

Nativity News

The Newsletter of the Cathedral Parish of the Blessed Virgin Mary

Volume 2: No5

September/October 2007

Faith Life lived out in the Missions

This summer I had the opportunity to make longer visits to some of the mission parishes in the northern part of our diocese. I am grateful to the priests who covered the Mass schedule and the parishioners and staff who had to pick up some of my duties while I was away. I am taking this opportunity to report back to you, the parishioners of the Cathedral, how these visits went. I learned several different lessons in each place I visited. Here are a few of the highlights.



I visited **Tenakee Springs** twice and enjoyed staying at the newly renovated St. Francis Chapel and taking a daily soak in the hot spring. Life is a lot slower in the missions and I realized that it takes me several days to slow down and relax. I found the people very friendly and generous in offering their kayaks for me to paddle. I visited with the year round residents and several Juneau people who have cabins in Tenakee and began to understand what draws them to this remote village. I enjoyed celebrating the Mass for the people and helping them carry firewood up several flights of stairs. I learned as St. Benedict has written that a balance of prayer and physical labor is good for the soul.

I was able to get out to **Elfin Cove** for their annual visit by a priest in early August. I arrived by charter fishing boat and had just a few hours before I headed back to Gustavus. I learned the simplicity of the ministry of walking around the board walk. The few parishioners that live there were too busy to gather together in one place at one time so I spent the evening walking from house to house to float house. Without regular access to the celebration of Mass, people stay connected with their faith by reading the Sunday readings and using devotional materials which help them focus on God during their busy summer schedule.

I visited **Shelter & Hump Islands** this summer as part of a six day kayaking trip. Sitting at the kitchen table with friends and family gathered around to celebrate the Mass gives one a new perspective on the "Table of the Lord" theology. I

really felt like one the disciples gathered at the table with Jesus. Out on Hump Island we spent Saturday night erecting a larger than life size cross made out of beach logs that is now visible to all the passing vessels. As the sun set I thought of all the countless places and times that the cross of our Lord Jesus Christ has been raised. The next day as we celebrated Mass on the deck at the foot of the cross I learned of the power of taking ownership in the making of our symbols and places of worship. We all left the island marked by the cross of Christ.

I was able to visit **Gustavus** six times this summer. About every three weeks I gathered with the community to celebrate Mass in the local Ice Cream Shop. This group is the largest gathering in the missions and often includes a number of summer workers and independent travelers. Because we did not know each other I started each Sunday with a few minutes of faith sharing about who we each are and how God is moving in our lives as an introduction to the message of the readings. It is a tremendous blessing to know who you are gathering to celebrate Mass with. I learned just how important it is for me to know the people I am serving and be included in their families in some small way. It is good to be home with you,

Shalom,
Fr. Thomas



CATHEDRAL HOMILIES ON THE WEB!

If you would like to hear the homilies preached at the Cathedral again, or share them with a friend, go to the Cathedral website at www.juneaucathedral.org and click on **Weekly Homily Podcasts**.

FROM SR. MARIE LUCEK, OP
CATHEDRAL PASTORAL ASSOCIATE
586-1340 /srmariel@acsalaska.net



New Members...Part II

Baptized Christians

Have you ever attended a Lutheran, Methodist, or Episcopalian service and noticed that they say the Nicene Creed? They even say the word “catholic,” but with a small “c” which means universal. It can cause a bit of a jolt, first to hear this word in a Protestant church, but then to realize how much we have in common as Christians, even to sharing the same creed. Therefore, when a baptized Christian asks to join the Catholic Church he or she may already have a strong foundation in the Christian faith.

When a person comes to me and asks about joining the Catholic Church I first try to find out what I can about their past experiences of being formed in their faith. Some have had rich experiences in formal classes or have even attended a faith-based school, while others have had very little training in what it means to be Christian. Based on what their faith experiences have been, I make a decision together with the person about what would be best for him/her. The Liturgical Committee of the Bishops Conference has stated that “discernment should be made regarding the length of catechetical formation required for each individual candidate for reception into the full communion of the Catholic Church.”

