



Cathedral WEEKLY

SEVENTH SUNDAY IN ORDINARY TIME

KEEPING A HOLY LENT

25 GREAT THINGS YOU CAN DO FOR LENT | RENÉE LAREAU

HOSPITALITY - A POWERFUL CHARISM OF HEALING | VICKI COMPTON

LIVE A LIFE OF MERCY | ANGIE WINDNAGLE

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

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Cathedral Parish Office: 217-522-3342
Website: www.spicathedral.org

Mass Times: Saturday - 4:00pm; Sunday - 7:00am, 10:00am, & 5:00pm
Weekday Masses: Monday through Friday - 7:00am & 5:15pm; Saturday - 8:00am
Reconciliation: Monday through Friday - 4:15pm-5:00pm; Saturday - 9:00am-10:00am & 2:30pm-3:30pm; Sunday - 4:00pm-4:45pm
Adoration: Tuesday & Thursday - 4:00pm to 5:00pm

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 217-522-3342 x 142.

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 – February 24

7am: Helen F. Call (Court Dickason)
5:15pm: Aubrey Orsen Rogers (Betty & Glen Rogers)

Tuesday – February 25

7am: Evelyn Hine (Walter & Rebecca Woodhull)
5:15pm: Mark Huber (Carol Morgan)

Wednesday – February 26

7am: John & Edith Bakalar (John Busciacco)
12:05pm: Billy Crumly (Michael & Mary Belford)
5:15pm: Patrick J. O'Malley (Andrew & Cheryl Klein)

Thursday – February 27

7am: Repose of the Soul for Glen Deming Rogers (Betty & Glen Rogers)
12:05pm: Sophia E. Bartoletti (Bartoletti Family)
5:15pm: Sarah McGee (Tom McGee)

Friday – February 28

7am: Richiusa & Leo Families (Family)
12:05pm: Special Intention for Ellen Mattox (Shana Gray)
5:15pm: Polly Keen (Mary & David Harmon)

Saturday – February 29

8am: Edward Hergenrother (Thomas Hergenrother)
4pm: For the People

Sunday – March 1

7am: Mary Ann Midden (William Midden)
10am: Theresa Dye (Suzanna Merrick & Sue Warner)
5pm: Bart Rotherham (Betty Rotherham)

LENTEN RESOURCES



Keeping a Holy Lent

The season of Lent begins this year on Ash Wednesday, February 26th, and ends prior to the Mass of the Lord's Supper on Holy Thursday, April 9th, when the Easter Triduum begins. Lent is the principal penitential season of the Church year. All the Christian faithful are urged to develop and maintain a voluntary program of self-denial (in addition to the Lenten regulations which follow), serious prayer (addition of daily Mass when and if possible, Scripture reading, Stations of the Cross, and receiving the Sacrament of Reconciliation, etc.), and the performing of deeds of charity and mercy, including the giving of alms (increased attention to the needs of our brothers and sisters).

Lenten Regulations

Catholics who have celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday, each Friday in Lent, and on Good Friday. Catholics who have celebrated their 18th birthday, in addition to abstaining from meat, should fast, i.e., eat only one full meal on Ash Wednesday and Good Friday. Small quantities of food may be taken at two other meals but no food should be consumed at any other time during those two days. Liquids do not break the fast and nourishment needed for special needs (such as illness or pregnancy) should always be taken. The obligation of fasting ceases with the celebration of one's 59th birthday.

Lenten Prayer

Mass Schedule

The Weekday Mass schedule during Lent is as follows:

Monday through Friday - 7:00am, 12:05pm, and 5:15pm; Saturday - 8:00am

Sunday Mass times during Lent are as follows:

Saturdays - 4:00pm; Sundays - 7:00am, 10:00am, and 5:00pm

Reconciliation

The sacrament of Reconciliation is offered daily in the Cathedral church:

Monday through Friday - 4:15pm to 5:00pm

Saturdays - 9:00am to 10:00am and 2:30pm to 3:30pm

Sundays - 4:00pm to 4:45pm

Stations of the Cross

Take the time to walk the Stations of the Cross, the final steps Jesus took to Calvary, each Friday during Lent immediately following the 5:15pm Mass

Lenten Almsgiving Collections

In following our past practice of almsgiving during Lent, a second collection will be taken up each Sunday. Collections this year will be as follows: Ash Wednesday, February 26th – Church in Eastern Europe; March 1st - St. Martin de Porres Center; March 8th – Catholic Charities; March 15th – Helping Hands of Springfield; March 22nd – Catholic Relief Services; March 29th – The Pregnancy Care Center; April 5th – Cathedral Parish Student Assistance for Catholic Education

Easter Triduum Schedule

Holy Thursday Mass of the Lord's Supper - 6:30pm

The Liturgy of the Lord's Passion on Good Friday - 3:00pm

The Easter Vigil on Holy Saturday Night - 8:00pm

Easter Sunday Masses - 7:00am and 10:00am

Stations of the Cross will also be held at 12:05pm on Good Friday, and the sacrament of Reconciliation will be offered after the 3:00pm Liturgy of the Lord's Passion on Good Friday.

