

SOLEMNITY of the MOST HOLY TRINITY



“It is not only the Church that is called to be the image of One God in Three Persons, but also the family, based on marriage between man and woman. In the beginning, “God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, ‘Be fruitful and multiply’” (Gen 1:27-28). God created us male and female, equal in dignity, but also with respective and complementary characteristics, so that the two might be a gift for each other, might value each other and might bring into being a community of love and life. It is love that makes the human person the authentic image of the Blessed Trinity, image of God. Your love is fruitful first and foremost for yourselves, because you desire and accomplish one another’s good, you experience the joy of receiving and giving. It is also fruitful in your generous and responsible procreation of children, in your attentive care for them, and in their vigilant and wise education. And lastly, it is fruitful for society, because family life is the first and irreplaceable school of social virtues, such as respect for persons, gratuitousness, trust, responsibility, solidarity, cooperation. Dear married couples, watch over your children and, in a world dominated by technology, transmit to them, with serenity and trust, reasons for living, the strength of faith, pointing them towards high goals and supporting them in their fragility. And let me add a word to the children here: be sure that you always maintain a relationship of deep affection and attentive care for your parents, and see that your relationships with your brothers and sisters are opportunities to grow in love.”

+POPE BENEDICT XVI

HOLY MASS SCHEDULE

SEE BULLETIN FOR HOLY DAYS

Saturday Vigil	4:00pm
Sunday	8:30am
	10:30am
	12:30pm
	5:00pm

Daily

Monday-Friday	6:30am
Monday-Saturday	8:15am

SACRAMENT OF BAPTISM

2:00pm on first and third Sundays.
Pre-Baptism class is at 2:00pm on second Sunday. All by appointment.

Sponsors need letter from their pastor.

SACRAMENT OF RECONCILIATION

2:30–3:30pm every Saturday;
Weekly Holy Hour with Confessions from 6:30–7:30pm every Wednesday.

Anytime upon request.
(Call for appointment.)

SACRAMENT OF MARRIAGE

No date should be set prior to seeing a priest or deacon six months before desired date.

SACRAMENT OF THE SICK

Please contact the Parish office.

614.885.7814

SAINTMICHAEL-CD.ORG

5750 NORTH HIGH STREET
WORTHINGTON, OHIO 43085



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SAINT MICHAEL STAFF DIRECTORY

Website: saintmichael-cd.org

Parish Office: 614-885-7814

MINISTERS TO THE PARISH

Pastor: Fr. Michael J. Lumpe

Parochial Vicar: Fr. Wojciech Stachura, SAC

Priest in Residence/Diocesan Judicial Vicar:

Fr. Robert Kitsmiller

Priest in Holy Service: Fr. Peter Fegan, O.P.

Transitional Deacon: Dcn. Sam Severance

Permanent Deacons:

Dcn. John Crerand

Dcn. Bill Demidovich

Dcn. Klaus Fricke (Retired)

Pastoral Minister: Sr. Riya Mary

srriya@saintmichael-cd.org

Youth Minister: Jake Asuncion

jasuncion@saintmichael-cd.org

Director of RCIA: Jake Neal

jneal@sjchcc.org

PARISH OFFICE

Business Manager: Kris Jesse

kjesse@saintmichael-cd.org

Office Manager: Kathy Trafford

ktrafford@saintmichael-cd.org

Receptionist/Secretary: Rhonda Marinelli

rmarinelli@saintmichael-cd.org

Marketing & Communications: Rebecca Lund

rlund@saintmichael-cd.org

Campus Facility and Safety Director:

Steve Moore

smoore@saintmichael-cd.org

Safe Environment Coordinator: Bethany Cook

bcook@saintmichael-cd.org

Choir Director/Organist: Ron Barrett

rbarrett@saintmichael-cd.org

ST. MICHAEL PARISH SCHOOL

Website: stmichaelworthington.org

School Office: 614-885-3149

Principal: Sr. Mary Regina, O.P.

principal@stmichaelworthington.org

Preschool Director: Laura Wells

lwells@stmichaelworthington.org

PARISH REPRESENTATIVES

Athletic Association Representative: Liz Trolli

smaa@saintmichael-cd.org

Knights of Columbus Representative:

Seth Walker

grandknight@kofc11445.com

St. Vincent de Paul Society Representative:

Elaine Miracle

svdp@saintmichael-cd.org

SAINT MICHAEL INFORMATION CENTER



LOW-GLUTEN HOST

If you are in need of a low-gluten host, please scan this QR code for full details.



NEW MEMBERS

Registering in a parish is a declaration of your desire to be part of a Catholic community and a commitment to the life of the parish family. We are often asked to provide affidavits for parishioner standing. We can only do this if a person is a registered, active, and contributing member in our parish. You can register by scanning the QR code above or by visiting our website at www.saintmichael-cd.org.

BULLETIN DEADLINE

To submit a bulletin request, the request must be made no later than 12:00 p.m., Monday. Send bulletin requests to rlund@saintmichael-cd.org with "BULLETIN REQUEST" in the subject line with all details and contact person for questions. Early submission deadlines may be required surrounding holidays. All bulletin requests are subject to approval.

HOMEBOUND MINISTRY

St. Michael's Homebound Ministry is available to bring the Eucharist to the homebound. If you or a loved one within St. Michael Parish boundaries would like someone to bring the Eucharist to you, please reach out to Sr. Riya Mary to coordinate. She can be reached by calling the Parish Office or by emailing srriya@stmichael-cd.org.



ONLINE GIVING

St. Michael offers online giving as a convenient tool for you to use. Scan the QR code to learn more or to set up online contributions.

ADORATION CHAPEL

There is no better way to spend an hour of your week than in the presence of the Blessed Sacrament. Consider signing up for Adoration. Our Adoration Chapel offers Eucharistic Exposition on Thursdays and Fridays from 9:00 a.m., Thursday morning through 9:00 p.m., Friday evening. Adoration is available at all other times with the Blessed Sacrament reposed in the tabernacle. Registration is easy to do from your phone. Visit StMichael.WeAdoreHim.com to sign up. You can also visit the Church on Wednesdays for our weekly Holy Hour with Confessions from 6:30-7:30 p.m. each week.

