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Faith Sharing Groups Prepare For Season Two Of ARISE

By Tony DeGol

During these wintry days, most of us are longing the renewal of spring.

Many people throughout the Diocese of Altoona-Johnstown experienced a different renewal last fall and are eagerly awaiting the next opportunity in just weeks.

"It was like a window opened," explained Rita Redden, a member of Saint Patrick Parish in Johnstown.

Redden is describing the joy of better knowing and experiencing the Lord thanks to the diocesan renewal initiative ARISE Together in Christ.

She and five fellow parishioners comprised one of the small faith sharing groups at Saint Patrick.

Like the many other ARISE groups around the diocese, the gang met weekly for the six sessions of season one in October and November.

ARISE Together in Christ is rooted in Scripture and encourages the practice of Lectio Divina, Latin for Divine Reading. Participants are invited to meet Jesus through the Word and explore faith's connection to daily life.

That focus is important to Redden because she considers most of her earlier Catholic formation to be centered on Liturgy



and the sacraments rather than Scripture.

A member of Saint Patrick for about 36 years and a Religious Education instructor, Redden, who facilitated the group, said there was a great comfort level among the six members.

"The people always seemed other-centered," she mentioned.

"We were very lucky – we got a very nice group," concurred Patricia Wolfhope. "The people were extraordinary in that they were willing to share things."

Indeed, one of the keys to ARISE is the desire of the participants to share their thoughts and feelings if they choose to do so.

The Saint Patrick group promised to keep what was discussed among themselves private, perhaps encouraging more

openness.

"It made me just a little more curious about things," continued Wolfhope, a lifelong member of Saint Patrick. "Some things about myself came up."

Lois and Mike Dipko also found the experience beneficial.

"I think I realized that I need to pray more, and talk to God more, and give Him my problems, and hopefully have answers from Him on ways I can improve myself," accessed Lois, another lifelong parishioner.

Mike experienced some health challenges in 2017. He said his engagement in ARISE helped him better understand the ordeal.

Milissa Else, director of pastoral services for RENEW

(Continued On Page 15.)

A Message From Sister Linda ARISE Coordinator

As parishes with their coordinators, teams and small faith community leaders are looking to season two preparations for ARISE Together in Christ, we look back at all the trainings and preparations for launching ARISE with gratitude in our hearts. The participation, renewed faith and the Community building which occurred exceeded our expectations. Yet, we shouldn't be surprised, for when we invite the Holy Spirit into our hearts and our experiences, the seeming impossible becomes possible.

The Spirit of God empowered so many parishes to embrace this experience, and it was embraced with a hope, curiosity, and faith which has given birth to a desire for more. I am especially happy, for without fully knowing it, we have embraced the New Evangelization, the missionary character of the Church for building up the Body of Christ.

Like the Apostles and disciples of the early Church, the message of the Gospel has captured and amazed the hearts of many people throughout our diocese. It continues to be my hope that through the sharing of the Good News, participants will continue to effectively impact



SISTER LINDA
LAMAGNA, C.C. W.

their parishes and the world for Jesus Christ. I am hopeful that by the time we enter season five, we will find our hearts changed and renewed, not ending Renew, but being renewed daily with hearts on fire and filled with passion for our faith as well as a pinning for a deeper relationship with Jesus Christ.

As we turn our eyes to season two and the Lenten invitation to **Change our Hearts**, let us embrace this season with new fervor, ardor, and desire for God, trusting that this is his work and it is he who will (Continued on Page 15.)

Different Nations But One Faith Unites World Youth Day Pilgrims

By Rhina Guidos
Catholic News Service

PANAMA CITY (CNS)

-- Jorge Soto wore a wrestling mask typical of Lucha Libre fighters in Mexico and every few steps he took, others would sidle up to have a picture taken with him. The mask was fun to wear, and it was something associated with his native country, which he was proud to represent at 2019 World Youth Day in Panama, he said.

Other pilgrims wore the flags of their respective countries like a cape on their backs: Australia, El Salvador, Guatemala. Though World Youth Day had not officially started, it seemed as if it unofficially began Jan. 21 on the observation deck overlooking the locks of the Panama Canal, where the young -- and the young-at-heart -- formed a conga line as some beat the drums and others chanted or cheered to honor the Catholic Church, Pope Francis or Mary.

It's a time when "you feel good about everything," said Soto, attending his second World Youth Day, an experience he said helps him meet an international cast of thousands of young Catholics and find meaning in life and in his faith.

As his native country struggles with secularism, he said, "it's up to us to come up with solutions and help others not slip away from their lives of faith." Part of what World Youth Day provides, he said, is a kinship and strength in spiritual beliefs, even if people



(CNS photo/Carlos Jasso, Reuters)

OPENING MASS: Pilgrims cheer before the World Youth Day opening Mass in Panama City January 22, 2019.

come from different parts of the world.

For 16-year-old Charlie Martin of Australia, the event presents the opportunity to come in contact with a physical reality of a Catholic Church that was alive in the Americas centuries before his native country became an independent nation in 1901, one told by the many historic buildings where Catholics in the region worship and where they have built lives of faith. But he also experienced different expressions of that faith than he's used to.

"It's been an amazing, you feel like a celebrity," he said, explaining the warm greetings expressed by Panamanians when they see the pilgrims walking about. "We walk into shopping centers and people are clapping for us."

And indeed, locals wave at buses carrying pilgrims and local businesses have placed posters on storefronts welcoming them and Pope Francis to Panama.

"It's been amazing," said 15-year-old Aubrey Tedd, also traveling with Martin. "Everyone comes together with great energy."

Though it was clear that some did not speak the same language, they still stopped to

shake hands, to sing, to have photos taken together, and ultimately to spontaneously dance near the Panama Canal with people they had never met but with whom they shared some of their deepest set of beliefs.

