

Cathedral OF THE *Immaculate Conception*

JULY 9, 2023 | FOURTEENTH SUNDAY IN ORDINARY TIME



524 EAST LAWRENCE AVENUE, SPRINGFIELD, IL 62703
CATHEDRAL PARISH OFFICE: 217-522-3342
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FOUNDED IN 1839 | DEDICATED IN 1928 | BUILT ON FAITH, RENEWED IN HOPE IN 2009

Cathedral Weekly

VOLUME 5 ISSUE 28

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

THE VERY REVEREND BRIAN C. ALFORD, V.E.
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THE REVEREND PAUL LESUPATI
PAROCHIAL VICAR

THE REVEREND DOMINIC RANKIN
IN RESIDENCE

THE REVEREND DOMINIC VAHLING
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Sunday Masses

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

Welcome to the Cathedral of the Immaculate Conception!

On behalf of our bishop, the Most Reverend Thomas John Paprocki, our parishioners, deacons, and priests, we 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.

We hope that your visit to our Cathedral is one of grace and beauty and that you feel at home in the mother church. We 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!



External Preparation for Mass

Hopefully last week's article about doing an attitude check with regards to how we see going to Mass was helpful. Even as somebody who loves to celebrate Mass everyday, I found myself asking the Lord to continue to purify my attitude and renew my heart with a deeper love for the Mass.

As promised last week, my goal for this week's article is to touch briefly on the external preparations we should undergo as we get ready to encounter the Lord at Mass. The first thing to consider is the Eucharistic fast. Here is what the law says concerning this fast: "One who is to receive the Most Holy

Eucharist is to abstain from any food or drink, with the exception of water and medicine, for at least the period of one hour before Holy Communion."

I am surprised at how many people are unaware of this obligation, so it is worth bringing up. There are a few things to explain here. There may be a person with a medical condition or advanced age where a fast is not possible. But in general, one hour before communion (not before the beginning of Mass, but before the reception of Holy Communion) is not that much of a burden. Notice also that the law says "at least" one hour. One can choose to make the fast before Holy Communion longer. The point of fasting before Holy Communion is to increase our hunger and thirst for the Lord, both physically and spiritually. So although this form or preparation is external, it is also necessarily connected to our internal preparation.

Another form of external preparation that is at the service of our internal preparation is the timeliness of our arrival to Mass. As I stand in the back of the church before the Entrance Procession, noticing the many empty spaces in the church, I sometimes half-jokingly comment: "The 4:02 pm bus must have not arrived yet." By the time I process in, kiss the altar, and look out after the Sign of the Cross, the number of people in the pews has increased significantly! I get that our lives can be hectic and we often catch ourselves coming and going. But I hope we can all appreciate how arriving at the last minute makes it hard to transition to a prayerful state. Why not try to make an effort to leave a little earlier from home so that you can have a few minutes of silence during which you set your distractions aside so as to enter more fully into this great prayer that is the Mass?

Finally, I would like to reflect on our dress as we come to Mass. As you read this, you might be thinking: "Here we go, Father is going to complain about how we dress!" I just want for us to consider one point as it applies to our dress. I have heard people say: "God does not care what I wear to Mass, He's just happy I am there." There is truth in this. God loves us unconditionally and He does delight when we come to Mass. But the question is not so much about what God thinks of us, but I would suggest it is more of a reflection on what we think of God and about the importance of the Mass. We are usually very attentive to dressing nicely if we plan to come to a funeral or a wedding. We do that out of respect for others, to some extent. If we can be motivated to step it up as a sign of human respect, how much more should our externals also respect the internal gratitude we have for the God who created us, continues to hold us in existence, and who will love us and bless us more than any human being ever has or could?

Father Alford is the Rector of the Cathedral and serves in the diocesan curia as the Vicar for Clergy, Consecrated Life, and Vocations.

Mass Intentions

Monday, July 10

7am - Sally Hays
(Cindi & Dick Allender)
5:15pm - Karen Bucari
(Alan Bucari)

Tuesday, July 11

7am - Intention for Monica & Robert Kirschmann (Robert Kirschmann)
5:15pm - Richard Dhabalt
(Dale & Jane Grieser)

Wednesday, July 12

7am - Betty & Gene Barish
(Family)
5:15pm - John A. Sestak
(Steve & Vicki Stalcup)

Thursday, July 13

7am - Brother Francis Skube
(Community)
5:15pm - Ben Gaston
(The Fleck Family)

Friday, July 14

7am - Katherine Jobin
(Steve & Vicki Stalcup)
5:15pm - Intention for Bianca
(D.A. Drago)

Saturday, July 15

8am - John Brunk & Deceased Family
(Estate)
4pm - Diana J. Schumacher
(Daniel Schumacher)