THE SOLEMNITY OF THE MOST HOLY TRINITY MAY 26, 2024

DAILY MASS INTENTIONS

Saturday, May 25

4:00 p.m. + Warren, David & Michael Roberts (Carolyn Roberts)

Sunday, May 26

8:30 a.m. + Jeffrey Brader (Suzanne & John Blute)
 10:30 a.m. + Vincent Lavin (Deacon John Crerand)
 12:30 p.m. + Caroline Cahall (The Cahall Family)
 5:00 p.m. For the Living & Deceased Members of our Parish

Monday, May 27– MEMORIAL DAY

6:30 a.m. For those who died in service to our country
 8:15 a.m. For the families of those who died in service to our country

Tuesday, May 28

6:30 a.m. Newly Ordained: Fr. Tyler Carter
 8:15 a.m. Newly Ordained: Fr. Daniel Colby

Wednesday, May 29

6:30 a.m. + Carole Cordi (Angelo Cordi & Family)
 8:15 a.m. Newly Ordained: Fr. Jason Fox
 NO 6:00 p.m. Mass

Thursday, May 30

6:30 a.m. +Paul Butler (Betsy Butler)
 8:15 a.m. Newly Ordained: Fr. Michael Haemmerle

Friday, May 31

6:30 a.m. Newly Ordained: Fr. David Johnstone
 8:15 a.m. For our Parish School Students and Staff

Saturday, June 1

8:15 a.m. + Ann Froesch
 4:00 p.m. + Teresamae Faricy (Kathleen Faricy-Eide)

Sunday, June 2

8:30 a.m. For the Living & Deceased Members of our Parish
 10:30 a.m. Special Intention of Sister Maria Kolbe, O.P.
 (The Lund Family)
 12:30 p.m. + Phyllis Utz
 5:00 p.m. Special Intention of Nora Jane Kazor (Michael Kazor)

FINANCIAL STEWARDSHIP

MAY 19, 2024:

Envelopes \$ 17,810.56
 Online Giving \$ 12,545.00
Total: \$ 30,355.56

SACRAMENT OF ANOINTING OF THE SICK

Are you planning for a scheduled medical procedure, or are you being admitted to a hospital or other out-patient facility for surgery or for medical treatment? If so, please see one of the priests before or after any of our parish Masses so that he can provide you with the Sacrament of Anointing of the Sick **BEFORE** you have your procedure, treatment or surgery. In the Sacrament of the Anointing of the Sick, the priest anoints the seriously ill, injured, or the elderly with the "Oil of the Infirmit" which is a special oil, blessed by the Bishop, used for the Sacrament of the Anointing of the Sick. Obviously, there are emergency situations, but anything that you can do in advance to receive the sacramental graces of the Anointing of the Sick – physical, spiritual and emotional healing – is helpful to you, your family, and to the priests.

NO WEDNESDAY MASS AND HOLY HOUR ON MAY 29

St. Michael will not have our usual 6:00 p.m. Mass followed by Holy Hour and Confessions on Wednesday, May 29th as we celebrate our graduating 8th grade students at St. Michael school that evening. Please join us in praying for them as they complete their time at St. Michael School and head to High School!

PARISH CALENDAR MAY/JUNE

SUNDAY, May 26	No Activities	Thursday, May 30	Eucharistic Exposition (AC) 5:30 p.m. Cub Scout Meeting (U)
Monday, May 27	Parish Office Closed 10:00 a.m. Memorial Day Parade & Hot Dogs 6:30 p.m. Boy Scouts (U)	Friday, May 31	Eucharistic Exposition (AC)
Tuesday, May 28	7:00 p.m. Choir Practice (C)	Saturday, June 1	7:00 a.m. Pietra (Field) 2:30 p.m. Confessions (C)
Wednesday, May 29	NO MASS, CONFESSIONS OR HOLY HOUR	SUNDAY, June 2	Friendship Sunday after all Masses 2:00 p.m. Baptisms (C)

(U) = Undercroft/Cafeteria, (S) = School, (C) = Church, (G) = Gym, (MH) = Marian Hall, (SL) = School Library, (UMR) = Meeting room on the first floor of the Parish Ministry Center, (LMR) = Meeting room in the basement of the Parish Ministry Center, (AC) = Adoration Chapel

FROM THE PASTOR

ON THIS SOLEMNITY OF THE MOST HOLY TRINITY, we celebrate one of the great mysteries of one God, three persons – the Most Holy Trinity. But in order to celebrate fully this feast and live it, we need first to come to some understanding of who God is – God the Father, God the Son, and God the Holy Spirit. We believe in the Blessed Trinity because we believe in Jesus who revealed the Trinity. God had prepared the Jews not only to welcome the Messiah but to recognize through revelation what philosophers like Aristotle achieved through reason: that there is a God and there can only be one God. As we see in the first reading today, Moses said to the Jews, “This is why you must now know, and fix in your heart, that the LORD is God in the heavens above and on earth below, and that there is no other. You must keep his statutes and commandments that I enjoin on you today, that you and your children after you may prosper, and that you may have long life on the land which the LORD, your God, is giving you forever.” When the Messiah finally came, he revealed a huge mystery that went far beyond what the Jews were expecting: that the one God in whom they believe is not solitary, but a unity, a communion of three persons, Father, Son and Holy Spirit, and that the Second Person of the Trinity is the Messiah, the Son of God, Jesus Christ. He told them explicitly that the Father and He are one (John 10:30). He told them that He and the Father would send the Holy Spirit (John 14:26, John 15:26). And when He sent them out to baptize in the name of God, he didn’t give them the instructions to baptize in the “names” of the Father, Son and Holy Spirit – as if they were three different gods – but in the “name,” for they are fundamentally a union of three persons. This is what the term *Trinity* means. It was devised by the early Church apologist Tertullian around the year 200 from the Latin words “*unitas*” and “*trinus*,” literally “unity” and “three.” It signifies that there is a unity of three persons in one God. Since the beginning of the Church, theologians have spent their lives trying to penetrate this mystery and explain it to others. Saint Patrick used the image of a three-leaf clover (statues and stained glass depicting Saint Patrick usually show him holding the shamrock). Theological insights and symbolism about the blessed Trinity may seem theoretical, but they become highly practical when we reflect on the fact that each of us have been made in the image and likeness of God and called to communion with God. To be in the image and likeness of God means to be created in the image and likeness of a communion of persons in love. There is an obvious application of this to our interpersonal relationships with one another – friend and stranger alike – to the marriage of man and women, and the fruit of love between husband and wife of their children – i.e. the family. We can broaden “family” to include all persons as brothers and sisters in Christ Jesus, and children of God – the family of God’s creation, the human race. The more the family is a loving communion, the more it will resemble God, and this is the principal mission of the family – not just our own family, but also the family of the Church, and the family of mankind.

