

St. Benedict CATHEDRAL

MONTHLY NEWSLETTER

Exciting Activities Await for Catholic Schools Week *at St. Benedict Cathedral School*

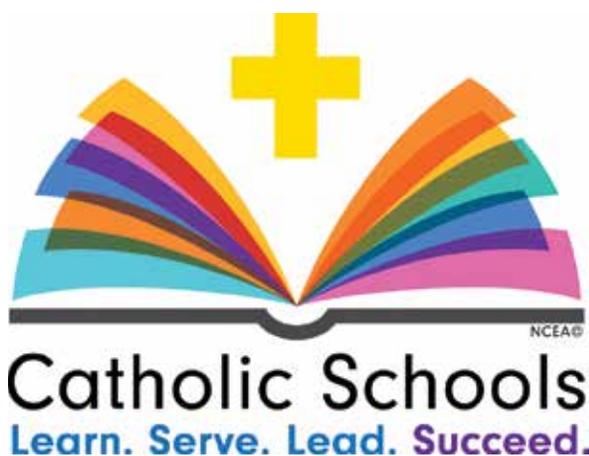
A week full of activities awaits our St. Benedict Cathedral School community to celebrate Catholic Schools Week and to celebrate all that makes Catholic education unique.

Catholic Schools Week begins Sunday, Jan. 27 and concludes Friday, Feb. 1, all under the theme “Learn. Serve. Lead. Succeed.” Principal Kari Ford and a planning committee have been meeting for several weeks to make sure everything is ready.

Our eighth-grade students will be attending Mass at Good Shepherd Parish on Jan. 29 for an all-diocese gathering marking Catholic Schools Week. Later during the week, an all-school Open House is set from 5-7 p.m. Thursday, Jan. 31, when parents, prospective families and parishioners may visit our school.

While this is Mrs. Ford’s first Catholic Schools Week celebration at St. Benedict, she is making sure that the traditions are carried on.

“I’m looking forward to encouraging the traditions set during Catholic Schools Week and working with the team of staff to continue them for our students,” she says. “Celebrating Catholic Schools Week is important because it allows the students to get a deeper sense of their faith that they are getting through their courses and attending weekly Mass. It’s a chance for faculty and staff to share their faith, talents and time. It



JANUARY 2019

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Exciting Activities Await for Catholic Schools Week

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promotes the understanding of God and allows the students, staff and faculty to be in service to all.”

Mary Goedde, one of our kindergarten teachers, can point to her own life experiences as a prime example of the values found in Catholic education that is celebrated during Catholic Schools Week. She attended Catholic school for 12 years, and her children have attended Catholic school, as well.

“I knew I wanted the same [Catholic education] for my own two children even if it meant making daily sacrifices,” Mrs. Goedde says. “Through a Catholic education, my children are blessed to be able to talk and learn about God, and keep Him in their main focus throughout their life. I’m a kindergarten teacher here, and I’m able to incorporate God into my students’ lives on a daily basis, whether it’s through prayer, and letting my class know God wants us to be kind and giving, and remembering we have the things we have because of God. I’m lucky to teach about Him and His good works. I also know my own children are given the same opportunities to learn about God.”

There are other benefits Mrs. Goedde sees in Catholic education.

“I feel a great emphasis is put on Catholic values at St. Benedict and the teachers are able to encourage our students to be Christ-like,” she says. “We offer smaller classes that allow the teachers to work one-on-one and develop a caring relationship with each student. Catholic schools also offer academic excellence across the curriculum, including learning about God. I love the strong and committed support of the parents in a Catholic school. Students in Catholic school have the opportunity to walk away with relation-

ships that last a lifetime.”

Mrs. Goedde can speak to those relationships and sense of family that enriches Catholic education.

“I’m lucky to teach with two grade school friends from Christ the King School — Nancy Folz and Christine Matzen,” she says. “Our former science teacher at Christ the King, Mrs. Susan Jones, came over here to teach. It was nice to see her, and she retired last year. My son Samuel, now a freshman at Mater Dei, had her for four years of science. It was neat for me that my son had the same teacher I had.”

“Through a Catholic education, my children are blessed to be able to talk and learn about God, and keep Him in their main focus throughout their life. I’m a kindergarten teacher here, and I’m able to incorporate God into my students’ lives on a daily basis, whether it’s through prayer, and letting my class know God wants us to be kind and giving, and remembering we have the things we have because of God. I’m lucky to teach about Him and His good works. I also know my own children are given the same opportunities to learn about God.” — Mrs. Mary Goedde, kindergarten teacher

If you have any questions about activities during Catholic Schools Week, or if you would like to arrange a school visit, please call 812-425-4596.

