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The Cathedral Star

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The Bereavement Committee

Providing Cathedral Comfort When It's Needed Most

Let's face it, we like to eat. You don't have to look far to find a reason to get together and have some good food, i.e. birthday, anniversary and graduation parties, summer cookouts, First Communions, Confirmations, and, of course, the holidays. The sad and difficult time of losing a loved one seems to be no exception. Being able to gather around a table after a funeral provides a setting for family and friends to reminisce and comfort one another as the grieving process continues. The Cathedral's Bereavement Committee, started about 10 years ago, is a generous group of volunteers who provide this much-needed environment for families of Cathedral members who have passed away.

The Bereavement Committee currently has around 45 members, divided into two teams. The first team prepares food each time the committee is requested to make a bereavement meal. The second team is called to help when larger meals, serving over 50 people, are needed. In 2008, they supplied approximately 20 bereavement meals and, so far in 2009, have done 18. The Bereavement Committee works with the family of the deceased Cathedral member and organizes a wonderful home-cooked meal for those gathering after the funeral. They also set up beforehand and clean afterwards for the meal, usually held in the Cathedral's St. Louis Hall or Undercroft, or, if requested, at someone's home. If the family chooses not to have the sit-down meal, the Bereavement Committee will deliver a meat tray to the funeral home instead. The committee also sends

a sympathy card at the time of the parish member's death and thinking of you cards at six months and a year after the funeral.



April 19 Bereavement Committee gathering for volunteers in the Cathedral's St. Louis Hall—a comfort meal for those who offer comfort.
Photos by Amy Russ

The committee is very organized, and everyone knows his or her responsibility when the call comes in that a bereavement meal is needed. "We have a planned menu, and everyone knows who is making what dish. That way they can have the groceries on hand to prevent running to the grocery at the last minute," says Debbie Tamez, a former team leader of the Bereavement Com-

mittee. "This is a great group of people to work with. They are cheerful givers of their cooking talents and always ask if they can do even more for the family who has lost a loved one." As George Kaissieh sees it, the Bereavement Committee is more than just cooking food for someone. "After the funeral of a loved one, the family needs to be together and relax a bit. The meal made by the Bereavement Committee provides comfort, and is a nice way to let the family know we as a parish are thinking of them."

Betsy Loveland has been a member of the Bereavement Committee since its beginnings. "It's important that folks have a place to get together after a loved one's funeral. It's a nice finish to a sad situation. It's just something I can do to give back."

April 19 was a day to recognize the Bereavement Committee and all they do for our parish. Fr. Bill

said a special blessing for the committee members at 9:30 Mass. Afterward there was a luncheon for them in the Undercroft, attended by many of the Bereavement Committee members, Fr. Bill, and George Kaissieh. The committee also held a short meeting during this time to discuss ways to improve the efficiency of the group. One eco-friendly suggestion is to have "runners" go to several houses within a defined area, pick up the prepared dishes, and deliver them to the Cathedral, instead of each person having to drive their food to the Cathedral. "We're trying to think of ways to make the process easier on the members who serve on the committee. New ideas are always welcome," according to Debbie.

The Cathedral's Bereavement Committee is looking for more members, and any level of participation is appreciated. If you can cook and enjoy doing so for others, maybe you would like to volunteer to prepare food for the after-funeral meal. If cooking is not your specialty but you would like to be involved with this important group, no problem. You could offer to pick up and deliver dishes others have prepared, or set up before and clean up after the meal, which is usually about a 2-1/2 hour commitment. There may be times the Bereavement Committee could use help delivering the meat trays to the funeral home. The committee would also like volunteers to make a dish that can be easily frozen, so a meal could be prepared on short notice, or it could be prepared by the family at a time of their choosing. And, of course, monetary donations are always appreciated to offset the costs of plates, napkins, the meat trays, etc. For more information, you may contact George Kaissieh at the Cathedral office.

~Amy Russ



Welcome, New Parishioners!