Though most were just passing through to visit the canal, it became clear, by the flags, by the wearing of pins featuring saints and crucifixes around their necks, that most of those gathered at the site of the historic waterway had arrived for more than just tourism. So, even though there was no official plan, some, perhaps inspired by the spirit, just began shouting.

"Que viva la virgen!" some of the Mexican pilgrims began shouting, cheering on the Virgin Mary. "Que viva el papa!" they shouted, cheering on the pope. Lined against the observatory deck, they also began shouting into the warm winds near the canal "Esta es la juventud del papa!" or "This is the pope's youth."

Their joy made seminarian Hien Vu, 30, of Xuan Loc, Vietnam, smile.

"I want to experience this enthusiasm," he said. "And see the hope of the Catholic Church."

Even those who weren't Catholic, such as Jose Gonza-

lez, a Protestant who was visiting the canal with his Catholic wife, Silvia Lopez, from Huehuetango, Guatemala, were enjoying the moment. Gonzalez said there was much to learn from the experience of faith World Youth Day brings. In fact, it was Gonzalez who encouraged Lopez to

attend World Youth Day with him; they just happened to be visiting the canal when the large group of pilgrims arrived. "We'd heard good things about (World Youth Day)," from one of his brothers, said Gonzalez, adding that he was looking for something he and his wife could benefit from spiritually. People with different beliefs need not be at odds with one another, he said, or be afraid to learn from what the other might be able to teach because the goal is the same: unity and the need to make the world better.

Shortly after, the conga line began. The young pilgrims started it and then some of the chaperones followed.

"It's a lot of fun to be with them," Detroit Auxiliary Bishop Donald F. Hanchon told Catholic News Service.

Having spent time studying in Mexico, he is familiar with the joyful expressions of faith, particularly from the Mexican youth, he said. Hosting the event in a Latin American country can only benefit Catholics from other parts of the world, who may experience something different than what they're used to, he said.

"It's a part of the world that's worth visiting," he said.



(CNS photo/Jaclyn Lippelmann, Catholic Standard)

YOUNG COUPLE: A young couple prays after receiving Communion during the opening Mass of World Youth Day in Panama City January 22, 2019.



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Questions pertaining to the fair may be directed to SFU admissions at 814-472-3100.

Coming In Next Edition...

The Saint John Vianney Relic Pilgrimage was scheduled to be at the Cathedral of the Blessed Sacrament in Altoona on Thursday, January 31.

The incorrupt heart of Saint John Vianney, patron saint of priests, was present at the Cathedral for veneration.

The pilgrimage was part of a nationwide tour sponsored by the Knights of Columbus.

Complete coverage of the pilgrimage in Altoona-Johnstown will be featured in the next edition of *The Catholic Register*.

Franciscan Father To Address Prayer Group

Father Jonathan St. Andre, T.O.R., director of novices at St. Francis Friary in Loretto, will speak at 7 PM on Monday, February 4, at the Cathedral of the Blessed Sacrament.

He will address the gathering of the Cathedral Prayer Group. Everyone is invited to attend.

All meetings end with prayer ministry for healing and other concerns.

Father Jonathan guides his new friars through a year of in-

tensive prayer, spiritual direction and discernment as they prepare to profess temporary vows of

poverty, chastity and obedience.

The Cathedral Prayer Group music ministry will lead the praise and worship.

Greensburg Diocese Men's Conference

GREENSBURG — A conference designed to bring men closer to Christ to positively affect their lives and their communities will be sponsored by the Diocese of Greensburg March 30 at Greensburg Central Catholic Junior-Senior High School in Hempfield Township.

"THE WELL: Come and be Renewed" men's conference has the theme "What are you looking for?" It will feature Erie native Mike McCoy, a former Notre Dame and NFL star, as the keynote speaker in addition to 24 separate workshops.

The conference begins at 7:30 a.m. with registration and a continental breakfast. The opening prayer will be at 8:20, and McCoy's talk follows at 8:35. Adoration and Benediction will be at 9:45, and three sessions of workshops will be held from 10:55 a.m. to 2:15 p.m.

The sacrament of reconciliation will be offered throughout the day, and the conference closes with Mass celebrated by Greensburg Bishop Edward C. Malesic at 2:30 p.m.

The diocese's Men's Ministry Team is coordinating the conference.



FATHER JONATHAN ST. ANDRE, T. O. R.

Coming Up On Proclaim

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

February 10 -- In celebration of Valentine's Day, Wayne and Gloria Delozier, members of Saint Rose of Lima Parish in Altoona, share their secrets for a long and happy marriage.

February 17 -- As early bird registration for the diocesan summer camps continues, students who participated in past camps share the joys of their experiences.



Colette of Corbie

1381-1447

FEAST February 7

Born Nicolette Boellet in France, this reforming saint preferred Colette, her nickname. She entered and left several religious orders, then lived as an anchorite, or hermit, for three years. Eventually, she discerned that God wanted her to return Franciscan religious to their original rule of strict poverty. She was empowered in her reforms by the schismatic Benedict XIII, recognized in France as pope. Considered the founder of the Colettine Poor Clares, Colette also helped inaugurate reforms among Franciscan friars. She spent every Friday fasting and meditating on Christ's Passion. After reportedly saving the life of a woman dying in childbirth, Colette was considered a patron of expectant mothers.



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Vocation View

By Father
Matthew ReeseDiocesan
Director Of
Vocations

When experiencing a spiritually euphoric moment like we just experienced with the visitation of the Heart Relic of Saint John Vianney, it becomes a challenge for us to sustain that level of spiritual bliss. Our human nature is not yet ready for the infinite glory of God, but that does not mean that we cannot make long strides in our journey of faith to the heavenly kingdom.

