 at Anna House in St. Louis. The Mass of Christian Burial was celebrated on Jan. 14 in the Theresa Center chapel at the Sarah Community in Bridgeton.

Boonville, Ss. Peter & Paul — **Patricia Imhoff, Nancy Larm, Larry Leathers, Louise Overstreet**

California, Annunciation — **Loretta A. George**

Columbia, Our Lady of Lourdes — **Joseph Hartmann**

Cuba, Holy Cross — **Edward Behr**

Fayette, St. Joseph — **Robert Hayes**

Frankenstein, Our Lady Help of Christians — **Mary Ann Kremer**

Folk, St. Anthony of Padua — **Rhonda K. Hagenhoff**

Hannibal, Holy Family — **Charlie Gilmore, Dennis Taylor**

Hermann, St. George — **Gary Hoover**

Jefferson City, Cathedral of St. Joseph — **Leo H. Maasen**

Jefferson City, Immaculate Conception — **William J. Bose Jr., Martha Butler, Felix Wulff, Daryl Hammond**

Jefferson City, St. Peter — **Lorraine M. Roling, William S. Twehus Jr.**

Linn, St. George — **James T. Scheulen**

Marshall, St. Peter — **Betty Phillips Eddy, Alma Quinteros**

Moberly, St. Pius X — **Steven Rowe**

St. Anthony, St. Anthony of Padua — **Sylvester Engelmeyer, James J. Volmert**

St. Martins, St. Martins — **Dolores C. Knerschild, Charlotte Oaker**

Sedalia, St. Vincent de Paul — **Joseph Twenter**

Taos, St. Francis Xavier — **Timothy C. Pinnell, Domingos Selva**

Wardsville, St. Stanislaus — **Patrick R. Schaffer**

The Catholic Missourian publication schedule

March 4 & 18
April 1, 15 & 29
May 13 & 27
June 10 & 24
July 8 & 22
August 5 & 19
September 2, 16 & 30
October 14 & 28
November 11 & 25
December 9 & 16

Deadline for article submissions, photos and names for the "People Page," is 15 days prior to the issue date. Submissions can be sent to Jay Nies, Editor, at editor@diojeffcity.org.

Event advertising can be requested by completing the form at diojeffcity.org/event-listing. Deadline for requesting display ads is 10 business days prior to the issue date. For questions regarding advertising, contact Kelly Martin at advertize@diojeffcity.org.

Crossword puzzle answers

S	M	E	L	I	T	E	W	E	N
E	N	I	E	E	L	R	O	V	A
S	S	V	J	E	V	E			
N	E	A	O	N	O	S	R	V	M
E	I	G	N	I	N	E	L	S	I
S	R	S	O	T	N	O	S	I	
J	N	I	M	D	E	J			
S	S	V	E	N	N	V	S	O	
N	I	J	V	T	R	C	L	O	R
I	N	I	M	V	M	E	N	I	C
O	I	J	V	R	A	T	V	J	I
C	M		O	O	L	B	O		
J	S	R	I	E	V	N			
X	J	P	M	E	I	S	O	U	I
V	X	H	P	O	S	O	T	I	H
N	I	G	M	V	I	I	V	E	
E	R	E	V	E	D	T	R	O	W

BROWN

From page 9

a long bad dream.

Until then, I keep asking the Lord for strength and patience, and peace for all who have suffered during these times.

Brown is a longtime Catholic journalist currently teaching it at a high school in southern Arizona.



Favorite Hat Day!

Mrs. Long's first- and second-graders at Immaculate Conception School in Macon sport their favorite hats and mismatched clothes as part of a snow-delayed Catholic Schools Week activity on Feb. 8.

— Photo from the Immaculate Conception School Facebook page

To the power of 100



Second-graders at St. Joseph School in Salisbury celebrate their 100th day of school on Feb. 1.

— Photo from the St. Joseph School-Salisbury Facebook page

Hello and goodbye



Students of St. Joseph School in Salisbury welcome their pastor, Father Boniface K. Nzabonimpa (center, left), back from a trip to his home diocese in Uganda and say farewell to Father Peter Musumba, who filled-in for Fr. Nzabonimpa, on Feb. 9. Students, parents, faculty and staff presented Fr. Musumba with a St. Joseph Ravens T-shirt and donated \$532 to Caritas Kampala, which Fr. Musumba works with in the Archdiocese of Kampala, Uganda.

