

JANUARY 28, 2024 | THE FOURTH SUNDAY IN ORDINARY TIME

Cathedral OF THE Incarnation



4TH SUNDAY IN ORDINARY TIME

His fame spread everywhere
throughout the whole
region of Galilee.
- Mk 1:28

MASS SCHEDULE

WEEKDAY MASSES

Monday - Friday 7:00 AM & 12:10 PM
Monday - Thursday 5:30 PM UCat

WEEKEND MASSES

Saturday 8:00 AM (First Saturday Only)
5:00 PM Vigil Mass

Sunday 8:30 AM, 11:00 AM, 5:00 PM

CONFESSION

Saturday 3:00 PM - 4:30 PM

CONTACT US

2015 West End Avenue
Nashville, TN 37203-2304

(615) 327-2330
info@cathedralnashville.org
www.cathedralnashville.org

PARISH OFFICE HOURS

Monday - Thursday
8:00 AM - 4:00 PM
Friday 8:00 AM - 12:00 PM
Saturday - Sunday Closed

OUR CLERGY

12TH BISHOP OF NASHVILLE
Most Rev. J. Mark Spalding, J.C.L.

PASTOR & RECTOR
Father Eric Fowlkes

ASSOCIATE PASTORS
Father Any Thanickal
Father Dan Steiner

DEACONS
Joe Holzmer, Thales Finchum,
Mark Faulkner



PARISH STAFF

BUSINESS ADMINISTRATOR

Mr. Ray Elder

PARISH BOOKKEEPER

Mrs. Madalene Houchin

PARISH OFFICE COORDINATOR

Ms. Marcie Curtis

DIRECTOR OF FAITH FORMATION

Mr. Kevin F. Raymond

DIRECTOR OF MUSIC MINISTRY

Mr. Jackson Schoos

DIRECTOR OF RCIA

Mr. Kevin F. Raymond

YOUTH GROUP COORDINATOR

Mr. Jorge Amaro

WEDDINGS & EVENTS COORDINATOR

Mrs. Sally Rada

FACILITIES COORDINATOR

Ms. Norma Camarillo

UNIVERSITY CATHOLIC CHAPLAIN

Fr. Rhodes Bolster

www.universitycatholic.org

MASS INTENTIONS

Mass intentions may be obtained for loved ones, living or deceased, through the parish office. Please email info@cathedralnashville.org.

SATURDAY 1/27

5:00PM † Sue Ellen Johnson by the Cathedral Staff

SUNDAY 1/28

8:30AM † John Lawrence by Chris & Patricia Casa Santa

11:00AM † Terry McManus by Michael & Tara Ortiz

5:00PM People of the Parish

8:00PM University Catholic Students

MONDAY, 1/29

7:00AM Stephen Cattaneo (Special Intention) by Irene Raymond

12:10PM † Thomas Higgins, Jr. by Christine Di Stadio

5:30PM Father Ben Butler

TUESDAY, 1/30

7:00AM Marti Ledford Harris by Lori Ledford

12:10PM Special Intention for Seminarians by the Heart of Mary Group

5:30PM Don & Barb Meyers

WEDNESDAY, 1/31

7:00AM Thomas Francis O'Brien V by Kevin Raymond

12:10PM Robert & Kathy Abernathy by Jane Manning

5:30PM Bill & Aurelie Steve

THURSDAY, 2/1

7:00AM RCIA Catechumens and Candidates as they prepare for Lent

12:10PM † Dedo Coode Brandt by Cornelia Coode

5:30PM Alvin & Verline Haas

FRIDAY, 2/2

7:00AM To Honor God and The Holy Spirit

12:10PM † Dr. Walter Nosal by Ed & Sally Stack

SATURDAY, 2/3

8:30AM † Thomas Seigenthaler

5:00PM † Geir Lundestad by Tom Schwartz

*May the Souls of the Faithful Departed,
through the Mercy of God, Rest in Peace. Amen*

