

# IMMACULATE HEART OF MARY

## IMMACULATE HEART OF MARY PARISH MISSION STATEMENT

*The parish of Immaculate Heart of Mary Catholic Church, located in south city,  
has clusters of small neighborhoods filled with multi-generational families.*

*As members of this parish, we answer God's call to...*

- + **COMMIT to live the Gospel;**
- + **CELEBRATE Eucharist as a community;**
- + **SERVE the needs of others;**
- + **PARTICIPATE in parish life and ministries;**
- + **STRIVE to be a sign of God's love!**

### Parish Staff

**Rectory - 4092 Blow Street, St. Louis, MO 63116-2796**

**Website@: [www.ihm-stl.org](http://www.ihm-stl.org)**

Parochial Administrator

Deacon

Administrative Associate

Parish Secretary

Pastoral Minister for Seniors

Director of Music Ministry

Parish Council Chairperson

**School (Pre K-8) - 4070 Blow Street**

Principal

School Secretary

South City Deanery PSR

email: [scdpsr4200@sbcglobal.net](mailto:scdpsr4200@sbcglobal.net)

**314-481-7543**

**Fax 314-481-6316**

Rev. Bradley E. Modde

Mr. Jim Murphey

Mrs. Ann Donohue

Ms. Judy Vonder Haar

Mrs. Debbie Gartner

Mrs. Leona Ernst

Mr. Glenn Huelsing

(T-W-Thurs.)

314-481-9385

314-832-1678

314-752-0515

**314-832-1678**

Mr. Rick Danzeisen

Mrs. Linda Zambo

Fr. Leo

314-773-3070

### Sacramental Schedule

#### **Celebration of Eucharist**

Sunday 7:30 a.m. and 10:00 a.m.

Saturday 4:30 p.m.

Weekdays Monday-Thursday 8am Mass  
Friday 7am Mass

Tuesday Following 8 a.m. Mass:

Perpetual Help Devotions

Holydays As announced inside bulletin

#### **Sacrament of Penance & Reconciliation**

Saturdays 3:45 p.m. - 4:15 p.m.

#### **Sacrament of Baptism**

Sundays following the 10:00 a.m. Mass. Please call the rectory for information.

#### **Becoming a Catholic**

Rites of Christian Initiation of Adults/Youth or Catechumen Meetings are weekly from September thru May to discuss your questions and the Catholic Faith. Call a priest if you or someone you know is interested.

#### **Sacrament of Confirmation**

Celebration by 7th and 8th Grade Students or whenever one is ready to make a commitment to being a fully practicing Catholic. One full year of religious education prior to the year of preparation is necessary.

#### **Sacrament of Matrimony**

Set up preparation meeting with the priest or deacon, you choose for the wedding as soon as you have decided to marry, at least 6 months prior.

#### **Holy Orders and Consecrated (Religious) Life**

If interested, please call the parish rectory or the Archdiocesan Office of Vocations at 314-792-6460.

#### **Sacrament of Anointing of the Sick**

Call the rectory anytime if someone is sick at home or going to have surgery.

**Care for those who are homebound or hospitalized or in nursing home.** Please call the Rectory to arrange for Communion to be brought to any parishioner who is unable to get to church. Please inform the rectory as soon as any parishioner is admitted to any hospital or nursing home. (Hospitals do not always call.)

#### **South City Deanery PSR**

Catholic Religious Education for children attending public or private non-religious schools. Call Fr. Leo at 314-773-3070.

#### **Parish Membership**

All Catholics over 18 and living in our area need to register (if you are not already receiving parish mailings) by calling the rectory.

#### **Calendar and Bulletin Items**

Additions or changes for the Parish Calendar should be in writing and sent to the Rectory. The deadline for bulletin announcements is 10 a.m. Monday for the following week's bulletin. (Holidays – deadlines could change without notice).



**“For the gifts and the call of God are irrevocable.” - ROMANS 11:29**

God has a special mission in mind for each of us and He has given us the gifts that we need to accomplish that mission. We are called to be good stewards by using the gifts that God has given us to do the work that God has planned for us alone. If we deny our gifts or fail to use them as God calls us to use them, then some part of God's work will be left undone.