— Photo from the St. Joseph School-Salisbury Facebook page

Favorite things!

Eighth-graders at Holy Rosary School in Monroe City help their schoolmates kick-off Catholic Schools Week on Jan. 31 with a song about their favorite Holy Rosary School things — including student Masses, the living Rosary, playing 4-square, climbing the “spider” on the playground, Catholic Schools Week, meatballs, nachos and Dominican Sister Susanne Walker, principal, singing, playing and praying!

— Photo from the St. Stephen Catholic Church (Indian Creek) Facebook page



A tree is known by its fruit, Jesus said

By Jennifer Ficaglia
Catholic News Service

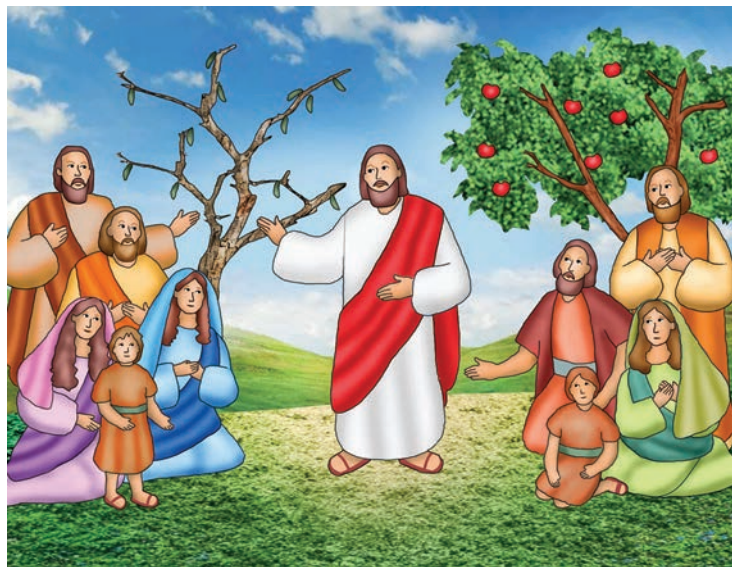
One day, Jesus came down the mountain to where a huge crowd had gathered to be healed by Him.

Jesus raised His eyes toward His apostles and began to speak.

He said, "Blessed are you who are poor, for the kingdom of God is yours. Blessed are you who are now hungry, for you will be satisfied. Blessed are you who are now weeping, for you will laugh. Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man.

"Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treated the prophets in the same way."

Jesus explained that people should love their enemies, bless those who curse them, pray for those who mistreat them, do good to those who hate them



and be merciful. He told them not to judge and condemn others and to be forgiving.

"For the measure with which you measure will in return be measured out to you," He said.

He then told a parable, saying that a blind person cannot lead a blind person, or they both will fall into a pit.

"Why do you notice the

splinter in your brother's eye, but do not perceive the wooden beam in your own?" He asked.

"How can you say to your brother, 'Brother, let me remove that splinter in your eye,' when you do not even notice the wooden beam in your own eye? You hypocrite! Remove the wooden beam from your eye first; then you will see

clearly to remove the splinter in your brother's eye."

Jesus then used the example of a tree to make a point.

"A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit. For people do not pick figs from thorn bushes, nor do they gather grapes from brambles," he explained.

"A good person out of the

store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks," He said.

Read more about it...

Luke 6

1. What did the crowd want Jesus to do?
2. What object did Jesus refer to in making a point?

Bible Accent

There are many places in the Bible where Jesus used agricultural references to make a point.

For example, in John 15, Jesus refers to Himself as a vine and God as the vine grower.

"He takes away every branch in Me that does not bear fruit, and every one that does He prunes so that it bears more fruit," Jesus said. "I am

the vine, you are the branches. Whoever remains in Me and I in him will bear much fruit, because without Me you can do nothing."

In Mark 4, Jesus compared the kingdom of heaven to a mustard seed.

"When it is sown in the ground, (it) is the smallest of all the seeds on the earth," he said. "But once it is sown, it

springs up and becomes the largest of plants and puts forth large branches, so that the birds of the sky can dwell in its shade."