More Lenten resources can be found throughout this issue of the Weekly, as well as on the inserts provided. Please continue to watch the Cathedral Weekly and Cathedral website (www.spicathedral.org) throughout this Lenten season for additional resources.

A Reflection for Ash Wednesday

Lent Is Preparation

The gospel reminds us about these guides for Lent: (1) give alms in secret, (2) pray in secret (and always), and (3) fast with a washed face. This non-gloomy approach gives a pattern for us to teach the elect by example the importance of baptismal life – a life they will embrace with us after Lent's end.

- What alms can I give to feed and clothe and house those in need?
- How will my praying in little and big ways change me?
- How will my eating less strengthen my Christian life?

Ashes will be distributed at the Cathedral on Ash Wednesday, February 26th at the 7:00am, 12:05pm, and 5:15pm Masses.

25 Great Things You Can Do for Lent

Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season when Christians are called to deepen their spiritual lives through the practices of fasting, prayer, and almsgiving. The belief is that our consistent participation in these practices — like exercise we do for our physical health — improves our spiritual well-being by stripping away all that is unnecessary and becoming more mindful of how God is working in our lives. Challenge yourself this year, and go beyond the usual practice of “giving up” something. Now is a great time to take stock of your spiritual life and to grow in it. Not sure where to start? Check out these 25 ideas:

1. Make a commitment to read the Sunday scriptures *before* you go to Mass. In the same way that reading up on football players, opposing teams, and coaching strategies will help you experience a game more fully, familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.

2. Use Busted Halo’s Lent Calendar, filled with Lenten-themed Daily Jolts and MicroChallenges to find new ways to practice the disciplines of fasting, prayer, and almsgiving. Each day of Lent, we’ll offer an inspirational quote paired with a practical, challenging task that you can do that day to help keep your spiritual life on point. You can also find these challenges on our website, or when you follow us on Facebook or Twitter.

3. Try a new spiritual practice. Sign up for an hour of Eucharistic Adoration. Attend Mass at a parish that’s made up of people from a different racial/ethnic group. Sign up for a silent retreat or spend at least one hour in silent meditation each weekend.

4. Think about what you usually spend your money on. Do you buy too many clothes? Spend too much on dinner out? Pick one type of expenditure that you’ll “fast” from during Lent, and then give the money you would usually spend to a local charity.

5. Take something on — 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.

6. When you first sit down in front of your computer at work, or at the very end of your workday, try a 10-minute guided prayer from Sacred Space based on the spiritual exercises of St. Ignatius.

7. Go to a weekday Mass one day during the week. Many parishes offer them early in the morning, at noon, or after work. Daily Masses are often more intimate and shorter than Sunday Mass.

8. If you don’t have a cross in your apartment or house, buy a simple one and put it in your bedroom.

9. Use Busted Halo’s InstaLent Photo Challenge for daily, creative doses of Lenten spirituality. Post a photo each day and encounter the themes of Lent on a visual, personal level.

10. Instead of turning on a streaming service for your next binge-watching session, read the entire Gospel of Mark in one sitting. As the shortest Gospel, it is the most concise story of Jesus’ life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.

11. Attend the Stations of the Cross somewhere. Many parishes offer these during Lent and often on Fridays. Or check out Busted Halo’s Virtual Stations of the Cross.

12. Get some friends together and attend a Friday fish fry at a local parish. It’s not the healthiest thing in the world, but a fun Catholic tradition to help you abstain from eating meat on Fridays during Lent.

13. Unplug from your iPhone or turn off your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.

14. Buy a book of daily reflections and keep it by your bed. Local parishes often offer these for purchase during Lent, and there are some good ones available online. Try the Magnificat or a book by Edward Hays.

15. Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit

for Lent.

16. Spend at least one weekend or evening volunteering during Lent. Serve a meal at your local soup kitchen. Visit the elderly. Stock shelves at a food pantry.

17. Make a commitment to fast from insensitive, cruel comments about others. So, no gossiping or going down the Twitter rabbit hole.

18. Participate in a spiritual book club or small community of faith. Check out what’s already going on at your parish or pick a book and start your own.

19. As a part of your Lenten almsgiving, make a point to learn more about a particular social issue (immigration, human trafficking, racism, the environment, public education, child poverty). Give money to an organization related to your chosen issue that supports the dignity of the human person.

