

**1<sup>st</sup> Sunday of Lent  
March 10, 2019**

**Mass Intentions**

**Monday, March 11**

*Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 [Jn 6:63b]/Mt 25:31-46*

**8:00 AM Mass** – Kias Bernard +

**Tuesday, March 12**

*Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/Mt 6:7-15*

**8:00 AM Mass** – William Bolan +

**Wednesday, March 13**

*Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/Lk 11:29-32*

**6:00 PM Mass will be at St. Mary Church**

**Thursday, March 14**

*Est C: 12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8 [3a]/Mt 7:7-1*

**8:00 AM Mass** – No special intention scheduled

**Friday, March 15**

*Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/Mt 5:20-26*

**8:00 AM Mass** – Basil Hoehn +

**Saturday, March 16**

*Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48*

**8:00 AM Mass** – Hibernians +

**4:00 PM Mass** – Jean Waldron +

**Sunday, March 17**

*Gn 15:5-12, 17-18/Ps 27:1, 7-8, 8-9, 13-14[1a]/Phil 3:17-4:1 or 3:20-4:1/Lk 9:28b-36*

**8:30 AM Mass** – John Robertson +

**11:30 AM Mass** – People of the Parish

*Prayers and Sympathy to the family and friends of Joy Schiesl, who died recently. Joy is the sister-in-law of Janet Schiesl, aunt of Mike Meierhoffer, and great aunt of Todd and Scott Meierhoffer.*

**Cathedral will have Stations of the Cross on Fridays (March 15, 22, 29, April 5, 12) at 12 noon & 5:30 PM.**

During Lent, we will offer **Confessions on Wednesdays, 5:20-5:50 PM**, in addition to our regular confession schedule.

Every woman of the parish, over 18 years of age, is considered a member of the **St. Anne's Altar Society**. Dues are only \$5 per year, and a special envelope is included in the parish box of envelopes to remit your dues next weekend, **March 16-17**. If you don't have a contribution envelope, you may use a separate envelope and drop it in the collection basket or forward it to the **Parish Office**. Please do not include your dues on the same check as your contribution. Thank you!

The **Diocese of Kansas City-St. Joseph** extends a tremendous "Thank You!" to all parishioners for your support of the education and awareness and your openness to the topics of internet safety and the dignity of the human person in light of the pornographic culture. Parents: It's still not too late to join the **Equipped 7-Day Challenge: A Digital Crash Course** by texting **SECURE** to **66866** to receive 7 days of emailed digital tips. Stay informed at [kcsifamily.org/protectyourfamily](http://kcsifamily.org/protectyourfamily), and learn more about how to protect and guide your family and friends. Also, booklets are still available at the exits of Church.

**This Coming Week**

**Monday, March 11**

9:30-11:00 AM Food Pantry – Rectory Basement

5:30-6:30 PM Finance Committee-Msgr. Dierkes Mtg Rm

6:00-6:50 PM School of Religion – Ruggle Hall

6:30 PM Pastoral Council – Msgr. Dierkes Mtg Rm

**Tuesday, March 12**

4:30 PM ECC Board Mtg – Msgr. Dierkes Mtg Rm

6:00-7:00 PM Daisies (Hausman) – Ruggle Hall

7:00 PM Boy Scouts - Gym

**Wednesday, March 13**

8:00 AM All School Mass

9:00 AM-12:00 PM Sewing Group – Rectory Basement

9:30-11:00 AM Food Pantry - Rectory Basement

5:00 PM School Advisory Board – Msgr. Dierkes Rm

5:20-5:50 PM. Confessions - Church

6:00 PM ECC Staff Mtg – ECC Bldg.

6:30 PM Cub Scouts – Ruggle Hall

**Thursday, March 14**

9:00 AM Altar Society Day of Recollection - SFX

6:30 PM Cathedral Choir Rehearsal - Church

**Friday, March 15**

School Closed – Diocesan Day of Moral Formation

9:30-11:00 AM Food Pantry - Rectory Basement

12:00 PM Stations of the Cross - Church

5:30 PM Stations of the Cross - Church

**Saturday, March 16**

8:30 AM Meatballs/Spaghetti Sauce Making - Kitchen

2:30 PM Confessions

3:30 PM Rosary

4:00 PM Mass

**Sunday, March 17**

8:00 AM Rosary and Confessions

8:30 AM Mass

After Mass Coffee, Milk, & Donuts – Ruggle Hall

11:00 AM Rosary and Confessions

11:30 AM Mass

The **Altar Society's Day of Recollection** will be on **Thurs., March 14**, in the **St. Francis Parish Center**. **Father Stephen Hansen** will be our presenter. Check-in begins at **9:00 AM**. The day will include **Mass** and **lunch**. Lunch is \$8. **RSVP** by **Mon., March 11**, to [pbokav@cathedralsj.org](mailto:pbokav@cathedralsj.org) or **232-7763**.