A LETTER FROM OUR CATHEDRAL RECTOR

NEW YEAR'S RESOLUTIONS

My Fellow Parishioners:

As we arrive at the New Year, it is customary that we make resolutions, which hopefully will be carried out during the course of the year. So many times these resolutions pertain to our physical lives — we resolve to exercise more, build a healthier diet, become more organized, etc. These resolutions may also involve the mental aspect of our lives — reading more, attending more cultural events, and so forth.

What about the spiritual part of our lives? Our souls need to be tended to, and we need to make sure that we are deepening our relationship with God throughout the entire year.

How about some spiritual resolutions? While it might seem difficult for one person to undertake *all* of these, hopefully anyone can try several of these resolutions at one time or a number of them throughout the year.

- Attend Mass once a week over and above weekend liturgies.
- Spend an hour (or any amount of time) in Adoration of the Blessed Sacrament once a week.
- Pray the *Liturgy of the Hours* (the *Divine Office*) at least once a day.
- Read and meditate on a chapter of Scripture a day.
- Take up a devotion of the Church (e.g. Rosary, Stations, novena, other prayers, etc.) and pray it daily.
- Read a spiritual book once a month.
- Make a morning offering as you begin your day, then an examination of conscience as you end your day.
- Offer a prayer of blessing/thanksgiving before/after a meal.
- Take time to pray daily with your spouse/family.
- As an individual or a family, take time once a week to do some form of charitable work — visiting those who are homebound or in a nursing home, do some work for an elderly friend or neighbor, bring food to someone in need, etc.



This is not an exhaustive list, but hopefully it gives you an idea that the small things done with great love can make a world of difference — both in your life and the lives of others.

Do not try to overdo any of these, but build up to doing them on a regular basis, thus laying a reasonable foundation upon which to build. Enjoy doing these resolutions, and see what a blessing they are for you and others.

Let us pray that 2019 will be a year of grace and favor from God. I wish you and yours a very happy New Year!

Peace,

Fr Godfrey OSB

Very Rev. Godfrey Mullen, OSB
Cathedral Rector



OPPORTUNITIES IN THE NEW YEAR: *Rebuilt in*



By working together to do our part, we can ensure that our faith community is brought to new life both physically and spiritually.



Fr. Godfrey says this process can become a sort of “coach” for parishioners, helping us “move forward in becoming more devoted disciples.”

Just as our church building has recently begun a lengthy period of renovation and revitalization, the New Year brings us all an opportunity to experience a similar rebuilding within our hearts. For as we reflect upon the past year and all its blessings and tribulations, the Church invites us on Jan. 1, the Solemnity of Mary, the Mother of God, to follow our Mother’s example in more perfectly committing ourselves to a spirit of trust and surrender.

“We can look to Mary as a model of first listening to God’s Word, being open to God’s plan, and finally firmly choosing to do God’s will,” says parish rector Fr. Godfrey Mullen. “This time of year provides us with the perfect opportunity to follow Mary’s constant example as we move forward in becoming more devoted disciples.”

Assisting us in this process, St. Benedict Cathedral Parish has chosen to focus its endeavors this year on the Stewardship Pillar of Prayer — for discipleship can only truly flourish when we first give time to our Lord, growing in relationship with Him and allowing His merciful love to transform our hearts and minds.

“While we’ve focused very much on Stewardship of Talent the past few years, it seemed time to focus our energy on prayer — Stewardship of Time,” Fr. Godfrey says. “As a Benedictine parish, prayer and work are part of our primary identity. Christian disciples in the Benedictine tradition seek to find a rhythm with the two — between prayer and work. Ultimately, we all long for a deeper relationship with Christ, in Him while we’re at prayer, in Him while we serve others’ needs.”

“While we’ve focused very much on Stewardship of Talent the past few years, it seemed time to focus our energy on prayer — Stewardship of Time. As a Benedictine parish, prayer and work are part of our primary identity. The Christian disciples in the Benedictine tradition seek ever to find a rhythm with the two — between prayer and work. Ultimately, we all long for a deeper relationship with Christ, in Him while we’re at prayer, in Him while we serve others’ needs.” — FR. GODFREY MULLEN

nto a People of Prayerful Discipleship



Our cathedral renovation project helps remind us to look internally, rebuilding our hearts with the start of the new year.

To this end the Adult Faith Formation Committee will be coordinating various prayer experiences and opportunities throughout the 2019 year, such as *Lectio Divina*, *Taizé* and other musical forms of prayer, the Divine Mercy Chaplet, and Eucharistic Adoration. The committee's hope is to help parishioners further embrace our stewardship calling to grow in the faith, be that through personal prayer time or through whole-parish faith formation opportunities. The parish also hopes to develop new ministries while also continuing to strengthen and expand old ones.

