

Diocese of Columbus

The Roman Catholic Parish of Saint Joseph Cathedral and Holy Cross Church



SAINT JOSEPH CATHEDRAL

THE MOTHER CHURCH
OF THE DIOCESE OF COLUMBUS

212 East Broad Street
Columbus, Ohio 43215
Phone: (614) 224-1295
Fax: (614) 224-1176
www.sjchcc.org
www.cathedralmusic.org

ST. JOSEPH CATHEDRAL AND HOLY CROSS OFFICE HOURS

OFFICE IS LOCATED AT THE
CATHEDRAL

Monday-Friday – 8:00 a.m.-4:00 p.m.
Closed Saturday, Sunday & major holidays

CATHEDRAL LITURGY SCHEDULE

Sunday – 10:30 a.m., 12:30 p.m., and 5:15 p.m.
Monday-Friday – 12:05 p.m.

Masses on Holy Days of Obligation and Holidays:
Will be listed in the bulletin, as they occur

SACRAMENT OF RECONCILIATION/CONFESSIONS

Tuesday & Thursday – 10:45-11:45 a.m.
Sunday – 9:15-10:00 a.m.

EXPOSITION OF THE BLESSED SACRAMENT WITH CONFESSIONS

Wednesday: 5:00-6:00 p.m.

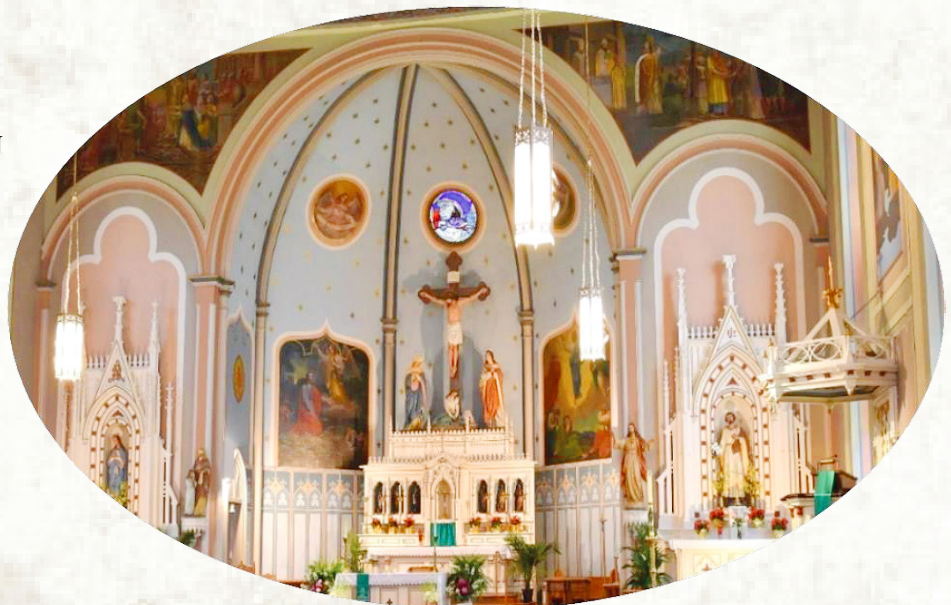
HOLY CROSS CHURCH

THE FIRST CATHOLIC CHURCH IN
COLUMBUS

204 South Fifth Street
Columbus, Ohio 43215
www.sjchcc.org

LITURGY SCHEDULE:

Sunday – 9:00 a.m.
Saturday – 11:30 a.m.
followed by Adoration and Confessions



THE FIFTEENTH SUNDAY IN ORDINARY TIME
July 16, 2023

SAINT JOSEPH CATHEDRAL & HOLY CROSS CHURCH

+ Most Reverend Earl K. Fernandes
Bishop of Columbus
+ Most Reverend Frederick F. Campbell
Bishop Emeritus of Columbus
+ Most Reverend James A. Griffin
Bishop Emeritus of Columbus

PRIESTS

Reverend JCP Sullivan
Cathedral Rector
Reverend Eugene Joseph
Parochial Vicar

HOLY CROSS/CATHEDRAL STAFF

Mr. Michael P. Agriesti

Business Manager – Holy Cross/St. Joseph Cathedral;
magriesti@sjhcc.org

Ms. Carol Stollenwerk

Admin. Asst. – Holy Cross/St. Joseph Cathedral;
cstollenwerk@sjhcc.org

Ms. Bobbie Meyers

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Director of Music & Organist – St. Joseph Cathedral;
Diocesan Director of Music
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Principal Organist and Assistant Director of Music
St. Joseph Cathedral;

Ms. Amanda Gillespie

Wedding Coordinator
Holy Cross/St. Joseph Cathedral;
weddings@sjhcc.org

Mr. Michael Pirik

Operations – Holy Cross/St. Joseph Cathedral
mpirik@columbuscatholic.org

Scheduling Mass Intentions

One of the greatest acts of charity is to pray for the living and the dead, and the greatest and most powerful prayer we have is the Mass since the fruits of the Mass are the very fruits of Jesus' redemption. Mass stipends (offerings) are \$10.00 each; only one offering per Mass. All Masses are scheduled by calling the Parish Office. Contact Cathedral office at 614-224-1295.

MONTHLY PRAYER INTENTION OF POPE FRANCIS: JULY

For a Eucharistic life

We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

MASS INTENTIONS

Sunday, July 16

Holy Cross

9:00 a.m. Soul of J. Richard Lumpe

CATHEDRAL:

10:30 a.m. Soul of Joseph Murphy
12:30 p.m. The People of St. Joseph Cathedral and
Holy Cross Parish
5:15 p.m. The Soul of Andrew Clarke

CATHEDRAL:

Monday, July 17

12:05 p.m. Soul of Beatriz Rodriguez de Marquez

Tuesday, July 18

12:05 p.m. Soul of J. Richard Lumpe

Wednesday, July 19

12:05 p.m. Souls of Julia Garcia, Abuelo Burgos &
Carmen Mojica

Thursday, July 20

12:05 p.m.

Friday, July 21

12:05 p.m. Soul of Walter R. Jones, Jr.