On the **Wednesday evenings of Lent (March 13-April 10)**, **St. Mary Church** will have a **6:00 PM Mass**, followed by a **pot luck dinner** and **Lenten program**. **All Cathedral Parishioners are encouraged to attend. We will not have a 6:00 PM Mass at Cathedral during Lent.** The schedule of speakers/topics at **St. Mary Church** will be:

**March 13 - Jared Samson (1<sup>st</sup> of 3 parts on the Mass)**

**March 20 – Fr. Joshua Barlett (Our Catholic Faith)**

**March 27 – Jared Samson (2<sup>nd</sup> of 3 parts on the Mass)**

**April 3 - Dr. Ed Kammerer (The Two Thieves)**

**April 10 - Jared Samson (3<sup>rd</sup> of 3 parts on the Mass)**

**Adoration of the Blessed Sacrament:** Lent would be a great time to spend extra time in Church and pray for our school children or your own intentions. Sign up on the website <http://signup.com/go/vaVOXnM> or contact **Amy Roetto** at **816-787-0235** or [amy\\_roetto@hotmail.com](mailto:amy_roetto@hotmail.com).

**WEEKLY OFFERTORY INCOME**

Monthly Budget Goal \$76,166 (included \$4000 for reserve)

Offertory

Aged, Sick & Poor

Week 1 \$ 9,954.25

\$ 869.00

**A Message from Father Hansen . . .** On Ash Wednesday, I quoted St. Peter Chrysologus and how this doctor of the Church tied in the working of prayer, fasting, and alms giving to having our prayers answered. For those of you who pray the Liturgy of the Hours, you'll recognize this from Office of Readings in Lent.

*Prayer knocks, fasting obtains, mercy receives*

There are three things, my brethren, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. Prayer, mercy and fasting: these three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them; they cannot be separated. If you have only one of them or not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself.

When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show mercy to you.

Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold united prayer in our favor.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the psalmist said in prophecy: *A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.*

Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to give him yourself you are never without the means of giving.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, if you do not release the springs of mercy, your fasting will bear no fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others.

The **Knights of Columbus Council 5067** will host their annual **Fish Fry** on **Fridays** during **Lent, 5:00-7:30 PM**, beginning **March 8**, at their **Council Hall, 1205 N. 49<sup>th</sup> Terr.** Menu includes Fried Catfish or Shrimp Alfredo Fettuccini with cheesy potatoes, coleslaw, rolls, tea and water. Drive-thru is available. Prices: \$10/adult, \$5/child age 12 and younger.

***Stewardship Makes A Difference*** - Come join in an evening of fun, fellowship, and great food at our **St. Joseph's Day Dinner** on **Tues., March 19, 4:00-8:00 PM**, in **Cathedral's gym**. Volunteer openings are available in one hour shifts. Contact **Kitty** in the **Parish Office** or at **[kspafford@cathedralsj.org](mailto:kspafford@cathedralsj.org)**.

### **CHECK THIS OUT . . . The Good News of Cathedral**

- **Congratulations** to **Megan Sobetski**, Cathedral Class of 2015 and LeBlond Class of 2019, on being named one of the 2019 Bishop LeBlond Drug Free Super Stars!
- **Congratulations** to **Natalie Burnett** on winning the Northwest Regional Spelling Bee last week. **Natalie** will go on to compete in Washington DC!
- **Congratulations** to **Nash Bolda** and **Harper Lee** who received the St. Mother Teresa of Calcutta Kindness Award.
- **Congratulations** to the Mathcounts team: **Landon Gardner, Cali Hatcher, Sam Schoeberl, and Remi Zoubek** and their coach, **Mr. Tom Smith**. They finished in 16<sup>th</sup> place in the state!
- **Thank you** for your support at our very successful **Mardi Gras!** The night was filled with fun, fellowship, and generosity. A special **thank you** to **Michelle Meierhoffer, Liz Winkelbauer, Katy Richmond, and Lindsay Phillips** for their tireless planning and commitment to Cathedral. In addition, **thank you** to all of our **volunteers**. We are very excited about the future of Cathedral!