Christopher & Lisa Brosky
 Ashli Butler
 Lawrence & Maria D'Silva, Nelopher, Samson
 Jack & Sydney Easley
 Al & Cherie Erskine, Alyssa, Nate, Olivia
 Scott Flavell
 Paul Gadiant
 Monica Guenin
 Cathy Hamilton, Andria, Ethan, Nicole
 John & Mary Hamlet, Finnegan, Lilly
 Michael Hardy
 Steve Henriksen
 Chris Johnson
 Kent & Julie Kruer
 Carl & Neisha LeVecke, Isabella
 Jude Loew
 Sean Lough
 Dori McQueen, Dani McQueen
 Rachel Mersch
 Marie Michalicova
 Kevin Noland
 Daniel & Rita Ohlmann, Isaac
 Roza Radic, Antonia, Daria, Kristian
 Ray Rechtin
 Rock Rhodes
 Carolyn Riggle
 Corey & Karen Shaw, Kelton
 Drew Shore
 Derek Skaggs
 John Smart
 Patrick & Maria Smith, Christopher, Nicholas
 Linda Sparks
 Maria Tatman
 Tabby Thomas
 Sam Thomeczek
 Joy Watkins, Journey
 Ollie & Carole Willrodt
 Maria Wimsatt
 Tim & Trish Withey, Patrick
 Ed Woolery
 Al and Pat Wright



Senior Group at the Cathedral — evolving with its members for over 20 years

The Cathedral's Senior Citizens group is working to build fellowship and a sense of community among the Archdiocese's 65 and over crowd. The reality is that, as people age, many tend not to go out and socialize as much as they used to, often spending their days alone. Yet this age group has much to offer—lifetimes of experience, wisdom, and spirituality. The Cathedral group celebrates the gifts of its members and offers them opportunities for their minds and bodies and spirits to be nourished.

In place for more than 20 years, the Senior Citizens meet once a month for a prayer service, lunch and program designed to help them socialize with others and educate them about issues facing senior citizens. The group currently has about 45 members.

"We got our start with mostly Cathedral parishioners and their friends ... many of them from the Trinity and Kentucky Towers," explained Maggie Cyphers, one of the group's coordinators. "They lived close and could walk to church. But as the years have gone on, many people have passed away and we've gotten away from it being mostly Cathedral parishioners."

The group is now working to spread the word to Cathedral parishioners and seniors from other parishes. "We've heard from members that other churches have similar programs, but during the week. It's very, very important to pull these people together on the weekends as well," Cyphers stated.

Cyphers coordinates the group and its activities with Deacon Pat Wright, Deanna Hipwell and Donna Ditsler. The group meets on the first Saturday of the month for a communion prayer service with Deacon Wright, followed by lunch and a program. "We've brought in speakers to talk to the group about safety, health and depression ... issues that affect senior citizens," Cyphers said. "And we can check to see if anyone needs help."

The group also goes on outings and retreats throughout the year and holds annual Valentine's Day, Derby and Halloween parties. "We decorate to the hilt," Cyphers said. "I design centerpieces that we use as door prizes, and we play bingo. We have more than one winner. We like everyone to leave with a prize."

Youth from the parish assist with the parties, helping with games, choosing winners of the hat and costume contests at the Derby and Halloween parties, and helping

the seniors "Trick or Treat" at the Halloween event. "We love to get the youth involved," Cyphers said.

The Senior Citizens Halloween Party will be held on Saturday, October 31, at noon, at the Cathedral. Those interested can call Angela Wiggins or Marsha Kahl at the parish office, 582-2971.

"This is a group of lovely people who come together at the Cathedral for prayer and fellowship," Cyphers said. "We feel that we are the Cathedral for the Archdiocese (as a whole), and this gives our members a chance to socialize with people from other churches."

That sentiment is also expressed by Deanna Hipwell, Cathedral parishioner and Parish Minister to Senior Citizens at St. Frances of Rome Parish. "Meeting seniors from all over the city and welcoming them into the Cathedral has been a real blessing for me. They are always so appreciative of us volunteers and enjoy being at the Cathedral. I think coming to the Cathedral for the senior prayer service, lunch, and activity gives them a real sense of being part of the archdiocesan community."

Deacon Pat Wright adds, "We don't check IDs; everyone is welcome to attend seniors events."