"We are especially looking for engagement from the men of the parish with some form of Bible study or faith sharing," Fr. Godfrey says. "Our Youth Ministry will continue to offer great opportunities for our young people and we're looking to partner regionally for Young Adult Ministry. I am also hoping to expand the Ministry of Sacristans, involving more people there. And we will see what

our new Fellowship Committee will bring forward."

Ever working to strengthen relationships within the parish — be that with Christ or amongst parishioners — Fr. Godfrey and his staff look to this New Year with great hope and anticipation. As always, this is only possible through the support and generosity of each and every parishioner. Only by each of us doing our part and giving generously of our time, talent and treasure can we be remade into living tabernacles we are each called to be.

"I encourage every parishioner to consider their God-given talents and put them to good use in this place that provides so many opportunities for each of us," Fr. Godfrey says. "As with any family, every member must contribute to what we're doing, or it becomes the drudgery of a few. Together, we encounter the joy of seeing what God can and will do when we are gratefully generous."

“Transformed by the Sacred Liturgy” *The Celebration of the Paschal Mystery*

In a limited way, the liturgy can be compared to a story or a film – upon a first reading or viewing, we might understand the basic outline of the narrative, yet through every subsequent encounter, the story further unfolds before us, becoming richer and more complex.

Often, inquisitive children teach us about how to understand a story or the Mass. As a child inquires about the priest’s green vestments, the foregrounded wreath or the presence of palm branches, we might pause to recall the symbolism undergirding the rich rituals of the liturgy.

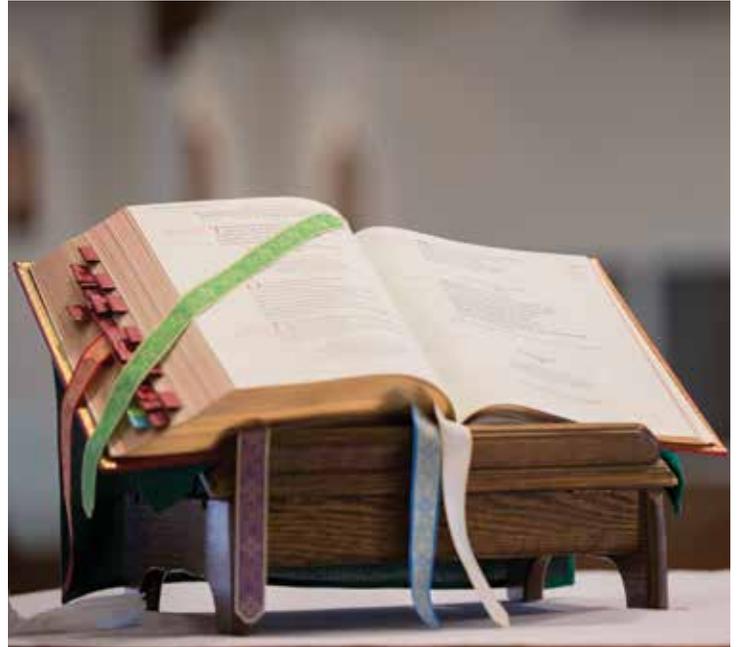
There is a sense of the sacred in the liturgy, but its rituals and ceremonies can appear as empty pantomimes when divorced from their meaning. Far from empty signs, the liturgy is the celebration of the Paschal mystery, of Christ’s passion, death, resurrection and glorification by which He “accomplished the work of our salvation” (*Catechism of the Catholic Church*, 1067).

From the Greek *leitourgia*, meaning public service or worship, liturgy in the Christian tradition refers to the communal participation of the people in the work of God, and God is always present and at work in the liturgy, acting in and with the Church through the sacraments.

Annually, the Church’s liturgical year is structured around the Paschal mystery, which we observe every Sunday. We begin each year with a season of anticipating Christ’s birth, and following a celebration of Christ’s Incarnation, we gradually enter a period of preparation for the Easter Triduum, for His passion, death and Resurrection. The year closes with a period of ordinary time – a time to grow in our faith and in living out the Gospel.

Daily, the Liturgy of the Hours unifies the Church in prayers said by the clergy and increasingly by the laity. As the liturgical calendar structures our year, the Liturgy of the Hours structures our day, offering us an opportunity to consecrate each present moment to Christ.

Ultimately, the liturgical life of the Church “revolves around the Eucharistic sacrifice and the sacraments” (CCC 1113), for we receive God’s grace



to fortify us in our spiritual lives and as His disciples through the sacraments, particularly the Holy Mass.

