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Catholic Education Is A Gift That Gives Throughout A Lifetime

By *Tony DeGol*

Fourth graders Jonathan Bishop and Chloe Warner give their Catholic education experience an A+.

“Everyone in the school is very friendly, and everyone cares about each other,” pointed out Bishop.

“I love that I can learn more about our religion on a daily basis,” chimed in Warner. “Our teacher makes learning fun by doing many hands-on activities and STREAM activities.”

In case you could not tell, Bishop and Warner – both students at Saint Benedict School in Carrolltown – are anxious to celebrate Catholic Schools Week 2019.

So, too, is Elise, a seventh grade student at Lock Haven Catholic School.

“I like it because it makes us different from public schools – it’s just a week for us,” she offered.

The national observance is scheduled for January 27-February 2.

This year’s theme is **Learn. Serve. Lead. Succeed.**

Those words are not just a slogan to Bishop and Warner, but actions that unfold every day in their schoolhouse and elsewhere.

“We serve others by volunteering our time to help people,” Warner noted. “My teacher helps us to be successful in our classes each day because she truly cares about us.”

Added Bishop: “Our teachers encourage us every day to do our best. We are expected to fulfill a certain number of service hours each marking period. We get to choose how to serve either our family members or people in our community by volunteering to do something special for them.”

Saint Benedict and Lock Haven Catholic are just two of the 13 Catholic elementary schools in the Diocese of Altoona-Johnstown serving more than 2,500

students this academic year.

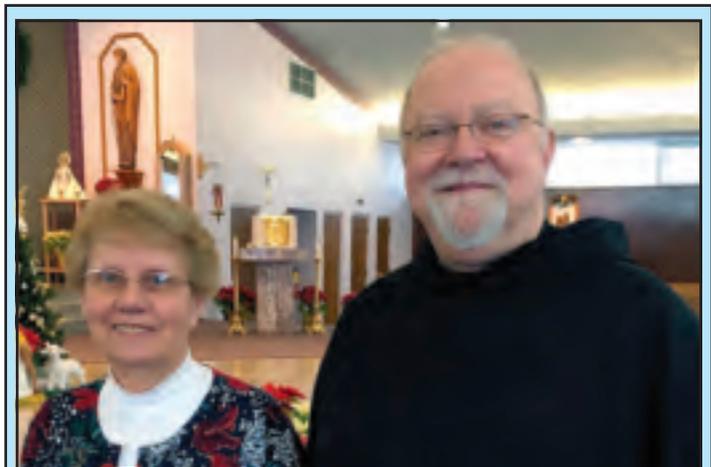
There are four independent Catholic high schools boasting an enrollment of 945.

Without question, learning about and celebrating the Catholic faith is central to everything in the Catholic schools of Altoona-Johnstown.

“I like going to a Catholic school because we can go to Mass, participate in the holy Mass, and learn about Jesus’ teachings in all subjects,” explained Annmarie George, a fifth grade student at Divine Mercy Catholic Academy in Johnstown.

Catholic Schools Week highlights the faith aspect and

(Continued On Page 8).



PARISH PROUD: Third Order Regular Franciscan Father Andrew Draper, Pastor of Saint John Vianney Parish in Mundys Corner, and Patty Rager, parish secretary, say their faith community represents the spirit of its patron.

Saint Relic Will Be On Public Display At Altoona Cathedral

By *Tony DeGol*

At Saint John Vianney Parish in Mundys Corner, the most powerful stories naturally come from Scripture.

But make no mistake – the windows in the church also tell a remarkable tale.

All of the stained glass beauties in the worship space highlight an aspect of the life and ministry of the parish’s patron saint.

His story is an inspiring one, and it is becoming more known throughout the diocese as anticipation grows for the Saint John Vianney Relic Pilgrimage.

The incorrupt heart of Saint John Vianney will be present

for veneration at the Cathedral of the Blessed Sacrament in Altoona on Thursday, January 31. The national pilgrimage is sponsored by Knights of Columbus.

Faithful from throughout Altoona-Johnstown are expected to flock to the Cathedral for this extraordinary opportunity, and the excitement is especially contagious at Saint John Vianney Parish.

The pastor, Third Order Regular Franciscan Father Andrew Draper, said Saint John Vianney was humble and walked closely with God.

“That seems to be the spirit of this parish,” he stated.

(Continued On Page 8.)

Inaugural Wine Event Will Help Fund Catholic Charities' Mission

Photo And Text By
Tony DeGol

There is a familiar saying that the best wines are the ones we drink with friends.

Catholic Charities of the Diocese of Altoona-Johnstown is inviting friends to raise a glass and support its mission at its upcoming wine sampling – The Wines of Italy.

Billed as an extraordinary evening of wine, food, and fun, the inaugural event is scheduled for Wednesday, February 6 from 5:30-7:00 p.m. at the Blairmont Club in Hollidaysburg.

According to Jan Andrews, chair of the Catholic Charities Advisory Board and chair of the sampling, a sommelier will share six spectacular Italian wines – three red and three white – and pair them with delicious hors d'oeuvres.

“He will be telling us about each of the wines so that as you are tasting them, you are learning how to do that appropriately and what you should be looking for at the same time,” she added.

As superb as the wine and food promise to be, the real treat is the ability to assist Catholic Charities in carrying out its vital ministry.

Tickets for the sampling are \$50 per person and will help the agency raise much-needed funds to assist our brothers and sisters.

“Everyone can be assured that all of the income we make from these events goes into reserve funds for our Emergency

Financial Assistance Program,” stated Catholic Charities Executive Director Jean Johnstone. “So the money will be put in special accounts, and 100 percent will be used to help individuals or families in need.”

At this time of year, Catholic Charities has its hands full assisting people with heating costs and other expenses related to the winter elements.

Additionally, Catholic Charities provides counseling services, aid to the homeless, and other services to individuals in crisis.

“The best thing about Catholic Charities is that anyone can walk in,” Johnstone reminded. “You don’t need to be Catholic. We are here for anyone. Every single day, people walk into our office and know it is a place for hope and compassion.”

Reservations for the wine sampling must be made in advance. Tickets are available by calling Catholic Charities at (814) 944-9388 or going online at catholiccharitiesaj.org.

A basket of the featured wines will be available as a silent auction item.

Andrews and Johnstone are hoping to offer similar gatherings in the future featuring wines from places like Argentina, Australia, France, and Portugal.

Most importantly, they promised, people can feel good about participating in an event that helps fund critical services in the community.

“Bring a friend, have a good time, and support a great cause,” Andrews urged.

Who would not drink to that?

Loretto Mass And Healing Service

Franciscan Father Bob Hilz, will offer a Mass and Healing Service with the Anointing of the Sick at 7 PM on Tuesday, January 29 at the Basilica of Saint Michael the Archangel in Loretto, PA. All are welcome especially those in need of spiritual healing.

Come to Jesus all you who are weary and find life burdensome and Jesus will refresh you, St. Matthew 11:28.



CHEERS: Catholic Charities Executive Director Jean Johnstone (left) and Advisory Board Chair Jan Andrews get ready for The Wines of Italy, a wine sampling to benefit Catholic Charities.



BOXES OF JOY: Students from the All Saints Parish in Boswell Religious Education Program collected gifts and filled boxes with toys for the **Cross Catholic Outreach** this past holiday season. The Boxes of Joy included Rosaries and many needed items for the less fortunate around the world. Cross Catholic Outreach is a 501c3 Catholic relief and development ministry that provides food, shelter, medical care, water, education, self-help programs, care for orphans, and emergency relief to the poorest of the poor in dioceses around the world in the name of Christ. It is a ministry that collaborates with aid partners who employ a community-oriented aid strategy and who strive to increase the self-sufficiency of the poor.



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In The Alleghenies



SODALITY: Members of the Sodality of the Blessed Virgin Mary of Saint Nicholas Parish in Nicktown worked on a meaningful Christmas project this past December. The girls assembled and delivered 50 fruit baskets to the sick, shut-in and senior members of the community. Participants pictured from left to right are: Megan and Sarah Farabaugh, Autumn Donatelli, Brooke Lieb, Cara Franceschini, Jady Strittmatter, Maggie Kwisnek, and Megan Freidhof.

Annual Ecumenical Prayer Services Set

Two annual ecumenical services are planned for later this month. Every year, the Diocese of Altoona-Johnstown partners with its friends in the Lutheran and Orthodox faith traditions to sponsor the two services. This year, the Lu-

theran and Orthodox communities will host the events. The first one is scheduled for Sunday, January 20 at 3:00 p.m. at Saint James Lutheran Church in Huntingdon. The second service will happen on January 27 at

3:00 p.m. at Christ the Saviour Orthodox Cathedral in Johnstown. All are invited to attend to pray for Christian unity.

SFU Will Sponsor Sixth Pro Life March

Saint Francis University in Loretto will sponsor the sixth annual March on the Mountain on Tuesday, January 22. The March will begin with the Rosary at 10:30 a.m. at Immaculate Conception Chapel, followed by a walk

around the campus mall at 11:00 a.m. Mass will be celebrated in the chapel at Noon, followed by a period of Adoration of the Blessed Sacrament. (See Story on Page 16.)

Coming Up On Proclaim!

Upcoming guests on "Keeping The Faith," Bishop Mark L. Bartchak's segment of "Proclaim!" will include:

January 27 — In celebration of Catholic Schools Week 2019, teacher Nancy McMullen and students Matthew Cramer and Brode Ryan, all from Northern Cambria Catholic School in Nicktown, share what they love about Catholic education.

February 3 — In honor of the World Day of Prayer for Consecrated Life, Bishop Mark welcomes Capuchin Father Roman Kozacheson, in residence at Saint John the Baptist Parish in New Baltimore, to discuss his vocation and ministry.