## THIS WEEK IN OUR PARISH

<b>Packet Pick-Up Sunday</b>	<b>Sun. 9-12pm FKC</b>
<b>Pre –School Open House</b>	<b>Sun. 10:45-12 noon</b>
<b>1st Day of School</b>	<b>Thurs. 7:45- 12 noon</b>
<b>Venturing Crew</b>	<b>Thurs. 6:30pm RMR</b>
<b>Movie Night</b>	<b>Fri. 7pm FKC</b>

### WEEKLY ACTIVITIES

Recitation of the Rosary	Tues.-Fri. following 8am Mass
Boy Scouts	Mon. 7pm Café
Quilters	Tues. 8:30am RMR
Prayer Group	Wed. 7:00pm LOM
Music Practice	Wed. Church

### Mass for the Intentions Week

Mon.	8/15	8:00am	Jane Shipley
Tues.	8/16	8:00am	Joe & Rose Steurer
Wed.	8/17	8:00am	David Matthes
Thurs.	8/18	8:00am	Cookie Bayer
Fri.	8/19	7:00am	Arlene Hock
Sat.	8/20	4:30pm	Robert Casares
Sun.	8/21	7:30am	Ed & Melba Provaznik
		10:00am	Our Parish Family

### READINGS FOR THE WEEK

Monday:	Vigil: 1 Chr 15:3-4, 15-16; 16:1-2;\nPs 132;\n1 Cor 15:54b-57; Lk 11:27-28
	Day: Rv 11:19a; 12:1-6a, 10ab;\nPs 45;\n1 Cor 15:20-27; Lk 1:39-56
Tuesday:	Jgs 6:11-24a; Mt 19:23-30
Wednesday:	Jgs 9:6-15; Mt 20:1-16
Thursday:	Jgs 11:29-39a; Mt 22:1-14
Friday :	Ru 1:1, 3-6, 14b-16, 22; Mt 22:34-40
Saturday:	Ru 2:1-3, 8-11; 4:13-17; Mt 23:1-12
Sunday:	Is 22:19-23; Ps 138; Rom 11:33-36;\nMt 16:13-20

### LORD HEAR OUR PRAYER

Please pray for Joan Smith, Catherine Stevens, Frank Roser, Rosemary Bowe, John Pfeiffer, Mary Hansen, Marie Penrod, Lorna Marsh, Magdalene Bonn (mother of Paula), Pat Knight (sister of Kathy Ewing), and those parishioners who are home-bound, who are living in Assisted Living or Nursing Homes, and all in our Prayer Book. May our Lord Jesus bring them comfort and healing.



### Your Gifts to God and Parish

<b>Sunday's Collection August 7, 2011</b>	
Envelopes: \$7,969.00	Parish Imp. \$1,087.00
Loose: \$741.00	Help-A-Student \$518

**Thanks** to those who left a portion of their Will or Charitable Gift Annuity to their parish family. Some are designating \$5,000 or \$10,000 or even 5% or 10%!! You can **designate your donation from your Estate or Memorial offerings to IHM Parish, IHM School, Help A Student, or whatever you wish!!**

### THE ASSUMPTION OF THE BESSED VIRGIN MARY

Because the Feast of the Assumption falls on a Monday, (August 15th) it is **NOT** a holy day of obligation this year.

# PARISH NEWS

### NEW MASS SCHEDULE

Beginning this Monday, August 15th, we will have 8am Mass Monday through Thursday and 7am on Fridays.

### CHILDREN'S LITURGY

I am looking for parishioners interested in sharing our faith with children of the parish during Liturgy of the Word at 10am Mass **starting September 11th**.

Requirements: drive to share faith with the children and Protecting God's Children. Contact me, Colleen Hoyt, at 314-659-9416 or Americancailin@yahoo.com.

### LATCHKEY NEEDS YOUR DONATIONS!

Latchkey is looking for **"gently used"** toys and games for our After School Program. Please call 832-1678 to arrange a drop-off time. We thank you for any donation you might be able to give to our kids!!!

### SAINT PATRICK'S CASSEROLE



Please pick up your supplies **this weekend, August 13/14th**, in the vestibule of Church. **Return frozen** to the Father Keaney Center, **before 9am on Thursday, August 18th**. Questions? Call Rose Mary at 351-8236.

### FISH FRYS STARTING IN SEPTEMBER!!!

Come join us at the Parish Fish Frys this fall. We are going to start off with these three dates; **Friday, September 9th, Friday, October 7th and Friday, November 18th**. We hope this will bring the parish together and give us a good reason not to cook once a month. **Please help us by donating desserts on the Friday of the Fish frys to the Cafeteria after 12 Noon or School Office until 2:30pm**. Thank you so much for your support and we hope you enjoy this new event.



## Parish Fun Night! Mark your Calendar for Saturday, August 27th

We will begin  
with 4:30pm Mass – 10pm  
Commissioning of our Teachers  
Followed by  
Good Food, Drink & Friends!

