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SUNDAY, JUNE 11TH  
10TH WEEK IN ORDINARY TIME

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# THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

ST. CATHARINE CHURCH



# The Mass

## ✙ *"Do This in Remembrance of Me"* ✙ A Step-By-Step Walk Through the Mass

**Fr. Luke Spannagel**

Why is the Mass so important?

Why do we stand, sit, and kneel at specific times during the Mass?

Where did the prayers we say at Mass come from?

When does Jesus actually become present in his Body, Blood, Soul, and Divinity?

How do I pray better at Mass?

These are just some of the many questions parishioners have asked me through the years. They're really great questions! The goal of this series is to explore the most common things Catholics want to know about the Mass.

### What is the Mass?

The first question that we need to talk about, the one that underlies all the other questions you might have regarding the Mass, and the question you probably haven't asked yourself, is this: What is the Mass? This is a really important question, and we'll be deepening the answer to this throughout the series. However, as we begin, I want to give you for starters a way you can think about the Mass:

- The Mass is our participation in the one perfect Sacrifice of Jesus on the Cross.
- The Mass is our participation in true communion with God and one another.
- And the Mass is our taste on this earth of the full perfection we will experience in the Kingdom of Heaven.

The Mass is the perfect worship of the Father in heaven, and it is an inestimable source of gifts and blessings for us as well.

In this series, we will be exploring each of the parts of the Mass, beginning from that first moment when we walk through the church doors. So let's begin.

## Part 1: Holy Water and Sacramentals

### Holy Water

What is one of the first things you do when entering the body of a Catholic church? You reach down and dip your fingers in the holy water font and make the Sign of the Cross on yourself. We do this seemingly small gesture so often that sometimes we may not think about its meaning.

First, have you ever wondered why there are holy water fonts located near the entrance of the church? Msgr. Peter Elliott explains, "The holy water stoups [fonts] at the doors of the church are signs which recall the baptismal washing of the faithful" (Ceremonies for the Modern Rite, no. 44). In many traditional church layouts, the baptistry was located near the main door of the church. So just as the Sacrament of Baptism is our entrance into the life of God and the Christian Faith, it's symbolic that baptistries and fonts are located at the entrance of churches. Their location just inside the church doors recalls for us our entrance into the life of the Church when we were baptized with water in the name of the Father, and of the Son, and of the Holy Spirit (the Sign of the Cross).

So as you enter the body of the church, you bless yourself with holy water to recall the sacrament through which you entered into God's family, the Church. When you enter the church for Mass, you are, we could say, entering the place of "family celebration." We have been given tremendous gifts as members of God's family, and holy water reminds us of these gifts. By blessing ourselves with holy water, we recommit ourselves to living holy lives in fidelity to Christ, and we prepare ourselves to participate fruitfully in the Holy Mass.

## **Sacramentals**

Holy water is water blessed by a bishop, priest, or deacon and is among holy things that fall into the category called "sacramentals." The Catechism of the Catholic Church says that sacramentals "are sacred signs which bear a resemblance to the sacraments" (CCC, no. 1667). That means that these holy things or actions remind us of sacraments in some way. They help us recall the graces of the sacraments. They don't confer grace, but prepare us to receive grace and help us be ready to cooperate with those graces so we can grow in faith and holiness.

## **Beloved Children of the Father**

I mentioned earlier that holy water recalls our Baptism. Dipping our fingers into the holy water and making the Sign of the Cross as we enter the church for Mass is certainly not the same as our Baptism, when water was poured upon us and baptized in the name of the Father, of the Son, and of the Holy Spirit. However, intentionally blessing ourselves with holy water as we enter the church recalls the day that we were brought into God's family, and it reminds us we are beloved children of the Father.

As we prepare to join together with Christ in his perfect offering to the Father, this first gesture as we enter the body of the church helps us to know that we belong and that we have been invited to take part in the Sacrifice of Christ.

## **For Reflection:**

1. After his Resurrection, Jesus Christ gave his disciples a mandate: "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Mt. 28:19-20). As you make the Sign of the Cross, consider the ways in which Christ fulfills his promise to remain with us, and ask for a greater awareness of God's presence in your life.
2. When were you baptized? Reflect on this gift of initiation into God's family, and look forward to your next visit to church.