MARINES AID CHILDREN: The Military Order of Devil Dogs, Pennsylvania Pack Pound 229 presented a second check of \$500 to Gale Bala to aid the Gabriel Project. Bala is the coordinator of the Project pro life Ministry at Saint Francis of Assisi Parish in Johnstown. The Devil Dogs is a local chapter of marines who generously give charitable support to children in the area. The Devil Dogs are represented by Duffy Hines (left) and Ron Shorto (right). The donation will be used to supply diapers, wipes, clothing, and grooming products to the 50 babies in the program. The Gabriel Project® is a confidential and compassionate outreach to women who are distressed over an unplanned pregnancy. It relies on local parish communities to respond to the needs of the mother-to-be, witnessing to the infinite and healing love of God. A trained "Gabriel Angel" from a participating church supports the woman's choice for life through friendship, encouragement, and prayer throughout her pregnancy.



FEAST January 21

Agnes
Died c. 304

Moved by the example of St. Francis of Assisi and her older sister, St. Clare of Assisi, Caterina Ofreduccio left home at 15 to become a nun committed to living in radical poverty. She joined Clare at a Benedictine convent while their convent at San Damiano was under construction, and took the name Agnes. One account says her family's violent effort to retrieve her was thwarted by a miracle, but this was omitted from her canonization documents. Around 1220, Clare became the abbess of a new foundation of Poor Clares near Florence, and supervised their expansion to Mantua, Padua and Venice. She also supported Clare's struggle for the order to continue in complete poverty. The sisters are buried together in Assisi.

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St. John Vianney Relic Pilgrimage: Some Heart To Heart Words

By
Bishop
Mark L.
Bartchak



Did you ever listen in while two persons were having a *heart to heart* conversation? The feelings that are shared are often as important as the thoughts, concerns, or questions that are expressed.

In just a few days (January 31), we have the unique opportunity to come together at the Cathedral in Altoona in prayer for a *heart to heart* conversation that is symbolized in the uncorrupted human heart of Saint John Vianney.

In his own time, Saint John Vianney was a model of pastoral devotion in a tiny village that suffered from the loss of Christian faith and morals that occurred during the French Revolution. But this is not about him.

For Saint John Vianney it's all about re-establishing and renewing our relationship with the Lord. This patron saint of priests spent 10-15 hours a day in *heart to heart* conversations with people who travelled great distances to find relief from the burden of sin and the absence of God in their hearts through the sacrament of Reconciliation.

Beginning at 6 am and throughout the day, priests will be available in the Cathedral for confessions. Mass will be celebrated at 6:45 a.m., 8:00 a.m., Noon; and 5:30 pm.

There will be opportunities for prayer in between the Masses or to watch a short video about this humble priest whose ministry to people and his devotion to Christ was always *heart to heart*.

All of that will be done with the relic of the uncorrupted human heart of this saint present in our Cathedral. You will be able to see it up close as part of your personal prayer.

Saint John Vianney once said, "We are beggars who must ask God for everything. How many people we can call back to God by our prayers!"

Bring your prayers for yourself, for family, friends, the sick, for lost souls, for the renewal of our diocese, the whole Church, for vocations to the priesthood.

Come and ask Saint John Vianney *heart to heart* to pray with us and for us so that human hearts may be converted, that persons may be healed, and all may experience the merciful love of Jesus Christ.

Vocation View



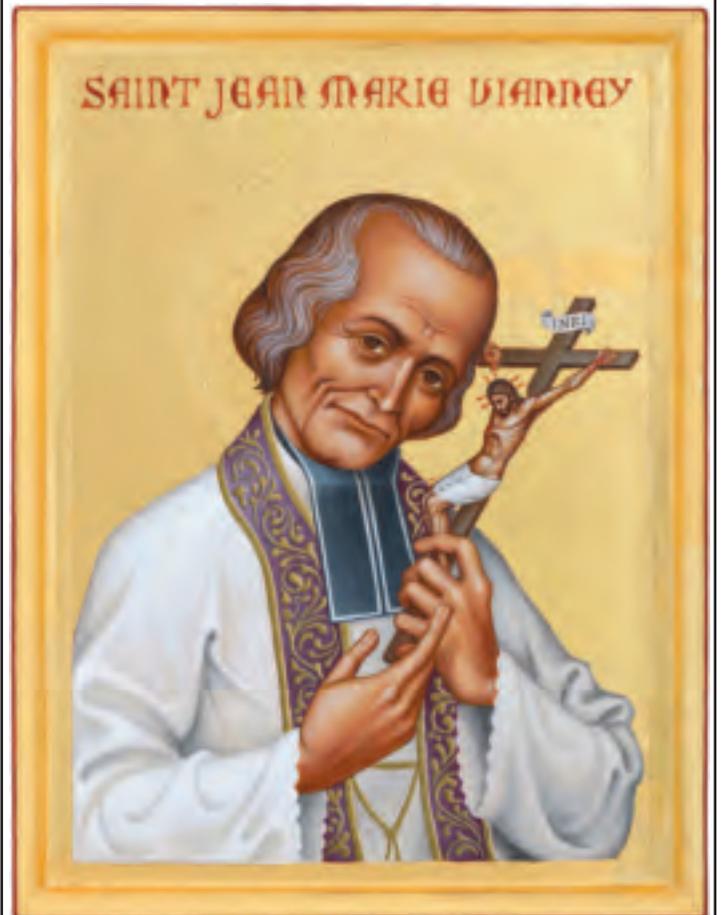
By Father
Matthew Reese

Diocesan
Director Of
Vocations

The Heart Relic of Saint John Vianney will be received by our Diocese on Thursday, January 31, 2019. I read online 25 famous quotes Saint John made during his lifetime. I would like to reflect on two of them in this article.

"Private prayer is like straw scattered here and there: if you set it on fire it makes a lot of little flames. But gather these straws into a bundle and light them, and you get a mighty fire, rising like a column into the sky; public prayer is like that." These words of Saint John Vianney show the value of praying together as one community for a single intention. Can you imagine how powerful our prayer for increased Diocesan Priesthood vocations would be when we pray together? The second quote illustrates how we can approach prayer during times when it seems difficult for us to pray: "If you find it impossible to pray, hide behind your good Angel and charge him to pray in your stead."

Saint John Vianney has many such quotes that can teach us that even the smallest of tasks do not have to seem burdensome and can bring about many graces for us. As we draw closer to this special day in our Diocese I urge you to take some time to learn more about this humble saint. May the love of God which he exhibited throughout his life on earth encourage us to love God more deeply and bring us peace and healing in our souls.



Father Matthew Reese is the diocesan Director of Vocations. E-mail him at vocations@dioceseaj.org or call him at (814) 695-5579.



Amber's Legacy Has Helped Hundreds Of Children

The Diocese of Altoona-Johnstown utilizes the Virtus® platform for youth protection awareness training. Supplemental articles and training tools are provided by Virtus® to support efforts in creating safe environments throughout the diocese and for family strengthening strategies.

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January 13th was the anniversary of the Amber Alert Program, which was created to help find and safely recover children who have gone missing. In honor of Amber's tragic story, we'd like to take the opportunity to address some important aspects of being prepared. Truthfully, stranger abductions are rare. It's more common for a child to run away, become lost or have been taken by a family member (usually because of custody cases) or someone else known to the child.

Regardless of why the child is missing, the first few hours are pivotal. The safest course of action is to be prepared ahead of time—and have a continuously updated ID kit. Odds are that you'll never need to use it. But in the rare scenario that you do, it will prove to be invaluable in helping law enforcement with the search, and can assist with bringing your child home. ID kits should be chosen carefully and stored safely by parents and guardians.

Reporting Child Abuse

Bishop Mark L. Bartchak and the Diocese of Altoona-Johnstown are firmly committed to protecting children and young people. If you have any information concerning suspected sexual or other abuse of minors, you are urged to report it immediately to

- - PA Child Line **1 - 800- 932 - 0313** (intake is available 24/7)

- - Pennsylvania Attorney General Hotline **(888) 538 - 8541**

- - Pennsylvania State Police Headquarters **(717) 783 - 5599** or your local Pennsylvania State Police Station

- - Your local police department

If there is an indication of imminent danger, you should call 911 immediately.

The Diocese reports all information regarding sexual abuse of minors to law enforcement. You are urged to do the same. Anyone may and should report suspected child sexual abuse.

To report to the Diocese any suspected abuse of a minor, please call Jean Johnstone at **(814) 944 - 9388**.

As a resource, the National Center for Missing and Exploited Children (NCMEC) provides a downloadable PDF to complete visit: (https://api.missingkids.org/en_US/publications/Child_ID_EN.pdf). You can quickly print this free, two-page version directly from the NCMEC site to help guide you. It has questions to easily fill in. The two most essential items are a high-quality photo (details below) and the child's description.

Take updated, high-quality color photos. This is arguably the most essential element of the ID kit. Below are tips:

- The child should be facing the camera.
- Use a well-lit environment.
- Show the entire face/head and also the top of the shoulders.
- Plain, solid backgrounds are helpful.
- The most important factor is to capture how the child really looks.
- If your child's appearance changes, the kit photo should change as well.
- Try to take photos without anyone else in the image.
- You can print the photo, but always have access to a digital version.
- Provide a complete description: This description should include the child's name, any nicknames the child will respond to, their DOB, whether they're male or female, hair color and hairstyle, eye color, weight, complexion, etc. It should also include whether the child wears glasses or braces, and if the youth has any identifying marks like specific freckles, moles, birthmarks,

tattoos or piercings. Pertinent addresses and school information could also be helpful.

While basic information wouldn't need to be updated frequently, good photos and height, weight and medical information do need to be updated every six months. Make sure to enlist the date each time you update.

If the unimaginable happens and the child in your care does go missing, immediately notify 911 and then contact the National Center for Missing and Exploited Children. More information is listed at the top of this free ID Kit. It's better to know this information now, rather than if it ever becomes a reality.

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For inquires on youth protection and safe environment efforts within the Diocese of Altoona-Johnstown please contact Cindy O'Connor at (814) 695-5579, extension 2621 or via email at coconnor@dioceseaj.org.

Assistance And Resources For Victims And Survivors

The Diocese of Altoona-Johnstown is committed to the safety and protection of children and youth, and to supporting the victims and survivors of sexual abuse. The Pennsylvania Coalition Against Rape (PCAR) and trained professionals serving local agencies greatly assist with the needs of victims of sexual assault and their loved ones in the healing process.

