



CATHEDRAL OF ST. JOSEPH



MARCH 22, 2020

FOURTH SUNDAY OF LENT

WEEKEND MASS SCHEDULE

Saturday: 5:30 p.m.

Sunday: 8:00 a.m. and 10:00 a.m.

WEEKDAY MASS SCHEDULE

Monday, Tuesday, Thursday,

Friday: 6:30 a.m.

Wednesday: 8:00 a.m.

RECONCILIATION

4:00 p.m. Saturday & by appointment

CATHEDRAL PARISH OFFICE

2305 West Main Street
Jefferson City, MO 65109

Phone: 573-635-7991

Fax: 573-635-0842

Email: info@cathedraljlc.org

Website: cathedraljlc.org

Cathedral Undercroft

2215 West Main Street

Phone: 573-635-4955

CATHEDRAL SCHOOL

2303 West Main Street

Office: 573-635-5024

Cafeteria: 573-634-2984

After-School Care: 573-635-2533

Fax: 573-635-5238

Website: www.sjcsmo.org

DIOCESE OF JEFFERSON CITY

Chancery Offices

The Alphonse J. Schwartz

Memorial Catholic Center

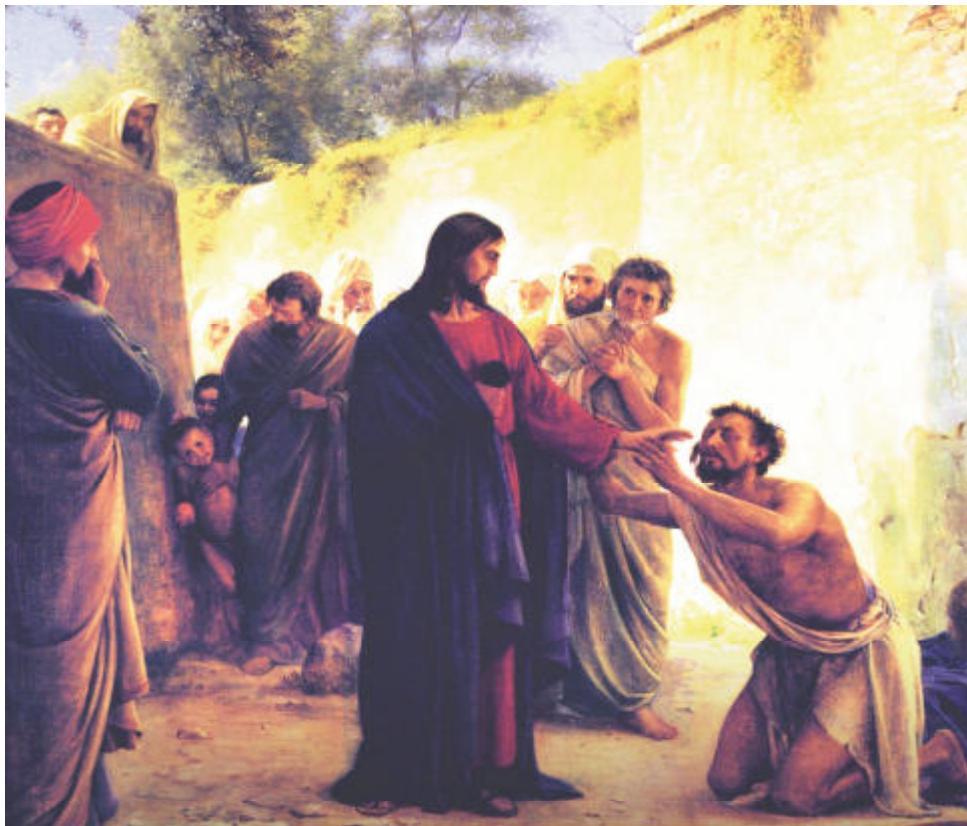
2207 West Main Street

Phone: 573-635-9127

Fax: 573-635-0386

Email: chancellor@diojeffcity.org

Website: www.cathedral.diojeffcity.org



4TH SUNDAY OF LENT

When Jesus heard that they had thrown him out, he found him and said, "Do you believe in the Son of Man?" - Jn 9:35

