

The Catholic Parishes of Crawford County November 30th & December 1st, 2024

First Sunday of Advent



*Stay Awake, Be prepared!
For you do not know the hour the
son of Man will come.*

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.~~

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
Deborah Dicus	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	

Bishop McKnight's Monthly Prayer Intention:

"For hope to find a home in our hearts as we embrace the joy of Christ's birth. Amid the jubilation, may we also find time in prayer to experience the calm and peace of God's presence in our lives."



- Dec. 1** – First Sunday of Advent – Rite of Acceptance / Welcoming
- Dec. 1** – Benediction & Advent Soup Supper - 5:00 p.m.
- Dec. 6** – Feast of St. Nicholas
- Dec. 6** – Annual Christmas Parade 5 p.m.
- Dec. 8** – Communal Penance Service - 3:00 p.m.
- Dec. 9** – Feast of the Immaculate Conception – 5:00 p.m. Mass
- Dec. 12** – Feast of Our Lady Guadalupe – 7:00 p.m. Mass
- Dec. 13** – Feast of St. Lucy
- Dec. 20** – Holy Cross School Play at 6:00 p.m.
- Dec. 24** – Christmas Eve
- Dec. 25** – The Nativity of the Lord - Christmas

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 12/2 – 12/8, 2024

- 3 **H.C.** Tues. 8:30 a.m. - No intention requested
- 4 H.C. Wed. 8:30 a.m. - No intention requested
- 5 St.F. Thurs. 8:00 a.m. - No intention requested
- 6 H.C. Fri. 8:00 a.m. - Ruth Terrill ☩
- 7 H.C. Sat. 8:00 a.m. - Mary Ann Brand ☩
- 7 St.F. Sat. 4:00 p.m. - Wayne Weirich ☩
- 7 H.C. Sat. 6:00 p.m. - Gary Ramori ☩
- 8 **H.C.** Sun. 8:00 a.m. - People of the parish
- 8 H.C. Sun. 10:00 a.m. - Earl Vincent ☩

Parish Collections: November 23 & 24, 2024

Parish	Envelopes		Loose		Total
Holy Cross	\$1,968.00	+	\$267.00	=	\$2,235.00
St. Michael	\$907.00	+	\$173.00	=	\$1080.00
St. Francis	\$635.00	+	\$126.51	=	\$761.51



Joann Mullen, Eugene Kempf, Charlotte Vavra, Helen Mattox, Suzy Hutchins, Lona Pogue, Janet Lyons, Catherine DeClue, Julie Coster, Donna Lott, Joyce, Joe Kuenz, Cayden Richards, Mariana Weber Don and Kaye Robertson, Dustin Drennan, Jerry Welter, Yazmin Viramontes.

Faith Formation:



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

Faith Formation Dates:

December 4 December 11 December 18

OCIA Rite of Acceptance/Welcoming:



This Sunday, December 1st, our OCIA (Order of Christian Initiation for Adults) candidates and catechumens will participate in the Rite of Acceptance/Welcoming during Mass. This special ceremony marks an important step in their faith journey as they publicly declare their intention to continue exploring the Catholic faith. Please join us in praying for them as they move forward in their preparation to become full members of the Church. May they feel the love and support of our parish community as they grow in their relationship with Christ.

The sessions in December are: December 8th at 11:00 a.m. at church and December 15th at 1:00 p.m. in the parish office.

Adoration: Every Wednesday



Adoration: Every Wednesday from 9 a.m. – 3 p.m. after the Mass. 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?*

Thank You for a Wonderful Thanksgiving Dinner!



Gratitude to everyone who came together to make last Saturday's Thanksgiving dinner such a beautiful event. Thank you to all who brought delicious dishes, helped with setup and cleanup, and shared in the spirit of fellowship.

An Idea for Advent – Advent Baskets:



Something that you can do this Advent! Create an Advent basket! All you do is put one item in a basket each day. Then you deliver the basket to someone who is in need, or to the food pantry, during the Christmas season. Some ideas of things to put in the basket each day would be, a canned food item, a toy, toiletries, or clothing. You decide!

“Advent Soup Supper” THIS SUNDAY!

The “Advent Soup Supper” at Holy Cross is THIS



SUNDAY, December 1st, the

First Sunday of Advent! Please meet at the church for Benediction at 5 p.m. Following Benediction, a soup supper will be held in the parish hall. During the dinner there will be “conversation starters” to help build community. All parishioners, their families, and their guests are welcome. Please bring a soup or a dish to share with the community.

