

# The Catholic Parishes of Crawford County

## March 2<sup>nd</sup> & 3<sup>rd</sup>, 2024



### Third Sunday of Lent

When Jesus saw that His Father's house was made into a marketplace, He grew angry and said to them, "Destroy this temple and in three days I will raise it up." But he was speaking about the temple of his body.

#### Mass Schedules:

##### Holy Cross

Saturday 6:00 p.m. Sunday 10:00 a.m.

Wednesday 8:30 a.m. Friday 8:00 a.m.

Mass in Spanish: (every 1st & 3rd Sunday) at 11:30 a.m.

##### St. Francis Caracciolo

Saturday 4:00 p.m. Thursday 8:00 a.m.

##### St. Michael

Sunday 8:00 a.m. Tuesday 8:00 a.m.

#### Parish Office Hours:

Tuesday – Friday 8:00 a.m. – 4 p.m.

Phone: (573) 885-3520

Address: 415 W. School Ave., Cuba, MO 65453

Fax: (573) 885-3501

Email: hccccuba@gmail.com

Web: holycrosscubamo.org

#### Holy Cross School Office:

Phone: (573) 885-4727

Email: holycrossschoolcuba@gmail.com

Principal, Melinda Osentoski:

holycross.osentoski@gmail.com

#### Fr. Anthony (Tony) Onyeihe:

(573) 462-6522 aonyeihe@diojeffcity.org

#### S. Karen Thein SSND:

(507) 514-3226

#### Parish Council Members:

Jim Bathe	Mike Kempf
Jerry Dubbelde	RuthAnn Kuethe
Alice Engelbrecht	Esli Navarro
Joe Howdeshell	Diane McCameron
Don Hudson	Ruth Woodson

#### Finance Council Members:

Larry Howdeshell	Donna Conduitt
Teresa Leicht	

#### School Advisory Council Members:

Aminta Abdinova	Mike Kempf
Alan Collins	Christy Moreland
Deborah Dicus	Kathy Royal

#### Bishop McKnight's Monthly

##### Prayer Intention:

**For the depressed and those suffering from mental illness; may the active compassion of the Church bring healing and consolation to those who are tempted to despair.**



**March 2** – First Reconciliation

**March 10** – Day Light Savings Time begins

**March 10** – Lenten Penance Services 3 p.m. at HC

**March 14** – Altar Society Meeting 1 p.m.

**March 17** – Feast of Saint Patrick

**March 19** – Feast of Saint Joseph

**March 19** – Spring Begins (because it's Leap Year)

**March 24** – Palm Sunday

**March 25** – The Annunciation

**March 31** – Easter Sunday

#### Mission Statement:

We, the Catholic parishes of Holy Cross, St. Francis, and St. Michael, aware of the intergenerational communities and the various cultures living in our communities, welcome all – no matter where they are on the journey of Faith. We strive to strengthen the communities of Faith by working together through prayer, works of Justice and concern for our neighbors.



## Ministry Scheduler Pro

Go to this link to see the schedule:

[www.rotundasoftware.com/ministry/HolyCrossCuba](http://www.rotundasoftware.com/ministry/HolyCrossCuba)

### Mass Intentions for 3/4 – 3/10, 2024

5	St.M. Tues.	8:30 a.m.	<b>No Weekday Masses</b>
6	H.C. Wed.	8:30 a.m.	
7	St.F. Thurs.	8:00 a.m.	
8	H.C. Fri.	8:00 a.m.	
9	St.F. Sat.	4:00 p.m.	
9	H.C. Sat.	6:00 p.m.	- Tom & Brendan O'Toole & Sean Patrick ☩
9	H.C. Sat.	6:00 p.m.	- Knights and Ladies Auxiliary #8920 ☩
10	St.M. Sun.	8:00 a.m.	- People of the parish
10	H.C. Sun.	10:00 a.m.	- Tom Conduitt ☩

### Exposition of the Blessed Sacrament during Lent:



Every Wednesday during Lent we will have Exposition of the Blessed Sacrament at Holy Cross. Sign-up for an hour to pray before the Blessed Sacrament from the hours of 8:00 a.m. to 3:00 p.m. There are a sign-up sheets at the entranceways of all the parishes.



**Father Tony** will be away after the Masses on Sunday, March 3<sup>rd</sup>. He returns for the weekend Masses on March 9<sup>th</sup> & 10<sup>th</sup>.

