

ISSUE NO. 77

10 FEBRUARY 2019



Cathedral WEEKLY

FIFTH SUNDAY IN ORDINARY TIME

UNDERSTANDING EXCOMMUNICATION | FR. CHRISTOPHER HOUSE
CATHEDRAL CATHOLIC SCHOOL TUITION SCHOLARSHIP
DOES IT SPARK JOY? | KATIE WAITE

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 WAYNE STOCK
PAROCHIAL VICAR

THE REVEREND MICHAEL FRIEDEL
PAROCHIAL VICAR

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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



Very Reverend Christopher A. House
Rector

Monday 11 February

7 AM -Patria & Rufino Gotanco (Joe & Hati Uy) 5:15PM - Special Intention for Lost Souls (CCCW)

Tuesday 12 February

7 AM -Bobbie Lee Smith (Debbie Burton) 5:15PM - Lemuel Moss (Jean Moss & Ralph Walter)

Wednesday 13 February

7 AM -Joyce Jeness (Jerry & Pat Goclan) 5:15 PM - Donald Christie (Carl & Lou Ann Corrigan)

Thursday 14 February

7 AM -Vogt Family (Bill Vogt) 5:15 PM - Ronnie Briggs, Jr. (Fr. Zach Edgar)

Friday 15 February

7 AM -Louise Rees (Woody & Rita Halbrook) 5:15 PM - Irvin Larry Smith (Friends from ISBE)

Saturday 16 February

8 AM -Gertrude Rutkowski (Barbara & Lance Todoroff) 4 PM - Joseph & Chuck Landgrebe (Helen & Katie Call)

Sunday 17 February

7 AM -Mary Ann Midden (William Midden) 10 AM - John Montgomery (John Busciacco)
5 PM - For the People

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Understanding Excommunication

If you have ever seen the 1964 Oscar winning movie *Becket*, you may recall a scene where Archbishop (Saint) Thomas Becket, played by Richard Burton, excommunicates an English nobleman as part of an epic clash between the Archbishop of Canterbury and Henry II, King of England, some

350 years before the English Reformation. The scene is masterful, showing the use of a ritual once nicknamed "Bell, Book, and Candle" for the elements used in the rite. However, the scene belongs more to Hollywood than to present use in the Church.

Recently, the governor of New York, a Catholic, has ignited a firestorm in the U.S. Church with his boisterous support of new sweeping pro-abortion legislation in New York State. The response of many among the faithful has been a call for his excommunication from the Church. For many, the notion of excommunication is a casting out, a spiritual condemnation as pronounced in the famous scene from *Becket*:

"We declare him excommunicate and anathema. We cast him into the outer darkness. We judge him damned with the devil, and his fallen angels, and all the reprobate to eternal fire and everlasting pain."

That was our understanding several centuries ago, but not today.

Today, excommunication is a medicinal remedy in canon law and is used to bring about a hoped-for change in a person. Diocesan bishops do not have the authority to excommunicate members of their respective dioceses at will, but can only do so following a canonical investigation and procedure as to whether or not an act punishable by excommunication has been committed. Ultimately, neither a bishop nor the Church excommunicates anyone. Excommunication is a consequence of one's own actions, whereby a person removes themselves from communion with the Church either by a grave act contrary to the life of the Church or by publicly holding a belief that is heretical. A bishop declares that an excommunication has taken place after, and only after, he has beseeched the person to repent of their actions and to return to the communion of the Church.

The effects of excommunication are threefold. First, a cleric (bishop, priest, or deacon) cannot celebrate or participate in any liturgical or sacramental celebrations. Second, a person who is excommunicated cannot receive any of the sacraments except Reconciliation as a part of the excommunication being lifted. Third, a person who is excommunicated cannot hold any office or exercise any function within the Church. What excommunication does not do is remove someone from being Catholic; belonging to the Church and being in communion with her are two distinct

realities. An excommunicated Catholic remains a Catholic, but is formally forbidden from participating from any aspect of the Church's life. This is only done in the hope that the one excommunicated will understand the gravity of their actions, repent, and return to the fullness of the faith.

Concerning the governor of New York and abortion, canon 1398 in the Code of Canon Law states that procuring an abortion is punishable with excommunication and some are calling for the invocation of canon 1329 that allows for accomplices to such an act to also be excommunicated. The challenge here with Catholic politicians is the debate over their involvement with abortion legislation, whether it is proximate to the act or remote, with many canonists arguing that it would be difficult to prove proximate cooperation in a canonical trial. Another area that some canonists are urging to be investigated is canon 1369, which calls for a just penalty for those who gravely harm public morals.