If someone has been both baptized and confirmed and has a strong and informed foundation in their Christian faith that person is received into the Church by a simple Act of Profession of Faith. A period of preparation precedes this day with the actual time period depending on the individual. This can occur at any time during the year, but usually not at the Easter Vigil.

For a person who needs or wants more formation in their growth in faith, sessions are held on various topics of doctrine and spirituality. Ideally, these sessions would be separate from those for persons who have never been baptized, because their questions and concerns are usually different, but in a parish our size, the two groups often meet together. It is recommended that reception into the Church for baptized persons, which usually includes Confirmation, be done at a time other than the Easter Vigil. However, when the two groups have been prepared together the persons involved often want to join the Church together, so in past years this has occurred in our

parish. In any case, we rejoice with each person who wants to continue his/her faith journey by membership in our Catholic community, and we welcome them into our midst.



EVENTS AT THE CATHEDRAL

SATURDAY, SEPTEMBER 1ST, WELCOME MASS & POTLUCK FOR NEW JESUIT VOLUNTEERS, 5:30pm Mass, dinner to follow in the parish hall. All are encouraged to come and welcome the new JV's. Bring a dish to share.

SATURDAY, SEPTEMBER 8TH, WELCOME NEW PARISHIONERS POTLUCK. A time to meet the new people who have come into our parish during the last year. Potluck start at 6:30pm, bring a dish to share.

SUNDAY, SEPTEMBER 9TH, MONTHLY KNIGHTS OF COLUMBUS PARISH BREAKFAST RESUMES, 9:30-10:30, parish hall. Great breakfast at a good price.

MONDAY, SEPTEMBER 10TH, BAPTISMAL PREPARATION CLASSES START. Call the parish office for more information.

SATURDAY, SEPTEMBER 22ND, WORKSHOP ON MULTICULTURAL LITURGY. 9am-4pm, Cathedral parish hall, all welcome!

SUNDAY, SEPTEMBER 23RD, NOON-1:15PM, YOUNG ADULTS BRUNCH, Silverbow Restaurant. Call Katy @586-1317/209-1713 for more information.

FRIDAY, OCTOBER 5TH, ANNUAL OCTOBERFEST DINNER, 6pm, Cathedral Hall. Brats, Music & Refreshments supplied.

SATURDAY, OCTOBER 2ND, CENTERING PRAYER CLASS, 9am-3:30pm, parish hall. See article for more info.

SATURDAY, OCTOBER 13TH-WEDNESDAY, OCTOBER 17TH, Cathedral Parish Mission

SUNDAY, OCTOBER 14TH, KC PARISH BREAKFAST, 9:30-10:30am, parish hall.



RELIGIOUS EDUCATION

KATY RICE, DIRECTOR OF RELIGIOUS EDUCATION

RELIGIOUS EDUCATION

HAPPENINGS IN SEPTEMBER & OCTOBER

Dear Cathedral Parents, Youth and Children,

This past month we've been busy at the Cathedral making plans for the coming year of Religious Education! On the next two pages you'll find information on how to register your children (whether they've been registered in the program before or are new to it), learn more about the programs we'll be using this year and find out how to get involved. **Parents, please pick up a copy of *The Cathedral's Religious Education Parent Handbook* for complete information on our program's content, policies, and procedures. Handbooks are located at the back of the Church, in the Office, and in the Office of Religious Education.**

As always, we value parent, grandparent, godparent, and concerned adults involvement in the program. The only way religious education is made possible year after year is through our excellent and dedicated volunteers. If you're feeling called to help in our program this year please contact me via phone or e-mail to learn more about volunteer opportunities! We hope you are all ready for an excellent year of fellowship as we grow in our faith together.