### Parish Collections: February 24 & 25, 2024

Parish	Envelopes		Loose		Total
Holy Cross	\$3,677.00	+	\$523.00	=	\$4,200.00
St. Michael	\$475.00	+	\$309.00	=	\$784.00
St. Francis	\$595.00	+	\$77.05	=	\$672.05



Nikki & Al Smith, Mary Happle, Sandy Mowry, Earl Vincent, Joann Mullen, Charlie & Julie Coster, Stanley Griggs, Kathryn Phillips, Carolyn Horsefield, Joann Brewer, Helen Crombie, Joe Kuenz, Lois Stubberfield, Helen Mansfield, Eugene Kempf, Joe Southard.

### From Today's Gospel Reading:

Jesus found in the temple area those who sold oxen, sheep and doves, as well as money changers seated there. He made a whip out of cords and drove them all out of the temple area. He said, "Take those out of here, and stop making my Father's house a marketplace."

### Reflection:

Jesus reveals God's righteous anger when what is good and intended to help people gets infiltrated by human greed. While mercy is always available to those seeking it, we cannot forget Jesus' indignation when he meets injustice and any restrictions on those seeking God.

### So we ask ourselves:

- Is there a welcome atmosphere at my parish church as people enter the building?
- Do I go out of my way to introduce myself to people at church and welcome them if they are visitors?

### Faith Formation:



Classes are Wednesdays 5:30 – 6:30 p.m.

### Future Dates for Faith Formation:

March 6	March 13	March 20
<b>NO Class March 27</b>		

### First Reconciliation (Confession):



On **Saturday, March 2<sup>nd</sup> at 10 a.m.**, the children preparing for the Sacrament of Holy Eucharist (First Communion) made their First Reconciliation (Confession). Pray for the children, their parents and the catechists. First Communion is scheduled for April 21<sup>st</sup>, Good Shepherd Sunday, at 10 a.m. Mass at Holy Cross!

Please notice the pictures of the children who are preparing for the reception of these two sacraments.

### Easter Flower Donation:



Please turn in your Easter Flower donation so it can be published in the bulletin. Use your envelope provided or put it in a marked envelope.

### Blessed Palms - Collected:



A basket is placed in the back of church now through Lent to collect blessed palms for burning.

### Stations of the Cross are:



Fridays: 2:30 p.m. Holy Cross with school.

Fridays: 7:00 p.m. Holy Cross (in Spanish)

Saturdays: St. Francis after 4 p.m. Mass

Saturdays: Holy Cross after 6 p.m. Mass

Sundays: St. Michael after 8 a.m. Mass

Sundays: Holy Cross after 10 a.m. Mass

### Lenten Penance Services:



3 Priests will be available to hear confessions at the following locations:

**Holy Cross in Cuba Sun. March 10<sup>th</sup> 3:00 p.m.**

St. Robert in St. Robert Sun. March 17<sup>th</sup> 4:00 p.m.

### Feet Washing Holy Thursday:



12 volunteers, men and women, are needed to have their feet washed on Holy Thursday. Volunteers call the office!

### Holy Thursday:



After Mass on Holy Thursday, the altars are stripped, the holy water fonts are emptied, and the Blessed Sacrament is carried through the church in procession to a place of reposition. The procession will go from the church to the parish hall. At the parish hall there will be Adoration of the Blessed Sacrament until 10:00 p.m.



### Fish Fries from February 16 – March 22:



**Sign-up to help work!** Sign-up sheets are in the back of parishes, or use the QR code to sign-up! Pick a date (or dates) and the time you want to help. When you arrive, ask Norma in the kitchen where you are needed.

### Fish Fry Results – Week 2:

Last Friday, February 23<sup>rd</sup>, there were 511 dinners sold. It was a big success!



### Phone & Fire Alarm System:

The Phone and Fire Alarm system is outdated at the Parish Hall/School at Holy Cross. The school is looking to replace the alarm/phone system. Anyone who has experience with alarm/phone systems and would like to help form a committee to look at options can contact Michelle or call the school office. Those on the committee will contact companies and get/review bids. Then the bids/information can be presented to the councils. (Anyone can help, not just parishioners, so if you know of someone, please reach out to them and kindly ask them to consider helping!)



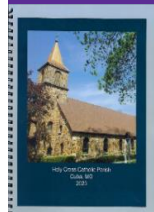
Now enrolling  
Preschool- 2nd grade!

**WE ARE  
NOW  
ACCEPTING  
3 YEAR  
OLDS!**

**APPLY TODAY!**

Holy Cross School is excited to announce for the 2024-2025 school year that they are enrolling children beginning at the age of 3-year-old thru second grade. If you are interested in enrolling your child please contact the school office or speak with the principal, Melinda Osentoski.

