

FEBRUARY 11, 2024 | THE SIXTH SUNDAY IN ORDINARY TIME

Cathedral OF THE Incarnation



6TH SUNDAY IN ORDINARY TIME

A leper came to Jesus and
kneeling down begged him
and said, "If you wish,
you can make me clean."
- Mk 1:40

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
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(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.

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Father Eric Fowlkes

ASSOCIATE PASTORS
Father Aby Thanickal
Father Dan Steiner

DEACONS
Joe Holzmer, Thales Finchum,
Mark Faulkner



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UNIVERSITY CATHOLIC CHAPLAIN

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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, 2/10

5:00PM † Jane Stamos Bruce (2nd Ann.) by Kirschke-Schwartz Family

SUNDAY 2/11

8:30AM † Bobby Wrenn by Tom & Jackie Frazier

11:00AM † Frances Sharp Luster by Cornelia Coode

5:00PM People of the Parish

8:00PM University Catholic Students

MONDAY, 2/12

7:00AM The Curry Family

12:10PM † Sofia Mackle by Deacon Joe and Pam Holzmer

5:30PM Greg & Cassidy Newland Family

TUESDAY, 2/13

7:00AM Stephen Cattaneo (Special Intention)

12:10PM † Biagio F. Raymond by Irene & Kevin Raymond

5:30PM Christopher & Stephany Payne

WEDNESDAY, 2/14

7:00AM † Roy Redford Manning, Jr. by Jane Manning

12:10PM Forty Days of Life by the Respect For Life Committee

5:30PM University Catholic

THURSDAY, 2/15

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

12:10PM Thomas Francis O'Brien V by Kevin Raymond

5:30PM Will & Catie Panagakos Family

FRIDAY, 2/16

7:00AM † Philip Stack by Vinette Stack

12:10PM † Duggan Davis by the Davis Family

SATURDAY, 2/17

5:00PM † Dr. Walter Nosal by Ed & Sally Stack

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

This Week At Cathedral

February 10 - February 17

SATURDAY

7:00pm Cursillo Group in RM 303 & 304

SUNDAY

Coffee & Donuts After Morning Masses

8:00am Rosary Before Mass

8:30am CLOW RE RM 104

4:00pm CYA Book Club RM 202

MONDAY

4:30pm UCat Confession/Adoration

6:30pm CYA Bible Study RM 305

7:00pm Boy Scouts RM 304

TUESDAY

4:30pm UCat Confession/Adoration

5:30pm Legion of Mary RM 204

6:30pm Cursillo RM 202 & 206

WEDNESDAY

4:30pm UCat Confession/Adoration

THURSDAY

4:30pm UCat Confession/Adoration

7:00pm RCIA RM 303 & 305

FRIDAY

No Scheduled Events

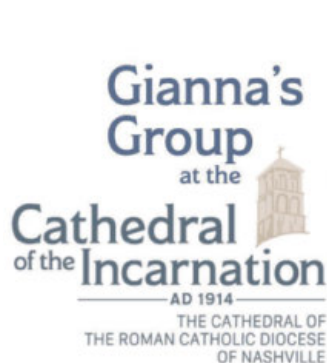
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www.osvhub.com/cathedralnashville/giving/funds



December 2023 Finances

Cathedral Monthly Operating Revenue Results- December 2023				Prior Year	
	Month	FYTD	Budget	Month	FYTD
Offerings	\$250,023	\$874,885	\$845,000	\$227,842	\$855,273
Other Operating Revenues	\$20,242	\$151,170	\$110,500	\$16,042	\$106,711
Total Operating Revenues	\$270,265	\$1,026,055	\$955,500	\$243,884	\$961,894
Building Maintenance and Repair Fund	\$47,681	\$253,121	\$140,000	\$46,826	\$153,381



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.



MEALS FOR PRIESTS

You can sign up by using this link
<https://www.signupgenius.com/go/8050D48AFAE2F4-feasts1>
 or Scan the QR Code

It's a New Year and a great time to make a resolution to sign up to make a meal for our priests and pray for our priests. We would like to provide two meals a week for our priests, on Monday and Wednesday nights. Please sign up to make a meal to serve 2 priests on Monday night and 4 priests on Wednesday night. If you are unable to cook a meal you can provide a restaurant gift card. Your family can also sign up to pray for our beloved priests. It's a wonderful way to say thank you and keep our priests healthy throughout the year.

For more information
 call Shawn Curley at
 615-497-1513
 or Debbie Rayhab at
 615-584-0732



Lent is coming up this week!

Ash Wednesday Mass Schedule WEDNESDAY, February 14th:
 Mass and the distribution of ashes will be as follows:
7:00 AM, 12:10 PM, 5:30 PM

Ash Wednesday and Lent: A Season of Reflection and Renewal

As we enter the liturgical season of Lent, we embark on a journey of spiritual reflection, penance, and preparation for the celebration of Easter. Ash Wednesday, which marks the beginning of Lent, holds deep significance for Christians worldwide. The following is a synopsis of the history, practices, and regulations associated with this solemn observance.