Blessing of a Christmas Tree:



Christmas is almost here! Have you blessed your Christmas tree yet? According to custom, the Christmas tree is set up before Christmas and may remain in a place until the epiphany. The lights of the tree are illuminated after the prayer of the blessing. In the home the Christmas tree may be blessed by family member, in connection with the evening meal on the vigil Christmas on Christmas Day. You can use this blessing: www.usccb.org/prayers/blessing-christmas-tree

Christmas Flower Donations:



Donations for flowers and decorations used to adorn the church for the Christmas season can be placed into a collection basket at Mass in an envelope marked "Christmas Flowers". Be sure to list the names for remembrance. ****Please Note**** If you receive monthly offering envelopes, there is a special envelope for this donation. Please return your envelope by December 19th in order for your “In Memory of” to be published in the Christmas bulletin.

2024 Advent Communal Penance Service

St. Robert Bellarmine	St. Robert	Tues. Dec. 3rd	7:00 p.m.
Immaculate Conception	St. James	Wed. Dec. 4th	6:30 p.m.
Holy Cross	Cuba	Sun. Dec. 8th	3:00 p.m.
St. Patrick	Rolla	Tues. Dec. 10th	7:00 p.m.



Lending Library at Holy Cross:



Holy Cross is starting a lending library for Catholic adults. It will be located in the parish hall. The Library is in need of a few bookshelves. If you have a nice bookshelf you would like to donate, or for more information, please call Ruth Kuethe at 314-680-7409.

Knights of Columbus Canned Food Drive:



The KofC have begun their Annual Christmas Food Drive. It will continue until December 12th. Bring a non-perishable item to BINGO and receive a free 3 on for each item. Last year they collected over 6,000 LBS of items for the local food

Knights of Columbus Children's Christmas Party:



The annual Knights of Columbus Children's Christmas Party is December 8th. Santa will have goodies for each child, along with hotdogs and chips. This is a free event! Doors open at noon and **Santa** should arrive about 1:00 p.m.

Holy Cross School Christmas Play:



Friday, December 20th Holy Cross School will host their annual Christmas Play. The play begins at 6:00 p.m. All are welcome to attend. The title of the play is "*The Savior's Birth*".

Christmas Parade:



The Cuba Chamber of Commerce Annual Christmas Parade is Friday, December 6th! Holy Cross School is creating a float for the parade. If you would like to participate, please contact the school. The parade will start at 5 p.m. The theme this year is "*Small Town Christmas*"!

What Does Advent Mean?

Advent is the beginning of the liturgical year. It is a time of waiting and preparation for both the celebration of the Nativity of Christ at Christmas and the return of Christ at the Second Coming. Advent is four weeks long and each week



represents the four themes of HOPE, PEACE, LOVE and JOY. There are four candles on the Advent wreath: three purple candles and one rose-colored candle. The first week's candle represents the HOPE we have in Jesus. The second week's candle represents the PEACE we find in Jesus. The third week's candle is the LOVE we have in Christ and the fourth candle is the JOY we find in Christ. The white candle located at the center of the wreath for the birth of Christ who is the light of the world. Just as a mother/family prepares for the coming of a new born baby, let us prepare our hearts and lives to welcome the Lord.

St. Michael Church Update:

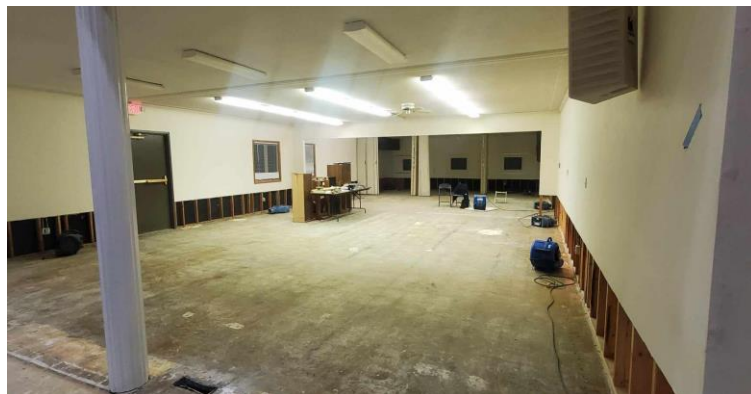
Currently, the entire building has been cleared out, including floors, cabinets, and wooden furniture. The lower two feet of drywall have been removed throughout the building, and air machines are working to dry everything out before repairs can begin. Once dry, new drywall will be installed, taped, mudded, and painted. Floors, baseboards, and several doors will be replaced, and wooden furniture such as the baptismal font, chairs, and cabinets will either be repaired or replaced.

