



CATHEDRAL of SAINT PETER

MONTHLY NEWSLETTER

Scouting Offers Wealth of Valuable Formation Tools and Life-Changing Opportunities

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A Vital Way to Live Out the Stewardship of Time

True formation involves the whole person — body, mind, and soul — and it is a lifelong journey. We are formed by our parents, our teachers, our mentors, and community. Parishioner Sophie Schaefer received life-changing formation from her involvement in the Girl Scouts and has dedicated much of her life to passing this gift on to other girls.



The Cathedral of St. Peter has a long history with Girl Scouts, with its first active troop in the 1940s. Now there are many options in the area for those who are looking for a troop to join. At the parish, Sophie serves as a representative, but throughout her life, she has been a Girl Scout, a co-leader, a leader, and more. Her five adult daughters were Girl Scouts — and her son a Boy Scout — so Sophie has seen the impact that the organization has across generations.

“Girl Scouting helps a girl become a well-rounded adult,” Sophie says. “You see the world in a different way. I don’t think I would be the volunteer I am today if it weren’t for the Girl Scouts.”

Sophie recalls her leader when she was young, who was also a music teacher, teaching all the girls to sing. Sophie credits this leader with the fact that she now serves as a cantor.

Girl Scouts offers life experiences and learning opportunities that are simply

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Lenten Stewardship and Nurturing a Deeper Connection to Christ

As the sacred season of Lent begins this month as a time of reflection, repentance, and preparation for the resurrection of Jesus Christ at Easter, we strive to grow closer to Christ during this period through prayer, fasting, and almsgiving. A frequently overlooked but deeply meaningful approach to enhancing one's Lenten spiritual journey is to embrace the stewardship way of life. How can stewardship help Catholics deepen their commitment to their Lenten spiritual journey and ultimately draw closer to

Christ? Stewardship is a way of life rooted in the belief that everything we have – our time, talents, and treasure – is a gift from God. We are called to be good stewards of these gifts, using them to serve God and others. Stewardship goes beyond the idea of simply giving back to God; it's about recognizing that all we have is ultimately God's, and we are entrusted with these resources for a purpose. Here are some ideas on how stewardship can be integrated into one's Lenten journey:

Give Time in Service: Lent is a time for self-examination and a renewed focus on serving others. By volunteering your time for charitable organizations or within your parish, you can actively participate in almsgiving. Choose a cause that resonates with you, whether it's helping the less fortunate, visiting the elderly, or mentoring the youth. Stewardship reminds us that time is a valuable resource and dedicating it to others is a way to draw closer to Christ's selfless love.

Share Talents with the Community: Your unique talents and skills are gifts from God, and they can be used to serve your faith community during Lent. Whether you have musical talents, artistic abilities, or organizational skills, consider how you can contribute to your parish or church activities. Share your talents to enrich the liturgy, contribute to spiritual growth, or support your fellow parishioners in their Lenten journey.

A Lenten Sacrifice of Treasure: The concept of tithing is an essential aspect of stewardship. During Lent, consider making a financial sacrifice as a way to live out almsgiving. This could involve increasing your regular giving to your parish or contributing to a special charity or mission project. The act of sacrificial giving not only helps those in need, but it also serves as a reminder of Christ's ultimate sacrifice for our salvation.

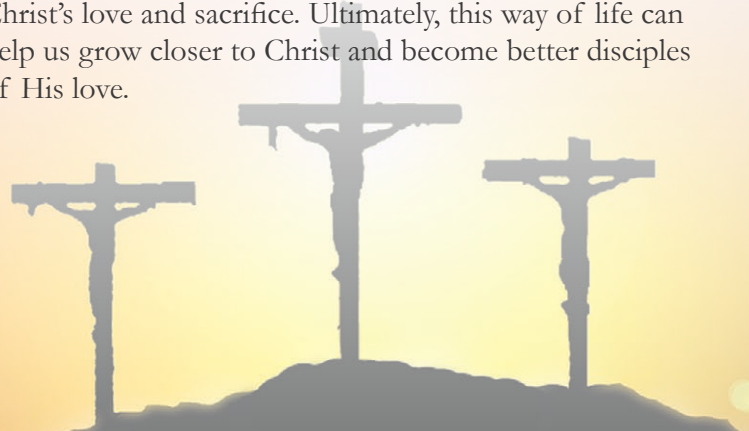
Cultivate a Prayerful Heart: Stewardship extends to our spiritual lives as well. A key aspect of stewardship is recognizing the importance of prayer and deepening our relationship with God. Use Lent as an opportunity to focus on prayer, both in personal reflection and communal worship. Pray for guidance in stewarding your time, talents, and treasure in a way that honors God and serves His people.

