



# CATHEDRAL of SAINT PETER

MONTHLY NEWSLETTER

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## Pro-Life Ministry FOCUSES ON ESSENTIAL EFFORTS TO UPHOLD THE SANCTITY OF LIFE

On June 24, 2022, pro-life advocates received news for which they had long prayed — the Supreme Court removed the constitutional right to abortion through the *Dobbs v. Jackson* case. The ruling overturned the *Roe v. Wade* decision, which had been law for nearly 50 years. This ruling gave the power to rule on abortion back to the states. But the work of the pro-life cause isn't done, especially here in Illinois.

Deacon Doug Lugge has been advocating for life for more than 20 years. He got involved when his oldest daughter, Alicia, attended the March for Life in Washington, D.C. He and his wife, Jill, ended up leading the trip and planning for 15 years. He now leads our pro-life efforts here at the Cathedral.

With Illinois allowing abortion, it has become more important to focus pro-life efforts here in the state.

The Cathedral supports the 40 Days for Life campaign through the diocese in



*Elaine and Emily Joost in Fairview Heights, sharing the pro-life message*

March by taking a half day on Sundays to witness and pray at the Fairview Heights Planned Parenthood clinic.

“Although getting involved at the national level is still important, we’ve focused our efforts on the state in recent years,” Deacon Doug says.

With Carbondale building a Planned Parenthood clinic and utilizing a mobile unit, the diocese wants to work

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## EASTER STEWARDSHIP:

### *Sharing Hope of the Resurrection with Those in Need*

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**W**hat hope Jesus' Resurrection offers to us! Indeed, had He not raised Himself from the dead, our faith would be in vain, as St. Paul says. And yet, this hope is for every human being, even those who do not know Him.

Jesus calls us as Catholic Christians to rejoice in the hope He gave us through His Resurrection, but He calls us to share the joy of His Resurrection with the world, particularly with those whose condition in life makes it difficult for them to be joyful.

As we celebrate Easter in the comfort of our homes and churches, let us do our part to reach out to those, who at this time, still find themselves amid great suffering. So many are still experiencing Christ's death, as it were — the victims of war-torn areas around the world, the unwanted and abused, the homeless and the starving — many of whom cannot find a reason or meaning for the tragedy in their lives.

If there is anything worse than suffering, it is the horror of feeling alone in one's suffering. When we devote our lives to sharing the Gospel and the love of Jesus with these poor souls, we undertake a truly awesome and meaningful task — to show those in pain that they are not alone, to assure them of the compassion of Jesus, Who experienced all the physical pain, all the effects of sin, the very same sufferings endured by every person who has ever lived or will live on this earth. Who of all people is more ready to show compassion to the suffering than our Precious Lord?

As St. Paul says, "We do not have a high priest who is unable to sympathize with our weaknesses" (Hebrews 4:15). But the great triumph in the tragedy of the Cross

is that Jesus did not merely experience suffering; He sanctified it, redeemed it, and ultimately conquered it through the Resurrection, thereby bringing hope to every person who suffers.

Jesus calls us to put our faith in His Resurrection into action, to show by the way we live our lives that we really believe it makes a difference even in the darkest places of the world. How can we shine the healing light of the Resurrection on those still in the shadow of the Cross?

We do not have to travel abroad to find a soul in suffering. Perhaps there is someone in our parish to whom we can minister this Easter season, or someone in our local community. We are all called to pray for our brothers and sisters who suffer, but perhaps we can do even more than that. Even if some of us may not have the freedom to devote our time or talent to serve the suffering, through our means, we can minister even to the furthest reaches of the globe. This is one reason why supporting Catholic outreaches and charities is so vital to the Church and our own faith lives. The Scriptures even say, "If a brother or sister has nothing to wear and has no food for the day, and one of you says to them, 'Go in peace, keep warm, and eat well,' but you do not give them the necessities of the body, what good is it? So also faith of itself, if it does not have works, is dead." (James 2:15-17).