1. Ash Wednesday: Origins and Significance

Origins

- The first Ash Wednesday ceremonies likely took place in the **11th century CE**. A verse in the Book of Daniel links fasting to ashes and might be the origin of this Lenten practice of receiving ashes at the start of the 40 days of Lent.
- In the early Christian church, the length of Lent varied, but eventually, it settled on **40 days** (excluding Sundays) before Easter. Fasting and acts of penance are practiced to imitate Jesus' fast in the desert.

Significance

- Ash Wednesday** serves as a **solemn reminder of human mortality** and the need for reconciliation with God.
- On this day, ashes are applied in the shape of a cross on the foreheads of worshippers. The priest, deacon or lay minister will say "Remember that you are dust, and dust you shall return," to recall our mortality and call us to repentance from sin.

2. Practices and Regulations Ashes and Fasting

- In the modern Roman Catholic Church, ashes are obtained by burning the **palms** used on the previous **Palm Sunday**.
- Parishioners receive the ashes on their foreheads as a "**memento mori**", a reminder of our mortality and the need for spiritual renewal.
- Together with **Good Friday**, Ash Wednesday is an **obligatory day of fasting and abstinence**. On this day:
 - Catholics in good health ages 18 to 59 are required to fast and abstain from meat.
 - Fasting consists of eating only one meal, with smaller snacks that do not add up to a single full meal. Only **one full meal** is allowed.
 - Catholics age 14 and older should **abstain from meat** on all Fridays of Lent.

Lenten Journey

- Lent extends over **40 days**, mirroring Jesus' time in the wilderness.
- During Lent, we engage in practices such as **prayer, fasting, and almsgiving**.
- It is a time for **self-examination, repentance, and spiritual growth**.

As we receive the ashes on our foreheads, let us remember our mortality and turn our hearts toward God. Lent invites us to deepen our faith, seek forgiveness, and prepare for the joyous celebration of **Easter**. May this season be a time of transformation and renewal for each of us.

St. Valentine was jailed for his faith. One of his jailers had a daughter who was blind. After Valentine prayed with her, her sight was restored. This resulted in the jailer converting to the Christian faith. In 269 Valentine was sentenced to death. The last words of St. Valentine were in a note to the girl he had healed signing it "from your Valentine".





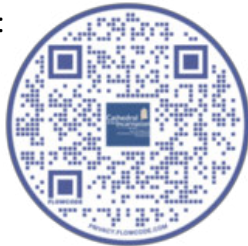
We host 20 men every Tuesday night. Set up begins at 5:30pm in the Fleming Center.

*****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 (QR) 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.

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.

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 Spring weekends.

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)





International COOKING CLASSES

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Check out Cooking Classes under the Cathedral Events page!

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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

The Cathedral will host the first **Blood Drive** for 2024 on Sunday, March 3rd from 9:15-1:15 in the Fleming Center. Sign-ups are very easy and can be done three ways. For online sign ups go to www.redcrossblood.org and click on 'account login' at the top right hand side of the page and login as a "donor", enter the sponsor code 'cathedral019' and then schedule your donation appointment time. By phone call Sally Stack at (615) 400-2932. We will have in person sign-ups after all Masses on Feb 17/18 and Feb 24/25 in the Cathedral Narthex. If you are 17 (16 with parental consent), weigh at least 110 lbs and are in good general health, you may be eligible to donate. This is the first of three blood drives the Cathedral with host in 2024.

The American Red Cross continues to experience an emergency blood shortage as severe winter weather has impacted the ability to rebuild the blood supply. Since the beginning of the year, blood drives have been cancelled in nearly every state where the Red Cross collects blood, causing thousands of potential donations to go uncollected. The Red Cross must collect an additional 8,000 blood donations each week over the next few weeks to recover from the current blood shortage. WE CAN HELP! PLEASE CONSIDER DONATING ON MARCH 3rd. It's a beautiful gift during the upcoming Lenten Season.



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Scan Now to Donate!



Society of St. Vincent de Paul at the Cathedral

The Cathedral parish is evaluating whether to start an SVDP Conference that would aid our area poor and needy, as well as our parishioners that have temporary financial challenges, through our resources and collaboration with other agencies.

The Society of St. Vincent de Paul (SVDP) is the largest lay Catholic charity organization in the world located in 150+ countries, with over 700,000 members actively serving the poor in their local communities. In the US there are approximately 3,700 local Conferences with more than 65,000 active members helping the poor and needy. The purpose of Vincentian spirituality is for the average Catholic in the pew to grow in holiness by personally helping those in need. The main focus of SVDP is not about the poor, but about Catholics. It is about Catholics helping the poor, and growing in holiness by doing so.