This Week At Cathedral

January 27 - February 3

SATURDAY

7:00 Cursillo Group in RM 303 & 304

SUNDAY

Coffee & Donuts After Morning Masses

8:00 Rosary Before Mass

8:30 CLOW RE RM 104

4:00 CYA Book Club RM 202

MONDAY

4:30 UCat Confession/Adoration

6:30 CYA Bible Study RM 305

7:00 Boy Scouts RM 304

TUESDAY

4:30 UCat Confession/Adoration

5:30 Legion of Mary RM 204

6:30 Cursillo RM 202 & 206

WEDNESDAY

4:30 UCat Confession/Adoration

THURSDAY

4:30 UCat Confession/Adoration

7:00 RCIA RM 303 & 305

FRIDAY

No Scheduled Events

eGiving makes it easy to give anytime, anywhere. Online donations through OSV sustain our parish ministries and keep our offertory consistent. Plus, it's a quick and easy way to support your parish! If you make a switch today, you'll be giving steady support to the parish ministries you care about most. Thank you for helping us reach our goals! Just scan the online giving QR code or visit us at:


www.osvhub.com/cathedralnashville/giving/funds



**MONDAY,
FEBRUARY 12,
2024**

*Learn how to
make homemade
gnocchi and
fettuccine and
dine in style!*

**Cost: \$30
per person**



Special

PASTA MAKING CLASS

ITALIAN COOKING

WWW.CATHEDRALNASHVILLE.ORG

Check out Cooking Classes under the Cathedral Events page!



**DIOCESE OF
NASHVILLE**

*World Marriage
Day*

**WEDDING
ANNIVERSARY MASS**
WITH BISHOP SPALDING

For Couples Celebrating any
Wedding Anniversary
(Special Recognition
for 25, 50, 60+ years)

WHERE: CATHEDRAL OF THE INCARNATION
2015 WEST END AVE.

WHEN: SUNDAY, FEBRUARY 4, 2024
2:30 P.M.

RECEPTION FOLLOWING MASS

RSVP:
Call the Marriage & Family Life Office
615-540-1235
or nashvillefaithformation.com/mfl-events



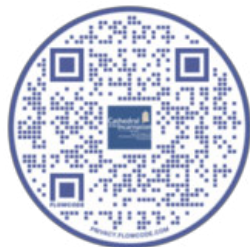
The Cathedral Room in the Inn Program has begun! We host 20 men every Tuesday night. Set up will begin at 5:30pm in the Fleming Center.

*****We are always
in need of innkeepers to
stay the night.*****

If you are able, please consider helping in this role. Also, we no longer have a bus in the morning, so if you can help as a morning driver, please sign up.

The sign up sheet is here:

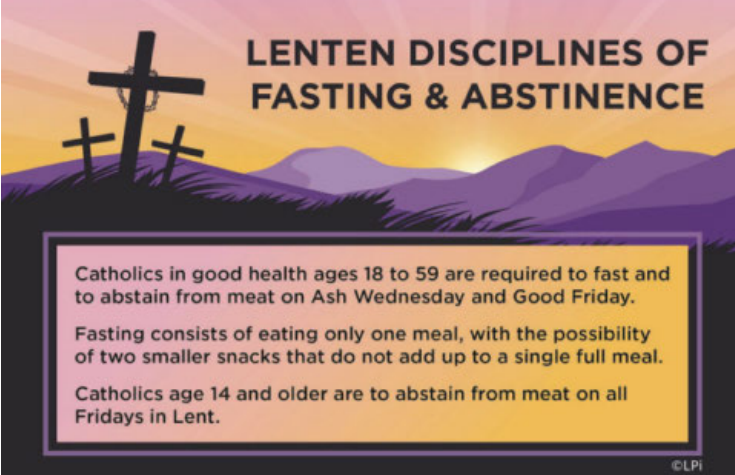
Also, we have started the Amazon store. This will be updated throughout the season. Everything is shipped directly to the Cathedral.



<https://www.amazon.com/registries/gl/guest-view/MOQNY7ZCD0S0>

Contact Sarah McLeod at 615-308-9767 or
mcleodsarah@comcast.net
for more information.

