



# Cathedral of St. Joseph

MONTHLY NEWSLETTER

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## GET TO KNOW THE REED FAMILY

*Guided by Stewardship During the Season of Lent and throughout the Entire Year*

As Nick and Hannah Reed raise their three children, the couple works to bring stewardship into the family's daily activities. "Stewardship" is mentioned, certainly, but the couple integrates the practice into their family by making it a natural part of each day.

Stewardship helps the couple grow in their faith – but their children also encourage that growth by paying attention to their parents' actions in faith.

"I tell them we want to be good stewards and take care of the things God has given us," Hannah says. "We are being good stewards of our books or doing things around the house. We make it a part of our vocabulary."

As we enter the season of Lent, the Reeds are working in age-appropriate ways to introduce their children to prayer, almsgiving, and fasting – practices that fall under the four parish stewardship pillars of hospitality, prayer, formation, and service.



*Nick and Hannah Reed are incorporating stewardship into their family's daily activities.*

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# Cathedral of St. Joseph

## HANDING ON OUR FAITH AS STEWARDS OF GOD'S GOODNESS

Many Catholic parents feel like they've failed — especially when their adult children no longer practice the faith or attend Mass regularly. Parents are often slow to take credit for their children's successes but quick to shoulder the blame when it comes to struggles in the spiritual life.

Yet, as disciples of Jesus Christ, we are called to live as stewards of all God's gifts — especially the gift of our Catholic faith. Stewardship is a response of gratitude to God, and one of the greatest ways we show that gratitude is by handing on the faith to those we love. Stewardship is always about invitation, witness, and love — not pressure or guilt.

In 2005, Archbishop J. Michael Miller, CSB, outlined the five essential marks of Catholic education — a message later published in *The Holy See's Teaching on Catholic Schools*. These marks apply not only to Catholic schools, but also to Catholic families and individuals who seek to be faithful stewards of God's grace.

### 1. Supernatural Vision

A stewardship life begins with a supernatural vision — recognizing everything we have is a gift from God, and our ultimate goal is heaven. From an early age, we should focus our hearts on eternal life with God. Do we speak to our children and grandchildren about heaven? Do we remind ourselves that we are stewards of this earthly life, always journeying toward eternity?

### 2. Christian Anthropology

Stewardship flows from

understanding who we are — children of God, made in His image. Is Christ at the center of our daily lives? Are we showing through our words and actions that Jesus is the heart of our families? Stewardship begins with gratitude and flourishes when we live as joyful witnesses.

### 3. Communion and Community

Stewardship reminds us we are not isolated individuals but part of a greater communion — the Body of Christ. In our homes and parishes, we are called to build community, sharing life and supporting each other. Do we foster this in our families? Do we encourage generosity and self-giving?

### 4. Catholic Worldview

A stewardship way of life shapes how we see the world. A Catholic worldview helps us see God in all things and encourages holiness in daily life. Are we helping each other recognize God's call? Are we supporting and gently challenging one another to grow as disciples?

### 5. Gospel Witness

At its heart, stewardship is about witness. We don't need all the answers to share our faith. What matters most is showing how Jesus and His Church have made a difference in our lives. Stewardship invites us to be living examples of God's love and generosity.

Passing on the faith is not complicated. And it's never too late. Focus on the goal of eternal life. Keep Christ at the center. Build unity and community. Encourage holiness. Witness to the joy of the Gospel. Let's help our children,



grandchildren, and all our loved ones know what we're about — discipleship, holiness, and the journey to heaven.

# A SEASON TO *Renew Our Hearts* IN CHRIST

Dear Parishioners,

Each year, the season of Lent invites us to slow down, to reflect, and to draw closer to the heart of Jesus. It is a sacred time when we are called to conversion – to turn away from whatever distracts us from God and to renew our commitment to living as faithful disciples. Lent is not simply a time of giving something up; it is a time of giving ourselves more fully to the Lord.

Through prayer, fasting, and almsgiving, we are reminded that everything we have is a gift from God and that we are stewards of His abundant blessings. Prayer deepens our relationship with Him, fasting teaches us discipline and dependence on His grace, and almsgiving opens our hearts to generosity and compassion. These three practices – lived with sincerity and faith – lead us to a renewed awareness of God’s presence and a greater love for others.