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 GCD

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CLERGY

His Excellency, The Most Reverend Shawn McKnight | Bishop of Jefferson City
His Excellency, The Most Reverend John R. Gaydos | Bishop Emeritus in Residence
Very Reverend Louis M. Nelen | Pastor, Rector
Reverend Monsignor Donald W. Lammers, P.A. | Retired Priest in Residence
Deacon Christopher Baker | **Deacon Alvin J. Brand** | **Deacon James L. Kliethermes** | **Deacon Tyler S. McClay** | **Deacon Dan K. Joyce**
Deacon John A. Schwartze | **Deacon Emeritus Robert J. Rackers, K.S.G.**

Registering in the Parish

To join our Parish, please contact the Parish Office at 635-7991 Monday-Friday from 8:00 a.m. to 4:00 p.m.

Registering in the Cathedral School

Parents wishing to know more about our grade school are encouraged to call the Cathedral school principal, Mr. Spencer L. Allen, at 635-5024.

WELCOME TO OUR PARISH

TO ALL OUR VISITORS

Bishop Shawn McKnight, the clergy and the faithful of the Diocese of Jefferson City welcome you and hope that your time in our Mother Church may be an opportunity to share our faith and joy in Our Lord Jesus Christ.

Our Parish was formed in 1959 and was elevated to the title of Cathedral in 1968 and dedicated in 1974. Please enjoy the beauty of this spacious building dedicated to the Glory of God and the memory of Saint Joseph, the Husband of Mary. It was built for the inspiration of all who enter. Free tour booklets are available.

All visitors who are not of the Roman Catholic faith are most welcome to join us in prayer and worship, but not to receive Holy Communion. Reception of Holy Communion is a sign of full unity and membership in the Catholic community. Together let us all pray for the unity of all believers.

If you desire to become a member of the Roman Catholic Church or to become a member of the Cathedral Parish, please call the Parish Office at 573-635-7991.

All contributions to the Cathedral ministries and maintenance are sincerely appreciated. Please remember this Cathedral Parish in your will, gifts and estate plans to support our Parish's ongoing mission.

ALL MASSES AND PUBLIC GATHERINGS ARE SUSPENDED UNTIL AT LEAST APRIL 3, 2020

- All Catholics are dispensed from obligation to attend Mass in person.
- The church is open to those who wish to go in and pray.
- For the safety of all, please do not enter the church if you are ill.
- Please wash your hands and use hand sanitizer.
- If you are sick or know of someone in need of anointing, please have them contact the priest before entering the hospital.
- Please continue your tithes to the parish by postal mail, drop off at the Parish Office or online.

FORMED PICK OF THE WEEK



Symbolon
The Story of Salvation

The story of salvation began with Creation itself—and a decision that affects all of us to this present day. How did the events of an ancient past set into motion God's rescue operation to save us from eternal death?

[SIGN UP FOR FREE AT FORMED.ORG/SIGNUP](https://formed.org/signup)

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Select your parish

Register with your name and email address
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FORMED

CATHEDRAL ORGANIZATIONS AND MINISTRIES

American Heritage Girls	Mrs. Jennifer Gerber
Baptism Preparation	Deacon Chris Baker
Bereavement Committee	Mrs. Dena Brand
Boy Scouts	Mr. Steve Wright
Catholic Cancer Support	Vacant
Cemetery Board	Deacon John Schwartz Mrs. Donna English
Christ Renews His Parish	(Men's) Mr. Louie Delk and (Women's) Ms. June Brunner
Collection Counters	Mr. Duane Buersmeyer
Confirmation Preparation	Mrs. Denise Barnes
Cub Scouts	Mr. Larry Schulte
Cursillo	Mr. Brian Johnson
Director of Music	Mr. Thomas Halpin
Edge Youth Program	Mrs. Julie Gramlich
Eucharistic Adoration	Mr. John Poepsel
Faith Formation Committee	Mrs. Denise Barnes
Finance Council	Mrs. Christy Daledovich
Funeral Luncheon	Mrs. Sharon Pope
Girl Scouts	Mrs. Maria Stokes
Home & School	Mrs. Maureen Quinn
Helias Representative	Mrs. Heidi Vollet