ON THIS MEMORIAL DAY WEEKEND, let’s make certain that we look beyond the externals of simply having a three-day weekend, of kicking off the unofficial beginning of summer and firing up the BBQ. Yes, we enjoy this weekend, but this Memorial Day Weekend would not be celebrated if it were not for **Memorial Day** – a day set aside by our nation to honor those who paid the ultimate price – their very lives – in service to our country. Please teach your children and grandchildren what Memorial Day is all about. Originally called “Decoration Day,” it was formalized by a “Memorial Day Order” issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868. Come to Mass on Memorial Day – 6:30 a.m. or 8:15 a.m. – so that we can honor our fallen service men and women in prayer. If that is not possible, please pray the following prayer at your gatherings with family and friends:

A MEMORIAL DAY PRAYER

God our Father, we honor today those men and women – our sons and daughters; husbands and wives; fathers, brothers, sisters, mothers; friends and neighbors – who have laid down their life for their country. Whether weary or emboldened, quiet or defiant, vulnerable or ready when You called them home, their sacrifice is too humbling for words except these uttered in prayer. Loving Lord, bless them forever in Your eternal peace. Let the sounds of strife, the cries of battle, the wounds of war be calmed for all eternity in Your loving and endless grace. Let these great service men and women find rest at last, ever reminded that we who are left behind Cherish their spirit, honor their commitment, love and cherish them, and will always remember the service that they gave. Amen.

A MEMORIAL DAY TRADITION AT SAINT MICHAEL: After the 8:15 a.m. Mass, the Annual Worthington Memorial Day Parade will pass by our parish, and hot dogs and refreshments will be given out to parade-goers. What a wonderful tradition! **THANK YOU** to our Knights of Columbus, Parish Pastoral Council, and all volunteers who make this happen!

THANK YOU! WE’RE JUST SHY OF THE HALFWAY MARK OF OUR ENHANCED “APPEAL” GOAL! As of this writing, we have donations totaling \$239,470.33 which is 48% of our enhanced goal of \$500,000.00. Since we have already reached the Diocesan goal for our parish of \$148,861.00, every penny above and beyond will be returned to our parish in the form of rebates; these additional funds are earmarked to pay down our parish debts. Quick math: we have at this point \$91,470.33 coming back to our parish to pay down our debts. Working together as a parish family, we’re making it happen, folks. Please see the bulletin on how you can securely donate electronically, or send your check to the Parish Office. Thank you!

–Fr. Mike



**CONGRATULATIONS
GRADUATES!**

Congratulations & Prayers to all
parishioners graduating from High School!

Anthony Mosaic ~ Bishop Watterson High School
Anmarie Trolli ~ St. Francis DeSales High School
Sophie Shaver ~ Thomas Worthington High School
MaryGrace Zaremba ~ Olentangy Berlin High School

**EXPERIENCE
PIETRA ...**

A whole-person fitness class that stretches and strengthens the body while refreshing the soul with prayer and meditation. In one hour, you will feel calmer, stronger, and renewed! Join our **Pietra** classes! Saturdays this summer from 7:00-8:00 a.m. at St. Michael Church. Contact Maria Elliott at maria@viribuswellness.com for more information or by using the QR code.



MEMORIAL DAY

Join us in praying for our fallen heroes

MONDAY, 27 MAY 2024
DAILY MASSES AT 6:30AM & 8:15AM
WORTHINGTON MEMORIAL DAY
PARADE BEGINS AT 10AM

JOIN US FOR THE PARADE AND ENJOY
COMPLIMENTARY LEMONADE AND
HOT DOGS SPONSORED BY
THE KNIGHTS OF COLUMBUS!

As of May 23rd, we have raised 48% of our goal. Please prayerfully consider how you are called to help this year. You can donate online using the QR code or by using the envelopes which are available in Marian Hall.



MAKE YOUR GIFT NOW!



The Appeal
Supporting Catholic Ministries
2024

GOAL: \$500,000

Total Raised as of
May 23rd:
\$239,470.33
from 139 donors!

The St. Vincent de Paul Society
asks you to
FILL THE FOOD PANTRY!



Bags will be distributed after all
Masses on June 8 & 9
with collection after all Masses on
June 15 & 16

Bags will come with a list of the items needed to keep
our pantry full and ready to assist those who
experience food insecurity.
Thank you for your generosity!

SCHOOLS

BWHS SUMMER CAMPS

Registration is open for Bishop Watterson's summer art, theatre and sports camps. Woodshop camp information is coming soon. Sports being offered are baseball, boys basketball, girls basketball, cheerleading, field hockey, football, girls soccer, softball, track & field, boys volleyball and girls volleyball. Go to bishopwatterson.com for dates, registration and other details.

SUMMER CAMPS AT ST. FRANCIS DE SALES HIGH SCHOOL

Registration is open for the summer camps offered at St. Francis De Sales High School during June and July. Families can choose from a broad menu of programs that include a variety of sports, academic enrichment, and faith-based activities specifically for kids to explore their passions! Please visit www.sfdstallions.org/summercamps to sign up today!

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 May is dedicated to the Blessed Virgin Mary.