### **Our School and ECC News**

- School will not have classes on **Friday, March 15**. Our teachers will be attending a **Diocesan Day of Moral Formation**. Therefore, the **All School Mass** next week will be on **Wed., March 13**. **ECC will** be open on **Friday**.
- The next **Ravenous Ravens Night** will be at **Hunan's Restaurant** on **Mon., March 25**, beginning at **4:30 PM**.
- **Students in grades 4-8** will have the opportunity to take a 4 week **spring elective course** on **April 5, April 12, April 26, and May 3, 1:30-3:00 PM**. If you would like to be one of our instructors, please contact **Mrs. Rebecca Evans** at **232-8486** or **[revans@cathedralsj.org](mailto:revans@cathedralsj.org)**.

**SFX Knights of Columbus Council 15126** will host Lenten Dinners from **5:00-7:00 PM** at **St. Francis Xavier Parish Center**. **March 8** – Fried Fish Fillet Sandwiches, Baked Mac & Cheese, Corn & Salad; **March 15** – Baked Mexican Cheese Enchiladas with Red Sauce, Refried Beans & Spanish Rice; **March 22** – Shrimp Tacos with Sauce, French Fries & Cole Slaw; **April 5** – Baked Tilapia, Cheesy Hash Browns & Green Beans. Cost: \$10/adult, \$5 for children under 12; \$25 for members of an immediate family.

**St. James Holy Name Society - Knights of Columbus** will host their **Lenten Fish Fries** on **March 8, 15, 22, & 29**, from **5:30-7:30 PM**, in **St. James Church Basement**. Adults: \$10, children under 12: \$5. They also will have a 50/50 drawing and raffle.

The **Daughters of Isabella** will meet on **Tuesday, March 12**, for their monthly business meeting. The meeting will begin at **12:30 PM** at the **St. Francis Parish Center**.

The Catholic young adult group for St. Joseph, **Coram Deo**, will meet on **Thurs., March 14, 6:10-8:00 PM**, for pizza and a showing of **"The Prince of Egypt"** at **Our Lady of Guadalupe Parish** in their **Bartlett Room**. All young adults ages 22-35 are invited to attend!

# Conversion of Heart

Lenten Reflections on Mercy and Forgiveness

Week 1

READINGS: Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13

## Jesus offers us spiritual strength

In this week's Gospel reading, Jesus was "led by the Spirit" (Lk 4:1) into the desert for forty days. There, he was pestered by Satan so that he could experience "every temptation" (v. 13), a truly remarkable feat by any standard.

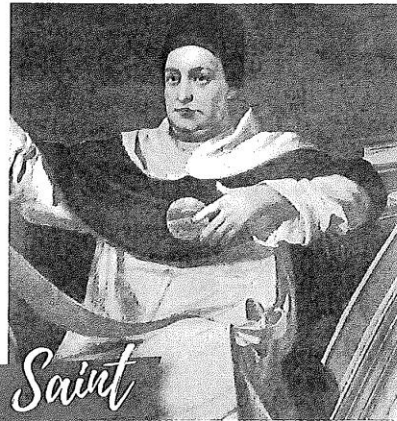
During this time, Jesus was made acutely aware of the difficulties we experience as humans who struggle with sin. More importantly, Jesus reveals that in the face of temptations we can draw upon his grace and strength, as he himself has endured such temptations. In debating the

prince of darkness, he helped us become fellow soldiers in the spiritual battle.

As we begin our Lenten journey, let us call to mind our need to be "made aware." Jesus was made aware of how difficult it is to live a holy life. We, through our sacrifices of time, talent, and treasure, are led by the Spirit to our own spiritual deserts where we can experience God's grace of mercy in the silence of our hearts.

There, and only there, can we truly become *aware* of our own spiritual strength.

"You shall worship the Lord, your God, / and him alone shall you serve" (Lk 4:8).



### Pray contemplatively

Thomas Aquinas was a quiet man who experienced a multitude of temptations. He was a master of contemplative prayer, which led him to overcome those temptations to a heroic degree. He lived a life of intense focus, studying and pondering God, and sharing his wisdom with others in deed, speech, and writing.

