

The Catholic Parishes of Crawford County

March 8th & 9th, 2025

FIRST SUNDAY

MARCH 9, 2025

LENT

PRAY

FAST

GIVE

*Jesus was led by the Spirit
into the desert for 40 days*

The temptation of Christ

Jesus returned from the Jordan
and was led by the Spirit into the desert for forty days.
When the devil had finished every temptation,
he departed from him.

LUKE 4:1-13

Parish Office Hours:

Tuesday - Friday 8:00 a.m. - 4 p.m.
Phone: (573) 885-3520 Fax: (573) 885-3501
Address: 415 W. School Ave., Cuba, MO 65453
Email: hcccuba@gmail.com
Web: holycrosscubamo.org

Fr. Anthony (Tony) Onyeihe: (573) 462-6522
aonyeihe@diojeffcity.org

S. Karen Thein SSND: (507) 514-3226

Deacon Chad Lewis: (573) 885-3520

Holy Cross School Office:

Phone: (573) 885-4727
Email: holycrossschoolcuba@gmail.com
Website: www.hcschoolcuba.org
Principal, Melinda Osentoski:
holycross.osentoski@gmail.com

School Advisory Members:

Aminta Abdinova	Mike Kempf
Alan Collins	Christy Moreland
	Kathy Royal

Parish Council Members:

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

Finance Council Members:

Larry Howdeshell	Donna Conduitt
Teresa Leicht	

Mass Schedules:

Holy Cross

Saturday 6:00 p.m. **Sunday 8:00 a.m. & 10:00 a.m.**
Tuesday 8:30 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 8:30 a.m.~~

Bishop McKnight's Monthly Prayer Intention:

"For a spirit of humility and repentance, that we
may confess our sins and seek reconciliation in
preparation for the Easter feasts. May our hearts
be purified and opened to the grace of God.
We pray to the Lord."



- March 9** – Rite of Sending – Rite of Election (at 10 a.m. Mass)
- March 11** – Parish Council Meeting
- March 13** – Altar Society Meeting 1 p.m.
- March 17** – Feast of St. Patrick
- March 19** – Feast of St. Joseph
- March 25** – The Annunciation of the Lord
- March 22** – First Reconciliation at 10 a.m. **** Notice the Change**
- March 23** – Lenten Communal Penance Service at 3 p.m.
- April 13** – Palm Sunday - beginning of Holy Week
- April 17-19** – Holy Triduum
- April 20** – 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

Mass Intentions for 3/10 – 3/16, 2025

- 11 H.C. Tues. 8:30 p.m. - Leo Robinson †
- 12 H.C. Wed. 8:30 a.m. - Holy Cross School
- 13 St.F. Thurs. 8:00 a.m. - No intention requested
- 13 H.C. **C.M.** 10:00 a.m. - No intention requested
- 14 H.C. Fri. 8:00 a.m. - No intention requested
- 15 St.F. Sat. 4:00 p.m. - Dale Wild Jr. †
- 15 H.C. Sat. 6:00 p.m. - Leroy Rolens †
- 16 H.C. Sun. 8:00 a.m. - Restoration of St. Michael
- 16 H.C. Sun. 10:00 a.m. - Tom Conduitt †
- 16 H.C. Sun. 11:30 a.m. - People of the parish (Mass in Spanish)

Parish Collections: March 1 & 2, 2025

Parish	Envelopes		Loose		Total
Holy Cross	\$5,410.00	+	\$681.00	=	\$6,091.00
St. Michael	\$2,358.00	+	\$155.00	=	\$2,513.00
St. Francis	\$516.00	+	\$375.00	=	\$891.00



Joann Mullen, Eugene Kempf, Charlotte Vavra, Helen Mattox, Suzy Hutchins, Lona Pogue, Janet Lyons, Catherine DeClue, Julie Coster, Joyce, Joe Kuenz, Cayden Richards, Mariana Weber, Don and Kaye Robertson, Dustin Drennan, Yazmin Viramontes, Carolyn Horsefield, James Happle Sr., Sandy Mowry, Aiden Leos, James Ray

Faith Formation:



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

March 12 March 19 **NO Class March 26**

Please Notice the posters, in each parish and at the school, of the children preparing for their First Holy Communion. Please pray for them as they continue on their Faith journey.

