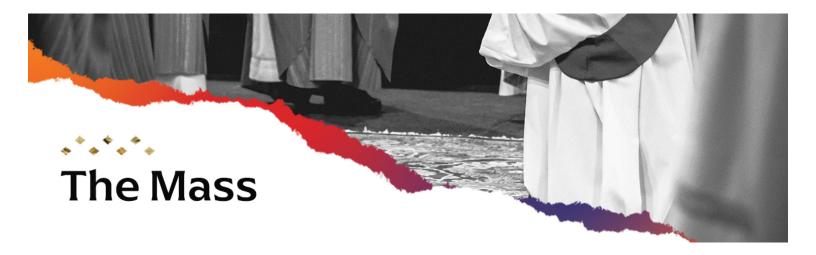
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"Do This in Remembrance of Me" A Step-By-Step Walk Through the Mass



Fr. Luke Spannagel

Part 2: Genuflection

As we arrive at the church to join together with Christ in his perfect offering to the Father, our first gesture at the church door is to bless ourselves with holy water. After we have recalled our Baptism by making the Sign of the Cross with water from the font, the next thing we do is look for a place to sit. Before we slide into the pew, however, if the Blessed Sacrament is present in the sanctuary of the church, we genuflect.

You will see the priest and servers genuflect at times during the Mass. When the tabernacle with the Most Blessed Sacrament is present in the sanctuary of the church, the priest and servers genuflect when they approach the altar at the beginning of Mass and when they depart from it after the final blessing (General Instruction for the Roman Missal, no. 274; Ceremonies of the Modern Roman Rite, no. 199). The priest also genuflects at the altar after the elevation of the consecrated host, after the elevation of the chalice, and before receiving Holy Communion (GIRM, no. 274). The priest's genuflection at these points in the Mass helps us recall the incredible gift of Jesus present in the Most Holy Eucharist. Since during Mass, the focus is on the altar, you will notice that at other times during the Mass, the ministers bow as they cross the sanctuary.

Why Catholics Genuflect

What is a genuflection, and why do we genuflect? The simple answer is that when we genuflect, we touch our right knee to the floor to honor Jesus, who is really present in the tabernacle! The Catechism of the Catholic Church defines genuflection as "a reverence made by bending the knee, especially to express adoration of the Blessed Sacrament" (CCC, Glossary). By genuflecting or bowing deeply in a spirit of prayer and as a sign of adoration of the Lord, "we express our faith

in the real presence of Christ under the species of bread and wine" (CCC, no. 1378). To honor the true presence of Jesus Christ, all who pass before the Most Blessed Sacrament outside of Mass, as well as when entering or leaving the church, should genuflect. If genuflecting is physically difficult, a bow is a reverent substitute.

Say "Hi" to Jesus

One of my favorite memories as a priest was teaching religion class to young children. Often we met in the church itself rather than the classroom. I wanted to show them the sacred art in the church, as well as the sacred vessels and books used at Mass. The first time we entered the church, I taught them to genuflect. Of course, we had to start with learning which was our right knee and which was our left knee! Next, we practiced folding our hands and putting our right knee down to the floor. Week after week, I noticed how the children were improving their form as well as their reverence. At the end of the year, when we were reviewing what we had learned, I asked the children: "Why do we genuflect when we come in the church?" One of them smiled and eagerly responded, "To say hi to Jesus and to honor him." I couldn't have said it better!

The next time you enter a church, allow your eyes to be drawn to the sanctuary, altar, and tabernacle in the front of the church. In Catholic churches, a candle is kept burning next to the Tabernacle to indicate and honor the presence of Christ. Seeing the candle, called a sanctuary lamp, we can recognize that Jesus is truly present in the Holy Eucharist and give Him the great honor that He deserves. When we genuflect, we make an act of humility that acknowledges the greatness of God and confesses that Jesus Christ present in the Eucharist is God with us. Jesus Christ, who loves us perfectly, who died for our sins and rose in triumph—Jesus Christ is there before us! While it is true that when we genuflect we honor Christ and profess our belief that he is present there, it is also a great honor for us, for in doing so we remember that we are part of God's beloved family. Pause and think about that for a moment.