Just a Reminder....
as it is coming up in a few weeks!



**LENTEN DISCIPLINES OF
FASTING & ABSTINENCE**

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

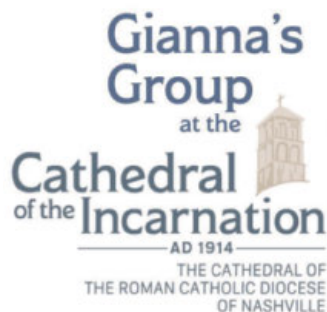
Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

©LPI

If you are a Cathedral Ministry or Group

and you haven't scheduled dates on the Calendar yet with Marcie in the Parish office, please do it soon! Your 2023 dates **WILL NOT** carry over into 2024 unless you let her know and get them scheduled!

Contact Marcie in the Parish office:
(615) 327-2330 or
info@cathedralnashville.org



All moms of young children are invited to join the Cathedral Gianna's Group, named after St. Gianna Molla, for fellowship and faith formation. Events will include bible studies, prayer groups, playdates, dinners, and more! If you are interested in learning more, please fill out the form linked in the QR code or contact Katie Fullan at (314) 456-8609 or katie.fullan@gmail.com.



Cursillo A Spiritual Resurrection Mark Your Calendar!



There's a movement in the Diocese of Nashville that helps individual Catholics develop an understanding of what it means to lead a fully Christian life. It's called Cursillo, and at its simplest, it's a three-day weekend at Camp Marymount in Fairview, TN. Cursillo focuses on building a deeper relationship with God and living out the call to Christian leadership. The weekend will include talks, group discussions, and personal reflection time, all designed to help you grow in our faith and discern your role in the Church.

Really, it's an adventure for adults to rediscover being Catholic and to explore how you individually bring being Catholic to your daily life. On top of that it's a great way to make true friends by sharing the experience with Catholics from other parishes in the diocese.

The Spring weekend is coming up, so now is the best time to apply while there is space available. Here's the dates for the Fall weekend dates.

Feb 8-11 Men's English Retreat

Mar 14-17 Women's English Retreat

For more information go to www.nashvillecursillo.com and/or contact The Cathedral Parish Cursillo Coordinators: Lori Ledford (LKelso@aol.com) or Barney Zeng (barneyzeng@gmail.com)

Around the Diocese

Mardi Gras Celebration (February 10), 6-11 p.m., St. Edward Gym, 188 Thompson Lane, Nashville. Dinner, Dancing, and Auction. Please join St. Edward Church and School to honor retiring teacher Mrs. Lisa Rippey, who has worked at St. Edward School for 36 years. Tickets: www.stedward.org or 615-833-5520.

The Coach Cat Basketball Tournament for 5/6 grade boys and girls (February 22-26), Christ the King School, 3105 Belmont Blvd., Nashville. Sponsorships are available from \$100-\$1000. Your information is displayed on a banner in the gym as well as an ad in the program. Info: Chuck Curran at curranc@pilkerton.com.

Pope John Paul II Preparatory School Game Knight (February 23), 5:30-8 p.m., 117 Caldwell Dr., Hendersonville. Enjoy a night of games as teams compete to win the Knight Challenge. Open to all 3rd, 4th, and 5th grade students. More information, including reservation information, will be available soon.

The Sovereign Military Order of Malta, Region in Formation, will host a special Healing Mass (February 23), 6 p.m., Cathedral, 2015 West End Ave., Nashville. There will be an opportunity for those who wish to receive the Sacrament of the Sick to do so during the Mass. If you wish to be anointed, there will be ushers at the door, who will escort you to the pews reserved for the sick. We invite all the parishes of the diocese to attend what will hopefully become an annual tradition for Middle Tennessee and an opportunity to get to know the members of the order, their spirituality of defense of the faith and service to the poor and the sick.

The Cathedral Heart of Mary Women's Vocation Ministry will meet Tuesday, January 30th in the church office conference room at 11:00am. We will write letters and send valentine cards to our seminarians.