“For man cannot attain that true happiness for which he yearns with all the strength of his spirit, unless he keeps the laws which the Most High God has engraved in his very nature.” +POPE SAINT PAUL VI

**Monday, May 27 ~ Eighth Week in Ordinary Time
~ Memorial Day ~**

Holy Gospel: Mark 10:17-27 As Jesus was setting out on a journey, a man ran up, knelt down before him, and asked him, “Good teacher, what must I do to inherit eternal life?” Jesus answered him, “Why do you call me good? No one is good but God alone. You know the commandments: You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; you shall not defraud; honor your father and your mother.” He replied and said to him, “Teacher, all of these I have observed from my youth.” Jesus, looking at him, loved him and said to him, “You are lacking in one thing. Go, sell what you have, and give to the poor and you will have treasure in heaven; then come, follow me.” At that statement, his face fell, and he went away sad, for he had many possessions. Jesus looked around and said to his disciples, “How hard it is for those who have wealth to enter the Kingdom of God!” The disciples were amazed at his words. So Jesus again said to them in reply, “Children, how hard it is to enter the Kingdom of God! It is easier for a camel to pass through the eye of a needle than for one who is rich to enter the Kingdom of God.” They were exceedingly astonished and said among themselves, “Then who can be saved?” Jesus looked at them and said, “For men it is impossible, but not for God. All things are possible for God.”

Meditation: Despite initial reactions, we know that Jesus was not opposed to wealth, nor was he opposed to the wealthy. He had many friends who were well-to-do, including some tax collectors! One (Matthew) was even called by Christ to be one of his apostles! Jesus' warning reiterated the teaching of the Old Testament wisdom: Better is a poor man who walks in his integrity than a rich man who is perverse in his ways (Proverbs 28:6; see also Psalm 37:16). Do not wear yourself out to get rich; be wise enough to desist (Proverbs 23:4). Why is Jesus so cautious, then, about wealth? Simple. Wealth can make us falsely independent. The church at Laodicea was warned about their attitude towards wealth and a false sense of security: "For you say, I am rich, I have prospered, and I need nothing" (Revelations 3:17). Wealth can also lead us into hurtful desires and selfishness (see 1 Timothy 6:9-10). Look at the lesson Jesus gave about the rich man and his sons who refused to aid the poor man Lazarus (see Luke 16:19ff). They also neglected to serve God. The scriptures give us a paradox: we lose what we keep and we gain what we give away. Generosity will be amply repaid, both in this life and in eternity (Proverbs 3:9-10, Luke 6:38). Jesus offers us an incomparable treasure which no money can buy. The thing we most set our heart on is our highest treasure. Remember, “you can't take it with you.” So...where is your treasure?

Memorial Day Prayer: God of power and mercy, you destroy war and put down earthly pride. Banish violence from our midst and wipe away our tears, that we may all deserve to be called your sons and daughters. Keep in your mercy those men and women who have died in the cause of freedom and bring them safely into your kingdom of justice and peace. We pray this through Jesus Christ our Lord. Amen.

Contemplation: Those who are generous towards God and towards their neighbor find that they cannot out give God in his generosity towards us. God blesses us with the priceless treasures of his kingdom – freedom from fear and the griping power of sin, selfishness and pride which block his love and grace in our lives; freedom from loneliness, isolation and rejection which keep his children from living together in love, peace, and unity; and freedom from hopelessness, despair, and disillusionment which blind our vision of God's power to heal every hurt, bind every wound, and remove every blemish which mar the image of

God within us. God offers us treasure which money cannot buy. He alone can truly satisfy the deepest longing and desires of our heart. Are you willing to part with all earthly things that might keep you from seeking true and complete joy with Jesus?

Memorial Day: A Lesson in Service and Sacrifice (by Tom McGrath, Loyola Press): What we remember—and honor—on Memorial Day is heroic sacrifice. We acknowledge those who nobly gave of themselves, even unto death, for a purpose they believed was greater than themselves. Since the days just following the end of the Civil War, Americans have gathered in late May to honor those who died in military service to their country. In the spirit of the day, we can also recall, honor, and pray for all those we know who have lived lives of service and sacrifice for the good of others.

One definition of *sacrifice* is “the destruction or surrender of something for the sake of something else.” Though suffering is always a part of sacrifice to some extent, seeking suffering for its own sake is *not* sacrifice. Sacrifice implies giving up one good for a higher good. For example, a child gives up a day of play to visit an ailing grandparent, or a parent sacrifices watching a favorite television program to help a child who is struggling with homework. Life in the family is full of opportunities for service and sacrifice.

What counts in this definition is the phrase “for the sake of something else.” Is that “something else” worthy of the sacrifice we make? True sacrifice is always at the service of life. We learn this from Jesus, who made the ultimate sacrifice and remained faithful through his Passion, death, and Resurrection. Jesus’ greater purpose for this sacrifice was our well-being—that we might have life and have it abundantly.

This Memorial Day, as we remember all who have served and sacrificed on our behalf, let us not forget what Jesus was willing to give up for us—and the lessons we can learn from that perfect example of sacrifice.

Tuesday, May 28 ~ Eighth Week in Ordinary Time

Holy Gospel: Mark 10: 28-31 Peter began to say to Jesus, “We have given up everything and followed you.” Jesus said, “Amen, I say to you, there is no one who has given up house or brothers or sisters or mother or father or children or lands for my sake and for the sake of the Gospel who will not receive a hundred times more now in this present age: houses and brothers and sisters and mothers and children and lands, with persecutions, and eternal life in the age to come. But many that are first will be last, and the last will be first.”

Meditation: Right after a wealthy young man refused to follow Jesus, Peter, somewhat crudely wanted to know what he and the other disciples would get out of it since they had freely accepted Jesus’ offer to follow him unconditionally. Jesus spoke with utter honesty: Those who left all for him would receive a hundred times more now, even in this life, as well as unending life in the age to come. Jesus’ disciples can expect opposition and persecution from those who are opposed to Christ and his gospel. Thus this gospel presents us with a paradox: we lose what we keep, and we gain what we give away. When we lose our lives for Jesus Christ, we gain a priceless treasure and an inheritance which last forever. Whatever we give to God comes back a hundredfold. Generosity flows from a heart full of gratitude for the abundant mercy and grace which God grants. Do you give freely and generously? And why do you give, for reward or for love?