Is our faith still buried in the tomb, or is it alive and bearing fruit in our lives and in the lives of others this Easter season? Let's not shrink back from the awesome task Jesus has bestowed on us.



## Honoring the FEAST OF ST. PATRICK *with a Spirit of Stewardship*

Dear Parishioners,

While March means we are in the middle of our Lenten journeys, it also brings the festive holiday of St. Patrick's Day, a time for us to reflect on the Catholic teachings and spiritual significance of this celebration. St. Patrick's Day is not merely about revelry and merriment; it is rooted in the life and teachings of St. Patrick, who was a devout Catholic bishop and patron saint of Ireland.

St. Patrick, known for his missionary work in Ireland, brought the Catholic faith to the Irish people. His dedication, faith, and tireless efforts in spreading Christianity serve as an inspiring example for us all. In celebrating St. Patrick's Day, we can embrace this Catholic heritage and faithfully observe the holiday through acts of Catholic stewardship, particularly during the Lenten season. Here are some ways to celebrate St. Patrick's Day in a spiritually meaningful and stewardship-focused manner:

- **ATTEND MASS:** On St. Patrick's Day, make attending Mass a central part of your celebration. St. Patrick's commitment to the Catholic faith should inspire us to come together in worship and prayer, reaffirming our own faith.
- **LEARN ABOUT ST. PATRICK:** Take some time to learn about the life and work of St. Patrick, his dedication to God, and his missionary efforts. Reflect on how his example can guide your own faith journey.
- **SHARE YOUR FAITH:** Just as St. Patrick shared his faith with the people of Ireland, take this opportunity to share your faith with others. Engage in conversations about Catholicism and encourage open dialogue about your beliefs.
- **EMBRACE THE LENTEN SPIRIT:** St. Patrick's Day often involves indulgence, but as it falls within the season of Lent, consider refraining from excessive feasting and drinking. Use this day to practice moderation and self-discipline, aligning your actions with the spirit of Lent.
- **ACTS OF CHARITY:** St. Patrick's Day can be a time for acts of charity. Donate to a Catholic charity, support a local food bank, or participate in community service to help those in need. These acts of love and generosity reflect St. Patrick's dedication to serving others.
- **CELEBRATE IRISH CULTURE AND TRADITION:** While celebrating Irish culture is an integral part of the day, do so in a manner that respects your faith. Enjoy traditional Irish music, dance, and cuisine, but do not lose sight of the spiritual significance of the holiday.
- **STEWARDSHIP COMMITMENTS:** Use St. Patrick's Day to renew your commitment to Catholic stewardship. Reflect on how you can contribute your time, talents, and financial resources to support our parish and the broader Catholic community.

By celebrating St. Patrick's Day in a way that aligns with Catholic teachings and focuses on stewardship, we can honor the legacy of St. Patrick and his dedication to spreading the Catholic faith. Let us remember that the core of St. Patrick's work was to bring the light of Christ to the people of Ireland, and we too can continue to share the love and teachings of Christ with those around us.

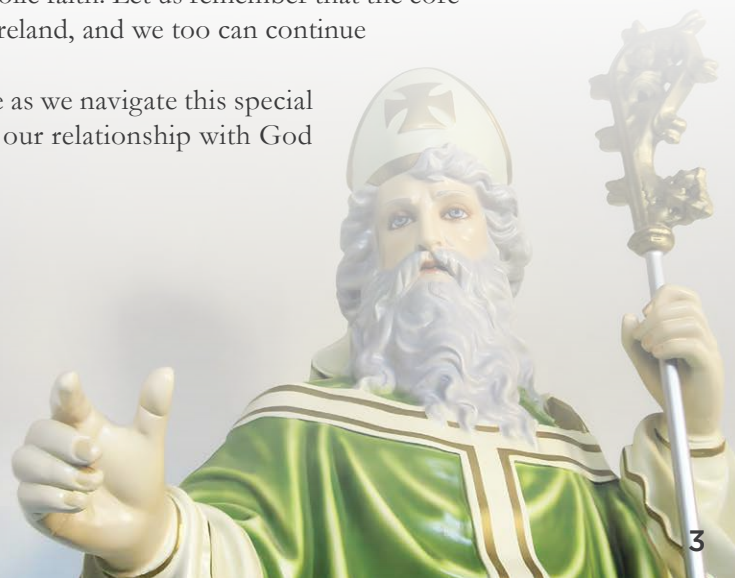
May this St. Patrick's Day be a time of faith, reflection, and service as we navigate this special day during the season of Lent. Let us use this opportunity to deepen our relationship with God and one another.