20. Tap into your creative side and try using coloring as a way to pray and meditate during Lent. Buy a coloring book or download a Lent calendar coloring page.



21. Use the Catholic Relief Services Rice Bowl to reflect on the realities of people in need around the world and devote prayers, fasting, and almsgiving to changing the lives of the poor. The money raised by CRS Rice Bowl supports not only the prevention of hunger and poverty in countries like Kenya, Vietnam, and Honduras, but also in the United States. (Twenty-five percent of all donations stay in the local diocese where they are collected.) For your Lenten Fridays, CRS Rice Bowl also features meatless recipes from cultures around the world.

22. Pray for somebody. As you're walking the streets, driving the highways, or sitting in your cubicle at work, pick out a person who appears to be in need and pray for that person. Be mindful of the words of philosopher Philo of Alexandria, who said, "Be kind, for everyone you meet is fighting a great battle."

23. Get to know your neighbors. Introduce yourself, plan a dinner, or bring food to an older person on your block.

24. Read the Works of Mercy as Jesus describes them in Matthew 25:31-46. Then put this teaching into practice and choose an act of service you can perform throughout Lent.

25. Celebrate the Sacrament of Reconciliation. Can't remember how? Tell the priest it's been a while, and ask him to guide you through it.

Renée LaReau is a senior writer at the University of Notre Dame's Keough School of Global Affairs. She lives with her family in South Bend, Indiana.

Hospitality – A Powerful Charism of Healing

The charism of hospitality empowers a Christian to be a generous channel of God's love by warmly welcoming and caring for those in need of food, shelter, and friendship.

Since the days of Abraham, hospitality has been a sacred responsibility for the people of God. Care for the widow, the orphan, and the stranger were central to Israel's covenant with God. And Jesus said that caring for others was caring for him. So all Christians have a role in welcoming and caring for others. But those with the charism of hospitality are empowered in a special way to notice the presence of newcomers. Guests, both family and strangers, are frequently welcomed into their homes. Their concern is not for the tidiness of their house, or the perfection of the meal, but for the comfort and nurture of their guests.

The exercise of hospitality is not limited to a person's home. Hospitality is an essential tool for an evangelizing parish. Having parishioners with the charism of hospitality actively using this gift makes the parish a place where people experience God's love in extraordinary ways. Visitors come to the Cathedral because of its beauty, or convenience, or because they have heard good things about us, but they will return again and again if they experience a warm and loving community.

Christians with the charism of hospitality seem to always notice newcomers and seek them out to make them feel welcome, have a strong sense of God when welcoming someone into their home or community, and feel frustrated when strangers are ignored and not made to feel part of the community. They have an amazing ability to create a warm and welcoming environment in which a person's needs for physical nurture and personal and spiritual companionship are met.



If this describes you, you may have been specially empowered to be a channel of God's love and mercy through the gift of hospitality. This gift can and should be used in all aspects of your life. Because we welcome so many visitors to the Cathedral, we need all parishioners to be ministers of hospitality. But if you think you have been gifted with the charism of hospitality we need you in specific ways - you would make an exceptional greeter, Alpha team member, or small group leader. Let us know if the idea in serving in those capacities is energizing and exciting. There are people

just waiting for the exercise of your gift!

Vicki Compton is the Coordinator of Faith Formation and Mission at the Cathedral of the Immaculate Conception in Springfield, Illinois.

Live a Life of Mercy

Recently, I posted a controversial article on social media, and not surprisingly, I was met with a slew of responses from friends describing ways they either agreed or disagreed with me. It was like a lot of social media debates — one sided, heated, and in the end, somewhat pointless. As I reflected, I wondered if my posting was necessary much less virtuous. Had I accomplished what I set out to do? Did I change anyone's mind, or did I stir up discord in friends who normally interact in unity? Was my posting helping further the kingdom of God on earth, or did I compete against that goal?

As I ponder the readings for this weekend's Mass, I find my answer. The theme of holiness is pervasive in each reading, but looking deeper, the theme of mercy shines even more. Indeed, all of Christ's followers are called to be as holy as he is. But more than that, the holiness we are called to is only made possible by his unending mercy, as the psalmist rightly proclaims: "As far as the east is from the west, so far has he put our transgressions from us." It simply isn't enough to say we want to be like Christ. Instead, true disciples are called to be living witnesses of his love and mercy to all those they encounter — whether in person, online, or in passing.

The Rule of the Secular Franciscan Order shares that "... all people of good will, are called to build a more fraternal and evangelical world so that the kingdom of God may be brought about more effectively. Mindful that anyone 'who follows Christ the perfect man, becomes more of a man [i.e., human] himself,' let them exercise their responsibilities competently in the Christian spirit of service."