JP2 Young Adults	Mrs. Julie Gramlich
Knights of Columbus	Mr. Bob Asahl
Ladies' Auxiliary	Mrs. Carolyn Case
Marriage Preparation	Parish Office
Nursing Home Visitation	Area Deacons
Parish Pastoral Council	Ms. Edie Vogel
Parish School of Religion	Mrs. Cara Sue Cockerham
Prayer Line	Parish Office
Pro-Life	Ed Bode
Rite of Christian Initiation	Mr. Dan Kempker
Samaritan Center Board	Mr. Alan Mudd Mr. Jamison Case Mrs. Leslie Case
School Board President	Mrs. Abby Struempf
School Principal	Mr. Spencer L. Allen
Secular Franciscan Order	Ms. Nancy Singh, OFS
Special Event Dinners	Mrs. Janice Houser
St. Brigid Quilters	Mrs. Rosana Weidinger
Stewardship Committee	Parish Office
Ushers	Mr. Bob Asahl
Vocations' Committee	Mr. Louie Delk
Youth Ministry	Mrs. Julie Gramlich



Sunday, March 22

8:00 a.m. Lewis Hancock
10:00 a.m. Parishioners

Monday, March 23

6:30 a.m. Mary Ellen Kirkweg

Tuesday, March 24

6:30 a.m. Lawrence Thoenen

Wednesday, March 25

8:00 a.m. Diocesan Seminarians

Thursday, March 26

6:30 a.m. Margaret & Carl Trippensee

Friday, March 27

6:30 a.m. Bobby Burks

Saturday, March 28

5:30 p.m. Parishioners

Sunday, March 29

8:00 a.m. Anna Whitehead
10:00 a.m. Susan E. Reed

PLEASE NOTE

Mass Intentions will be offered by our priests as scheduled in their private Masses and will not be rescheduled.

OBSERVANCES, WEEK OF March 22, 2020

Sunday: 4th Sunday of Lent
Monday: St. Turibius of Mogrovejo, Bishop
Tuesday: St. Oscar Romero, Bishop and Martyr
Wednesday: The Annunciation of the Lord
Thursday: Lenten Weekday
Friday: Lenten Weekday
Saturday: Lenten Weekday
Next Sunday: 5th Sunday of Lent

STEWARDSHIP NEWS

Offerory Budget 07/1/19-6/30/20	\$	2,675,000.00
Budget Goal per Month	\$	222,916.67
Weekly Goal	\$	51,442.31
Collection		
March 1	\$	72,051.55
March 8	\$	72,786.89
March 15	\$	38,310.79
March 22	\$	
March 29	\$	
To Date for March	\$	183,149.23
Budget Goal Year-to-Date	\$	1,903,365.47
Sunday Collection Year-to-Date	\$	2,028,123.76
Over/Under	\$	+124,758.29

UPDATED: Liturgical Protocols for Public Health

(Excerpt from diojeffcity.org)

1. Funeral Masses and services may still be celebrated, but with the requirement to keep attendance to no more than 10 asymptomatic immediate family members, in accord with the [CDC](https://www.cdc.gov) guidelines.
2. Baptisms may still be celebrated, but with the requirement to keep attendance to asymptomatic immediate family and godparents. The total number of witnesses, including the celebrant, should be 10 or less according to the [CDC](https://www.cdc.gov).
3. The sacrament of confession should still be offered, but penance services are to be canceled. When celebrated individually, proper social distancing should be observed as much as possible.
4. Holy Communion may still be administered by clergy and Extraordinary Ministers of Holy Communion, and anointing of the sick may still be administered by priests to those seriously ill or in danger of death, but always following the proper protocols for handwashing and use of masks by those infected.
5. Confirmation Masses with the Bishop will be rescheduled.
6. The celebration of First Communion in the parish is to be delayed until the Feast of Corpus Christi or after.
7. Public weddings should be rescheduled. Simple weddings and validations may be celebrated, but only with the minister, official witnesses and asymptomatic immediate family members. Again, the total number of witnesses, including the celebrant, should be 10 or less according to the [CDC](https://www.cdc.gov).
8. If they are not already doing so, parishioners should be encouraged to consider contributing to the parish by electronic giving. They may also mail their weekly contributions.
9. Public celebrations of the Liturgy of the Hours, Stations of the Cross, in-person Bible study groups (or other devotional gatherings) are suspended until the public celebration of Mass resumes.