As you continue your Lenten journey, spend time in contemplative prayer each day. Ponder the things of God by reading Scripture and spiritual books, and meditating on God's will for your life.



### For Reflection

- › Are you aware of God's mercy in your life?
- › What temptations do you struggle with?
- › How are you preparing to enter into your spiritual desert this Lent?



## Faith Lesson

### Tips for seeking FORGIVENESS

#### DO YOU NEED FORGIVING?

If you are aware of something you have done to harm others, try taking these first steps:

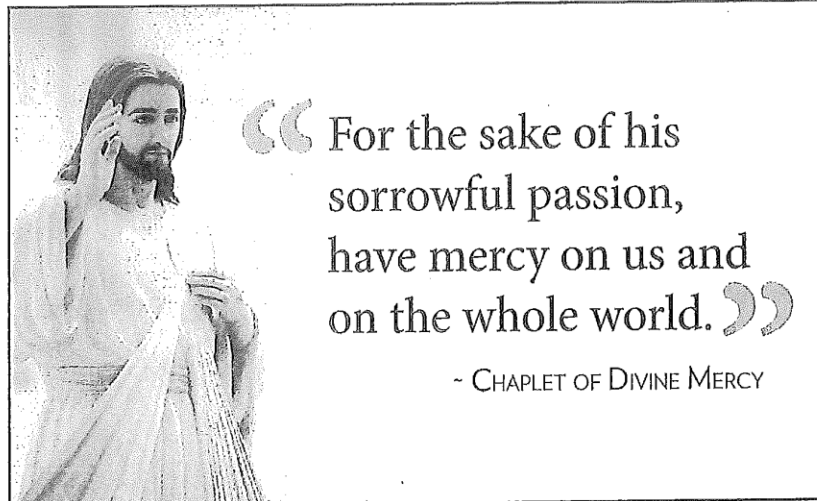
- Go to confession.
- Pray for the person you offended and ask for God to help bring peace between you both.
- Reach out to the person you offended and ask them for forgiveness.

#### DO YOU NEED TO FORGIVE?

- Pray for the person who offended you and for God to help bring peace between you both.
- Reach out to the person who offended you and forgive them.



Prayer



“For the sake of his sorrowful passion, have mercy on us and on the whole world.”

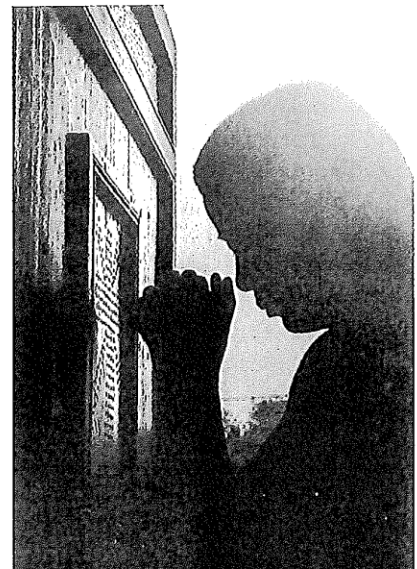
- CHAPLET OF DIVINE MERCY

### WORD Meanings

The word “mercy” comes from the Latin *merces*, which means “reward.” Mercy is God’s undeserved gift for those who show mercy. Hence, in the Lord’s Prayer we say, “Forgive us our trespasses as we forgive those who trespass against us.” May we always remember that God offers mercy to all, but it can only be accepted by those who show mercy to others.

### Fasting TIPS

Offer your fasting up for someone who needs spiritual strength. Archbishop Fulton Sheen called this type of suffering a “spiritual blood transfusion” that can enliven the soul of those for whom we suffer. Think about that person every time you are tempted to break your fast. Then, overcome it and know that your efforts are making a difference with the help of the Holy Spirit.



## Catechism Chat

“God created us without us; but he did not will to save us without us.’ To receive his mercy, we must admit our faults” (1847).