To me, this rule exemplifies precisely how we are to heed the words of Jesus in the Gospel. He doesn't call us to keep count, to hold on to grudges, or to constantly defend ourselves when wronged. When I posted the controversial article on social media, it was clear that everyone had an opinion to defend. Rather than

helping build a more evangelical and fraternal world, the post became a space for "an eye for an eye and a tooth for a tooth," only with words and intellectual arguments.

In the first reading, Moses is called by God to not only be holy, but to show no revenge. The antidote to the selfish desire for revenge is mercy. Even from the days of Moses, God has shown mercy is one of His greatest attributes. This mission of mercy is also given to all His followers.

The psalm continues with this theme as we sing of the Lord's kindness and mercy. I often wonder if my social media activity is a reflection of God's action or the opposite. I wonder if those who follow me could say my posts are "kind and merciful." God reveals Himself as a just judge who speaks immutable truth, but this is not separate or isolated from His unending kindness and love toward humanity. If I don't follow that same mission, I cannot say I'm truly Christian.

The final gut check for me is found in the words of St. Paul in the second reading as he reminds us that we are temples of the Holy Spirit. This means that even those who disagree with me bear the image of God. They should be treated accordingly, not with a tolerance that accepts sin, or with an avoidance of proclaiming the truth, but through actions and words that truly exemplify the love we have received from our Father. This is a love that calls us to conversion and holiness, but one that is kind and merciful.

So, in the end, I realized that posting the article didn't help anyone see Christ better. Instead, it sowed a seed of division and discord. The readings this weekend urge us to live a life of mercy in order to be holy so we can be saints someday. A saint is one who sees the beatific vision. That vision needs to start on earth in how we treat those around us who are temples of the Holy Spirit, the same Holy Spirit with whom we want to spend eternity.

Angie Windnagle, BSC is an author for Liturgical Publications, Inc. and writes reflections on the Sunday readings.



Sunday Reflection

The Lord is Kind and Merciful

Jesus still teaches on the mount today. He moves from the "blessed are" to the "I say to you." He says today: Do not hate. Do not get even. Do not retaliate. Do not insult. Love your neighbor, domestic and foreign. He ends with this: "So be perfect, just as your heavenly Father is perfect." Clear. To the point. Hard but doable with God's help.

- How will I be kind, be merciful today?
- Whom shall I stop hating?
- How can I shape my less-than-perfect behavior in the perfection of God?

Stewardship Activity

Stewardship of Prayer:

Prayer of St. Teresa of Kolkata:

Dear Jesus,
Help me to spread your fragrance everywhere I go. Flood my soul with your spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of yours. Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light for others. Amen.

Stewardship of Service:

Our Ushers & Greeters fulfill an important role in the church. They welcome parishioners and visitors alike and assist those with special needs before, during and after mass. They gather the offerings; provide hospitality, and distribute the parish bulletin following mass. If you are interested in being an usher or greeter for the Cathedral, please contact the Parish Office at 217-522-3342.

Stewardship of Gifts

Stewardship of Treasure - February 15th & 16th

Envelopes:	\$4,733.00
Loose:	\$1,818.50
Maintenance:	\$60.00
Total:	\$6, 611.50
January EFT	\$20,602.70

Did you know you can make a gift online? If you would like to extend a special gift to the Cathedral, please visit <https://spicathedral.org/give-online/>. We appreciate your generosity!

On Ash Wednesday, a second collection will be taken for the Church in Eastern Europe. This collection supports the Church in more than 20 countries that still struggle to recover from Communist rule. Funds from this collection support pastoral care, catechesis, building renovations, and seminary formation. Your support restores the Church and builds the future in this region. For more information about this second collection, please visit www.usccb.org/ccee.

Catholic Relief Services Rice Bowl

Join our faith community—and more than 14,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl next weekend after Mass. During the 40 days of Lent, we will reflect on the challenge of global hunger and how it affects our human family.



Cathedral Parishioner Catholic School Tuition Scholarship

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 providing tuition assistance. Parishioners will receive a \$500 tuition scholarship for each child enrolled in a Springfield Catholic Grade School (Grades K-8), and a \$750 tuition scholarship for each child enrolled at Sacred Heart-Griffin High School.

The scholarship is eligible to any parishioner household who is registered and active in the Cathedral parish. 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. 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, and funds will be attributed toward the 2019-2020 school year. A digital copy of this application can be found online at www.spicathedral.org, while paper copies are available at the Parish Office. Applications are DUE by March 15th, 2020. You will be notified when the scholarship is being sent to the receiving school. If you have any questions, please contact the Cathedral Parish Office at 217-522-3342.