Whether or not either these arguments would hold up in a canonical trial is debatable, but what is already present is canon 916, which calls on all who are conscious of grave sin to refrain from receiving the Holy Communion, which itself is one of the consequences of excommunication. The average person, Catholic or not, knows the Church's position on the evil that is abortion. The governor of New York, in an op-ed piece from the *Wall Street Journal* this past Wednesday, acknowledged his own understanding of the Church's teaching on the matter as well as his own choice not to follow it.



So, what do we need to do? We need to pray that our country comes to a deeper understanding of the sacredness of human life. We need to pray that those in public office will have the courage to place what is right, good, and holy, over personal ambition. In our own lives, we need to be conscious of our own need for conversion and those acts or beliefs that may wound our own communion with the Church, which is the Mystical Body of Christ

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

STEWARDSHIP



Stewardship Activity

Stewardship of Time

This week we begin Adoration again! Please join us on Tuesdays and Thursday from 4Pm to 5PM.

Stewardship of Talents

Next week is National Marriage Week! What talents does your spouse have? Acknowledge those and ask them to share them with others!

Stewardship of Treasure February 2nd & 3rd

Envelopes: \$7,325.00

Loose: \$4,322.70

Maintenance: \$1,028.00

Total: \$12,675.70

January EFT (\$18,137.45)

Thank you for your generosity and support!

Sacraments

Please keep the repose of the soul of Roy F. Rhodes & Virgilio R. Pilapil, MD. Eternal rest grant unto him, O Lord, and let perpetual light shine upon him.

Please keep in your prayers John Eugene Price, Anne Marie Price and parents Katie and Darren Price, who celebrated the sacrament of Baptism this past Sunday!

Scripture Questions

First Reading: [IS 6:1-2A, 3-8](#)

In witnessing the revelation of God's holy presence, Isaiah was deeply troubled by his own sin. Then the Lord freed him from his sin, and he was open to do God's will. How would you describe your spiritual disposition after reconciliation with the Lord?

Second Reading: [1 COR 15:1-11](#)

Paul reports to the Corinthians of the many people to whom Jesus revealed himself after he rose from the dead. Paul includes himself on that list, speaking frequently of God's grace. Where do you see God's grace in your life?

Gospel Reading: [LK 5:1-11](#)

Luke offers us a lot of insights into the personality of Peter with his account of Jesus' call of the first disciples. What do we know about Peter based on this call narrative?

Cathedral Parishioner Catholic School Tuition Scholarship Information!

The Cathedral Parish believes in the value of Catholic education and is committed to assisting parishioners who choose a Catholic education for their children by receiving a \$500 tuition scholarship to each child enrolled in a Springfield Catholic school in grades K-12.

The scholarship is eligible to any parishioner household who is registered and active. An active parishioner is defined as someone who regularly attends Mass on Sundays, supports the parish financially, and is active in the life of the parish. While all three of these qualifications are important, Sunday Mass participation is of the greatest importance because faith formation begins with participation at Sunday Mass. To be eligible as a parishioner household, the family must be registered and active parishioners for a minimum of six months before the application is made for the scholarship.

The scholarship will be paid directly to the school that the student attends. The funds will be attributed toward the 2018-2019 school year. The application will be available at the Parish Offices and posted online (spicathedral.org/scholarship) starting this week. Applications are DUE by March 15th. Cathedral will notify you when the scholarship is being sent to the receiving school. If you have any questions, please contact the Cathedral offices.



Everyday Stewardship

Have you ever participated in various trust exercises, where you have to place your faith in others around you? Maybe it was falling backwards with your eyes closed while the person's voice speaking to you seemed to drift further away.

Maybe it was jumping from a height into people's arms that didn't seem strong enough to catch you. These activities were supposed to show you the meaning of trust and help grow that trust in you for your comrades. Sometimes it worked. Other times, some prankster would actually let you fall, and then you learned to trust no one. So much for building up our ability to trust.

Trust is important, especially in our relationship with Jesus. He calls us all the time and asks for us to trust. However, because of

doubt or a desire to follow our own will, we choose to disregard his request. After objecting to Jesus' request to lower his net into the water, Peter was humbled when he caught so much fish that the net began to tear. Peter was a fisherman by trade. Surely he knew what the catch was probably going to be that day. But Jesus asked him to follow his will. Peter wanted to follow his own. Peter realized that his trust from then on should be in the Lord.