### Don't Forget Your Pictorial Directory:



There are still some directories in the back pew at Holy Cross. Those who had their pictures taken are to receive a directory! Look for your name! Those who did not get their picture taken, can purchased a directory for \$15 (depending if there are any left).

### Safety Upgrades:



The school is scheduled to replace the parish hall/school exterior door locks with a key pad. (keys will no longer be needed.) Those that need into the building will need to have a personal code to enter the building. If you have a parish hall key, and will need access to the building please call the office so we can add you to the list of people who need a code.



Thank you to all who came to the St. Michael breakfast on Sunday, March 25<sup>th</sup>!

### St. Francis Needs Volunteers:

St. Francis is looking for volunteers to serve on the St Francis Cemetery board. Board Members are responsible for decision making advice for Sacred Heart Cemetery in Leasburg and Mount Calvary Cemetery in Bourbon. There is minimal involvement for the board members. The only qualification is; members must be a member of St. Francis Church or be a relative of someone buried in either cemetery. If interested or have questions, call Ken Schroeder, 314-378-1373.



### Chrism Mass at Jefferson City:



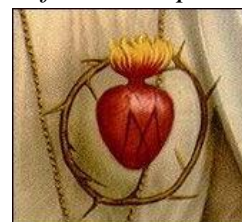
All are invited to the Chrism Mass at the Cathedral Church of St. Joseph, 2215 W. Main St., Jefferson City on **Thursday, March 26<sup>th</sup> at 3 p.m.** This Liturgy unites the Diocese in recalling the gifts of the Holy Priesthood and the Most Holy Eucharist. The Oil of the Sick and the Oil of the Catechumens are blessed and the Sacred Chrism is consecrated at this time. Refreshments will be available in Cana Hall after the Chrism Mass, RSVP at: <https://diojeffcity.org/chrism-mass-rsvp/>

### Five First Saturdays Devotion:

On December 10, 1925, Our Lady Fatima, appeared to Lucy, one of the 3 Shepherd children that saw Our Lady at Fatima. She spoke to Lucy and said: *"My child, behold My Heart surrounded with the thorns which ungrateful men place therein at every moment by their blasphemies and ingratitude. You, at least, try to console Me. Announce in My name that I promise to assist at the hour of death, all those who, on the first Saturday of five consecutive months, shall:*

1. **Go to confession and receive Holy Communion,**
2. **Recite the Rosary,**
3. **Keep Me company for a 15 minutes while meditating on the fifteen mysteries of the Rosary,**
4. **With the intention of making reparation to Me. I promise to assist them at the hour of their death with all the graces necessary to save their souls."**

If you would like to partake in this devotion to Our Lady Fatima, there will be a Mass at 8:00 a.m. every 1<sup>st</sup> Saturday of the month for the next 5 months. (starting March 2<sup>nd</sup>) Father Tony will be available for confessions before Mass at 7:30 a.m., as well as the normal confession times, 30 minutes prior to any weekend Mass.



# LENT

A Season of Renewal



## 2024 Lenten Regulations:

**Abstinence:** Those 14 years and over are bound to abstain from meat on Ash Wednesday, all Fridays of Lent and Good Friday.

**Fasting:** Everyone ages 18 - 59, are bound to fast on Ash Wednesday and Good Friday. Fasting is generally understood to mean eating only one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. (Other recommended forms of fasting, could include limiting alcoholic drink, needless television, video games, internet use, and social entertainment.)

**Almsgiving** is the act of giving to the poor. Catholics are encouraged to support generously the charitable works of the whole Church.

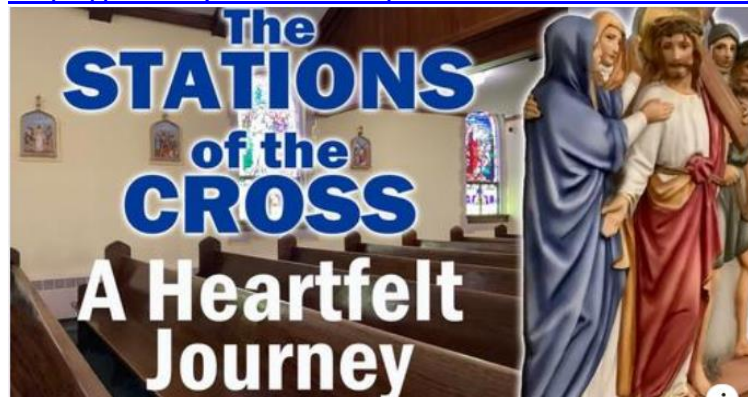
**Prayer** is in order to deepen one's love for Christ, all are urged to attending daily Mass and frequenting the Sacrament of Penance / Reconciliation.