Come enjoy an evening  
with your fellow parishioners!

This event is free  
and **open to ALL parishioners**.  
You can connect with old friends  
and meet some new ones!

In order to be sure we have enough food,  
please let us know by  
**This Thursday, August 18th**  
if you will be able to join your fellow  
parishioners for a great evening of fun!

**RSVP** by dropping this completed form  
in the Collection Basket or in the  
Rectory Mail Slot.

Name \_\_\_\_\_

Number of Adults \_\_\_\_\_

Number of Children \_\_\_\_\_

## SENIOR MOMENTS

### MATTHEW 15:21-28

The story of the Canaanite woman conjures up several emotions. One - **Frustration**. How come this woman's prayers were answered? Have you ever had this same question? I have family members and friends who have died of cancer. My own dad God love him, prayed **faithfully** every single day; throughout the day, as did my mom, that he would be healed. Our family, prayed, our friends prayed, and strangers prayed. To no avail, the cancer devastated his body. Why couldn't my dad be saved? If I stopped here without reflection, without relying on my faith and the faith instilled in me by my parents, I could remain frustrated, even angry. I do not have the answer to "why?" And that is OK, because I trust in God. Whatever the answers maybe I can hold on to the confidence that my dad, family members and friends are resting in God's glorious presence. My heart continues to ache, I miss them terribly. My respite comes from God's grace and those who love me.

Now here's another emotion - **Hurt!** She cries out to Jesus, yet He doesn't answer her. Not a single word! Then, the disciples basically want Jesus to tell her to take a hike! Wow! You are ignored and hear that people want you to leave! I would certainly be hurt! I know as a young girl, we moved a lot due to my dad being in the Air Force. I often felt ignored in a new school or neighborhood. Like the Canaanite, I may have hurt my feelings, but I had to keep reaching out. I couldn't give up. Thankfully in my case and hers persistence proved victorious!

When people's feelings are hurt sometimes it is dismissed as being sensitive. Well I am here to say, **sensitivity is a wonderful thing** as long as it is not **misdirected!** We should be sensitive to the needs of others. We should be respectful of who they are. We should be sensitive to our own personal needs. It is encouraging to see Christians sensitive to the needs of others.

I want to clarify misdirected. I mean overly sensitive. People have left the church because a priest made them mad or someone wasn't friendly, they were rude or hurt their feelings. (I made this mistake many moons ago. I did church shopping. It was MY loss) There are others who still attend, but are no longer active, in their parish, because of hurt

feelings. (I've been tempted by this one, too) The message is in today's Gospel. This woman did not let the silence of Jesus, the hurtful words of disciples, anger or condemnations keep her away. Was she without feelings? I am confident she had feelings! She was a woman who knew Jesus had what she needed. She was not going to be robbed of His blessings.

Have you ever been treated rudely or ignored by a neighbor, family member, co-worker, member of a committee or doctor? Our feelings are kind of like warning buzzers. When we begin to become sensitive with jealousy, feelings of rejection, hurt feelings, it's like a little buzzer telling us to take time to focus. Am I being over sensitive? Is this about them or about me? May we keep our focus on Jesus and how He would have us live our lives, or how He would expect us to react. Go with in and listen to His reply. Go to love and serve. It is not always easy; however we can be confident our Lord will guide us through.

*"Lord, may we follow the example of this very determined Canaanite woman. She did not let hurt feelings, silence, rejection, bigotry keep her away from Jesus. She was not about to let her feelings rob her daughter from the healing she needed. She dropped to her knees in humility and worship. She did not allow obstacles to keep her from Jesus. Please continue to strengthen my faith, focus, determination, humility. Amen."*

### Your Suggestions are Important

Do you know someone who would benefit from a visit? Do you think there is a need that is not being met? Would you like to participate in an activity that we do not have? Would you like to volunteer but no one has asked you? These are just a few questions I would be very interested in hearing your answers to, or if you have additional suggestions not mentioned. Please give me a call! I look forward to hearing from you.

### REMINDER: MOVIE NIGHT This Friday!!

See the ad in the bulletin with all the details!

Debbie - 481-9385

Due to visiting, I am in and out of the office. I will check my messages and return your call as soon as possible.



Dear Parishioners of IHM,

This week our school children will return for another year of education and formation. On Monday, August 15<sup>th</sup>, our faculty will gather to begin two days of preparation with a day of recollection. On Thursday, August 18<sup>th</sup>, our students will gather for their first day of school, followed by their first full day of school on Friday, August 19<sup>th</sup>. Please keep both our students and faculty in your prayers as they begin a new school year.