As we reflect on stewardship during this season, we can see Lent as a time of spiritual “spring cleaning.” It’s an opportunity to clear away what clutters our hearts so that we can make more room for Christ. Perhaps this means setting aside more time for daily prayer, attending daily Mass, or receiving the sacrament of



Reconciliation. Maybe it means serving in a ministry, reaching out to someone in need, or being more intentional in our giving. Each small act of faith draws us closer to the life God desires for us.

When we live stewardship as a way of life, we learn that true conversion is not a one-time event but a continual turning toward God. Lent reminds us that every day is an opportunity to begin again, to walk more closely with Jesus, and to share His love through our words and actions.

May this holy season renew our hearts in gratitude and strengthen our resolve to follow Christ with humility and joy. As we prepare for Easter, let us embrace this time of grace with open hearts, trusting that the Lord will use our sacrifices and our generosity to bring about new life in us and in our parish family.

Sincerely Yours in Christ,

A handwritten signature in black ink that reads "Fr. Stephen W. Jones". The signature is written in a cursive, flowing style.

Fr. Stephen Jones



# Cathedral of St. Joseph

## GET TO KNOW THE REED FAMILY

*continued from front cover*

Theo, the oldest, is 4 and a half, and the twins Maeve and Zelig turned 2 in December.

"With Theo, we've been including him, and we talk about prayer, fasting, and almsgiving with him," Nick says. "The girls are a little young."

"We did talk to him about fasting, and we talked a bit about added prayer," Hannah adds. "He and I try to pray on the way to school in the morning and on our way home. It's a small way to add prayer. As for almsgiving, in the past, once in a while, we brought food for the food drive. During Lent, we try to prioritize it, with the two to three collections, we try to do them all. We let him pick out the food at the store and really make him part of the process."

The family practice of reading the Bible after dinner – a year-round activity, not just during Lent – has adapted to the children's ages with reading from a children's Bible.

"Theo and I started his kids' Bible, and we're pretty consistent," Nick says. "But when we don't do it, he says 'Dad!' and he reminds me. They help us stay on track."

"He reminds me if we don't pray on the way to school," Hannah says. "He holds us accountable."

The fact that their children pick up on talk about Lent, as well as other facets of our faith, is not lost on Nick and Hannah. This makes the couple aware of how important these conversations about faith are to their children. Their parents' activities within our parish are also making an impact on their children.

Nick is a lector and is called upon to serve about once a month. All three youngsters are present at Mass when he reads.

"Theo definitely sees it," Nick says.

"I have made a cake or dessert for funeral luncheons," Hannah says. "I usually drop it off when I take Theo to school and he goes in with me. He'll ask

me why I'm making a cake. I explain it's for church. I don't know if he fully understands why, but it's a way to talk about stewardship with him."

The family has also embraced the traveling Icon of Christ the High Priest prayer devotion.

"We're supposed to pray as a family for vocations," Nick says. "We've had it twice, and Theo's really taken with it. He's started to read now, and he's read the prayer that goes with it. He recognizes the word 'vocation,' and it makes a big impact on him to be involved in the family's prayer life."

The goal for Nick and Hannah in talking with their children about stewardship is to make it a normal part of their lives.

"We don't want to make it feel like a burden," Hannah says. "It is just something we do – we prioritize faith, making it normal for what they see and experience in their lives."

Even though the twins are young, their parents can see how faith is important to them, as well. Nick recounts that their normal bedtime routine is for Hannah to put the girls to bed while he puts Theo to bed.

"One night I put the girls to bed, and they had already sat on the floor, sitting down to pray," Nick says. "They held me accountable. 'Pray?' they said."

Being involved in our parish life comes naturally to both Nick and Hannah. As they were growing up, each saw their parents serving their respective parishes in various ways.

Besides their other activities here at the Cathedral of St. Joseph, Nick and Hannah also meet with engaged couples to review their marriage prep questionnaires.

"It's fun for us to be involved," Hannah says. "It helps us to have conversations. The couple will leave, and we will talk for half an hour ourselves. It really helps our marriage, and it's a great example of stewardship providing unexpected blessings for our family."

*"We don't really use the word 'stewardship.' I tell them we want to be good stewards and take care of the things God has given us. We are being good stewards of our books or doing things around the house. We make it a part of our vocabulary." – Hannah Reed*

For information about taking part in parish organizations, please call the parish office at 573-635-7991.

