



Cathedral

WEEKLY

SIXTH SUNDAY IN ORDINARY TIME

PREPARING FOR LENT | FR. CHRISTOPHER HOUSE
THE CHARISM OF INTERCESSORY PRAYER | VICKI COMPTON
5 CREATIVE WAYS TO PRAY FOR OTHERS | ELIZABETH MANNEH
THE LAW OF THE LORD | ALLISON GINGRAS

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

HALEY BENTEL
COORDINATOR OF COMMUNICATIONS
HBENTEL@CATHEDRAL.DIO.ORG

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

SR. FRANCELLE VYVERMAN, O.P.
MINISTRY TO THE SICK
SFRANCELLE@CATHEDRAL.DIO.ORG

524 East Lawrence Springfield, IL 62703
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 17

7am: Helene O'Shea (David L. O'Shea)

Tuesday – February 18

7am: Helen F. Call (Judy Ansell)

Wednesday – February 19

7am: Sarah Elizabeth Solomon (Betty & Glen Rogers)

Thursday – February 20

7am: Special Intention for the McDonald Family (Janine B. E. McDonald)

Friday – February 21

7am: Thomas Coughlin (Catherine Caughlin)

Saturday – February 22

8am: Nancy Shea (Jim & Barb Stelte)

Sunday – February 23

7am: Mary Ann Midden (William Midden) 10am: Charles & Mercedes Nesbitt (Kathy Frank) 5 pm: For the People

5:15pm: No Mass

5:15pm: Billy Crumly (Michael & Mary Bleford)

5:15pm: Sophia E. Bartoletti (Bartoletti Family)

5:15pm: Doris Drea (Mike & Karen Rellihan)

5:15pm: John D. Sullivan (Judy Fassero)

4pm: Luella Vogt (Bill Vogt)



Preparing for Lent

One week from this Wednesday, the Church will mark Ash Wednesday, the beginning of the holy season of Lent. Like many things in life, what you get out of Lent will depend on what you put into it and, with Lent, attitude is everything.

Lent is a great love story, though it may not seem so at first glance. If we first focus on sacrifice, self-denial, and penance (the what) without understanding why, then we will be placing our focus in the wrong area. Lent is a great love story because it is about our God who has a love for us that is unbreakable, unrelenting, and inexhaustible, even though we are guilty of rejecting His love time and time again. The selections that the Church gives us from the Scriptures demonstrate this. We are reminded that God has chosen us to be His

own and that He has done this in a wonderful way in His only Son through baptism. Through sin, we have squandered the grace that God has given us through this sacrament, but Lent is about the Lord's call to return to that grace again. This call to return is what the first part of the season speaks to, from Ash Wednesday until the Fifth Sunday.

The second part of Lent continues to tell that same great love story but recalls how this love of God was perfectly manifested in the Paschal Mystery of Jesus, that is, in His passion, death, and resurrection. The fifth week of Lent transitions us to Holy Week which ends with the triumph of Easter. It is at this glorious feast that we renew our baptismal promises, having focused on allowing God to renew the grace of that same sacrament in us throughout Lent.

Sacrifice and self-denial are our responses to the gift of God's grace that is offered to us for our renewal. The penances and pious acts that we may choose to adopt are not ends in themselves, but acts by which we seek to root out what does not belong in our lives so that the grace of God may find a welcome place in us. The same is true about the reception of Ashes on Ash Wednesday. The ashes we receive are nothing more than the ash of old palms that has been blessed. There is nothing mystical about the ashes in themselves. What is important about the ashes is that we receive them as an outward sign of an inner desire to change our lives, to be converted back to right relationship with God. The reception of ashes and pious acts of sacrifice and self-denial must come from a genuine desire to change; if not, then these acts are empty and do us little, if any, spiritual good.

There are many things that we can do for Lent: add daily Mass to our daily routine, pray the Stations of the Cross, read the Scriptures daily, participate in giving to CRS Rice Bowl, give alms in the special collections for charity, give your time to a good cause, add time for daily prayer, and the list goes on and on; or perhaps we might choose to focus on doing the things that we should already be doing but are not. Whatever you may do or not do, make whatever choice you do in the hope of growing deeper in the love that God has for you. Lent is not about what "do I have to give up" but rather "how can I respond to the Lord's call to turn back to him." The first reading on Ash Wednesday from the Prophet Joel says: "even now, says the Lord, return to me with your whole heart." Make sure that this coming Lent is about your journey deeper into the grace, love, and mercy that is freely offered to us by our Father through Jesus His Son.

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

Special Announcement

On February 17, 2020, we will only have the 7:00am Mass. There will be no 5:15pm Mass. The Parish Office will be closed and there will be no confessions.

The Charism of Intercessory Prayer

Last week I wrote about how all of us have a call and all of us have been gifted by God for the sake of others. These gifts, or charisms are different from natural talents because natural talents can be used for our own benefit or for purposes that do not have God's redeeming work at the center. Charisms can only be used to channel God's love and provision for the world. This week I'll begin to describe some individual charisms.