Also, keep in mind that on Monday, August 15<sup>th</sup>, the Solemnity of the Assumption of Mary, we will begin to have a parish Mass at 8am on Mondays. Thus, our weekday Mass schedule will be: Monday through Thursday – 8am Mass; Friday, 7am Mass. Also please note: with the Solemnity of the Assumption of Mary falling on a Monday this year, it is **not** a holy day of obligation.

Thanks to all who were so generous to Fr. Joseph Nangle's missionary appeal. We were able to collect over one thousand dollars for the mission coop --- thank you so much for your generosity!

One final note: if you plan to attend the **Parish Family Fun Night on Saturday, August 27<sup>th</sup>**, we need to have your RSVP by this Thursday, August 18<sup>th</sup>. As of right now, **I'm the only one who has RSVP'ed!!!** Please don't let me be the only one here! We need to have an accurate count for our order to Kenrick Meat. Thanks for your attention to this.

Have a good week!

*Immaculate Heart of Mary, pray for us!*

*Father Brad*

**STILL NEEDED — EUCHARISTIC MINISTERS!**

We are in need of a few more Eucharistic Ministers for the 4:30pm Saturday and 7:30am Sunday Masses. If you are interested, please call the Rectory - 481-7543. Thank You!

**A JOURNEY OF FAITH TOGETHER  
DO YOU WANT TO LEARN MORE  
ABOUT THE CATHOLIC FAITH?**

Sessions will begin **Sunday, September 18<sup>th</sup>**, following the 10:00am Mass in the Rectory Meeting Room.



These sessions are an inquiry of the Catholic Faith for those who might be interested in either learning about or enhancing one's understanding of the Faith. **If you are interested or know of someone who might be, contact Deacon Jim Murphey or Father Brad Modde, or fill out the form below and drop in the Collection basket, or at the Rectory.** You are most welcome to join us for the "fun of it" as well as for the "learning of it!" **Think & pray about friends or family members you could invite.**

Name \_\_\_\_\_

Phone # \_\_\_\_\_

**JOKE OF THE WEEK**

A little boy who wanted one hundred dollars very much, prayer and prayer for two weeks, but nothing happened. Then he decided to write a letter to God requesting the one hundred dollars.

When the post office received the letter addressed to "God, USA," they didn't know what to do with it, so they sent it to the White House. The president was so impressed he instructed his secretary to send the little boy five dollars. "That should look like a large sum of money to one so young."

The boy was delighted with the five dollars and sat down to write a thank-you note to God, which read, "Dear God, thank you for sending me the money. However, I noticed for some reason you had it sent through Washington D.C., and as usual, the government deducted ninety-five percent!"

## PRINCIPAL'S CORNER

**Welcome to the 2011-2012 school year!!!!!!**

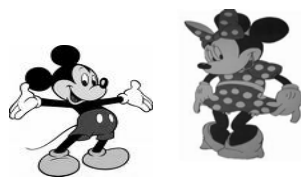
**This Thursday, August 18th, is our first day of School.** Our theme this school year is *"Companions On The Journey - Students, Parents, Faculty/Staff, Parish and Community."* We are all working together to provide the best education possible rooted in Gospel values. This journey cannot be done alone, it depends on all of us united under one faith- our Catholic faith.

I want to thank you in advance for all that this parish will do to help support our School. We could not do our work without your prayers and financial assistance. Each one of you will be remembered each day as we say our morning prayers, thanking the good Lord for all that you have done and will do in the future.

**Last Tuesday, we had our Kindergarten BBQ at Lemay Park.** The kindergarten students had a wonderful time getting to know one another, playing on the playground and eating bratwurst and hot dogs. It was also a great way for the parents to get to know one another since they will be together for the next nine years. This BBQ culminates our Kindergarten Home Visits that Mrs. Oldani and I do over the summer. There are 27 very excited youngsters waiting for school to start.

**Don't forget that we have script available every day in the School Office.** We have Shop-n-Save, Walgreen's, CVS, Panera Bread, Burger King and Steak-n-Shake, on hand. They will make great gifts for those students going off to college. We appreciate your support.