## Stations of the Cross:

One of our parishioners created a Stations of the Cross using Holy Cross Church! It is creatively made and is wonderful to use when praying the Stations at home.

Please check it out here:

<https://www.youtube.com/watch?v=WrpEUaNb5LQ>



## Did you know about the number "40"???

- Lent consists of the 40 days preceding Easter.
- 40 days of rain, at the time of the Great Flood
- Noah sending forth the raven after 40 days
- 40 days was the time required for embalming
- Moses spent three consecutive periods of "forty days and forty nights" on Mount Sinai: 40 days of fasting by Moses
- Goliath challenged the Israelites for forty days before David defeated him
- The prophet Elijah had to walk 40 days and 40 nights before arriving to mount Horeb
- Spies were sent by Moses to explore the land of Canaan (promised to the children of Israel) for "forty days"
- Nineveh would be overthrown after 40 days
- 40 is the symbolism of the siege and exiles
- Israelites wandering in the wilderness for 40 years
- 40 years of peace in Israel
- 40 days Jesus spent in the wilderness being tempted by the devil.
- Christ appears for 40 days after the Resurrection -40 days was the period from the Resurrection of Jesus to the Ascension of Jesus.



## A Lenten Prayer:

During this Lenten season, create a clean heart in me, God. Dust off the unmindful activity that constantly collects there. De-clutter my heart from harsh judgments and negativity. Wash away my resistance to working through difficult relationships. Rinse off my unloving so the beauty of my generous and kind heart can shine forth. Remove whatever keeps me from following in your compassionate footsteps. Amen.





# COLLEGE SCHOLARSHIPS AVAILABLE

Applications due  
March 28, 2024

*The Diocese of Jefferson City is pleased to offer our parish families college scholarship opportunities through a generous donation from the families of William H. (Bill) Simon and John L. Warack*



FOR ELIGIBILITY REQUIREMENTS AND TO COMPLETE AN APPLICATION, VISIT:

[diojeffcity.org/scholarships](https://diojeffcity.org/scholarships)





**Joyful**  
community & faith

**Camp Lolek**  
FOR JUNIOR HIGH

Co-ed: June 9-14  
Boys: June 16-21  
Girls: July 7-11

**Adventure**  
Sisterhood | Brotherhood  
Leadership



**Camp Maccabee**  
FOR YOUNG MEN

July 14-19



**Camp Siena**  
FOR YOUNG WOMEN

July 21-26

**REGISTRATION OPENS FEBRUARY 15**

# Stewardship Conference

## Saturday, April 13, 2024

### Cathedral of St. Joseph - Cana Hall



DIOCESE OF  
Jefferson City

# SAVE THE DATE



Stewardship  
GROWING OUR FAITH

Register Here



Please register by  
April 9  
Cost is \$20 and  
includes  
breakfast& lunch

SCAN ME



- 8:00 a.m. **Mass**
- 8:45 a.m. **Continental Breakfast**
- 9:15 a.m. **Most Rev. W. Shawn McKnight, S.T.D.**  
*Welcome*
- 9:30 a.m. **Msgr. Thomas McGread (Video Presentation)**  
*The Story of St. Francis: How Stewardship Became a Way of Life*
- 10:15 a.m. **Very Rev. John Lanzrath**  
*The Four Pillars of Parish Stewardship*
- 11:15 a.m. **Lisa McArdle**  
*Stewardship in the Family*
- 12:00 p.m. **Lunch**
- 12:45 p.m. **Eric McArdle**  
*Best Practices in Parish Stewardship*
- 1:30 p.m. **Fr. Stephen Jones**  
*The Spirituality of Stewardship*
- 2:15 p.m. **Trish Lutz**  
*Catholic Stewardship Renewal 2024*

*\*\*There will be a short break after each presentation*

### Are you new to the Parish?

If you are new to the parish, please call the office at 573-885-3520 to register or stop by so we can meet you!

### Has your information changed?

If you have moved, disconnected your home phone and only use a cell, or have any other household changes, please let us know so we can update our records.

**Remember – if you don't tell us – we won't know!**

### **Mass Intentions** FOR THE WEEK

If you would like to have a Mass said, the suggested amount for the stipend is \$10. Call the office to schedule a Mass Intention, or put your stipend in an envelope with the following Information:

- Your name & phone number
- Who the Mass is for
- If they are deceased
- Specific date (if any) please specify if the intention can be on a weekday or not.