HOLY CROSS:

Saturday, July 22

11:30 a.m. Living & Deceased of Cullinan Family

WEEKLY READINGS

Sunday, July 16 ~ Fifteenth Sunday in Ordinary Time

Isaiah 55:10-11; Romans 8:18-23; Matthew 13:1-23

Monday, July 17

Exodus 1:8-14, 22; 10:34-11:1

Tuesday, July 18 ~ Saint Camillus de Lellis,

Exodus 2:1-15a; Matthew 11:20-24

Wednesday, July 19

Exodus 3:1-6, 9-12; Matthew 11:25-27

Thursday, July 20 ~ Saint Apollinaris

Exodus 3:13-20; Matthew 11:28-30

Friday, July 21 ~ Saint Lawrence of Brindisi

Exodus 11:10-12:14; Matthew 12:1-8

Saturday, July 22 ~ Saint Mary Magdalene

Songs 3:1-4b; John 20:1-2, 11-18

THIS SUNDAY'S MINISTRY SCHEDULE			
FIFTEENTH SUNDAY IN ORDINARY TIME ~ JULY 16			
	10:30 a.m.	12:30 p.m.	5:15 p.m.
Altar Servers	Lisa Emrich	Laura Battocletti	April Griffith Taylor
	Bonnie Maupin		Steve Peishel
	Russ Holward		
Lector – One	Sharon Reichard	Peggy Frank	Linda Ruth
Lector – Two	Steve Brechter	Lisa Ernst	Josie Gonot
Eucharistic Minister	Ron Pizzuti	Bobbie Meyers	Linda Ruth
Lead Hospitality	Pam Jurgens	Dave Battocletti	
Hospitality/Ushers	Dan Jurgens	Kevin Ernst	
		Betsy Decillis	

OUTREACH TO HELPING THE HOMELESS AND NEEDY IN DOWNTOWN COLUMBUS

Twice-Daily Food Distribution at Saint Joseph Cathedral ~ (614) 224-1295
 Saint Lawrence Haven, on the grounds of Holy Cross Church ~ Heather Swiger at hswiger@columbuscatholic.org
 Joint Office for Inner-city Needs (J.O.I.N.) ~ (614) 241-2530

SAINT JOSEPH CATHEDRAL MUSIC

St. Joseph Cathedral Choir is on break until the 2nd Sunday in September.

OFFICES, PROGRAMS AND SERVICES OF THE DIOCESE OF COLUMBUS

For Diocesan offices, please call (614) 228-2457 during regular business hours or visit www.columbuscatholic.org.

LOW-GLUTEN* HOSTS will be served at **All Masses**. Worshippers can receive low-gluten Holy Communion from the center aisle (please identify yourself to the Celebrant). * Contains less than 0.01% gluten content and meets the standard set by the Holy See and the U.S. Conference of Catholic Bishops.

**NEW PARISHIONER REGISTRATION
 FOR HOLY CROSS & THE CATHEDRAL**

Welcome to Saint Joseph Cathedral, the Mother Church of the Diocese of Columbus! We are glad that you are here and invite you to become part of our parish family to be nourished by both Word and Sacrament, and also to become involved in one or more of our parish ministries. To become a registered member, you can pick up a form by the main entrance of our historic church, visit our web site, or contact us through the parish office. Welcome!

ST. JOSEPH CATHEDRAL

PLEASE KEEP THESE PARISHIONERS IN YOUR PRAYERS

Tim Acton, John Ankrom, Ed Chong, Barbara Cicua, Christopher Clark, Dorothy Deems, Larry Edwards, Edith Ingram, Dr. Lianna Goetz, Brittany Grinder, Kim Haring, Ruth Harper, Chris and Anna Katanyuta, Denise Lager, Mary McNellis, Teresa Mallon, Kathy Perkins, Sharon Merhar, Rose Marie Naseman, Maria Paras, Linda Pauley, The Pemberton Family, Barbara Ritchey, John Ryan, Susan Bateman Severs, David Simmons, Sarah Stollenwerk, Sandra Valencia, Mark Watkins, Matthew Watkins, and Dora Zweydorff

HOLY CROSS CHURCH

+ **PLEASE REMEMBER IN YOUR PRAYERS** our home-bound parishioners, and those who are ill: Theresa Elliott, Peter Garrett's Mother, Helen Meers and James Worley.

**SACRAMENT OF BAPTISM
 (HOLY CROSS & CATHEDRAL)**

Please contact Carol at the Cathedral, 614-224-1295

**SACRAMENT OF MATRIMONY
 (HOLY CROSS & CATHEDRAL)**

Please email Mandy at weddings@saintjosephcathedral.org

**SACRAMENT OF THE SICK
 (HOLY CROSS & CATHEDRAL)**

Those wishing Holy Communion in the Home due to illness, confinement or visits to the hospital or nursing center, please call 614-224-1295.

**FUNERAL MINISTRY
 (HOLY CROSS & CATHEDRAL)**

For parishioners who have died, the family should contact the rector at St. Joseph Cathedral at (614) 224-1295 before meeting with the funeral director.

From the Rector's Desk...

Dear Friends,

I am truly grateful and very humbled to be appointed Rector of St. Joseph Cathedral & Holy Cross Church by Bishop Fernandes.

I wish to thank Father Kitsmiller for his personal solicitude and patience with me during this time of transition. I am honored to succeed such a fine and good priest as Rector of the Cathedral Community.

My Father entered the Catholic Church here at the Easter Vigil in 1980. I was his sponsor and participated with him in all the rites and liturgies of the RCIA.

Afterwards, I began assisting at Mass at the Cathedral and also served as Lector and Extraordinary Minister of Holy Communion on Sundays and at various other celebrations, especially assisting Pontifical ceremonies during Bishop Griffin's reign.

After I graduated from Walnut Ridge High School in 1979, I attended The Ohio State University where I began studies for pre-Law. I also studied American History, Political Science and French at OSU. But, the more I participated in the life of my home parish, Saint Pius X, and here at the Cathedral, I began to feel called to the Priesthood.

I transferred to Ohio Dominican College to study Theology and Philosophy, and during those days participated in the Diocesan Schola Cantorum at the Cathedral. Graduating in 1986 from ODC, and with Bishop Griffin's support, my studies continued at The Catholic University of America in Washington, D.C. in preparation for Ordination to the Priesthood.

I was ordained a Priest in Saint Joseph Cathedral by Bishop Griffin June 22, 1991, with my classmates Fathers Thomas Buffer, Theodore Machnik and Patrick Naughton.

In thirty-two years of priestly ministry I have served the Diocese of Columbus in many capacities; teacher, high school and hospital Chaplain, Parochial Vicar, Vicar Forane, member of the Priests' Personnel Board, on the Diocesan Liturgical and Justice and Peace Commissions, as well as Parish Priest of Saint Colman of Cloyne in Washington Court House, Saint Francis de Sales in Newark, and most recently in Zanesville, at Saint Thomas Aquinas.