For Reflection:

- 1. Reflect on Christ's humility as described in Philippians 2:6-11, which gives context to the claim that "at the name of Jesus every knee should bend" (Phil. 2:10). Consider how God is calling you to express humility in your own life.
- 2. What do you want to say to the Lord the next time you genuflect to greet him?



Source: www.eucharisticrevival.org/blog

A St. Catharine Knights Of Columbus FAITH FORMATION EVENT:

DIFFERENCE MAKES ALL 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





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 for more information or to register.

TO THE HOLY SPIRIT

St. Catharine Women's Ministry

BOOK STUDY + RETREAT

BOOK STUDY

Fr. Jacque Philippe's "In the School of the Holy Spirit" \$15 (includes book)

June 25-July 22

RETREAT

Mass, talks, fellowship, praise + worship, and more \$25

Saturday, July 22, 8:30am-1pm

LEARN MORE + REGISTER ONLINE USING QR CODE:

Questions? Contact Sarah Mangia, sarahcmangia@gmail.com



The 44th 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.



2023 Senior Citizens Day Celebration Registration	
Name(s):	
(You may include ac	dditional names on the back of this flyer.)
Address:	
	Email:
Parish:	
	_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.	
	rovolone Chicken Bacon Caesar Wrap vith nuts, berries, blue cheese, etc Gluten Free
	k payable to the Office for Social Concerns, Catholic et, Columbus, OH 43215 (614) 241-2540
To register online go to: https://dioces	seofcolumbus org/social-concerns-online-nayments

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

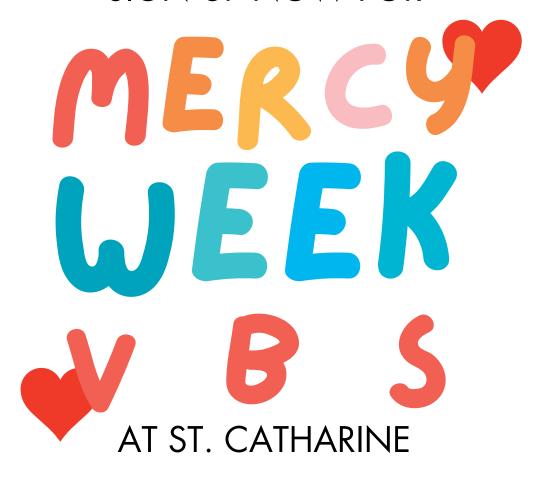
HIGH SCHOOL ONLY:

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

SIGN UP NOW FOR



Monday, July 31st - Friday, August 4th, 2023 9:00am - 12:00pm

How did Jesus love people? Children in grades 1-5 are invited to find out! Join us for a fun filled week of games, stories, and music to celebrate God's great mercy and love for each of us.

Sign up now at stcatharine.com! Cost: \$35.00

Questions? toni@stcatharine.com



SIGN UP NOW FOR

Mercy Week service

love like Jesus, feed the hungry. give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned, love like Jesus

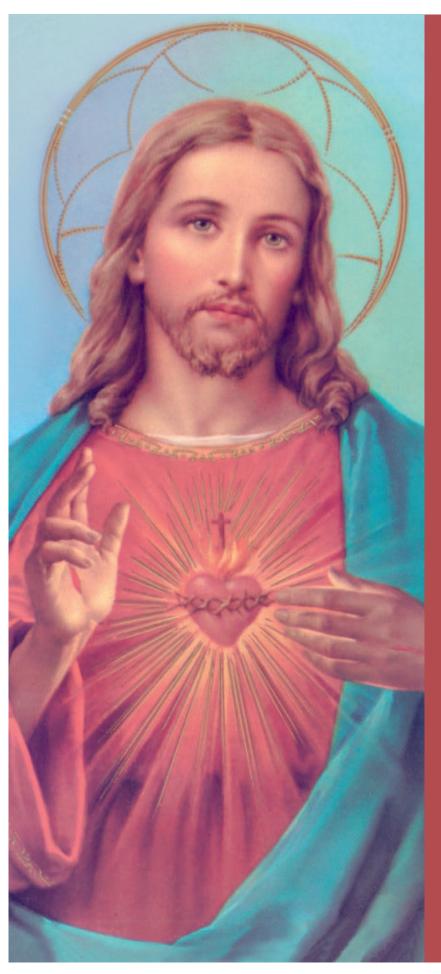
Monday, July 31st - Friday, August 4, 2023 9:00am - 12:00pm at St. Catharine

When we love and serve others, we love and serve God. It's going to be a busy week as we serve Sole Hope, Run the Race, the homeless of Columbus, prison ministry, the homebound of our parish, Statewide Services and Outreach - School for the Blind, our parish sandwich ministry, and Mary's Meals! Preparing for Confirmation next year? Come to Mercy Week Service! The week is open only to middle school students who are ready to pray and love like Jesus.