### Anointing of the Sick:



Due to hospitals' strict protocols, it is important to seek the sacraments of the Anointing of the Sick and Reconciliation prior to going to the hospital. Most hospitals only allow a priest to provide the sacraments of Reconciliation and Anointing of the Sick if the patient has been placed on comfort care (hospice) or is nearing death. Please pray for the many who are ill or are home bound.

**Homebound:** If you would like to minister to the homebound by visiting them and bringing them Communion, please contact S. Karen 507-514-3226.

### Yoga Class on Tuesdays Offered at Holy Cross:



For a small fee, Yoga Class offered on Tuesdays at HC from 5:30 - 6:30 p.m. For more information, contact Diane 314-578-1132 or Donna 573-259-6957.

### "Heavenly Cleaner" Volunteers – Please Help:



Holy Cross has a group of volunteers called "Heavenly Cleaners" that clean the church each week. They are divided into teams of 2. Each team cleans the church once a month. The team is asked to freshen up the bathrooms, vacuum the floor, dust, take out trash, and sanitize. If you would be interested in helping with this ministry of the church, please call the parish office.

  
**Keep in touch with us**  
VIA EMAIL AND TEXT MESSAGE  
**Text: crawfordcounty**  
**To: 84576**  
**OR online at: HCGross.flocknote.com**

### Cemetery/ Columbarium:

Many people feel it can be a great help to their grieving family members if the desires of the deceased were planned by him/herself before the time of death. Whether cremation or burial is chosen, consider Holy Cross as yours or your loved one's final resting place. Many people are not aware that the proper practice for cremation is to place the cremains in the columbarium or bury them in the cemetery. If members of our community have the cremains of a loved one in their home, or another place other than the cemetery, they should make arrangements to give their loved ones a place to rest in the columbarium or cemetery with the proper prayers of interment.



Holy Cross Catholic Cemetery plots/niches are available whether burial or cremation is your choice. Contact Louis Raineri 573-259-8920 or the parish office for more information. Sacred Heart in Leasburg and Mount Calvary in Bourbon.

### Baptisms & Weddings:



If you are planning a Baptism, there is a preparation class. Please speak with Sister Karen to schedule. If you are planning a wedding, please contact Father Dan. There is a preparation that needs to be done 6 months prior to the wedding.



### Funeral Dinners:




If you are interested in helping with the funeral dinners, please call the office. You will be called upon when a funeral dinner is requested. Help with bringing food, set up, or clean up! Please consider this ministry of the church so we can provide for our grieving families.

  
**Misa en español**  
**CADA 1º Y 3º DOMINGO DEL MES.**  
**MASS IN SPANISH IS EVERY 1<sup>ST</sup> & 3<sup>RD</sup>**  
**SUNDAY OF THE MONTH**

**ASSISTIVE  
LISTENING  
SYSTEMS  
AVAILABLE**



**Remove from charging station.**  
**The On button is on the top**  
**Volume Control is on the front.**  
**After Mass, wipe off unit and return to charging station.**

  
**Pope Francis Prayer Intention**  
**FEBRUARY**  
**For the terminally ill**  
**"We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment."**



## CubaKofC Membership Invite:



The Cuba Knights of Columbus covers all of Crawford County. CubaKofC is in search of new members to help our order grow and maintain its position as the strong right hand of the Church and service to the community of Crawford County.

CubaKofC consists of the men and women volunteers. The Knights of Columbus Chapter 8920 and the Ladies Auxiliary 8920. These men and women's service helps many local organizations and individuals in need. CubaKofC helps the parishes of Crawford County and community organizations such as the food pantries, Special Olympics, and prolife organizations, as well provides community wide events such as the Kids Christmas Party.

This is a personal invitation to all men and women of our parish to come and join our CubaKofC service community. In our busy lives many people do not think they have time to add another activity. However, your commitment is to do what you can. Maybe it is helping with just one event, attending our monthly dinner social and business meeting, or helping with our Bingo fundraiser. The choice is yours, but many hands will make light work.

Help us Help Others in our parishes, school and community by inquiring into Cuba Knights of Columbus, please join us. You won't regret it. For Further information on how to join please contact District Deputy Louis Raineri at 573-259-8920 or [louisraineri8920@gmail.com](mailto:louisraineri8920@gmail.com) or Grand Rockie Radcliff at 573-885-4225.



## FEBRUARY 2024 BINGO NEWS

**Thursday Nights @ 6:15 p.m. (doors open at 4)**

**PROGRESSIVES** ~ The Coverall Progressive will be \$4,000.00 with 6 hot balls. The Second Progressive will play out and pay \$500.00, \$750.00 or \$1,000.00.