We know that by reading scripture that God listens to the cry of His people. All of those prayer intentions that we offered to God while in the presence of the Heart Relic will not go unheard. How many of you prayed for more priests to be raised up in this Diocese of Altoona-Johnstown? How many of you prayed for the sanctification of the priests who still serve us daily? Do you think that God would ignore such a plea made from the depths of our hearts?

There are many reasons why this visitation of the Heart Relic is and has been so very important for our Diocese of Altoona-Johnstown. The purpose of my article is to focus on the aspect of priestly vocations. Certainly, this is an area where we need strength and renewal. It is my prayer that at the Cathedral on that day several young men heard within their own hearts and souls God's voice speaking to them, and that they may be inspired by the life that Saint John Vianney lived.

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

Clearer Details Emerge In Viral Video Incident

By Carol Zimmermann
Catholic News Service

(CNS photo/Kaya Taitano, social media via Reuters)

EXCHANGE: Students from Covington Catholic High School in Park Hills, Ky., stand in front of Native American Vietnam veteran Nathan Phillips January 18 near the Lincoln Memorial in Washington in this still image from video. An exchange between the students and Phillips January 18 was vilified on social media the following day, but the immediate accusations the students showed racist behavior were stepped back as more details of the entire situation emerged.

WASHINGTON (CNS)--An exchange between Catholic high school students and a Native American tribal leader in Washington Jan. 18 was vilified on social media the following day, but the immediate accusations the students showed racist behavior have been stepped back as more details of the entire situation have emerged.

Many say the incident still needs to be investigated or discussed and others have pointed out that what happened can still provide a teaching moment not just about racism but also about news coverage and social media's rapid response.

The student most prominent in the footage, junior Nick Sandmann of Covington High School in Kentucky, issued a statement Jan. 20 saying he has "received physical and death threats via social media, as well as hateful insults" based on reaction across social media. He also said he would cooperate in any investigation church leaders plan to undertake.

The group's chaperones, also criticized on social media, said later the students "were targeted from the get-go."

The march, held a few days before the actual anniversary this year, took place on the same day as the first Indigenous People's March where marchers walked in the other direction on Constitution Avenue to draw attention to injustices against indigenous people.

At the day's end, while students from Covington Catholic High School who had attended the March for Life were waiting for their buses to pick them up near the Lincoln Memorial, they met up with members of the Indigenous People's March, in particular Nathan Phillips, tribal elder for the Omaha Tribe.

In clips from a video that went viral almost immediately, students are shown surrounding the leader, who is chanting and beating a drum. They appear to be mocking him and one student in particular, who is inches away from the drummer and never moves, was accused of flagrant disrespect.

Some students in the crowd were identified by their Covington High School sweatshirts but the attire that drew the most rage was the "Make America Great Again" hats worn by a few in the group. The clip caused immediate outrage.

In response to the escalating fury and disgust on social media against these students, Covington High School and the Diocese of Covington issued a joint statement Jan. 19 saying they condemned the students' actions "toward Nathan Phillips specifically, and Native Americans in general."

The day after the initial clip of the exchange went viral, extended footage of how the situation unfolded appeared on social media, and the students issued their own statements about it,

like Sandmann, who was directly in front of the Native American drummer.

Longer videos shown online reveal that another group at the foot of the Lincoln Memorial included members of the Hebrew Israelites, who also were attending the Indigenous People's March to share their own beliefs that African-Americans are God's chosen people and the true Hebrew descendants.

Members of this group, as shown in video footage, taunted the students and some responded back. Phillips, the Native American, walked over to the students and the group, as an intervention, singing and beating a song of prayer.

Sandmann, in a statement, said Phillips "locked eyes with me and approached me, coming within inches of my face."

"I did not speak to him. I did not make any hand gestures or other aggressive moves. To be honest, I was startled and confused as to why he had approached me. We had already been yelled at by another group of protesters. ... I was worried that a situation was getting out of control."



(CNS photo/Chaz Muth)

YOUTH DAY WELCOME: World Youth Day volunteers welcome Pope Francis to Panama City's Rommel Fernandez Stadium, where he thanked them for their service in making the event a reality January 27, 2019.



Anonymous Reporting System Launched In Diocese

On January 14th, 2019 the “Safe2Say Something” (S2SS) <https://www.safe2saypa.org/> anonymous reporting system was launched in schools across Pennsylvania including the schools operated within the Diocese of Altoona-Johnstown.

In 2018, the General Assembly of Pennsylvania passed Act 44 mandating the establishment and use of the “Safe2Say Something” (S2SS) anonymous reporting system by every Pennsylvania school entity.

The Office of the Attorney General (OAG) established the S2SS initiative and will manage and maintain the program. The OAG, in partnership with Sandy Hook Promise – a leader in anonymous reporting systems, is building out the app, website and PA-based 24/7 Crisis Center platform.

S2SS is a life-saving and changing school safety program that teaches students, educators, and administrators how: (1) to recognize the signs and signals of individuals who may be at risk of hurting themselves or others and (2) to anonymously report this information through the S2SS app, website, or 24/7 Crisis Center Hotline. The following provides an overview of how the program works and will be implemented in schools:

S2SS works through 5 easy steps:

1. A tip is submitted via mobile app, website, or by calling the PA based 24/7 Crisis Center
2. The tip is then triaged by the Crisis Center to gather enough information to act on it
3. The tip is delivered to the impacted school and, as needed, local law enforcement via 911 County Dispatch
4. The school and, as needed, local law enforcement assess and intervene with the at-risk individual
5. The school then closes out the tip and reports

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**.

actions taken as a record for their school

A Diocesan S2SS team has been formed to support the elementary schools with this initiative. Our four high schools each have their own teams and will be monitored to be sure they are on task.