In an effort to educate the public and raise awareness of the support available in our community, the diocese continues to refer victims and survivors to the resources provided by PCAR and the local centers to help spread the word. The diocese's collaboration with these agencies is limited to our mutual desire to help those who are suffering and is not an endorsement of other policies or positions the agencies may hold.

No one should suffer alone. If you need of help, please take advantage of the contact information on this page. Please join the Diocese of Altoona-Johnstown in praying for all those who have been affected by sexual abuse in our society. May God grant them healing and peace.

PCAR partners with a network of rape crisis center programs to bring help, hope and healing around issues of sexual violence to all 67 counties in the Commonwealth of Pennsylvania. To find services

within Pennsylvania call **PCAR at 1-888-772-7227**.

For information on Sexual Abuse Victim Assistance and Service Agencies within the eight counties of the Diocese of Altoona-Johnstown (Bedford, Blair, Cambria, Centre, Clinton, Fulton, Huntingdon and Somerset) please refer to:

Bedford County: Your Safe Haven Inc. (800) 555-5671 or (814) 623-7664

Blair County: Family Services, Inc. (800) 500-2849 or (814) 944-3585

Cambria/Somerset Counties: Victim Services, Inc. (800) 755-1983 or (814) 288-4691

Centre County: Centre County Women's Resource Center (877) 234-5050 or (814) 234-5050

Clinton County: Clinton County Women's Center (570) 748-9509

Franklin/Fulton Counties: Women in Need/ Victim Services (800) 621-6660 or (717) 264-4444

Huntingdon/Mifflin/Juniata Counties: The Abuse Network 24-Hour Hotline (717) 242-2444. Toll-Free PA Hotline (888) 810-2444; Mifflin County Office (717) 242-0715; Juniata County Office (717) 447-1885 and Huntingdon County Office (814) 506-8237 or (717) 242-2444

Catholic Charities Inc. of The Diocese of Altoona-Johnstown: Victim Assistance Coordinator (814) 944-9388, extension 204.

Catholic Advocates Outline Goals For New Congress

By Mark Pattison
Catholic News Service

WASHINGTON (CNS) -- Did you get everything you wanted for Christmas? Thought not.

Neither did several Catholic organizations, despite the last-minute flurry of legislation typical of a lame-duck Congress.

Even though there's still 300-plus days until Christmas comes around again, those groups have recalibrated their priorities in light of a new, divided Congress, with Democrats taking control of the House and Republicans slightly increasing their heretofore razor-thin edge in the Senate.

Much talk prior to Congress being seated January 3 focused on a "Green New Deal," a sweeping series of energy efficiency measures that has yet to be written.

The Catholic Climate Covenant hasn't seen much under its tree from Congress in nearly a decade.

According to its executive director, Dan Misleh, the last bill Congress tried to pass was the cap-and-trade bill in the 2009-10 Congress, when Democrats had majorities in both chambers plus a president in the White House.

With reports late in 2018 from both the United Nations and the National Climate Assessment that "we're not doing enough" on climate issues may provide urgency in Congress, Misleh said, "whether this is the legislative fix that we need is open to debate." He added, "There's certainly some cautions. How is this going to play out in the (congressional) arena? Who gets to take part

in shaping the legislation? How much does it do to help poor people or harm people -- a key Catholic question?"

Catholic Rural Life got a farm bill for Christmas -- this time without any delays in shipping. It was the first time since George H.W. Bush was president that a new farm bill was enacted the same year the previous one was set to expire.

"There's a lot of pressure on farmers right now, a lot of pressure," and even more on smaller, family-run farms, Ennis said. "It's a risky business. Always has been, but it makes it that much harder when prices are low. Catholic Rural Life is very aware of that, and it works with local parishes and pastors to address it from a pastoral standpoint. But there are policies that also can help -- or not help -- that situation," he added. "I'm hopeful ... some of that can be rectified this year."

Sister Simone Campbell, executive director of Network, the nun-run social justice lobby, isn't all that sad to see the Republicans lose one chamber of Congress. "What the Republican policies do is blame the people, not the system," she said.

Items she'd like to see addressed include health care and voting rights. "We've got to fix up this election system that we have. Our election system is being undercut by scheming, conniving people who want to win without seeing the people getting into the system," she said.

Sister Campbell also acknowledged the possibility of delayed gratification for some things she'd like to see under her tree. "We've got to raise the banner on immigration, but I don't think this Congress is going to make a change," she said. The stocking might not be quite so stuffed, either, for pro-life Americans, to hear Tom McClusky, President of March for Life Action.

"The last time Democrats

were in power (in the House), there were 40 pro-life Democrats. Now there's only two," Reps. Bill Lipinski of Illinois and Collin Peterson of Minnesota, McClusky said.

Pro-lifers may have to content themselves with "some of the more obvious things that are on the peripherals of the pro-life movement," such as "fighting against sex trafficking, promoting adoption. More bipartisan. We'll certainly be looking for opportunities to do that," McClusky said. "I wish I could be more optimistic."

On the flip side of that coin, Catholic Charities USA is looking to the art of the possible, according to Lucas Swanepoel, its vice president for social policy.

Catholic Charities representatives will meet with House and Senate leaders to figure out their priorities and how Catholic Charities' priorities can mesh with theirs. Then, it's on to the 90 new members of Congress in both houses. Two items on Catholic Charities' wish list are flood insurance reauthorization and disaster assistance. For the former, "it's critical if you're in a flood plain and you're low-income. You're going to be more impacted by the consequences," Swanepoel said.

As for the latter, Swanepoel wants to see low-income communities given greater priority. Currently, he said, "a disproportionate amount of the money will go toward Main Street, while low-income individuals are left behind and forgotten."

But what Catholic Charities wants to get across to lawmakers is that they're a ready resource. A Catholic Charities affiliate is active somewhere in each House member's district. Moreover, Swanepoel said, "it's key to our mission, frankly, the ability to build bridges between people and communities, but also between parties."



(CNS photo/Kevin Lamarque, Reuters)

NEW SPEAKER: House Minority Leader Nancy Pelosi, D-Calif., a Catholic, is surrounded by children January 3 as she is sworn in as House Speaker of the U.S. House of Representatives at the start of the 116th Congress inside the House Chamber on Capitol Hill in Washington.

Keep Bringing Christ To Others, Archbishop Tells Conference

By Sean Gallagher
Catholic News Service

INDIANAPOLIS (CNS) -- Denver Archbishop Samuel J. Aquila described the 17,000 mostly college students attending SEEK2019 in Indianapolis as "a great sign of hope for the church, that the church is alive and well among young people."

He celebrated Mass on January 6 for the participants in the biennial conference sponsored by the Denver-based Fellowship of Catholic University Students (FOCUS). The group, founded in 1998, seeks to nurture the Catholic faith in college students. It currently has nearly 700 missionaries serving on 153 college campuses in 42 states and five international locations.

In his homily, Archbishop Aquila said he was briefly "playing hooky" from the retreat taking place for bishops in the U.S. at Mundelein Seminary at the University of Saint Mary of the Lake near Chicago to celebrate the Mass in the Indiana Convention Center in Indianapolis.

This year's SEEK gathering, January 3-7, was the sixth such conference that Archbishop Aquila has attended.

"Certainly, you can see the deep faith in the young people," he said in an interview after the

liturgy. "What their encounter with Christ has brought about is palpable. When you give young people the truth of Christ and Christ as the light and the one who gives meaning to life, it changes everything."

In his homily, the archbishop spoke about the reading from Isaiah where the prophet spoke of darkness covering the earth. He said this darkness today is consumerism, incivility and the "sin by certain members of the clergy."

Father Raniero Cantalamessa, the preacher of the papal household who is leading the bishops' retreat, told the bishops that society has lost the "sense of eternity" and that "when we look at the darkness of the world, when we look at the darkness within the church, we have lost the sense of eternity, that we really do not believe in Christ as the light He implored the conference participants to take the light of Christ they have received and share it with others.

"You are the light of the world today, in history," Archbishop Aquila said. "You are the ones who reflect the light of Christ to others. You are sent on mission in whatever walk of life you are in, to bring Christ to others."

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Faith At Home



By Laura Kelly Fanucci

Prayer For The New Year

January dawns, fresh and clean. The beginning of a new year.

Although Advent is technically our new year in the church, January offers another jump-start -- a chance to change and a renewed resolve to eat better, exercise more or waste less time online.

Making time for prayer is a common resolution. We might try to read more Scripture, make a Holy Hour each week or start praying the rosary.

But what if we looked for small moments each day -- in the midst of what we're already doing -- to turn to God?

Here are 10 pockets of prayer to dig into for the new year. Times and places where we can meet God between work and home, kids and commute, chores and rest.

Try one and see where it leads.

-- Pray when you wake up. Start each day with the sign of the cross, or pray the words of Psalm 118:24: "This is the day the Lord has made; let us rejoice and be glad in it." Rise 10 minutes before the kids get up and sit with a cup of coffee to center yourself in prayer. Let the word of God be the first thing your eyes see each morning.

-- Bless your spouse. Say a prayer together before you each begin your daily work. Or light two candles while you're getting ready in the morning: one to remember your spouse's callings and one to pray for your own. Recall your marriage vows as you say "I do" for a new day.

-- Pray while washing. Let the warm water of your shower (or the baby's bath) remind you of baptism: your belovedness before God.

-- Bless before school. When you hug or kiss your kids goodbye, add a quick prayer

to your morning routine. At the school door, bus stop, daycare drop-off or kitchen table, pray for each one of your children in turn. Give thanks for teachers, staff and coaches, too.

-- Pray while cleaning. While doing laundry, pray for each person in your family as you fold his or her clothes. While scrubbing dishes or sweeping floors, ask God to make clean what has been darkened by sin in your life. No task is too small to be made holy by prayer.

-- Recharge on your lunch break. Read the day's Gospel while you eat. Try midday prayer from the monastic tradition (available online). Or simply pray the Our Father with your table grace, to give thanks for "daily bread" with your noon meal.

-- Maximize waiting. Time in the car need not be spent idling. While waiting to pick up kids, read or listen to the daily readings with an app on your phone. Remember you only need 10 fingers to pray a decade of the rosary. Let waiting become a spiritual practice.

