

# Sacred Heart Cathedral



Most Reverend Chad W. Zielinski  
Bishop of the Diocese of Fairbanks

1300 Peger Road  
Fairbanks, AK 99709  
474-9032

Eighteenth Sunday In Ordinary Time

August 2, 2020

Website: [www.sacredheartak.org](http://www.sacredheartak.org)

My Parish App:

[www.myparishapp.com](http://www.myparishapp.com)

## Cathedral Staff & Volun-

### Clergy

Fr. Ross Tozzi, Rector: [rector@cbna.org](mailto:rector@cbna.org) Phone: 347-3005

Fr. Humberto Aristizabal: Phone: 342-9105

Dcn. Charles Bowman: [sbow36@hotmail.com](mailto:sbow36@hotmail.com) Phone:  
687-3940

Dcn. Paul Perrault: [pvpengeiner7@gmail.com](mailto:pvpengeiner7@gmail.com)

### Administration

Deborah Leabee, Parish Office: [shcadmin@cbna.org](mailto:shcadmin@cbna.org)

Mary Stewart, Bookkeeper: [shcbookkeeper1@gmail.com](mailto:shcbookkeeper1@gmail.com)

### Education

Michelle Seminario, RE Coordinator: [shc-re@cbna.org](mailto:shc-re@cbna.org)

Robert Bernard, Youth & Adult Ministry Coordinator:  
[shc-yam@cbna.org](mailto:shc-yam@cbna.org)

### Outreach

Ann Nickerson, Stephen Ministry: [ann@cbna.org](mailto:ann@cbna.org) 978-5281

### Pastoral Council

Lourdes Bernal, Carolyn Dukes, Roberta Carnahan,  
Elizabeth Crail, Tim Doval, Barb Fennessy, Ann  
Hagestead, Jim Laferriere, Anna Mouton, Molly  
Murphy, Jim Villano, Patty Walter.

## Sacramental Preparation

### Baptism Classes

Call the parish office for information about Baptism classes for parents of infants and children under the age of seven.

### Religious Education Classes

Classes begin in mid-September and run through May.

### Rite of Christian Initiation Of Adults (RCIA)

Instructions for those interested in learning about the Catholic Faith; Catholics and non-Catholics. Classes begin in the fall. Call the office for more information.

### Marriage Preparation

Contact the parish office at least (6) six months prior to the wedding date.

### Funerals

Contact the parish office as soon as possible.

*Thank you for your generosity! Your  
Contributions are  
Very Much Appreciated!*

July 25 & 26 Donations	\$3,641
Online Giving as of July 26	\$2,563
<b>Total</b>	<b>\$6,204</b>

## Live-Streamed & Recorded Masses

Go to Catholic Bishop of Northern Alaska Website

<http://dioceseoffairbanks.org/joomla/>

Click on the "ONLINE MASS" button on the left side of the page, under the menu. Then simply click on the photo for the Mass you would like to view. Thank you to our Bishop, Priests & Clergy!

## For One Time Donations or To Set Up An Account

[giving.parishsoft.com/App/Giving/sacr1300101](http://giving.parishsoft.com/App/Giving/sacr1300101)

*Enter the above link & follow Instructions  
Thank you to all who continue to keep the  
Church running in this most difficult time!*

*If you need help, please call the parish office and we*

**PLEASE PRAY FOR US....** Agnes Ostlund, Marvin Thurmond, Josie Wooding, Anne Duffy, Leon Tomasic, Michael Ross, Maggie Ross, Lorraine Salzman, Ashton Ishnok & Family, Rosalie L'E-cuyer, Mike Scibor, Anne Duffy, Will Simard, Deborah, Chick & Carolyn Wallace, Ryan Baum, Winnie Atwood, Jim Cross, Donald, Philip Klaas, Joe Greenwood, Jason Benigni, Toni Carterude, Jeffery Neal, Pa-



## MASS INTENTIONS

### August 1 & 2:

Sat. Vigil: 4:30pm: † Vicki Oliver  
Sunday: 8:00am: † Poor Souls in Purgatory  
11:00am: SHC Parishioners  
Spanish Mass 1:00pm: Bernal Family  
Mon. Aug 3: 7:30am: Ben Adams  
Tues. Aug 4: 7:30am: † Dora Cardenas de Miranda  
Wed. Aug 5: 7:30am: † Joyce Smith  
Thurs. Aug 6: 7:30am: † John C. Wood  
7:00pm: Warren Lucero, Piotr Oprych,  
and Dominik Wojcik  
Fri. Aug 7: 7:30am: Melody & Joe  
Vigil Aug 8: 4:30pm: † Manela Peterson

## UPCOMING EVENTS

Tuesday, August 4: Voices of Hope,  
6—8:30 PM in the social hall.