My mother, at 93 years old, still lives independently in Reynoldsburg. My father has been deceased for 11 years.

I have one older brother and sister-in-law who live in Wapakoneta.

May our time together – at the very heart of the Catholic Community of Central Ohio – be pleasing to the Lord Jesus, as we offer Him worship, in union with Mary and Joseph and all the saints, to the Glory of the Most Blessed Trinity!

Peace and blessing,

Father Sullivan
Rector

***We welcome Father Jan Sullivan
to Saint Joseph Cathedral and Holy Cross Parish!***

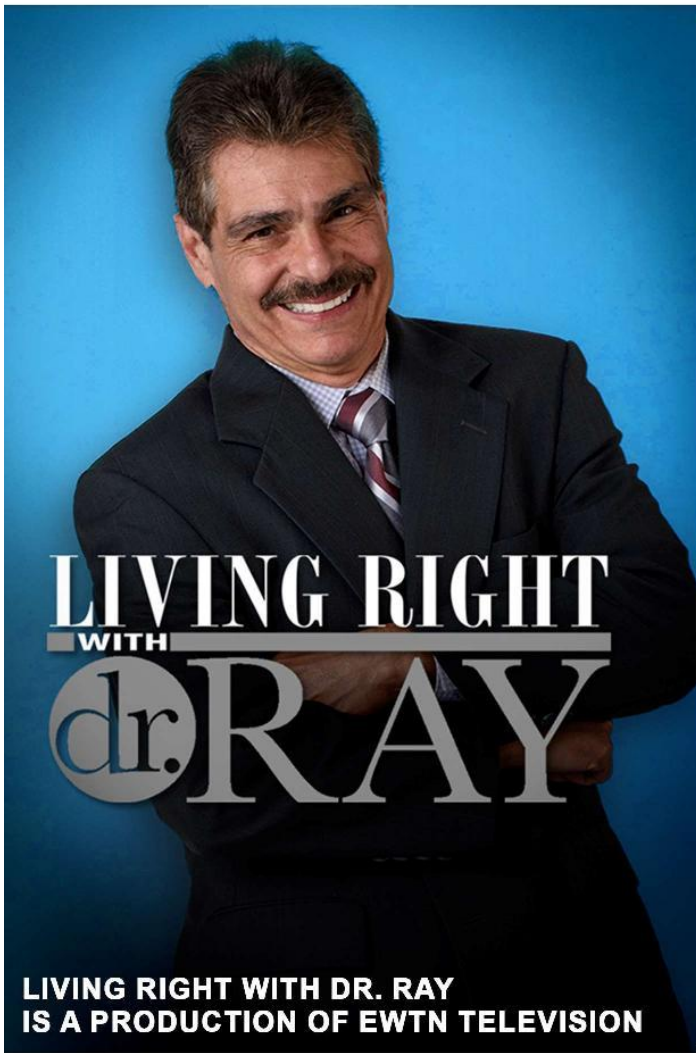
ST. GABRIEL

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Cast Your Cares Upon the Lord, for He Cares for You

FR. ED BROOM, OMV



Prayer is essential for our eternal salvation. Definitions abound on prayer! Saint John Damascene states: *“Prayer is the lifting of the mind and the heart to God.”* Saint Teresa of Avila summarizes prayer as simply, *“A loving conversation with the friend that I know loves me.”* Saint Alphonsus asserts with vigor: *“He who prays much, will be saved; he who does not pray, will be damned; he who prays little, places his salvation in jeopardy.”* Saint Augustine, in his usual original, poetic and mystical fashion pipes up: *“He who prays well, lives well; he who lives well, dies well; he who dies well, all is well.”* A short but substantial catechetical definition for prayer follows as such: *“Prayer is listening to God, talking to God, and loving God.”* Finally, prayer is

of such enormous importance that it can be expressed with these moving words: *“What air is to the lungs, so prayer is to the soul.”* In a word, if there is no prayer inhaling and exhaling in our spiritual lungs, we will simply wither up and die in our soul!

The above are classical quotes and statements, as well as definitions on the nature and importance of prayer. In this brief essay, we would like to portray and open up a window to prayer that perhaps very few have dared to enter.

MODES FOR PRAYER. In classical Catholic writings on prayer, there are basically four modes of prayer that usually surface and are explained. These can be summarized in a four-letter acronym: A.C.T.S. Each one of the four letters expresses a different mode for prayer, or if you like, a different means of communication. In fact, another way to define prayer is communication with God. Here we have it!

A= ADORATION: We are called to praise, glorify and worship our Triune God.

C= CONTRITION: We stumble and fall into sin! So we beg pardon and mercy for our moral transgressions, that we call sins.

T= THANKSGIVING: We render thanks to God for all the many blessings that God in His goodness has bestowed upon us.

S= SUPPLICATION: Augustine states that we are all beggars before God. We are all in dire need that God will help us when we call upon Him.

Beyond a shadow of doubt, all of the above modes, manners or various sentiments in prayer have incalculable value. However, being dead honest with ourselves, and what is going on in our daily lives with so many struggles, we should add another mode or form of prayer.

Saint Peter in one of his letters opens the gates, the door, the window, and the roof to another form of prayer that perhaps we have never utilized. It can be summed up in these few words, the title of this blog-article: *“Cast your cares upon the lord, for he cares for you.”* Jesus expressed it in these words: *“Come to me, all you who find life burdensome, and I will give you rest. Take my yoke upon you and learn from me; for I am meek and humble of heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* (Mt. 11: 28-30)

How can we interpret these words of Saint Peter and the Lord Jesus Himself related to the modes or manners of expression that prayer can play out in our lives?

BRING YOUR PROBLEMS, WORRIES, AND TROUBLES TO THE LORD. On a human level, if we always unload our problems, worries and troubles on someone else, before long they will do all they possibly can to avoid us. That is human nature! We weary quickly of listening to people unload their problems to us. Listening to others’ problems stresses us out, causes us tension, can provoke irritability, can sap our energy, and at times simply bore our socks off!

GOD IS DIFFERENT: MODEL OF INFINITE PATIENCE AND LOVE. With God it is very different! The Lord never gets tired of us. Whenever we come to Him, He does not turn the corner and run in the opposite direction. No matter how often and long we talk to the Lord, He never gets bored, he never yawns, looks at His watch, or scratches His scalp!