If you are interested in adopting a seminarian, please contact Pam Holzmer for details. holzmer5@att.net

Nashville DCCW Winter Meeting

All Catholic Women are invited to attend the Nashville DCCW Winter Meeting on Saturday, January 27, 2024 at St Henry Catholic Church 6401 Harding Pk Nashville. Mass is at 8:00 AM with lite breakfast to follow. Kim Derrick, RN of the Heart of Mary House is our guest speaker. Lunch is \$15. RSVP to Laura Nota (lnota615@gmail.com) or call 615-319-3606 by Jan. 20th.

MEN'S BIBLE STUDY

*"As iron sharpens iron,
so one man sharpens another."*

**ROOM 305
ST. ALBERT HALL
EVERY FIRST WEDNESDAY
6:30PM**



International COOKING CLASSES

ENJOY THE ART OF COOKING

WWW.CATHEDRALNASHVILLE.ORG

Check out Cooking Classes under the Cathedral Events page!

**EVERY MONTH @ 6:15PM FROM
MAY - NOVEMBER IN 2024**

Learn to make your meal and eat what you create!

Cost: \$25 per class OR buy a 6 pack for \$150 and get the 7th class FREE!

Tue, May 21 - French | Tue, Jun 11 - Greek | Tue, Jul 9 - Italian | Tue, Aug 13 - Spanish | Tue, Sep 10 - Moroccan | Tue, Oct 8 - Israeli | Mon, Nov 11 - Polish



Cathedral TASTINGS

2024 SCHEDULE

- COCKTAIL MIXING & TASTING CLASS - JUNE 9
- OLIVE OIL TASTING - JULY 14
- ITALIAN WINE TASTING - AUGUST 11
- WHISKEY TASTING - SEPTEMBER 8
- BEER TASTING - OCTOBER 13

COCKTAILS

WINE

OLIVE OIL

WHISKEY

BEER

Health is God's great gift, and we must spend it entirely for Him. Our eyes should see only for God, our feet walk only for Him, our hands labor for Him alone; in short, our entire body should serve God while we still have the time. Then, when He shall take our health and we shall near our last day, our conscience will not reproach us for having misused it.

~ St. John Bosco



KNIGHTS of
COLUMBUS
present



COME WATCH THE BIG GAME

SUNDAY
FEB. 11TH
6PM - 10PM

Bring the family & join us in
THE FLEMING CENTER!

- **FREE ADMISSION**
- Potluck! Bring & share your favorite snack!
- BEER (21+)
- Football Squares (\$\$\$)
- Chili Cookoff

BOBBY YANT
bobbyyant@gmail.com
**GRUBBS TERMITE
& PEST CONTROL**
P.O. BOX 1011 • SPRINGFIELD, TN 37172
(615) 384-7246





**POPE JOHN PAUL II
PREPARATORY SCHOOL**
www.popeprep.org
mind • body • character • spirit
Faith leads us beyond ourselves.
- St. Pope John Paul II



**HOLY
ROSARY
ACADEMY**
*Finding **your** way starts here.*
Pre-Kindergarten through 8th Grade
190 Graylynn Dr.
Nashville, TN 37214
615-883-1108
www.holyrosary.edu
A National Blue Ribbon School of Excellence 2013 and 2020



**WE APPRECIATE OUR
ADVERTISERS!**



**SUPPORT
OUR PARISH**

Katherine Hall DDS
General Dentist
Creating Beautiful Smiles in Nashville
EXPERIENCED DENTAL CARE
615-777-2600 • www.katherinehalldds.com



COMPASSION
FUNERAL & CREMATION SERVICES
Proud To Be Locally Owned & Operated



Michael P. Illobre & Billy Orange
Owners/Licensed Funeral Directors

*Specializing In Affordable
Burials & Cremations for ALL
Families of Middle Tennessee.*

(615) 857-9955
6949 Charlotte Pike Suite 104,
Nashville, TN 37209
www.compassioncremations.com

SUPPORT OUR ADVERTISERS!

LET'S GROW YOUR BUSINESS
Place Your Ad Here
and Support Our Parish!

