



Cathedral

WEEKLY

TWENTY-FIRST SUNDAY IN ORDINARY TIME

SIMPLE WISDOM | FR. CHRISTOPHER HOUSE
TURNING TO MARY IN DIFFICULT TIMES | JESSICA SANTULLI
A SINNER'S GUIDE TO CATHOLIC PRAYER | MERRIDITH FREDIANI

Cathedral WEEKLY

THE MOST REVEREND THOMAS JOHN PAPROCKI
NINTH BISHOP
OF SPRINGFIELD IN ILLINOIS

THE VERY REVEREND CHRISTOPHER A. HOUSE, V.J.
RECTOR

THE REVEREND MICHAEL FRIEDEL
PAROCHIAL VICAR

THE REVEREND DOMINIC RANKIN
PAROCHIAL VICAR

DEACON IRVIN LAWRENCE SMITH

DEACON T. SCOTT KEEN

VICKI DHABALT COMPTON
COORDINATOR OF FAITH FORMATION AND MISSION
VCOMPTON@CATHEDRAL.DIO.ORG

LISA A. DUFFEY
CATHEDRAL SECRETARY
LDUFFEY@CATHEDRAL.DIO.ORG

MARK GIFFORD
DIRECTOR OF MUSIC
MGIFFORD@CATHEDRAL.DIO.ORG

KATIE M. PRICE, M.P.S., CFRE
COORDINATOR FOR STEWARDSHIP
KPRICE@CATHEDRAL.DIO.ORG

BILL VOGT
OFFICE AND PLANT MANAGER
BVOGT@CATHEDRAL.DIO.ORG

SR. FRANCELLA VYVERMAN, O.P
MINISTRY TO THE SICK
SFRANCELLA@CATHEDRAL.DIO.ORG

524 East Lawrence Springfield, IL 62703
Cathedral Office: 217-522-3342
SPICATHEDRAL.ORG

Mass Times: SAT 4PM, SUN. 7AM, 10AM, 5PM
Weekday Masses: MON. thru FRI. 7AM, 5:15PM and SAT. 8AM
Reconciliation (Confessions): MON-FRI 4:15PM- 5PM, SAT. 9AM-10AM,
2:30PM-3:30PM, and SUN. 4PM-4:45PM
Adoration: Tuesdays & Thursdays 4PM to 5PM

Diocesan Victim Assistance is available. For the Diocesan Victim Assistance Coordinator, please contact: Patricia Kornfield at 321-1155.

Please remember that if you or a loved one is in the hospital, a nursing home or home-bound, to contact the Parish offices or Sr. Francella at 522-3342 x 142. Hospitals may know you are Catholic, but not know you are from Cathedral. We would be happy to visit.

Welcome to the Cathedral of the Immaculate Conception!

On behalf of our bishop, the Most Reverend Thomas John Paprocki, our parishioners, deacons, and priests, I welcome you to the mother church of the Diocese of Springfield in Illinois.

The seat of the diocese was moved to Springfield from Alton in 1923. In the same year, "Old St. Mary's" church of Immaculate Conception Parish was named as the pro-cathedral of the new diocese until this cathedral church was built and dedicated in 1928. Currently, our diocese comprises twenty-eight counties in central Illinois, serving over 140,000 members of the Catholic faithful.

I hope that your visit to our Cathedral is one of grace and beauty and that you feel at home in the mother church. I also hope that you will find this edition of the *Cathedral Weekly* to be both informative and spiritually enriching. May God bless you and yours!