Quite the contrary, every time we approach the Lord with faith, humility, confidence, good will, and a desire to be heard and understood, He listens to us, gives us His undivided attention, and sincerely loves us. All the baggage that we can unload and throw at His feet, He is willing to pick up and help us to carry.

Having set the stage for this perhaps new mode or form of prayer, why not make a list of certain areas of concern, worry, or anxiety that can be part and parcel of your unloading to the Lord. Take as a Biblical foundation, the words of the Letter from Saint Peter: *CAST YOUR CARES UPON THE LORD, BECAUSE HE CARES FOR YOU!*

1. HEALTH. In his 80’s my Father was known to say: *“You arrive at a certain age and your body falls apart one piece at a time.”* Many of us can identify with this truism after reaching a certain age. There is no reason why we cannot talk over with the Lord our aches and

pains, our ailments and sicknesses. The Lord will listen to us attentively and encourage us not to waste our pain, suffering, and ailments, but rather offer them up for the salvation of souls, for our family and other souls. Another good one related to the sanctification of suffering is the following: *“Suffering can either make us better or bitter!!!”* Hopefully it will make us better, rather than bitter!

2. FAMILY PROBLEMS. Not one of us can honestly say that our family is perfect and without problems. This will be the case only when we arrive at our Heavenly Home. Why not unload to the Lord Jesus your family situation? Tell Jesus about a person in your family who perhaps is causing you indescribable suffering, anguish and pain. Jesus will definitely hear this prayer and intervene, though perhaps not in your time or manner of operation. But He will hear your prayer and He will intervene. God is not indifferent to our family anguish.

3. ECONOMIC PROBLEMS. Many have economic straits that are extremely critical. Jesus, Mary and Saint Joseph understand this perhaps better than us! Jesus was born in the poor stable of Bethlehem. The Holy Family had to take flight to Egypt with no promise of economic security whatever. In His Public Life that lasted about three years, Jesus had no fixed abode! He said of Himself: *“Foxes have holes; the birds of the air have nests, but the Son of man has nowhere to lay His head.”* (Mt. 8: 20) Cast your cares on the Lord—and then trust!

4. SON OR DAUGHTER DISTANT FROM GOD. One of the greatest sufferings of so many parents today is the fact that their adult children have walked away from both God and the Church. Despite their Baptism, First Holy Communion, and possibly having been an altar server or in the choir, many in the younger generation no longer want to touch even the threshold of the Church. These are the Prodigal children (Lk. 15: 11-32), the lost sheep, the ship lost at sea with no mooring, nor anchor. Talk to the Lord about these loved ones and beg Jesus for their return to the fold.

5. EMOTIONAL STRESS AND ANXIETY. Never have we lived in a world and society so advanced technologically. But never have we lived in a world where so many of us have succumbed to anxiety and stress. Anxiety pills, psychological treatment, stress leave from work, prolonged vacations—all come as a result of anxiety and stress. Why not listen and heed to the words of Saint Peter and trust: *CAST YOUR CARES UPON THE LORD, BECAUSE HE CARES FOR YOU!*

6. UNFULFILLED GOALS AND DREAMS. We should all have goals and dreams in life. Perhaps our goals and dreams have never become a reality and are still only dreams. How we long for these dreams to come true, but nothing even close to reality has occurred. Our God is a God of surprises, and also of miracles. Even the most distant hope can still crystalize and materialize with God’s intervention. The Psalmist reassures us: *“Our help is in the name of the Lord who make heaven and earth”* (Ps: 124: 8).

7. THE LOSS OF LOVED ONES. Sooner or later death will knock at the door of our lives. As John Donne, the poet expresses it: *“Do not ask for whom the bell tolls; the bell tolls for you.”* Many of us cannot reconcile ourselves with the fact that one of our loved ones has been taken by the phantom of death. Jesus raised Lazarus from the dead, and He Himself died and rose from the dead. Talk to the Lord about the death of your loved one and then contemplate the reality of the Resurrection. Jesus indeed is *THE WAY, THE TRUTH, AND THE LIFE!*

8. OMINOUS THREAT OF THE FUTURE AND WHAT IT PRESENTS. None of us can deny that the world is in turmoil, confusion and upheaval. It is all too easy to look into the dark tunnel of the future and almost give into despair. Much better to heed the words of the Holy Spirit: *CAST YOUR CARES UPON THE LORD, BECAUSE HE CARES FOR YOU!* Jesus chided His own saying worry is useless; what is needed is faith in Him and trust!

9. DOUBTS AND TEMPTATIONS REGARDING OUR FAITH. Another source of anxiety, tension and suffering is that many are assaulted with doubts regarding their faith. Why not express these doubts to the Lord? Jesus will come to you and gently rebuke you and encourage you, as in the case of Saint Thomas, the doubter, to renew your faith in His love, providence, and constant care. May the words of the Psalmist buoy up our sinking ship: *“The Lord is my Shepherd; there is nothing I shall want”* (Psalm 23:1).

10. OUR LADY OF GUADALUPE AND SAINT JUAN DIEGO. Saint Juan Diego was afflicted with a very serious problem—the near death of his uncle, Juan Bernardino. On December 12th, 1531, Juan met Our Lady on the hill of Tepeyac and she consoled him in his worries, anxieties and fears. These were Our Lady of Guadalupe’s consoling words to Juan and to us: *“Do not be afraid; am I not your Mother? I have you in the very closing of my arms (my heart); you are in my shadow (I am always present); in the folding of my apron/tilma (in my very womb).*

Photo by [Joshua Davis](#) on [Unsplash](#)

How Did the Saints React to Boredom?

FR. JOSEPH M. ESPER



It is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed.
Romans 13:11

One of the most important conversions in the history of the Church occurred partially as the result of a problem that most of us have faced: boredom. It's the story of the founder of the Jesuits: St. Ignatius of Loyola.

The youngest of eleven children, Ignatius was born in 1491 at the castle of Loyola in Spain of an ancient and noble family. As a young man, he dreamed of winning military glory and of making a name for himself. During a war with France, while Ignatius and other Spanish soldiers were defending the city of Pamplona, a cannonball injured his leg, and Ignatius was sent home to recuperate. Confined to bed, he understandably experienced boredom, and he requested something to read — preferably a book of romantic stories. Nothing was to be found except a book of the lives of the saints — hardly what Ignatius was interested in.