In Christ, Katy Rice

Religious Education Programs 2007-2008

Pre-school through 5th grades:

We are pleased to continue our partnership with our neighbors, Holy Trinity Episcopal Church, this year in bringing **Godly Play** to our Pre-school through 5th grade children.

Godly Play is a religious education program used widely in the United States by Catholics and Protestants alike. It uses a Montessori approach to religious education which centers on inviting children to interact with the sacred stories of our faith. The other important component of Godly Play is creating a sacred, child-friendly environment for children to learn about God. This environment (the classroom) contains beautiful artwork, colorful cloths, story-telling materials, as well as things from nature, such as trees, to remind children of the creator God who loves them infinitely.

For specific sessions throughout the year children from the Cathedral and Holy Trinity will meet separately to focus on aspects of faith specific to their own Tradition.

Class Schedule: Pre-school and Kindergarten meet during the 11 o'clock Mass, Sunday morning. Their lessons last from 11 o'clock to approximately 12:15pm or later, depending on when Mass ends. 1st grade through 5th grade meet from 9:45am to 10:45am Sunday mornings

Middle School and High School Youth Groups

The middle school and high school youth groups will continue to meet on Wednesday evenings from 7pm to 8:30pm. Middle School and High School students meet separately for regular sessions and jointly for special sessions (eg: service projects and outings). The Youth Groups provide opportunities for young adolescents and teens to socialize with other Catholic youth while learning about their faith, participating in service opportunities, and praying together.

Schedule: Both the Middle School and the High School youth groups meet from 7:00 to 8:30pm Wednesday evenings.

Registration for Religious Education 2007-2008

If your child was registered this for the 2006-2007 school year you should have already received a registration packet in the mail. To register your child, please complete the registration form and return it, and the tuition fee, to the Office of Religious Education. You may either mail the form back in the pre-addressed envelope, deliver the envelope to the Cathedral Office or place the envelope in the collection basket at one of the weekend liturgies. I will confirm by e-mail or phone that your child's forms and payment arrived within one week of receiving the envelope.

If your child is new to the program this year, please pick up a registration form and a parent handbook at the back of the church during one of the weekend liturgies. Please fill out the registration form and return it with the tuition fee to the Office of Religious Education.

If you have any questions about our programs or if I can assist you in any way with the registration process please contact me by phone, 586-1317 or e-mail cathedraldre@acsalaska.net.



Cathedral Youth Ministry September/October Schedule

September 12th: 1st night of Youth Group! Come kick off the school year with us and celebrate with Ice Cream Sundaes! Middle School & High School meet separately in Parish Hall classrooms.

September 19th: Middle School & High School meet separately in Parish Hall classrooms. Topic: The Life of Jesus

September 26th: Middle School & High School meet separately in Parish Hall classrooms. Topic: The Life of Jesus

October 3rd: Activity Night! HS & MS meet together in the Parish Hall upstairs to make cookies and desserts for the Glory Hole

October 10th: Middle School & High School meet separately in Parish Hall classrooms. Topic: The Life of Jesus

October 17th: Middle School & High School meet separately in Parish Hall classrooms. Topic: The Life of Jesus

October 24th: Middle School & High School meet separately in Parish Hall classrooms. Topic: The Life of Jesus

October 31st: Halloween, no youth group. Have a safe and fun night!

Please check the weekly bulletins for meeting topics and special events. All middle schoolers and high schoolers are welcome!

Godly Play

September/October Schedule

Thanks to the generosity of many Cathedral parishioners, we are able to include several new stories in our classrooms this year! Beginning this year, the three age groups will experience different stories throughout the year. The Pre-school & Kindergarten class will focus on the life and person of Jesus. The 1st through 3rd Grade class will be introduced to the Old Testament and also focus on the Sacraments and life of the Church. The 4th grade & up class will focus on the Old Testament as well as exploring the Parables of Jesus and the Sacraments further.