Have a great week,  
Mr. D



### KEEP OUR MEN AND WOMEN WHO SERVE OUR COUNTRY TO KEEP US SAFE IN YOUR PRAYERS!

Here is a list of members of families who are involved with the conflict:



A1/C Jeffrey Clark, U.S. Air Force  
Private, Alan Smith, U.S. Army  
1SG Paul Drago, U.S. Army  
Todd Bruemer, U.S. Navy  
M.K. 2 Brett Winkelmann, Coast Guard  
Cpl. Matthew T. Straub, U.S. Marines  
Sgt. Victor A. Will, U.S. Army

Sgt. James A. Will, U.S. Army  
Senior Airman James Dobrynski, U.S. Air Force  
Specialist 1st Class David V. Rice, U.S. Army

### MARK YOUR CALENDAR!!!

**Back to school Night is Tuesday, August 30th.** We will feature Booths for different Parish Organizations that need YOUR help! **We** are what makes our parish strong! that's why Parish Council will be featuring information on different organizations leading up to the meeting where you can get involved to help make this parish a great place!

**Not a school family member you say?** That's ok, there will also be information for the organizations you can contact so you can get involved. **The most important thing these organizations are missing is YOU!**

If you need more information or would like to be contacted by an organization personally, you may call Maria Buck 752-9340 or Holly Sullivan 631-1115. Thank you very much and we look forward to seeing you out there soon!

#### Parish Council

An organization dedicated to helping the Parish by providing the Pastor with guidance and support. Some activities include: Parish Fun Night, and Fellowship Sundays. Meetings are quarterly. If you would like to be able to serve in a different way and help support the Pastor then this is the organization for you! Please see the table at Back to School Night or contact **Glenn Huelsing at 314-752-0515** for more information.

#### Ladies Sodality

An organization dedicated to the women of the parish. Meetings are monthly and include fun and fellowship. Some activities include: school supply drives, Pro Life Baby shower, and Trivia Night, to name a few. Come and get together with great people to share fun times! Please see the table at Back to School Night or contact: **Patti Huelsman 352-9253** for more information.

#### Men's Club

An organization dedicated to the men of the parish. Meetings are monthly and include sports watching, food and fun. Some activities include: Golf Tournaments, Texas Hold 'Em, Out-Door meetings and more! Please see the table at Back to School Night or contact **Aaron Buck 314-752-9340** for more information.

#### Children's Liturgy

An organization dedicated to the teaching of Catholic beliefs to Preschool to 1st graders. Here children go to learn more about the daily readings and Catholic beliefs. This happens at the 10am Mass on Sundays during the school year. Please see the table at Back to School Night or contact **Colleen Hoyt 353-4428**.

## SOUTHSIDE YM NEWS

**SSYM is hosting a Vocation Series. The first night is Sunday, August 14th, and will focus on Priesthood.** We will address how Holy Orders can still be holy when priests are frequently in the media doing unholy things. Fr. Chris Martin from the Office of Vocations is our guest speaker.

**The second night in the Vocation Series is Sunday, Aug 21st,** where we will have a vocation panel including a priest, nun, married couple and single person. Teens will get to ask questions of the panel for exciting Q & A. These nights are always interesting to hear the different stories of discernment.

**The Back to School Bash is Sunday, Aug 28th** and will include a water slide and water balloon fight. Bring a change of clothes for this night of mayhem, fun, and BBQ.

On **Sunday, October 2nd**, SSYM is hosting guest speaker **Dr. Larry Feingold**, a professor from the seminary and the Institute for Pastoral Theology. The title of his talk is ***"Jesus was a Jew so Why am I Catholic?"*** Dr. Feingold is convert from Judaism, and a brilliant and dynamic speaker. Snacks will be served, and **this night is open to anyone of any age.**

The **SSYM Annual Fall Retreat** for high school teens is Oct 21-23rd at Il Ritiro. Please save the date.

As always, you and your family are welcome to join us at St. Mary Magdalen for our weekly Youth Mass at 6pm. Michael Mette leads the music at this warm and vibrant celebration. I hope to see you there.

Peace,  
Greg

### IMMACULATE HEART OF MARY ALUMNI SOCCER GAMES

**Friday September 23rd  
at the Santa Maria Knights of Columbus Fields  
Events begin around 5:30pm**

Attention all IHM Alumni and IHM Soccer Coaches, join us for an evening of soccer! As part of our celebration of 60 Years as a parish, the Athletic Committee is sponsoring the 1<sup>st</sup> Annual IHM Alumni Soccer Game. Additionally, it is the 15<sup>th</sup> Anniversary of the IHM Kids Klassic Soccer Tournament. We will divide into teams, possible multiple games dependent on the number of participants. **Bring the whole family to cheer you on.** There is plenty of room for youngsters to run and play. Contact Aaron Buck at [aaronbuck@sbcglobal.net](mailto:aaronbuck@sbcglobal.net) or 314-498-0272 for more information.