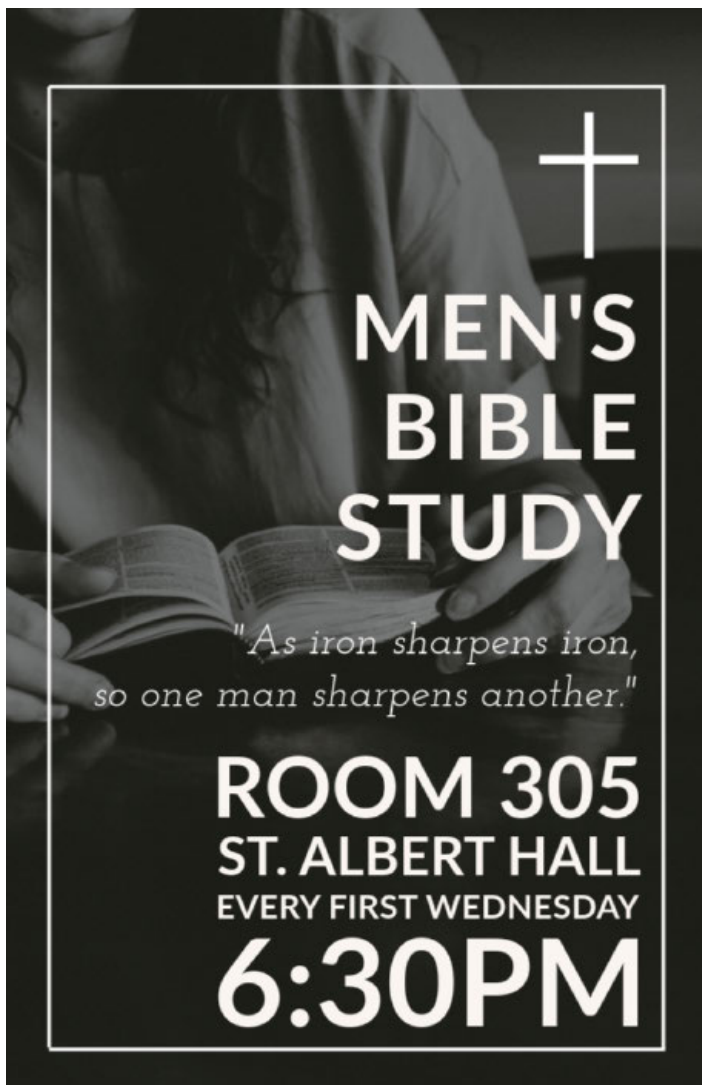
There are currently 10 SVDP Conferences in our diocese: St. Christopher (Dickson), Our Lady of the Lake (Hendersonville), St. Henry (Nashville), St. John Vianney (Gallatin), St. Matthew (Franklin), St. Patrick (McEwen), Immaculate Conception (Clarksville), St. Edward (Nashville), Sacred Heart (Lawrenceburg), and St. Ann (Nashville). The 11th Conference at Holy Rosary (Donelson) is in process. Cathedral would be the 12th Conference.

If you are interested in learning more about SVDP and are seeking to enhance your spiritual formation, please join us on February 18, 2024 in the Fleming Center from 9:45 -10:45 AM.

We look forward to meeting with you.

Thanks!

Ron Szejner (President of Nashville District SVDP Council), Deacon Joe and Pam Holzmer, and Chris and Tricia Casa Santa



**MEN'S
BIBLE
STUDY**

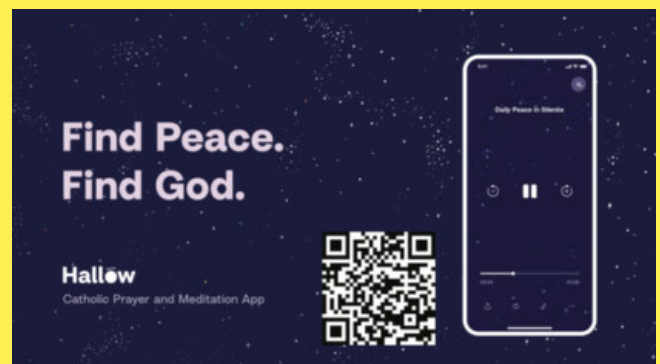
*"As iron sharpens iron,
so one man sharpens another."*

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

Looking to do something *different* this Lent – but not sure where to start? We've got you covered! The Cathedral is thrilled to partner with **Hallow** for the *Pray40 Challenge*, and we'd love for you to join us **for the kickoff** on Sunday, February 11th from 9:45am to 10:45am in Room 304 of St. Albert Hall. Jonathan from Hallow will give a presentation on Christian meditation, and we'll learn about an incredible opportunity to help **strengthen our faith** this Lenten season.

Hallow is the #1 prayer app in the world. Through **prayer and meditation** rooted in the Catholic faith, Hallow helps people **grow closer to God** and **find peace**. Users are able to pray alongside Fr. Mike, Sr. Miriam, Mark Wahlberg, Jonathan Roumie, Bishop Barron, Harrison Butker of the Kansas City Chiefs, and many more.

To join Hallow as part of our parish's Lenten program, which gives access to all premium app content for just \$1, visit **hallow.com/holyday**, type in Cathedral of the Incarnation, follow the instructions, and you'll be all set. See you on February 11th!



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