# FAITH FORMATION THAT SHAPES HEARTS AND MINDS

*Reflecting on the Joys of Serving God and Being Part of a Vital Faith Community*

After nearly 20 years of ministry at the Cathedral, Julie Gramlich has learned that faith formation is not a one-person effort. About five years ago, as she stepped away from youth ministry and focused more intentionally on adult catechesis, she helped launch the Faith Formation Committee, recognizing that this work requires many hands and diverse gifts.

By inviting others to step forward and lead in the areas they are most passionate about, Julie has helped build a collaborative approach to Faith Formation. The group meets four times a year to plan and assist in implementing Faith Formation programs. Members support Julie in various ways, stepping in where needed and working closely with ministries that best align with their passions and gifts. She invites anyone interested in this work to get involved.

"I learned after years of ministry that it doesn't all have to be up to me,"

Julie says. "I can't do all the work myself. I need to find people who want to be a part of it and then figure out what they're passionate about."

This is Julie's 20th year in ministry at the Cathedral. It's hard for her to believe — as they say, time flies when you are having fun.

Julie and her husband, David, raised their two daughters at the parish and school. Now, as their



*Julie Gramlich with her husband, David*



*Julie Gramlich with family*

daughters live out their own faith lives here at the Cathedral with their families, it's a joy for Julie and David to witness.

As part of her role, Julie oversees many parish ministries. She serves as a lector and greeter, and she and David regularly bring forward the offertory. Julie is also part of the Pro-Life Meal Train Ministry, which she especially enjoys, as it allows her to support families in a very personal way.

Julie says if you haven't found a way to get involved at the Cathedral, you should.

"For one, it's a for-sure way to grow closer to God — to meet others and be part of a community," she says. "The parish is very welcoming and open, accepting each other and helping each other grow in holiness — and that's what drew me here 20 years ago."

It's been a blessing for Julie to see the Cathedral grow and welcome new families. Julie also loves her Catholic faith and feels

blessed to work here at the Cathedral. She feels blessed to serve as the hands of God.

"I've never really considered myself an employee," she says. "I'm a doer in general — I love to see things happening."

In their free time, the couple enjoys traveling and spending time with family. Julie also enjoys settling in with a good book.

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*"The parish is very welcoming and open, accepting each other and helping each other grow in holiness — and that's what drew me here 20 years ago." — Julie Gramlich*

# Cathedral of St. Joseph

## AN INSIDE LOOK AT THE CARMELITE HERITAGE ROOM AND EUCHARISTIC ADORATION

*Cathedral Offers Opportunities to Engage with Christ and Relics of Our Faith*

Not everyone may realize that the Cathedral's Eucharistic Adoration Chapel and Rectory sit on a site rich in history. The property was once home to the Carmel of the Sacred Heart and St. Joseph, founded in 1960 by Reverend Mother Mary Teresa of the Divine Heart. The Carmelite community resided there until 2014.

Today, the site also includes the Cathedral's Sacred Heart Center conference rooms and a Carmelite Heritage Room, where visitors can view items from the Carmelites' history and venerate sacred relics gifted to the Cathedral. When the Cathedral assumed ownership of the Monastery, these items were

carefully preserved to honor the legacy of the sisters and their life of prayer. So, if you've never visited the Heritage Room, make this the year you do!

The Heritage Room features several display cases filled with items the Carmelites made and used during their time at the Monastery, along with more than 100 sacred relics. Relics are physical objects that have a direct connection to saints or to Our Lord.

St. Joseph Cathedral Parish is honored to be the caretakers of the Carmelite chapel, offering a daily private prayer space and, on Wednesdays, Eucharistic Adoration from 7 a.m. to 7 p.m. A 2004 *Catholic*

*Missourian* article described the Carmelite Chapel as "a chapel that smells like holiness," and spending time in the chapel as "a wonderful spiritual experience."

The walls are adorned with a beautiful tabernacle holding the Blessed Sacrament, a stunning crucifix, and statues of the Sacred Heart of Jesus, Our Lady of Mount Carmel, St. Joseph, and three great Carmelite saints – St. John of the Cross, St. Teresa of Avila, and St. Therese of Lisieux.