Source: [www.eucharisticrevival.org/blog](http://www.eucharisticrevival.org/blog)







# SACRED HEART ENTHRONEMENT

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*If you are ready to place Jesus at the center of your life and your home please contact our Sacred Heart Missionary team, Dick and Gina Hinterschied, at [rmhint55@gmail.com](mailto:rmhint55@gmail.com)*

[www.welcomehisheart.com](http://www.welcomehisheart.com)

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*"In the Heart of the Redeemer we adore God's love for humanity, His will for universal salvation, His infinite mercy".  
-Pope Benedict XVI*

A St. Catharine Knights Of Columbus FAITH FORMATION EVENT:

# THE DIFFERENCE MAKES ALL THE DIFFERENCE

**What Sexual Difference Reveals about Our Relationship with God**

A Presentation by **Dr. Perry Cahall** of the Pontifical College Josephinum



**Friday June 23, 2023**  
**7:30pm - 10:00pm**

7:30-7:45 - Arrival. Grab Food and Drink.  
7:45-8:30 - Speaker Introduction & Presentation  
8:30-8:50 - Table Discussion / Small Groups  
8:50-10:00 (or Later) - Fellowship



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Open to our Knights of Columbus Council 11354 and all men of St. Catharine who are interested in our ministry. If you are not currently a Knight, but would like to attend, please contact *Nick Boyden* at [nicholasboyden@gmail.com](mailto:nicholasboyden@gmail.com) for more information or to register.



# The 44<sup>th</sup> Diocesan Senior Citizens Day Celebration

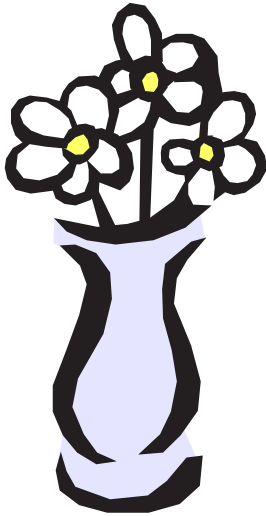
Tuesday, June 27, 2023

**St. Catharine Catholic Church**

500 S. Gould Rd, Columbus, Ohio

**Bishop Earl K. Fernandes, celebrant**  
**10:30 a.m. Mass, Luncheon to Follow**

Registration for the celebration is \$20.  
Please register by June 20.



DIOCESE of  
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## 2023 Senior Citizens Day Celebration Registration

Name(s): \_\_\_\_\_

(You may include additional names on the back of this flyer.)

Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Parish: \_\_\_\_\_

Number Attending: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Special or dietary needs: \_\_\_\_\_

*Lunches provided by Freedom a la Cart*

**Lunch options: Please include the number needed for each option. Each option is available gluten-free.**

\_\_\_\_\_ Turkey & Swiss \_\_\_\_\_ Ham & Provolone \_\_\_\_\_ Chicken Bacon Caesar Wrap  
\_\_\_\_\_ Life Salad – Ohio mixed greens with nuts, berries, blue cheese, etc. \_\_\_\_\_ Gluten Free

**To register by mail:** Please send check payable to the **Office for Social Concerns**, Catholic Diocese of Columbus, 197 E. Gay Street, Columbus, OH 43215 | (614) 241-2540  
[socmailbox@columbuscatholic.org](mailto:socmailbox@columbuscatholic.org)

**To register online go to:** <https://dioceseofcolumbus.org/social-concerns-online-payments>

# Mercy Week



July 31 - August 4  
9:00 am - 12:00pm

**NEW  
TIME!**

## Grades 1-5

Mercy Week VBS is for younger children. Celebrate God's great mercy and love for us with games, stories, prayer, and music. Would you like to volunteer? Email and let us know!

## Grades 4-8

Mercy Week Service is for older students who will serve others through the corporal and spiritual works of mercy - with special guests, service projects, and time for prayer.

email Toni to find out more - [toni@stcatharine.com](mailto:toni@stcatharine.com)

# BIBLE NIGHTS



**ST. CATHARINE YOUTH MINISTRY**

**God speaks to us, we only have to listen. This summer we will be diving into the New Testament in middle and high school small groups, spend time in adoration + worship, have the opportunity to go to confession, and experience community through games, bonfires, competitions, and more!**