Prayer: Grant us, O Lord, we pray, that the course of our world may be directed by your peaceful rule and that your Church may rejoice, untroubled in her devotion. 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: Should we be surprised if we lose favor and experience ridicule, intimidation, and injury when we take a stand for truth and righteousness? In place of material wealth, Jesus promised his disciples the blessing and joy of rich fellowship with the community of believers. No earthly good or possession can rival the joy and bliss of knowing God and the peace and unity he grants to his disciples. The Lord wants to fill our hearts with the vision of heaven and with his joy and peace. Do you know the joy of following the Lord as his disciple? Ask the Holy Spirit to fill you with the joy of the gospel and the knowledge of God’s personal love.

Wednesday, May 29 ~ Eighth Week in Ordinary Time Pope Saint Paul VI

Holy Gospel: Mark 10:32-45 The disciples were on the way, going up to Jerusalem, and Jesus went ahead of them. They were amazed, and those who followed were afraid. Taking the Twelve aside again, he began to tell them what was going to happen to him. “Behold, we are going up to Jerusalem, and the Son

OUR Catholic FAITH

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“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

21 Things we do when we make the Sign of the Cross

by Stephen Beale

The Sign of the Cross is a simple gesture yet a profound expression of faith for both Catholic and Orthodox Christians. As Catholics, it's something we do when we enter a church, after we receive Communion, before meals, and every time we pray. But what exactly are we doing when we make the Sign of the Cross? Here are 21 things:

1. Pray. We begin and end our prayers with the Sign of the Cross, perhaps not realizing that the sign is itself a prayer. If prayer, at its core, is “an uprising of the mind to God,” as St. John Damascene put it, then the Sign of the Cross assuredly qualifies. “No empty gesture, the sign of the cross is a potent prayer that engages the Holy Spirit as the divine advocate and agent of our successful Christian living,” writes Bert Ghezzi.

2. Open ourselves to grace. As a sacramental, the Sign of the Cross prepares us for receiving God's blessing and disposes us to cooperate with His grace, according to Ghezzi.

3. Sanctify the day. As an act repeated throughout the key moments of each day, the Sign of the Cross sanctifies our day. “At every forward step and movement, at every going in and out, when we put on our clothes and shoes, when we bathe, when we sit at table, when we light the lamps, on couch, on seat, in all the ordinary actions of daily life, we trace upon the forehead the sign,” wrote Tertullian.

4. Commit the whole self to Christ. In moving our hands from our foreheads to our hearts and then both shoulders, we are asking God's blessing for our mind, our passions and desires, our very bodies. In other words, the Sign of the Cross commits us, body and soul, mind and heart, to Christ. (I'm paraphrasing this Russian Orthodox writer.) “Let it take in your whole being—body, soul, mind, will, thoughts, feelings, you're doing and not-doing—and by signing it with the cross strengthen and consecrate the whole in the strength of Christ, in the name of the triune God,” said twentieth century theologian Romano Guardini.

5. Recall the Incarnation. Our movement is downward, from our foreheads to our chest “because Christ descended from the heavens to the earth,” Pope Innocent III wrote in his instructions on making the Sign of the Cross. Holding two fingers together—either the thumb with the ring finger or with index finger—also represents the two natures of Christ.

6. Remember the Passion of Our Lord. Fundamentally, in tracing out the outlines of a cross on ourselves, we are remembering Christ's crucifixion. This remembrance is deepened if we keep our right hand open, using all five fingers to make the sign—corresponding to the Five Wounds of Christ.

7. Affirm the Trinity. In invoking the name of God the Father, the Son, and the Holy Spirit, we are affirming our belief in a triune God. This is also reinforced by using three fingers to make the sign, according to Pope Innocent III.

8. Focus our prayer on God. One of the temptations in prayer is to address it to God as we conceive of Him—the man upstairs, our buddy, a sort of cosmic genie, etc. When this happens, our prayer becomes more about us than an encounter with the living God. The Sign of the Cross immediately focuses us on the true God, according to Ghezzi: “When we invoke the Trinity, we fix our attention on the God who made us, not on the God we have made. We fling our images aside and address our prayers to God as he has revealed himself to be: Father, Son, and Holy Spirit.”

9. Affirm the procession of Son and Spirit. In first lifting our hand to our forehead we recall that the Father is the first person the Trinity. In lowering our hand we “express that the Son proceeds from the Father.” And, in ending with the Holy Spirit, we signify that the Spirit proceeds from both the Father and the Son, according to Francis de Sales.

10. Confess our faith. In affirming our belief in the Incarnation, the crucifixion, and the Trinity, we are making a sort of mini-confession of faith in words and gestures, proclaiming the core truths of the creed.

11. Invoke the power of God's name. In Scripture, God's name carries power. In Philippians 2:10, St. Paul tells us that “at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth.” And, in John 14:13-14, Jesus Himself said, “And whatever you ask in my name, I will do, so that the Father may be glorified in the Son. If you ask anything of me in my name, I will do it.”

Reflections...

words to ponder and pray about from Fr. Richard A. Tomasek, S.J.

