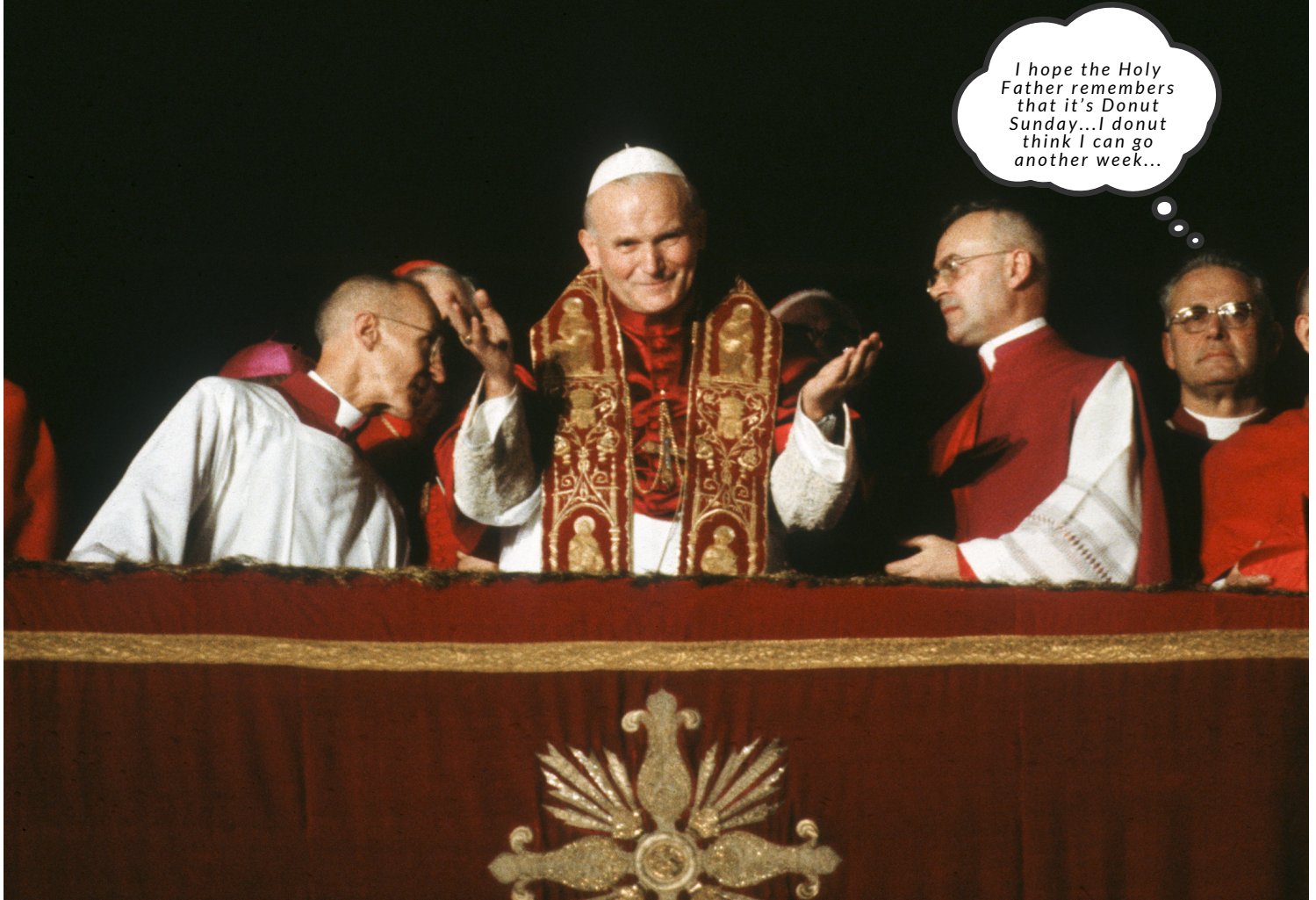


SUNDAY, OCTOBER 19TH, 2025
TWENTY-NINTH SUNDAY IN ORDINARY TIME



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Pope St. John Paul II (1978-2005)
Feast Day: Wednesday, October 22nd



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Respect Life Month: Week 3

Choosing Freedom, Protecting the Vulnerable

See inside as we reflect on the inherent dignity of every human person and the freedom Christ offers. Together, we stand against human trafficking and exploitation, and we support those seeking Christ's healing from addiction.