**QUEEN OF HEARTS** ~ Our Queen of Hearts game for Bingo players should be over \$7,700.

**MATCH ONE OF THESE** ~ Bring your tally sheet from the previous week. Check the four numbers posted. Win a free gas card. Numbers are: **174143, 174190, 174210 and 174229.**

**SUPER BOWL** ~ There will NOT be a Super Bowl party again this year – Sorry!

**WEBSITE** ~ Check out the KofC website [cubakofc.org](http://cubakofc.org).

**FOOD DRIVE** ~ is still on. Free 3 on with every can or box of food. Help us help the Food Pantries.

**BENEFIT BINGO** ~ The KofC will have a benefit bingo on Saturday, February 3<sup>rd</sup>. To benefit Crawford County Survivors Network. Starts at 6:15. It will be somewhat of a different program, also silent auction, 50/50 and other stuff. Plan to come!!!!



Altar Society meets every 2nd Thursday of the month at the Holy Cross Parish Hall. This organization coordinates and works on fundraising events that support our parish, school and youth group. They also help supply the liturgical needs of the parishes. All are welcome to attend and join! Please contact Christy Moreland for more information.

## HOLY CROSS CATHOLIC SCHOOL

**Grades: PreK – 3<sup>rd</sup> grade.**

HC School is an accredited school with Missouri certified teachers. It offers a Diocesan-developed curriculum in a Christian private school setting. HC School offers Title 1 tutoring for qualifying students. HC school has small class sizes and spacious classrooms. Please contact Mrs. Osentoski for a tour or to register your child.



Check out our Facebook Page

<https://www.facebook.com/cubamoschools>

facebook **Holy Cross School**

## HOLY CROSS CATHOLIC SCHOOL

### Earn Cash for Our School!

Support Holy Cross without spending anything extra!

- Turn in your **Mace Supermarket Receipts**. The school receives 1 point for each \$1 on the receipt. (September – March)
- Turn in used **ink cartridges**. Given to Staples to recycle, the school receives \$2 for each cartridge, up to \$40 a month!
- Turn in **Best Choice UPC codes** found on the labels. Each UPC code is redeemable for 3¢ cents each.

Please deposit your Mace's receipts, Best Choice UPC codes, and ink cartridges in the collection box in the church entrance or bring to the parish office.

*Are you VIRTUS certified?*



***Do you have your background check completed?  
Have you signed the Code of Conduct?***

If you are not sure, or answered “no” to any of these questions, let us know!

Call or email Michelle in the office to find out if you are VIRTUS compliant! 573-885-3520 or [hcccuba@gmail.com](mailto:hcccuba@gmail.com)

**All volunteers and all school parents (both parents)  
must to be VIRTUS compliant prior to volunteering  
or your child starting school.**

Please help us, keep our children safe. The training provides us the knowledge on how to recognize signs of abuse and what to do if we suspect abuse happening. If we ALL are certified and have the training, the likelihood of a child being harmed is greatly reduced.

Call the office if you would like to have an in-person VIRTUS class, or go to [www.virtusonline.org](http://www.virtusonline.org) to register and take the 2-hour class online.

If you or a family member have experienced abused in the past, please contact our victim assistance coordinator through the Diocese, Jacqueline Baldwin at 573-694-3199.

KEEPING OUR PROMISE  
TO PROTECT  
Child and Youth Protection



**Breaking the Silence of Abuse:**

As a diocese, we are committed to breaking the silence of abuse. When someone is reporting abuse, we must



acknowledge their pain and how difficult it is to talk about it. False allegations are very rare. Our initial

response to someone who is disclosing abuse for the first time must be compassionate. For those who need to report abuse, encourage them to contact our Victims Assistance Coordinator, Jacqueline Baldwin, (573-694-3199) and to make use of the appropriate State of Missouri hotline (1-800-392-3738) or the [Attorney General's clergy abuse online form](#). All of this information is also on our website, under the 'report abuse' tab. For those who want information, or want you to convey a message to Bishop McKnight, please encourage them to write to us at [reportabuse@diojeffcity.org](mailto:reportabuse@diojeffcity.org).



Need Support Now? If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](http://988lifeline.org).