Yet he began reading, at first just to pass the time, and as he read, he found himself more and more interested, and then inspired, by the lives of the saints. His dreams of military glory and courtly honors were soon replaced by an ardent desire to become a soldier for Christ — and eventually, after many trials and much spiritual growth, Ignatius of Loyola became one of the Church's greatest saints and the founder of one of her most important religious orders.

St. Therese & St. John Bosco

A little bit of boredom changed history. This should not surprise us, for God is able to use virtually any experience to help us grow in holiness, no matter how simple or mundane. The saint who understood this truth perhaps better than any other was St. Thérèse of Lisieux, known to us as the Little Flower. The nine years she spent in the convent until her death in 1897 at age twenty-four were uneventful and ordinary, yet also heroic — for she did everything, and suffered everything, with as much love as possible. Thérèse called this her "little way." She recognized that greatness in God's eyes comes not from performing heroic deeds, but from opening ourselves to love as fully as possible. Everyone, no matter how "boring" his life, has this potential to become a saint.

The best way to avoid boredom is to use our lives well, not only in our work, but also in our entertainment. The wrong forms of entertainment, and the misuse of leisure time, can easily lead us into sin; the widely known saying "Idleness is the Devil's

workshop” contains much wisdom. This truth was particularly well understood by St. John Bosco, the nineteenth-century Italian priest who spent his life working with delinquent boys. It wasn’t enough, he knew, to provide them with education and work; it was also necessary to make these things — including religious education — interesting and attractive. He and his companions went to great lengths to provide wholesome, enjoyable activities for the boys in their care.

A similar approach was used by one of St. John Bosco’s contemporaries, the Spanish priest Bl. Emmanuel Domingo Y Sol. As part of his work with youths, he built a theater and sports arena for recreation — for he knew that interesting, wholesome activities allow sin and temptation much less influence in our lives.

This insight remains true today; whether we are in charge of others or only of our own souls, we should seek to do only those things which will help — or at least not hinder — our spiritual growth. Our lives in Heaven will certainly not be boring, and — as long as we place the Lord’s will first — God is pleased when we also find life on His earth interesting and enjoyable.

For Further Reflection

“Few souls understand what God would accomplish in them if they were to abandon themselves unreservedly to Him and if they were to allow His grace to mold them accordingly.” — *St. Ignatius of Loyola*

“Those who love God will find pleasure in everything; those who do not love God will never find true pleasure in anything.” — *St. Alphonsus Liguori*

“Heaven will display far more variety than Hell.” — *C. S. Lewis (Thus, the “forbidden fruits” that tempt us and that appear so appealing are not only spiritually dangerous; in the long run, they’re actually less interesting and compelling than the glories and mysteries of God’s kingdom.)*

Something You Might Try

According to Archbishop Fulton J. Sheen, “If you will whatever God wills, you will always have exactly what you want. When you want anything else, you are not happy before you get it, and when you do get it, you do not want it. That is why you are ‘up’ today and ‘down’ tomorrow. You will never be happy if your happiness depends on getting solely what you want. Change the focus. Get a new center. Will what God wills, and your joy no man shall take from you.” Thus, you can find fulfillment (and, in fact, healthy excitement) only by shifting the focus from yourself and your desires to God.

When you live within yourself, cut off from other people, it’s no surprise that you become bored. Oftentimes a remedy for boredom is to think of others instead of yourself — to do a favor, to lend a hand, or to surprise someone in a caring way.

Prayer

*Lord, when I’m bored,
help me to think of You
with gratitude and joy,
and to think of others
with appreciation and concern.
Let me not be self-centered,
but open to the beauty of Your creation.
May all my experiences,
no matter how routine,
bring me to a deeper awareness
of Your presence
and to a greater sense of
thankfulness for Your gifts. Amen.*



Editor’s note: This article is adapted from Fr. Esper’s *Saintly Solution to Life’s Common Problems*. It is available as an ebook or paperback from Sophia Institute Press.

Photo by Raimond Klavins on Unsplash

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

The month of July is dedicated to the Most Precious Blood of Jesus Christ.

“For the word of God is a light to the mind and a fire to the will. It enables man to know God and to love Him.” +SAINT LAWRENCE OF BRINDISI

Monday, July 17 ~ Fifteenth Week in Ordinary Time

Holy Gospel: Matthew 10:34-11:1 Jesus said to his Apostles: “Do not think that I have come to bring peace upon the earth. I have come to bring not peace but the sword. For I have come to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and one’s enemies will be those of his household. Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet’s reward, and whoever receives a righteous man because he is righteous will receive a righteous man’s reward. And whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple – amen, I say to you, he will surely not lose his reward.” When Jesus finished giving these commands to his Twelve disciples, he went away from that place to teach and to preach in their towns.

Meditation: The battle Jesus speaks of is not an earthly conflict between nations, but spiritual warfare between the forces of Satan and the armies of heaven. The scriptures make clear that there are ultimately only two kingdoms — God’s kingdom of truth and light, and Satan’s kingdom of lies, half-truths, deceit and darkness. Satan has only one aim — the complete domination of our hearts, minds, and will for his kingdom. And he will use any means possible to draw us from good to evil, from truth to deception, from light to darkness, and from life to death. There are no neutral parties in this spiritual battle. We are either for or against the kingdom of God – there can be no middle ground, compromise, secular redefinition or “political correctness.” The choices we make and the actions we take in living out our daily lives reveal whose kingdom we choose to follow. Always remember that God sent Jesus to overthrow Satan’s power and to set us free from everything that would keep us from the love of God and his wise rule in our lives — freedom from slavery to sin and our unruly desires, freedom from fear, greed, and selfishness.

Prayer: O God, who show the light of your truth to those who go astray, so that they may return to the right path, give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive after all that does it honor. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: When Jesus spoke about “division” the Old Testament prophecy of Micah unfolds: “a man’s enemies are the men of his own household” (ref. Micah 7:6). The love of God compels us to choose who will be first, foremost and always in our lives. To place any relationship or any thing else above that which has been divinely revealed to us in Sacred Scripture by God and his son, Jesus Christ, becomes a form of idolatry. Jesus challenges his disciples to examine who and what they love first and foremost. A true disciple loves God above all else and is willing to forsake all for Jesus Christ. Jesus insists that his disciples give him the loyalty which is only due to God. It is possible that family, friends, colleagues and neighbors can become our enemies by leading us astray, by embracing a lifestyle that is contrary to the truth and God’s will. Who in your life who leads you away from God? Who distances you from God’s love?