Sunday, July 16

7am - Mercedes & Charles Nesbitt
(Kathy Frank)
10am - Amy Kindred Meehan
(The Kindred Family)
5pm - Special Intention for Kay King
(Richard & Kay King)



St. Benedict of Nursia

Feast Day: July 11th | Patronage: European Civilization, Members of Religious Orders, Monks, Schoolchildren, Spelunkers, Farmers, Civil Engineers, those with fevers, gall stones, kidney disease, inflammation, and the dying | Iconography: White hair, Black robe (as Benedictine) with cup, bread, and raven (hearkening to the attempt to poison him), or book, crosier or cross (as abbot)

I want to embarrass St. Benedict a bit this week – as if that were possible – by drawing from a story that casts his twin sister in far better light.

Scholastica, the sister of Saint Benedict, had been consecrated to God from her earliest years. She was accustomed to visiting her brother once a year. He would come down to meet her at a place on the monastery property, not far outside the gate. One day she came as usual and her saintly brother went with some of his disciples; they spent the whole day praising God and talking of sacred things. As night fell they had supper together. Their spiritual conversation went on and the hour grew late. The holy nun said to her brother: "Please do not leave me tonight; let us go on until morning talking about the delights of the spiritual life." "Sister," he replied, "what are you saying? I simply cannot stay outside my cell." When she heard her brother refuse her request, the holy woman joined her hands on the table, laid her head on them and began to pray. As she raised her head from the table, there were such brilliant flashes of lightning, such great peals of thunder and such a heavy downpour of rain that neither Benedict nor his brethren could stir across the threshold of the place where they had been seated. Sadly he began to complain: "May God forgive you, sister. What have you done?" "Well," she answered, "I asked you and you would not listen; so I asked my God and he did listen. So now go off, if you can, leave me and return to your monastery." Reluctant as he was to stay of his own will, he remained against his will. So it came about that they stayed awake the whole night, engrossed in their conversation about the spiritual life. It is not surprising that she was more effective than he, since as John says, God is love, it was absolutely right that she could do more, as she loved more.

St. Benedict has one of those amazing titles that sometimes saints get after we look back at their life: Patron of Europe, or Patron of European Culture. There are six saints who have been given this same title – St. Benedict, Ss. Cyril and Methodius, St. Bridget of Sweden, St. Catherine of Sienna, and St. Theresa Benedicta of the Cross. Now, I suspect most of us will not receive such a title when we become saints, but we are all called, like these saints, to build up authentic Christian culture.

Culture goes wrong when our lives, and then our society, are ordered around the wrong thing. (Think of any number of horrific cults. They went bad because they were centered on a bad character or evil purpose). True culture sustains and helps us thrive, and this happens when we are grounded and centered on that which is true and good (consider words like "cultivation" or that Latin word, cultus, that simply meant right-worship.) The little anecdote from St. Benedict's life – and truly his life in general – teaches us one simple way to build up culture in our homes, families, and surroundings: converse about beautiful things.

When is the last time you shared something beautiful in conversation with your spouse or child, and then you marveled in it together? We don't often give time to that sort of thing. We just hit the like button and keep scrolling, or slurp down our delicious cup of coffee and speed into the day, or take a picture of the sunset and then drive on. If God thought it important enough to force St. Benedict and St. Scholastica to spend the night talking together do you think He might have provided beautiful, lovely, profound, awe-some things for you to enjoy, and want you to share them with those you love? I suspect He has!

Fr. Dominic Rankin is actually visiting his own twin sister, also a nun (Sr. Mary Thomas of the Holy Name of Jesus is her name) this very weekend. He prays to be humbled as was St. Benedict, and to share with her and his family so many beautiful things that God has placed within his life.

Stewardship of Treasure

July 1st & 2nd

Collection numbers were unavailable at the time of publication. Please check back next weekend for these collection numbers.

May EFT

\$21,943.80

May Second Collections

Catholic Communication Campaign
\$2,158.25

Retired Diocesan Priests
\$4,688.00

Calvary Cemetery
\$937.00

May Debt Reduction

\$621.00

Online Giving: If you would like to extend a special gift to the Cathedral, please visit our website. Our parish is grateful for your continued support. Thank you!

