



# *Cathedral*

WEEKLY

TWENTIETH SUNDAY IN ORDINARY TIME

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AROUND THE PARISH | FR. CHRISTOPHER HOUSE  
CATHEDRAL FAITH FORMATION CALENDAR  
NEW FAMILY FAITH PROGRAM  
HOW TO CREATE A PRAYER TOOL KIT | MARY ANN STEUTERMANN

# 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

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524 East Lawrence Springfield, IL 62703  
Cathedral Office: 217-522-3342  
[SPICATHEDRAL.ORG](http://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!



Very Reverend Christopher A. House  
Rector

### Mass Intentions for the Upcoming Week

#### Monday – August 19

7 AM DORIS DREA (LLOYD & MARY BOES)  
5:15PM CARL VENVERTLOH (MR. & MRS. RICO JOHNSON)

#### Tuesday – August 20

7 AM IRVING LARRY SMITH (CAROL GREENWOOD)  
5:15PM VERONICA PAPROCKI (ROTHERING FAMILY)

#### Wednesday – August 21

7AM SCOTT LAWSON (BOB & MARY LAWSON)  
5:15PM MRS. MARY RATNA KUMARI PANDITY (SUSEELA PANDITY)

#### Thursday – August 22

7AM HELENE O'SHEA (BUD O'SHEA FAMILY)  
5:15 PM Bill Crumly (Jack & Jeanne McCarthy)

#### Friday – August 23

7AM Special Intention for Thanksgiving (CATHEDRAL PILGRIMS OF THE HOLY LAND)  
5:15PM GEORGE J. NICLOUD, SR. (FAMILY)

#### Saturday – August 24

8 AM HILDEGARD RADER (LARRY & BEV HOFFMAN)  
4 PM SPECIAL INTENTION FOR MARY BURRUS (ELLEN MATTOX)

#### Sunday – August 25

7 AM JOHN & EDITH BAKALAR (JOHN BUSCIACCO)  
10 AM SR. M. PAULETTA OVERBECK, OP (WALTER & BECKY WOODHULL)  
5 PM FOR THE PEOPLE

## Stewardship Activity

### Stewardship of Time & Talents

Keep in your prayers the students, faculty, administrators, pastors, and parents of our school aged children heading back this week!

### Stewardship of Treasure

#### August 10th & 11th

Envelopes:	\$5,007.00
Loose:	\$4,508.97
Maintenance:	\$110.00

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Total:	\$9,625.97
July EFT	(\$17,870.60)





## Around the Parish

We were supposed to be bidding farewell to Grant Wilson about this time, but things have changed. Grant will be spending the next year with us at the Cathedral parish. Grant has had some knee trouble and had some medical procedures done at the beginning of the summer in response to those challenges. Grant requested to remain home to continue his care before returning to his studies in Rome and Bishop Paprocki has agreed to Grant's request. Grant's ministry presence in the parish will be expanding as a result. As always, I am grateful for the hospitality that the parish had shown him.



I wish to thank everyone who supported the Cathedral Council of Catholic Women's clothing sale and annual garage sale, both of which took place at the beginning of the month. The ladies of the CCCW do a tremendous job of bringing order to chaos from the time they start receiving items to the time of the actual sale. The ladies do many forms of service in our parish and many of their efforts are unseen; I thank them for their continued generosity to the shared life of our Cathedral parish.

Thursday September 19th will see the parish welcome Chris Stefanick and the REBOOT! program. Chris is a very popular lay evangelist in the American Church, speaking to over 85,000 people a year, and he is known for his deep faith, energy, and enthusiasm and it's a great thing that we are able to bring him to the Cathedral. The evening program starts at 7PM and the cost is \$25 per person. The evening is a presentation of the Gospel and practical, everyday ways than everyone can apply it his or her daily living. This is a great opportunity and I hope to see you there.

We have published a list of upcoming faith formation/enrichment activities for the coming 2019/2020 year. I am very happy with the variety of events that we are planning to offer and I hope that you will take advantage of these opportunities. Making use of these activities help us to grow deeper in our discipleship and the better disciples we are, the better our parish will be, and the better the world will be.

This past Thursday we celebrated the great Solemnity of Mary's Assumption into Heaven. For me, that is always the signal that summertime is over and things start ramping up again. As we enter into the back half of August, with Labor Day and the unofficial start of Fall fast approaching, I wish you and yours the fullness of the Lord's grace and peace. God bless you!

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



ARE YOU LOOKING FOR  
SOMETHING MORE?