Mass Intentions for the Upcoming Week

Monday – September 2

7 AM BARB MCGRATH (FAMILY & FRIENDS)
5:15PM NO MASS

Tuesday – September 3

7 AM DORIS DREA (TIMOTHY ZAJICEK)
5:15PM JOHN D. SULLIVAN (JUDY FASSERO)

Wednesday – September 4

7AM JOSEPHINE CONRAD (BERNIE ELY)
5:15PM HELEN "BOBBIE" MCCARTHY (FAMILY)

Thursday – September 5

7AM JAMES & PATRICIA GOLLON (FR. EDGAR)
5:15 PM KARA LEIGH SMITH (Friends from ISBE)

Friday – September 6

7AM MARY PRIESTER (JUDITH & IGNATIUS HODNIK)
5:15PM IRVIN LARRY SMITH (CAROL GREENWOOD)

Saturday – September 7

8 AM SPECIAL INTENTION FOR ELIZABETH BOMBAL (BOMBAL FAMILY)
4 PM ROY RHODES (DICK & MARY JANE DAVIDSON)

Sunday – September 8

7 AM FOR THE PEOPLE
10 AM CHARLES & MERCEDES NESBITT (KATHY FRANK)
5 PM BILL CRUMLY (JUDY CIOTTI)



Very Reverend Christopher A. House
Rector

Stewardship Activity

Stewardship of Time & Talents

What gifts do I have which I have simply taken for granted? What talents do I have that people around me would find useful?

Stewardship of Treasure

August 17th & 18th

Envelopes:	\$2,442.67
Loose:	\$5,041.54
Maintenance:	\$85.00

Total:	\$7,569.21
July EFT	(\$17,870.60)



Simple Wisdom

Our Lord offers us what might be termed “simple wisdom” in this Sunday’s Gospel, but wisdom that will nonetheless bear fruit unto eternal life. Jesus is attending a dinner at the house of a leading Pharisee and Luke tells us that everyone is watching Jesus and he is watching everyone else as well. He then turns events of the occasion into a parable.

Jesus is observing the guests as they choose where they are going to sit for the dinner. Both honor and shame were significant parts of life in Jesus’s day, Jewish culture being no exception. On observing his fellow guests, Jesus offers an admonition that it is better to be moved up than to be moved down, the former bestowing honor, the later bestowing shame. Jesus teaches that it is better (and safer) to always seek the lower position. While this may seem to be savvy social etiquette, it also has meaning for our discipleship.

Luke juxtaposes the lowly and the lofty in another place in his Gospel, early on when he records for us Mary’s prayer of praise when she visits her cousin Elizabeth. We call this prayer the “Canticle of Mary” or the Magnificat. In that prayer, recounting the goodness of God, Mary offers praise to the Lord because he “has cast down the mighty from their thrones and has lifted up the lowly.” The Christian life reminds us that seeking high places can result in us holding a very tenuous position. However, if it is God who is doing the lifting then who can bring us back down? Just as with places at table, it is far better to be moved-up than to be knocked-down.

And regarding those who are invited to table, Jesus turns social convention on its head a second time. Jesus tells us that in seeking others to share your hospitality with, do not look for those who can offer you anything in return. This is counter to a society, then and now, that is quid pro quo or “this for that.” In offering hospitality, care, or concern to those who can offer nothing in return, the world cannot second guess our sincerity; however, when we open our lives in generosity for the sake of generosity, do not think that there will not be a return on the gift. The return will be made by God, both with grace in this earthly life and the promise of a greater life in the Kingdom of Heaven.

Father Christopher House is the Rector of the Cathedral and serves in various leadership roles within the diocesan curia, namely Chancellor and Vicar Judicial.

Now is the time! Join us Sept. 19th at 7PM for REBOOT with Chris Stefanick!

Join us for a night of transformation for your faith! For the first-time ever in the Diocese of Springfield in Illinois, we welcome internationally known Catholic speaker and evangelist, Chris Stefanick. It has been awhile since Springfield has hosted a speaker of this caliber and talent, and we are so excited that he has chosen Springfield as a stop in his ministry travels!

If you are thinking he is not your “style” or he is for the “younger-ones,” think again! Chris is well known to reach Catholic audiences of all ages. He has appeared on EWTN, Ascension Presents, and has led numerous national events and presentations. This evening will *change* you and be worth every penny of that \$25 ticket price! (If the cost is prohibitive of you going, please call the Parish Offices.)

We will be selling tickets after all the Masses. Take this opportunity to invite your family, friends, and co-workers! All are welcome to join us. For more information or to purchase tickets online go to spicathedral.org/reboot.