For the remainder of this school year the diocesan elementary team will be responsible for all of our elementary schools. This special group has been trained to assist with submissions to school administration for intervention. In the event of an emergency, emergency personnel and/or law enforcement will be notified by the crisis center.

Implementation of a new program in the middle of the school year can be challenging for our educators and we are doing our best to minimize interruption to the school year, therefore this group will also serve as a liaison for

next school year wherein each elementary school will be required by law to have their own team.

The overall impact and benefits of educating our students and families on the warning signs and signals of HOW and WHEN to say something will help in our schools and communities with the hope of reducing violence, self-harm, bullying, drug use and overall victimization and more students getting the help and resources they need, ultimately creating safer and healthier environments.

For inquiries 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.



CAROLING: The Four-Year-Old and Pre-K classes at our Lady of Victory Preschool in State College sang carols on December 20 at Juniper Village Nursing Home and Greenhills Village (Wynwood House) Nursing Home. The residents and the children had a great time visiting with each other and the Christmas season was an enhanced faith-filled experience for everyone. These community activities enable the children to put into practice the spiritual lessons they learn at school each day.



Intellect And Virtue

By John Garvey

One Man's Meat



One of our girls gave me a book for Christmas, "One Man's Meat," by E.B. White. We agreed to start a little book club, just the two of us -- coffee once a month to talk about it.

The book is a collection of monthly columns White wrote for Harper's after leaving Manhattan to take up farming in Maine. That was the appeal for our daughter, who spent one summer on a farm in Maine and loves revisiting it in her imagination.

For me, the attraction was White's prose. Our children know him as the author of "Charlotte's Web" and "Stuart Little." Grammar enthusiasts associate him with "The Elements of Style," which he wrote with his old English professor from Cornell, William Strunk Jr.

In all of these works, White's writing is clean, brief and engaging, a conversation with the reader. Here he is talking about his new brooder stove for keeping his chicks warm: "The thermometer now registers 68 degrees and the chicks are standing round with their collars turned up, blowing on their hands and looking like a snow-removal gang under the El on a bitter winter's midnight."

Compare that with a passage from another of our presents, the GE Universal Remote instruction manual: "Sometimes the first code that 'works' with your device may operate only a few functions of your device. There may be another code in the code list that performs more functions. Continue the auto code search as directed above until the best code is found."

The contrast between these two accounts tells us something useful about what college students should study. STEM majors (science, technology, engineering and math) are increasingly popular, as are pre-professional tracks like nursing and business. The humanities (philosophy, history, English,

languages, arts) now account for only 11 percent of degrees at elite research universities.

This is a bad trend, and not just for the faculties who teach students how to write. When I was a young man representing the government in the Supreme Court, I noticed that the surest test of a good lawyer was the ability to explain really complicated laws (ERISA, Medicare and Medicaid, energy regulation) in language my mom could understand. The most persuasive arguments are also the plain and simple ones.

Clear expression isn't just essential for getting one's point across. When I am teaching a class I find that if I can't translate my ideas about the law into another idiom, I don't really understand it myself.

Part of my job, now that I am president of Catholic University, is getting reports and reviewing the work of finance and accounting professionals -- the university's audited financial statements, the judgments of credit rating agencies, the recommendations of our board and professional advisers about the allocation of our investment portfolio. I am no expert in these matters, but I am responsible for how they are managed. For that reason, I prefer to hire people who can express themselves in words I can understand.

It's the same in science and medicine. People like Carlo Rovelli and Atul Gawande are influential in large part because they can make themselves understood in clear prose. And when I go to the doctor, I like to know what he is going to do to mend why.

This is not to say that everyone should major in English. It is to say, though, that learning to speak and write clearly is essential to success in all the disciplines that young people are flocking to these days. As White and his old professor put it, "Although there is no substitute for merit in writing, clarity comes closest to being one."

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Faith At Home

By Laura Kelly Fanucci

Words Grow Faith



Two groups ask me often what they can do to help their children grow in faith: parents of toddlers and parents of young adults.

Surprised? While their ages and stages of life may differ, the two groups are closer than you might think.

When I write about faith at home, I often hear from new parents. They want to know what prayers or books they can use to make sure their child learns the faith. Their enthusiasm and anxiety are evident: They want to get it right.

When I speak in parishes, I always hear from parents whose adult children have stopped going to church. They want to know why their children left and how they could encourage them to come back. Their faith and grief is clear: They want to know where things went wrong.

I sympathize with parents of young ones. It's the beginning of family life at home. The stakes for faith feel high.

And I ache for the parents of adults who have left the church. It's beyond the years of family life at home. I want to tell the first group: Don't worry. God is at work in ways you can't see. It's not all up to you.

I want to tell the second group the same.

But encouragement is not enough. We want to act, especially when our children and their faith is concerned.

So what can we do? Take our own advice. Use your words. Just as parents coach and coax toddlers to practice their language skills (rather than throw a tantrum), we can encourage each other to use our conversations, witness and prayers for the children we love.

First, use your words to share your faith.

Remember the power of example. How often do you talk about God, prayer or the

church with the children or young adults in your life? Have you ever spoken about your own faith journey, struggles or questions?

If you share what brings you joy, purpose, peace and truth, young people will notice. Even if they don't always agree or understand, they are paying attention to the way you live your life and how your faith shows up in everyday conversations.

Second, use your words to bear witness to your faith.

Remember the importance of integrity. How do your children hear you talk about other people? Politicians you disagree with? Individuals or groups you don't like?

Children are listening from their earliest days. Despite the influence of friends, media and culture, parents still have significant influence on the beliefs and morals of their children.

Think about the language and tone you use in conversation with your children. Do your words and tone reflect your values, no matter the topic?

Finally, use your words to pray for young people.

Ultimately our children's faith -- like every part of their lives -- is out of our control. But prayer reminds us that each child belongs to God.