REBOOT

Featuring Chris Stefanick  
All are welcome! Tickets selling FAST!  
Spt. 19th at 7PM Tickets \$25  
[Spicathedral.org/reboot](http://Spicathedral.org/reboot)






## Launching a New Calendar of Discipleship Formation!

The Cathedral staff is excited to share with you the upcoming adult faith formation series! All are welcome to join us to dive deeper into their understanding of faith, explore new topics, and learn within a supportive and welcoming community. There is no cost to attend any of these programs, unless noted and non-parishioners are encouraged to attend. You do not need to RSVP or register for any of these programs, unless noted. If you have any questions please contact the Parish Offices at 522-3342. Keep watching the *Weekly*, website ([spicathedral.org](http://spicathedral.org)) and the e-newsletter for any changes or additions to the calendar. We look forward to seeing you!

### AUGUST

#### HOLY HOUR FOR PARENTS WHOSE CHILDREN ARE AWAY FROM THE FAITH

Join us for Eucharistic Adoration and prayer for our children who are no longer practicing their Catholic faith. All are welcome!

**Tuesday, August 27th - 7:00PM**

### SEPTEMBER

#### CATHEDRAL FIRST FRIDAY CONCERT SERIES

Join us for the next concert in the Cathedral First Friday Concert Series on September 6, 2019 at 7PM. This month we will feature "Gospel Favorites" with artists: Debbie Ross, singing; Mark Gifford, piano; Roger Holmes, drums; Rhett Bradley, bass. All are welcome to attend and the concert is free! The concert will be in the Cathedral Atrium.

**Friday, September 6th - 7:00PM**

#### REBOOT!\*

Presented by noted Catholic speaker and author Chris Stefanick, REBOOT! is the fun, inspiring and practical experience of applying the beauty and genius of the Gospel to every aspect of your life. From prayer and spirituality, to work, dating, marriage, parenting, health and more! Tickets are available at the Cathedral office or online at [spi.cathedral.org/reboot](http://spi.cathedral.org/reboot).

**Thursday, September 19th - 7:00PM**

### OCTOBER

#### CATHEDRAL FIRST FRIDAY CONCERT SERIES

Join us for the next concert in the Cathedral First Friday Concert Series on October 4, 2019 at 7PM. This month we will feature an "Oktoberfest" theme with artists: Jay Landers, accordion and Mark Gifford, piano. All are welcome to attend and the concert is free! This concert will be located in the Cathedral Atrium.

**Friday, October 4th - 7:00PM**

#### MODELS AND INTERCESSORS: THE CANONIZATION OF SAINTS

Join Father House for an evening exploring the Church's process for the beatification and canonization of saints.

**Monday, October 7th - 7:00PM**

#### THE LIFE AND THEOLOGY OF BLESSED JOHN HENRY NEWMAN

Pope Francis is set to canonize John Henry Cardinal Newman on October 13th. Join Father Rankin for two sessions on the life and theology of Cardinal Newman, who was a key player in 19th century England's Oxford Movement that eventually led to Newman's conversion to Catholicism.

**Mondays, October 21st and 28th - 7:00PM**



### NOVEMBER

#### CATHEDRAL FIRST FRIDAY CONCERT SERIES

Join us for the next concert in the Cathedral First Friday Concert Series on November 1st, 2019 at 7PM. This month we will feature the Lincoln Land String Quartet. All are welcome to attend and the concert is free!

**Friday, November 1st - 7:00PM**

#### THE THEOLOGICAL AND CANONICAL ASPECTS OF THE SACRAMENT OF MARRIAGE

In this four-part series, Father Rankin will explore the theological and scriptural foundations of marriage in the Church in sessions one and two. In sessions three and four, Father House will explore marriage in canon law and the Church's process for declaring a marriage null.

**Mondays, November 4th, 11th, 18th, and 25th - 7:00PM**



# FAITH FORMATION



## DECEMBER

### NOVENA IN HONOR OF THE IMMACULATE CONCEPTION

Beginning December 1st thru December 9th, the Cathedral will host the annual diocesan novena in honor of the Immaculate Conception, patroness of the United States, our diocese, and the Cathedral Parish. Each night a different preacher will offer a homily on a different aspect of Marian theology and devotion. The novena is moved one day this year because December 8th falls on the Second Sunday of Advent resulting in the transfer of the Solemnity of the Immaculate Conception to December 9th.