CONFESSIONS AND ANOINTING OF THE SICK

Fr. Nelen will be available for individual confessions and anointing of the sick in the Cathedral Cry Room from 12:00—1:00 p.m. Monday through Friday and from 3:30—5:00 p.m. on Saturday afternoon.

Those who are ill may also call to set up a time for anointing of the sick.

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PARISH DISASTER RESPONDERS' TEAM

If you are interested in helping our parish's Disaster Relief Responders' Team, please fill out the form at <https://diojeffcity.org/parish-disaster-responders-team-volunteer-form/>. This information will be forwarded on to our parish team to help pull the resources needed to assist those in need in our community.

ONLINE MASSES AND LITURGICAL RESOURCES

DAILY SCRIPTURE READINGS from the US Conference of Catholic Bishops at <http://usccb.org/bible/>.

There are several entities providing Mass on the internet.

DIOCESAN LIVE-STREAMED MASSES IN ENGLISH:

[St. Vincent de Paul, Sedalia \(Facebook\)](#), Tuesday–Friday, Sundays 8:00 a.m.

[Ss. Peter & Paul, Boonville \(Facebook\)](#): 9 a.m. on 3/18-20, 3/22, 3/25-27, 3/29

[Our Lady of the Lake, Lake Ozark \(Broadcast on Parish Website\)](#): Daily Masses available on Tuesdays 8 a.m., Wednesdays 6:00 p.m., Thursdays & Fridays 8:00 a.m., Saturday 11 a.m., Sunday Mass: 10:00 a.m.

[St. Thomas More Newman Center, Columbia \(Facebook\)](#): Daily Masses at 12:00 p.m., Sunday Mass 11:00 a.m.

CATHOLIC RADIO

Listening to Catholic radio in your car or in your home will help smooth out any rough edges in your day and keep you on the right path during this season of Lent. Don't miss the opportunity to pray the Rosary, the Divine Mercy Chaplet and listen to the Word of God and pray along with the Holy Mass. Tune into KHJR 88.1 FM, download the free Covenant Network App, or listen on OurCatholicRadio.org.

PSR

Classes meet on Wednesdays at 7:00 p.m. in the School Cafeteria. 2nd-semester classes: **April 8, 15 & 22.**

2020 CONFIRMATION

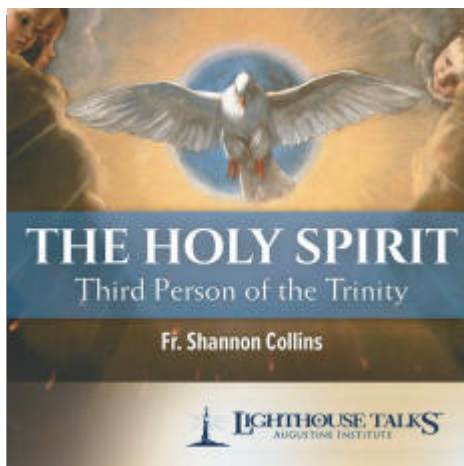
The 2020 date for Confirmation has been set for Sunday, **April 26**, at the 10:00 a.m. Mass.



Maria Anna and her brothers receive one meal a day at school so that they can focus on achieving their dreams. How is education important for your future? How can we ensure that all young people have a chance to be educated? Visit csrcricebowl.org for more info.

CDs

The Parish recently purchased CDs from the Augustine Institute. CDs are located in the Baptism Room.



Drawing upon Scripture and tradition, Fr. Shannon Collins explains the seven gifts of the Holy Spirit and how he works in the lives of believers.

SCHOOL NEWS

MCTEACHER NIGHT FOR TECHNOLOGY

Please join us for a McTeacher's night on **March 24**, from 4:00-8:00 p.m. at the South Ten Mile Drive McDonald's. Proceeds will go to the St. Joseph Cathedral Technology Committee. Proceeds will help maintain and expand our Technology for teachers and students.

POSTPONED

EASTER FLOWERS

If you would like to make a donation for flowers at Easter in memory of a loved one, place your donation in an envelope with your name and the names of those you would like to be remembered and mail it to the Parish Office by Wednesday, **April 1**.