Self-Examination and Reflection: Lent is a season of self-examination, repentance, and turning towards God. Embrace the practice of regularly examining your stewardship in your daily life. Are you using your gifts and resources to their fullest potential in service to God and others? Consider making a commitment to reevaluate and adjust your stewardship practices as you journey through Lent.

Practice Gratitude: Stewardship is grounded in gratitude for the blessings we've received. Throughout Lent, consciously practice gratitude for the many gifts God has entrusted to you. Reflect on how these gifts can be used to serve others and draw closer to Christ.

Embracing stewardship during Lent can be a transformative experience as we seek a deeper connection to Christ in preparation for His resurrection at Easter. It reminds us that our time, talents, and treasure are gifts from God, and it challenges us to use these gifts to serve others and glorify God. By giving of ourselves in a spirit of stewardship, we can live out the core principles of Lent — prayer, fasting, and almsgiving — in a way that reflects

Christ's love and sacrifice. Ultimately, this way of life can help us grow closer to Christ and become better disciples of His love.



A Letter from Our Cathedral Rector

What Are You *Getting* for Lent?

Dear Parishioners,

“**W**hat are you getting for Lent?” That might seem like a strange question to ask. We are used to hearing, “What are you getting for *Christmas*?” or “What are you *giving up* for Lent?” Those questions make sense. There is a reason why we celebrate the birth of Jesus first, and His death and resurrection second.

Christmas is all about God’s unconditional, unexpected, and unmerited love. There is nothing we could ever do that would make us worthy to hold the Baby Jesus. Yet He is freely, trustingly, mercifully given to each of us. The tone of Christmas is the importance of simply receiving the gift of Love that is offered to me. I dare say every Christmas has some moment of peace and love.

Lent, then, is about our response to God’s love. Even though most of us do believe in a good God who loves us, we sometimes live as though God did not exist. We go about our business trying to figure out our own problems as though God weren’t watching out for us and lovingly providing for us. We fill our lives with things that temporarily boost our mood, but don’t lead to lasting and meaningful happiness. Since I am, in fact, loved unconditionally, what are the things I can do without? In what ways am I trying to fill the emptiness in me that only God can fill?

I may not know or necessarily be able to tackle those things directly. But if I take on some general kind of fast or



self-sacrifice, I will begin to see more clearly this dynamic in my heart. I may give up something I like, but I will benefit greatly from my sacrifices.

Our parish subscribes for all our parishioners to FORMED.org. There are hundreds and hundreds of opportunities to expand our faith, to get to know the Lord, to find new ways of serving, to understand the Church’s teaching more completely. During Lent, I challenge all of us to view at least THREE VIDEOS from Formed so that we might grow in our Faith. It’s free. Sign-on details are regularly available

in the bulletin: formed.org/signup. Enter Cathedral of St. Peter and our zip code: 62220. Knowing the Lord, walking with Him: these are the reasons for Lent.

Lent is very soon upon us this month. You have hopefully begun setting aside time for extra prayer, as well as fasting and almsgiving. You might be counting the cost of your sacrifices, but you might also be on the lookout for unexpected blessings. What are you getting for Lent?

Peace,

Fr Godfrey OSB

Very Rev. Godfrey Mullen, OSB
Cathedral Rector



How We Can Live LENT

Embracing Opportunities for P

As Catholics, we know that Lent begins on Ash Wednesday — this year, that falls on March 5. We spend the next 40 days in the desert with Jesus preparing for Easter through prayer, fasting, and almsgiving. This is so that we will enter into the Easter season more deeply connected to Christ and disconnected from the ways of the world.

“Historically, Lent is important as the final preparation for those entering the Church and those already part of the Church to prepare for new life at Easter,” Fr. Godfrey says. “It has been a time of retreat for the whole Church as we set our eyes on the glory of the Resurrection and the new life that comes with new members. It is also meant to be a season of conversion — a 40-day turn away from sin and toward the Good News of the Resurrection.”

So, as we enter into this season of retreat, Fr. Godfrey encourages us to do so with intentionality, looking to Jesus as an example. In the Gospels of Matthew, Mark, and Luke, the biblical authors tell us that Jesus spent 40 days intentionally preparing for His public ministry. He fasted and prayed and resisted the devil’s temptation. And then, He began His public ministry.