-- Take a coffee break. Sit in silence for a few moments in the middle of your day. Turn off the radio and commute in quiet. Let five minutes refuel your relationship with God.

-- Give thanks while cooking. While grocery shopping or making dinner, pray for farm workers, truckers and all whose hands brought food to your table. Remember those who are often forgotten while you do work that is often overlooked.

--End the day with God. Try a short Ignatian "examen" to reflect on your day through the lens of faith. Notice where you saw God, ask forgiveness for moments of sin and pray for the Holy Spirit to guide you tomorrow.

Let this new year bring small moments of powerful prayer.



By Greg Erlandson

Recovering Intimacy In A Lonely World

In the early 1990s, the famed mystery author P.D. James published "The Children of Men." Set in the year 2021, it describes a dystopian world where the human race had become incapable of reproducing itself.

The scientific reason for this sudden and total collapse in the birthrate was unknown, but the story's narrator concludes: "Pornography and sexual violence on film, on television, in books, in life, had increased and become more explicit but less and less in the West we made love and bred children."

James wrote this book well before the rise of the internet, but like all good science fiction, she had a glimpse of a possible future world. It wasn't pretty.

Not quite three decades later, and James' dystopia seems to be arriving right on schedule. Sex, love and marriage all are showing troubling signs of decline, according a recent article in The Atlantic magazine. Titled "The Sex Recession," the author, Kate Julian, actually ends up reporting on an even more worrisome decline in intimacy. It's not just in the United States, and it's not just among millennials.

The author at first takes a rather head-scratching tone: Why aren't these young people having more sex the way they are supposed to in our enlightened age? But the research she quotes shows that rates of sex are declining for all age groups and in many Western countries.

Despite the increasingly graphic presentations of popular media, despite the multi-billion dollar and increasingly perverted pornography industry, physical and psychological intimacy are on the skids. People are hooking up less, dating less, having sex less, enjoying it less. Masturbation, coyly called

"self-pleasuring" but referred to in slang as "fapping," is no longer taboo. In Japan, where the birthrate has plummeted to near demographic extinction, self-pleasure aids are booming. Of course, this is what porn is ultimately all about, but in Japan, porn involves not just human actors, but animated fantasy creatures, making the experience singularly unreal.

Back home, the report tells us, dating and hookup apps and ubiquitous smartphone screens aren't making things better. What they are doing is degrading the ability to simply approach another person and have a conversation or suggest a date.

In fact, teens who report going on dates are decreasing. College classes now instruct students on the lost art of dating. Even at Catholic universities, kids are looking for how-to instructions on negotiating this suddenly strange terrain. In the world of #MeToo, asking someone out seems less like an invitation to coffee than potential harassment.

That license has led to lassitude is not likely to shock the church, which has two millennia of wisdom when it comes to

human nature and sex. Sexual love is meant to be expressed in the context of marriage, the church teaches. It is meant to be at once total, faithful, exclusive and fecund.

In his much-abused encyclical "Humanae Vitae," Pope Paul VI talked about the "inseparable connection" in marital love between the "unitive" and "procreative." For the past century of birth control, the battleground has been about the procreative aspect. Now the other shoe is dropping.

The "inseparable connection" has been severed. Society has become increasingly efficient at separating conception from sex, and as Pope Paul predicted, the unitive aspect that is lifelong intimacy is eroding.

The collapse of intimacy that The Atlantic describes may be an opportunity for the church to recast its message. Rather than "Thou shalt not" as its battle cry, the church can offer a genuinely positive vision of "the joy of love," a holistic understanding of sex and intimacy for a society increasingly despairing about both.

The scientific reason for this sudden and total collapse in the birthrate was unknown, but the story's narrator concludes: "Pornography and sexual violence on film, on television, in books, in life, had increased and become more explicit but less and less in the West we made love and bred children."

--Greg Erlandson

Correction

The name of Dorothy Itle was incorrectly spelled in the January 7 issue of The Catholic Register beneath a pictured entitled "Help Homebound" on page 15. The correct spelling is **Itell**. It appeared as part of the School Spotlight on Saint Michael Catholic School in Loretto.

Catholic Schools Week

(Continued From Page 1.)

the other benefits of Catholic education.

In his Catholic Schools Week letter to the faithful (*please see page 9*), Bishop Mark L. Bartchak noted the theme **Learn. Serve. Lead. Succeed.**

“Catholic schools in Altoona-Johnstown are setting the pace in all of those areas through the highest of academic standards, hands-on learning opportunities, cutting-edge technology, and a tireless commitment to helping others,” the Bishop said. “As we begin our Catholic Schools Week celebration, I send continued prayers and best wishes to our students, teachers, staff, administrators, and pastors – all of whom make our schools great. And, of course, I must salute our parents who recognize the value of Catholic education and support the mission in many ways.”

Among those parents are Jeff and Kathy Peters. The couple has five children who attend or have attended Our Lady of Victory School in State College and Saint Joseph’s Catholic Academy in Boalsburg.

“My husband and I believe that a Catholic education is the best gift we, as parents, can give our children,” Kathy Peters stressed.

Her passionate support of Catholic education is not an indictment of other schools in the area.

“Honestly, they are excellent academic institutions and have many perks that the schools that our children attend can’t offer,” she continued. “Rather, we choose to have our children go to Catholic schools because we want something different – a CATHOLIC education. We want our children to have a COMPLETE education. The faith-filled environments of OLVCS and SJCA allow our children to grow and develop in all areas – academically, socially, athletically, artistically, and most importantly, in their Catholic faith.”

Ray Kaufmann is an alum of the former Saint Therese of

the Child Jesus School in Altoona and Bishop Guilfoyle Catholic High School in Altoona.

“Catholic school is a part of my history,” he mentioned. “I appreciate the time and effort of the teachers and administrators, and I wanted the same education for my kids.”

Kaufmann’s two children attend Holy Trinity Catholic School in Altoona.

Besides recognizing students and parents, Catholic Schools Week is also a great time to spotlight the contributions of the outstanding educators in our diocese.

More than 260 full- and part-time teachers work in the elementary schools, and about 100 teachers staff the high schools. Dedicated administrators and support staff also provide invaluable leadership.

Peggy Beck has been an educator in Altoona-Johnstown schools for three decades. She is celebrating her first Catholic Schools Week as Executive Program Assistant in the diocesan Education Office, assisting Director of Education Jo-Ann Semko, who is also marking her first Catholic Schools Week in that position.

“I have been involved in Catholic Education my entire life, either as a student, a parent of a student, or an employee,” Beck recalled. “I wouldn’t have it any other way. Not only do Catholic schools give students a strong basis for their faith, they give them a wonderful academic start.”

Before beginning her new position in the Education Office, Beck was a long-time kindergarten teacher at All Saints Catholic School in Cresson.

“I have gone from seeing the small family elementary school to seeing the big picture of our K through 12 system,” she said. “I am very impressed. The parents, teachers, principals, pastors, and staff work together to create a family for our children. Our academic programs are top notch. We are working daily to provide the best education in the area. I know we are succeeding!”

Like Beck, Semko is en-

thusiastic about the state of Catholic education in Altoona-Johnstown.”

As we approach Catholic School Week, the expression that comes to mind over and over again is ‘On Fire!’, she said. “Our students and faculties are ‘On Fire’ with every aspect of life: personal spirituality, academics, athletics, social and emotional well-being, physical well-being, etc. Each student is RICHLY ‘On Fire’ as they explore the life of the saints and compare them to the lives they are living today and how through Respect, Integrity, Courage, and Humility they are walking in the footsteps of the saints and ultimately in the footsteps of Jesus Christ.”

The overall mission of our Catholic schools, Semko added, is to educate the whole child. This includes providing opportunities for students to learn in all facets of life and to become productive citizens who rely on their God-given talents and their faith to guide them through life’s challenges.

Catholic schools throughout the diocese will host open houses in the coming days, and Semko invites everyone to take a look.

“Come and enjoy the welcoming atmosphere,” she encouraged. “Don’t miss the opportunity to be ‘On Fire!’ and put Christ in your life as you grow and learn each day.”

A veteran educator herself, Semko is especially proud of the schools’ academic excellence.

“All of our schools are on the forefront of education, keeping abreast of what is happening in the world of education and moving forward without being bogged down by mandates and testing, testing, testing,” she commented. “Academically, each of our schools are unique, offering our students 21st Century educational choices.”

And thanks to parish scholarships, EITC funding, and private funding, Catholic schools in Altoona-Johnstown remain an affordable option, Semko stated.

Besides the open houses, schools will celebrate Catholic Schools Week with numerous Masses, service activities, and recreational events. Visit the Diocese of Altoona-Johnstown website and Facebook page for details.

Saints Relic

(Continued From Page 1.)



WINDOWS: Each of the stained glass windows at Saint John Vianney Parish in Mundys Corner depict various aspects of the life of Saint John Vianney, a priest recognized for his devout prayer life and commitment to helping others.

“I’ve been here less than a year, and I was just welcomed with open arms.”

Despite his short time with the Mundys Corner faith community, Father Draper has noticed other parallels between the saint and the parishioners.

For instance, the parish is committed to working with other parishes on a combined food pantry initiative to make sure families that need a helping hand receive one.

“That seems to be reflective of what Saint John Vianney did,” Father Draper observed. “He went out and helped the people.”

Born in France in 1786, John Vianney and his family endured the French Revolution – a time when the faith was attacked, churches were destroyed, and bishops, priests, and religious were martyred.

He struggled academically in the seminary and almost was not ordained to the priesthood. His

devout prayer life saved him and, after ordination, he was assigned to a parish in the small town of Ars.

It did not take long for this new priest to turn people in the community away from sin and closer to God. He spent hours hearing confessions, and he engaged in many charitable works such as building an orphanage and welcoming beggars.

Despite the devil’s many efforts to deter Father Vianney’s success, the priest persevered in his mission to save souls.

Much of this is depicted on the windows at Saint John Vianney Parish, explained Patty Rager, a parishioner and parish secretary for many years.

Like Father Draper, Rager is proud of the parish’s history of service modeled after its patron.

“We’ve been blessed to

(Continued On Page 9.)