CONTACT ME Melissa Jones

mjones@4LPi.com or (800) 477-4574 x6570

Crawford Funeral Home

*Complete Funeral Services
& Onsite Crematory*



2714 Grandview Avenue • Nashville, Tennessee 37211
(615) 254-8200 • www.crawfordservices.com

NEVER MISS OUR BULLETIN!

SUBSCRIBE

Have our bulletin emailed
to you every week.



VISIT WWW.PARISHESONLINE.COM

Caldwell Pediatric Dentistry



Hillsboro Pediatric Dentistry

5505 Edmondson Pike #204
Nashville, TN
(615) 834-1383

2016 Beechwood Avenue
Nashville, TN 37212
(615) 750-2713

ROBERT CALDWELL, DMD • MIRNA CALDWELL, DMD
Board Certified Pediatric Dentists and Parishioners
A husband and wife team dedicated to making dentistry fun



DUCKLO EYECARE
Schedule your eye exam today!
2114 Elliston Place
DuckloEyeCare.com • 615-329-0000

SCHEDULE A TOUR
Inspired by Mercy
615-385-0440
WWW.STBERNARDACADEMY.ORG
2304 BERNARD AVENUE
NASHVILLE, TN 37212

GORHAM & AMMARELL Office 615.327.4914
Fax 615.327.3892
- Family & Cosmetic Dentistry -
124 30th Avenue North • Nashville
www.gorhamandassociatesdentistry.com

FRIDRICH & CLARK REALTY, LLC

SEARCH THE MLS



Betsy & John Sullivan

REALTORS® | Parishioners

Married Catholics for over 30 years

Call us or visit us online ... we'd love to help you!

615.973.8086

www.BetsySullivan.com

SCHEDULE A TOUR
Christ the King School
ALWAYS THINKING
BENIGN MINDS
cksraiders.org

Penny Harrington
Probate & Estate Planning
1215 7th Ave N
Historic Germantown
(615) 320-9977
www.harringtonlawoffice.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit Ipicommunities.com



Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator

SCHEDULE A TOUR TODAY
OVERBROOK CATHOLIC SCHOOL
WONDER LEADS TO KNOWING
OVERBROOK.EDU

OVER 20 BRANDS OF TIRES!

MIDAS TIRE & AUTO SERVICE

EUROPEAN • DOMESTIC • ASIAN VEHICLE SERVICE

BRAKES • TIRES • ALIGNMENT • AIR CONDITIONING
ELECTRICAL • FUEL INJECTION DIAGNOSTIC • BATTERIES
CATALYTIC CONVERTERS • SUSPENSION • STEERING

Now with two locations serving the West Nashville community

6015 Highway 100

615-353-5666

6008 Charlott Pike

615-356-6367

Monday-Friday 7:30am-6pm • Saturday 7:30am-5pm

SAVE \$\$\$ OVER DEALER PRICES



10% Off for families
at Cathedral of the
Incarnation

• Estate Jewelry • Appraisal Services
• Expert Jewelry & Watch Repair
4548 Harding Rd. • Nashville, TN 37205
615-269-3288 • www.bellemeadejewelry.com

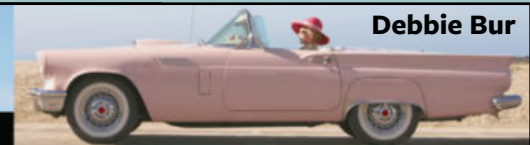
SCHEDULE A TOUR
ST. CECILIA ACADEMY
STCECILIA.EDU



GO THE DISTANCE
WHERE LUXURY LIVES
NAPLES & MARCO ISLAND, FLORIDA

www.buyingmarcoisland.com

239-877-7278



Debbie Bur

Find the right care
& treatment option for you.



SAINTTHOMASDOCTORS.COM

62 LOCATIONS • 16 SPECIALTIES • 132 CAREGIVERS

615-284-LIFE

SHORT STAFFED?

Place an ad here to find new local talent for your business.



CALL 800-477-4574



2-D-4-2

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1122