HOLY WEEK

Lent ends on Holy Thursday evening, **April 9**; however, Good Friday is a day of Fast and Abstinence. Only one full meal along with two small meals is permitted. No snacks are allowed for all between the ages of 18 and 60. No meat is permitted for anyone 14 and over.

PREGNANCY HELP CENTER 5K Walk/Run

Saturday, **April 25**, 9:00 a.m. at Memorial Park. Online registration opens March 15 at www.friendsofphc.org.

TOTUS TUUS

Save the Dates: **June 21-26, 2020.**

SAVE THE DATE

11th Annual St. Joseph Cathedral's Golf Tournament is **August 7, 2020**, at Redfield Golf Course, Eugene, MO. Cost: \$500 per team/\$125 Per Player.

FAMILIES-IN-NEED PROGRAM: ITEMS REQUESTED FOR THE **APRIL 14TH** DELIVERY: **PEANUT BUTTER, BISQUICK, SYRUP, FRUIT COCKTAIL, HAND SANITIZER.** PLEASE PLACE YOUR DONATIONS IN THE CONTAINERS PROVIDED AT ALL THE EXITS OF THE CATHEDRAL. THANK YOU FOR YOUR SUPPORT!

LENTEN PENANCE SERVICES

- Tuesday, March 24, at 7 p.m.: St. Andrew, Holts Summit
- Wednesday, March 25, at 7 p.m.: St. Martin, St. Martins
- Thursday, March 26, at 7 p.m.: St. Francis Xavier, Taos
- Sunday, March 29, at 6:30 p.m.: St. Stanislaus, Wardsville
- Tuesday, March 31, at 7 p.m.: Immaculate Conception, Jefferson City
- Wednesday, April 1, at 7 p.m.: St. Peter, Jefferson City

MOTHERS' DAY QUILT RAFFLE

The queen-size quilt named "Diamonds in the Garden" features colors in brilliant blues, yellows, greens, and a variety of flowers. It is hand-quilted by the St. Brigid Quilters. Call the Parish Office if you would like tickets. Proceeds benefit the Cathedral School.

SAVE THE DATE

Mr. Derek Hooper will be ordained as a transitional deacon on **May 30**, 10 a.m., at the Cathedral of St. Joseph, Jefferson City.



A Christian marriage program, Catholic in origin, for couples of all faiths or no-faith backgrounds, it is primarily a practical program to improve communication, build stronger marriages, and help couples reconnect. Presenters are not trained marriage counselors, but are couples sharing their personal stories of marital struggles and the tools they used to rediscover their love. The next session is **May 29** in Kansas City, KS. For more information and registration go to: <https://www.helpourmarriage.org/>.

UTV RAFFLE

St. Martin Catholic Parish School Fundraiser

Proceeds will help obtain fiber-optic Internet access for the school campus. John Deere 590M UTV. A Maximum of 1,000 tickets will be sold. If 601+ tickets are sold, the UTV winner will be drawn. Winner may choose either the UTV or the \$15,000 value payout. If 600 or fewer tickets are sold, a 50/50 drawing will be held with the winner taking half of the raised funds. The UTV will be raffled on April 23 (winner need not be present to win). Tickets may be purchased by emailing school@stmartinjc.org or online at <https://payit.nelnet.net/form/B1RUXrXt>.



KNIGHTS OF COLUMBUS



The Knights of Columbus are Catholic men, 18 years of age and older, who are committed to making their community a better place while supporting their Church and protecting and enhancing their family life. If you would like to join us, please contact Grand Knight Bob Asahl at 230-3570.

Winners of the SUPER 50/50 RAFFLE this month are Steve Meystrik, Marilyn Nobbman, Brian Driscoll, Joe Boland and Cady Villmer. Each will receive \$120. The next drawing will be **April 8th** at the Knights' regular business meeting.

SORRY, NO MORE FISH FRIES. Due to the situation with the CORONAVIRUS, we have decided to discontinue the Fish Fries this year.

All of the good works done by the Knights of Columbus are guided by four core principles: Charity, Unity, Fraternity, and Patriotism.

LADIES' AUXILIARY

There will be no April meeting. Our next meeting will be on Thursday, **May 7th**.

Prayer to the Immaculate Heart of Mary for Protection from the Coronavirus

O Immaculate Heart of Mary, we entrust ourselves to you, Health of the Sick.