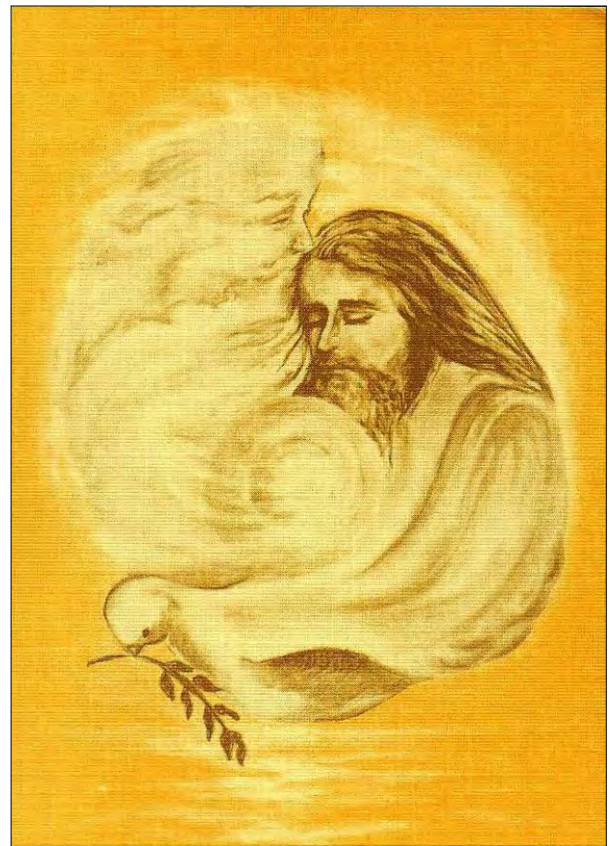
The Holy Trinity

The heart and pulsing source of reality is God. Through the things He has made God has revealed many of His qualities like His power, wisdom, providence, beauty and goodness. It was only through Jesus, His only-begotten Son whom He sent as a man into this world, that we have come to know the depth of God's inner life, namely, that this One God is Three Persons.

It is ironic then, that our interpersonal God is frequently viewed through the images of very impersonal images: a triangle, a three-leaved clover leaf, a strange mathematical statement of three in one and one in three. It doesn't help most of us to hear the precise philosophical language of ancient Greek philosophy which tells us that the one God has one divine "nature" but that He consists of three "persons." Here, the word person does not mean a separate personality such as we normally use the term. "Person," in Greek philosophy means "relationship." The person of the Father means that the First Person of the Trinity relates to the Second Person as father and begetter, whereas the Second Person relates to the Father as the son or the begotten one. The Third Person, the Holy Spirit, is the Love that the Father and the Son have for one another. Some people, impatient with these explanations, just throw up their hands in consternation and say: "It's all a mystery!" They give up the search.

Theological precision about the nature and persons of God was achieved through much blood, sweat and tears during the first six centuries of the Church. Different heresies denied one or other important truths about God. Some, like the Arians, said that Jesus was just a great man but not God. The Monophysites claimed that Jesus was God but not a real man. The Nestorians said that we can't call Mary the Mother of God because she was the mother only of his human being, thus separating the seamless unity of Jesus' divine and human natures. Others denied that the Holy Spirit was divine, etc.

The *Catechism of the Catholic Church* will give us the necessary theological parameters for thinking about the Trinity. But we must go further and reach into the Persons of the Trinity and Their relationships with each other and with us. We will find the greatest help in the Scriptures and the Liturgy. How beautiful it is to meditate on how the Father relates to Jesus: "You are my beloved Son in whom I take delight" (Mk 1:11). Listening to Jesus we are given many



windows into who the Father is and how Jesus loves and entrusts Himself to Him. For instance, "At that very moment [Jesus] rejoiced in the Holy Spirit and said, 'I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and learned you have revealed them to the childlike. All things have been handed over to me by my Father. No one knows who the Son is except the Father, and who the Father is except the Son and anyone to whom the Son wishes to reveal him'" (Lk 10:21-22).

The Three Divine Persons want a very personal relationship with each of us. At the Last Supper Jesus says, "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him" (Jo 14:23). It is very important that each of us pray to each of the Divine persons individually—entrusting our self to the mercy and providence of the Father, to the brotherly love of Jesus our Savior, and to the spousal love and gifts of the Holy Spirit. It is fine to pray, "Dear God, help me..." But more often, let us pray to each Divine person individually, even when we reverently make the Sign of the Cross.

In addition to being a noted theologian, speaker and writer, Fr. Tomasek served as Director of Spiritual Formation at the Pontifical College Josephinum in Columbus, Ohio, and the Pontifical North American College in Rome.



Remember, Honor and Pray on Memorial Day

Remembering those who have died for their freedom is a custom that Americans recognize and is most worthy of continuing. Memorial Day is an education for people of all ages – especially young men and women. This day is set aside to honor the members of the armed forces who never made it to veteran status because they were killed fighting for our country in wars, police actions, peace-keeping missions or against terrorists. We remember these brave men and women for the ultimate price that they paid for freedom – their lives. We remember them, we honor them, and we pray for them. We pray also for their families, friends and loved ones.



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



12. Crucify ourselves with Christ. Whoever wishes to follow Christ “must deny himself” and “take up his cross” as Jesus told the disciples in Matthew 16:24. “I have been crucified with Christ,” St. Paul writes in Galatians 2:19. “Proclaiming the sign of the cross proclaims our yes to this condition of discipleship,” Ghezzi writes.

13. Ask for support in our suffering. In crossing our shoulders we ask God “to support us—to shoulder us—in our suffering,” Ghezzi writes.

14. Reaffirm our baptism. In using the same words with which we were baptized, the Sign of the Cross is a “summing up and re-acceptance of our baptism,” according to then-Cardinal Joseph Ratzinger.

15. Reverse the curse. The Sign of the Cross recalls the forgiveness of sins and the reversal of the Fall by passing “from the left side of the curse to the right of blessing,” according to de Sales. The movement from left to right also signifies our future passage from present misery to future glory just as Christ “crossed over from death to life and from Hades to Paradise,” Pope Innocent II wrote.

16. Remake ourselves in Christ’s image. In Colossians 3, St. Paul uses the image of clothing to describe how our sinful natures are transformed in Christ. We are to take off the old self and put on the self “which is being renewed ... in the image of its creator,” Paul tells us. The Church Fathers saw a connection between this verse and the stripping of Christ on the cross, “teaching that stripping off our old nature in baptism and putting on a new one was a participation in Christ’s stripping at his crucifixion,” Ghezzi writes. He concludes that we can view the Sign of the Cross as “our way of participating in Christ’s stripping at the Crucifixion and his being clothed in glory at his resurrection.” Thus, in making the Sign of the Cross, we are radically identifying ourselves with the entirety of the crucifixion event—not just those parts of it we can accept or that are palatable to our sensibilities.