THERE IS HELP AND HOPE FOR ADDICTION

Overcoming addiction can seem like an impossible mountain to climb, but like all journeys, all it takes is the first step to begin. Today can be that first step.

For you. For your family. For your God.



iTHIRST Spiritual Companionship is available in the Columbus Diocese with trained companions who desire to walk with families and adults one-to-one who are struggling with the spiritual disease of substance use disorder in their Parish or diocese. iThirst is an initiative of the Missionary Servants of the Holy Trinity. The program recognizes that addiction is not only a physical and mental health issue, but also a spiritual malady.

Please email or call us now and we will connect you with a spiritual companion to begin the confidential process. info.ithirstcolumbus@gmail.com • 614-547-9288



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MENTAL HEALTH AWARENESS

Embrace. Welcome. Participate.

All people are created in the image of God; their dignity and worth cannot be diminished by mental illness.

As Catholics, we are called to embrace an ever-clearer vision of each human person as created by God with inherent dignity and worth. This truth is not diminished when someone struggles with various illnesses or behaviors, including mental health concerns. Pope St. John Paul II reminded us of this fundamental truth in 1996 at the International Conference for Health Care Workers:

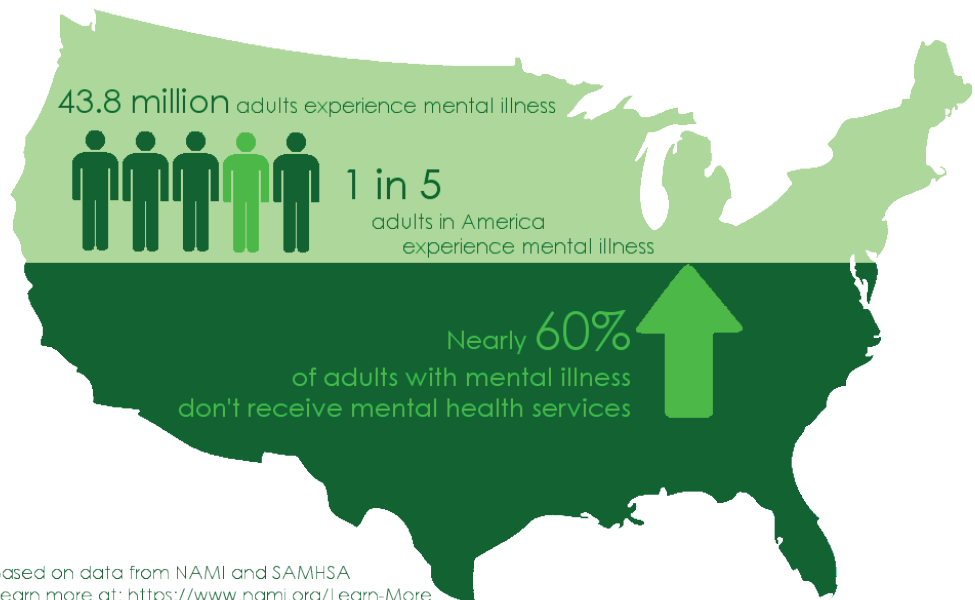
“Whoever suffers from mental illness always bears God’s image and likeness in themselves, as does every human being. In addition, they always have the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such.”

Mental health includes our emotional, psychological and social well-being. It affects how we think and act and helps determine how we handle stress, relate to others, and make choices (Mentalhealth.gov). When a person suffers from mental illness, it can interfere with their everyday life and can result in an inability to cope with life’s ordinary demands and routines (NCPD).

Mental illness, as with any health-related issue, can vary in severity and look very different from person to person. Oftentimes, we may not observe the warning signs that someone is struggling with their mental health. This does not mean that the warning

signs are not there, or that the problem is insignificant and should be ignored. Unfortunately, there is also stigma attached to mental illness which may lead people who are struggling to isolate themselves, choosing not to share that they are hurting, and not seek help or treatment.

As a faith community, we are called to support our brothers and sisters suffering from a mental health condition, offering the unconditional and non-judgmental love they deserve. Rather than accept the misconceptions surrounding mental illness, we can increase our awareness of its symptoms and effects, and identify the local resources. Moreover, we must be in relationship with



others, bringing hope and comfort in times of crisis or pain by offering prayers of healing and accompaniment through treatment. Together, the parish can be a place of healing for all people and their families!