OCIA (Order of Christian Initiation for Adults):

The OCIA sessions in February are:

March 9 March 16 March 23

NO Class March 30

The pictures and names of the candidates for the Order of Christian Initiation of Adults are up at the parishes. The candidates and their sponsors were 'sent' by the parish this **Sunday, March 9th** during the 10:00 a.m. Mass for the Rite of Sending. They participated in the Rite of Election at the Cathedral in Jefferson City. Each candidate met Bishop Shawn McKnight. Please continue to pray for them as travel along their Faith journey into being fully initiated in the Catholic Church.



Adoration: Every Wednesday



Adoration is every Wednesday after Mass to 3 p.m. There are weekly sign-up sheets at Holy Cross. You can sign up online at Ministry Scheduler Pro. *What hour can you be before the Blessed Sacrament?*

Jubilee Year of Hope 2025

The Church prepares to celebrate the 2025th anniversary of Christ's Incarnation with the theme "Pilgrims of Hope." This holy year invites us to deepen our faith, strengthen our relationships, and share Christian hope. Marked every 25 years, the Jubilee offers grace-filled opportunities through

Masses, pilgrimages, and spiritual events. The Diocese of Jefferson City is actively preparing, to learn more about upcoming events and how you can participate, visit the Diocese's Jubilee webpage: diojeffcity.org/jubilee-year

Friday Lenten Fish Fry:

The Lenten **Fish Fries** are every Friday from **March 7th** through **April 11th**. **Time:** 4:30 – 6:30 p.m.

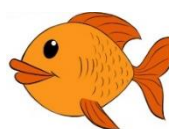
Cost: \$15 for adults \$13 for carry-outs \$5 for children (ages 6-10) **Free** for children 5 and under. **Volunteer Sign-Up sheets: ARE IN THE ENTRANCE WAY OF THE PARISHES.**



- This year people will sign up for a **day**, not a specific position! Just check in with **Norma Walls** when you arrive, and she'll direct you where help is needed.

Desserts Needed! Please bring a dessert each Friday to help make our Fish Fry a success.

Fish Fry Donations to help Kick off the Fish Fry!



Thank you to the 2 separate donors that gave money towards the fish fry. Both were \$5,000 donations! This money will help offset the spending cost of the supplies needed for the Fish Fry. Also as a reminder the "fish Fry" is the Main Parish Fundraiser, so the money made from the Fish Fry will not be tithed upon.

First Reconciliation:



First Reconciliation will be on **Saturday, March 22nd at 10 a.m.** Pray for the children, their parents and all their catechists especially Maureen Sarles and Sandra Oregel (their current Catechists). First Holy Communion is scheduled for May 11th, Good Shepherd Sunday!

Prayers and Sympathy:



Pray for the Williams Family. Shirley Williams passed away on Sunday, March 2nd. Her Funeral Mass was celebrated on Friday, March 7 at Holy Cross. May she rest in peace.



APPLY FOR SCHOLARSHIPS

William H. (Bill) Simon and John L. Warack College Scholarships' applications are available on-line. They must be completed by March 26th. Please visit our diocese website: www.diojeffcity.org/scholarships for the application and complete details.

Cuba Knights of Columbus Scholarships

The Knights of Columbus Scholarships are available.

Applications are at the entrance ways of the churches. Applications **MUST** be returned by

April 15th. Mail the finished application to the Knights of Columbus or bring to the parish office.



Lenten Mission – Washington MO



March 16th all are invited to attend the Lenten Mission at the St. Gertrude Parish Center from 1 - 4 p.m. located at 6535 HWY YY in Washington MO. The Lenten Mission features Tony Melendez. Tony Melendez played for Pope John Paul II and has traveled all over the world sharing a message of hope, encouragement, and faith through music and life stories.

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: The act of giving to the poor. Catholics are encouraged to support generously the charitable works of the whole Church.

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

HOLY WEEK MINISTRIES:

The parish office will soon begin a new ministries' list for the month of April. This month includes Holy Week.

If you would like to participate in the ministries during Holy Week (including Palm Sunday), please contact the office by either phone or email.

Holy Week Ministries



Altar Society Meeting:



The Altar Society's May meeting is Thursday, March 13th at 1:00 p.m. in the school library. All parish ladies are welcome.

Catholic Relief Service (CSR) Rice Bowls:



Pick up your family's CRS Rice Bowl. 75% of your donation supports work around the world, 25% of your donation stays within the parish for our local food pantries. Visit www.crsricebowl.org to learn more. You can also put your donation in a zip lock bag or envelope with your name on it, marked 'Rice Bowl'. Turn in 'Rice Bowl' donations by Sunday, April 27th (the Sunday after Easter).

