

From Father Totton's Desk

Fr. Joseph W. Totton **CrossFit is My Church!** This headline recent grabbed my attention as I was perusing news and commentary across several websites I check on a weekly basis. For those of you that are not aware, "CrossFit" is a (relatively) new fitness phenomenon which is more interactive than a mere gym membership, but slightly less intensive (and less expensive) than working out one-on-one with a personal trainer. To give a brief overview, it includes teaching basic exercises which fall into the range of "functional" movements that most people are likely to encounter in their daily lives, but also helps people lose weight and build muscle in a meaningful way without getting into a rut. The "Cross" in "CrossFit" is not the Cross of Jesus Christ, but a reference to the fact that it involves both strength training (think weightlifting) **and** cardio (heart) training (think cycling, running, etc.). A lot of folks into exercise may tend to fall into one category or the other – When I exercise, I generally tend to emphasize cardio (mainly running) and neglect strength training!

The article in question, however, spoke to a side-effect of CrossFit that has met a need which people once found filled by their membership in a church, namely, **Community** or **Fellowship!** I have attempted, a couple times, to begin working out with CrossFit and I completely see this dynamic. It is group exercise, and while each member of the group may have a different level of ability, there is a team dynamic which binds them together in a common goal. The author also points to the fact that CrossFit gyms are loosely united, in that, on any given day, people at CrossFit gyms from Topeka to Tokyo will engage the same workout (set of exercises) – does that sound familiar? While there are some Christians within the CrossFit movement who may use scripture and other Christian references as part of their motivation, it is not, specifically a Christian movement. However, many people (people of my generation and the generation following) have found community and fellowship in a common task and CrossFit has become an outlet for something they have not found in the church today!

Consider the following quote from the article in question:

*That need for community was something that was so strong in our research. People were longing for relationships that have meaning and the experience of belonging rather than just surface-level relationships. Going through an experience that tests you to your limits, especially if you're doing partner or team-based fitness routines, there's an inevitable bonding that comes from experiencing hardship together.**

There are other aspects of CrossFit (and similar exercise programs) which also mirror aspects of traditional Christian living. For example, we are encouraged to fast at times (in seasons of Penance, on certain days of the week, etc.) while many CrossFit enthusiasts adopt a certain diet (A Paleo diet) and a type of "intermittent fasting". Much of this calls to minds the words of St. Paul: "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable one...I do not run aimlessly, I do not box as one beating the air; but I pummel my body and subdue it, lest after preaching to others I myself should be disqualified!" (1 Corinthians 9:25). And I think this current trend can teach us a lot about the need to recover bodily aspects of our Faith (including fasting and self-denial) but I was most interested in the aspect of **Fellowship**. What can our communities do to more readily foster that community life that people once found in church?

To be sure, the Cross of Christ offers us benefits which are eternal, while CrossFit can only, at best, add a few years to our life on earth. Nevertheless, we **must** tap into that basic human desire for community in order to boldly proclaim the benefits of the True Cross, by which Our Lord grafts us on to the Vine of community. Consider carefully the words of Our Lord: ["I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing."](#) (John 15:5)

*Read the full article at www.vox.com/the-goods/2018/9/10/17801164/crossfit-soulcycle-religion-church-millennials-casper-ter-kuile

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Fr. Joseph W. Totton



ST. JOSEPH CHURCH

Fr. Joseph Totton - Administrator

Mass Time
Sunday: 8 am
Confessions: Sunday at 7:30am
Office 816-473-2011

P.O. Box 197
107 North Shortridge
Easton, MO 64443
816-294-9841 - Fr. Joe's cell

Mission Statement

**We the members
of Saint Joseph
Catholic parish,
will strive to be
the reflection of
Jesus in this
particular time
and place.**



Cemetery Board

Ed Fisher
Mike Roth
Steve White

**Twenty-fifth Sunday in
Ordinary Time**

Parish & Finance Councils

Jim Adams
Jim Ingle
Rosalie Ingle
Tony Kauzlarich
Marge Kinney
Julie Moran
Jordan Roth
Mike Roth
Wayne Weipert

Email: stjosephchurch@centurytel.net
Website: stjosepheaston.org
Fr. Joe's email: fathertotton@gmail.com
Office Manager: Marge Kinney
Hall Rental: Marge Kinney

To Protect our Children:

To Report Abuse - Jenifer Valenti 816-812-2500
Victims' Advocate - Kathleen Chastain 816-392-0011
chastain@diocesekcsj.org
Sept 23, 2018



Ministry Schedule

Sept 23- 8 am Mass

Greeter: Jim Ingle
Lectors: Scott Antle & Bonnie Gregory
Ministers: Wayne Weipert, Marylou Euler, Jim Ingle
Counters: Paul & Jan Pottier

Sept 30- 8 am Mass

Greeter: Knights of Columbus
Lectors: Knights of Columbus
Ministers: Knights of Columbus
Counters: Jordan & Amanda Roth

Mass Intentions



Sunday, Sept 23 + Jeaneen Cover

By: Roth Family

Sunday, Sept 30 + Jack West

By: West Girls



BIRTHDAY

Rebekah McClure Sept 24th
 Ann Burton Sept 25th
 Abigail Dixon Sept 27th

ANNIVERSARY

Doug & Mary Bembrick Sept 26th

Congratulations and Best Wishes Everyone!