Tuesday, July 18 ~ Fifteenth Week in Ordinary Time Saint Camillus de Lellis, Priest

Holy Gospel: Matthew 11:20-24 Jesus began to reproach the towns where most of his mighty deeds had been done, since they had not repented. “Woe to you, Chorazin! Woe to you, Bethsaida! For if the

mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes. But I tell you, it will be more tolerable for Tyre and Sidon on the day of judgment than for you. And as for you, Capernaum: Will you be exalted to heaven? You will go down to the nether world. For if the mighty deeds done in your midst had been done in Sodom, it would have remained until this day. But I tell you, it will be more tolerable for the land of Sodom on the day of judgment than for you."

Meditation: If Jesus were to walk down the streets of any community – your neighborhood, perhaps – what would he say? Would he issue a warning like the one he gave to Chorazin and Bethsaida? And how would you respond? Wherever Jesus went he did mighty works to show the people how much God had for them. Chorazin and Bethsaida had been blessed with the visitation of God. They heard the good news and experienced the wonderful works which Jesus did for them. Why was Jesus upset with these communities? The word woe can mean misfortune, calamity, distress, sorrow, sadness, misery, grief, or wretchedness. It is as much an expression of sorrowful pity and grief as it is of dismay over the calamity and destruction which comes as a result of human folly, sin, and ignorance.

Prayer: O God, who adorned the Priest Saint Camillus with a singular grace of charity towards the sick, pour out upon us, by his merits, a spirit of love for you, so that, serving you in our neighbor, we may, at the hour of our death, pass safely over to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Why does Jesus lament and issue a stern warning? The people who heard the gospel here very likely responded with indifference. Jesus upbraids them for doing nothing! Repentance demands change – a change of heart and way of life. God's word is life-giving and it saves us from destruction – the destruction of heart, mind, and soul as well as body. Jesus' anger is directed toward sin and everything which hinders us from doing the will of God. In love he calls us to walk in his way of truth and freedom, grace and loving-kindness, justice and holiness. Do you receive his word with faith and obedience or with doubt and indifference?

Wednesday, July 19 ~ Fifteenth Week in Ordinary Time

Holy Gospel: Matthew 11:25-27 At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him."

Meditation: It is a safe presumption that all of us want to know the mind and thoughts of God. Jesus thanks the Father in heaven for revealing to his disciples the wisdom and knowledge of God. What does Jesus' prayer tell us about God and about ourselves? First, it tells us that God is both Father and Lord of earth as well as heaven. He is both Creator and Author of all that he has made, the first origin of everything and transcendent authority, and at the same time, goodness and loving care for all his children. All fatherhood and motherhood is derived from him (ref. Ephesians 3:14-15). Jesus' prayer also contains a warning that pride can keep us from the love and knowledge of God. Pride is Satan's favorite sin, for all sin has its root in pride.

Prayer: O God, who show the light of your truth to those who go astray, so that they may return to the right path, give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive after all that does it honor. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: What makes us ignorant and blind to the things of God? Certainly intellectual pride, coldness of heart, and stubbornness of our human will shut out God and his kingdom. Pride is the root of all vice and the strongest influence propelling us to sin. It first overpowers the human heart, making it cold and indifferent towards God. It also closes the mind to God's truth and wisdom for our lives. What is pride? It is the inordinate love of oneself at the expense of others and the exaggerated estimation of one's own learning and importance. Jesus contrasts intellectual pride with child-like simplicity and humility. The simple of heart are like "babes" in the sense that they see purely without pretense and acknowledge their dependence and trust in the one who is greater, wiser, and more trustworthy. They seek one thing — the "*summum bonum*" or "greatest good" who is God himself. Simplicity of heart is wedded with humility. Humility is the queen of virtues, because humility inclines the heart towards grace and truth. Just as pride is the root of every sin and evil, the grace of humility takes the right attitude before God and allows him as God to do all. Remember that God opposes the proud, and gives grace to the humble (ref. Proverbs

3:34, James 4:6). Only the humble in heart can receive true wisdom and understanding of God and his ways. Do you submit to God's word with simple trust and humility?

Thursday, July 20 ~ Fifteenth Week in Ordinary Time Saint Apollinaris, Bishop and Martyr

Holy Gospel: Matthew 11:28-30 Jesus said: "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

Meditation: What is this "yoke" which Jesus refer to in the gospel? The Jews used the image of a yoke to express submission to God. They spoke of the yoke of the law, the yoke of the commandments, the yoke of the kingdom, the yoke of God. Jesus says his yoke is "easy". The Greek word for "easy" can also mean "well-fitting." Yokes were tailor-made to fit the oxen well. We are commanded to put on the "sweet yoke of Jesus" and to live the "heavenly way of life and happiness." Jesus also says his "burden is light." There's a story of a man who once met a boy carrying a smaller crippled lad on his back. "That's a heavy load you are carrying there," exclaimed the man. "He ain't heavy; he's my brother!" responded the boy. No burden is too heavy when it's given in love and carried in love.

Prayer: Direct your faithful, Lord, in the way of eternal salvation, which the Bishop Saint Apollinaris showed by his teaching and martyrdom, and grant, through, his intercession, that we may so persevere in keeping your commandments as to merit being crowned with him. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: By embracing the way and the truth and the life of Christ, Jesus offers us the kingdom of righteousness, peace, happiness and joy. This is not a political kingdom, but a spiritual one. The yoke of Christ's kingdom, his kingly rule and way of life, liberates us from the chains of sin, the burden of guilt and from the oppression of sin and hurtful desires. Through the Sacrament of Reconciliation the priest – acting in the person of Christ – lifts the burden of sin and the weight of hopelessness from us. Jesus used the analogy of a yoke to explain how we can exchange the burden of sin and despair for a weight of glory and victory from sin. The yoke which Jesus invites us to embrace is his way of grace and freedom from the power and the weight of sin. Do you want to begin with a fresh start in life – a life of Christ? Get to confession, you're your sins absolved by the priest, then start anew by trusting in God's love and by submitting to his will and his plan for your life.

Friday, July 21 ~ Fifteenth Week in Ordinary Time Saint Lawrence of Brindisi, Priest and Doctor of the Church

Holy Gospel: Matthew 12:1-8 Jesus was going through a field of grain on the Sabbath. His disciples were hungry and began to pick the heads of grain and eat them. When the Pharisees saw this, they said to him, "See, your disciples are doing what is unlawful to do on the Sabbath." He said to them, "Have you not read what David did when he and his companions were hungry, how he went into the house of God and ate the bread of offering, which neither he nor his companions but only the priests could lawfully eat? Or have you not read in the law that on the Sabbath the priests serving in the temple violate the Sabbath and are innocent? I say to you, something greater than the temple is here. If you knew what this meant, *I desire mercy, not sacrifice*, you would not have condemned these innocent men. For the Son of Man is Lord of the Sabbath."