“Jesus sets the example by going into the desert for 40 days before His public ministry,” Fr. Godfrey says. “There, He prepares for what comes next. All of us Christians need reminders and opportunities to change the elements of our lives that need changing. Whether we need to shed the sin of gossip, find strength against compulsive sins, or develop our life of virtue, we’re all called to change to be more like Christ.”

In order to do this, Fr. Godfrey encourages all of us to participate in activities of prayer, fasting, and almsgiving throughout Lent.

“These three Lenten disciplines help every believer grow in living the Faith,” Fr. Godfrey says. “Prayer leads us closer to God, reminds us of His faithful presence and the strength that He can be for us when faced with temptation. Fasting helps us see what is really necessary and allows us some solidarity with those who daily live with one type of hunger or another. And almsgiving is a move toward charity, but also a commitment to justice, to raising up those who are bowed down by burdens so that they might find new life along with us.”

As parishioners of St. Peter, there are many opportunities

“Whether we need to shed the sin of gossip, find strength against compulsive sins, or develop our life of virtue, we’re all called to change to be more like Christ.”

— Fr. Godfrey

WITH INTENTION

Prayer, Fasting, and Almsgiving

for us to live out these disciplines together. We will have Soup Suppers on Wednesdays, offering us an opportunity to enjoy a simple meal together and then have a 30-minute lesson on the faith. As we do each year, our parish will participate in the Rice Bowl project, helping to feed others in the world who are in need. On Thursdays, there is regular evening adoration and reconciliation. Every Friday, we will pray the Stations of the Cross together. Additionally, during Lent, we will be revamping our 24 Hours of Mercy to make confessions more available for everyone.

Find time to participate in some or all of these activities if you can. Let's make a commitment to grow in our faith this Lent. Consider what things of this world have you shackled and fast from them. Spend more time in prayer connecting with Christ. Make this Lenten season one that impacts your faith life in a deep way.

"Lent is always that important time for us to engage our faith on a new level," Fr. Godfrey says. "Like stewardship, which asks us to take the next step every year during the renewal, Lent asks us to become holier each year. St. Benedict teaches in Chapter 49 of the Rule, to wash away negligence of other times in this holy season, we can refuse to indulge in evil habits and devote ourselves to prayer with tears, to reading, to compunction of heart, and self-denial. He recommends denying ourselves some food, drink, sleep, needless talking and idle jesting, and 'look forward to holy Easter with joy and spiritual longing.'

"Following these words from St. Benedict, with more or less success each Lent, helps me become free from the foolishness I love to indulge at other times," Fr. Godfrey adds. "It's work, but it's always worth it!"

Scouting Offers Wealth of Valuable Formation Tools and Life-Changing Opportunities *continued from front cover*

hard to find elsewhere. When Sophie's daughters were Girl Scouts and she was a leader, their troop traveled all over the United States and to Canada. They engaged in service that had them walking beside those in need. The skills they gain are lifelong.

"The kids learn so much about life and how to handle stresses and people in their life," Sophie says. "I think it makes them better people. They learn how to organize and get things done — they're not scared to take on a task and see it to the end and they're not afraid to be in charge of things."

Involvement with Girl Scouts easily goes hand-in-hand with faith formation as it helps girls to develop a strong moral compass and to develop the "three Cs" of courage,

confidence, and character. More specifically, local dioceses give religious awards at different age levels when scouts complete the requirements. For example, the Family of God award coincides well with girls who are receiving their First Communion, while the Spirit Alive award is helpful to older girls preparing for Confirmation. The local council also hosts an annual renewal day, a retreat experience for the girls to work on the requirements for the awards.

"Girl Scouting is truly a sisterhood," Sophie says. "We're here to serve the girls and make sure they have a safe environment to be in, to make sure that they understand that they're important and that they matter, and can do whatever they want as an adult."

Girl Scouts is open to girls from kindergarten through 12th grade. If you're looking to join a Girl Scout troop, contact Sophie Schaefer for assistance at 618-979-5270 or sophieschaefer50@yahoo.com.



Feast of St. Joseph, Husband of Mary

March 19

Devotion to St. Joseph began relatively late in Church history, primarily because his role of husband to Mary and head of the Holy Family was underplayed in early Christianity by many unauthenticated legends of Christ's childhood. These legends almost always portrayed Joseph as an old man, a simple guardian of Mary and Jesus.