Saints Relic

(Continued From Page 8.)

have two native sons become priests,” Rager added, referring to Father James Dugan, Pastor of Our Lady of Lourdes Parish in Altoona, and Father Matthew Reese, Pastor of Saint Andrew Parish in Johnstown and Diocesan Director of Vocations.

“I think that’s a good indication that Saint John Vianney has been working here in our parish,” she said.

Known as the Cure of Ars, Saint John Vianney is the patron saint of priests and an inspiration to them in their vocation.

“It’s really a call and sort of a pull to try to be a holy man, and in doing that, walking in Saint John Vianney’s footsteps, it affects me and pushes me to do better,” admitted Father Draper. “Every day you wake up and say ‘God, help everything be better than yesterday.’”

The parish is fortunate to possess its own first class relic of Saint John Vianney – a small part of his bone.

“It’s miniscule compared to having the heart of Saint John Vianney, but it brings a little more of his message home,” Father Draper mentioned.

The schedule for the January 31 pilgrimage will include the Cathedral’s usual daily Mass schedule: 6:45 a.m., 8:00 a.m., and Noon. Bishop Mark L. Bartchak will celebrate a special Mass at 5:30 p.m. with priests of the diocese concelebrating. The relic will be available for veneration from 7:30 a.m. to 7:30 p.m.

Priests will be available throughout the day at the Cathedral to celebrate the Sacrament of Reconciliation.

A special indulgence has been granted to all those who will make the pilgrimage to the Cathedral for veneration.

The incorrupt heart of Saint John Vianney is typically housed at the Shrine of Saint John Vianney in Ars. It has been entrusted to the Knights of Columbus for this national tour, which began in November and will continue through June.

Pilgrimages so far have included cities such as Baltimore, Atlanta, New Orleans, and Indianapolis.

“Everybody who can, get to

the Cathedral, be in the presence of Saint John Vianney’s heart, and then go out and do what he did,” Father Draper encouraged. “Bring that message of peace and humility to the people.”

Baby Agnes Doe

(Continued From Page 16.)

service at the grave of Baby Agnes Doe.

The remains of the unidentified infant were found in the region in 1987. Months later, the Knights of Columbus were granted permission to give the girl a proper burial.

The Knights named her Agnes in honor of the patron saint of young girls and laid her to rest at the cemetery.

Every year since, the Respect Life March has been held.

This year’s event fell on Sunday, January 13 – the Feast of the Baptism of the Lord. It was an appropriate day, noted Peter Kreckel, the pro-life director for the Knights’ Saint Gregory Council.

“This was the beginning of Christ’s public ministry where He publicly stepped forward to tell us what we should be doing,” Kreckel said. “It’s good for us to publicly get out there and show our respect for life at all stages from conception to natural death.”

Kreckel’s wife, Denise, who assists her husband with the planning and hospitality, pointed out that many religious education students participated.

“It really opens up the awareness for them about the sanctity of human life,” she stressed.

Besides the students and a mix of people of all ages, several pro-life elected officials attended, including Schmitt, a new state representative from Altoona.

New United States Representative John Joyce, new State Senator Judy Ward, and new State Representative Jim Gregory were also there, as well as retired State Senator John Eichelberger, retired State Representative John McGinnis and Blair County Commissioner Bruce Erb.

In his remarks, Father Jozef Kovacik, pastor of Saint Matthew Parish, urged those present to carry their pro-life commitment beyond that day’s march to the cemetery.

“It should not be just this walk that we will take today, but every moment of our lives, that

A Letter From Bishop Mark L. Bartchak

Catholic School Students Learn Faith In Action



Dear Brothers and Sisters in Christ,

As a baseball fan, I remember the 1998 Major League Baseball season when St. Louis Cardinals first baseman Mark McGwire shattered the single-season homerun record that stood for decades. A gentleman named Philip Mazursky was in the stands for the historic game when McGwire’s record-setting 70th homerun ball came directly at him. Mazursky literally caught a piece of history, but his luck did not end there. About a year later, that ball went for three million dollars at auction.

Mazursky became rich because he was in the right place at the right time. As we celebrate Catholic Schools Week 2019, I am pleased to see how students in our Catholic schools are also becoming RICH in the ways that truly matter.

This academic year, the RICH initiative is in full swing in all of our schools. It stands for Respect, Integrity, Courage, and Humility. Thanks to this endeavor, our youth not only learn about their Catholic faith, but have unique opportunities to put that faith into action. Each day, students are sharing with each other – and our entire community – the very qualities that represent what it means to be a disciple of the Lord.

The theme for Catholic Schools Week 2019 is **Learn. Serve. Lead. Succeed.** Catholic schools in Altoona-Johnstown are setting the pace in all of those areas through the highest of academic standards, hands-on learning opportunities, cutting-edge technology, and a tireless commitment to helping others.

As we begin our Catholic Schools Week celebration, I send continued prayers and best wishes to our students, teachers, staff, administrators, and pastors – all of whom make our schools great. And, of course, I must salute our parents who recognize the value of Catholic education and support the mission in many ways.

Philip Mazursky, indeed, was in the right place at the right time, and so are the Catholic school students of Altoona-Johnstown. As they grow RICH in Christ, they are truly scoring the ultimate homerun!

Sincerely in Christ,

Most Rev. Mark L. Bartchak
Bishop of Altoona-Johnstown

we will bring life to the relationships we have, the friendships we have,” Father Kovacik encouraged. “Every place needs the life of God, so let us unite in this purpose.”

Indeed, celebrating the sanctity of life must be a priority every day, commented Gregory.

“Not just life at conception, not just life at the end of life, but the life in-between, trying to make sure that we’re recognizing people on an everyday basis,” he offered. “It’s by our actions, not just necessarily our words, that we treat people with respect and dignity.”

Following the march, the group gathered for lunch and fellowship in the parish hall.



PRAYER SERVICE: Clergy and youth lead a prayer service at the Oak Grove Cemetery in Tyrone during the annual Respect Life March. A large number of people turned out on the wintry day to show their commitment to the sanctity of human life.

Dog Comforts Kids At Oregon Catholic Hospital Emergency Room

By **Katie Scott**
Catholic News Service

PORTLAND, Ore. (CNS) — Wrangler doesn't have an MD and he can't write prescriptions, but he works hard to help children who are injured or ill and often scared.

The Labrador is the first full-time facility dog at Providence St. Vincent Medical Center in Southwest Portland, and his task is to offer comfort to patients in the children's emergency room.

"Kids come into the ER because of something (their) mom and dad can't fix, and that's very scary," said child life specialist Teddie Garland, Wrangler's handler. "They're getting blood drawn, vitals taken, maybe they need stitches." They also may be in pain.

"It's a high-stress environment that kids don't have any control over," Garland said.

Enter the calm, cream-colored pup who wears an official hospital ID badge, knows the command "snuggle" and loves children.

"Kids and teens are his favorite people," said Garland. "If he hears a kid crying, he wants to go help."

One day a child with a laceration on his knee was having an especially hard time. Garland said to the patient, "I can tell you're really scared right now."

The boy replied, "I think I'm going to die."

Immediately, Wrangler leaned in toward the boy, gave him a nudge and looked up at him with his big brown eyes, as if to say, "You're going to be OK."

"There's no command for that," said Garland. "He reads

a room and his intuition often trumps mine."

Studies and observation show the physical and psychological benefits of animals.

In the presence of a dog such as Wrangler, blood pressure and heart rate can drop. "Within 12 minutes of petting a dog, the

to the mellow Labrador, telling him concerns they haven't shared with hospital staff.

"He does so many things that we human care givers are not able to do," said Garland. "He's not judging them; he loves unconditionally."

Korina Jochim is the clinical

Assistance Dogs Northwest program manager.

He was trained for 18 months and mastered 90 commands. Training includes generalized instruction and specialized commands, like "snuggle," based on where the dog will work.

To keep Wrangler's skills fresh, he receives mini training sessions every day; to keep him fresh, he receives weekly baths and daily teeth-brushings.

Saint Vincent, founded by the Sisters of Providence in 1875, offers Wrangler trading cards and a stuffed animal in his honor. He also receives fan mail from grateful patients.

He has also made a calming impact on the staff, said Garland.

"He's been a part of staff debriefs, like after the loss of a

child or a difficult, combative patient situation," she said. "I've had nurses sit under my desk with Wrangler and needing his love."

"He's so comforting after a stressful day; I love him," said Kasie Walker-Counts, a pediatric nurse who initially thought of Wrangler as just a cute mascot for the ER.

"Over the past year, I've seen him do some pretty incredible therapeutic things with kids who are really anxious," Walker-Counts said.

"Kids tend to be animal lovers, and they will be petting Wrangler and without realizing it they are being soothed," she said. "He's adorable, but he also adds so much in an often terrible situation."



(CNS photo/courtesy Providence Health and Services)

COMFORT: Chase Stansbury pets Wrangler at St. Vincent Medical Center in Portland, Ore., in this undated photo. The Labrador is the first full-time facility dog at the medical center, and his task is to offer comfort to patients in the children's emergency room.

body releases oxytocin," said Garland. Sometimes called the "love hormone," oxytocin plays a role in bonding and people's sense of well-being.

Wrangler's presence also helps children feel less out of control.

Sitting in her office at St. Vincent, dog bed and water bowl nearby, Garland told the story of a 6-year-old boy who was recently admitted to the ER for a psychiatric issue.

It was tough on him to be cooped up in a room and being told he couldn't leave," she recalled. Garland had the boy teach Wrangler a new command and take him for a walk around the room.

"Rather than feeling like everything was done to him, he got to feel like he was the expert at something," she said.

Children often open up

manager at Northwest Catholic Counseling Center in Northeast Portland and works primarily with children. She said the overwhelming nature of an ER visit can create post-traumatic stress disorder.

"Experiencing things that are warm and familiar, such as dogs, during that time can make the difference as to whether children get traumatized or not," said Jochim.

Wrangler comes from 50 generations of service dogs and was bred and trained in Hawaii by the nonprofit Assistance Dogs Northwest. Training sessions begin when puppies are 8 weeks old.