PRAYER FOR MENTAL HEALTH AWARENESS

Creator God,
You made all things
and created humanity
in Your own image.
Help us to always be
mindful of this dignity in
ourselves and others.
May we not despair
when faced with the
struggles of mental
health, but instead find
hope in you, knowing
you have a greater
plan for us. Guide
us to be advocates
in our families,
parishes, schools, and
communities, always
seeking to build a
communion that
embraces and values
all people. We ask this
in the name of Your
son, Jesus our Savior
and Shepherd of
Peace. Amen.



REFLECTION QUESTIONS

Personal: How would I react if I found out a close friend or family member has been diagnosed with a mental health condition? How has the media shaped my image of mental illness? What can I do to reduce the stigma?

Family: How do we as a family care for the mental health of each family member? How can we inform and assist our parish to respond to our needs and/or the needs of families struggling with mental health?

Parish: Are we aware of the barriers that people with a mental health condition and their families experience in our parish? How can we make our parish a safe space for all families? How do we ensure our parish is welcoming and inviting all people into a deeper relationship with God - not only into participation but also in leadership?

SEEKING HELP

If you or someone you know is in need of mental health services, contact Ohio Mental Health & Addiction Services toll-free hotline at **1-877-275-6364**. This hotline provides information and referrals for local resources throughout Ohio.

If you or someone you know is suicidal, in danger of harming themselves, or in emotional distress, contact the confidential National Suicide Prevention Lifeline at **1-800-273-8255** or text **HOME** to **741741**. Trained crisis workers are available to talk 24/7. In cases of imminent risk and/or danger, please call **911**.

In Ohio...

Suicide is the **2nd** leading cause of death for ages 15-34

Suicide is the **3rd** leading cause of death for ages 10-14

On average, one person dies by suicide every five hours in the state.

Based on 2015 data from CDC. Learn more at afsp.org/statistics.



For information and resources visit
www.catholiccincinnati.org/respect-life-2/



Christmas Wreath Sale

Celebrate the season with the Annual St. Catharine Home & School Association Wreath Sale! Choose from a beautiful selection of fresh evergreens—perfect for your home, office, or as a holiday gift. Proceeds support St. Catharine School.

Wreaths	Door Sprays	Garland	Add-Ons & Extras
\$35 – 25" Classic Wreath	\$30 – 26" Classic Door Spray	\$35 – 15' Balsam Fir Garland	\$40 – 18" Candlelit Centerpiece
\$60 – 36" Classic Wreath	\$35 – 26" Victorian, Cranberry Splash, or Wintergreen Door Spray	\$45 – 25' Balsam Fir Garland	\$40 – 22" Tabletop Tree
\$150 – 25" Classic Wreath Box Special (5 wreaths/box)		\$80 – 50' Balsam Fir Garland	\$5 – LED Light Set
\$40 – 25" Victorian, Cranberry Splash, or Wintergreen Wreath			\$2 – Wreath Hanger

*Special orders & larger wreaths available upon request.

Please submit all orders online: www.stcatharine.com/wreath-sale

Deadline: All orders are due by **Tuesday, October 28, 2025.**

Pickup (St. Catharine parking lot garage near the playground):

- Sunday, November 23, 2025 — 9:30 AM to 12:30 PM
- Tuesday, November 25, 2025 — 3:15 PM to 5:30 PM

Questions / Special Orders: Katie Roll: 419-602-0173 | KatieL.Roll@gmail.com



Scan QR code for online ordering

MENTAL HEALTH AWARENESS EVENING

Join us for an evening focused on mental health this Respect Life month featuring three speakers. Each speaker will give a 10-minute talk about what they deal with followed by a panel discussion with questions from the audience.

- Susan Lewis-Kaylor from St. Vincent Family Center
- Joseph Reis (parishioner) Couples/Family therapist – anxiety and depression
- Tammy Foeller (parishioner) – Open Door and iThrive – addiction

7:00-9:00 PM

23
OCTOBER



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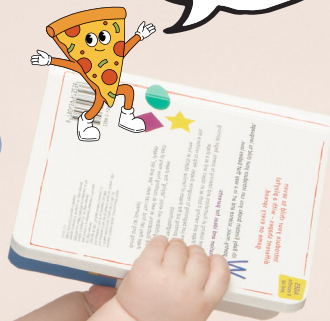
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Women's
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book drive

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**Monday, October 20th
thru
Friday, October 24th**

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Last year alone 2,647 babies were born after visiting the Women's Care Center. Our mission is to help pregnant women from our communities choose life for their babies, have healthier pregnancies, become better parents and take first steps to self-sufficiency. Help celebrate RESPECT LIFE MONTH by donating to The Women's Care Center book drive. Our goal is to give each client a children's book to take home with them after each visit. Did you know that more than 60% of low income children have no children's books at home to read? Help support literacy by donating a new or gently used book!