Stations of the Cross:



Stations of the Cross are on Fridays at 1:00 p.m. The stations are led by the school children.



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.



MISSOURI PRO-LIFE ACTION DAY!



Wednesday, March 26, 2025

Missouri State Capitol » 1st Floor Rotunda

10:00am- 2:00pm

- Join us at the Missouri Capitol March 26th to help us “Modify and Clarify” Amendment 3.
- Registration begins at 10:00am followed by a noon rally.
- Plans will be shared to “Modify and Clarify” Amendment 3!

American Association of Pro-Life OB-GYN's (AAPLOG)



Susan Bane, MD, PhD, Vice Chair of AAPLOG

Dr. Susan Bane is a 1987 graduate of Atlantic Christian College, now Barton College. She has practiced obstetrics and gynecology for 25 years. She is the founder and CEO of PinkGlasses Consulting, providing health care consulting with a life-affirming vision and is currently the Regional Medical Director for four pregnancy centers in North Carolina.
<https://aaplog.org/about-us/aaplog-board/>

Rebecca Weaver, Director of Advocacy and Policy for AAPLOG Action

Rebecca Weaver earned her bachelor's degree in Economics from Texas A&M University and her Master's of Public Service and Administration from the Bush School of Government. She has been with AAPLOG/ AAPLOG Action since June 2024 as the Director of Advocacy and Policy.
<https://aaplogaction.org/about-us/>



Transportation will be available from many areas of the state.
Contact the Missouri Right to Life State office @ 573.635.5110 for details.
Visit www.missourilife.org for more Action Day information.



Travel with Fr. Alexander Gabriel
 Pastor of St. Peter Church - Fulton & St. Jude-Thaddeus Church - Mokane
 on our JUBILEE 2025: Pilgrimage to Italy & Poland

Where: Rome · San Giovanni Rotondo · Assisi · Krakow
 · Auschwitz · Lagiewniki · Czestochowa
 Trip Dates: October 26th - November 7th, 2025

Cost: \$5,999.00 - 13 Days - THIS PRICE INCLUDES AIRFARE FROM ANYWHERE IN THE U.S.
 For more information and the trip Itinerary visit: <https://tinyurl.com/4kdy2xs4>

To register, please contact (855) 842-8001 or (508) 340-9370
 You can also register online at www.proximotravel.com

For any questions or concerns please contact:

Proximo Travel LLC
 PO Box 561
 Auburn, MA 01501

Phone: (508) 854-8001 | Fax: (508) 854-8003

Email: office@proximotravel.com | Website: www.proximotravel.com

Summer Missionaries:

The Diocese is in the recruitment stage for summer missionary staff and they are asking for your help! They are looking for young adults who have the gift of sharing Faith with others; and would thrive in a Catholic community focused on growing in relationship with God. Each summer they hire at least 24 young adults to serve as Totus Tuus Missionaries and Camp Staff. For more information and for the application please go to: www.diojeffcity.org/summer-missionaries



Joyful
community & faith

Camp Lolek
FOR JUNIOR HIGH

Boys: June 8-12
Girls: June 15-19

Adventure
Sisterhood | Brotherhood
Leadership

Camp Maccabee FOR YOUNG MEN
July 2025

Camp Siena FOR YOUNG WOMEN
July 2025

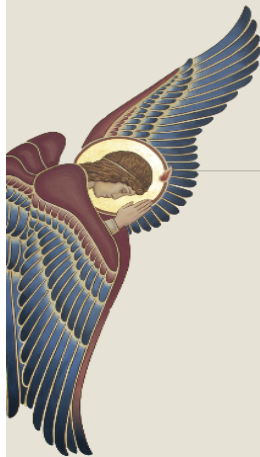
finalized dates for Maccabee and Siena will be announced at end of month
REGISTRATION OPENS JANUARY 31

DIOCESE OF Jefferson City

DIOJEFFCITY.ORG/YOUTH-CAMPS

PRAYER. SILENCE. LECTIO DIVINA.