Remember the words we believe, the Word that matters most: Be not afraid. I am with you. If we start a daily habit of entrusting the children we love to God, we can find comfort, hope and guidance in God's care.

At the recent synod on "Young people, faith and vocational discernment," the Vatican's preparatory document read: The church wants again to state her desire to encounter, accompany and care for every young person, without exception.

We can do the same for the children in our lives. We can use our words for good.



By Greg Erlandson

Extra! Extra! Can You Read All About It?

Fifty-three journalists were killed worldwide in 2018. Some died in war, but a shocking number died exposing corruption, covering protests or just doing their job. Time magazine called them and their harassed and persecuted colleagues "Guardians" of truth, and named them collectively "Person of the Year."

In the United States last June, four journalists and another staffer at the Capital Gazette, a local newspaper in Annapolis, Maryland, were killed by a local man who resented that the newspaper had reported on his harassment of a woman.

The widow of one of the victims said of the press and its importance to society: "A lot of people don't understand how important what goes on in their community is to them and how it affects their quality of life -- maybe until it's gone."

This is more than simply a defense of the First Amendment. This has a dollar and cents impact according to a study by three Midwestern researchers titled "Financing Dies in Darkness? The Impact of Newspaper Closures on Public Finance."

It looked at the impact of newspaper closures on communities, concluding that communities lacking a newspaper paid higher borrowing costs because insurers worried that corruption and scandal might go too long unexposed:

"Overall, our results indicate that local newspapers hold their governments accountable, keeping municipal borrowing costs low and ultimately saving local taxpayers money."

Newspapers benefit democratic societies in other ways as well: Recent polling by The Washington Post found that of all consumers of media, newspaper readers were least likely to believe political falsehoods.

The Post did not offer an explanation, but newspapers have the space to offer context and provide depth to news stories (as opposed to the superficial gloss of network evening news or the ideological opinions of cable).

As Time magazine said in its special issue, "The press always has and always will commit errors of judgment, of omission, of accuracy. And yet what it does is fundamental."

So what does all this have to do with Catholics?

I think that the Catholic press -- while not as threatened by violence and certainly not as well-funded as its secular counterparts -- has an important role to play in the local Catholic community, especially at this present time. Most obviously, a robust Catholic press make "transparency" and "accountability" more than just slogans.

During the recent wave of abuse crises, pollsters have found that Catholics who are reading their Catholic press have a greater awareness not just of what has gone wrong, but of what the church has been doing to prevent abuse over the past 20 years. While much secular media coverage treats every expose as if it happened yesterday and the church has done nothing, readers of the Catholic press know better.

Unfortunately, there are fewer of those readers because there are fewer Catholic newspapers. Papers are being shut down. Frequency is declining. Space for news shrinking. Accountants don't want to pay for them. The result: Most Catholics get news about their church from secular news sources or perhaps hysterical social media outlets.

Last year, Pope Francis said that the task of the press "both Catholic and secular" is "to inform correctly, to offer every-

one a reporting of the facts that conform as closely as possible to reality" and to make complex issues accessible to most people.

A Catholic press that reports the whole truth and its context serves the church best, especially in this polarized age. Well-funded Catholic media with high journalistic standards and a love for the faith is a resource for educating and informing Catholics that is needed today more than ever.

Erlandson, director and editor-in-chief of Catholic News Service, can be reached at gerlandson@catholicnews.com.

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Faith Community Gathers At Altoona Cathedral On The Eve Of March For Life

By Tony DeGol

Many years ago, the late Illinois Congressman Henry Hyde spoke words that still empower those who tirelessly defend life:

“When the time comes, as it surely will, when we face that awesome moment, the final judgment, I’ve often thought, as Fulton Sheen wrote, that it is a terrible moment of loneliness. You have no advocates, you are there alone standing before God – and a terror will rip your soul like nothing you can imagine. But I really think that those in the pro-life movement will not be alone. I think there’ll be a chorus of voices that have never been heard in this world but are heard beautifully and clearly in the next world – and they will plead for everyone who has been in this movement.



(CNS photo/Gregory A. Shemitz)

PRO-LIFE: Young pro-life advocates carry a banner in front of the U.S. Supreme Court while participating in the annual March for Life Jan. 18 in Washington.

They will say to God, ‘Spare him, because he loved us!’”

That love was evident among those who attended a prayer service at the Cathedral of the Blessed Sacrament in Altoona on Thursday, January 17 – the eve of the March for Life in Washington D.C.

“We gather tonight celebrating the gift of human life from conception to natural death,” said Monsignor Robert Mazur, Rector of the Cathedral and Diocesan

Director of Liturgy. “It is a gift from God.”

Monsignor Mazur presided at the service since Bishop Mark L. Bartchak was invited to deliver a homily at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C., as part of the pre-March for Life observances there.

“We pray that the presence of our brothers and sisters in

Washington, D.C., will be a statement of what we believe and what we profess: life is precious, and we are all made in the image and likeness of God from the moment of conception until the moment we die,” stressed Monsignor Mazur.

Those planning to travel to the March for Life were among those who attended the prayer service. Monsignor Mazur offered the pilgrims a special blessing.

“We cannot support abortion in any way, and we need to support life,” insisted Rita Kibler, a Cathedral parishioner who attended the service and was heading to Washington the next morning. “Life is the most important thing and God has created it. We cannot take it.”

Thomas Forr is the president of the Blair County chapter of Citizens Concerned for Human Life.

“Life comes from God, and it’s a gift for us,” he maintained. “We don’t have the right to take it, we don’t have the right to destroy it.”

A veteran participant of the March for Life, Forr said the important part of the experience is the people.