During a recent inspection, the Diocese's Building Director identified additional concerns:

- **Roof:** The roof has significant leaks and must be repaired or replaced to avoid further damage to the newly restored interior.
- **Furnaces:** Both furnaces are outdated and no longer safe for use. Replacement is estimated at \$40,000.

While insurance will cover most flood-related repairs, these additional necessary improvements, such as the roof and furnace replacements, will require separate funding.

We will continue to keep you updated as work progresses. Please keep St. Michael Church in your prayers during this time of restoration.



IMMACULATE CONCEPTION MASS

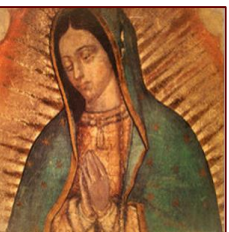
Monday, December 9th
5:00 p.m. Holy Cross



Our Lady Guadalupe

Mass:

Thursday, December 12th
7:00 p.m.
Holy Cross



Hope



Loving God, help us begin Advent well. This week we especially ask for the gift of hope. Help us to share our hope with all those we meet. We ask this in Jesus' name. Amen.

ADVENT

S SOUP
Supper

FIRST SUNDAY OF ADVENT
DECEMBER 1ST

Benediction 5:00 p.m.
at Holy Cross Church

Supper to follow
at Holy Cross Parish Hall

Bring a Soup to Share

Let us celebrate Advent together





Learning about vibration



**HOLY CROSS SCHOOL
EARLY CHILDHOOD
CENTER**
Preschool-2nd grade

NOW ACCEPTING 3 YEAR OLDS

**WHY ENROLL YOUR CHILD IN OUR PRESCHOOL?
THE BENEFITS OF PRESCHOOL:**

- ✔ Improved social skills
- ✔ Improved Gross and Fine Motor skills
- ✔ Enhanced language development
- ✔ Increased cognitive skills
- ✔ Prepares children for school success



Pi Day



1-573-885-4727



www.hcschoolcuba.org

ENROLL NOW!

What We Offer:

- A safe and nurturing Christian environment
- Small class sizes
- Classes Monday-Friday from 8-3:15 with flexible scheduling
- Affordable Extended care - Before school 7-7:30; After school 3:30-5:30
- A play-based curriculum
- Experienced and qualified teachers
- A variety of enrichment programs such as foreign language and music



Motor Lab

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:

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

DECEMBER

For Pilgrims of Hope

“We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.”

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.



NOVEMBER 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 ~ Will be over \$4,300.
GIVE AWAY ~ November 21st - 4 frozen turkeys will be given away as attendance prizes!
THANKSGIVING ~ There will **not** be Bingo on Thanksgiving Day, November 28th
CANNED FOOD DRIVE ~ Until December 12th. Bring a non-perishable item and receive a free 3 on for each item.
MATCH ONE OF THESE ~ Bring your tally sheet from the previous week. Win a free gas card.
 Numbers are: 172718, 182677, 182715 and 182790



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. 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

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.



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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

The Crawford County Parishes quilting group meets at St. Michael's Steelville every Tuesday from 9:00 a.m. to 12:00 p.m. (Crawford County) and working on a quilt in a room which has been given to us. They also are tying up quilts for 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

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!

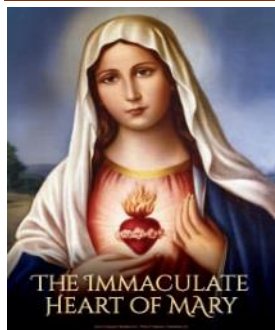
Our political discourse has become increasingly rancorous and bitter. The U.S. bishops began a campaign leading into the 2020 election to restore civility to our public and political discourse



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.



"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.



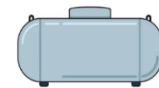
Prayer is how we orientate ourselves as stewards of God's gifts. In this month's podcast, we continue our discussion with Fr. Stephen



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/

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