## **WHAT EACH NIGHT WILL LOOK LIKE:**

**6:30 PM - Bible Study on Corinthians**

**7 - 8 PM - ADORE ( Adoration + Confession)**

**8 - 8:45 PM - Community Time**

## **WHO CAN COME:**

**All middle + high school students!**

**STARTING JUNE 15TH**

**THURSDAY NIGHTS 6:30 - 8:45 PM.**  
**Questions: [christiana@stcatharine.com](mailto:christiana@stcatharine.com)**

**"Ignorance of Scripture is ignorance of Christ." - St. Jerome**



# SUMMER St. Catharine Youth Ministry

## calendar - june + july

**WORSHIP NIGHT:** Worship, Bonfire + S'mores, + Yard Games  
SUN. JUNE 4, 6 - 7:30 PM

### SERVICE PROJECTS:

Fun Fest Setup - JUNE 6 + 7, Time TBD  
St. Catharine Cleanup - THURS. JULY 20, 1 - 3:30 PM

**MASS + ICE CREAM:** Daily Mass + hangout at Johnson's  
TUES. JUNE 6, 20, + 27 and JULY 11, 7 - 8:30 PM

**DIVINE MERCY CHAPLET/ROSARY:** Pray for our Parish @ the Grotto

FRI. JUNE 9, 3 PM

WED. JULY 19, 3 PM

**COMMUNITY FUN:** Games, Waterballoon Fights, + More!

POP + MENTOS ROCKETS - MON. JUNE 19, 3 - 4 PM

WATER BALLOON FIGHT - WED. JULY 12, 3 - 4 PM

### HIGH SCHOOL ONLY:

TROPICAL SMOOTHIE HANGOUT - MON. JULY 3, 2 - 3:30 PM

MOVIE NIGHT - FRI. JUNE 16, 7 - 9:30 PM (bring your own candy! popcorn provided!)

Events are open to all middle + high schoolers! Other siblings are welcome with parents present! Emails with specifics will be sent out weekly!

Questions: [christiana@stcatharine.com](mailto:christiana@stcatharine.com)

# F E A S T I N G

Celebrate the feasting and fasting of our Catholic Faith with your family all year long!

## 6/11 Corpus Christi

Celebrate the feast of the Body and Blood of Christ at St. Catharine with a Eucharistic procession after 5:00pm Mass.

## 6/13 St. Anthony of Padua

Teach your children to ask his intercession for lost things - "Tony, Tony, look around; something's lost and can't be found!"

## 6/16-6/17 Sacred Heart of Jesus and Immaculate Heart of Mary

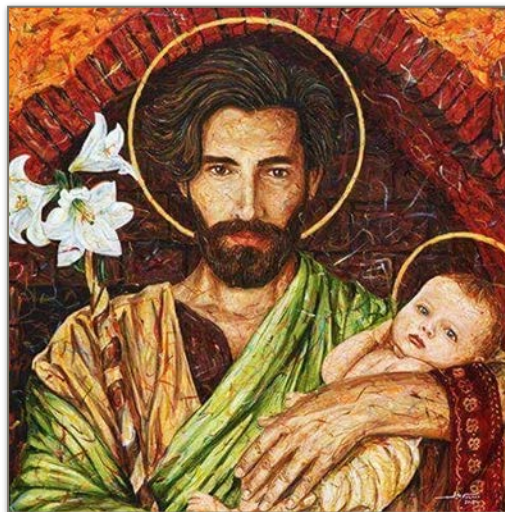
Invite some friends to celebrate these great feast days with your family. Pray the Act of Reparation to the Sacred Heart of Jesus together. Consider enthroning the Sacred Heart of Jesus in your home - contact the office for more information.

## 6/24 Nativity of St. John the Baptist

Have a bonfire and eat some bugs! (just kidding - sort of) You can also celebrate this day with sparklers, votives, and sweet bread with raisins.

## 6/29 Saints Peter and Paul

Head down to St. Joseph's Cathedral today - recite the Our Father and the Creed to receive a plenary indulgence.



## Why is the St. Joseph Side Chapel Decorated?

To strengthen and enrich families in our diocese, the office of Marriage and Family Life introduced Family Month this year, from Mother's Day to Father's Day! The Mother Mary side chapel was decorated in May and now the St. Joseph side chapel is decorated to celebrate fathers, leading up to Father's Day.