**Online Counseling Services:**

Catholic Charities Counseling services is now providing professional in-person and online therapy across the Diocese of Jefferson City. To learn more simply visit [ccnmo.diojeffcity.org/counseling](http://ccnmo.diojeffcity.org/counseling)



**QUILTING GROUP**  
**EVERY TUESDAY**  
**9:00 A.M. - 12:00 P.M.**  
**AT ST. MICHAEL'S**

The Crawford County Parishes quilting group meets at St. Michael in Steelville every Tuesday from 9:00 a.m. - 12:00 p.m. Currently they are working on a quilt in a frame which they are hand quilting. They also are tying lap size quilts to be given to nursing homes, shelters, and veterans. Some of the members are also crocheting blankets. Please come join them, as many hands make light work and they will be able to serve many more people with your help! Contact Lil Collins at 314-779-4541 for more information or just come down and join them! No experience is necessary!

**Service Opportunity in Our Community:**

Drivers are needed to drive veterans to the VA hospital in Columbia MO. The local DAV (Disabled American Veterans) have the vehicles. Drivers do not have to be veterans. This is unpaid. You do get free meals! Call 885-1390 or 885-3680 to volunteer or for more info. Veterans needing a ride, call 885-1390 to schedule.



**Ministerial Alliances and the Food Pantries:**

In Cuba, the Cuba Ministerial Alliance (CMA) “runs” the food bank and cooperates with the Life Line Pregnancy Center.



Holy Cross has a St. Martin De Porres envelope to help the poor. The monies collected from this fund help support the Cuba Food pantry.

**Crawford Country Mobile Food Market**

3<sup>rd</sup> Tuesday of each month  
Begins at 10:30 a.m. at the  
Cuba Food Pantry

**Local Food Pantry Hours:**

**Cuba:** (573-885-6703)

Thursdays 8:00 a.m. – 12:00 p.m. & 3:30 p.m. – 6:00 p.m.

Fridays 8:00 a.m. – 12:00 p.m.

**Steelville:** (573-775-4827)

Last 2 Tuesdays of the month hours: 2-4 p.m.

**Bourbon:** (573-732-4888)

Saturday 9-12pm.

Thrift shop: Mon. Tues. & Thur. 9-4p.m. and Sat. 9-12p.m.

**Feed the Hungry:**

Our Local food banks are in need of food. The cost of food has gone up! To help, there is a “food basket” in the entryways of our churches. Please bring nonperishable food items and place them in the baskets. The food items will be sent to the 3 food pantries in our three towns.



**Always looking for  
volunteers!  
Call today to help!**

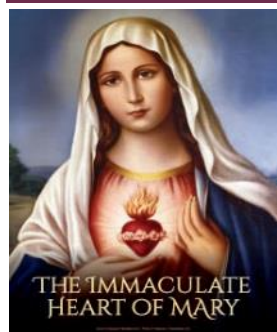
### Civilize it!

Our political discourse has become increasingly rancorous and bitter. The U.S. bishops began a campaign leading into the 2020 election to restore civility to our public and political discourse



called Civilize It: Dignity Beyond the Debate. The Missouri Catholic Conference highlighted the campaign last year with a special episode of MCC from the Capitol with Archbishop Mitchell Rozanski. This year, the U.S. bishops are again challenging the faithful to answer Pope Francis' call to seek "a better kind of politics, one truly at the service of the common good." Civilize It: A Better Kind of Politics encourages people to commit to seeking the truth, building bridges, and finding solutions together that promote the common good. Individuals can sign the pledge, and sign up to receive additional materials, by visiting the USCCB Civilize It webpage. [www.usccb.org/civilizeit](http://www.usccb.org/civilizeit)

### Prayer to the Immaculate heart of Mary:



O Immaculate Heart of Mary, we entrust ourselves to you, Health of the Sick. At the foot of the Cross, you participated in Jesus' pain, with steadfast faith. Patroness of the Diocese of Jefferson City, you know what we need. We are certain of the power of your intercession, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who taught us to "love one another, as I have loved you" took our sufferings upon Himself and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Bring under your mantel of protection all who provide care for the sick and minister to their needs, as your Son implores us to do for one another.

**V.** We seek refuge under your protection, O Holy Mother of God.

**R.** Do not despise our pleas and deliver us from every danger, O glorious and blessed Virgin. Amen.



The God Minute is a short, daily Christian prayer that includes peaceful music, scripture and a reflection to bless your day with the Lord. It's only 10 minutes. Take a few God Minutes each morning and see how your day rises in abundance. A Catholic devotional by the Congregation of the Mission - the Vincentians.

<https://www.thegodminute.org/wix-podcast-player>

### Jefferson City Diocesan Women's Ministry:

The Women's Ministry of Jefferson City was established to help the women of our diocese connect with each other so that we can support each other in our spiritual journeys. We find inspiration and comfort in praying with each other, in talking with each other, and in sharing the stories of our faith journeys.