At the foot of the Cross, you participated in Jesus' pain, with steadfast faith.

Patroness of the Diocese of Jefferson City, you know what we need.

We are certain of the power of your intercession, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He, who taught us to "love one another, as I have loved you" took our sufferings upon Himself and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.

Bring under your mantle of protection all who provide care for the sick and minister to their needs, as your Son implores us to do for one another.

V. We seek refuge under your protection, O Holy Mother of God.

R. Do not despise our pleas, but deliver us from every danger, O glorious and blessed Virgin. Amen.

CONGRATULATIONS

We congratulate Msgr. Don Lammers as he observes his 54th Priestly Ordination Anniversary on **March 26** (1966)!

PRAY FOR OUR FAITHFUL DEPARTED:

The Cathedral Parish extends its sympathy and prayers to the families of Judy Connor, Helen Scherr, Barb Nilges, and Nelda Keilhol, sister Rita Bonnot.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

PRAYER OPPORTUNITIES:

CENTERING PRAYER: Please join us on Mondays at 12:10 p.m. in the Chapel. Contemplative Prayer is a powerful way of moving into a deepening experience of divine union. Contact Barbara Poetker at (573) 893-2064.

HOLY ROSARY: Come and join us on Thursday nights, 7:00 p.m., to pray the Most Holy Rosary in the Daily Mass Chapel.

"CHRIST THE HIGH PRIEST" ICON: The Joe Stratman family will have the icon **Mar. 22-28**, and Jim & Terry Vignola will have it **Mar. 29-Apr. 4** to pray for vocations.

EUCCHARISTIC ADORATION: We have several hours open for Adoration. Thursday and Friday hours from 8-9 p.m. are vacant. Contact the Parish Office to sign up for an hour with our Lord in the Adoration Chapel.

PRAYER FOR THE SICK, THE ELDERLY, AND THE LONELY IN OUR PARISH: If you would like to put someone on the prayer list or if you would like to be part of the prayer line, call the Parish Office at 635-7991.

PRAY FOR OUR PARISHES:

We ask all Cathedral Parish members to pray each week for the members of one of the parishes or missions in our diocese. As a Cathedral Church, all our parishes are linked to us, and we wish to deepen the spiritual bond with them. Therefore, we will pray this week for **Immaculate Conception**, Montgomery City.

PRAY FOR VOCATIONS:

The Cathedral Vocations' Committee invites you to pray each week for a Priest, Religious, Deacon and Seminarian serving in our Diocese. This week, please keep in your prayers:

Rev. Dylan Schrader, St. Brendan, Mexico

Sr. Bernita Wasinger (SSND), Immaculate Conception, Loose Creek; St. George, Linn; St. Joseph, Westphalia

Deacon James Davies, St. Joseph, Louisiana

Seminarian JohnPaul Werner, Holy Trinity Seminary, Irving, TX

PUBLIC HEALTH CONCERNS

A message from Bishop W. Shawn McKnight (3-17-20)

Dear Sisters and Brothers in Christ,

I know you join me in concern for all who are being affected by the rapid spread of the coronavirus. Today, I am announcing that all public Masses will be suspended in the Diocese of Jefferson City, beginning on Wednesday, March 18, and until at least April 3.

This is in keeping with the federal directives and other public entities in our area. We offer this decision as part of our effort to help stem the spread of the coronavirus.

This means all Catholics are dispensed from the obligation to attend Sunday Mass in person. Online opportunities are listed on our website, and some parishes will be able to provide online Masses. Catholics are encouraged to check with their local parish regarding online Masses.

In addition, parishes have been instructed to make the following changes beginning March 18:

All public gatherings are cancelled or postponed. This includes public weddings. More information on baptisms, funerals and other liturgical protocols can be found on our website.