Peace,

*Fr Godfrey OSB*

Very Rev. Godfrey Mullen, OSB  
Cathedral Rector



# GET TO KNOW ST. BENEDICT AND FR. GODFREY MULLEN, OUR OWN

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On March 21, the Benedictine monks commemorate the day of St. Benedict's death with a special feast day. So, as the day approaches, it seems appropriate for us to familiarize ourselves a bit more with St. Benedict, as well as a Benedictine who lives and works among us — our beloved Cathedral Rector, Fr. Godfrey Mullen.

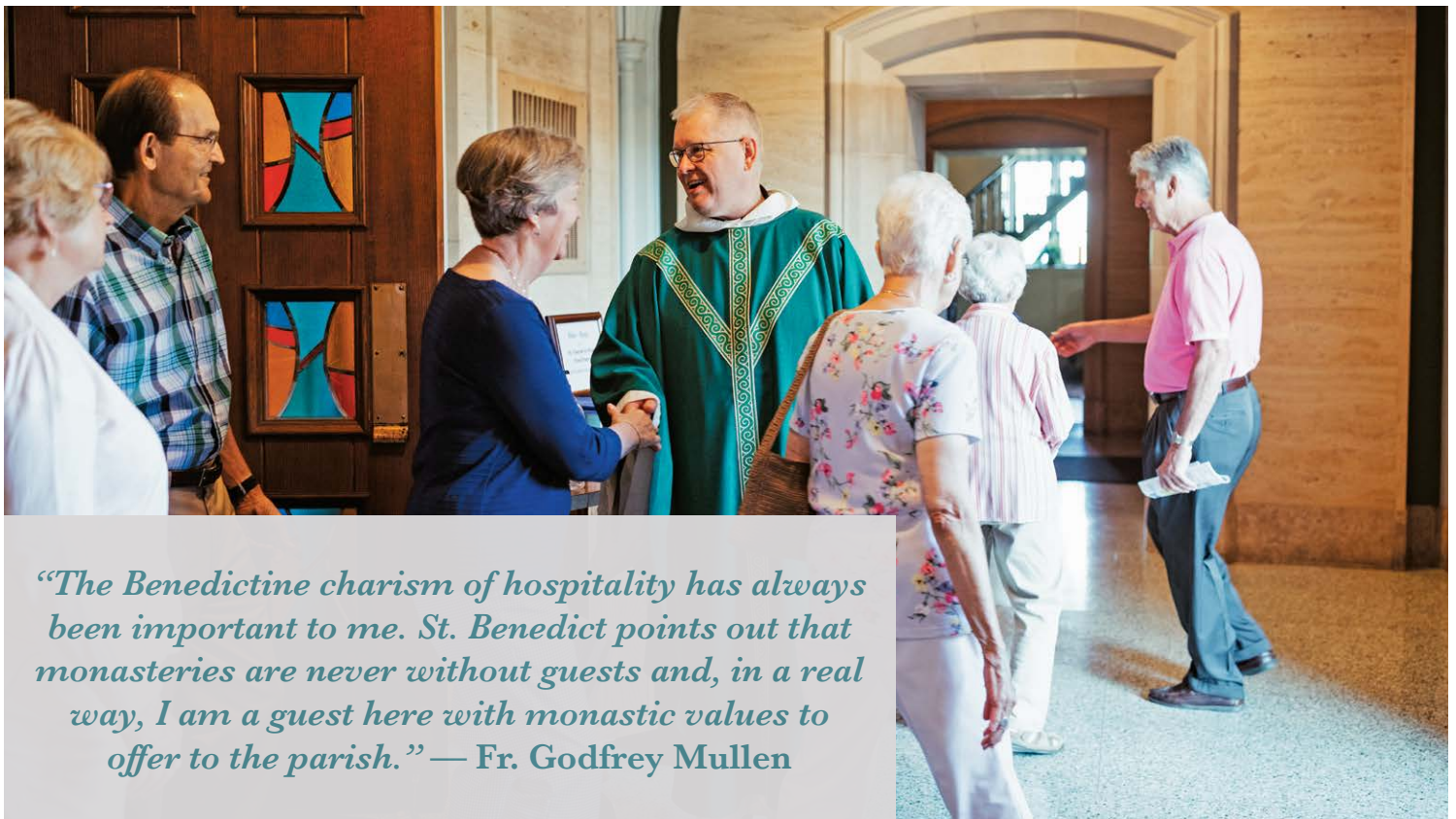
St. Benedict was born into nobility in about 480, in the Italian mountain town of Norcia. As a young man, Benedict was sent to Rome to complete his education. However, while there, he noticed that many of his peers were entrapped by the vices of the world. They had everything, and they spent it in pursuit of pleasure, not truth.