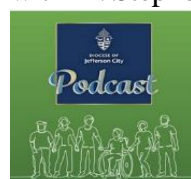
<https://diojeffcity.org/womens-ministry/>

For opportunities to get involved in the ministry, please contact LeAnn Korsmeyer, Director of Women's Ministry at [lkorsmeyer@diojeffcity.org](mailto:lkorsmeyer@diojeffcity.org) or (573) 635-9127 ext. 222 "Like" the Women's Ministry page on Facebook to keep up with events and news, and to get to know women in your parish and deanery.

[www.facebook.com/profile.php?id=100070216385915](https://www.facebook.com/profile.php?id=100070216385915)

### Please Listen to the Diocese of Jefferson City Podcast.

Prayer is how we orientate ourselves as stewards of God's gifts. In this month's podcast, we continue our discussion with Fr. Stephen Jones about the Four Pillars of Stewardship.



#### Podcast Topic Schedule:

- Hospitality - July
- Prayer - August
- Formation - September
- Service - October



These series are designed to help us deepen our understanding of the Spirituality of Stewardship as we approach the Catholic Stewardship Renewal in **October**. Listen to the podcast at <https://diojeffcity.org/podcast/> or use the QR code above.



*"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your request known to God."* Philippians 4:6



# FOR YOUR MARRIAGE

## Preparing for a Great Marriage:

The Catholic Church teaches that marriage is a covenant, a contract and a bond between a man and a woman that forms a partnership for life. The marriage bond is a unique and exclusive relationship between husband and wife for the sanctification of the couple and for the procreation and Christ-centered nurturing of children in a family.

The family, with its foundation in marriage, is a fundamental unit of the Church. Marriage is also a basic social institution of human society. Marital love is at the service of the couple, the children, the community, and of the world. Because of its timeless importance, the Church teaches that marriage between two baptized Christians is a sacrament, a source of grace and a sign of God's love for the world.

Every sacrament needs preparation for its fruitful celebration. The Church wants to ensure that those entering the life-long commitment of marriage are adequately prepared for the riches and the responsibilities that are intrinsic to it. This is why the Diocese of Jefferson City has a policy for marriage preparation. It is not to make the couple "check the boxes" or "jump through hoops." In her efforts of remote, proximate and immediate preparation, the Church is not trying to make it more difficult to get married, but rather provide the best opportunity for equipping the couple to live a shared life of love, compassion and nurturing grace.



## Marriage Resources:

### Marriage preparation – USCCB –

[www.usccb.org/topics/marriage-and-family-life-ministries/marriage-preparation](http://www.usccb.org/topics/marriage-and-family-life-ministries/marriage-preparation)

### Sexuality –

[www.archstl.org/marriage-family-life/resources/sexuality](http://www.archstl.org/marriage-family-life/resources/sexuality)

**Natural Family Planning** - [www.diojeffcity.org/natural-family-planning-2/](http://www.diojeffcity.org/natural-family-planning-2/)

**Pre-Marriage Inventory** © is a comprehensive, user-friendly tool for lay individuals, couples or professionals who are helping couples prepare for marriage, and who become trained as FOCCUS Facilitators.

[www.foccusinc.com/foccus-inventory.aspx](http://www.foccusinc.com/foccus-inventory.aspx)

**Prepare/Enrich** provides training for premarital counseling, coaching, and education, investments in your couples' futures. [www.prepare-enrich.com](http://www.prepare-enrich.com)

**Pre-Cana** is one component of the marriage preparation options available to couples that are considering marriage within the Catholic Church. The conference itself consists of presentations by couples and individuals on topics that are a practical as well as a spiritual nature. [www.diojeffcity.org/marriage-preparation/pre-cana-registration/](http://www.diojeffcity.org/marriage-preparation/pre-cana-registration/)

**Engaged Encounter**: is a weekend with other engaged couples where each couple can concentrate exclusively on one another, free of the tensions, pressures and interruptions of the world. It is designed to give engaged couples the opportunity to discuss honestly their future



lives together — their strengths and weaknesses, desires, goals, ambitions, their attitudes about money, sex, family, children, their role in the church and society — in a face-to-face way. Engaged Encounter is designed to deepen and enrich your relationship with each other. All engaged couples are welcome, including interfaith couples and those entering a second marriage. For a list of available weekends, to register, or for more information, visit

[www.diojeffcity.org/marriage-preparation/engaged-encounter](http://www.diojeffcity.org/marriage-preparation/engaged-encounter)



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