- Confirmation Masses will be rescheduled to be celebrated after Easter Sunday.
 - During this time, churches will remain open as places of prayer and comfort. Priests will be available in the parishes to offer Anointing of the Sick and other sacraments. You are encouraged to seek the sacrament of Anointing of the Sick before you go to the hospital, if possible.
- I ask you to be mindful of your responsibility to serve the community in your time, talent and treasure in this extraordinary hour of need. You may register your volunteer capacity on our website. Parishes are organizing disaster responder teams to serve those immediately impacted by the coronavirus pandemic. Please continue your tithes to your parishes by postal mail or online - if the parish offers that option.
- Diocesan schools, that are suspending in-school instruction from March 18 to April 3 are providing ongoing instruction either online or packet-based, on a case-by-case basis. While diocesan offices and parish offices will remain open, some employees may work remotely or may need to take leave to care for themselves or their families. Some parishes may reduce office hours. Regardless, all diocesan and parish employees will continue to receive compensation.

I am grateful to all who are working tirelessly to mitigate the effects of the pandemic. I pray the efforts we are making, as a people of faith will provide tangible support, encouragement and spiritual hope to our communities.

With prayers for the protection of the Immaculate Heart of Mary, I am,

Sincerely yours in Christ,
Most Rev. W. Shawn McKnight
Bishop of Jefferson City

SCHOLARSHIPS

Applications for the 2020-2021 [Simon Scholarship](#) and the [Warack Scholarship](#) are being accepted through **March 31, 2020**. Applications can be downloaded at diojeffcity.org/scholarships.

CENSUS DAY 2020

By April 1, every home in the U.S. will receive information from the U.S. Census Bureau on how to respond to the U.S. Census. It is important that all Missourians are counted in the census so that our state may have accurate representation in Congress and adequate funding for local hospitals, first responders, and critical social programs. Your responses will be kept anonymous. The MCC has put together a one-page fact sheet on the 2020 U.S. Census that you can find at mocatolic.org. For even more info on what to expect and how to respond, visit www.2020census.gov.

NEW CHANCERY PERSONNEL

Whitney Lammers will be joining the Diocese on March 19 as the Associate Director of Development. Whitney holds a bachelor's degree in public relations and advertising. Originally from our neighboring state of Kansas, Whitney and her family relocated to the Jefferson City area approximately 10 years ago where she has been employed with another not-for-profit organization.

We are pleased to announce the addition of Ginger Borlinghaus as executive administrative assistant to Bishop Shawn McKnight effective April 1. Ginger's previous experience includes high-level support roles for Lincoln University, Bi-State Development Company, and marketing firms in the St. Louis area.



CATHOLIC RELIEF SERVICES' COLLECTION

Parishes were scheduled to take up The Catholic Relief Services' Collection at the Masses on March 21/22. Your contribution is still needed to make a difference for the poor and marginalized around the world. Please send your envelope to the Parish Office or visit www.usccb.org/nationalcollections for more information on how to give.

REPORTING SERVICES

The **Catholic Bishops' Abuse Reporting Service** has been established to receive reports of sexual abuse and related misconduct by bishops and to relay those reports to proper Church authorities for investigation. Where a report includes a crime, such as the sexual abuse of a minor, it will also be reported to civil authorities. Otherwise, reports will be kept confidential.

If you have any other kind of complaint about a bishop—such as parish assignments, church closings, or homily contents—please address those directly to your diocesan or eparchial bishop. Sexual abuse by a priest, deacon, a staff member, or a volunteer of the Church should be reported to the Victim Assistance Coordinator in your local diocese/eparchy.

To be sure you get the help you need, call 800-276-1562 or visit ReportBishopAbuse.org.

If you are the victim of sexual abuse (or any other crime), please contact local law enforcement.

A MATTER OF BALANCE COACHES

Catholic Charities of Central and Northern Missouri is seeking volunteers interested in becoming A Matter of Balance Coaches. Do you want to help teach older adults about common problems that contribute to falls and simple steps to prevent them? Are you looking for a rewarding opportunity to make a real difference in your community or with those with whom you work? Become A Matter of Balance Coach! A Matter of Balance Coaches:

- Help participants become more confident about managing falls
- Help to identify ways to reduce falls
- Lead exercises to help increase strength and balance.

Catholic Charities partners with local agencies to conduct A Matter of Balance Courses. A FREE coaches training is being held in Jefferson City on March 25 and 26. For more information on becoming A Matter of Balance Coach with Catholic Charities, contact Judith Mutamba at mutamba@cccnm.org or (573) 635-7719. You can also learn more at the Catholic Charities website: cccnm.diojeffcity.org/volunteer.

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