CALENDAR OF EVENTS



WEEK OF JULY 10

MONDAY

TUESDAY

Grief Share
1:00 PM
School Library

Adoration
4:00 PM
Church

Jesus and the Jewish
Roots
6:00 PM
Cathedral Atrium

WEDNESDAY

Men's Bible
Study
6:00 AM
School Library

THURSDAY

Adoration
4:00 PM
Church

FRIDAY

Biking for Babies
6:00 PM
Cathedral School Hall

SATURDAY

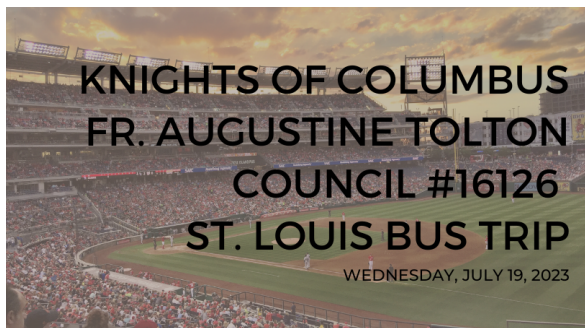
SUNDAY

What's Going on Around the Cathedral?



First Step and Biking For Babies

If you missed the Baby Bottle Boomerang, it's not too late to support First Step Women's Center. Fr. Dominic Vahling is participating in Biking for Babies and riding in support of First Step. First Step provides confidential, professional, Christian support to women facing an unexpected pregnancy. First Step receives no state or federal funding and relies on individuals, congregations and grants for funding. To support Fr. Dominic's Biking For Babies ride, place your donation in an envelope marked Biking For Babies and put it in the collection basket. Please also join us for the 5:15 Mass on Friday, July 14, with dinner and testimonies to follow.



K of C Fr. Augustine Tolton Council #16126 St. Louis Cardinals Bus Trip

Ready to start scheduling your summer plans? On Wednesday, July 19th join Fr. Augustine Tolton Council #16126 as we take a charter bus down to St. Louis for a seminary tour and St. Louis Cardinals game. Fr. Alford will give us a tour of Kenrick-Glennon Seminary, where several of the seminarians from the Diocese attend, and celebrate mass there. That afternoon we will be attending a St. Louis Cardinals game before returning to Springfield that evening. Additional details including an itinerary can be found at the link below. There are 40 spots on the bus available, and an additional 20 spots for those that would like to transport themselves. The cost is \$65/person for a spot on the bus and ticket (section 265) to the game. If you would like to provide your own transportation the cost is \$20 for a ticket. You can reserve your spot now by visiting the link below. If you have any questions about the trip you can contact info.kofc16126@gmail.com. <https://tinyurl.com/2p823x3x>



Fishing With Father - All Are Invited!

Our resident fishing expert, Fr. Alford, invites you to our third annual Fishing With Father event. We'll start our day at 7:30 with Mass in the Villa Maria chapel followed by breakfast snacks, fishing, and a tree climbing Gospel experience with Mercy Tree Adventures. Safely climb a tree using ropes and harness. Sign-up and waivers are available on site at the Villa Maria. Climbers must be age 7 or older. mercytreeadventures.org.

SUNDAY ANNOUNCEMENTS



Totus Tuus - July 9-14

Mark your Calendars and Register! Totus Tuus, a week-long summer catechetical program, is coming back to Springfield! July 9-14, 2023 at St. Katharine Drexel Parish The Totus Tuus program aims to inspire young people to long for holiness, develop a deep desire for conversion, and personally renew their faith with a stronger prayer life. To register, please use the QR code or the following link: <https://dio.org/totus-tuus-camper-registration/?parish=SkdS>. For more information, text Janice Rothering at 217-438-6019 or email at Janice.rothering@gmail.com.

Eucharistic Congress Tickets

The Cathedral will have about 100 tickets to share with parishioners who would like to attend the Eucharistic Congress at the Bank of Springfield Center on Saturday, October 18. If you'd like to enter the lottery for a ticket, please contact the parish office by calling 217/522-3342 or emailing info@cathedral.dio.org. Drawing for tickets will be August 1.

Calling All Cooks

As you may have heard, three teams of Biking For Babies are coming through Springfield and making a stop at the Cathedral. We will be welcoming 33 riders and their crew to 5:15 Mass on Friday July 14, and then providing them with dinner afterwards. We'll also be sending them out the door bright and early the next morning with a good breakfast. If you would be interested in cooking and/or serving dinner or breakfast, please contact Vicki @ vcompton@cathedral.dio.org or 217/522-3342. Thank you for supporting these pro-life athletes, including our own Fr. Dominic Vahling!

Retreat For Married Couples

Worldwide Marriage Encounter presents weekend experiences for married couples to rekindle romance, enhance meaningful communication, and deepen and renew commitment. Sign-up now! For more information or to apply, go to wwme.org or call Terry & Eric Engholm at 314-649-7317. The next retreat will be held 8/4/2023 – 8/6/2023 in St. Peters, MO.

Eucharistic Miracles Display

Each week during the month of July, as part of our parish focus on the Eucharistic Revival, we will be displaying Eucharistic Miracles posters in the Cathedral atrium. Each week we will highlight a different part of the world. This week check out the Eucharistic miracles that have occurred in Italy. The display will be changed every Thursday.