And in Luke 8, Jesus told of a man who went out to sow his seeds.

"And as he sowed, some seed fell on the path and was

trampled, and the birds of the sky ate it up," he said.

"Some seed fell on rocky ground, and when it grew, it withered for lack of moisture. Some seed fell among thorns, and the thorns grew with it

and choked it," He continued.

"And some seed fell on good soil, and when it grew, it produced fruit a hundredfold," Jesus said.

Saint Spotlight



St. Louise de Marillac was born in France in 1591 and married an official of the royal court. Following her husband's death in 1625, Louise co-founded the Daughters of Charity with St. Vincent de Paul, whose charitable works she supported. She drew up the first draft of the order's rule. By the time she died in 1660, the order had established 40 houses in France, sheltered hundreds of women and looked after the sick and poor. We remember her on March 15.

Puzzle

Unscramble the letters in each word and arrange them to form a quotation from the children's story.

oyru	ni	hobdel	liwl
_____	_____	_____	_____
vanhee	eb	treag	drewra
_____	_____	_____	_____

Sentence:



Answers: your, in, behold, will, heaven, be, great, reward; Behold, your reward, will be great in heaven.

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Valerie Fischer
Preneed Agent

Dan Burke pens book on St. Teresa of Avila's blueprint for growing in holiness

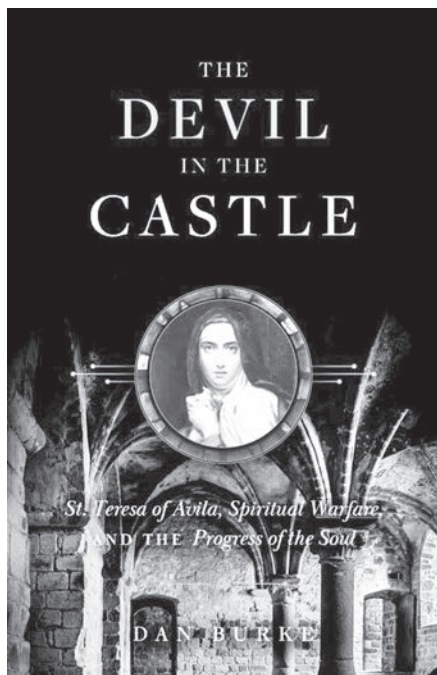
The Devil in the Castle by Dan Burke unpacks insights from St. Teresa of Avila's spiritual classic "Interior Castle" to guide readers amid the enemy's schemes and temptations.

This practical, enlightening book is designed to counter "Hell's playbook." Burke teaches us how to resist the methods demons use to attack the "mansion" that is the human soul.

Burke illustrates his argument with gripping stories of St. Teresa's encounters with the demonic. He explains how St. Teresa exposes the subtle, yet pernicious activity of demons in deceiving souls, such as distractions from prayer, worldly attachments and vices.

He then shows the reader how to utilize her tactics through spiritual encouragement and reflection questions.

This timely book brings St. Teresa's timeless wisdom to bear on modern crises, both



in the Church and in society at large.

Modern dilemmas, such as fear of illness and the "Catholic mindfulness" movement are also addressed in light of the one fear St. Teresa believes we should possess: fear of the Lord.

This book also provides ways to identify and counter

your "root sin," or predominant fault. It offers the antidote for spiritual deception, and teaches one how to develop a "rule of life" plan to grow spiritually through the "Paradigm of Ascent." Moreover, it includes a list and description of spiritual resources to assist readers in growing in virtue and obeying God's will.

The Devil in the Castle provides an in-depth daily examination guide, confession guide, and spiritual progress indicators, organized similarly to Dom Chautard's *The Soul of the Apostolate*. It maps out stages of growth, as mentioned in the writings of Teresa of Avila, John of the Cross and Thomas Aquinas.

Bishop Athanasius Schneider comments, "In the midst of dark times, we need light and clarity. Dan Burke provides both through his illumination of the wisdom of St. Teresa of Avila regarding how we can — and must — fight the forces that seek to keep us from our high calling to union with God."