Contemporary theology places Joseph in a much more important position. Because of his marriage to Mary, Joseph shared in Mary's parenthood — Joseph was a father to Jesus in every way except biological. Joseph appeared publicly as the natural father of Jesus, thus shielding the virginity of Mary and the reputation of Jesus. Joseph's fatherly love, authority, and watchful service were all necessary circumstances in God's plan for the Incarnation.

Joseph was born in Judea or Galilee in the first century B.C. Little is stated in the Bible about the influence Joseph had on Jesus. History tells us that he brought Mary and Jesus to the temple each Passover and taught Jesus the carpentry trade. He seems to be the silent family man who shows his love for his family by providing them with security. The very safety of Mary and Jesus was guarded by Joseph when he took his family into Egypt to avoid the massacre of male babies ordered by King Herod.

In the history of the Church, Western veneration of Joseph is formalized with the introduction of the Feast of St. Joseph in the late 15th century.

In 1870, at the end of the First Vatican Council, Pope Pius IX declared St. Joseph to be the patron of the Universal Church. He is also the patron of carpenters, workers, fathers, and a happy death given that he died in the presence of Mary and Jesus. The title of Joseph's March 19 feast day is "Husband of Mary." Pope Pius XII later declared May 1 to be the feast of St. Joseph the Worker, to counteract the Communist May Day holiday.

A traditional prayer to St. Joseph

O Blessed St. Joseph, faithful guardian and protector of virgins, to whom God entrusted Jesus and Mary, I implore you by the love which you did bear them, to preserve me from every defilement of soul and body, that I may always serve them in holiness and purity of love. Amen.

Praying for Our Seminarians: *A Vital Way to Live Out the Stewardship of Time*

“A priest encouraged our group that we just need to continue to pray to the Harvest Master that He will send more workers. Do not be discouraged, our prayers are being heard!”

— Jim Wachtel

When we think of the stewardship of our time, we often think of that as giving time in our day to actively serve others in one way or another. And while that active service is so important, we cannot forget that the most impactful way we can use our time is through prayer. In particular, intercessory prayer is a key component of our Catholic faith, as we see demonstrated by our relationship with the saints. Similarly, the act of praying for one another is one of the most important activities in which we can take part. It is something that every single person can do, no matter their age, physical capabilities, or season of life.

Our diocese is very much in need of more men and women to open their hearts to hear God’s call to the priesthood and religious life. As more of our priests retire, the workload of our faithful shepherds grows. One of the most important ways that we can support vocations in our diocese is through prayer.

Here at the Cathedral of St. Peter, our weekly bulletins feature a seminarian or monk in formation

from Saint Meinrad. This also includes an address where people can send them a note of encouragement or prayers.

Jim Wachtel is a longtime member of the local Serra Club chapter. Founded in 1935, the Serra Club is an international organization that works to foster and promote vocations to the priesthood and consecrated religious life. It is made up of lay members who pray, encourage, and support vocations in their local area.

“Prayer is the most important work that we do,” Jim says. “As Serrans, we ‘adopt’ seminarians or those discerning the religious life and we pray for them daily. We also send them notes and small gifts when we feel called to. We have received a lot of positive feedback from priests who remember receiving these encouragements through their time in the seminary. Formation is a long road and it is really affirming for them to know how much prayer and support they have.”

The Serra Club hosts other events as well as volunteering

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Deacon Levi James



Casmir Cozzi



Terry Marmion



Greg Kassen



Kyle Kellerman



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Praying for Our Seminarists *continued from page 7*

for other projects throughout the diocese. They hold two meetings a month on the first and third Fridays of each month. There are St. Andrew Dinners with the bishop and the vocations director for anyone who has even thought about the priesthood. It is a great, non-committal way to learn more information about what this vocation looks like.

“A priest encouraged our group that we just need to continue to pray to the Harvest Master that He will send

more workers,” Jim says. “Do not be discouraged, our prayers are being heard!”

It all comes down to this — we are all capable of taking time to pray for this very important intention. Whether you offer a simple prayer each day for the seminarian listed in the bulletin that week or you feel called to support vocations more through joining the Serra Club, there is something that each and every one of us can do to help support vocations in our diocese.

See the bulletin each week for our featured seminarian or monk in formation. For more information about the Serra Club, contact Jim Wachtel at wachteljim@sbcglobal.net or 618-444-9289.

MASS TIMES

Saturday Vigil Mass: 4:00 p.m. | Sunday: 8:00 a.m., 10:30 a.m., 5:00 p.m.

Weekdays: Monday-Friday 6:45 a.m.

SACRAMENT OF PENANCE (CONFESSIONS)

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