Wednesday, August 5: Hispanic Prayer Group,  
7—8:30 PM. Santo Rosario y Lectio Divina, en el  
salón social.

Thursday, August 6: Adoration of the Blessed  
Sacrament, 8:00 AM to Noon in the church.

Celebration of the Rite of Admission to Candidacy:  
August 6 at 7:00 PM at the Cathedral.

August 8-9: The Knights of Columbus will be collect-  
ing old and worn-out flags after all Masses Aug 8 – 9.

## READINGS FOR THE WEEK

Sunday: 1 Kgs 3:5, 7-1 · Rom 8:28-30 ·  
Mt 13:44-52 or 13:44-46  
Monday: Jer 13:1-11 · Mt 13:31-35  
Tuesday: Jer 14:17-22 · Mt 13:36-43  
Wednesday: Jer 15:10, 16-21 · Jn 11:19  
-27 or Lk 10:38-42  
Thursday: Jer 18:1-6 · Mt 13:47-53  
Friday: Jer 26:1-9 · Mt 13:54-58  
Saturday: Jer 26:11-16, 24 · Mt 14:1-12  
Sunday: Is 55:1-3 · Rom 8:35, 37-39 · Mt 14:13-21



### COMPLETE MASS READINGS AVAILABLE ONLINE FROM USCCB

#### Daily Mass Readings

<http://www.usccb.org/bible/readings>

#### Daily Mass Readings (Audio)

<http://www.usccb.org/bible/readings-audio.cfm>

## Cathedral Mass Schedule

Saturday 4:30pm (Live-Streamed)  
Sunday 8:00am & 11:00am (Live-Streamed)  
Spanish Mass: 1:00pm on Sunday  
St. Mark's: 5:30pm on Sunday at the Cathedral

### Daily Masses

Monday—Friday 7:30am

Thursday 7:00pm (Live-Streamed)

### Sacrament of Reconciliation (Confession)

Saturday from 3:00 to 4:00pm  
or upon request.

### Adoration of the Blessed Sacrament

Thurs. 8:00am to 12:00pm

*Please Note: Beginning this weekend our early Sun-  
day morning Mass will take place at 8:00 AM.  
There will no longer be a 9:00 AM Mass on Sunday.*

## Anointing of the Sick

Please let us know when you or others are sick,  
going into the hospital, or in a nursing home so  
they may be included in our prayers and receive a  
visit if you like.

## Neighboring Parish Mass Times

### Immaculate Conception (452-3533)

Saturday Vigil: 4:00pm  
Sunday: 7:30am, 10:00am  
Mon, Tues, Thurs, Fri Mass: 12:10pm  
Wed 5:30pm, followed by Adoration & Confession

### Saint Raphael (457-6603)

Saturday Vigil: 6:00pm  
Sunday: 9:30am (Outside in Parking Lot)  
Weekday: T, Th. 9:30am & Wed. 5:30pm

### Saint Nicholas, North Pole (488-2595)

Saturday Vigil: 5:00pm  
Sunday: 9:00am, 12:00pm  
Weekdays: Mon, Tue, Thu, Fri 8:45am  
Wed 6:00pm

## LITURGICAL UPDATE

The **General Dispensation** from the Sunday Obligation is no longer in effect. Only those who are considered high risk (i.e., those who are immune deficient, elderly, etc.) or living in communities with stricter protocols are dispensed. This dispensation will remain in effect until further notice.

- We will continue to live stream Saturday 4:30pm Vigil and Sunday 11:00am Mass for those who are unable to attend in person.
- We ask that those who are unable to attend Mass in person use social media to attend your Sunday obligation and pray the prayer for Spiritual Communion.