Questions? Kristina Keiffer • KristinaKeiffer@gmail.com

Carve out a
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Give Blood!



Blood Drive
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Parish Ministry Center
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Tuesday, October 28, 2025
12:00 p.m. to 6:00 p.m.

To schedule an appointment visit RedCrossBlood.org, sponsor code: StCatharine or call 1-800-RED CROSS

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

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Infant Baptism

St. Catharine offers a new family-centered Baptism prep program to deepen understanding and connection to Jesus. It includes two sessions held on the 1st Sunday of each month after the 8:30am Mass. **Expectant parents are encouraged to attend even before your little one is born!** Learn more or register at www.stcatharine.com/baptism.

Questions? Fr. Brown • frbrown@stcatharine.com



Becoming Catholic and Adult Baptism

Discover the salvation, beauty and spirituality of the Catholic Church, founded by Jesus Christ more than 2,000 years ago.

The Becoming Catholic journey is beginning again! If you think you are ready to begin the process of becoming Catholic, or if you have **any other questions about God and the Church**, just scan the QR code or send us an email.

Questions? Fr. Brown • frbrown@stcatharine.com



Holy Matrimony

A wedding is just one day, but marriage is for a lifetime

Congratulations on your engagement! We want to be of assistance to you to ensure that your wedding day will be a prayerful and joyful celebration. As soon as you have made the decision to marry, and at least six months or more prior to the anticipated wedding date, you should contact the Pastor in order to begin the various steps of the Marriage Preparation Program.

Questions? Fr. Bob • frbob@stcatharine.com



Saturdays • 7:00am • Parish Hall

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Questions? Paul Wills • pkawills7@gmail.com



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2nd Thursdays • 7:30pm • Parish Hall

We welcome all Catholic men who share our values of practicing and promoting the principles of charity, unity, fraternity, and patriotism. to join us in our mission of service and faith-based fellowship **Questions?** Ed Stange • Grandknight@koc11354.org



Men's Rosary

Last Thursdays of the Month • 7:30am in the Church

St. Catharine Women



1st Saturdays • 6:30am • Parish Hall

Women at the Well is for all women ages 18 and older who are looking for an opportunity to start, deepen, or renew their relationship with Jesus. We will connect with Jesus and other women in the parish through coffee, prayer, and small groups.

Questions? Elyse Salisbury • ehueckel@gmail.com



High School Youth

One Sunday per month • 6pm • Parish Center

Next Gathering: Sunday, October 26

What is the Gospel?



Instagram: @saintcatharineyouth

Questions? Maggie Cook • maggie@stcatharine.com



October 19, 2025

Twenty-ninth Sunday in Ordinary Time

Ex 17:8-13 | 2 Tim 3:14—4:2 | Luke 18:1-8

Written by
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DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Studying Scripture is not a side dish on the plate of practicing the faith. It is an essential component of the virtuous life, and without it, our faith will surely falter. In his second letter to Timothy, Saint Paul reminds us that the Scriptures are the inspired Word of God and they train us in righteous living and equip us for every good work. There will undoubtedly be times when we feel ill-equipped – when we are fatigued, frustrated, or concerned. It is precisely in these moments that we're invited to go quickly to the holy Word of God! Read it, pray with it, and invite the Spirit to speak to you through it. There you will find the wisdom needed to face every circumstance.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Our faith journey was never meant to be a solitary endeavor! We see this in today's first reading when Aaron and Hur stand beside Moses, holding his weary arms in the air as the battle rages on against the Amalekites. This image of the three men on the mountain – Moses with his arms raised high, Aaron and Hur on either side supporting them – is a powerful image of companionship in the Christian life. When you feel too weary to pray, look around – the Lord has likely given you companions who can support you precisely in the ways you need at this time. Pay attention, too, to who God might be inviting you to support in prayer. Our Gospel tells us that God always hears our prayer and calls us to be persistent in prayer. Certainly, God will "secure the rights of his chosen ones who call out to him day and night." God calls us to persist in prayer because it reveals our faith and trust in him that we constantly bring our needs before him.