SophiaInstitute.com

On air

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and reflections

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Sundays, 8 am, KRLL-AM 1420, California

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KEFL 91.5 FM, Kirksville
94.7 FM, Columbia
103.3 FM, Fulton
K216GM 91.1 FM, Canton

Movie Ratings



Adults and Adolescents

American Underdog (PG)
Home Team (PG)
Hotel Transylvania: Transformania (PG)
Sing 2 (PG)



Adults

Death on the Nile (PG-13)
The Matrix Resurrections (R)
Moonfall (PG-13)
Munich: The Edge of War (PG-13)
The 355 (PG-13)



Morally Offensive

Jackass Forever (R)
Scream (R)

Ratings are supplied by the U.S. Conference of Catholic Bishops Film and Broadcasting Office. Visit www.usccb.org for current reviews.

Graphic novel tells story of 'the Greatest Saint of Modern Times'

St. Thérèse of Lisieux's witness attracts and inspires readers

The Story of a Soul, the autobiography of St. Thérèse of the Child Jesus, has been translated into more than 60 languages and sold millions of copies.

A doctor of the Church, her vocation of love continues to enthral souls worldwide.

A new graphic novel, *St. Thérèse de Lisieux: Loving Is Giving Everything Away*, brings her story to life with vivid illustrations that will arrest readers of all ages.

Here, one learns about her childhood in France with her saintly parents and sisters. Readers will be inspired by the magnificent depictions and St. Thérèse's fervent First Communion and devotion to the Holy Eucharist.

And they will read about (and see!) Thérèse's life in her Carmelite convent.

St. Thérèse fans will encounter her love of Our Lady, who smiled at her as a child and interceded for her healing.

Highlights of the celebrat-

ed saint's life are portrayed, including her pilgrimage to Italy, her meeting with the Pope, and her bold determination to enter Carmel, which began when she was still a little girl.

Thérèse's "Little Way" of childlike confidence and her indomitable spirit come alive through the pages, even (or especially) in her

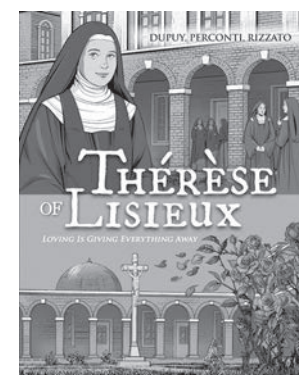
illness and suffering. Witness her faith in enduring family losses, including the death of her beloved mother and the final illness of her father.

Readers will also learn about St. Thérèse's talents as a poet and playwright, her obedience and hidden sacrifices, her final days and her last conversations.

They will be amazed by St. Thérèse's offering to God's Merciful Love, as well as her charity, zeal to save souls and prayers for priests.

In these uplifting pages, readers will learn why St. Thérèse's intercession is compared to a shower of roses, and about her heavenly mission to do "good upon earth."

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By George!



Scott Wingrath, Chris Jurd, Neil Loethen, Kevin Grellner, Sam Reinkemeyer and Terry Johnson, who are all married to teachers at St. George School in Linn, were honored with Distinguished Graduate Awards from the school during Catholic Schools Week. (See article on Page 1) — Photo by Lisa Grellner

MCC Podcast on the death penalty

Few issues are as morally challenging for Catholics as the death penalty.

Since capital punishment was re-instated in 1976, the United States has executed 1,536 individuals. Missouri, with 91 executions, is in the top five states resorting to capital punishment.

While support for the death penalty has steadily decreased over the years, the majority

of Americans favor it. What does the Catholic Church teach about capital punishment?

Exonerated death row prisoner Joe Amrine and one of the members of the jury that convicted him, Deacon Larry Hildebrand, share their incredible stories of faith and forgiveness on the Missouri Catholic Conference podcast series, which can be found at mo.catholic.org.

ORGAN

From page 5

Organ Historical Society and Missouri district convener for the American Guild of Organists, he has had the opportunity to hear numerous organs throughout the United States and in Europe.

That's why Bishop W. Shawn McKnight appointed him four years ago to promote the use and preservation of existing pipe organs throughout this diocese, and assist in designing the new instrument for the Cathedral.

Fr. Secrist developed a short list of possible organ builders for the project. He conducted copious research, listened to organs built and installed by each, visited with the builders to get a better sense of their creativity and flexibility, and reviewed each company's submitted proposal.