Although some organizations use different definitions, "assistance dogs" generally is an umbrella term that includes service dogs and facility dogs, explained Stacy Goodfellow,

Knights' Leader Disapproves Of Senate Questioning

By **Mark Pattison**
Catholic News Service

WASHINGTON (CNS) — The supreme knight of the Knights of Columbus, calling the organization "an American Catholic cultural icon," said senators have no business questioning a federal judicial nominee's membership in the Knights over its support for church teaching on abortion and same-sex marriage.

"What we have to do is defend this fundamental principle of the free exercise of religion," Carl Anderson said in a January 4 telephone interview with Catholic News Service. "It's something every Catholic should be concerned about."

Anderson was referring to statements made by Sen. Kamala Harris, D-California, a member of the Senate Judiciary Committee, during a Nov. 28 confirmation hearing for Brian Buescher, nominated for a judgeship for the U.S. District Court for the District of Nebraska. Buescher, who lost the Republican nomination for Nebraska attorney general in 2014 while saying during the campaign he was "avidly pro-life," is a member of Knights, joining when he was 18 years old.

Harris expressed concern during the hearing about the po-

sitions on abortion and same-sex marriage taken by the Knights, which she called "an all-male society comprised primarily of Catholic men."

Another Judiciary Committee member, Sen. Marie Hirono, D-Hawaii, asked Buescher, "If confirmed, do you intend to end your membership with this organization to avoid any appearance of bias?" Hirono was referring to the Knights' support of California's Proposition 8 to ban same-sex marriage. The proposition passed in 2008, but was overturned by the courts before it took effect.

Hirono also asked Buescher if he would recuse himself "from all cases in which the Knights of Columbus has taken a position," adding the organization "has taken a number of extreme positions."

Anderson, in a Jan. 1 statement to all members of the Knights, said, "We must remember that Article VI of the U.S. Constitution forbids a religious test for public office, and the First Amendment guarantees our free exercise of religion, freedom of association and freedom of speech."

Still, "the way the political winds shift in Washington," Anderson told CNS, "it's a very dangerous road these senators have started on."

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Life Is A Gift Not To Be Possessed, Says Pope

By Junno Arocho Esteves
Catholic News Service

VATICAN CITY (CNS) -- Generously caring for the sick and the marginalized is the best way to combat a culture of waste and indifference that seeks to control and manipulate life, Pope Francis said.

In his message for the World Day of the Sick, celebrated Feb. 11, the pope said that life is "a gift from God" that is "best suited to challenging today's individualism and social fragmentation."

"Precisely because it is a gift, human life cannot be reduced to a personal possession or private property, especially in the light of medical and biotechnological advances that could tempt us to manipulate the 'tree of life,'" the pope wrote in his message, which the Vatican released Jan. 8.

The main Catholic celebration of the World Day of the Sick 2019 was scheduled for Kolkata, India, where

Mother Teresa -- who was canonized in 2016 -- began her ministry serving the poor and the sick.

St. Teresa of Kolkata, the pope said, "is a model of charity" whose service to the sick and the marginalized "remains for us today an eloquent witness to God's closeness to the poorest of the poor."

The example set by the Albanian nun known as the "Saint of the Gutters," he added, helps Christians understand that "our only criterion of action must be selfless love for every human being, without distinction of language, culture, ethnicity or religion."

"Her example continues to guide us by opening up horizons of joy and hope for all those in need of understanding and tender love, and especially for those who suffer," he said.

Individual acts of solidarity also have an impact on wider society and political choices, the pope said. For example, by bowing down before those left to die on the side of the road,



(CNS photo/Sucheta Das, Reuters)

LIFE IS A GIFT: A member of the Missionaries of Charity cares for a critically ill patient at Nrimal Hriday home for the dying opened in 1952 by Saint Teresa of Kolkata in India. In his message for the World Day of the Sick, celebrated February 11, Pope Francis said that life is "a gift from God" that is "best suited to challenging today's individualism and social fragmentation."

Prayer For Father Gallitzin's Intercession

O God, light of the faithful and shepherd of souls, who sent Servant of God Demetrius Gallitzin to serve God's people in the Allegheny Mountains, feeding your sheep by his words and forming them by his example, pour out your Spirit to sow seeds of truth in people's hearts and to awaken in them obedience to the faith.

May the Gospel continue to be preached and the Sacraments bring power and grace to the faithful. By the example of this man of faith, Demetrius Gallitzin, may your people advance in the path of salvation and love.

Confident of your faithfulness to us, we humbly ask you, our God, to grant us the favor of (name your intention).

May Christ's saving work continue to the end of the ages, and may we feel a more urgent call to work for the salvation of every creature. We pray this, as did your priest Demetrius Gallitzin, through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

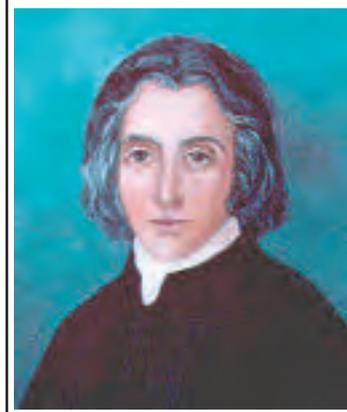
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Kindly send information about favors granted to:

**The Cause for the Servant of God
Demetrius Augustine Gallitzin
Diocese Of Altoona - Johnstown
927 South Logan Boulevard
Hollidaysburg PA 16648**

Mother Teresa "made her voice heard before the powers of this world, so that they might recognize their guilt for the crime -- the crimes! -- of poverty they created."

A Prince In The Service Of The Great King



Reflecting on the day's theme taken from the Gospel of St. Matthew -- "You received without payment; give without payment" -- the pope said that caring for the sick "requires professionalism, tenderness, straightforward and simple gestures freely given, like a caress that makes others feel loved."

"Gift" differs from gift-giving because it entails the free gift of self and the desire to build a relationship," he said. "It is the acknowledgement of others, which is the basis of society" and is "a reflection of God's love."

Pope Francis said that being generous toward the sick and needy flows from humility and from recognizing that throughout his or her life, each person experiences being "poor, needy and destitute."

"When we are born, we require the care of our parents to survive, and at every stage of life we remain in some way dependent on the help of others," the pope said. "We will always be conscious of our limitations, as 'creatures,' before other individuals and situations."

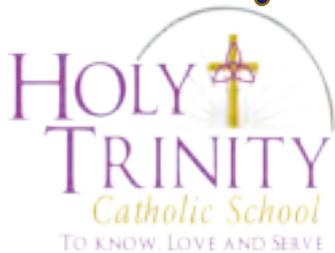
First Novena Of 2019 In Loretto

The first Novena of 2019 to Our Lady of Mount Carmel and Saint Therese (the Little Flower) offered by the Discalced Carmelite Nuns of Loretto will be held on Tuesday, January 22 and end on Wednesday, January 30th.

All intentions submitted to the Nuns will be remembered with the special Novena prayers following the daily Holy Sacrifice of the Mass in the Nuns' Chapel.

Benediction of the Most Blessed Sacrament is held at 4:00 PM every Sunday and every First Friday of the month. Everyone is welcome to attend the Benediction followed by the veneration of the relic of Saint Therese of the Child Jesus of the Holy Face.

Those who desire to share in the graces and blessings of these nine days of prayer, and in the private prayers of the Carmelite Nuns during the Novena, are requested to send their petitions to: Mother Prioress, Discalced Carmelite Monastery, Post Office Box 57, Loretto, PA 15940

Spotlight On Schools**Holy Trinity Catholic School Builds Upon Legacy, Commitment**

On August 29, 2016, under the guidance of our Board and administrators, Holy Trinity Catholic School opened its doors for the first time to 425 students. Building on the foundation of four parish “legacy schools” Holy Trinity Catholic School was formed. This long-standing history of commitment and dedication of educating students in their faith, as well as academically continues at HTCS. Using our past as a foundation we continue to shape our future by merging our talents and gifts as we journey to continue to form our history as Holy Trinity Catholic School.

HTCS is located in the Altoona quadrant of the Altoona Johnstown Diocese. We have two elementary buildings that enthusiastically encourage our younger students in pre-school through fourth grade to be creative and compassionate learners. Our elementary school buildings are located in Altoona and Hollidaysburg. Our middle school offers a strong, quality education for students in fifth through eighth grade. We are proud of all of our programs but especially our new math series, Math in Focus, and our STREAM program (Science, Technology, Religion, Engineering, Arts, and Math). Students collaborate to complete missions and projects using hands-on materials.

Fostering Faith-Based Education

At HTCS Hollidaysburg, we are committed to fostering our students in strong faith-based education through the “Christ is R.I.C.H. in Me” initiative. This initiative focuses



VISIT ELDERLY: Karis McGhee, Sophia Noel, and Gracie Cioffari spreading some Christmas cheer and sharing a snack with residents of St. Leonard’s Home. The residents love when the students from HTCS visit.

on Respect, Integrity, Courage, and Humility. This initiative goes hand in hand with our Virtue-of-the-Month program. We focus on a virtue every month and students are nominated by faculty and staff for demonstrating the Virtue-of-the-Month at school. The virtues focus on character formation in our students. It is our hope that the students will take leadership in the program and not only demonstrate the virtues in school but also at home and the community.

As we continue our year with the “Christ is R.I.C.H. in Me” initiative, December brings our focus on Integrity. We chose December 6 as the day to gather as one in Christ and a faith community because of the Feast of Saint Nicholas. Saint Nicholas had strong integrity, by giving to the poor, always doing the right thing, even when no one was watching, and living a humble life. The HTCS Hollidaysburg students and staff followed the example of Saint Nicholas by participating in several community service projects. The projects, food and toy drive for the Rescue Mission and monetary collection for the Holy Childhood Association, helps teach our students how to give to those who are in need as Saint Nicholas did. We will continue to gather each month as a school community and divide into our Faith Families. Each Faith Family consists of students ranging from Preschool through fourth grade. The fourth-grade

students help mentor the younger students. Each month there is a structured lesson plan that begins with a prayer service, followed by a short lesson, and finishes with an activity or game.