### 15th Annual IHM Kids Klassic Soccer Tournament Looking for Referees



The **annual tournament** for Kindergarten (Pre-K too) through 4th grade is **September 17th, 18th, 24th, and 25th** at the Santa Maria Knights of Columbus Complex. Once again we are looking for volunteer referees adults and youths (5th grade and above) to officiate at the tournament. Any amount of time you can provide is appreciated. Please contact Aaron Buck at [aaronbuck@sbcglobal.net](mailto:aaronbuck@sbcglobal.net) or 314-498-0272 for more information.

### MSGR. SPRENKE SOCCER TOURNAMENT 1962IHM WON THE 1ST TOURNAMENT

**Msgr Sprenke 50<sup>th</sup> Anniversary at St. Ann's in Normandy** – This year St. Ann's is celebrating the 50<sup>th</sup> anniversary of our Monsignor Sprenke Soccer Tournament from **September 6-24th. Immaculate Heart of Mary was the first team to win the tournament back in 1962.** As part of our celebration we are inviting back any former coaches and players to be recognized on Friday evening, September 9, when we will honor our founders and the first St. Ann teams to play in the tournament. We are also collecting memories from past participants for publication in this year's 50<sup>th</sup> anniversary ad book If you have any to share, or for more information, please call Bill Hook at 382-5786 or Pat or Eileen at the Rectory at 385-5090; or e-mail [whook2809@msn.com](mailto:whook2809@msn.com). We will have live entertainment each weekend night and plenty of great BBQ under our covered pavilion. All are welcome! Our address is 7530 Natural Bridge Rd, Normandy MO.

# IHM SUMMER MOVIE NIGHT

You're Invited To



Lemonade, water,  
popcorn and a few  
treats provided  
Bring your own too!

Friday, August 19th  
Doors open at 6:30  
Movie starts at 7:00  
Father Keaney Center

More details in  
IHM Bulletin & on Facebook

(Children 15 and under must be accompanied by an adult)

**CHANGES ARE COMING !!!**

**Praying with Body, Mind, and Voice**

**For additional information:**

**Please refer to the Office of Sacred Worship website at [archstl.org/worship](http://archstl.org/worship) and click on the tab “Roman Missal, Third Edition,” on the left-hand side of the page. And be sure to read the St. Louis Review and check it out online at [www.stlouisreview.com](http://www.stlouisreview.com), for more on the new Roman Missal.**

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In the celebration of Mass we raise our hearts and minds to God. We are creatures of body as well as spirit, so our prayer is not confined to our minds and hearts. It is expressed by our bodies as well. When our bodies are engaged in our prayer, we pray with our whole person. Using our entire being in prayer helps us to pray with greater attentiveness.

During Mass we assume different postures—standing, kneeling, sitting—and we are also invited to make a variety of gestures. These postures and gestures are not merely ceremonial. They have profound meaning and, when done with understanding, can enhance our participation in the Mass.

**STANDING**

Standing is a sign of respect and honor; so we stand as the celebrant who represents Christ enters and leaves the assembly. From the earliest days of the Church, this posture has been understood as the stance of those who have risen with Christ and seek the things that are above. When we stand for prayer, we assume our full stature before God, not in pride but in humble gratitude for the marvelous things God has done in creating and redeeming each one of us. By Baptism we have been given a share in the life of God, and the posture of standing is an acknowledgment of this wonderful gift. We stand for the proclamation of the Gospel, which recounts the words and deeds of the Lord. The bishops of the United States have chosen standing as the posture to be observed for the reception of Communion.

**KNEELING**

In the early Church, kneeling signified penance. So thoroughly was kneeling identified with penance that the early Christians were forbidden to kneel on Sundays and during the Easter season, when the prevailing spirit of the Liturgy was one of joy and thanksgiving. In the Middle Ages kneeling came to signify homage, and more recently this posture has come to signify adoration, especially before the presence of Christ in the Eucharist. It is for this reason that the bishops of this country has chosen the posture of kneeling for the entire Eucharistic Prayer.

**SITTING**

Sitting is the posture of listening and meditation, so the congregation sits for the pre-Gospel readings and the homily and may also sit for the period of meditation following Communion. All should strive to assume a seated posture during the Mass that is attentive rather than merely at rest.