"I recommended to Bishop



The wind chests and pipes from the previous organ in the Cathedral of St. Joseph have been removed. A custom-designed new instrument will take its place. — Photo by Father Jeremy Secrist

McKnight and the Cathedral Commission that the proposal by the Buzard Company be accepted because of their tonal philosophy that aids congregational singing; their ability

to build organs in less-than-ideal acoustical and architectural environments; and John-Paul Buzard's ability to create striking facades that appeal to the eyes, as well," said Fr. Secrist.

Furthermore, the company is growing and is headquartered in a neighboring state, which will help with maintenance and tuning, he said.

Fr. Secrist spoke to the relevance of enhancing the prayer and worship environment of the Cathedral for this and future generations.

"As Catholics, we are connected in a special way with our church buildings," he noted.

"They are places for us to have sacred encounters with Almighty God. And through all of this — whether it's Sunday Mass, baptisms, marriages, ordinations, funerals, individual visits or the

Daily Readings

Sunday, Feb 20

SEVENTH SUNDAY IN ORDINARY TIME
1 Sm. 26:2, 7-9, 12-13, 22-23
Ps. 103:1-4, 8, 10, 12-13
1 Cor. 15:45-49
Lk. 6:27-38

Monday, Feb 21

St. Peter Damian, bishop and doctor of the Church
Jas. 3:13-18
Ps. 19:8-10, 15
Mk. 9:14-29

Tuesday, Feb 22

The Chair of St. Peter the Apostle
1 Pt. 5:1-4
Ps. 23:1-3a, 4-6
Mt. 16:13-19

Wednesday, Feb 23

St. Polycarp, bishop and martyr
Jas. 4:13-17
Ps. 49:2-3, 6-11
Mk. 9:38-40

Thursday, Feb 24

Jas. 5:1-6
Ps. 49:14-20
Mk. 9:41-50

Friday, Feb 25

Jas. 5:9-12
Ps. 103:1-4, 8-9, 11-12
Mk. 10:1-12

Saturday, Feb 26

Jas. 5:13-20
Ps. 141:1-3, 8
Mk. 10:13-16

Sunday, Feb 27

EIGHTH SUNDAY IN ORDINARY TIME
Sir. 27:4-7
Ps. 92:2-3, 13-16
1 Cor. 15:54-58
Lk. 6:39-45

Monday, Feb 28

1 Pt. 1:3-9
Ps. 111:1-2, 5-6, 9, 10c
Mk. 10:17-27

Tuesday, Mar 1

1 Pt. 1:10-16
Ps. 98:1-4
Mk. 10:28-31

Wednesday, Mar 2

Ash Wednesday
Jl. 2:12-18
Ps. 51:3-6ab, 12-14, 17
2 Cor. 5:20-6:2
Mt. 6:1-6, 16-18

Thursday, Mar 3

St. Katharine Drexel, virgin (USA)
Dt. 30:15-20
Ps. 1:1-4, 6
Lk. 9:22-25

Friday, Mar 4

St. Casimir
Is. 58:1-9a
Ps. 51:3-6ab, 18-19
Mt. 9:14-15

Saturday, Mar 5

Is. 58:9b-14
Ps. 86:1-6
Lk. 5:27-32

The Holy Father's prayer intentions for February:

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

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countless diocesan functions that have taken place in this Cathedral — our buildings become impressed on our souls.

"We are sanctified by the prayers that have been prayed by the people who have been here before us," he said, "and the moments we have experienced here have helped to make us the people we are."

Enhancing the beauty and preserving the history of the Cathedral will help orient visitors and regular worshippers toward God and assist them in

their desire to grow in relationship with Him.

Fr. Secrist noted that music has the power to reveal love at its deepest level.

"And whom should we love more than anybody else but the Lord?" he said. "So the music that we use is an expression of that love, of the deepest longings of our heart."

It will be all the more so when that music echoes off of colorful marble, mosaics and stained glass and ascends like incense toward heaven, he said.