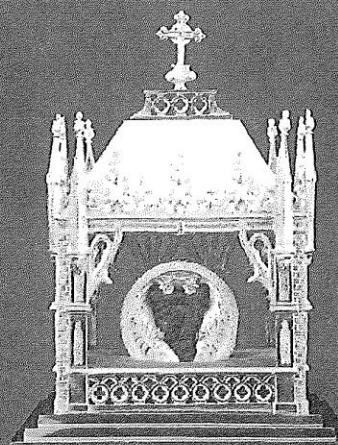
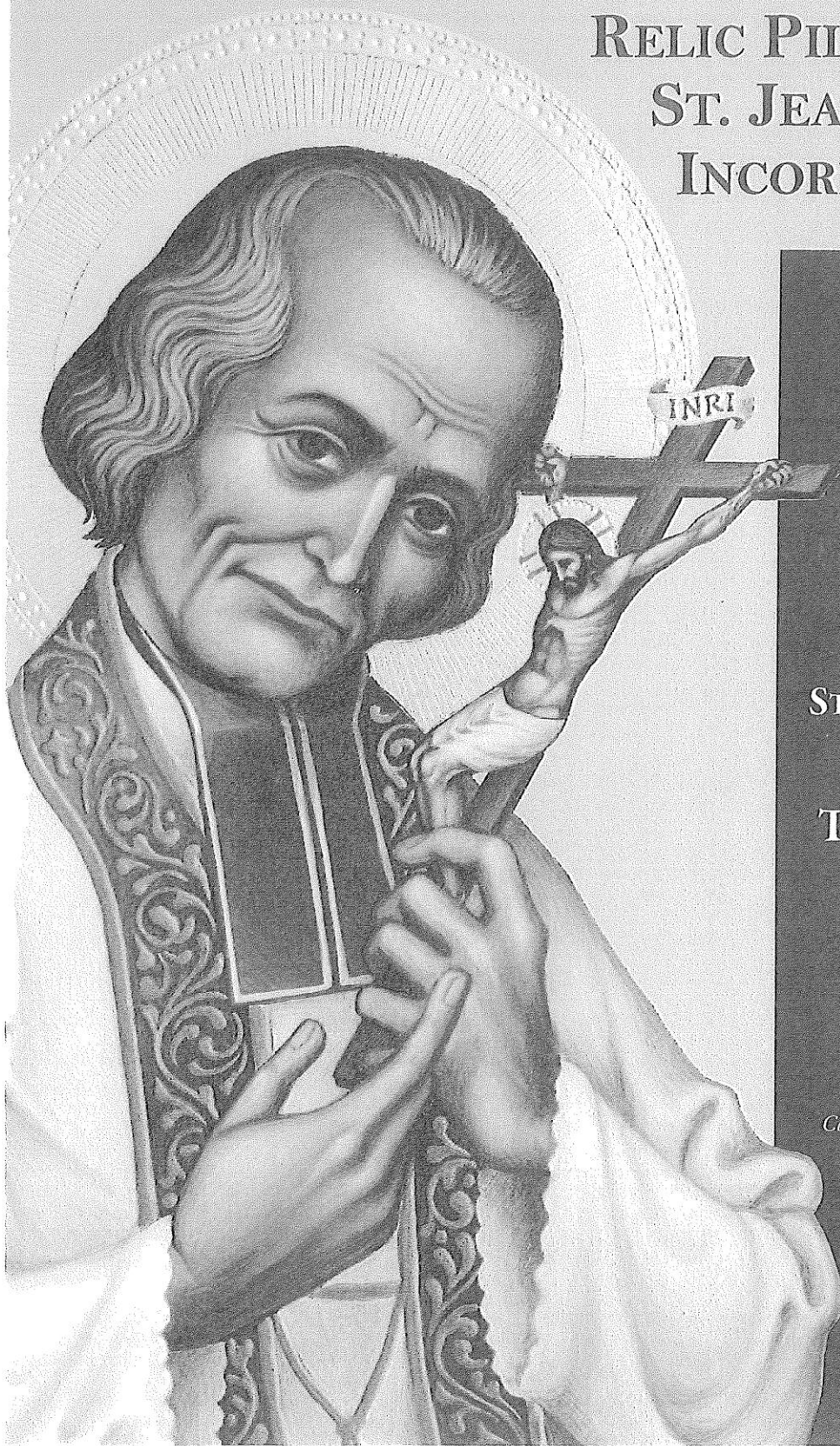
Holy Father, I am not perfect, but you are. Help me to become more perfect like you through your gift of mercy. May I be made worthy of such a reward by showing that same mercy to those who offend me and asking for forgiveness of those whom I have offended.