Ashley Medley

New Cathedral logo

by graphic designer and
Cathedral parishioner,
Teresa Heintzman



The symbolism behind
the design:

In the Middle Ages, the lily in religious art symbolized the Blessed Mother Mary's purity and chastity. By the 14th Century, the three petals of the "lily flower" were also used to symbolize the Holy Trinity, as well as faith, wisdom and chivalry. Our Cathedral is dedicated to the Blessed Mother, honoring her Assumption into heaven. So the choice of the fleur de lis is rich in meaning for our faith and our parish. The fleur de lis is also a symbol for the city of Louisville.

The background shape represents a bishop's mitre. This image further identifies us with the cathedra or chair of the Archbishop. The shape also mirrors those of the gothic style windows of the Cathedral. The color scheme of the church interior is incorporated into the design. (See the full color logo on the back page.)

ACT Revisited

Memories and insights of past members of Cathedral's original Adult Catholics Together Group

Back in the day..... (from Cathedral parish bulletins): *Adult Catholics Together is a group of single and married adults in our 20s and 30s seeking to grow spiritually, contribute to our community, and develop friendships. For more information about ACT, please call*

ACTivities included blood drives, trips to Kings Island, outings to concerts, ball games, picnics, Churchill Downs, luncheons, serving in the free daily lunch program, boat cruises, annual New Year's Eve dances, movie nights, golf scrambles, meetings with guest speakers on a wide range of topics, AIDS Walks, Habitat for Humanity projects, camping, working the St. Joseph Orphans Picnic booth, retreats, small group

young adult group in the diocese. Their leadership was organized, vibrant and creative. I have been privileged to preside at several weddings among their members.

David Withers

I joined the ACT group in the early fall of 1996 at the time of the "great" retreat to Mount Saint Francis. Like most people who join a Catholic "singles" group [ACT was not a singles group, and it had several married members], I was a little leery of what to expect. At the retreat, I must have met 40 dynamic young people in their 20s and 30s, many of whom shared my interests of the outdoors and camping. Only problem was, that a week later I left Louisville for a year-long job in Ten-



ACT photo that was posted on the group's web site, <http://catholic-church.org/act>, last updated in 2005

faith sharing—just to mention a few. The first networking of Cathedral parish office computers was the handiwork of "techie" ACT volunteers.

What made this group that was active in the late 1990s and early 2000s so special? Parishioner and former ACT member T.J. Jessie has compiled this retrospect on an amazing group of young Catholic adults.

Fr. Bill Fichteman, Pastor

When I came in 1997, the "original ACT" group had been underway only a short time. I remember them being totally self-sufficient and self-sustaining. They were great in planning events, both of a spiritual and social nature. They were a group of people who just "made things happen." They were particularly involved in social concerns projects—they saw far beyond themselves to the needs of the larger community. I can remember 50-60 people coming together for their meetings. They were considered the "premier"

nessee. During my exile, I kept in touch with many of my new friends. When I returned, one of them put me in touch with a group that was forming a Catholic Community House in Old Louisville. Of course the "Woodbine House" became the location for several epic ACT parties that are fondly remembered. I also have fond memories of the campouts to Red River Gorge, Big South Fork and other places, the '97 retreat, several New Year's Eve parties, and, of course, meeting my wife Jackie on the Belle of Louisville Jimmy Buffett cruise in August of '98.

Edmund D'Souza:

How did you find out about ACT? -- I was a member at Cathedral, but did not pay attention to ACT till one of my co-workers told me to check it out.

Why did you come? -- I was a member of the Cathedral and wanted to get to know some people as I was a newly single parent.



What made you stay? I liked the personality of the members, especially Joe, Steve, T.J., Sandy, Michael, Whelans, Andi, Anne, etc. Good place to develop friendship and meet like-minded fun people. There was a good balance of people.... You could meet someone and be mesmerized by what they do for a living.... I met my wife, and we are HAPPILY (I mean it !!!) married for over 5 years.

What are some of your favorite memories? Great New Year's Eve parties.—the BEST I have been to. It was like being at CHEERS, everybody knew your name and your game !!!! The Halloween parties, the best ones I have ever been to. The little trips to the caves, and taking care of the St. Joseph orphanage kids on trips. Priceless memories.

Where are you now—city and church? Louisville, Cathedral.

Do you volunteer in your church? Yes, I have been a server at noon Mass for over 10 years. I just quit at the beginning of 2009.