**Some Ministries are still limited at the present time.**

- Music is suspended at Mass until further notice
- Priest, deacons and seminarians will be the regular ministers of Holy Communion
- No Altar Servers at this time
- Sacristans may serve if they wish

**During our worship, we will continue to**

- Refrain from handshakes and embraces at Mass
- Refrain from holding hands through the Our Father
- We will also refrain from the Sign of Peace
- Cease distributing the Precious Blood

**Holy Communion**

- The safest way to receive Communion is in the hand. Those who opt for Communion on the tongue should approach the priest after Mass.

**Offertory**

- Baskets will not be passed for a collection. Parishioners may drop their offering off in the offering box/basket. We will not have gift-bearers.

**Social Distancing**

1. Alaskans are encouraged to continue to follow health and hygiene protocols to prevent the spread of COVID-19, including:
  - Wash hands frequently;
  - Stay home if you are sick, and get tested for COVID-19 if you have symptoms;
  - Pews are marked with orange tape to encourage social distancing.
  - Families may sit together; others should maintain a 6 foot distance from those of another household.
  - Wear a face covering in public places when near others.
  - Be mindful and respectful to those Alaskans that are most vulnerable to this virus, including Alaska's senior population and those with existing health conditions.

## SPIRITUAL COMMUNION



My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, please come spiritually into my heart. I embrace you now as if you were already there and I unite myself wholly to you. Never permit me to be separated from you.

~Amen

## ICC SOUP KITCHEN JOB OPENING

Job Opening The Regional Soup Kitchen of the Diocese of Fairbanks at Immaculate Conception Parish is seeking a part-time manager for 15 to 20 hours a week, to include weekend hours. The Soup Kitchen Manager is responsible for all aspects of this community service ministry to include management, fundraising, volunteers, client relations, food preparation and safety. Successful applicant will have sound knowledge of Microsoft Office, excellent communications skills and the ability to collaborate and cooperate in a professional, productive manner. All duties and responsibilities should be performed in alignment with the mission, vision, and values of the Catholic Diocese of Fairbanks. Position will remain open until filled. Send all inquiries or resumes to [tkuffel@cbna.org](mailto:tkuffel@cbna.org)

## Safe Environment Training

If you have not completed the mandatory training for all volunteers, **Serving Vulnerable Adults,** go to the following website and make sure you are up to date: <https://safeandsacred-fairbanks.org> If need help, contact Deborah in the parish office and she will be happy to help you. 474-9032 All clergy, employees and volunteers are required to take this training every five years.

## **LITURGY MATTERS**

The final unit of the Mass is called the dismissal rite. It is a very short unit, but an extremely important one. If “Amen” is a signal that a liturgical unit is ending, the repetition of the greeting “The Lord be with you” is a sign that a new one is opening. The Mass ends as it began; namely, under the sign of the cross and “in the name of the Father, and of the Son, and of the Holy Spirit.” The priest traces in blessing over the assembly a large sign of the cross, saying, “May almighty God bless you, the Father, the Son, and the Holy Spirit.” As he does so, the people mark again the sign on their bodies and say, “Amen” to the blessing.

After the blessing, the priest or deacon, in some short phrase, dismisses the people, sending them out. But this dismissal ought not to be understood simply as the banal announcement that “it’s over; you can go home now.” It needs to be grasped within the dynamic of Jesus’ words, “As the Father has sent me, so I send you”. This “as” and “so” express a huge mystery; indeed, nothing less than an echo of the Trinitarian mystery in which the Son comes forth from the Father. In that same way, from those same mysterious depths, this assembly comes forth now from the risen Lord and is sent into the world. Thus, the pattern according to which the Lord entered the world must become the pattern for how every Christian comes into the world after celebrating Eucharist. Now the assembly has been made Church, and this is the Church in the world.

In the end it is Christ himself, the eternal Son of the Father, carried now in the flesh and in the lives of his members, poured out in self-emptying love. This is what it means to be a kingdom of priests. Through communion in the body and blood of Christ, the whole Church and each member become for the world what Christ is for the world: “life-giving Spirit”. And the Church becomes this in the same pattern whereby Christ and the Spirit are this; namely, a complete self emptying. “There is no greater love than this,” and only love is credible to the world that does not yet believe.