*Be with me, Lord, when I am in trouble. (Ps 91)*

# HEART OF A PRIEST

## RELIC PILGRIMAGE OF ST. JEAN VIANNEY'S INCORRUPT HEART



**ST. JOSEPH CATHEDRAL**

519 N. 10<sup>th</sup> Street

St. Joseph, MO 64501

**Tuesday, March 19**

Mass

8:00 AM

Veneration

9:00 AM – 8:00 PM

Vespers

5:30 PM

*Confession will be available following Mass  
(9:00 AM - 8:00 PM)*



**KNIGHTS OF COLUMBUS  
IN SOLIDARITY WITH OUR PRIESTS**  
kofc.org/vianney

**#HeartofaPriest**

# Cathedral's St. Anne's Altar Society Needs You!

## WHAT DOES ALTAR SOCIETY DO FOR OUR PARISH?

### 1. Supports our Liturgy

- Purchases Items for the Sanctuary (candles, altar cloths, host and wine, palms, etc)
- Purchases, repairs or replaces vessels, all candles and flowers
- Church environment committee purchases supplies and decorates the church throughout the year
- Purchases vestments and dry cleans the albs and chasubles for Priest, Deacons, and servers
- Upkeeps holy water vessels and cleans church for holidays and as needed

### 2. Hosts Events for the Parish and Donate Resources

- Provides food, serves, and cleans-up at receptions and parish funerals (when requested)
- Provides parish receptions when requested by the pastor
- Collaborates with St. Francis for a Lenten retreat, including a guest speaker, Mass and lunch (Day of Recollection)
- Hosts a dinner for officers throughout our deanery (Guest Night)
- Serves refreshments for the community chorus Christmas concert (as needed)
- Hosts a tea fundraiser for Birthright and Pregnancy Resource Center (alternate each year)
- Hosts annual garden party for installation of our new officers (April)
- Sponsors the Cake Walk at Hill Day
- Provides appreciation treats for the teachers at ECC and school, as well as Parish Staff (August)
- Donates to the Partnering for Future Priests and Mardi Gras auctions
- Purchased new Parish refrigerator in cafeteria in 2016 and contributed to a new ice machine in 2017, TV for St. Anne's Room

### Raises Funds to Support Our Parish

- Hosts the St. Joseph's Day Table to raise money for the food pantry
- Sponsors the parish garage sale
- Sponsors a Fall Sewing and Crafts Bazaar annually to raise funds for the Altar Society
- Painting Party, Memorial Easter Lily Sale, Memorial Day Crosses are also fund raisers
- Hosted a meal for all priests from our Deanery
- Donate annually to the Mardi Gras silent auction
- Collaborated with Cathedral School for the Chili/Bingo Dinner
- **Has business meetings quarterly (with social gatherings or fund raisers in-between)**

## HOW COULD YOU HELP?

- Attend our **business meetings** to bring new ideas and energy!
- We really need more people to make salads, desserts, sides and serve for **funeral luncheons**. Call the parish office.
- Please come to the **Sewing and Crafts Group** where we make items to sell and support activities! The Group meets Wednesdays, March – October, from 9 to 12:00 in the Rectory Basement (enter through the Pantry or the Parish Office). Stop in and bring your own craft to work on, or work on one of ours! Or, if you prefer, you can also make things at home and donate them. If you don't know how to sew, knit, or crochet, you can come and learn!
  - If you want to help our group make **valuable items that will sell well** (*maybe you are a Pinterest lover?*), we would love your help
  - Our **Environment Committee** has been formed to decorate the church. Extra help is needed for Christmas and Easter. Please consider joining or **come on decoration days** and lend your hand! Lent begins March 6<sup>th</sup> and Easter is April 21<sup>st</sup>.
- **All women 18 years and older-it's time to pay yearly dues! Find your March envelopes and please pay with separate check**
- **-Only \$5.00 a year or any additional amount would be greatly appreciated!**

## *Be with me, Lord, when I am in trouble. (Ps 91)*

### **At Seedtime: Celebrating a Day of Prayer**

In the past, the Church marked certain times of the year with Ember Days and Rogation Days. These included prayers for the Blessing of Seeds at Planting Time, as well as prayers for the Blessing of Fields and Gardens.