17. Mark ourselves for Christ. In ancient Greek, the word for sign was *sphragis*, which was also a mark of ownership, according to Ghezzi. “For example, a shepherd marked his sheep as his property with a brand that he called a *sphragis*,” Ghezzi writes. In making the Sign of the Cross, we mark ourselves as belong to Christ, our true shepherd.

18. Soldier on for Christ. The *sphragis* was also the term for a general’s name that would be tattooed on his soldiers, according to Ghezzi. This too is an apt metaphor for the Christian life: while we can be compared to sheep in the sense of following Christ as our shepherd we are not called to be sheepish. We instead are called to be soldiers of Christ. As St. Paul wrote in Ephesians 6, “Put on the armor of God so that you may be able to stand firm against the tactics of the devil. ... take the helmet of salvation and the sword of the Spirit, which is the word of God.”

19. Ward off the devil. The Sign of the Cross is one of the very weapons we use in that battle with the devil. As one medieval preacher named Aelfric declared, “A man may wave about wonderfully with his hands without creating any blessing unless he make the sign of the cross. But, if he do, the fiend will soon be frightened on account of the victorious token.” In another statement, attributed to St. John Chrysostom, demons are said to “fly away” at the Sign of the Cross “dreading it as a staff that they are beaten with.” (Source: Catholic Encyclopedia.)

20. Seal ourselves in the Spirit. In the New Testament, the word *sphragis*, mentioned above, is also sometimes translated as *seal*, as in 2 Corinthians 1:22, where St. Paul writes that, “the one who gives us security with you in Christ and who anointed us is God; he has also put his seal upon us and given the Spirit in our hearts as a first installment.” In making the Sign of the Cross, we are once again sealing ourselves in the Spirit, invoking His powerful intervention in our lives.

21. Witness to others. As a gesture often made in public, the Sign of the Cross is a simple way to witness our faith to others. “Let us not then be ashamed to confess the Crucified. Be the Cross our seal made with boldness by our fingers on our brow, and on everything; over the bread we eat, and the cups we drink; in our comings in, and goings out; before our sleep, when we lie down and when we rise up; when we are in the way, and when we are still,” wrote St. Cyril of Jerusalem.

This article is made available courtesy of the Catholic Exchange.

of Man will be handed over to the chief priests and the scribes, and they will condemn him to death and hand him over to the Gentiles who will mock him, spit upon him, scourge him, and put him to death, but after three days he will rise." Then James and John, the sons of Zebedee, came to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." He replied, "What do you wish me to do for you?" They answered him, "Grant that in your glory we may sit one at your right and the other at your left." Jesus said to them, "You do not know what you are asking. Can you drink the chalice that I drink or be baptized with the baptism with which I am baptized?" They said to him, "We can." Jesus said to them, "The chalice that I drink, you will drink, and with the baptism with which I am baptized, you will be baptized; but to sit at my right or at my left is not mine to give but is for those for whom it has been prepared." When the ten heard this, they became indignant at James and John. Jesus summoned them and said to them, "You know that those who are recognized as rulers over the Gentiles lord it over them, and their great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

Meditation: On three different occasions the Gospels record that Jesus predicted he would endure great suffering through betrayal, rejection, and the punishment of a cruel death. The Jews resorted to stoning and the Romans to crucifixion – the most painful and humiliating death they could devise for criminals they wanted to eliminate. No wonder the apostles were greatly distressed at such a prediction! If Jesus their Master were put to death, then they would likely receive the same treatment by their enemies. Jesus called himself the "Son of Man" because this was a common Jewish title for the Messiah. Why must the Messiah be rejected and killed? Did not God promise that his Anointed One would deliver his people from their oppression and establish a kingdom of peace and justice? The prophet Isaiah had foretold that it was God's will that the "Suffering Servant" make atonement for sins through his suffering and death (Isaiah 53:5-12). Jesus paid the price for our redemption with his blood. Slavery to sin is to want the wrong things and to be in bondage to destructive desires. The ransom Jesus paid sets us free from the worst tyranny possible – the tyranny of sin and the fear of death. Jesus' victory did not end with death but triumphed over the tomb. Jesus defeated the powers of death through his resurrection. Do you want the greatest freedom possible, the freedom to live as God truly meant us to live as his sons and daughters?

Prayer: O God, who entrusted the governance of your Church to Pope Saint Paul the Sixth, a steadfast apostle of the Gospel of your Son, grant, we pray, that enlightened by his teachings, we may work together with you to spread the culture of love throughout the world. 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: Notice how Jesus weds authority with selfless service and with loving sacrifice. Authority without sacrificial love is brutish and self-serving. Jesus also used stark language to explain what kind of sacrifice he had in mind. His disciples must drink his cup if they expect to reign with him in his kingdom. The cup he had in mind was a bitter one involving crucifixion. What kind of cup does the Lord have in mind for us? For some disciples such a cup entails physical suffering and the painful struggle of martyrdom. But for many, it entails the long routine of the Christian life, with all its daily sacrifices, disappointments, set-backs, struggles, and temptations. A disciple must be ready to lay down his or her life in martyrdom and be ready to lay it down each and every day in the little and big sacrifices required. An early church father summed up Jesus' teaching with the expression: to serve is to reign with Christ. We share in God's reign by laying down our lives in humble service as Jesus did for our sake. Are you willing to lay down your life and to serve others as Jesus did?

Thursday, May 30 ~ Eighth Week in Ordinary Time

Holy Gospel: Mark 10:46-52 As Jesus was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say, "Jesus, son of David, have pity on me." And many rebuked him, telling him to be silent. But he kept calling out all the more, "Son of David, have pity on me." Jesus stopped and said, "Call him." So they called the blind man, saying to him, "Take courage; get up, Jesus is calling you." He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, "What do you want me to do for you?" The blind man replied to him, "Master, I want to see." Jesus told him, "Go your way; your faith has saved you." Immediately he received his sight and followed him on the way.