Turning to Mary in Difficult Times

I never fully understood Mary when I was growing up. As a cradle Catholic, I memorized the “Hail Mary” by the age of 6, and knew that she was a special woman chosen to be the Mother of God.

She was blessed and courageous. My pastor told me Mary was most likely only a teenager when she was visited by the Angel Gabriel and presented with God’s plan for her. I marveled at her ability to say “yes” to God while still so young. I wanted to be like her but didn’t see much connection between us.

Years later, tragedy struck my dear friend, Clara. Her daughter arrived stillborn, and it seemed like even Jesus couldn’t ease her pain. I accompanied Clara to a counseling session at her church. The charming French spiritual director offered this piece of advice: “The Virgin will comfort you, madame. She, too, lost a child.” He lovingly handed Clara a statue of the Holy Mother, but it felt like little comfort for her pain. Clara wanted her baby healthy and whole, not a fragile statue of the Virgin Mary, which fell to the floor and shattered as she wept.

Whenever someone’s going through a difficult time, there’s a generic, almost scripted response that Christians typically give: “God knows what you’re going through.” Those words didn’t provide me much solace when I was plagued with an undiagnosable virus this past winter. My body became foreign to me as I hunched over a bucket for weeks on end, unable to eat or keep anything down. I know God didn’t abandon me during this time, but it was difficult to feel his love when there was seemingly no end in sight. I asked some friends to pray for me, and their response was that God could relate to what I was going through because he actually lived it.

I believe that Jesus was subject to every human suffering and temptation. Jesus was made of flesh like me and knows nearly every pain I could ever go through. Nearly every pain. God’s human experience was that of a man, not a woman. Now, I know that God isn’t limited by gender, and my incomprehensible, all-knowing God still understands my pain as a woman. But that’s not the same as having lived it.

God didn’t inhabit a woman’s body, but there’s someone we can turn to when we’re suffering who did. That someone is Mary. She’s a comforter I can rely on when I’m facing a health issue unique to my female body or when I’m struggling with my relationship with my family. She models obedience, strength, gentleness, and solidarity. She also understands the grief of a mother in mourning, having lost her own son.

After more time and reflection, I can see the wisdom in the spiritual director’s words to my friend. Clara’s tragedy actually taught me to turn to Mary, talk to her, and ask her to pray for me. I tried this when I was ill, knowing that Mary could not only offer me the love of a mother for her child, but she could also see me

through my pain. Her love could help me get through my health challenges.

Mary understands me in ways that only a woman can. I often question my place in society, the Church, and God’s family. I wonder how I can serve God as a woman who isn’t called to religious life. Mary assures me of my own worth in the Kingdom. Mary’s example of accompanying Jesus through his suffering on the Cross inspires me to support my own friends and family with the same compassionate presence. She stayed by Jesus’ side and never left. I can only hope to be there for my dear ones in the same way.

By the grace of God, Clara gave birth to a rainbow baby and named her Faith.

Faith is what I strive for. I want to have faith like Mary, to follow her example, and to talk and pray with her more. In the end, I’ve learned that it’s not so important for me to understand Mary. What really matters is that she understands me.

Jessica Santulli has written articles for various Christian websites. She holds a bachelor’s degree in writing and works for a reference publisher in Northern New Jersey. In her free time she enjoys photographing nature, running, swimming, and leading a young adult Bible study.





A Catechist Perspective

What does God look like? Why do we have to go to Mass? Why can't I watch that movie? As a parent and PSR teacher, I have at times been stumped by questions kids have asked about God and our faith. Children come up with really interesting and important questions that provide great insights into their spiritual lives and deserve thoughtful and meaningful answers. The adults who know the children best -- parents, grandparents, other family members, and close family friends -- are in the best position to address their questions in a way that will increase their love and understanding of God. In company with other families, Family Faith Formation will help you build the tools and knowledge to deal with those challenging questions and will be a wonderful opportunity to learn how to encourage your children's questions and help them (and you) grow spiritually.