REFLECT

Our readings offer helpful tools to turn to when discouragement or isolation may cloud our spiritual vision. Take some time this week to listen to the Lord's voice in Scripture. Or, if you're feeling weary, ask a few friends to pray with and for you. Remember that although God may seem distant, he always hears us. Be persistent in bringing your needs to him and wait with patience – surely, he will come swiftly to your aid.

Staff & Leadership

Fr. Bob Penhallurick - Pastor

rpenhall@columbuscatholic.org

To schedule a meeting with Fr. Bob please contact Admin Assistant, Kate Fyffe

Fr. Frank Brown - Parochial Vicar

frbrown@stcatharine.com

Deacon Chris Reis - Permanent Deacon

deaconchris@stcatharine.com

Dan Davis - Business Manager

dan@stcatharine.com

Kate Fyffe - Administrative Assistant

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Brendan O'Rourke - Director of Communications & Assoc. Director of Music

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Michael Hammond - Director of Music

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Ashlee Kurth - Preschool Director

akurth@cdeeducation.org

PJ Keiffer - Athletic Director

pkeiffer@gmail.com

Kathy Kropp - Safe Environment Coordinator

kkropp@cdeeducation.org

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Anointing of the Sick

If you or someone you know is in danger of death from sickness or old age and wishes to receive the sacraments, please call our main number, 614-231-4509, and ask for a priest to be dispatched to your location.

If you call after hours, please use the same number and follow the prompts to reach a priest.

Liturgical Ministry	LC	Lector	Extraordinary Minister	MC	Altar Servers	Hospitality	
Sun, October 26th 8:30am	Yvonne Moyer	Emily McFadden (1) Tracey D'Alessandro (2)	Christopher Berndt - North Andrew Lively - North Jonathan McFadden - South Adrienne Molnar - South	Grant Bender	Francesco Allwein Cole Klingler Paddy McFadden	Rebecca Jackson - West Nathan Murphy - West Jim Wolfe - SE Tina Allwein - South *2 Needed*	Group 1 *1 Needed*
Sun, October 26th 11:00am	Chuck Burkhart	Lily Bell (1) Gina Hinterschied (2)	Gary Allwein, Anthony Bennett, Beth Henney, Ijeoma Nnani Bobbi Snyder, Jan Strominger, Nick Perry, Tim Strominger	Patrick Henney	Samuel Bennett Larry D Scurlock Linda Scurlock	Ed Stange - West Family Brundage - North Giana Coleman - NE Bob Mauk - East South *1 Needed*	Group 2 Elyse Salisbury
Sun, October 26th 5:00pm	Rita Hoyt	John Thiel (1) Jeffrey Walker (2)	Ben Lasher - North Mark Savino - North Peggy Mackessy - South *1 Needed*	Jack Lawler	Kateri Fouts Theresa Murphy *1 Needed*	Carol Lannan - West Scott Remeis - North Megan VanLandingham - S Jenni Remeis - NE Tyler VanLandingham - SE	Bickford Nathan Slonaker

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Proverbs 3:5-6



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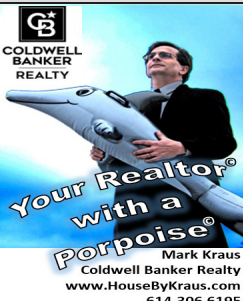
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Welcome to St. Catharine

www.stcatharine.com

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Parish Office: Mon-Thurs 8:30am-3pm • Fri 8:30am-12pm



We're so glad to see you! God loves you, and He has a great plan for your life! If you are new to St. Catharine, we want to thank you for coming and we look forward to worshipping God in Word and in Sacrament together today. Please remember to mute your cell phones and to observe sacred silence in the Church. Restrooms are located in the Undercroft and the Parish Center. If you need any assistance or have any questions, just find someone with a green lanyard. We hope to see you again!

TO THE PARENTS OF OUR YOUNG CHILDREN... May we suggest...relax! God put the wiggle in children, so don't feel that you must suppress it in God's house, but we do have a large quieting room and video-feed in the Parish Hall Gallery available if you feel the need to step out during Mass. But please do come back! Thank you so much for making the effort to be here, and never stop bringing your family to Mass. It's worth it.