“You see people from all over the country, youth from all over the place,” he explained. “And then you see the signs that invoke sympathy in your heart for what’s really been happening. And then you hear the stories from women who have had abortions. It just makes you feel that there needs to be something done.”

Forr noted that there has not been an abortion clinic located in the counties of our diocese for about a decade and local hospitals stopped performing abortions at least 20 years ago.

“I think a lot of that is due to the prayers that have been offered up, especially the Rosary,” he added.



(CNS photo/Tyler Orsburn)

CHOOSE LIFE: A pro-life sign is displayed during the 2019 annual March for Life rally in Washington January 18.

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Arctic Temperatures Didn't Dampen Spirit At Annual SFU March On The Mountain

Photo Text By
Tony DeGol

Even arctic weather cannot deter a mom from doing what is right.

Just ask Mary Lou Zimmerman and Dot Deangelo.

"We have children of our own, and we think children are the most important thing in the world," proclaimed Zimmerman. "They're our life. Children are a gift from God who should be loved, and cherished, and spoiled, and not killed for any reason."

It is a perfectly reasonable statement, but, tragically, not everyone supports that truth. For that reason, Zimmerman and Deangelo braved single-digit temperatures – and even harsher wind chills – for the sixth annual March on the Mountain on Tuesday, January 22 at Saint Francis University in Loretto.

The two ladies, both members of Saint Francis Xavier Parish in Cresson and members of the Catholic Daughters of the Americas, were among the dozens of people who turned out for the gathering, which is a mini-version of the March for Life in Washington, D.C., held this year on Friday, January 18.

"Saint Francis University espouses Church teaching, we support the Catholic Church's position on pro-life issues 100 percent, and it's important for us as a university community to give witness to that," noted Third Order Regular Franciscan Father Malachi Van Tassell, president of Saint Francis University. "This is a great opportunity for those who cannot go to the March for Life or who want to march again to demonstrate that they are firmly pro-life and that we stand as one as we seek to end abortion and really bring an awareness to that issue in the public square."

The crowd included a nice mix of religious, adults, SFU students, and Catholic high school students – all sharing a common bond.

"We're here today to pray



MARCH ON THE MOUNTAIN: Dozens of pro-life individuals braved frigid weather for the annual March on the Mountain on Tuesday, January 22 at Saint Francis University in Loretto.

for all human life from the very beginning at conception until natural death," commented Father Brian Warchola, administrator of Saint Michael Parish in St. Michael, who also attended the march.

"Anytime we can do that, and truly unite as one people, unite as Catholic Christians, it's a time for us to celebrate human life and truly give thanks to God for the life He has given us."

Prior to the march, many people gathered inside Immaculate Conception Chapel on campus to pray the Rosary.

Paul Girardi, a member of the SFU Campus Ministry team and organizer of the March on the Mountain, offered a sobering reminder of why the event is necessary.

"Although some progress has been made over the years, roughly four thousand abortions a day are still occurring and euthanasia is still a reality," he said. "Perseverance and strength are still required of us. We must speak up for those who have no voice. We must defend our ideals even among our own family, friends, and colleagues."

Girardi insisted that pro-life forces must resist the pressure

to compromise their values or to conform to anti-life positions that may seem "popular" in some segments of society.

"Our answer is 'no, we will not!,'" he added.

Those in attendance realized that their efforts to champion life

must continue, not only at various marches in January, but all year long.

"There are opportunities in our community to support organizations that support mothers and families in decisions for life and to be open to those individu-



(CNS photo/Tyler Orsburn)

FUTURE PHYSICIAN: A pro-life sign is displayed during the 2019 annual March for Life rally in Washington Jan. 18.

als in need," offered Deangelo. "And also to let our voices be known with our legislative bodies to support life and to recognize the living person."

One legislator committed to life is State Senator Judy Ward. She is a regular at the March on the Mountain, and this year was no exception.

"Pro-life to me is just something you feel inside of you, and I'm a big believer in our God-given rights, and they align with our constitutional rights," she stressed. "The right to life is the most basic of our rights."

Following the march, Mass was celebrated inside the chapel followed by a period of Adoration of the Blessed Sacrament.

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Pope Wants Abuse Summit To Lead To Clarity, Action

By Carol Glatz
Catholic News Service

VATICAN CITY (CNS) -- At the upcoming meeting on protecting minors, Pope Francis wants leaders of the world's bishops' conferences to clearly understand what must be done to prevent abuse, care for victims and ensure no case is whitewashed or covered up.

"The pope wants it to be an assembly of pastors, not an academic conference -- a meeting characterized by prayer and discernment, a catechetical and working gathering," Alessandro Gisotti, interim director of the Vatican press office, told reporters Jan. 16.

The February 21-24 meeting on the protection of minors in the church "has a concrete purpose: The goal is that all of the bishops clearly understand what they need to do to prevent and combat the worldwide problem of the sexual abuse of minors," Gisotti said, reading from a written communique in Italian and English.

"Pope Francis knows that a global problem can only be resolved with a global response," he said.

The pope announced in September that he was calling the presidents of the world's bishops conferences, the heads of the Eastern Catholic churches and representatives of the leadership groups of men's and women's religious orders to the Vatican to address the crisis and focus on responsibility, accountability and transparency.

Gisotti said, "It is fundamental for the Holy Father that when the bishops who will come to Rome have returned to their countries and their dioceses that they understand the laws to be applied and that they take



(CNS photos/Paul Haring)

ORGANIZING COMMITTEE: A composite photo shows the members of the organizing committee for the February 21-24 Vatican meeting on the protection of minors in the Church. Members of the organizing committee pictured (left to right) are: Cardinal Blase J. Cupich of Chicago; Cardinal Oswald Gracias of Mumbai, India; Archbishop Charles Scicluna of Malta, adjunct secretary of the Congregation for the Doctrine of the Faith; and Jesuit Father Hans Zollner, president of the Centre for the Protection of Minors at the Pontifical Gregorian University and a member of the Pontifical Commission for the Protection of Minors.

the necessary steps to prevent abuse, to care for the victims and to make sure that no case is covered up or buried."