Afraid for his soul, Benedict left Rome and his studies therein and retreated to a small cave in an effort to grow in

holiness. However, little did Benedict know that God would call him to lead others to holiness as well. After several years, word of Benedict's holiness spread and nearby monks sought him out and asked for his leadership.

Much transpired over the following years — eventually, as Benedict himself sought to follow God's call, he became the founder of the Benedictine monasticism, giving those in his care a Rule of life to follow as they pursued truth, beauty, and goodness in their walk with God. Today, in Benedictine monasteries around the world, monks still follow the Rule of St. Benedict, a way of life that promotes a peaceful, prayerful, and communal way of living the Gospel.

"The Rule of St. Benedict espouses many virtues for peaceful communal life," Fr. Godfrey says. "Often, the



*"The Benedictine charism of hospitality has always been important to me. St. Benedict points out that monasteries are never without guests and, in a real way, I am a guest here with monastic values to offer to the parish."* — Fr. Godfrey Mullen



# N BENELECTINE RECTOR

## *Embracing Many Virtues for Peaceful Communal Life*

‘motto’ of Benedictines is said to be ‘Prayer and Work.’ Those are two central values of the Rule. What type of work we do is secondary to the fact that we’re called to work for the good of the community every day, according to our abilities. Prayer certainly governs our daily life. We gather for Vigils (in the night), Lauds (Morning Prayer), Midday Prayer, Vespers (Evening Prayer), and Compline (Night Prayer), along with Mass. It’s who we are.

“But other values we espouse are respect for others, hospitality, peace, joy, recollection, and choosing what’s best for the community over what I believe is best for me,” he adds. “Our vows are obedience, stability (commitment to the place), and *conversatio morum* (the changing of our ways/fidelity to the monastic way of life).”

So what drew Fr. Godfrey to the monastic way of life? As it happens, he says it was their communal way of living that beckoned him. To those of us living family life in the world, it may seem as though monastic life is one of hermitage — but as Fr. Godfrey tells it, the community and brotherhood found in the monastery is a priceless treasure.

“I began seminary studies as a seminarian for the Diocese of Belleville,” Fr. Godfrey says. “After transferring to Saint Meinrad College Seminary my junior year, I became aware of monastic life as a possibility. During my senior year of college, with the permission of the Bishop of Belleville, I began discerning the monastic life.

“Ironically, I chose to pursue monastic life because of my love of community life and because that seemed much more attractive than the rather solitary life of the parish priest,” he adds. “I love our communal prayer, our commitment to peace in the monastery, and our common work that helps the Church.”

Beyond that, Fr. Godfrey says that his life as a Benedictine monk serves to make him a better rector.