**December 1st thru 8th - 7:00PM;**

**Last Night and Closing Mass,**

**December 9th – 5:15PM**



### SPRINGFIELD CHORAL SOCIETY PRESENTS "MESSIAH"\*

The Cathedral is thrilled to once again host the Springfield Choral Society's presentation of Handel's "Messiah." This is a ticketed event. Tickets are available through the Springfield Choral Society or at the door the evening of the performance.

**Saturday, December 14th - 7:30PM**

### ADVENT LESSONS AND CAROLS

On the evening of Gaudete Sunday, in the holy season of Advent, join Mark Gifford and the Cathedral Choir for an evening of Scripture, music, and prayer as we reflect on the two promised comings of Christ.

**Sunday, December 15th - 7:00PM**

### CAROLS AT NOON

As the Church begins her celebration of the Christmas season following Christmas Day, join Mark Gifford to enjoy the beauty of the sights and sounds of Christmas in the Cathedral.

**Thursday, December 26th – Noon**

## JANUARY

### EPIPHANY LESSONS AND CAROLS

In the continued joy of the Church's celebration of Christmas, you are invited to again join Mark Gifford and the Cathedral Choir for an evening of Scripture, music, and prayer as we reflect on the events surrounding the birth of our Savior at Christmas.

**Sunday, January 5th - 7:00PM**

## THE GOSPEL OF MATTHEW

Beginning with the new church year in Advent, the majority of the year's Sunday Gospel readings will be taken from Matthew. Join Father Friedel as he explores the structure and themes of this gospel.

**Tuesdays, January 7th, 14th, 21st, and 28th - 7:00PM**

## FEBRUARY

### THE NEW AND ETERNAL COVENANT

You are invited to join Father House and explore the prefiguring, establishment, and development of the Sacrament of the Eucharist and the Holy Sacrifice of the Mass.

**Mondays, February 24th and March 2nd, 9th, and 16th – 7:00PM**

## MARCH

### THE PASSION OF OUR LORD JESUS CHRIST ACCORDING TO MATTHEW

In preparation for the celebration of the holiest days of the Church year, join Father Friedel as he examines Matthew's account of the Jesus's Passion.

**Wednesdays, March 25th and April 1st – 7:00PM**

## APRIL

### THE RESURRECTION IN MATTHEW'S GOSPEL

In the joy of Easter, dive deeper into the mystery of the Lord's Resurrection as Father Friedel explores Matthew recounting of the greatest event in all of history.

**Wednesday, April 15th – 7:00PM**

## MAY

### MARY, QUEEN OF THE MAY

Behold your mother; Mary, leading us to Jesus in our crosses and consolations. Join Father Rankin for a series about our Blessed Mother, Fatima and proper devotion to Mary

**Thursdays, May 7th and 14th – 7:00PM**



# A FAMILY OF FAITH



## NEW Family of Faith Q & A Why?

The Rite of Baptism emphasizes that parents are the first teachers of their children in the ways of the faith. The Second Vatican Council, in its dogmatic constitution on the Church entitled *Lumen Gentium*, calls the family the "domestic church" insisting that "parents, by word and example, are the first heralds of the faith with regard to their children" [cf. *Lumen Gentium* §11]. Given the emphasis placed on parents, we want to help parents to be what they are called to be in Christ: true heralds of the Gospel to their children.

## How?

Since the closing of our grade school, we have been laboring to continue a lived experience of community at Cathedral, making our parish a place of accompaniment and encounter, with new and interesting opportunities of faith formation and culture for individuals, families, and our greater community. Each month parents are invited to a teaching session on a specific topic. This first year we'll be focusing on The Creed. Our clergy will provide a unique experience for parents to be formed in the critical aspects of our faith, precisely so that they may go and share the Good News with their children. While adults receive formation, the children will be with others participating in age-appropriate and fun, faith sharing experiences. Each family will receive resources with age-appropriate lessons and activities to help support a vibrant Catholic family life at home. Later in the month families will come together for fun events to help them develop into a community of families who pray together, support each other, and live the life of discipleship together. We truly believe that A Family of Faith will foster growth in our families and in our parish, valuing the family for what is truly is: a representation in miniature of the entire Body of Christ.

## When?

The first teaching meeting is scheduled for Sunday, September 8, 6:15-7:30, which adults gathering in the atrium, and children in the school basement. Families are asked to register so that we can order resources for them. Register online at : <https://spicathedral.org/family-of-faith-registration/> or after all Masses on the weekend of August 31-September 1.

## Who?

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. This faith formation opportunity is open to parents with babies and toddlers and children in grades K-8. If you send your child to public school, Catholic school or you home school, this is the place for you!