ENCOUNTERING CHRIST RETREATS



On these silent retreats you can expect:

- Silence and a technology “fast”
- Four conferences given by a monk, intended to lead the retreatant to encounter Christ
- Participation in the Divine Office and Mass with the monastic community
- Specific times for personal prayer and *lectio divina*
- Adoration of the Blessed Sacrament and the Sacrament of Reconciliation

MEN’S RETREATS

Jan. 24–26, 2025
 Feb. 21–23, 2025 (full)
 May 16–18, 2025
 May 30–June 1, 2025
 June 27–29, 2025

July 18–20, 2025
 Aug. 29–31, 2025
 Oct. 17–19, 2025
 Nov. 21–23, 2025
 Dec. 19–21, 2025

WOMEN’S RETREATS

Jan. 17–19, 2025
 Jan. 31–Feb. 2, 2025
 March 21–23, 2025
 May 23–25, 2025
 June 20–22, 2025

July 11–13, 2025
 Aug. 22–24, 2025
 Sep. 12–14, 2025
 Oct. 31–Nov. 2, 2025
 Dec. 12–14, 2025

Pricing: \$250 per person.
 Retreat costs includes all the meals, a private room, linen and towels, and retreat director fee.

We are located in northwest Missouri:
 37174 State Hwy V V | Conception, MO 64433

Scan the code to visit our website for more information!



MARRIAGE RETREAT

Living in the Trinity
with Mary



MARCH 14-15, 2025

CATHEDRAL OF ST. JOSEPH | JEFFERSON CITY, MO

for married couples

Join us for:

- Inspiring talks, prayer experiences and quality reflection time
- Strengthen your relationship and communication skills
- Explore the spirituality of your relationship

Register:

- Cost \$20, food is included
- Scholarships are available

**Register by March 1
receive free childcare
during the retreat!**

Meet our presenters:

Lisa and Paul Masek are members of Incarnate Word Parish in Chesterfield, MO. They have been married for 35 years, have four adult children, and together they enjoy hiking, traveling, snuggling, and laughing.

Liz and Dominic Lozano are members of Incarnate Word Parish in Chesterfield MO. They have been married for 21 years, have two teenage daughters at home and one up in heaven, and enjoy evening walks, playing music together, and just being goofy with each other.



Register now at
[diojeffcity.org/
marriage-retreat](https://diojeffcity.org/marriage-retreat)



MARCH 14-15

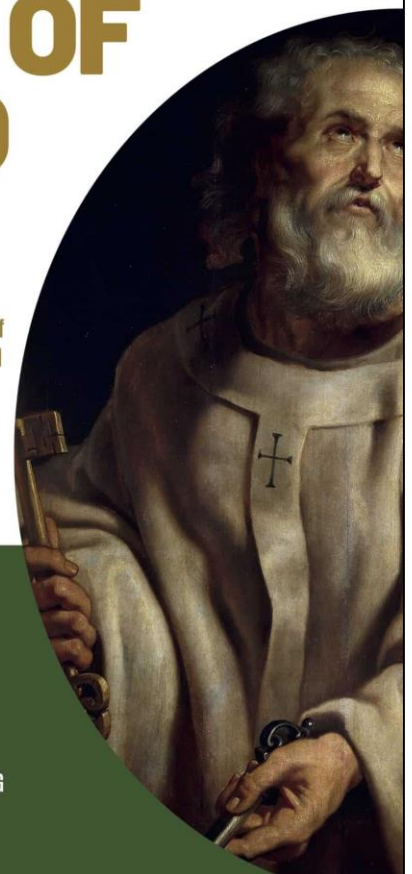
HEART OF A HERO

THE HEROIC LEADER

All boys 7th-12th grades are invited to join us at the Camp Tolton Lodge for part three of the overnight retreat series hosted by Fr Bill Peckman. This retreat will focus on the theological virtues of faith, hope, and love. Retreat begins Friday, March 14th at 5pm. Pickup is Saturday, March 15th at 11AM. \$50 per youth.



SCAN OR VISIT NCMCATHOLIC.DIOJFCITY.ORG
TO REGISTER!



Save the Date

MidWest March for Life



THURSDAY
MAY 1, 2025



*To honor and glorify Jesus Christ
and defend innocent life.*

MISSOURI STATE CAPITOL LAWN

Jefferson City, Missouri

Activities starting at 9:00 a.m. • Rally starting at 10:00 a.m.

March Immediately Following

***Lunch Break followed by Holy Mass celebrated at
Proto-Cathedral of Saint Peter by Bishop Edward M. Rice***

Speakers:

David Bereit — Founder of 40 Days for Life

Christina Bennett — Live Action

Rebekah Hagan — Vitae Foundation

(More speakers to be announced)

WE ARE CALLED TO PROTECT LIFE

www.midwestmarchforlife.com

417-344-7118

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!



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:

It is important to seek the sacraments of the Anointing of the Sick and Reconciliation prior to going to the hospital, when you are sick, or nearing death. Contact the office or Father for to schedule a time for the sacrament.