Parishioners Pam Porting and Jeni Doolittle embrace the mission of bringing more people to experience and know the beauty of this ancient practice. The joy, graces, peace, and fruits associated with Eucharistic Adoration are available to every soul. During Eucharistic Adoration on Wednesdays from 7 a.m. to 7 p.m., Jesus is exposed in a monstrance on the altar and must never be left alone. On other days, Jesus is present in the tabernacle, which does not require constant company.

"It is a beautiful and peaceful time just being present with Jesus on the altar," Pam says. "It is clear that hearts are being touched, which affirms how important this time truly is for our parish. It is just more powerful when Jesus is sitting on the altar."

Because adoration is scheduled with committed adorers, anyone is welcome to stop by and spend

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*"I'd encourage parishioners to simply ask themselves if God might be inviting them to spend a little more time with Him. You don't have to know exactly what to pray or have it all figured out – just showing up is enough."  
– Pam Porting*





# THE CARMELITE HERITAGE ROOM AND EUCHARISTIC ADORATION *continued from page 6*

time with Jesus – whether for a few quiet minutes or a more extended visit. On Wednesdays and anytime Jesus is exposed, it is appropriate for individuals to kneel momentarily on both knees rather than genuflecting. This is a sign of honor and knowledge of our Lord’s true presence in a given space.

“When parishioners arrive on Wednesday, they can expect a calm, reverent environment centered entirely on time with Jesus in the Eucharist,” Pam says. “There is no pressure to pray a certain way – people are free to sit in silence, pray Scripture or the Rosary, journal, or rest in the Lord’s presence.”

Pam notes that when scheduled adorers have to miss a week, many find themselves already looking ahead

– eager for the chance to return the following week.

Jeni and Pam pray that more people consider becoming regular adorers. They would consider it a blessing to be able to add more opportunities for Eucharistic Adoration.

“I’d encourage parishioners to simply ask themselves if God might be inviting them to spend a little more time with Him,” Pam says. “You don’t have to know exactly what to pray or have it all figured out – just showing up is enough. Even one hour can be a peaceful

break in the middle of a busy week.”

It is important to know that this ministry is only made possible thanks to the deacons of St. Joseph Cathedral Parish. Every Wednesday requires a deacon to provide exposition and reposition of the Blessed Sacrament. Pam and Jeni are eternally grateful for the deacons who give of their time and energy to make every Wednesday possible. Jeni is quick to remind individuals that without the deacons’ commitment, we would not have this opportunity to sit with our Lord!

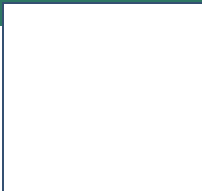


All are welcome to Wednesday Eucharistic Adoration from 7 a.m. to 7 p.m.



# CATHEDRAL OF ST. JOSEPH

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## ASH WEDNESDAY: *A Catholic Tradition of Reflection and Renewal*

Ash Wednesday falls 40 days before Easter Sunday, excluding Sundays, and serves as a period of penance, fasting, and prayer, mirroring the 40 days Jesus spent in the desert. Rooted in centuries-old traditions, this observance is laden with symbolism and significance, providing a profound opportunity for spiritual reflection and renewal. The name itself is derived from the practice of placing ashes on the foreheads of the faithful in the sign of the cross. This year, it falls on Feb. 18.

The history of Ash Wednesday can be traced back to the ancient Jewish tradition of penance and fasting, symbolized in Judaism by

the sprinkling of ashes on the head. This practice was later adopted by early Christians as a public expression of repentance.

The liturgy of Ash Wednesday is profound and poignant, emphasizing humility and mortality. The priest applies ashes in the shape of a cross to the foreheads of the faithful, uttering the words, "Remember that you are dust, and to dust, you shall return," or a similar phrase. It heralds the beginning of Lent, a period of self-examination, prayer, and fasting.

The 40 days of Lent are symbolic of the time Jesus spent fasting in the desert, facing temptations from the devil. Through prayer, fasting, and



*Seminarian Shane Kliethermes explaining the process of turning blessed palms into the ashes used for Ash Wednesday*

acts of charity, we seek to emulate Christ's journey, fostering a deeper connection with our faith.

Ash Wednesday serves as a powerful reminder of the transformative journey toward Easter, where the faithful celebrate the resurrection of Christ. In this season of Lent, we are encouraged to embrace the call to repentance, turning away from sin and towards a life of holiness and grace.