HTCS Hollidaysburg students, families, faculty and staff all participated in a Food Drive for the Rescue Mission in Hollidaysburg. We were able to gather a full pick-up truck load of food and deliver to the Rescue Mission to be used for those individuals who need it the most. We also participated in a toy drive for the Rescue Mission for children that may experience a less fortunate Christmas. We were able to collect nine large boxes full of toys that will assist a “ton of children” in our local community. Our students learned the importance of giving back to our community.

At HTCS, we take tremendous pride in our STREAM program. Students enhance their critical thinking skill by being innovative and creative. By incorporating STREAM throughout the curriculum, our students are becoming problem solvers and will be prepared for the 21st century.

HTCS Hollidaysburg students and faculty sang Christmas carols in and throughout Hollidaysburg and Saint Leonard’s Home. The yearly caroling and visit to the residents at Saint Leonard’s Home, brings joy and the spirit of Christmas to those who may need it the most.

HTCS Hollidaysburg students love showing off their talents and



FAMILY ACTIVITY: Jake Dick and Brayden Seidel play Legos with their faith family.

singing their favorite Christmas carols.

“The giver of every good and perfect gift has called upon us to mimic his giving, by grace, through faith, and this is not of ourselves.” - Saint Nicholas

“The mission of Holy Trinity Catholic School is to foster an environment of spiritual and intellectual growth by integrating Catholic teachings throughout the educational process. This is accomplished by the promotion of Gospel values, charitable service, and academic excellence in order to prepare our students to be compassionate, creative, and critical thinking citizens.”

Mission Statement

“The mission of Holy Trinity Catholic School is to foster an environment of spiritual and intellectual growth by integrating Catholic teachings throughout the educational process. This is accomplished by the promotion of Gospel values, charitable service, and academic excellence in order to prepare our students to be compassionate, creative, and critical thinking citizens.”

Current Enrollment: 119 students in Grades Pre-K-4

Leadership: Elaine Spencer Principal HTCS
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www.holytrinitycatholic.school



Question Corner

By Father Kenneth Doyle

Salvation For Non-Christians?

Q. Recently someone close to me said that anyone who does not believe in (and follow) Jesus will not go to heaven. References were made to John 14:6 (“No one comes to the Father except through me”) and Acts 4:12 (“There is no salvation through anyone else, nor is there any other name under heaven given to the human race by which we are to be saved”).

It doesn't seem to me that such scriptural passages are to be taken literally, because that would deny redemptions to Jews, Buddhists, Muslims, etc., simply because they were born and raised in another culture. Would you elaborate on the possibility of salvation for non-Christians? (Dallas, Oregon)

A. Your instincts are right. The world's population is 7.7 billion; 2.3 billion of us are Christian. Why would a loving God create us all if two-thirds were destined to eternal unhappiness -- and largely, through no fault of their own?

(I remember once, as a journalist, covering Pope John Paul II in rural Nigeria and seeing a billboard advertising Coca-Cola. I got into a discussion with my seatmate, a reporter from the Los Angeles Times, as to whether more people in the world had heard of Jesus Christ or of Coca-Cola -- and we weren't really sure.)

And what about those who lived in the many centuries before Jesus was born? Are they out of luck just because they were born too early?

The scriptural passages that you reference do not mean that only Christians can be saved; they simply mean that the possibility of salvation has been won for everyone solely through the redemptive work of Jesus. The teaching of the church on this is clear.

The Catechism of the Catholic Church, quoting the

Second Vatican Council, says: “Those who, through no fault of their own, do not know the Gospel of Christ or his church, but who nevertheless seek God with a sincere heart, and, moved by grace, try in their actions to do his will as they know it through the dictates of their conscience -- those too may achieve eternal salvation” (No. 847). \hat{A}

Does that mean that all religions are equally valid and that we should stop our efforts at evangelization? Of course not. I believe very strongly that the Christian faith (and, in particular, the Catholic Church) offers the surest and safest path to salvation -- through the teachings of Jesus and the strength of the sacraments.

Q. Our pastor is very old-school and loves elaborate liturgy. He uses incense frequently, and my wife -- who is seriously affected by the smoke -- is at the point of not going to Mass at all. (She never knows when he might fire up the censer.) I also find that the stink -- and that is the word for it -- of burning charcoal extremely irritating. (I am always left with a clogged nasal passage.)

I don't believe that I should have to medicate because I went to Mass, and I wonder why the church continues this archaic and off-putting practice. When Pope John XXIII wanted to “open the windows” of the church, that might not have been necessary if this terrible practice had been done away with at Vatican II! (Henrico County, Virginia)

A. Frankly, I don't think that your wife has a valid excuse for “not going to Mass at all.” If your own pastor is so wedded to incense, why not just try a different Catholic parish? (I Googled “Catholic churches in Henrico County, Virginia” and found seven parishes listed.)

As for having “this terrible practice done away with,” a bit of background might be helpful.



For The Journey

By Effie Caldarola

A Huge Year For Journalism

is how we give him an answer.

We have a responsibility to read responsible news, good publications, sites that have won awards, even Pulitzers, sites that hire people from good journalism schools. That will steer us clear of whatever “fake” news lurks out there.

Like any profession, real journalism has its great practitioners and those not so hot. But if your dentist says you need a root canal, although it may be prudent to get a second opinion, I doubt that you'll accuse him of fake dentistry. And he's hardly the enemy of the people. Neither is the press.

Time magazine recently named its “person” of the year, “The Guardians,” a group of journalists. Included were the journalists gunned down in a Maryland newsroom and others imprisoned around the world. The group included Jamal Khashoggi.

Khashoggi, a Saudi national who wrote for The Washington Post, was killed and dismembered in the Saudi Embassy in Istanbul. So convincing was the evidence that Saudi's strongman crown prince, Mohammed bin Salman, directed the slaughter that in December the U.S. Senate condemned his involvement.

Strongmen and good journalists are frequently at odds. And the world is tending toward strongmen too much these days.

Is journalism a Catholic issue? Absolutely. It's a moral issue, a First Amendment issue and it touches on the entire clergy abuse quagmire, originally investigated largely by the secular press, which took some Catholic criticism for doing so.

...Effie Caldarola

Journalism had a huge year in 2018. The profession whose task it is to shine a light on events has itself been in the spotlight.

Is journalism a Catholic issue? Absolutely. It's a moral issue, a First Amendment issue and it touches on the entire clergy abuse quagmire, originally investigated largely by the secular press, which took some Catholic criticism for doing so.

Journalism is a Catholic issue the same way truth is a Catholic issue.

Pontius Pilate's famous question, “What is truth?” is just as pertinent today as it was 2,000 years ago. And often, journalism

Incense was common in Jewish worship; in Chapter 30 of the Book of Exodus, the Lord instructs Moses to build a golden altar for the burning of incense. That practice was carried over into Christian liturgy, the smoke from the incense being seen as a symbol of the prayers of the worshippers rising to heaven.

Strictly speaking, there is no requirement that incense be used at any particular Mass, but parishes commonly use it on feasts of particular solemnity and at funerals to reverence the body of the deceased.

You raise a legitimate point about the sensitivities and allergies some in the congregation might have, and for that reason I think it wise for parishes to let it be known when incense might be used. As an example, the parish of Blessed Sacrament in Madison, Wisconsin, notes on its website that, except for Easter Sunday, “Incense may be used only at the 11:00 a.m. Mass.”

- - - Questions may be sent to Father Kenneth Doyle at askfatherdoyle@gmail.com and 30 Columbia Circle Dr., Albany, New York 12203.

Meanwhile, new films on journalism were released in 2018. “A Private War,” a Hollywood production, chronicles the

life and death of Marie Colvin, the American-born war correspondent who was killed in the siege of Homs, Syria.

Colvin was a risk-taker who lost an eye to a rocket-propelled grenade in Sri Lanka. A documentary, “Under the Wire,” features her as well. And on my Christmas list was a biography of Colvin, “In Extremis.”

Colvin was no saint, given to tumultuous relationships and hard drinking, but she was a woman entirely dedicated to the facts, to truth. In today's world, maybe that does make her a saint. The incredible things she witnessed brought on post-traumatic stress disorder. She was only 56 when she died, and in praising her, The Guardian newspaper said, “She illuminated the cost of war through individuals' pain.”

Another movie in 2018, “The Front Runner,” examines the decision made by The Miami Herald in 1987 to dig into the extramarital affair of Senator Gary Hart, a leading candidate for the Democratic nomination for president.

Many of us forget -- or never knew -- that there used to be a “gentlemen's agreement” that the private lives of politicians were off-limits to the press. Franklin D. Roosevelt's polio, John F. Kennedy's womanizing -- these weren't reported.

The Herald faced a lot of criticism for pursuing Hart's dalliance. It opened the door to the public scrutiny candidates get today. Is that a bad thing? Perhaps sometimes it goes too far, but on the whole it seems like the public has a right to know.

The Jesuit Teilhard de Chardin said, “Faith has need of the whole truth.” As we suffer through continuing revelations of clergy abuse and cover-ups, we rely on the imperfect but watchful eye of good journalism to help us out.

Now Showing

“Vice”



CNS photo/Annapurna Pictures

This biography of former Vice President Dick Cheney (Christian Bale) is a gleeful hatchet job in which he comes off as Machiavellian, black-hearted and more demonic than human. The only figure who emerges in even darker tones is his political mentor, former Defense Secretary Donald Rumsfeld (Steve Carell), who schemes and cackles like Mephistopheles. Despite an impressive turn from Amy Adams as Cheney's forceful wife Lynne, writer-director Adam McKay's film is so lacking in balance or shading that its main appeal would appear to be the opportunity to hiss at a pair of villains. Considering the history-altering events in which the three main characters were involved, a more nuanced narrative would have served viewers far better. In addition to the atmosphere of inky-black cynicism that prevails, vulgar language throughout suggests a restrictive classification. Scenes of combat violence, gory and gruesome images, partial nudity, a lesbian theme, several uses of profanity, about a half-dozen milder oaths, frequent rough and crude language. The Catholic News Service classification is L -- limited adult audience, films whose problematic content many adults would find troubling. The Motion Picture Association of America rating is R -- restricted. Under 17 requires accompanying parent or adult guardian.