Meditation: What does the commandment "keep holy the Sabbath" require of us as Christians and disciples of Christ? What is the primary intention behind this command? The religious leaders of the time confronted Jesus on this issue. The "Sabbath rest" was meant to be a time to remember and celebrate God's goodness and the goodness of his work, both in creation and redemption. It was a day set apart for the praise of God, his work of creation, and his saving actions on our behalf. It was intended to bring everyday work to a halt and to provide needed rest and refreshment. Jesus' disciples are scolded by the scribes and Pharisees, not for plucking and eating corn from the fields, but for doing so on the Sabbath. In defending his disciples, Jesus argues from the scriptures that human need has precedence over ritual custom. In their hunger, David and his men ate of the holy bread offered in the Temple. Jesus also quoted of the Sabbath work involved in worship in the Temple. This kind of work was usually double the work of worship on weekdays. Jesus then quotes from the prophet Hosea (6:6): *I desire mercy, and not sacrifice*. While the claims of ritual sacrifice are important to God, mercy and kindness in response to human need are even more important.

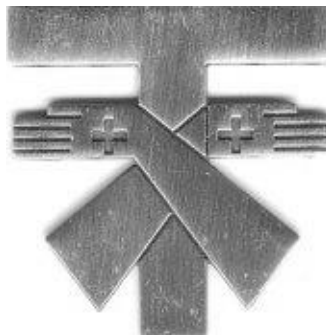
Prayer: O God, who for the glory of your name and the salvation of souls bestowed on the Priest Saint Lawrence of Brindisi a spirit of counsel and fortitude, grant, we pray, that in the same spirit, we may know what must be done and, through his intercession, bring it to completion. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: What a difference Sunday makes when it truly is a day of rest, a day to stop our labors and other unnecessary "busy-ness." For centuries Christian citizens have sought recognition in their respective nations of Sunday as a legal holiday, a day of rest from labor. This has been done, in part, by a concern for the rights of workers and their need for leisure. The Church lifts up the value of human work, seeing in it an imitation of God in His work of creation. At the same time, she insists on the need and the right to rest and on the right to have time for family and for worship. In our present age, a new social phenomenon has emerged: the weekend, which has altered the very character of Sunday. The weekend's impact on society has not been bad in all aspects, for it has brought opportunities for cultural and social events that, to some extent, can meet our human need for rest. But all too often our Sunday gets lost in the weekend. It gets left out of the planned activities or gets tucked in almost as an afterthought. In regard to this problem, Pope Saint John Paul II once wrote: "Unfortunately, when Sunday loses its fundamental meaning and becomes merely part of a 'weekend,' it can happen that people stay locked within a horizon so limited that they can no longer see 'the heavens.' Hence, though ready to celebrate, they are really incapable of doing so." When Sunday is forgotten, and we are left only with a weekend, events become strictly entertaining or just an extension of work. How do you spend your Sundays? Is it a day of worship and thanksgiving to God by first attending Mass? A day of rest? Or just another day of the week? It has always been up to us how we choose to spend our Sundays – let's make sure our choice is pleasing to God, and nourishing for our souls.

About Saint Lawrence of Brindisi: His name was Julius Caesar, and he was born at Brindisi in the kingdom of Naples in 1559. Educated in Venice at the College of St. Mark, he entered the Capuchins and was given the name Lawrence. Finishing his studies at the University of Padua, he showed a flair for languages, mastering Hebrew, Greek, German, Bohemian, Spanish, and French, and showed an extraordinary knowledge of the text of the Bible. While still a deacon, St. Lawrence of Brindisi became known as an excellent preacher and after his ordination startled the whole of northern Italy with his amazing sermons. Sent into Germany by the pope to establish Capuchin houses, he became chaplain to Emperor Rudolf II and had a remarkable influence on the Christian soldiers fighting the Muslims when they were threatening Hungary in 1601. Through his efforts, the Catholic League was formed to give solidarity to the Catholic cause in Europe. Sent by the emperor to persuade Philip III of Spain to join the League, he established a Capuchin friary in Madrid. He also brought peace between Spain and the kingdom of Savoy. His compassion for the poor, the needy, and the sick was legendary. Elected minister-general of his order in 1602, he made the Capuchins a major force in the Catholic Restoration, visiting every friary in the thirty-four provinces of the order and directing the work of nine thousand friars. He himself was a dominant figure in carrying out the work of the Council of Trent and was described by Pope Benedict XV as having earned "a truly distinguished place among the most outstanding men ever raised up by Divine Providence to assist the Church in time of distress." In 1619, he undertook a journey to see King Philip III of Spain on behalf of the oppressed people of Naples who were ruled by a tyrannical governor. Lawrence reached Lisbon where the king was residing, and it was there that his last illness overtook him. His body was carried back to Spain and buried in the church of the Poor Clares at Villafranca del Bierzo. Lawrence was canonized by Pope Leo XIII in 1881 and declared a Doctor of the Church by Pope John XXIII in 1959.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;
information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

frlumpe:2023



~ TAKING PLACE IN THE CATHEDRAL PARISH ~

FROM FR. KITSMILLER

"I want to offer my sincere thanks to the Pastoral Council and all parishioners of the Cathedral parish for my "good bye" reception you gave me last Sunday. I enjoyed speaking with you and sharing the delicious brunch that was prepared. The framed picture of me imposing ashes on a young toddler and her mother will be a cherished reminder of my ministry at the Cathedral. I thank you for all of your well-wishes, cards and gifts, as well. I am sure that our paths will cross again in the future. You are in my prayers and may God continue to bless the parish of St. Joseph Cathedral and Holy Cross church.

Fr. Kitsmiller"

BANNS OF MARRIAGE: St. Joseph Cathedral happily announces the coming nuptials: Michelle Salvatore & Kyle Monaco on July 22 and Hannah Buehrle & Cory Sharkey on August 5. Please keep them in prayer as they prepare for their weddings.

~ TAKING PLACE AT HOLY CROSS ~

BANNS OF MARRIAGE: Holy Cross Church happily announces the coming nuptials of Eizabeth Weber & Mark Mize on August 26. Please keep them in prayer as they prepare for their wedding.