**PROCESSIONS**

Every procession in the Liturgy is a sign of the pilgrim Church, the body of those who believe in Christ, on their way to the Heavenly Jerusalem. The Mass begins with the procession of the priest and ministers to the altar. The Book of the Gospels is carried in procession to the ambo. The gifts of bread and wine are brought forward to the altar. Members of the assembly come forward in procession—eagerly, attentively, and devoutly—to receive Holy Communion. We who believe in Christ are moving in time toward that moment when we will leave this world and enter into the joy of the Lord in the eternal Kingdom He has prepared for us.

**MAKING THE SIGN OF THE CROSS**

We begin and end Mass by marking ourselves with the Sign of the Cross, Because it was by his death on the Cross that Christ redeemed humankind, we trace the Sign of the Cross on our foreheads, lips, and hearts at the beginning of the Gospel, praying that the Word of God may be always in our minds, on our lips, and in our hearts. The cross reminds us in a physical way of the Paschal Mystery we celebrate: the death and Resurrection of our Savior Jesus Christ.

(continued.....)

**BOWING**

Bowing signifies reverence, respect, and gratitude. In the Creed we bow at the words that commemorate the Incarnation. We also bow as a sign of reverence before we receive Communion. The priest and other ministers bow to the altar, a symbol of Christ, when entering or leaving the sanctuary. As a sign of respect and reverence even in our speech, we bow our heads at the name of Jesus, at the mention of the Three Persons of the Trinity, at the name of the Blessed Virgin Mary, and at the name of the saint whose particular feast or memorial is being observed (see GIRM, no 275).

**GENUFLECTING**

As a sign of adoration, we genuflect by bringing our right knee to the floor. Many people also make the Sign of the Cross as they bend their knee. Traditionally, Catholics genuflect on entering and leaving church if the Blessed Sacrament is present in the sanctuary of the Church. The priest and deacon genuflect to the tabernacle on entering the leaving the sanctuary. The priest also genuflects in adoration after he shows the Body and Blood of Christ to the people after the consecration and again before inviting the people to Holy Communion.

**ORANS**

The priest frequently uses this ancient prayer posture, extending his hands to his sides, slightly elevated. *Orans* mean “praying.” Early Christian art frequently depicts the saints and others standing in this posture, offering their prayers and surrendering themselves, with hands uplifted to the Lord, in a gesture that echoes Christ’s outstretched arms as He offered Himself on the Cross.

**PROSTRATING**

In this rarely-used posture, an individual lays full-length on the floor, face to the ground. A posture of deep humility, it signifies our willingness to share in Christ’s death so as to share in His Resurrection (see Rom6). It is used at the beginning of the Celebration of the Lord’s Passion on Good Friday and also during the Litany of the Saints in the Rite of Ordination, when those to be ordained deacons, priests, and bishops prostrate themselves in humble prayer and submission to Christ.

**SINGING**

“By its very nature song has both an individual and a communal dimension. Thus, it is no wonder that singing together in church expresses so well the sacramental presence of God to His people” (United States Conference of Catholic Bishops, *Sing to the Lord*, no.2). As we raise our voices as one in the prayers, dialogues, and chants of the Mass, most especially in the Eucharistic Prayer, as well as the other hymns and songs, we each lend our individual voices to the great hymn of praise and thanksgiving to the Triune God.

**PRAYING IN UNISON**

In the Mass, the worshiping assembly prays in one voice, speaking or singing together the words of the prayers. By saying the same words at the same time, we act as what we truly are—one Body united in Christ through the Sacrament of Baptism.

**BEING SILENT**

“Silence in the Liturgy allows the community to reflect on what it has heard and experienced, and to open its heart to the mystery celebrated.” (*Sing to the Lord*, no.118). We gather in silence, taking time to separate ourselves from the concerns of the world and enter into the sacred action. We reflect on the readings in silence. We may take time for silent reflection and prayer after Holy Communion. These times of silence are not merely times when nothing happens; rather, they are opportunities for us to enter more deeply in what God is doing in the Mass, and, like Mary, to keep “all these things, reflecting on them” in our hearts (Lk 2:19).

**CONCLUSION**

The Church sees in these common postures and gestures both a symbol of the unity of those who have come together to worship and also a means of fostering that unity. We are not free to change these postures to suit our own individual piety, for the Church makes it clear that our unity of posture and gesture is an expression of our participation in the one Body formed by the baptized with Christ, our head. When we stand, kneel, sit, bow, and sign ourselves in common action, we give unambiguous witness that we are indeed the Body of Christ, united in body, mind, and voice.