Sunday Mass

*Broadcast Live From
The Cathedral of the Blessed Sacrament
Altoona*

10:00 a.m. WFBG radio, 1290 AM

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Alaska Church Hit By Earthquake Faces Large Repair Costs

Catholic News Service

EAGLE RIVER, Alaska (CNS) -- Saint Andrew Parish in Eagle River, 10 miles from the epicenter of the magnitude-7.0 earthquake that shook the region Nov. 30, is facing steep repair bills as it suffered the greatest damage of any church in the Archdiocese of Anchorage.

The cost to fully repair the building will exceed the parish's insurance deductible of about

“Many more people would have been in the church preparing, greatly increasing the possibility of injury or worse,” Father Roraff wrote on the parish's GoFundMe page.

The damage was bad enough to the 12-year-old church as it was. Chandeliers crashed to the floor, statues were smashed to pieces, stained-glass art shattered, whole pieces of Sheetrock fell from high above the pews, and furnace boiler pipes separated, spewing compounds all over the floor. The

evening,” Father Roraff wrote. Mass was celebrated in the church's narthex instead, but in candlelight and with worshippers wearing their winter coats because the electricity and heat were still out.

Electricity was restored before midnight November 30, and the heat was back on before the regular weekend Mass schedule December 1, Father Roraff reported.

More than 100 parishioners descended upon the church December 1 to clear away the



(CNS photo/Nathaniel Wilder, Reuters)

EARTHQUAKE DAMAGES CHURCH: First responders stand on a collapsed roadway near the airport after a magnitude 7.0 earthquake November 30 in Anchorage, Alaska.

\$650,000, according to Father Arthur Roraff, parochial administrator at St. Andrew, who noted that the repair bill could approach \$1 million.

The parish has started a GoFundMe campaign to help raise money for the repair costs.

Despite the damage, the situation could have been worse. The day the earthquake hit, Nov. 30, is also the feast of St. Andrew. Instead of having its usual 9 a.m. Mass, Father Roraff moved the Mass time to 7 p.m. to allow more people to attend. The quake struck at 8:29 a.m.

roof drain also pulled away from the wall, causing rain and water to damage the office area, and a three-quarter-inch crack opened up the floor in front of the sanctuary, running across the entire nave of the church.

The parish still has \$5 million to go before it pays off the construction debt on the church.

“Despite substantial damage to our beautiful church building, the church's structural engineer determined that the structure was still safe to occupy, so we continued with our St. Andrew's Day Mass that

debris and make the church usable for weekend Masses, according to Father Roraff.

The GoFundMe campaign --<https://bit.ly/2RrAlh7> -- still has some ways to go. St. Andrew set the goal at \$650,000 -- the cost of the deductible -- when the campaign page was launched December 18. At midday January 2, 41 donors had contributed \$6,505.

SoulCore Combines Prayer, Exercise For Total Body Nourishment

Photo And Text By
Tony DeGol

Praying the Rosary should not be considered a workout.

Or should it?

"It was amazing," proclaimed Helen Dugan. "It was letting your mind go and mixing it with exercise, and being able to release your mind and give yourself to God."

Dugan was describing her experience with SoulCore – a movement that aims to nourish body and soul by combining core strengthening exercises and prayer.

A SoulCore workshop was held at Saint Michael Parish in Saint Michael on Saturday, January 12.

Dugan, one of about 40 people who attended, typically engages in a workout routine that includes cycling, stretching, and a mix of yoga and Pilates. The SoulCore experience offered a new twist.

"I was really able to clear my mind, and that was the best part of this," added Dugan, a member of the parish.

Father Brian Warchola, administrator of Saint Michael, encouraged Dugan and most of the other attendees to give it a try.

"Fitness is very popular right now with a lot of people," Father Warchola admitted. "This is something that combines fitness with Catholic devotions. I saw the two come together and, of course, we're mind, body, and spiritual beings so I thought this would be a perfect opportunity to try something different, something that can inspire people to have that great devotion to our Lady and worship our Lord and Savior, Jesus Christ."

Mallory Hurley regularly leads SoulCore workshops at Saint Bernard Parish in Pittsburgh. She directed the Saint Michael gathering at the invitation of Father Warchola.

"It's really all about saying the Rosary and really growing in the fruits of the mysteries of

the Rosary," she said.

Hurley first experienced the movement about two years ago when she was pregnant with her daughter.

"I just fell in love with this way to honor God through your body in a way that took away that sense of vanity and working out for me – just surrendering to God and being healthy," she added.

Hurley leads SoulCore workshops twice a week in Pittsburgh and has regular participants each time.

The Saint Michael workshop attracted everyone from 20-something young adults to young-at-heart women in their 70s and 80s.

"You can bring people from all walks of life, of all ages, and you're praying the Rosary, which is the core of it, but you're coming together in something that's more common, which is exercise, and you're allowing yourself to be more open to the Rosary and then you immerse yourself in what the Rosary really holds for us, which is growing in holiness," Hurley mentioned.

Ashley Gray owns a gym in Ebensburg and tried SoulCore at Saint Michael.

"Today was really enjoyable," noted the parishioner of Holy Name in Ebensburg. "It felt like it brought me closer to God, and I was able to enjoy my passion for fitness, so combine the two, and it was an amazing experience."

Gray brought a group from her gym, including her grandmother, and felt SoulCore would be a great experience for even those who do not regularly exercise.

Father Warchola hopes it is the start of something great.

"Maybe this will inspire a few of our parishioners to want to be leaders and perhaps have this on a weekly or monthly basis here at the parish or somewhere else in the diocese," he offered. "I'm always open to trying different things that really help us grow in our Catholic faith, and this is one of them."



SOULCORE: Following their SoulCore workout, some of the participants posed with Father Brian Warchola, administrator of Saint Michael Parish in St. Michael. Pictured (left to right): Mike Burggraf, Ashley Gray, Father Warchola, Adella Brown, Valerie Vella, Chris Archangelo, Pam Bailey, and Renee Hoover. SoulCore mixes praying the Rosary with core strengthening exercises.



Congratulations Students, Parents, Faculty & Staff!

Catholic Schools Week

We awarded \$641,019 from 121 permanent endowments this academic year to benefit Catholic school students from kindergarten through college.

Scholarships † Faculty Support † School Operations † STREAM Curriculum

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SFU Will Host Sixth Pro-Life March

Photo And Text By
Tony DeGol

Sometimes the most important lessons a student can learn happen outside of the classroom.

On Tuesday, January 22, elementary, high school, and college students will be among the throngs of people who will descend on Saint Francis University in Loretto for the sixth annual March on the Mountain.

“Participating in the March on the Mountain is a valuable experience for our students,” assured Renee Phister, principal of Saint Michael School in Loretto. “This opportunity allows them to put their faith into action, exercising their moral belief that all life is a priceless gift.”

Older students from Saint Michael are regulars at the pro-life event each year, along with groups of students from Catholic high schools in the diocese.

“Respecting all life and the lives of others is an integral part of our daily instruction at Saint Michael School,” Phister continued. “The March on the Mountain allows our youth to become a unified voice in upholding the sanctity and dignity of human life.”

Phister’s comments surely reflect the feelings of Paul Girardi, a member of the SFU Campus Ministry team and organizer of the March on the Mountain.

“Having the march on this campus is a reminder to everyone that this is a Catholic university and the teaching of the Church revolves around life,” he noted. “I think it is a good reminder for those people who



SUPPORTING LIFE: Saint Michael School students show their support for life by participating in the 2018 March on the Mountain at Saint Francis University in Loretto. Students and adults are invited to the 2019 March on the Mountain at SFU on Tuesday, January 22.

support the pro-life movement – and especially those people who don’t – that people are here and passionate about the cause.”

Girardi is extending a warm invitation to all for the 2019 gathering.

The observance will start with the recitation of the Rosary at 10:30 a.m. at Immaculate Conception Chapel on campus. The march around the mall will begin at 11:00 a.m. and will continue for about an hour. Mass will be celebrated at Noon inside the chapel, followed by Adoration of the Blessed Sacrament throughout the afternoon.

Individuals are welcome for any or all of the offerings.

Once again this year, Bishop Mark L. Bartchak plans to participate.

For those who are unable to attend the March for Life in Washington, D.C., Girardi believes the SFU event is a great alternative.

“If you can go to D.C., by all means go, but for working people or students, I think this is a fantastic opportunity to come here to Saint Francis University to gather and pray together, walk together, and meet new people,” he stated.

Girardi continues to be amazed by the diversity of people attracted to the march each year and their enthusiastic commitment.

“I think you’ll be inspired when you see mothers walking around the mall here with their children, when you see older people, when you see college students, high school students, people from all walks of life, and you get to meet them and talk with them, and I think you’ll feel welcome and at home here,” he stressed. “Please come. It’s an amazing opportunity.”



RESPECTING LIFE: Individuals respond to intercessions during the Respect Life March prayer service in Tyrone on Sunday, January 13. This was the 32 annual event in memory of a little girl whose unidentified remains were found in the area in 1987.

Tyrone Life March Honors Memory Of Baby Agnes Doe

Photos And Text By
Tony DeGol

Lou Schmitt braved the snow and cold like the many others who attended the annual Respect Life March in Tyrone.

Certainly, the elements were not ideal, but for Schmitt, there was an especially personal reason to attend.

When his mother was pregnant with him, she was not married, and Schmitt said there was pressure on her to terminate the pregnancy.

“If it hadn’t been for my mother’s decision to choose life, I would not be here today,” he revealed.

One could guess that most of the others who turned out for the march do not have as powerful a story as Schmitt. Likely,

they showed up because of the other factor that motivates Schmitt’s pro-life beliefs.

“My Roman Catholic faith has taught me that life begins at conception – that a heart begins to beat at the moment of conception and that when an abortion is performed that life is ended,” he added.

Sponsored by the Saint Gregory Council #1218 of the Knights of Columbus, the 32nd annual Respect Life March began with a prayer service at Saint Matthew Parish in Tyrone.

The faithful then walked more than a mile to Oak Grove Cemetery for another prayer

(Continued On Page 9.)

PERIODICAL RATE MAIL

The Catholic
Register

ARISE
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