Meditation: The incident in today's Gospel reveals something important about how God interacts with us. Notice how the blind man Bartimeaus was determined to get Jesus' attention and he was persistent in the face of opposition. Jesus could have ignored or rebuffed him because he was disturbing his talk and his

audience. Jesus showed that acting was more important than talking. This man was in desperate need and Jesus was ready, not only to empathize with his suffering, but to relieve it as well. A great speaker can command attention and respect, but a man or woman with a helping hand and a big heart is loved more. Jesus commends Bartimaeus for recognizing who he is with the eyes of faith and grants him physical sight as well. Do you recognize your need for God's healing grace and do you seek Jesus out, like Bartimaeus, with persistent faith and trust in his goodness and mercy?

Prayer: Grant us, O Lord, we pray, that the course of our world may be directed by your peaceful rule and that your Church may rejoice, untroubled in her devotion. 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.

Friday, June 1 ~ Eighth Week in Ordinary Time **Visitation of the Blessed Virgin Mary**

Holy Gospel: Luke 1:39-56 Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever." Mary remained with her about three months and then returned to her home.

Meditation: People often ask about the significance of Mary's visit to her cousin Elizabeth before the birth of Jesus. It comes down to this. When Elizabeth greeted Mary and recognized the Messiah in Mary's womb they were filled with the Holy Spirit and with a joyful anticipation of the fulfillment of God's promise to give a Savior. What a marvelous wonder for God to fill not only Elizabeth's heart with his Holy Spirit but the child in her womb as well. John the Baptist, even before the birth of the Messiah, pointed to his coming and leapt for joy in the womb of his mother as the Holy Spirit revealed to him the presence of the King to be born. The Holy Spirit is God's gift to us to enable us to know and experience the indwelling presence of God and the power of his kingdom. The Holy Spirit is the way in which God reigns within each of us. Knowing this, do you live in the joy and knowledge of God's indwelling presence with you through his Holy Spirit?

Prayer: Almighty ever-living God, who, while the Blessed Virgin Mary was carrying your Son in her womb, inspired her to visit Elizabeth, grant us, we pray, that, faithful to the promptings of the Spirit, we may magnify your greatness with the Virgin Mary at all times. 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: The word "blessed" [*makarios* in Greek] literally means "happiness" or "beatitude." It describes a kind of joy which is serene and untouchable, self-contained, and independent from chance and changing circumstances of life. There is a certain paradox for those "blessed" by the Lord. Mary was given the "blessedness" of being the mother of the Son of God. That blessedness also would become a sword which pierced her heart as her Son died upon the cross. Saint Anselm, a great teacher and Archbishop of Canterbury (1033-1109), spoke these words in a homily: "Without God's Son nothing could exist; without Mary's son, nothing could be redeemed." To be chosen by God is an awesome privilege and responsibility. Mary received both a crown of joy and a cross of sorrow. Her joy was not diminished by her sorrow because it was fueled by her faith, hope, and trust in God and his promises. Jesus promised his disciples that "no one will take your joy from you" (John 16:22). The Lord gives us a supernatural joy which enables us to bear any sorrow or pain and which neither life nor death can take away. Do you know the joy of a life given over to God in faith and in trust?

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
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I am the vine, you are the branches. John 15:5

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AROUND THE DIOCESE

CATHOLIC MEN'S LUNCHEON – FRIDAY, JUNE 7, 2024 – SPEAKER: PATRICK MADRID

Join us Friday, June 7 at St. Patrick Church in downtown Columbus for a luncheon featuring a talk by Patrick Madrid entitled, "Ten Recent Discoveries That Point to the Existence of God." If you are interested in sponsoring this or another luncheon, contact Pat Foley at foleyp513@gmail.com. Holy Mass (optional) begins at 11:45 a.m., followed by lunch at 12:10 p.m. and Mr. Madrid's presentation. No reservations are necessary. \$12.00 covers the lunch and meeting. Bring a friend! **There will be no luncheons in July and August as we take our traditional summer break. Plan to join us when we resume on Friday, September 6, 2024 for a talk by Don Schlegel, "The Catholic Record Society: 50 years of Keeping Diocese History."** Mark your calendar now, so you don't miss it!



SAINT ELIZABETH ANN SETON ROUTE NATIONAL EUCHARISTIC PROCESSION JUNE 24 - JUNE 30, 2024

MONDAY JUNE 24

St. Joseph Catholic Church, Somerset
8:00 am All Day Eucharistic Adoration
7:00 pm Mass with Bishop Earl K. Fernandes
8:00 pm Eucharistic Procession

TUESDAY JUNE 25

St. Francis de Sales Parish, Newark
4:00 pm Eucharistic Procession Church of the Blessed Sacrament, Newark
5:15 pm Eucharistic Adoration
St. Francis de Sales, Newark
6:30 pm Picnic Dinner

WEDNESDAY JUNE 26

Seton Parish, Pickerington
9:00 am All Day Eucharistic Adoration
6:00 pm Mass
7:00 pm Eucharistic Procession
8:00 pm Picnic Dinner

THURSDAY JUNE 27

Christ the King, Columbus
6:00 pm Eucharistic Adoration
7:00 pm Mass (Spanish)
with Bishop Earl K. Fernandes
8:00 pm Picnic Dinner

FRIDAY JUNE 28

St. Charles Preparatory School, Columbus
5:30 pm Arrival time
6:00 pm Mass with Bishop Earl K. Fernandes
(Bilingual)

SATURDAY JUNE 29

St. Paul the Apostle Parish, Westerville
9:00 am Eucharistic Adoration
10:00 am Mass with Bishop Earl K. Fernandes
11:00 am Eucharistic Procession
12:00 pm - 2:00 pm Vocations Fair in the Klinger Center

SUNDAY JUNE 30

St. Joseph Cathedral, Columbus
12:30 pm Mass (Bilingual)
with Bishop Earl K. Fernandes
2:00 pm Eucharistic Procession
2:30 pm Picnic Dinner

**For more information and to register,
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