Just as God the Father chose the Blessed Virgin Mary to be the mother of His Son, He also chose St. Joseph to be Mary's chaste spouse and the father of Jesus when He walked among us. As the head of the Holy Family, he is also a beautiful inspiration for and the protector of all fathers. (simplycatholic.com)

Visit the St. Joseph side chapel and write your prayer intentions for the intercession of St. Joseph. You are also invited to light a candle or to have a candle lit for your intentions. We would be happy to send a personal note to whoever you choose to honor and let them know this gift was given for them. Email Toni Carmon (toni@stcatharine.com) if you would like us to light a candle and send a note for a suggested donation of \$2 to cover the cost of the candle.

## June 16, Feast of the Sacred Heart of Jesus

Enthroned your home to the Sacred Heart of Jesus, start a First Friday devotion, recite the Act of Reparation to the Sacred Heart of Jesus, and try this fun recipe for dessert!

### *Heart Afflame Sundaes*

Add a scoop of strawberry ice cream or sherbet to your bowl (to represent Jesus' heart). Next, take peach slices and arrange them like flames on top of the ice cream. Add chocolate chips or chocolate sprinkles across the middle to represent the crown of thorns. Voila! (recipe courtesy of Catholic Cuisine)



## June 24, Saint John the Baptist



Murillo: *The Infant John the Baptist with a lamb*

Did you ever notice that the feast of the nativity of St. John the Baptist is celebrated after the summer solstice - the longest day of the year, the day in which the sun gives the most light? From that day on, at least around here, the amount of daylight decreases each day.

In December, we celebrate the nativity of Our Lord after the winter solstice. Daylight continues to increase after Christmas and there is a saying that St. John "decreases with the sunlight" and the light increases after Jesus arrives.

**He must increase; I must decrease.** John 3:30

What else can we learn about St. John the Baptist? He was definitely not afraid to be different. He dedicated his life to preparing the way for Jesus. God called and he answered. Celebrate this feast day with locusts and honey, or as they do in other places around the world, with cakes and fireworks. Gather around a bonfire and consider how your family can prepare the way for Jesus.

\*Sources: W. Hetzel and Diocese of Salford, UK

## Celebrate Family Month with the Pray + Play Challenge

During the month of June, the month of the Sacred Heart of Jesus, take the Pray and Play Challenge brought to you by the Messy Family Project!

**1**

**GO ON A DATE WITH YOUR SPOUSE.**

(Because your marriage is important!)

**2**

**HAVE A FAMILY DAY.**

(Enjoy some lighthearted fun with your kids.)

**3**

**MAKE JESUS KING.**

(Use a simple ceremony to enthrone your home to the Sacred Heart of Jesus.)

Scan here to find out more:

*family month*







From our parish Womb to Tomb Ministry:

Thank you for helping us protect, support and celebrate a culture of LIFE from conception through natural death this academic year. Please continue to pray for the protection of the Ohio constitution and for recognition of the right of preborn children to life!





# Catholic Education: Action Alert



## Attention parents, parishioners, and Catholic school supporters!

Lawmakers are currently weighing proposals to the biennial state budget to dramatically increase the availability of school choice scholarships such as EdChoice, which currently provides eligible pupils up to \$5,500 in tuition for grades K-8 and \$7,500 for grades 9-12.



Recently, the Ohio House proposed increasing eligibility for EdChoice scholarships to a maximum annual household income up to 450% times the federal poverty level. The Ohio Senate also is considering multiple proposals, including one to make EdChoice scholarships universally available to every student.

## So...how can you help?

1

### STEP 1 - ADVOCATE FOR SCHOOL CHOICE

Contact your elected officials to let them know you support these initiatives! Use [this link](#) or the QR code on the right to submit your support in less than 10 seconds.



### EdChoice Eligibility Guidelines

250% Current Guidelines		450% Proposed Budget	
Household Size	Annual Income	Household Size	Annual Income
2	\$49,300	2	\$88,740
3	\$62,150	3	\$111,870
4	\$75,000	4	\$135,000
5	\$87,850	5	\$158,130
6	\$100,700	6	\$181,260

2

### STEP 2 - STAY ALERT

Lawmakers are working urgently to meet the **June 30 budget deadline**. Whatever the final policies, we hope to see more Ohioans eligible for state scholarships.

Use the chart to the left to review your own eligibility and see if you would qualify under the expanded guidelines of 450%.

3

### STEP 3 - SPREAD THE GOOD NEWS

Forward this information along and encourage others to raise their voice for school choice!