At the beginning of the planting season in late winter or early spring, it is traditional for farmers to seek God's blessing on their crops. Whether or not we live in rural communities, we may wish to ask God's protection for seeds (or young plants) in our fields and gardens, especially in the season of Lent. Seeds represent a microcosm of all life. By our prayer, we acknowledge God's control over creation and our stewardship of it.

The Church's General Norms for the Liturgical Year and Calendar state: "On Rogation and Ember Days the Church is accustomed to entreat the Lord for the various needs of humanity, especially for the fruits of the earth and for human labor...{45}."

Dioceses all over the country are free to establish their own supplementary days of prayer. This is one of several for the Diocese of Kansas City-St. Joseph, which has designated March 16 as a Diocesan Day of Prayer: **At Seedtime**.

Resources below offer scripture, prayers, and song suggestions. Parish groups and households are encouraged to use them. A Blessing Service (reverse) is taken from those.

- **Book of Blessings (full & abridged editions); Catholic Book Publishing Co.**
  - Order for the Blessing of Seeds at Planting Time
- **Catholic Household Blessings and Prayers; U.S. Catholic Bishops (orig. & rev. ed.)**
  - Rogations Days: Blessing of Fields and Gardens
  - Assumption Day: Blessing of Produce
- **Laudato Si'; Pope Francis #246**
  - A prayer for our earth
  - A Christian prayer in union with creation
- **Roman Missal; Mass for Various Needs and Occasions, #27 At Seedtime**



## Blessing of Seeds and Fields at Planting Time

### Introduction

**Leader:** In the name of the Father, and of the Son, and of the Holy Spirit. Let us praise God, who plants the seeds and reaps the harvest. Blessed be God for ever. **R.** Blessed be God for ever.

**Leader:** Today we seek God's blessing of these seeds and the crops they will produce. Christ reminds us that, unless the seed is planted in the earth and dies, it will not yield fruit. As these seeds grow and are cared for, may they be signs of the new life from God.

### Scripture Reading (suggestions)

Genesis 2:1-9, 15-17    Genesis 1:1-12, 29-31    Deuteronomy 28:1-6    Isaiah 55:10-13    Joel 2:21-26  
2 Corinthians 9:6-10    Matthew 13:31-36    Mark 4:26-29    Luke 12:16-21    John 12:23-25

### Intercessions

Almighty God look with benign providence on your children; give us nourishment and growth by blessing the earth with the fruitfulness that sustains human life. As your children, we pray to you by saying: *Lord, hear our prayer.*

- You bless the earth and abundance flows in its pastures; grant that by your blessing, our fields may yield the food we need. **R.**
- You make the wheat grow that provides our daily bread and the gift of the eucharist; give us a crop made rich by abundant rain and fertile soil. **R.**
- You feed the birds of the air and clothe the lilies of the field; teach us not to worry about what we are to eat or drink or wear, but to seek first your way of holiness. **R.**
- You have told us that Christ is the vine and we are branches; grant that by living in your Son we may produce much good fruit. **R.**

### Conclusion

O God, from the very beginning of time you commanded the earth to bring forth vegetation and fruit of every kind. You provide the sower with seed and give bread to eat. Grant, we pray, that this land, enriched by your bounty and cultivated by human hands, may be fertile with abundant crops. Then your people, enriched by the gifts of your goodness, will praise you unceasingly now and for ages unending. We ask this through Christ our Lord. **R.** Amen.

### Closing Song suggestions:

- A. (Sung to the tune of "All Creatures of our God and King")

Dear mother earth, who day by day  
Unfolds rich blessing on our way,  
O praise God! Alleluia!

The fruits and flowers that verdant grow,  
Let them his praise abundant show.  
O praise God, O praise God,  
Alleluia, Alleluia, Alleluia. (St. Francis of Assisi)

- B. (sung to the tune of AR HYD NOS ["All Through the Night"])

For the fruits of this creation,  
Thanks be to God;  
For the gifts to ev'ry nation,  
Thanks be to God;  
For the plowing, sowing, reaping,  
Silent growth while we are sleeping,  
Future needs in earth's safe keeping,  
Thanks be to God.

In the just reward of labor,  
God's will is done;  
In the help we give our neighbor,  
God's will is done;  
In our worldwide task of caring  
For the hungry and despairing,  
In the harvests we are sharing  
God's will is done; (F. Pratt Green)