Children are a gift from God

We welcome into the St. Joseph Parish Family

Easton Jane Roth

Born August 30th at 2:16am

7lb 8oz - 21 inches

Proud and blessed parents Jordan & Amanda

Grandparents: Mike & Nancy Roth and

George and the late Jeaneen Cover

Congratulations to the new

addition to the Roth Family.



The Diocese of Kansas City-St. Joseph is committed to combating sexual abuse in the Church. If you are a victim of sexual abuse, or if you observe or suspect sexual abuse:

1. Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and
2. Contact your local law enforcement agency or call 911, and
3. After reporting to these civil and law enforcement authorities, report suspected sexual abuse of a minor or vulnerable adult to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or JeniferValenti@att.net, if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph.

The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate, Kathleen Chastain, at 816.392.0011 or chastain@diocesekcsj.org for more info.

PARISH REGISTRATION

If you are new to our Parish, we invite you to register: Introduce yourself to Fr. Totton after Mass, Come to the Parish Office, or Go to our Parish Website at: stjosepheaston.org



Remembrance Quilt

If you have not handed in your block for the remembrance quilt

please return by September 30th.

Thank you to all who have participated - you are all a blessing to me!



Partnering for Future Priests 2018 Dinner & Auction

It's time to start planning for the 10th Annual Partnering for Future Priests Dinner & Auction. Join us in celebrating our Catholic faith while enjoying beautifully prepared food, great company, and the opportunity to bid on one-of-a-kind items in both the silent and live auctions.

This year's event will take place on **October 5** at Our Lady of Guadalupe Parish in St. Joseph, MO.

The ticket price is \$50 per person with eight people to a table. This annual event is now entering its 10th year and we couldn't have made it this far without you. We would like to thank you for your generous support these past nine years and hope you will be able to help us again this year.

Whether you purchase tickets to attend the dinner and auction, place an ad in our event program or donate items to our live and/or silent auction or baked good store we could use your help. Any donations please call

PFP Pre-event Promoter(s),

Hubert & Bonnie Gregory at 816-473-2016.

You can also register and pay securely online at <https://www.conception.edu/pfp>.



Mark your Calendars!

Parish & Finance Council: Nov 8th - 6 pm Rectory
Altar Society: Parish Hall after Donut Sunday

Hand Linens: Sept/Oct: Bonnie Gregory

Donut Sunday: Oct 7: Altar Society

Knights of Columbus: 5067-1st & 3rd Thursday 7 pm

Rosary on 3rd Thursday 6:30 pm

Jay Pflugradt, Grand Knight

Fr. Joseph Totton, Chaplain

Recitation of Rosary - 2nd weekend of the month

20 minutes before Mass



Prayer Corner

"To everything there is a season and a time...for every purpose under Heaven." Ecc. 3-11

"...a time to heal..."

Mildred Ottinger, Lori Redmond, Nancy Totton, Bubba Miller, Amy Spriesterbach, Douglas Bembrick

Unbound: A Practical Guide to Deliverance

There will be a DVD presentation and group study/discussion of the prayer and deliverance ministry, **Unbound** from Heart of the Father Ministries at Our Lady of Guadalupe Catholic Church, 4503 Frederick Avenue, St. Joseph, MO - beginning in October. The series will be held on eight consecutive Sunday afternoons from October 14th through December 2nd, and will meet from 1:30 to 3:30 PM in Marian Hall (use basement entrance - across from Our Lady's Garden - on the eastside of campus).

There is a cost of \$15.00 for the workbook, and reading of the book "Unbound: A Practical Guide to Deliverance" by Neal Lozano BEFORE the series begins is highly recommended. Registration is required by October 8th, for space is limited. Register via Email to John & Penny Harrison at unbound.kc@gmail.com or by calling 816-289-2506 to leave a message, or for any questions.

Unbound Ministry is based on the idea that the gospel has the power to make a difference in a person's life. It is a way of prayer - using the five keys - that empowers a person to open their hearts and respond more fully to Jesus's invitation of abundant life. Unbound is essentially moving a person through a conversion experience. The five keys are:

1. Repenting of sin and expressing faith in Jesus.
2. Forgiving oneself and others.
3. Renouncing the lies, spirits, and tactics of Satan.
4. Taking authority over the works of Satan.
5. Receiving the Father's blessing.

Weekend Collection - Sept 16, 2018

Envelopes: \$1,015 Plate: \$150 2nd Collection: \$200

Total Parish: \$1,365

2nd Collection: Month of Oct our Fundraiser

Budget is from July 1, 2018 - June 30, 2019

Sept To Date: \$4,378.00

Sept Budget: \$7,550.00

Year-To-Date: \$19,460.75

Year Budget: \$90,600.00

Thank You for your continued support of St. Joseph Parish.

"GIVE FROM THE HEART" 7th ANNUAL FUNDRAISER

It's kickoff time again!

Our annual fundraiser is so popular with all our parishioners - it is easy for everyone!

We will be using the same format as we have done for the last 6 years.

Starting Oct 7th and every weekend in October ending the weekend of Nov 5, our second collection will be for our parish.

Parishioners can contribute in one sum or scatter donations over the five week time span

Monies will be deposited in our money market account and will be used for operating expenses as needed.

As we did last year Marge will be giving an updated total in the bulletin.

Last year we raised **\$14,593!!**

Let 's work towards or surpass last years' total! - We can do it!

Parish and Finance Councils