Two-day event aimed at people who minister with music

DATE: March 25 & 26

The Jefferson City Chap-

ter of the National Association of Pastoral Musicians (NPM), in partnership with the Jefferson City diocese,

will welcome nationally-renowned presenters Jaime Cortez and Lynné Gray to a two-day engagement on Friday and Saturday, March 25-26, in Our Lady of Lourdes Church in Columbia.

They will lead a worship for pastors, directors of religious education and catechists, titled "God in the Barren Spaces: Ministering with Music to the Whole Community," at 6:30 p.m. on March 25.

The registration cost for this part of the event is \$15

per person.

On March 26, guitar and vocal coaching for volunteer singers, cantors, choir members and guitarists will be offered from 9 a.m. to noon.

Guitarists will work with Mr. Cortez on techniques.

Vocalists will work with Ms. Gray, being guided to healthier singing.

The registration cost for this part of the event is \$20 for NPM members, \$30 for non-members. Lunch will be included.

Mr. Cortez has served as a

pastoral musician for over 30 years in the Diocese of Phoenix, Arizona, currently as the Director of Liturgy and Music at Our Lady of Perpetual Help Parish in Scottsdale.

He is a teacher of instruments and of music ensembles, and gives several workshops on pastoral music ministry and presents parish missions in English and in Spanish.

As a clinician, he has dedicated his ministry to promoting better Hispanic liturgies and bringing cultures together for worship.

Ms. Gray is a respected liturgist, arranger, director and composer.

A respected vocal coach and accompanist, she shares her love of voice in ministry throughout the United States.

As a liturgist and worship leader, she has served on the Liturgical Music Committee for the Archdiocese of Washington, D.C., and given numerous workshops. She is currently the director of the Archdiocesan Gospel Mass Choir.

She was blessed in 2008 to direct the Gospel Mass Choir during the Mass for Pope Emeritus Benedict XVI.

Register for either or both events by emailing jeffersoncitymo@npm.org.

A form and invoice will be sent to you via email.

The registration deadline is March 18.

THANK YOU so very much to all of those in our diocese who contributed to funding the bonuses that we all received! We are so very grateful!

GOD BLESS YOU ALL!
The Faculty & Staff
of St. Patrick School-Rolla



DRIVE-THRU ONLY

FISH FRY

MARCH 4

Immaculate Conception Church (East side)

\$10 A TICKET
Crappie, Catfish, Garlic Slaw, Cheesy Potatoes & Dessert

4:30-7 PM

KNIGHTS OF COLUMBUS COUNCIL 3769

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Fish Fry WARSAW

EVERY FRIDAY DURING LENT THRU APRIL 15

All you can eat!

Fish, hush puppies, french fries, coleslaw, coffee & tea

TAKE-OUT curbside \$12/person
DINE-IN limited seating (with CDC guidelines)

\$13/person
½ price kids 12 & under

SERVING 4-7 pm

Sacred Heart Parish

RICH FOUNTAIN FISH FRY

Friday March 11 4:30-7:30 pm

DRIVE-THRU ONLY

Fish, hushpuppies, coleslaw, baked beans, buttered parsley potatoes & fresh bread

Adults \$12

Proceeds benefit Sacred Heart Parish

Pancake & Sausage BREAKFAST

St. Peter Holy Name Society
Selinger Centre Cafeteria
Jefferson City

Sunday, February 27 7:30-11 am

Adults \$10- Kids under 12 \$5 - Family (3+ kids) \$30

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ANASTASIA

Music by Stephen Flaherty
Lyrics by Lynn Ahrens
Book by Terrance McNally

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Tickets on sale February 28 at the Helias business office 573-635-6139

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HOLTS SUMMIT Fish Fry Dinners

Fridays—March 4, 11, 18 & 25

DINE-IN OR CARRY-OUT

Served 3:30-7 pm

USA FARM-RAISED CATFISH

\$12 per meal

Fried catfish, baked potatoes, slaw, baked beans, french fries, cornbread, dessert & drinks

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Taos K of C Council #6430

FISH FRYS

Dine-in or Carry-out
March 4, 11, 25 & April 8

Fried fish or boiled shrimp, baked potato or fries, slaw, hushpuppies, baked beans, ice cream, tea & coffee—\$13
Kids burger & fries—\$6

4:30-7:30 pm
K of C Hall in TAOS