Jane Fornoff
Cathedral parishioner, catechist, choir member and
Alpha leader

Ready to Sign-up?

To sign-up, please go to the website at <https://spicathedral.org/family-of-faith/>. You will also find more information and the calendar available on that page.

Teaching Meetings

All adults of the parish are invited to attend the monthly teaching sessions, but special invitation is extended to parents, grandparents, aunts, uncles, guardians, young couples preparing for marriage - anyone who has or will have responsibility for passing on the faith to children.

September 8
The Role of Parents in Faith Formation, 6:15-7:30 PM

October 6
What is Faith? Who is God? 6:15-7:30 PM

November 3

Created in God's Image, 6:15-7:30 PM

December 1
Annunciation, Immaculate Conception, 6:15-7:00 PM

January 12
Who Is Jesus, 6:15-7:30 PM

February 9
Paschal Mystery, 6:15-7:30 PM

March 8
The Holy Spirit, 6:15-7:30 PM

April 5
Marks of the Church, Communion of Saints, 6:15-7:30 PM

May 3
The Way of the Creed, 6:15-7:30 PM

Additional Questions

If you have questions, please contact Daphne Southern at daphnesouthern69@yahoo.com or 638-2805.





A Sinner's Guide to Catholic Prayer

When I was little I learned to pray before bedtime:

*Now I lay me down to sleep
I pray the Lord my soul to keep
If I should die before I wake
I pray the Lord my soul to take.
God bless Mommy and Daddy and
Paulie and Meme and all the people in the world.*

As I got older and marched through Catholic grade school I learned the Our Father, the Glory Be, and the Rosary. In my childish zeal I wanted to pray a Rosary but could not stay awake through all the Hail Marys.

As I wandered into adulthood, marriage, and having children, my prayer life suffered from sophomore effort and limited attention. There was just so much to do! By the time I lay down and attempted prayer, it was too late and I fell asleep.

Good, Better, and Great Prayer

I enjoyed weekly Mass and put the time to good use prayer-wise. One Lent I committed to attending Eucharistic Adoration every Friday for an hour and mostly stayed awake. I taught my kids to pray before bed—not using the foreboding prayer I'd recited but the more optimistic one my husband learned growing up:

*Angel of God, my guardian
dear
To whom God's love
commits me here
Ever this day be at my
side
To light and guard, to rule
and guide.*

Better. Not great.

Becoming a Prayer Giant

Then one December, after a particularly grueling year, I read that every family needs a prayer giant. My husband's family had the benefit of his grandmother who, he said, had "an 'in' with God." I decided I wanted to be the prayer giant for my little family. It was a big goal that, while not insurmountable, required untapped effort and unlearned skills. Can I say that all these years later I am a prayer giant? Not sure. What I know is I have learned some

stuff about prayer and how glad I am that the Catholic Church offers us such a big toolbox. If I condensed it all down it would be simply this:

If you want to learn to pray or you want to pray better, the best teacher out there is Jesus.

The Mass as Prayer

Jesus will pour out help on you if you ask. Our Lord desires us to be with him. He is constantly calling. He gave us a God-shaped, God-sized hole in our heart that can only be filled by him. To paraphrase St. Augustine, whose mother St. Monica is one of the original prayer giants, our hearts are restless without God. When we invite him into the foyer of our soul, he will fill the whole house. So we ask him for guidance and we trust in his love. Part of that lesson comes from our Catholic Church. If we open the toolbox we will see the myriad ways we can pray. The Mass is the biggest one of all. It's one big prayer. We hear God's message for us in the readings and the Gospel. Then we reflect on them through the homily, and pray for ourselves and others through the petitions. In the second part of the Mass we remember and give thanks for Christ's suffering and sacrifice so we can be saved and join him in heaven. The Mass has many elements of excellent prayer.

But Wait, There's More

In the Catholic Faith we are given lots of prayers. Lots. We can buy books of prayers written by saints and holy people and those are legitimate ways to pray. Sometimes, whether it is because we are sad or stressed or busy, a good way to pray is with other people's words. We pray them from our heart, making them our own. There are times in prayer when I cannot figure out what it is I am trying to say and I stumble on a prayer written by a priest or sister and it feels like he or she just crawled out of my heart and put the right words down on paper.