## Additional Questions?

If you have questions, please contact Daphne Southern at [daphnesouthern69@yahoo.com](mailto:daphnesouthern69@yahoo.com) or 638-2805.

## 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





## How to Create a Prayer Toolkit for All Your Prayer Needs

I'm hopeless when it comes to most home improvement projects. In fact, all it takes for me to go from zero to a full-on panic attack is the sight of a piece of furniture that needs to be assembled or a leaky kitchen sink in need of repair. Many years ago, my husband made me promise I would never again attempt such a project alone because my DIY endeavors always ended up costing us more money in the long run than hiring a professional to complete the task ever would. But after watching more than a few popular HGTV shows, I discovered my critical home improvement error: I never used the correct tools. Eventually, I realized that even someone who is all thumbs like me can be downright handy if I just had the right tools to work with.

The same is true in my prayer life. Just as a socket wrench won't do the trick when a screwdriver is needed, I find that certain types of prayer are better for specific times in my life. Sometimes I need prayer to be a moment of peaceful reflection and quiet gratitude. But at other times, I need prayer to help me deal with anger, hurt, or sadness. Sometimes my prayer is made up exclusively of words, either spoken or read, but at other times, my prayer is all about silence. So, I created my own prayer tool kit to help me set the stage for any kind of prayer experience I need.

To begin, I have a dedicated prayer space in my home where I always have a few things handy:

- A candle to symbolize God's presence.
- My Bible to help ground me in a centuries-old faith tradition. I've also bookmarked the Book of Psalms on my phone to have these poetic, heartfelt prayers readily available.
- Books of prayers and reflections because sometimes my own words fail me, and I need to use someone else's. I've found Joyce Rupp's books to be perfect for this.
- Images that have significance for me — framed photos of both my parents and another friend of mine who are all deceased, meaningful art, like images from nature, evocative sculptures, or even abstract paintings to set an appropriate tone for my prayer.

I also use a specific set of tools depending on what's on my mind and in my heart when I begin to pray:

*If I come to prayer feeling happy or grateful ...*

- I count my blessings in my journal. Some people use a gratitude journal specifically for this purpose, but I have a section in my personal journal earmarked just for this.
- Believe it or not, I also have my to-do list with me during my prayer time. When I'm feeling particularly blessed, I want to share that appreciation with others. I make a note, right alongside the budget report that's due to my boss on Monday and the dry cleaning I need to pick up, to thank someone in the next day or so, even if it's for something very small.

*If I come to prayer feeling upset or angry ...*

- I begin by listening to soothing music. When I'm feeling great frustration or hurt, I need something to slow down my pounding heart and racing thoughts. The gentle rhythms of a relaxing piece of music usually help to calm me.
- I also make sure to have paper and pen at the ready. I'm an introvert and have a strong need to get my concerns or grievances down on paper. I find that this helps me gain perspective on what's bothering me, and it helps me get to a more peaceful place where I can open myself to God's presence.
- I also have a Rosary nearby. Sometimes, I'm too upset to think straight, even after I've written in my journal. In those moments, the rote repetition of praying the Rosary calms my nerves. I don't worry about meditating on the meaning of each word in the "Hail Mary" and "Our Father." Instead, I just let the words pour over me.

*If I come to prayer feeling anxious or scattered ...*

- I turn to my meditation cushion or a straight-back chair. At times like these, sitting in silence is my tool of choice.
- I also light scented candles or incense to create a contemplative environment. Sometimes, the more senses we use during prayer, the deeper our experience can be.

*If I come to prayer concerned for another person ...*

- I turn to my "heart basket," simply a basket with small pieces of paper next to it. I write down who and what I want to pray for with the date on a slip of paper, fold it, and place it reverently into the basket as a symbolic way of placing the intention in God's hands. I often hold my heart basket in my hands while praying the Memorare or just sitting in prayerful silence.
- I like to listen to contemporary Christian music along with my heart basket. I have several go-to songs about faith bookmarked on YouTube that I listen to while I pray.

I've found that having a prayer tool kit at the ready helps me bring my whole self to God and opens me fully to the unfolding of God's grace.

*Mary Ann Steutermann is currently the director of campus ministry at Assumption High School, an all-girls Catholic high school in Louisville, Kentucky. A career educator, she has more than 20 years experience as an English teacher, assistant principal, and principal and does freelance writing on the side. She holds a bachelor's degree in English and two master's degrees in education. Mary Ann lives in Louisville with her husband and son.*