IN, AROUND AND NEAR THE DIOCESE OF COLUMBUS

BETHESDA HEALING MINISTRY: "The journey of a thousand miles begins with a single step." – Lao Tzu. If you (or someone you know) is struggling from a past abortion experience, call 614-309-0157. For more information on Bethesda Healing Ministry, go to our website at bethesdahealing.org.

ST. MARY MAGDALENE CHURCH ATHLETIC ASSOCIATION in Columbus is sponsoring a one-day bus trip to Louisville, Kentucky for the Notre Dame vs. Louisville football game on Saturday, October 7. Cost is \$239.00 per person which includes: Bus ticket, sandwiches, snacks, soft drinks. Children accompanied by parent are welcome. Only 50 spots available. In addition, St. Mary Magdalene is considering a Cleveland Browns vs. Indianapolis Colts one-day bus trip to Indianapolis, Indiana on Sunday, October 22. Cost for this trip is approx \$209.00 and includes all the above amenities. If you are interested in one or both of these trips, contact Julius Palazzo at Jmpalazzo@juno.com or 614-946-5729.

2023 JUBILEE OF ANNIVERSARIES: Couples celebrating their 25th, 30th, 35th, 40th, 45th, 50th, 55th, 60th (and every year thereafter) anniversaries in 2023 are invited to the annual Jubilee of Anniversaries in honor of their marriages. Bishop Fernandes will celebrate Mass at 2:30 p.m. on Sunday, September 10, at St. John Neumann Church in Sunbury. Registration is now open at <https://columbuscatholic.org/marriage-family/marriage/jubilee>.

**EARLY FALL RETREAT!**

Spend time this fall enriching your relationship. Experience a Worldwide Marriage Encounter weekend where married couples can get away from jobs, kids, chores, and phones and focus only on each other. Make 2023 the best year of your marriage by applying today! The next weekend is September 8-10 2023 in the Central Ohio area. For more information or to apply, visit our website at WWMEcolumbus.org or contact Paul and Marilou Clouse at 614-834-6880. Early registration is highly recommended.

SAINTS SIMON AND JUDE CATHOLIC CHURCH: Women's Group Annual Rummage Sale Friday, August 4, and Saturday, August 5, from 9:00 a.m.-2:00 p.m. 9350 High Free Pike, West Jefferson, Ohio.

A SPECIAL ELECTION WILL TAKE PLACE IN OHIO ON AUGUST 8, 2023 TO VOTE ON ISSUE 1, which asks voters if Ohio should "Require that any proposed amendment to the Constitution of the State of Ohio receive the approval of at least 60 percent of eligible voters voting on the proposed amendment." As our bishops remind us, "In the Catholic Tradition, responsible citizenship is a virtue, and participation in political life is a moral obligation" (Faithful Citizenship, No. 13). We urge you to register and vote in the upcoming election:

- **July 11-August 6:** Absentee and Early In-Person Voting
- **Tuesday, August 8: ELECTION DAY**

Please note: The Bishops of Ohio do not have a position on Issue 1 as it does not have moral content.

PLEASE JOIN US AT OUR LADY OF VICTORY PARISH FESTIVAL, Friday and Saturday, August 4 and 5, 2023 (6:00-11:00 p.m.). Friday, August 4: Famous Fish Fry Dinner; Saturday, August 5: Festival Pasta Dinner. Enjoy live music, delicious Fair Food as well as homemade Italian and Lebanese food. Fabulous Silent Auction, Raffle, Games for Kids (Inflatables, too). Credit cards accepted. Parking available (with shuttle) at a neighboring church, Trinity United Methodist, 1581 Cambridge Boulevard. Festival at Our Lady of Victory Catholic Church, 1559 Roxbury Road, Columbus, OH 43221. Contact: Barbara Hegler at 614-783-0785

YOUR OFFERTORY IS A GIFT TO GOD:

If your Offertory is not made electronically, please use your parish Offertory envelope to thoughtfully, prayerfully choose your gift. In addition, filling out an envelope or electronic statement helps us keep track of who is actively registered at our parish.

SAINT JOSEPH CATHEDRAL

Updated July 10, 2023 – 2023 Appeal Report

Goal established by the Diocese	\$ 42,645.24
TOTAL PLEDGES TO DATE	\$ 36,303.00
AMOUNT STILL NEEDED	\$ 6,342.24

Thank you all for your Generosity and may God bless you.


Percent of Parishioner Participation – 10.9%

Offertory for Saint Joseph Cathedral – July 2

Credit Card	\$ 2,071.50
Mail-in	\$ 1,035.00
Collection	\$ 1,599.04
6% Diocese	(\$ 282.33)
TOTAL	\$ 4,423.21
Poor Box	\$ 207.01

Offertory for Saint Joseph Cathedral – July 9

Credit Card	\$ 1,905.00
Mail-in	\$ 1,085.00
Collection	\$ 7,986.29
6% Diocese	(\$ 658.58)
TOTAL	\$ 10,317.71
POOR BOX	\$ 255.00

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HOLY CROSS CHURCH

Updated July 10, 2023 – 2023 Appeal Report

Goal established by the Diocese	\$ 21,018.43
Enhanced Goal	\$ 26,018.43
TOTAL PLEDGES TO DATE	\$ 14,220.00
AMOUNT STILL NEEDED	\$ 11,798.43

Thank you all for your Generosity and may God bless you.

Percent of Parishioner Participation – 12%

Offertory for Holy Cross Parish – July 2

Offertory	\$ 1,879.00
Mail-in	\$ 10.50
Repair	\$ 50.00
6% Diocese	(\$ 116.37)
Net to Parish	\$ 1,823.13

Offertory for Holy Cross Parish – July 9

Offertory	\$ 1,179.00
Mail-in	\$ 500.00
Repair	\$ 35.00
Repair Mail-in	\$ 20.00
6% Diocese	(\$ 104.04)
Net to Parish	\$ 1,629.60

Start giving online today!

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2. Create a secure account.
3. Schedule your recurring Sunday Offertory gifts.
4. Scroll down the alphabetical listing to **The Appeal** and make your recurring gift.

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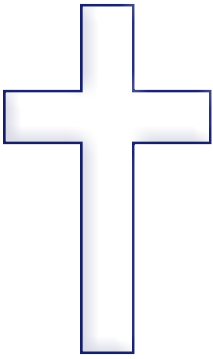
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