“My experience of communal life impacts my commitment to the parish,” Fr. Godfrey says. “I am committed to my daily prayer — all five of the hours — and the Benedictine charism of hospitality has always been

important to me. St. Benedict points out that monasteries are never without guests and, in a real way, I am a guest here with monastic values to offer to the parish.”

What’s more, Fr. Godfrey says that both monastic life and parish life benefit from the stewardship way of living the Gospel.

“Having a keen eye for the common good, hospitality, formation, prayer, and service are all essential in both ways of living,” Fr. Godfrey says.

For our part, Fr. Godfrey, we are grateful for your call. We are grateful that God called you to monastic life and that He called you to serve our parish. You serve us in a manner worthy of the call you have received, and we are better people for it. May God continue to bless you for your “yes” to Him as He blesses us through your servant leadership on a daily basis.

St. Benedict, pray for us!





# The *Healing Power* of Confession:

## *A Guide to Preparing for the Sacrament of Reconciliation*

**T**he Sacrament of Reconciliation, often known as confession, is a cornerstone of the Catholic faith. It provides us with an opportunity to seek forgiveness for our sins and reconcile with God. This essential sacrament is a powerful way to renew our spiritual journey, and proper preparation is key to making a good confession.

Confession is more than just admitting our sins; it is a sacred encounter with God's mercy and love. Through this sacrament, we acknowledge our human frailty and seek God's forgiveness, allowing us to start anew with a clean slate. It's a moment to rekindle our relationship with Christ and grow spiritually.

### PREPARING FOR CONFESSION:

- **Examination of Conscience:** Before confession, take time for self-examination. Reflect on your actions, thoughts, and words since your last confession. A thorough examination of conscience helps identify the sins that need to be confessed.
- **Sorrow for Sins:** Genuine contrition is essential. Sorrow for sins should come from the heart and a desire for true repentance. Recognize the harm your sins may have caused and your intention to avoid them in the future.
- **Make a List:** Consider making a list of your sins to guide you during the confession. This list can help you remember all the sins you wish to confess, ensuring a thorough examination.

### APPROACHING THE CONFESSIONAL

Entering the confessional can be intimidating but remember that the priest is there to guide you through the process with compassion and understanding.

- **Begin with the Sign of the Cross:** When you enter the confessional, start with the sign of the cross, invoking

the Holy Trinity. This gesture signifies your intention to confess your sins.

- **Confession:** Begin your confession by stating your sins. Start with the most serious ones and then proceed to the others. Be honest, straightforward, and specific. For example, instead of saying, "I was mean to someone," specify the incident, such as, "I spoke hurtful words to a family member."
- **Listen to the Priest:** After you've confessed your sins, the priest may offer guidance or ask questions for clarification. Listen attentively and respond honestly.
- **Accepting the Penance:** The priest will assign a penance, which may involve prayers, acts of kindness, or other spiritual exercises. Accept this penance with a willing heart and a commitment to complete it.
- **Act of Contrition:** The priest will then ask you to recite an act of contrition, expressing your sorrow and commitment to avoid sin. You can use a traditional act of contrition or speak from your heart.

### RECEIVING ABSOLUTION

After your act of contrition, the priest will absolve you from your sins in the name of the Father, the Son, and the Holy Spirit. At this moment, your sins are forgiven, and you are reconciled with God.

The Sacrament of Reconciliation is a profound way to experience God's mercy and grace. Approach it with humility and a sincere desire for spiritual renewal. Through proper preparation and heartfelt confession, you can embrace this sacrament as a means of drawing closer to God and leading a life more in accordance with His teachings. Remember that the priest is there to assist you and be a conduit of God's mercy, and your confession should always remain confidential.



# EMHC Ministry Reverently Brings the Eucharist to Our Faith Community

*Extraordinary Ministers Answering the Call to Evangelization*

All liturgical ministries play an essential role in ensuring our worship and the Extraordinary Ministers of Holy Communion are instrumental in the celebration of the Mass. Consisting of lay people in our parish community, the members of the EMHC Ministry assist our clergy members in distributing the Eucharist to those attending Mass.