The charism of *intercessory prayer* empowers the intense, sustained prayer of a Christian for others as the means by which God's love and deliverance reaches those in need.

Prayer is a necessary exercise for all disciples and does not require a special gift. But those who have been given the charism of Intercessory Prayer often see remarkable answers to their prayers on behalf of others. Christians with this charism are energized and excited to pray for others, and have the sense that God is using their prayers to change lives and situations. They don't assume they know what God wants in any given situation; they try to "listen" to God for guidance on how to pray. They are able to spend significant time in prayer without tiring, but also can sense when they have done what God has called them to do and are finished. People frequently seek them out to ask for their prayers and report back that things changed for the better after asking for prayers.

If this describes you, you will be eager to volunteer to be on the prayer wall team. The Cathedral offers an online prayer wall so petitioners can request prayers for special intentions. The Prayer Wall Team members volunteer to keep these requests in their daily prayers. If you are interested in being on the team, please email Haley at hbentel@cathedral.dio.org or call 217-522-3342.

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



5 Creative Ways to Pray for Others

Not so long ago, my prayer time consisted of presenting a long list of requests to God. Although they were heartfelt and genuine, I gradually became aware that I was doing all the talking, describing the problem to God (which He clearly knew anyway!), and telling God what I thought ought to be done about it. I didn't give God much opportunity to guide my thoughts while I was praying.

But gradually, I've begun to explore different types of intercessory prayer (ways to pray for others). Rather than bombarding God with my ideas and requests, I'm learning to listen as I pray. I spend a few minutes silently considering each situation and wait to get a feeling about what to pray. Sometimes I don't verbalize a specific prayer – I simply whisper the person's name a few times. Here are a few suggestions to inspire you toward more creative intercessory prayer.

Continued on pg. 5

Continued from pg. 4

1. Making my prayer journal creative

My prayer journal has become much more than a notebook filled with names. I use a large scrapbook, and each page is different. For example, Gambia (where I live for several months each year), has recently gone through a period of turbulence, so my Gambia prayer page includes a map and some of my favorite photos. My journal also has a photo montage of my family. On several pages, I've written someone's name and embellished it with felt pens and watercolors as I pray for them. On others, I've recorded scripture verses I feel prompted to share with them.

2. Creating a prayer tree

Last summer I created a prayer tree by arranging some twigs in a large vase. I cut leaves from cardstock, added a hanging loop, and then wrote the name of each person I prayed for on a leaf.

As the summer progressed, the twigs became increasingly festooned with leaves. Each time I entered the room, the tree was a gentle reminder to pray. This method was also a great encouragement because I could look at older leaves and thank God for answered prayers.

3. Praying with crafts

Make use of your crafting ability to pray for others by crocheting blankets for the homeless, making twiddle muffs or fidget quilts for patients with dementia, or knitting small hats for babies born in prison.

As a keen crafter, I felt moved to knit some tiny burial gowns to help families whose babies were stillborn. As I knitted each gown, I prayed for the parents who would receive it, that God would soothe their suffering.

This holds good for your friends and family too – while I sewed fleecy tops as Christmas gifts for my grandchildren, I prayed for them. While I believe that the very act of such crafting can be a

practical prayer, there's also the opportunity to pray as you work, or perhaps listen to a recorded meditation, such as a Rosary CD.

4. Using a printable calendar

Printable calendars are great for creative prayer. We can insert prayer requests in advance, adding important dates like a friend's birthday or upcoming surgery. We can use it like an Advent calendar, by noting important prayers for each day beforehand, then covering it with another paper layer containing doors. Open one door each day to reveal the prayer topic.

Printable calendars can also be used progressively. Spend a few moments in quiet contemplation then fill in each daily square as you feel directed by God. *Praying in Color* has free printable calendars as well as many other creative prayer resources to inspire you.

5. Going on a prayer walk

A prayer walk can be done on your own or with friends. It could be as simple as taking a walk along your street and praying briefly for each house as you pass. Taking your walk further afield gives you the opportunity to pray for your wider community, including those who work at places such as the hospital, local government offices, emergency services, or neighborhood stores. Include churches, schools, community centers, and those helping others like homeless shelters or a food pantry. Even the smallest community has a host of needs.

Praying for others doesn't have to be a rote practice. Once we begin using more creative ways to pray, we can find dozens of sources of inspiration. When we learn to listen more carefully to God's gentle prompting throughout the day, we really can "pray without ceasing."

Elizabeth Manneh is a freelance writer, sharing her time between the UK and The Gambia, West Africa. She's written for many publications, including Huffington Post, ReadersDigest.com, and The Good Men Project. She's on a lifelong exploration to find ways of bringing God into all aspects of her everyday life.



©LPi

The Law of the Lord

Jesus “did not come to abolish the law.” Instead, he perfects and fulfills it. The scribe’s and pharisee’s mistake wasn’t that they strove to keep the letter of the law. Most problematic was the spirit in which they kept the law.