**NEWS AROUND TOWN****20th ANNUAL KOOKIN' FOR KIDS**

Sunday, August 21, 5-9pm at the Sheraton Westport Lakeside Chalet. \$75/person. To register call 314-261-6011 ext. 124. The proceeds are for St. Vincent Home for Children.

**Woman's Place presents - WOMEN & SEXUALITY Saturday August 23rd - 9:30am – Noon.** Let's talk about women & sexuality! What are the messages women have received that have shaped our ideas on sexuality? Why is it important for women to embrace healthy sexuality? Join in this exciting new workshop and explore these questions with us. **Pre-registration is required, space is limited. Call by August 10th, 314-645-4848**

**GENEALOGY 101– BEGINNING GENEALOGY**

Presented by June M. Sommer, at St. Lucas Lutheran Church, on **Thursday, September 8th from 7-9pm.** Cost \$7/person - open seating. Call 544-4678 for more information or to find out how to make reservations.

**PLAY, PRAY & SAVE THE DATE!**

**Bishop Hermann's First Annual Golf Classic! "Par for Priests" Monday, October 3rd,** at Landings at Spirit Golf Club in Chesterfield, MO. For details go to [www.ath-stl.org](http://www.ath-stl.org)

**VOLUNTEERS NEEDED**

Can you share some friendly conversation and provide a caring presence one or two hours per month to an older adult? Call or email and request the article "**Why I am a hospice volunteer.**" [Igsimon@bethesdahealth.org](mailto:Igsimon@bethesdahealth.org); 314 373-7026.

**ANNUAL SILVER & GOLDEN - WEDDING JUBILEE MASS**

Will be celebrated by Archbishop Carlson, on **Sunday, October 9th** at the Cathedral Basilica, 4431 Lindell. **Couples celebrating their 25th, 50th, or 50+ during 2011,** and register before September 15th, will have their names and wedding date printed in the program. Please call 792-7170 to make your reservations.

**RETROUVILLE OF ST. LOUIS**

A lifeline for troubled marriages. If your marriage is tearing the two of you apart, if there's little or no meaningful communication, even if you are considering or are already separated or divorced, Retrouville can help you work to heal your marriage. For confidential information, call Chuck or Linda at 453-0110, or [www.retrouville.org](http://www.retrouville.org).

**NEED TO TALK?**

Some babies die by chance. No baby should die by **choice.** Contact Project Rachel at 792- 7565.

**MINISTRY SCHEDULE****LECTORS****August 20/21**

4:30 p.m. Paula Bonn  
7:30 a.m. Barbara Vineyard  
10:00 a.m. Glenn Mertens

**August 27/28**

4:30 p.m. Sean Donohue  
7:30 a.m. Chris O'Neil  
10:00 a.m. Darlene Kustra

**EUCCHARISTIC MINISTERS****For the Weekend of August 20/21**

4:30 p.m. Paula Bonn, Jo Gaal, Marsha Fischer, Joyce Huelsmann, Helen Koester, Lisa Muxo, Sandy Schmidt

7:30 a.m. Lillian Fernandez, Marie Difani, Marge Kage, Dolores Kowalski, Joe Ruzicka, Nancy Tucker, Tami Greminger

10:00 a.m. Glenn Mertens, Marilyn Murphy, Tim O'Neil, Mary Pfeiffer, Stan Romeo, Annette Sandheinrich, Eileen Schindler, Bob & Joyce Winkler

**For the Weekend of August 27/28**

4:30 p.m. Sean Donohue, Barry Hagan, Paul Kujawa, William Noll, Rita Springer, Sue Weber, Judy Vonder Haar

7:30 a.m. John Christman, Tom Gaughran, Peggy Kuehner, Michael Kuhlman, Julia Margraff, Dolores Taylor, Mary J. Zimmermann

10:00 a.m. John Bock, Ed Bradley, Don & Mary Broekelmann, Theresa Forthman, Tammy Hernandez, Colleen Hoyt, Darlene Kustra, Kevin O'Sullivan

**SERVERS FOR THE WEEK OF: August 15****MON., TUES & WED. 8AM**

Maria & Marissa Pratt

**THURS., 8AM** Michael Muxo, Kaleb Farewell

**FRI. 7AM** Michael Muxo, Kaleb Farewell

**& SAT. 4:30PM** Michael Muxo, Kaleb Farewell

**SUNDAY 7:30AM**

Mike Brennan, Matt Baker

**SUNDAY 10:00AM**

Kristin Bradley, Sophia Guelker

Cross bearer Grace Sutter