Our Extraordinary Ministers have answered the call to evangelization in bringing the Body of Christ directly to our parish community. Being a part of this ministry, the members themselves hold great dedication and reverence for the Eucharist. This service begins with a comprehensive training process.

"I train folks here in the Cathedral and we do an in-person training/walkthrough and utilize a helpful resource guide that folks take home with them as well," says Sarah Cerny, who helps facilitate this ministry.

Sarah has been involved in the ministry here since 2015 and was involved at her previous parish as well. She says that serving as an Extraordinary Minister is an example of living out stewardship and her life as a Catholic.

"Seeing my brothers and sisters in Christ up close and

being able to share in Communion with them in this way is truly the reminder of His presence," Sarah says.

There are four or five Extraordinary Ministers at each Mass, with around 40 ministry members in total. The time commitment is minimal, taking no more than the regular Mass time that someone attends. The Extraordinary Ministers can also be added to either a recurring or rotating schedule for the homebound and/or nursing homes if they choose to do so. Ministry members also have the opportunity to choose which Mass times they wish to serve.

"Serving this ministry is such an essential and important part of the Mass," Sarah says. "It's part of the celebration of the Eucharist. For me, it allows for more active participation for myself and to give to others."

In turn, Sarah says, her involvement helps her feel close to the Lord and others in the parish. The ministry encourages togetherness in spiritual and physical aspects, as we worship and receive Communion together.

"I feel I am serving the Lord when I actively take part in the celebration of the Eucharist," she says. "And it brings me closer to others when I can share His gifts, exchange a smile, and celebrate and serve together."



*Anyone interested in getting involved is welcome to contact Sarah Cerny at 618-616-6165, [scearnhart1@gmail.com](mailto:scearnhart1@gmail.com).*



# CATHEDRAL of SAINT PETER

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## Pro-Life Ministry *continued from front cover*

to add more pregnancy care centers in the area. The pro-life organization here at the Cathedral supports Belleville Pregnancy Care Center. Deacon Doug's wife, Jill, is the president of the organization.

"The pro-life cause gets criticized for not supporting women," Deacon Doug says. "But that's not true. The care center provides items for children to age 5. They can get clothing, shoes, formula, and other baby items. There are care centers all over the country doing this work."

On Mother's Day weekend, the pro-life group sells roses, which are placed on the altar. The collected money benefits the pregnancy care centers. The Knights of Columbus also does a bottle drive from Mother's Day to Father's Day.

Molly King leads the pro-life work for the diocese. The diocese is involved with March for Life, 40 Days campaigns, Respect Life Month activities, support for St. Anne Cradle of Hope family care center, Walking With Moms in Need,

Project Rachel, and legislative advocacy for pro-life issues. Molly invites Cathedral parishioners to engage in the activities offered by the diocese. You can also spread the pro-life message by teaching your children and grandchildren to embrace a culture of life at all stages.

"People are sometimes measured by their value and contribution to society and not by their intrinsic worth as a child of God," Molly says. "It is important that all Catholics understand these values and protect them publicly. This is the only way we can impact public policy and teach the next generation to stand for a culture of life."

*To learn more about the Pro-life Ministry,  
contact Deacon Doug Lugge at 618-476-9505  
or [jdlugge@gmail.com](mailto:jdlugge@gmail.com).*

### MASS TIMES

**Saturday Vigil Mass:** 4:00 p.m. | **Sunday:** 8:00 a.m., 10:30 a.m., 5:00 p.m.  
**Weekdays:** Monday-Wednesday & Friday 6:45 a.m., Thursday School Mass 8:15 a.m.

### SACRAMENT OF PENANCE (CONFESSIONS)

**Monday-Wednesday & Friday:** 7:15-7:30 a.m. | **Thursday** 6:00-7:00 p.m. | **Saturday** 3:00-3:45 p.m.