The Catholic prayer toolbox contains devotional prayers which can be done throughout the day. Prayed at noon, the Angelus takes two minutes and helps you reorient the day. The Divine Mercy Chaplet is often done at 3 pm using Rosary beads. One can also simply recite "Jesus, I trust in you" three times, followed by:

*O blood and water which gushed forth from the heart of Jesus as
a fount of mercy for us, I trust in you.*

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Continued from p. 6...

Novenas

Included in the toolbox are novenas. These are what I consider super prayers. A novena can be done for anything. Searching online will yield many different ones. A novena can be done once an hour for nine hours, once a day for nine days or one can pray a flying novena invented by prayer rockstar St. Teresa of Calcutta. A flying novena is ten Memorares. While a novena is nine repetitions of a prayer, St. Teresa taught her sisters to pray a tenth right away in thanksgiving for the answered prayer, so confident was she in the power of the novena.

The Rosary is a beautiful way to pray because the repetition of the Hail Marys quiets us and we can reflect on events from Christ's life. We don't need any profound words. It is from the heart and Jesus centered.

The Our Father is the perfect prayer, taught to us by Jesus himself. It contains all the elements of a great prayer: praise (hallowed be thy name), petition (give us this day our daily bread), and request for forgiveness. It can be prayed deeply and slowly reflecting on each line.



Embracing a Stewardship Way of Life

In preparation for the Season of Stewardship this fall, let's reflect on stewardship as a way of life. The four pillars: *Prayer, Formation, Hospitality, and Service* create the framework and model for our Parish mission. We support *prayer* through offering daily Mass, Confessions, regular Adoration hours, and celebrating the Eucharist together each weekend. We support *formation* through our adult faith formation series, welcoming not only Cathedral parishioners, but guests from throughout the Diocese. We offer *hospitality* through our Alpha series, from welcoming our guests to providing a home-cooked meal. We share in *service* through the year-long efforts of ministries like the Cathedral Council of Catholic Women or the Knights of Columbus, Father Augustine Tolton Council. In so many ways the Cathedral is supporting the four pillars of stewardship to help in answering the call of discipleship.

Using Our Own Words

We can also pray using our own words whether they are eloquent or messy. Prayer is conversation. Even though God already knows what is on our minds and hearts, he asks us to pray, to put it into words as best we can, to turn to him intentionally and offer it all up. The prayers of saints are beautiful.

They often capture just what we want to say and in times of great sadness or even joy, they help us connect with God. But to God, our stumbling efforts are just as beautiful. A loving father does not toss out the art of his child, he proudly displays it on the refrigerator. The pictures my children drew in grade school are far more valuable to me than the Norberto I bought in Assisi.

In the end it comes down to connecting with the One we love who loves us even more. We are messy and imperfect and he adores us. There are times when rote prayer is all we can muster. There are times when we chat with Jesus as we would an old friend and there are times when we fall on our knees in silence and we just exist in his presence. All of it is beautiful.

How does your personal style of prayer help you connect with God? Is there anything you would like to add to your toolbox?

Merridith Frediani's loves leading small faith groups for moms and looking for God in the silly and ordinary. She blogs and writes for her local Catholic Herald in Milwaukee.

Opportunities for Stewardship of Prayer at the Cathedral:

Liturgy

Sunday Masses (unless noted differently in weekly bulletin)
Saturday Evening Vigil – 4:00PM
Sunday – 7:00AM, 10:00AM and 5:00PM

Weekday Masses (unless noted differently in weekly bulletin)
Monday thru Friday – 7:00AM and 5:15PM
Saturday – 8:00AM

Reconciliation (Confessions)

Monday thru Friday – 4:15PM to 5:00PM
Saturday – 9:00AM to 10:00AM and 2:30PM to 3:30PM
Sunday – 4:00PM to 4:45PM

Adoration

Tuesdays and Thursday at 4PM