Do you sometimes think your generosity will bear little fruit? Do you wonder if your surrender to God in stewardship living really amounts to much at all? Trust in Jesus, the one who calls you to this life. His word is truth, and he would never let you fall.

Tracy Earl Welliver is a Catholic author, speaker, consultant, and Gallup-certified Strengths coach with over 25 years experience in parish ministry. He is currently the Director of Parish Community and Engagement for LPI.



Does It Spark Joy? Applying Marie Kondo's Lessons to My Faith Life

"Does this item spark joy?" I asked myself for the hundredth time, holding an old but well-loved T-shirt in my hands. Like many people around the country, I have been swept up by the "KonMari" method, Marie Kondo's process of decluttering your home that started a worldwide trend first with her book "The Life-Changing Magic of Tidying Up" and now with her Netflix show, "Tidying Up."

But as I dutifully followed her advice by getting rid of things that didn't "spark joy" (which, according to Ms. Kondo is akin to the feeling you get when holding a puppy), I started to ask myself, "What am I getting out of this besides bare kitchen counters and neatly folded socks?" Joy has to be more than the contentment of a tidy house. How could I simplify my life and my habits to spark joy in my faith? Once I reconsidered the question, the process became more valuable, and I realized the ethos of this diminutive Japanese woman whose folding methods have made headlines nationwide, actually has a great deal of relevance to our Christian beliefs.

Letting go

One of the major problems that Ms. Kondo helps people tackle is letting go of all the stuff in their life. Whether due to perceived or sentimental value, we cling to belongings thinking they will add to our lives, only to be dragged down by their emotional weight. While the show focuses on physical items, the idea of letting go of the intangible is equally important. As I got rid of the stuff in front of me, I started thinking about the stuff within:

- Are there grudges or preconceived notions I am holding against someone that prevent me from being a good neighbor?
- Are there negative thoughts from the latest news cycle taking up room in my head?
- Are there sins I am holding onto because of pride or stubbornness that are getting in the way of my spiritual life?
- The idea of letting go made me realize not only the benefits of a daily Examen but our regular need for confession.

Gratitude

If you have watched even one episode of "Tidying Up," you notice that every person is instructed to say "thank you" to each item

with which they choose to part. While I admit I didn't do this every time, this idea of gratitude resonates. Being grateful is the antidote to so many destructive feelings: jealousy, hatred, selfishness, egotism, greed. Yet it is easy to lose it in this age of lifestyle bloggers and Instagram. By showing gratitude for all my stuff, I was able to reexamine other ways I could practice gratitude.

- Am I waking up each morning with a grateful heart and prayer of thanks to God?
- Am I expressing my gratitude through words and deeds to my fellow humans?
- Am I modeling gratitude with my children by regularly expressing our thanks together?

Generosity

The culmination of each show ends not only with a tidier home but trash bags—dozens and dozens of trash bags filled with items that will be donated and hopefully find use in another home. In our quest to discover what sparks joy, we encounter things we no longer want or need. This reflection of wants vs. needs is not only beneficial to us but to our neighbors and allows us to examine if we are practicing generosity.

- Are there items in my life that could better be used by someone else?
- Am I being a good earthly steward by being a responsible, careful consumer?
- Am I researching and selecting charities that align with my beliefs?

Time

Many will realize that the true beauty of minimizing and simplifying your life, whether you wholeheartedly dive into the KonMari method or not, is not the result of a tidy home. Rather, it is the time and space you receive in return for getting rid of the tangible and emotional clutter in your life. By tackling this decluttering challenge, I was able to also reflect how I was spending my time.

- Am I making enough time for the important people in my life?
- Are there unnecessary obligations that take my time away?
- Am I spending my time wisely or wasting it on mindless entertainment?
- Am I taking time to rest and pause throughout the day?

Continued on p. 6



Continued from p. 5

While I love dressing up my children weekly for Mass, going through this assessment made me realize this practice did not spark joy in my children's sweatshirt-loving hearts. Instead, the getting-ready routine caused us stress and anxiety on what should be a peaceful day. So, we got rid of the fancy clothes and mutually agreed upon one "church outfit," which they now wear every week without argument. There are adorable kids' clothes that my own children will never wear, and we won't likely ever show up beaming on Instagram with #Sundaybest, but we have a bit of our peaceful Sunday back and that's all that matters.