Pre-school & Kindergarten Schedule

September 2nd: Introduction to Godly Play

September 9th: Introduction to Godly Play

September 16th: The Light

September 23rd: The Holy Family

September 30th: The Good Shepherd

October 7th: The Good Shepherd & the Lost Sheep

October 14th: Jesus & The Children

October 21st: Jesus & Bartimaeus

October 28th: Jesus & Zacchaeus

1st through 3rd Grade Schedule

September 2nd: Introduction to Godly Play & The Light

September 9th: The Circle of the Church Year

September 16th: Creation

September 23rd: The Flood & the Ark

September 30th: The Great Family

October 7th: The Exodus

October 14th: The Ten Best Ways

October 21st: Prayer: The Our Father

October 28th: The Ark & the Tent

4th & Up Schedule

September 2nd: The Circle of the Church Year

September 9th: The Creation

September 16th: The Second Creation Story—The Falling Apart

September 23rd: The Flood & the Ark

September 30th: The Great Family

October 7th: The Story of Sarah

October 14th: The Exodus

October 21st: The Story of Moses

October 28th: The Ten Best Ways

RELIGIOUS EDUCATION

CLASSES BEGIN

SUNDAY SEPTEMBER 2ND FOR
PRESCHOOL-5TH GRADE

WEDNESDAY, SEPTEMBER 12TH FOR
CATHEDRAL YOUTH GROUP
(MIDDLE SCHOOL & HIGH SCHOOL).

Sacramental Preparation

Baptism: Baptism classes for parents of infants and young children will be offered in September. Preparation classes are offered three times a year, in September, January & April. We recommend you take the class before your child is born, if possible. The September class will meet on:

Monday, September 10th: 6pm to 7:30pm

Monday, September 17th: 6pm to 7:30pm

Please contact Katy to register for the classes.

First Reconciliation: Children age seven and older are eligible to prepare for their first Reconciliation this Fall. There will be a meeting for parents on Sunday, September 30th at 9:45am in the Parish Hall classroom #4. First Reconciliation classes begin Sunday, October 7th. Children will be dismissed from the 11 o'clock Mass after the Homily. They will go over to the Hall with their catechists to learn more about Reconciliation. Please call or e-mail Katy to register your children for First Reconciliation preparation.

CATHEDRAL YOUNG ADULT GROUP

The Catholic Church defines young adults as those in the age group from 18 to 40. This group comprises many different people in the church: single and married, those with children and those without, those in college, newly graduated, or on a career path. What do we all have in common? We're Catholic and we're going through lots of firsts (1st car, 1st grown-up job, 1st apartment, 1st house, 1st child, 1st second child, . . .). The Cathedral's young adult group is for any young adult interested in sharing fellowship with other young adult Catholics. Our first event will be Sunday, September 23rd after the 11 o'clock Mass. We will meet at the Parish Hall entrance at 12:30pm and walk to Silverbow Bagels for coffee & lunch. The Cathedral will provide childcare in the Parish Hall so that those with children can attend. If you have any questions please contact Katy 586-1317 or cathedraldre@acsalaska.net.

THANK YOU FOR THE GODLY PLAY DONATIONS!

Thank you, thank you, thank you to all of you who generously donated to our Godly Play program. At this time we have raised \$580.00 for new Godly Play stories!

PARISH FEAST DAY

AND WELCOMING POTLUCK

Saturday, September 8th, is the Feast of the Nativity of Mary, our parish feast day. In celebration of this day, we will gather after the 5:30pm Mass in the parish hall for a potluck to welcome all the new parishioners who have joined the Cathedral since last Fall. Everyone is encouraged to come and bring a dish to share.