In the Gospel for this Sunday, Jesus poignantly prompts us to ponder our behavior and challenges us to make necessary changes in any of the areas where we lack or struggle to abide by the law. As Jesus speaks to us in Matthew’s Gospel, this long passage incorporates many habits of thought and action we should examine carefully, making sure to keep the commandments as intended and not as we perceive.

Let us begin with, “You shall not kill; and whoever kills will be liable to judgment,” especially regarding how we interact with others. One hopes that for the majority of the population, the idea of killing never crosses our minds. Therefore, we may harbor a tendency to dismiss this commandment because it doesn’t relate to us. We can almost add an invisible check mark with a sigh of relief, thinking that we have at least one out of the ten under control!

Jesus explains this law further, reminding us to look deeper at the disposition we display toward others. Anger showed — or just merely held against — our sisters and brothers in Christ and left unresolved leaves us liable for judgment. While we may not always be able to control our immediate internal reaction to another person’s words or behavior, we absolutely can (and for our spiritual good, should) control what we do next.

Jesus admonishes not to remain in anger nor to act upon it but to bring our concerns to our brother before coming to make an offering to God at the altar. At the beginning of each Eucharist celebration, we participate in the penitential rite. The purpose of this rite is to ask God to forgive our sins, so that we may offer the sacrifice of the Mass worthily. The Eucharist is not only a sacrament that we receive. It is also a sacrifice that we offer. Here, we call to mind our sins, and the priest recites, “Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.”

This section of the penitential rite connects beautifully to Jesus’ teaching: “Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift.” (Mt 5:23-24) The next time you are at Mass, try not to only recite the words of the penitential rite but also call to mind any unresolved animosities you hold against your brethren. Ask God for the grace to forgive them, so you may fully participate in the mystical and miraculous liturgy.

Next, let us look at Jesus’ words about the commandment concerning adultery. Possibly, you can recall from your youth the lyrics in the children’s song: “Be careful little eyes what you see,” which teaches the importance of guarding our hearts by what we allow ourselves to see. What activities do we mindlessly participate in without even considering the spiritual implications? When my children were teenagers and flipping through the channels looking for a show to watch, I would remind them, “Be sure to pick something you could watch with Grandma ... and Jesus.” This commandment reminder from Jesus extends far beyond looking at another person with lust, but in preventing ourselves from any temptation of the flesh by being preemptive in our media, entertainment, and leisure activity choices.

The danger for the scribes and pharisees was getting too caught up in the minutia. But for modern-day Christians, perhaps it is the opposite. Maybe we are not paying *enough* attention to the details of our lives. We must ask ourselves, “How do we wish to be considered in heaven?” Jesus guides our understanding of the importance of keeping these laws.

“Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven.” (Mt 5:19)

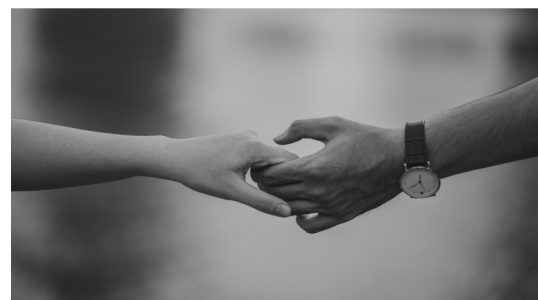
Allison Gingras is an author for Liturgical Publications, Inc., and publishes reflections on Sunday readings and various topics.

Sunday Reflection

Attending to Law

Both civil and Church law give us standards to guide our thought and behaviors. Outward acts help us attend to inner treasures. We need help for interpreting law rightly so that external actions reflect a right and merciful heart. That is why the Penitential Act is made early in Mass before gifts and selves are brought to the altar.

- How will I live in right relationship with God today?
- How will this spill over into right relationship with sisters and brothers (real and in the Lord)?
- How will my interpretation of God’s law be filled with mercy and loving-kindness?



STEWARDSHIP



Stewardship Activity

Stewardship of Prayer:

Are you interesting in the opportunity to learn more about your faith through Scripture? The Cathedral has a Bible Study group that meets every other Tuesday evening from 6:15pm-7:45pm. The particular study changes throughout the year and all are welcome to join. The next Bible Study sessions will be held on February 18, March 3, and March 17. For more information, please contact the Parish Office at 217-522-3342.

Stewardship of Service:

Extraordinary Ministers of Holy Communion are called upon to distribute Holy Communion during Mass when more than the ordained, or ordinary, ministers (bishop, priest, deacon) are needed. Extraordinary Ministers may also take communion to the sick or homebound. To be a servant of God through this ministry requires that you bring a strong faith, a reverence to the sacrament, and an inclusiveness of others as the foundation of your ministry. For more information on how to become an Extraordinary Minister at the Cathedral, please contact the Parish Office at 217-522-3342

Stewardship of Gifts

Stewardship of Treasure - February 8th & 9th

Envelopes:	\$6,030.77
Loose:	\$5,150.53
Maintenance:	\$231.68
Total:	\$11,412.98
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!



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.

Sacraments

Deaths

Please pray for the repose of the souls of Charles Foley and Charles Linderman, as both were called to eternal rest on February 3, 2020.