Sign up online at stcatharine.com

Cost - \$35. Space is limited

Ouestions? toni@stcatharine.com



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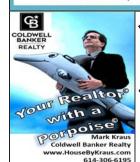


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Jesus makes a miracle happen at every Mass so he can be close to me. What can kids do at Mass? So much!





GETTING READY

The Church is Jesus' house, and Jesus is my King. When I get ready for Mass, it's nice to dress up because it is so special to be in the King's house. I make sure I am clean and neat when I go to Mass. I especially make sure I brush my teeth!

LISTENING

During the first part of the Mass, we read from the Bible. I ask God what he wants to tell me today, and listen to the stories. God likes to talk to us through his Word. Maybe he has a message for me!



After the readings, we pass around a basket to collect gifts for the Church and the poor. Grown-ups usually give money, but Jesus wants something even more special from kids. I think of something I can offer Jesus in my heart and imagine my gift going up to the altar with the bread and wine. God is about to do something really amazing with our gifts.



THE MIRACLE

When I hear Jesus' words, "This is my body," a miracle happens! God changes the bread and wine into the real Body and Blood of Jesus. The host still looks like bread, but Jesus is there in disguise.





5

JESUS COMES INTO MY HEART

I fold my hands reverently in the Communion line. When I receive Jesus, I thank him for visiting me in this amazing way. While I wait for everyone else to receive communion, this is the perfect time to have a private conversation with Jesus in my heart.

The Next Two Weeks...

Week of June 18th
The Eleventh Week of Ordinary Time

Week of June 25th
The Twelfth Week of Ordinary Time

Sunday, June 18th

Twelfth 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-Friday, June 23rd 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

Tuesday of the Eleventh Week in Ordinary Time

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

7:30pm K of C: 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 11th)

Total Offering \$13,912.56 Less 6% \$834.75 Net \$13,007.81

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Sunday, June 25th

Twelfth Sunday in Ordinary Time

8:30am Holy Mass (Clinton Miller)
11:00am Holy Mass (People of the Parish)
5:00pm Holy Mass (Rocco Morando)

Monday, June 26th

8:00am Holy Mass (Art Wohlfron)

6:30pm Scouts

7:00pm The Chosen: Season 3, Episode 8

Tuesday, June 27th

10:30am Senior Citizens Day with Bishop Fernandes

7:00pm Holy Mass (Intentions of Slawek, Donald and Family)

7:30pm Confessions

Wednesday, June 28th

Memorial of Saint Irenaeus, Bishop, Doctor, Martyr

7:30am Men's Rosary

8:00am Holy Mass (Intentions of Men's Rosary Group)

Thursday, June 29th

Solemnity of Saints Peter and Paul, Apostles 8:00am Holy Mass (Nelle Zettler)

7:00pm ADORE Night (Confession & Adoration)

Friday, June 30th

8:00am Holy Mass (Neil, Carol, and Candace Wilcox)

Saturday, July 1st

6:30am Women at the Well

8:30am Holy Mass (Easly and Stanton Families)

9:00am Confessions

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



The Apostle's Prayer

Lord, when you called Abraham, he responded, "Ready"
When you called Isaiah, he answered, "Here I am Lord."
When the angel Gabriel called out to Mary, she responded,
"I am the handmaid of the Lord. Let it be done to me according to your word."

Lord, I hear you calling my name.

I hear you entrusting me with the task of building your kingdom.

Like those holy men and women who have gone before me, I give you my 'yes'!

I will go anywhere you want me to go. I will do anything you want me to do. I will say anything you want me to say.

Holy Spirit I welcome you and ask you to guide me.
Form in me an apostle's heart filled with love for Christ and zeal for souls.
I will commit myself with courage and generosity to the New Evangelization.
I will build brick-by-brick, the city of God inside the city of man.
Amen

LET US SET THE WORLD ON FIRE FOR JESUS!