CATHEDRAL PARISH MISSION

OCTOBER 13-17

WITH FR. ARMAND NIGRO

Fr. Nigro has taught in Jesuit Universities and seminaries in the USA and Africa for over forty years and has directed retreats for clergy, religious and laity across the USA and Canada and every continent since his priestly ordination in 1956. He has published writings on prayer and Christian spirituality and now serves at Holy Spirit Retreat Center in Anchorage.

Fr. Nigro will be speaking at all the Masses on the weekend of October 13th & 14th. There will be evening sessions of the mission Monday through Wednesday (October 15-17) from 6:30-8:30pm in the Cathedral Worship space on the following topics:

Monday: *Responding to God Who Soaks Us in His Love*

Tuesday: *Responding to Jesus Who Lives in Us and Operates with Us*

Wednesday: *Responding to the Holy Spirit Who Divines and Empowers Us*

CHARISMATIC RENEWAL EVENTS

Our Lady of the Rosary Prayer Meetings are held on Friday evenings at St. Paul's Parish Church at 7:30pm.

Twin Hearts Prayer Meetings are held on Sundays at 1:30pm at the Cathedral.

Good Shepherd Prayer Meetings are held on Sundays at 2:15pm at St. Paul's Church.

Holy Trinity Catholic Prayer Meetings are held on Sundays at 1:30pm in the Cathedral Parish Hall meeting room.

CENTERING PRAYER

INTRODUCTORY WORKSHOP

SATURDAY, OCTOBER 6TH 9:00AM-3:30PM

CATHEDRAL PARISH HALL

WITH FR. THOMAS WEISE

Fr. Thomas Keating is known throughout the world as a teacher of and writer on contemplative prayer. A Cistercian (Trappist) monk of St. Benedict's Monastery in Snowmass, Colorado, he is one of the founders of the Centering Prayer Movement. He is the author of numerous books, particularly of the trilogy *Open Mind, Open Heart; Invitation to Love*; and *The Mystery of Christ*.

"My mother is a self-proclaimed 'soul shopper' from way back. We started going to St. Benedict's Monastery in Snowmass, when I was seven years old. Several years later, Fr. Thomas Keating became a St. Benedict's monk. He developed centering prayer, which is a lot like meditation and what this book is about. He says that meditation (or centering prayer) is a way of reducing the obstacles to the development of grace. I can sit for only five to ten minutes. It's very hard for me. Still, when I get in trouble, it shifts my perspective. As they say, we don't pray to change our circumstances; we pray to change ourselves."

-Felicity Huffman, in *O, The Oprah Magazine*

Fr. Thomas Weise began practicing meditation fifteen years ago while a college student. He met Fr. Thomas Keating eleven years ago and began practicing Centering Prayer. While at the seminary he wrote a masters thesis entitled "Center Prayer as a Catalyst for Spiritual Growth." He is a Certified Centering Prayer instructor and has taught more than 200 people Centering Prayer over the last six years.



LABOR DAY MASS

Monday, September 3rd, Labor Day,
Mass at the Cathedral will be at 9:30am.

Parish office will be closed.



Shrine of St. Therese

The Jordans are Coming to the Shrine of St. Therese
Jack and Jeanne Jordan have been selected as the next caretakers at the Shrine of St. Therese. Jack and Jeanne, have lived in Alaska since 1970; currently they live in Palmer and are looking forward to moving to Juneau and serving at the Shrine. We look forward, too, to their arrival at the Shrine and our Juneau Community. More information will be coming forth in the near future about them. Thanks to all who have lifted up this need in prayer.

Shrine Endowment Dinner Tickets Available

Tickets for the 21st Annual Shrine Endowment Dinner, Saturday, Oct. 20th at St. Ann's Hall, are now available from Shrine Board Members and the Shrine Office. The same fine chef we had last year, Laraine Derr, has said "yes" to being our chef again for this dinner. Contact Bishop Warfel, Virginia Smiley, Roger Arsua, Chuck Gasperek, Colleen Sullivan, Stacy Toner, Heather Johnson-Smith or Thomas Fitterer (Shrine Office 780-6112 or fitterer@gci.net) for tickets.