He acknowledged the "high expectations" surrounding the meeting and emphasized that "the church is not at the beginning of the fight against abuse."

"The meeting is a stage along the painful journey that the church has unceasingly and decisively undertaken for over 15 years," he said.

In a separate communique, the Vatican press office said the meeting's organizing committee met with Pope Francis Jan. 10. The committee members are Cardinals Blase Cupich of Chicago and Oswald Gracias of Mumbai, India; Archbishop Charles Scicluna of Malta, adjunct secretary of the Congregation for the Doctrine of the Faith; and Jesuit Father Hans Zollner, president of the Centre for the Protection of Minors at the Pontifical Gregorian University and a member of the Pontifical Commission for the Protection of Minors.

The members informed the pope about their preparations for the gathering, which will include plenary sessions, working groups and moments of common prayer and "listening to testimonies."

Pope Francis has asked Jesuit Father Federico Lombardi, the former director of the Vatican press office, to moderate the plenary sessions.

The meeting will include a penitential liturgy Feb. 23 and a closing Mass Feb. 24,

Gisotti said.

"Pope Francis guaranteed his presence for the entire duration of the meeting," the communique said.

The organizing committee has already informed participating bishops that they should prepare for the gathering by meeting with survivors of abuse.

"The first step must be ac-

knowledging the truth of what has happened. For this reason, we urge each episcopal conference president to reach out and visit with victim survivors of clergy sex abuse in your respective countries prior to the meeting in Rome to learn firsthand the suffering that they have endured," said the committee in a letter released to the public by

Pope Francis Invites Young To Join Online Prayer APP

By Carol Glatz
Catholic News Service

VATICAN CITY (CNS) -- Pope Francis helped launch a new mobile app and online platform connecting people around the world in prayer.

The pope presented "the official platform of the Pope's Worldwide Prayer Network: Click To Pray," on January 20 after praying the Angelus with visitors gathered in St. Peter's Square.

The prayer network, formerly called the Apostleship of Prayer, is a Jesuit-run outreach that has given Catholics the pope's monthly prayer intentions since 1890. The global prayer network started offering the prayer intentions on video over social media in 2016.

"I above all invite you, young people, to download the app, Click To Pray," the pope said, asking them to keep "praying together with me the rosary for peace. "Internet and social media are a resource in our era, a chance to stay in touch with

others, to share values and plans and to express the desire to be a community. The web can also help us pray as a community, to pray together," he said.

The website www.clickto-pray.org and the mobile app --

available for Android and iOS -- are offered in six languages: Spanish, English, Italian, French, Portuguese and German. A version will soon be available in Vietnamese and Chinese, the site said.



(CNS photo/Remo Casilli, Reuters)

BOARDS PLANE: Pope Francis waves as he boards the plane on January 23, 2019, at Fiumicino Airport in Rome for his visit to Panama for World Youth Day.

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Pope Francis In New Book Calls For New Alliance Between Young, Old To Change The World

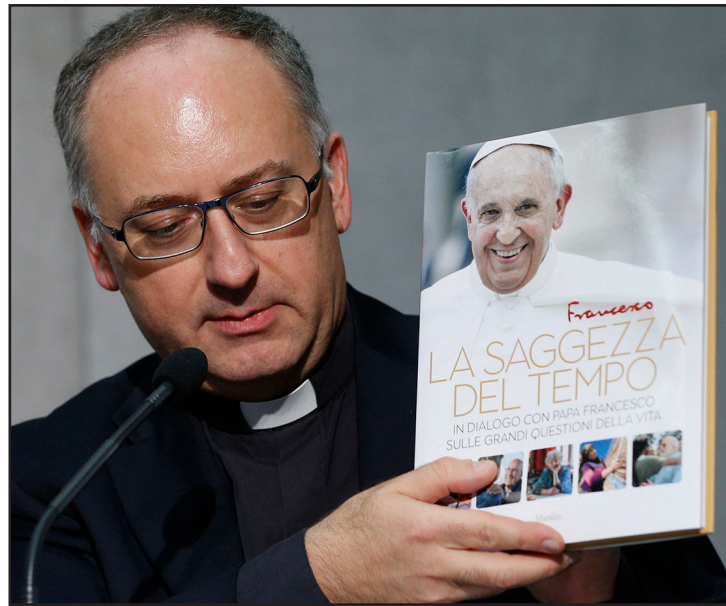
By Carol Glatz
Catholic News Service

VATICAN CITY (CNS)
-- With the launch of a new book, Pope Francis is calling for a new alliance -- between young and old -- to change the world.

In an effort to counteract today's "culture of waste" that too easily marginalizes or ignores the young and the elderly, the book by Loyola Press creates a model of storytelling, dialogue, connection and reflection to help inspire these two groups to come together and rediscover older people's lost "treasure of their wisdom."

Packed with large full-color photographs of the elder contributors, the coffee-table-style book, titled, "Sharing the Wisdom of Time," was released Oct. 23 at a book launch in Rome, with the pope scheduled to attend.

This alliance entails elders sharing their past ex-



(CNS photo/Paul Harin)

NEW BOOK: Jesuit Father Antonio Spadaro, editor of *La Civiltà Cattolica*, holds a copy of the new book, "Sharing the Wisdom of Time," during a briefing to discuss the Synod of Bishops on young people, the faith and vocational discernment at the Vatican in October. In the book, Pope Francis offers commentary on the life stories of older people throughout the world.

periences, advice, insights and dreams with younger people who are hungry for guidance

and support as they prepare for their future, the pope said in the book's preface.