TO THE MEMBERS OF OUR CHURCH... The presence of children is a gift to the Church and they are a reminder that our congregation is growing. Any noise that our little ones make during Mass is pleasing to God's ears. Please welcome our children and give a smile of encouragement to their parents.

Eucharistic Adoration Chapel



Sunday-Friday
6:00am-12:00am
Saturday
6:00am-4:00pm

Chaplet of Divine Mercy
Fridays at 3:00pm

Children's Holy Hour
Saturdays at 3:00pm



Confession

Wednesday 6:30pm
Saturday 9:00am

By appointment
info@stcatharine.com • 614-231-4509



ADORE Night

✙ Every Wednesday at 6:30pm ✙

A candle-lit evening of Eucharistic Adoration with Confession, songs of praise & worship, prayers, and devotions.

This Week

Sunday, October 19th: Twenty-ninth Sunday in Ordinary Time

2nd Collection: World Mission Sunday
8:30am Holy Mass (Emma Petrosky)
9:30am Coffee and Donuts
9:30am St. Vincent de Paul Sandwich Making
11:00am Holy Mass (Mary & Walter Plank)
12:00pm Coffee and Donuts
12:00pm Baptisms
5:00pm Holy Mass (People of the Parish)

Monday, October 20th: Saint Paul of the Cross, Priest

8:00am Holy Mass (Doris Hecker)
6:30pm Scouts
7:00pm Choir Practice

Tuesday, October 21st

8:00am Holy Mass (Marilyn Hehnen)
7:00pm Order of Christian Initiation for Adults (OCIA)

Wednesday, October 22nd: Saint John Paul II, Pope

12p-2p Parish Offices Closed
6:00pm Holy Mass (Richard Lumpe)
6:30pm ADORE Night (Confession/Adoration)

Thursday, October 23rd: Saint John of Capistrano, Priest

8:00am Holy Mass (In Memory of Pat Strominger)

Friday, October 24th: Saint Antony Mary Claret, Bishop

8:00am Holy Mass (Carol Ghiloni)

Saturday, October 25th

7:00am That Man Is You!
8:30am Holy Mass (In Memory of Pat Strominger)
9:00am Confessions

Sunday, October 26th: Thirtieth Sunday in Ordinary Time

8:30am Holy Mass (People of the Parish)
9:30am Family of Faith
9:30am St. Vincent de Paul
11:00am Holy Mass (Ira Zornes)
12:00pm Baptisms
5:00pm Holy Mass (In Memory of Pat Strominger)
6:00pm Lumen High School Youth Group

Offering and Attendance

Thank you for your presence and your generosity!

Sunday, October 5th

Envelope	\$ 4,205.00
Loose	\$ 3,640.50
EFT	\$ 11,185.00
Total	\$ 19,030.50
Diocesan Tax	\$ 1,903.05
Net	\$ 17,127.45

Sunday, October 5th Attendance

8:30am	342
11:00am	364
5:00pm	266
Total	972

SCAN TO GIVE



Baptisms

"See what love the Father has bestowed on us that we may be called the children of God."

Sunday, October 12th

Oscar Colby Backhurst

Nora June Zang

May They Rest in Peace

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

James R. Wood

Dennis J. Lyons

George F. Rushman

Mary McGinty Bourke

Oke Mora

Patricia Strominger

Patricia J. Gibboney

Paulette Ann Bennett

Billy Greene

Patricia J. Moriarty

Louise T. Mussio

And all the faithful departed...

respect life month novena



October 22-30, 2025

The annual Respect Life Month Novena prays for the protection of human life, from conception to natural death. Each day of the novena features a different pro-life prayer intention which is accompanied by a short reflection and suggested actions to help build a culture of life.

Join thousands of Catholics in praying for life!

Sign Up!

Get the daily prayers by email or text message!
Scan the QR code or visit
respectlife.org/respect-life-month-novena.



respectlife.org

Lord, Hear Our Prayer

"The prayer of a righteous man has great power in its effects."

If you or a loved one would like to be added to the Prayer Chain please email info@stcatharine.com or call 614-231-4509. Names will remain on the Prayer Chain for 4 months or until they are asked to be removed.