Priest Runs Boston Marathon in 6:35/Mile (Under 3 Hours)!

It is one the most prestigious marathons in the U.S., the Boston Marathon. Runners must qualify for it. Our very own Father Dominic Rankin not only competed, but completed it in under three hours (6 minutes and 35 seconds per mile)! How did he do it? We discuss with him the physical and spiritual components of running the Boston Marathon. Go to dio.org/podcast or search Dive Deep on all the major podcast platforms to listen and subscribe.

The Turning Point Women's Bible Study

The Turning Point is a nine-session Bible study experience that's perfect for people who want to get to know Jesus in the Scriptures but don't know where to start. This study will introduce you to people and stories in the Gospel of John that you won't find anywhere else in the Bible: the woman at the well; a man named Nicodemus; the woman caught in adultery; and Lazarus, the friend Jesus raised from the dead. You'll read stories about Jesus turning water into wine at the wedding in Cana, Jesus washing the feet of his disciples, and Peter's marvelous redemption after he denies Jesus three times. The people in these stories were transformed by their encounters with Jesus. By entering into their miraculous stories, you will encounter Jesus in a personal way and develop a deeper relationship with him that will transform your everyday life. Register by email vcompton@cathedral.dio.org or phone 217/522-3342. Order your packet for \$15.95 <https://www.dynamiccatholic.com/turning-point-participant-program-pack/TPNT-008-PP-ENG.html> Thursday evenings , 6:00-7:15 starting August 24, in the Cathedral School Library

A Ballad of Flesh and Spirit

"My yoke is easy and my burden is light," says the man hanging from a cross. And if we only went on what we see with our eyes — flesh driven through by nails and sword, swollen from beating and inches from expiration — it would seem like a joke.

I'll tell you something we all know: this life on earth is hard. It's either too long or it's too short. It's frequently painful. It's riddled with problems that seem to make no sense. It is, as Dickens wrote, "made of ever so many partings welded together."

But it's also shockingly, senselessly beautiful. It is full of physical experiences of love, joy, and peace that are so powerful they leave you breathless.

It is both these things — good and bad, hard and wonderful, just as we are both body and soul, spirit and flesh.

No one knows the Father except the Son, who entered into our bodily existence to free us from enslavement to it. No one knows the Son except the Father, and the means by which they know one another — the love passing between them, the Third Person himself — has been shared with us, has made its dwelling within us through baptism.

"Brothers and sisters, we are not debtors to the flesh, to live according to the flesh." — Romans 8:12

Colleen Jurkiewicz Dorman

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Around the Diocese

- **St. Cabrini's Altar & Rosary Society Annual Garage Sale**, July 13, 14, and 15. 8:00 a.m. to 2:00 p.m. on Thursday and Friday and from 7:30 a.m. until noon on Saturday. If you have items you would like to donate, you can bring them to the parish hall on July 10, 11, and 12 from 8:00 a.m. to 2:00 p.m.
- **Advocate Training** for those interested in representing the Tribunal in preparing marriage nullity cases as Advocates will be held Saturday, July 15, 2023, 9:30 am-3:00 pm. at Christ The King Parish, 1920 Barberry Drive Springfield, Illinois. There will be no cost for the training but please pre-register by July 10th by contacting cbranyan@dio.org or 217-321-1117. Lunch will be provided.
- **The Little Way, A Journey Along St. Therese's Path of Confidence and Love Retreat**, July 13-16, 2023 at Villa Maria Catholic Life Center. All women are welcomed and invited to participate. For registration information visit <https://www.theresians.org/events.html>. Look for Midwest Regional. Online registration deadline is June 15. If you have questions, please contact Vicki Schmidt at 217.652.8632 or Email: v.schmidt55@outlook.com.
- **Springfield Dominican Sisters 150th Anniversary Mass**, Saturday, August 19, 2023, 10:30am at the Sacred Heart Convent Chapel, 1237 W. Monroe Street, Springfield, IL, 62704. RSVP by August 1 is appreciated. This may be made either with a phone call to 217-787-0481 or at springfieldop.org/150years/. For those unable to be present a livestream is offered at springfieldop.org/livestream/.
- **Mark Your Calendar for a Diocesan-Wide Celebration at the BOS Center in Springfield**, a Eucharistic Congress is taking place Saturday, October 28 at the BOS Center in Springfield. This major event will include talks from nationally recognized Catholic speakers, adoration, confession, and Mass where the arena will be packed with thousands of Catholics from across the diocese. Doors open at 10:30 a.m. with the first speaker starting at 1 p.m., and Mass begins at 4 p.m. Stay tuned for how to get free tickets!
- **Diocesan Pilgrimage to the Holy Land**, November 27-December 7, 2023. For more information, please visit www.holylandtoursllc.com or email edanaher@dio.org.