How did ACT influence you? I have met the nicest bunch of people. I still keep in touch every now and then with a lot of them. Some I keep in touch with on a regular basis. I just served at Bob Harris's wedding a few months ago. (We went to grad school together in 1985.) I have been a wedding server of four other ACT couples.

Lisa Gutting:

How did you find out about ACT? The Record.

Why did you come? Lost touch with old friends, looking for new friends.

What made you stay? Found new friends.

What are some of your favorite memories? Golf Scramble, working with Project Warm, Habitat for Humanity, attending meetings.

Do you still have a connection with the Cathedral? No, my son goes to school at St. Bernard.

Do you volunteer in your church? Yes.

How did ACT influence you? I enjoyed making new friends. I've taken on bigger volunteer projects at church.

T.J. Jessie's own thoughts:

"It's like an ACT reunion," exclaimed Father Bill at my wedding. Thirty of my ACT friends accompanied me on my big day. These are folks that touched my life profoundly when I moved back to Louisville and started attending the Cathedral. I'll try to explain the bond that we had with each other.

I left Louisville in 1987 for college and didn't return for good until late 1995, after graduating from WKU and holding several radio jobs in several towns. Though I was a native, there was only one high school friend that I had stayed in touch with on a regular basis. With her being married and with child, and I not, I felt like a transplant looking for friends to hang out with. I found that in the place that was to become my spiritual home.

I started attending the Cathedral's 5:30 Mass on Sundays because of the convenience to work. I started feeling connected to the church when I read in the bulletin that there was a young adult group that focused on spirituality, community service and fellowship. I knew I must try out this Adult Catholics Together, more commonly known as ACT.

It was a small group when I started attending meetings in early 1996. It had only been around for six months when I joined. What an incredible feeling it was for me to find a group of people my age whose faith was important to them. For once in my life, I didn't feel like the odd one in a group.

In about a year's time, the group blossomed into a large group. Thanks to advertising meetings in the secular media, as well as The Record, young adults new and old to Louisville were coming to check out this group. A well-diverse group that included such folks as a Syrian doctor, Indian computer engineer, Wisconsin scientist, Latino teacher, Army-brat salesperson, and many Louisvillians who had attended both Catholic and public schools. Even several of those natives had moved away for college. Never was there a boring conversation amongst this group.

Monthly meetings brought us together to hear speakers such as Ron Mazzoli, Opportunity for Life executive director, and many priests. We attended and hosted several retreats (Mount St. Francis was the Cathedral of the North for us). These meetings were the springboard for such social events as baseball games, amusement parks, and holiday parties – especially the annual ACT New Year's Eve Dances. Through these opportunities to bond, we shared our blessings with others through community service projects. Remember the annual blood drives? The fourth Sundays of the month were ACT's turn at serving sandwiches to the poor for the Cathedral. Plus, many of our members hammered out their fellowship at Habitat houses.

There was a connection that has survived for over 13 years.

~ T. J. Jessie



The Lenten Fish Fry

On Good Friday, I had the opportunity to interview some of the staff members and volunteers in the Sandefur Dining Room at the Cathedral of the Assumption.

The Director of the Kitchen, Steve Lee is a paid, part-time kitchen manager, who is in charge of coordinating the purchase of food for the homeless 365 days a year.

On each Friday during the Lenten

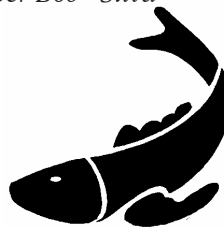


police officers four years ago. They started frying fish for the homeless, and the Cathedral continued the tradition.

Many other volunteers help on Lenten Fish Fridays. Betty Faulkner gets the tables ready to serve paying guests. Frank Hack is the “potato guy,” and Don Stallard is the “lemonade guy.” “Souper Bob” Silva makes soup, and Jackie Lydon



Top: Jackie Lydon and Don Stallard
Left: “Souper Bob” Silva



Right: Kitchen Manager, Steve Lee
Below: Jim and Marsha Serdenis at the deep fryer



season, Steve and the Sandefur kitchen crew fry fish for downtown lunch guests. Marsha and Jim Serdenis are the fish fryers. Marsha and Jim fry between 15-18 boxes of fish each Lenten Friday for the homeless and hungry lunch guests, as well as paying guests from the downtown business community. They fry about 400 pieces of breaded Icelandic Cod, enough to serve about 200-250 guests. Jim stands in front of the vat of hot grease, starting at 8:30 AM, and waits for each batch of frozen fish to float to the top of the vat. “That’s how you know they’re done,” he says.



is there to help. She has volunteered for the lunch program for 25 years!