Tickets purchased by September 20th qualify for a drawing to stay at the Little Flower Retreat overnight.



Easy Applesauce Muffins

This healthy recipe will make a great start to your day, a great snack or a great gift for your teacher and classmates.


What you need:

- 6 tablespoons butter
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 eggs
- 2/3 cup brown sugar
- 1 1/2 cups chunky applesauce
- Baking cups



What you do:

1. With an adult's help, heat the oven to 375 degrees. Line a 12-cup muffin tin with baking cups and set aside.
2. In a small, microwave-safe bowl, melt the butter on high for about 30 seconds; set aside to cool slightly.
3. Sift together the flour, baking powder, baking soda, cinnamon and salt in to a large mixing bowl.
4. In another large bowl, whisk together the eggs and brown sugar. Stir in the applesauce and melted butter until the mixture is smooth.
5. Pour the apple mixture over the flour mixture. Stir with a wooden spoon just until the flour disappears. (This will produce muffins with a nice, crumbly texture.)
6. Fill the baking cups about two-thirds full with batter. (For mess-free muffins, use an ice-cream scoop to spoon batter into the baking cups.)
7. Bake for 20 minutes or until light brown. Test for doneness by inserting a toothpick in the middle; if it comes out clean, the muffins are ready to eat. Makes 12.



Apple of Your Eye

When something is said to be the "apple of your eye," it means it's precious to you and you would protect it as you would your own eye. With school starting up again, we should remember God's instructions in Proverbs 7:2: "Keep my commands and you will live; guard my teachings as the apple of your eye" (NIV).

Find and circle the word "apple" 13 times in the puzzle below. It can be horizontal, vertical, diagonal and even backward.

e	a	e	e	a	p	e	l		
l	a	p	a	p	p	i	e	l	a
a	p	p	p	p	a	i	e	p	p
l	p	l	p	a	p	l	p	e	p
a	l	e	l	l	a	l	p	p	l
e	e	a	e	p	e	a	e	p	e
l	l	e	a	p	p	l	e	p	l
a	p	p	a	p	p	l	e		
l	a	p	p	l	e	p			
e	a	a	e	a					

MULTI-CULTURAL WORKSHOP ON LITURGY

The Diocese of Juneau will be offering a multi-cultural workshop on liturgy planning at the Cathedral parish hall, Saturday, September 22nd, 10am to 3:00pm. Sr. Josephine Aloralrea, OSU, Gary Waid and Bishop Warfel will be presenters. All are welcome to come and learn about the gifts that different cultures bring to the celebration of our liturgy.

CATHEDRAL PARISH DIRECTORY

Fr. Thomas Weise, Pastor 586-1300/209-7307 (cell)

email: frthomas@acsalaska.net

Sr. Marie Lucek, OP, Pastoral Associate,

586-1340/209-3577(cell)

email:srmariel@acsalaska.net

Katy Rice, DRE 586-1317/209-1713(cell)

email: cathedralre@acsalaska.net

Cece Lihou, office 586-1513

email: cathedral@acsalaska.net

Parish Office - 586-1513

email: cathedral@acsalaska.net

FAX #586-8091

Cathedral Parish Center - 586-6934

Cathedral of the Nativity Web page

www.juneaucathedral.org



Mass Schedule

Saturday Vigil 5:30 pm

Sunday 8:30 & 11:00 am & 5:30 pm

Monday-Friday 12:10 pm

Friday 9:30am **Wildflower Court**

Saturday 9:30 am

Sacrament of Reconciliation

Saturday 4:00 - 5:00 pm

and by appointment.

Celebrating 125 years of the
Catholic Community of Juneau

Cathedral of the Nativity
of the Blessed Virgin Mary
416 Fifth Street
Juneau, Alaska 99801

Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
JUNEAU, ALASKA
PERMIT NO. 49