The Mass nurtures us spiritually, inviting us to reflect on the Paschal mystery and to lift our hearts to God as individuals and a community through spoken and sung prayer.

The Mass moves us corporeally, drawing us to sit as we listen to the Word, to stand as we unanimously profess our faith, and to kneel as the bread and wine become the Body and Blood of Christ.

The Mass inspires us apostolically, sending us out to proclaim the Gospel and to share Christ with our brothers and sisters.

Something in the simplicity of the child’s experience of the liturgy teaches us to return to what we might call the basics of the faith – meaning a love for the Holy Sacrifice of the Mass, the sacraments and the rituals of the Church. Only through the liturgy are we nurtured on our stewardship journey and inspired to proclaim the Gospel.

As Archbishop Alexander Sample from the Diocese of Portland, Ore., writes, “If we are transformed by the sacred liturgy, then we, as believers, can help transform the culture.”

SACRISTANS HELPING MAKE SURE EVERYONE IS FED AT THE LORD'S TABLE

If you've ever been involved in any kind of performance, you know how important the stage manager's job can be. The stage manager must know every line that's being spoken, know who is supposed to be where and when, and makes sure the people on stage always have what they need.

At our parish, we are also privileged to have our own "stage managers" of sorts — they're called sacristans. This special group of people is charged with making sure every Mass at St. Benedict takes place seamlessly, in a way befitting of the extremely special task being carried out on the altar.

"The sacristan gets the cups and bowls and everything out for the Mass," says Kelley Coppens, Parish Administrative Assistant who also serves as a sacristan and Extraordinary Minister of Holy Communion. "We make sure there is enough bread for everyone, we distribute the wine, and we have the purificators ready."

The sacristans will make sure the altar has the appropriate linens, prepares the chalices, wine and hosts. Kelley says this is important because the role of the sacristan is closely tied to that of the Extraordinary Minister of Holy Communion.

"There have been times when I've been a sacristan or an Extraordinary Minister and the last thing you want is to have someone run out of hosts or wine," she says. "As a sacristan, I want to make sure I have enough for the congregation, so everyone can feel welcome and receive the Eucharist. We want to make sure everyone is fed when they come to the table."

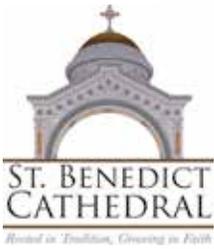
The service a sacristan or sacristans can provide takes the responsibility off the clergy and leaves priests free to welcome parishioners and prayerfully prepare for Mass.

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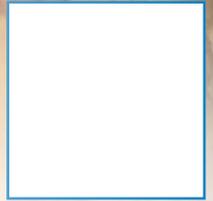
Debbie Brockman, one of St. Ben's sacristans, prepares the gifts of bread and wine for Mass. Sacristans set up all that is needed for the celebration of Mass.

"I feel like I'm helping my church. I'm being a good volunteer, I'm participating. This is my house, my house of worship, and it makes me feel good that I can do this for the church and I feel like I'm giving back. This is my part of being in my church family — I'm setting the table and getting the food prepared and doing what I can to help the priest feed his flock." — KELLEY COPPENS



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Sacristans Helping Make Sure Everyone is Fed at the Lord's Table

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"It takes something off the clergy's plate," Kelley says. "They don't have to worry about it and they know that it's done."

For the sacristan, the opportunity to spend time at the altar, carefully preparing everything needed for the Supper of the Lord, can be the chance to draw closer to Jesus in ways most lay people might miss.

"Because I'm an Extraordinary Minister as well, it's really special for me to put ordinary wine and bread in a bowl and it's transformed into the Body and Blood of Christ," Kelley says. "I feel like I'm helping my church. I'm being a good volunteer,

I'm participating. This is my house, my house of worship, and it makes me feel good that I can do this for the church and I feel like I'm giving back. This is my part of being in my church family — I'm setting the table and getting the food prepared and doing what I can to help the priest feed his flock."

As Kelley notes, volunteers are placed in the rotation for the Mass they normally attend.

"They can do some training and watch the sacristans do what they do for a couple weeks," she says. "It's always available and it's a ministry we're always trying to fill."

Parishioners who would like to learn more about becoming a sacristan are invited to call the parish at 812-425-3369.

LITURGY SCHEDULE

Saturday Vigil: 4:30 p.m. | **Sunday:** 6:00 a.m., 8:00 a.m. & 10:30 a.m.

Daily Mass: Monday - Friday 7 a.m., Saturday 7 a.m., 9 a.m.

Confessions: Monday - Friday 6:40-6:55 a.m., Saturday 6:40-6:55 a.m., 8:40-8:55 a.m., 3:00-4:00 p.m.