Richard
Tish
Ann
Charmonique
Steve
Joan
Sylvia
Spencer
Patti
Katie

Joe
Meg
Dan
Cindy
Vanessa
Barb
Peggy
Patti
Brooke
Michelle

Molly
Annette
Monica
Tom
Fermin
Joan
Mary
Zoritza
Carolyn
Adam

Missionaries for Life!

By Deacon Chris Reis

There is a real change in the weather. The Fall chill is in the air and there is a notable increase in evening and early morning darkness. We put on an extra layer of clothing and seek out more morning and afternoon light.



Last Friday I preached a homily about our hearts—particularly about guarding our hearts, how to live in the light. I spoke about the opposition Jesus faced even in the face of His healing miracles. Conversion of our hearts are needed; a divided heart cannot stand.

Today in our world the teachings of Jesus are seen as evil. Jesus' teachings have actually been branded as hate speech. This is particularly noted in the public square on the Church's teachings on the sanctity of all human life.

We read of the threat of proclaiming the Gospel of Life; Jesus calls for courage and boldness. They prayed in response to persecution and threats (Acts 4:29-31) saying, "And now Lord take note of their threats and enable your servants to speak your word with all boldness, while you stretch out your hand to heal, and signs and wonders are done through the name of your holy servant Jesus. And when they had prayed, the place in which they were gathered together was shaken and they were all filled with the Holy Spirit and spoke the word of God with boldness."

How do we fill our hearts with courage and boldness? INVITE the LORD to Come! Come Holy Spirit! He might shake you!

First off, we fill our hearts with His love. We seek union with God—where light displaces the darkness. Maybe we take a Holy Hour, adore God and contemplate His WORD. Receive the Eucharist. Repent and believe.

St. Bonaventure said, "The Holy Spirit comes where He is loved, where He is invited, where He is expected."

My friends, an empty heart is dangerous! The best way for us to avoid evil is to fill ourselves with God's presence. PRAY! Invite Him, expect Him! Pray, saying "Fill me King Jesus with more love, fill me King Jesus with more joy (the joy of the Lord is my strength) and fill me with your power - your authority King Jesus!"

Friends, in a world obsessed with fear and distracted by darkness, we can seek deliverance by filling our hearts with the victory of the cross. Return to the simplicity of union with God, where light displaces the darkness.

Deacon Chris Reis • Permanent Deacon
deaconchris@stcatharine.com

**October Food Pantry Need
CANNED MEALS**

Please leave donations at wooden boxes near Church entrances.





Human Trafficking

A Catholic Response

Pray • Learn • Act

Human trafficking is a modern-day form of slavery. Victims of human trafficking are subjected to force, fraud, or coercion, for the purpose of sexual exploitation or forced labor. Trafficking in persons **inherently rejects the dignity of the human person** and exploits conditions of global poverty.

St. Josephine Bakhita
1869–1947, Sudan

Patron Saint of Human Trafficking Survivors

St. Josephine was kidnapped as a child, enduring years of slavery. Freed in Italy, she converted to Christianity and became a Canossian Sister, dedicating her life to prayer, teaching, and helping the poor. Canonized in 2000, her feast day is February 8th.



*"I have always been distressed at the lot of those who are victims of various kinds of human trafficking. How I wish that all of us would hear God's cry: 'Where is your brother?' (Gen 4:9). Where is the brother and sister whom you are killing each day in clandestine warehouses, in rings of prostitution, in children used for begging, in exploiting undocumented labour? **Let us not look the other way. The issue involves everyone!**"*

Pope Francis

Around the world, **158 million children between 5 and 17 years of age are involved in child labor**, working instead of learning.

According to the U.S. Bureau of International Labor Affairs, that equates to approximately 1 in 10 children tasked with working in a wide range of industries, much of which is hazardous or back breaking.

Nearly 25 million children, women, and men in the United States and throughout the world are compelled into commercial sex or labor— in brothels, salons, as agricultural workers, fishers, beggars, or janitorial staff, in situations of domestic servitude, and more.

During Vatican II, the Catholic Church reaffirmed its historic concern about forced labor, stating that "slavery, prostitution, the selling of women and children, [and] disgraceful working conditions where [people] are treated as mere tools for profit, rather than as free and responsible persons" are "infamies" and "an affront to fundamental values. . . values rooted in the very nature of the human person."

Learn More



"I am definitively loved and whatever happens to me—I am awaited by this Love. And so my life is good."

St. Josephine Bakhita