*"Advocacy is not just the responsibility of parents and teachers...the entire Catholic community should be encouraged to advocate for parental school choice."*

- United States Conference of Catholic Bishops

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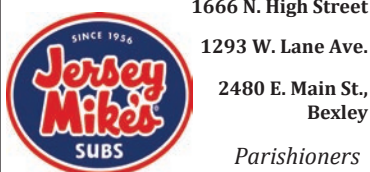
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EVERY THURSDAY  
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# ADORE

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What will convert America and save the world? My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer.

St. Teresa of Calcutta

# The Next Two Weeks...

## Week of June 11th The Tenth Week of Ordinary Time

### Sunday, June 11th

*Solemnity of the Body and Blood of Christ*

8:30am Holy Mass (Tom Easly)  
11:00am Holy Mass (Marilyn Trapp)  
5:00pm Holy Mass (People of the Parish)  
6:00pm Solemn Eucharistic Procession

### Monday, June 12th

8:00am Holy Mass (Don Borowy)  
6:30pm Scouts  
7:00pm The Chosen: Season 3, Episode 6

### Tuesday, June 13th

*Memorial of Saint Anthony of Padua, Priest and Doctor of the Church*

7:00pm Holy Mass (Marilyn Trapp)  
7:30pm Confessions

### Wednesday, June 14th

8:00am Holy Mass (Daniel Strominger)

### Thursday, June 15th

8:00am Holy Mass (Tom Zirwas)  
7:00pm ADORE Night (Confession & Adoration)  
7:30pm Knights of Columbus Meeting

### Friday, June 16th

*Solemnity of the Most Sacred Heart of Jesus*

8:00am Holy Mass (Bob Babbitt & Margaret Babbitt)  
5:00pm Dinan/Khan Wedding Rehearsal

### Saturday, June 17th

*Memorial of the Immaculate Heart of Mary*

8:30am Holy Mass (The Judy Maple Foundation)  
9:00am Confessions  
3:30pm Wedding of Annamarie Dinan & Ben Khan

### Eucharistic Adoration Chapel

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

### Confession Times

Tuesday 7:30pm  
Thursday 7:00pm (ADORE Night)  
Saturday 9:00am

## Week of June 18th The Eleventh Week of Ordinary Time

### Sunday, June 18th

*Eleventh Sunday in Ordinary Time*

8:30am Holy Mass (Jimmy Corrova)  
11:00am Holy Mass (Virginia Casson)  
12:00pm Coffee and Donuts  
5:00pm Holy Mass (People of the Parish)

**Monday, June 19th-Thursday, June 22nd**  
**Clergy Convocation with Bishop Fernandes**  
**No Daily Mass or Confessions**  
**Adoration Chapel Open: 6:00am-12:00am**

### Monday, June 19th

*Memorial of St. Romuald, Abbot*

6:30pm Scouts  
7:00pm The Chosen: Season 3, Episode 7

### Tuesday, June 20th

### Wednesday, June 21st

*Memorial of St. Aloysius Gonzaga, Religious*

### Thursday, June 22nd

*Memorial of Sts. John Fisher, Bishop, and Thomas More, Martyrs*

### Friday, June 23rd

8:00am Holy Mass (Thomas F. McDonough)  
7:30pm The Difference Makes all the Difference

### Saturday, June 24th

*Solemnity of the Nativity of St. John the Baptist*

7:15am That Man is You!  
8:30am Holy Mass (Jim Luchtenberg)  
9:00am Confessions

### Offering (Sunday, June 4th)

Total Offering	\$14,254.56
Less 6%	\$855.27
Net	\$13,399.29

### Home Mission 2nd Collection

Total Offering	\$3,404.00
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**Eucharistic  
Revival**



# “This Is My Body”

## THE SHOCKING TRUTH

Jesus said, “Whoever eats my flesh and drinks my blood has eternal life.” This teaching was so shocking that many of his followers left at that moment! Jesus did not call them back to clarify, because he knew they understood correctly. He was actually telling them to eat his flesh and drink his blood.

As Catholics, we believe Jesus’ words literally, not symbolically. The substance of the bread and wine transform into the Body, Blood, Soul, and Divinity of Jesus Christ at every Mass. We call this miracle the Eucharist.



Scan to explore Church teaching on the Eucharist!

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