I really enjoyed interviewing and meeting different people who are involved as volunteers on Lenten Fish Fridays. Everybody I spoke with had something positive to say.

All the volunteers on Good Friday, and those who volunteer every day, continue to do God’s work and share in His infinite goodness.

-Susan Railey

The Lenten Fish-Fry was started by some Louisville



Other Social Concerns Info:

Daily Lunch Program & Metro Grants

The Cathedral's Daily Lunch Program provides a sustaining meal of soup, sandwich, salad, dessert and drink to homeless and hungry individuals in Metro Louisville between 12:15-1 pm, 365 days a year. As you can probably guess, preparing and serving food on a daily basis takes the effort of hundreds of incredible, dedicated volunteers. Have you ever wondered how many meals we serve in the course of a year? Or whether recent economic troubles have affected our meals and our lunch guests? Could you take a guess as to how many volunteers give of their time in the course of one year? Well, here are some answers! (Please note that these numbers are duplicative -- we have served about 27,000 MEALS so far this year, but not 27,000 different people; and many of the 2,800 volunteers in 2009 are the same people coming back week after week to be of service).

Meals

2007	45,467
2008	49,758
2009 thru July	27,007

Volunteers

2007	3,268
2008	3,757
2009 thru July	2,807

Every day many different types of hungers are nourished in our kitchen and dining room. We are a blessed parish to have such strong support in providing this essential ministry!

We are the recipients of two Metro Louisville grants this year! The Cathedral Daily Free Lunch Program has received a Metro Louisville Grant totaling \$9800. This is the 6th year for our lunch program grant. In addition, a grant of \$3600 has been awarded to supplement Cathedral funds to help the homeless and underserved purchase state identification cards necessary for housing, eligibility for employment, and compliance with state law. Our Social Concerns office assists 25 people each month to get state IDs, and the need for them well exceeds the 25 we are able to assist.



The Fish Fry article was written by Susan Railey. Susan is a part-time student at Spalding University, and a long-time parishioner at the Cathedral, involved in various ministries now and over the years.



Hellos and Goodbyes!

Welcome, Sam!

Samantha Thomeczek is the newest Cathedral staff member. Her title is Coordinator of Faith Formation for Children and Youth Ministry. Sam is a native of St. Louis and a 2009 graduate of Xavier University in Cincinnati, where she was a theology major with minors in Peace Studies, Gender in Diversity Studies, and History.



Best wishes, Sister Lisa!



After 11 years of dedicated and effective service to the Cathedral parish as Director of Worship, Sister Lisa Stallings has taken a position as Coordinator of Liturgical Music for the Sisters of Providence at St. Mary-of-the-Woods, (Terre Haute) Indiana. All our best to you!

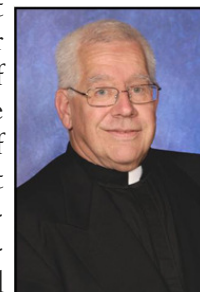
Happy Retirement, Carolyn!



Carolyn Denning retired in June from her position as Coordinator of Children's Religious Education. However, she remains an active parishioner and has also taken a volunteer position in Formation at the newly formed Good Shepherd Parish in the west end of Louisville. Hope you find some time for relaxation!

Hello, good-bye, and come back for Ordination, Deacon Jim!

Seminarian and Deacon Jim Reinhart has completed his 10-week summer placement at the Cathedral as part of his preparation for ordination to the priesthood for the Archdiocese of Louisville. Jim has been a permanent deacon for the Archdiocese of Chicago for 26 years. A widower for several years, he has three children and seven grandchildren. While here, Jim worked in hospital/homebound ministry, helped with the RCIA inquiry sessions, assisted in some areas of parish administration, and preached at some Masses. He also helped organize a new ministry for those families struggling with the disease of alcoholism/substance abuse.



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