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.



FlockNote 

Keep in touch with us
VIA EMAIL AND TEXT MESSAGE

Text: **crawfordcounty**
To: **84576**

OR online at: **HCross.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 Tony. 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 1ST & 3RD
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**

MARCH

For families in crisis

“Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.”

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 or Grand Wayne Kuethe.



MARCH 2025 BINGO NEWS

Thursday Nights @ 6:15 p.m. (doors open at 4)
PROGRESSIVES ~ The Coverall Progressive is at **\$2,000.00** with 3 hot balls and a consolation prize of \$300.00. The **Second Progressive** will play out and pay **\$500.00, \$750.00 or \$1,000.00**.
QUEEN OF HEARTS ~ Will be over \$8,000.
RAFFLE ~ Every week at Bingo - you take the prizes home that night!!!!
CANNED FOOD DRIVE ~ Free 3 on with every can or box of food.
BLOOD DRIVE ~ Blood Drive at the KofC hall on March 10th from 3 – 7 pm. Walk ins welcome!
MATCH ONE OF THESE ~ Bring your tally sheet from the previous week. Win a free gas card.
Numbers are: **184549, 184456, 184498 and 184511.**



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: Preschool (3 years old) – 2nd 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.



Check out our Facebook Page

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

facebook **Holy Cross School**

Ways to Save for the Parishes:

- 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 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

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 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.



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.



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.

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



QUILTING GROUP

EVERY TUESDAY

9:00 A.M. - 12:00 P.M.

AT ST. MICHAEL'S

Starting Tuesday, January 7th,
from 9 a.m. to 12 p.m.,
the group will gather at the
Golden Echoes Center
(401 N. Spring St., Steelville).

They will continue meeting there every Tuesday until St. Michael's Church renovations are complete.

All are welcome to join and help make quilts for those in need!

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

3rd Thursday 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. – 11:30 p.m. & 3:30 p.m. – 6:00 p.m.

Fridays 8:00 a.m. – 11:30 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.

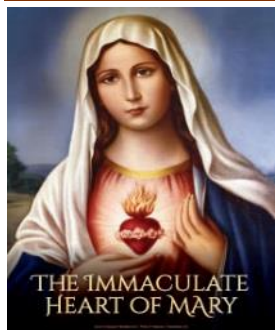


**Always looking for
volunteers!
Call today to help!**

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

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.

<p>the WORD among us Parish</p> <p>The Word Among Us features uplifting, and thought-provoking meditations based on the daily Mass readings.</p> <p>Please pick up a copy as each issue becomes available and experience the joy of hearing from God each day!</p>	<p>Catholic Mass Readings and Daily Meditations</p> <p>the WORD among us</p> <p>COME, FOLLOW ME</p> <p>Walking the Narrow Path of Discipleship</p>	<p>Trono de la Mas santos y meditaciones diarias</p> <p>LA PALABRA entre nosotros</p> <p>Dichosos los que tienen espíritu de pobres</p>
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"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your request known to God." Philippians 4:6



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 Barb Prasad, Director of Women's Ministry at bpsasad@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

Please Listen to the Diocese of Jefferson City Podcast.



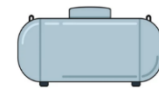
Prayer is how we orientate ourselves as stewards of God's gifts. In this month's podcast, we continue our discussion with Fr. Stephen



Jones about the Four Pillars of Stewardship. 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.

Propane Offer:

Boland Energy Boland is willing to offer employees and parishioners the **fixed rate of \$1.69**. This fixed rate will expire May 31, 2025. The only stipulations are: the delivery must be a minimum of 250 gallons delivered at a time and customers must own their tank. If you would like to partake in this offer, please call Boland Energy at: 636-239-9400 and tell them the code word "Holy Cross".



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.

Engaged? Congratulations!

Our Marriage Ministries have programs just for you, scheduled throughout 2024. Learn more and register for a Pre-Cana Conference or Engaged Encounter at diojeffcity.org/marriage-preparation.



Marriage Resources:

Marriage preparation – USCCB –
www.usccb.org/topics/marriage-and-family-life-ministries/marriage-preparation

Marriage & Family Life –
www.archstl.org/marriage-family-life/resources/sexuality

Natural Family Planning – 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

Prepare/Enrich provides training for premarital counseling, coaching, and education, investments in your couples' futures. 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/

SAVE THE DATE!

MARRIAGE RETREAT

Living in the Trinity with Mary

MARCH 14-15, 2025

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