And so ends the liturgy, but the Mass continues, as we go out to fulfill our call to be good Christians. May we all remember the gift we are given each Sunday, and share this love with all we encounter daily.

Appreciation for the work of Fr. Troy Schneider, Holy Family Cathedral, Diocese of Orange, CA with excerpts taken from What Happens at Mass by Fr. Jeremy Driscoll, O.S.B.

## **ONLINE DONATIONS THROUGH PARISH SOFT GIVING**

**Many thanks to our wonderful donors for providing the funds to help keep our parish running. To make a one time donation, or to set up your account with ParishSoft Online Giving, just follow the directions below: There are 3 different ways to get there. Please make sure to write down your password so you have it for later.**

1) Enter the following link and it will take you directly to our giving page:

[giving.parishsoft.com/App/Giving/sacr1300101](http://giving.parishsoft.com/App/Giving/sacr1300101)

Once you are on the Sacred Heart giving page, you may set up an account, or access your account if you have already set it up previously. You may make a one time donation or a recurring donation by filling in the required information.

2) You may give through our website at [sacredheartak.org](http://sacredheartak.org).

Click on the “Donate” button on the right hand side, at the top of the page.

Fill in the required information.

3) You may also give via MyParish App

Click on the App button on your phone.

Click the “Giving” button and follow the instructions.

**If you have any challenges setting up your account or need help installing MyParish App on your phone, please just call the parish office at 474-9032 and we will be happy to help you. Leave a message and we will return your call.**

Thank you so much to all our Hospitality members for the many things you do for our parish. Thank you for your welcoming smiles, your comforting presence, your generosity of heart, and your constant helping hands.



### Ann's Greenhouse

Started by Ann in 1966  
780 Sheep Creek Road  
Fairbanks, Alaska 99709  
(Mon-Sat 9 to 6; Sun. 12 to 5)

907-479-6921

**We Are Open for Business!**  
**Call for Curbside Service or Stop by & Browse**

### GET FREE CATHOLIC CONTENT ON FORMED.ORG

Our parish has access to a great online resource, FORMED. This site gives parishioners the opportunity to watch quality Catholic full-length movies, lead small group faith formation and Scripture study in their home, download books and listen to CD's on our faith all in one location!

- (1) Log onto: [www.formed.org](http://www.formed.org)
- (2) Find our Parish by Typing in "Sacred Heart Cathedral, Fairbanks AK.
- (3) Click Next, then fill in your name and email address.
- (4) Start accessing content!

### ASSOCIATES OF the sisters of St. Joseph



For information on how to become an Associate of the Sisters of St. Joseph (men or women), please contact Patty Walter at 374-9536 or [pattywalter@hotmail.com](mailto:pattywalter@hotmail.com). We generally meet once a month on the first Thursday at

Sacred Heart Cathedral. The Associates of St. Joseph make an annual commitment to lead lives that strive to work for justice, reach out to those in need, and to build relationships in the spirit of hospitality and simplicity. We have been an active group in Fairbanks since 1987.



The Knights of Columbus generally meet the Second Thursday of the month at Sacred Heart Cathedral from 6:30 to 9pm

### Catholic Daughters of the Americas Fairbanks Court

(ICC, St. Raphael, Sacred Heart Cathedral). Looking for new daughters!

For info contact Nancy Kelly at [straphaelcatholicparish@gmail.com](mailto:straphaelcatholicparish@gmail.com) all



### FOOD BOX DISTRIBUTION VOLUNTEERS NEEDED



We need volunteers to help distribute food boxes on Friday between 12:and 1 PM here at the church. Volunteers unload food boxes from the Food Bank truck when it arrives, then help load food boxes into the vehicles of families as they come to pick up their groceries. Volunteers may help one or more Fridays as they are able. For questions or to offer your help, call the parish office at 474-9032 and ask for Ann, or email [ann@cbna.org](mailto:ann@cbna.org)

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[www.catholic-schools.org](http://www.catholic-schools.org)



## KQHE 92.7FM

For information please contact: Robin Barrett at 479-5283, Cherie Kelly at 378-7047 or call the KQHE Studio at 451-4868