By letting go of what I wanted and looking at the bigger picture of what is important for my faith and family, I was able to find that joy everyone is talking about.

My house will never be completely tidy. It will be littered with fingerprints, lone socks, hardened Play-Doh, and errant Legos for years to come. But by minimizing and simplifying my home with a focus on what is important to our family's spiritual life, I hope to create a space where our faith can flourish.

Katie Waite is a freelance writer and high school teacher who lives in the Washington, D.C., metro area with her husband, three kids, and dog. She tends to write humorous pieces focused on faith, family, or finances. She also writes occasionally on her blog comomedy.com.



What Do I Do In Adoration?

As perhaps most of you have seen in our Weekly, we are reintroducing Adoration to our parish, beginning Tuesday, February 5. These "Holy Hours" will take place from 4 pm to 5 pm on Tuesdays and Thursdays, concluding with Benediction before the 5:15 pm daily Mass (the Sacrament of Confession will

still be offered from 4:15 pm to 5 pm).

It's an exciting opportunity to commit ourselves—and our parish—to spending intentional time away from the busyness and distractions of daily life to be with our Lord, who asked His disciples, "Could you not watch with me for one hour?"

But all of this begs the question: what is Adoration and what do I do for a whole hour before our Lord? (Don't worry—we've all thought it!)

What we commonly call "Adoration" is actually properly termed "Eucharistic Exposition," which consists of exposing the Blessed Sacrament in a monstrance (from the Latin *monstrare*, which just means "to show"). At the beginning of the hour, then, a priest or deacon will expose our Eucharistic Lord in the monstrance, sing a hymn, and proclaim a reading from Scripture. The faithful are then invited to pray in silence in the presence of Jesus, which—admittedly—can be a little intimidating if you've never done it before.

So what is "proper" in spending an hour with our Lord, exposed at the altar? Well, the short answer is: prayer! However that looks for you. Some might find it easy to recollect themselves, sitting quietly in the Lord's presence. Meditation, most simply put, is just being with the Lord, relating your joys and your sorrows to Him, delighting in Him even as He delights in you.

But for some (and I would argue most, especially as our culture has devalued quiet and calm in favor of the fast-paced and

attention-getting), this is not an easy practice. Conversing with our Lord should be our primary focus, no doubt. But here are a few tips for when the silence becomes challenging and you're tempted to quit—a few spiritual practices which can be an aid to your prayer:

Many find it helpful to bring a list of people or things they have promised to pray for.

If you're an extrovert and external processor like me, you might find it helpful to write your prayers in the form of a journal (for me, at least, this practice usually keeps my mind from wandering to my to-do list or the otherwise trivial things that pop into my mind and helps me focus on praying at length on one particular person, situation, passage of Scripture, or grace).

Bringing a Bible and practicing the age-old art of *lectio divina* ("Ok Google: what is *lectio divina*?") can be another way of getting in touch with God through His revealed Word.

Spiritual reading is also a great way to spend a part of your holy hour, engaged in the lives of the saints or reading a classic on prayer or the spiritual life.

Honestly, how you spend your time in Adoration is secondary. What is primary is that you spend time with our Lord, who desires us no matter how distracted we come and pursues us now matter how far we stray.

When I was in college (before I entered seminary), a priest once told me: if you want to be holy, spend an hour in Adoration every day and come to daily Mass; it will change your life. I can honestly say that the effects weren't immediate or even perceptible. But the Lord did change my life. He has a way of doing that, if we let Him.

Father Michael Friedel is a Parochial Vicar at the Cathedral.

Please join us for Adoration on Tuesdays and Thursdays from 4 PM to 5 PM.

Sharing the Gospel

Jesus was powerful enough to control the fish in the sea! Peter caught no fish by himself one night. With Jesus' help, Peter caught more fish than his boat could carry. When Peter saw what Jesus did, he was afraid. How would you feel?

Prayer

Dear God,

Your power is so amazing! Help me to witness your power in my life, through the blessings you give me.

Amen.

Mission for the Week

With your parents, try turning on a lamp while it isn't plugged in. It doesn't work, does it? That's how we need to be plugged in to God, to do his work. Without him, what we try will never work.



Puzzle

Find the right shadow.



Mission for the Week

Has anyone ever hurt your feelings because you love God? Pray for that person, and keep doing what is right.

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Growing with the
GOSPEL



Luke 4:21-30 ■ 4th Sunday in Ordinary Time

CYCLE C



Read the Gospel and Color



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Name _____