Older people need to be "memory keepers," forming a choir of praise and prayers supporting the people around them, he wrote. The pope calls on

young people "to listen to and bond with their elders," and the book offers a starter course, of sorts, offering scores of stories and wisdom from older people from 30 countries and from every walk of life: retired lawyers and engineers, farmers, garbage pickers, activists, refugees and a spiritual elder of the Lakota People in the United States. They speak of their experiences with racism, forgiveness, imperfection, conversion, beauty and joy despite the setbacks.

The stories are spread over five thematic chapters: work, struggle, love, death and hope, and each chapter begins with the pope reflecting on each theme. The book also includes a few stories by younger people sharing, "What I learned from an elder" and how an older person acted like an anchor, offering hope, support or inspiration in their lives.

The book invites readers to find opportunities to dialogue with elders and to visit www.sharingwisdomoftime.com for ideas and suggestions on how to spearhead intergenerational conversations, events and projects at home, in their communities and their parishes.

Some of the words of wisdom by the pope in the book:

-- "Failure is the source of much wisdom," he said. "No complaining allowed! It does not help. It does more harm than good."

-- "Our life is not given to us as an already scripted opera libretto," where all the scenes are predetermined and fixed. "Failures cannot stop us if we feel the fire in our heart" to move forward and learn from mistakes.

-- "The success of life is not glory but patience. Sometimes you need a lot of it."

-- "Our God wants to join us in our history," he said. Just being content with survival and "not wanting to make history is a parasitic attitude."

-- Speaking about refugees who have faced insecurity with discernment and courage to leave their homes, they "will not let themselves be overcome by difficulties." They refuse to accept defeat, "there is no wisdom in just giving up."

-- One person cannot solve

all the problems in the world, but she or he can oppose it with being good, kind and caring to oneself and others. "You can fight with the smile and with the readiness to be kind to others."

-- "Learn the wisdom of getting help. You experience the solidarity that allows your heart to dream" and pull one out of despair.

-- "Failure is not the last word. Failure always has a door that opens; woe to you if you turn it into a wall. You will never be able to get free."

-- "Sometimes we turn our little misadventures into epic dramas," but people need to put things into their proper perspective and maybe have a good sense of humor. "Love is creative and it will not be overcome by the disasters and pitfalls of life."

-- "We can look at death and feel rich, because God lavishly 'wastes' his grace poured out on us."

-- "If God did not forgive sins, the world would have ceased existing a long time ago."

-- It is easy to judge others who have sinned, but "what I see are people who have lived," he said. "Hope can be read in wrinkles."

-- On life being like a tapestry, "there is good and bad, death and life. If I look at my life, I like to think that the Lord would say with a smile, 'Look what I did with all your mistakes,'" giving the tangled threads new shape and meaning.

-- "Hypocrites will be scandalized by the miracles God works with our mistakes." Reversing a situation from sin to grace "is one of the most wonderful ways God acts in our lives."

-- "Complaining rusts out the soul," so do not pine over lost opportunities and temporal glory, remember the true final destination is to be with God.

-- "Faith is not paying a toll to go to heaven." God wants people to go forward with his love and "give us back to ourselves. God does not want anything 'from' us; he wants everything 'for' us."

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).

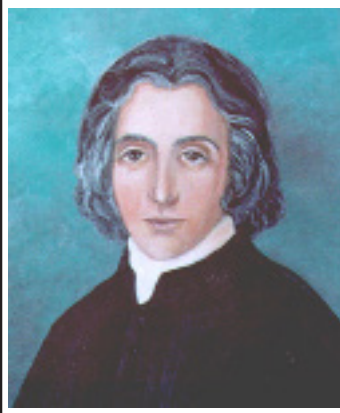
May Christ's saving work continue to the end of the ages, and may we feel a more urgent call to work for the salvation of every creature. We pray this, as did your priest Demetrius Gallitzin, through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God,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

+ + +

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Faith Is Foundation And Future At Bishop Carroll Catholic High School

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A Soaring Spirit

With faith as the foundation of Catholic education, students embark on a spiritual journey through which they gain important personal insight and learn the importance of putting others' needs before their own. At Bishop Carroll, we feel the presence of Jesus daily! Students worship together with monthly Masses, Penance Services several times per year, daily religion class, daily prayer as a school and in each individual class, and have the ability to visit the school chapel during the day for quiet prayer and further develop their personal relationship with God.

Sharing the Good News outside our school campus is an important priority. After completing of the Alpha Course in 2017, Bishop Carroll established the Faith on Fire program, small faith-sharing groups that bring students together for deeper discussion about their faith. Campus Ministry Director Karen Blaisdell organizes and facilitates the Faith on Fire sessions twice every month. Students especially love learning how to openly express their beliefs among their peers. Sophomore Maddie Wirfel stated that "I'm thankful for Bishop Carroll because the school gives me the ability to have a great education, be religious, and talk about God."

A Giving Heart

As Saint Francis of Assisi said, "It is in giving that we receive."

At Bishop Carroll, students



SING-A-LONG: Students gather around the piano for some fun. They are pictured (left to right): Nick Witham, Caleb Hilyer, Austin Oravec (at piano), Brock Delauter, Taylor Ostinowsky, Emma Gittings, and Bella Lin.

know that in serving our school, our community, our parishes and the world we make the biggest impact. A school-wide service project that is close to every student's heart is Bishop Carroll's partnership with Compassion International's Adopt-a-Child program. School Mass collections go directly to helping cover care for Elmer, a young child living in Guatemala. Students find joy in communicating regularly with Elmer, learning about his life and letting him know that they care about him. Through this personal relationship students can see the difference they can make. Many juniors and seniors also participate in an annual 30 Hour Food Fast to raise funds for local Catholic organizations that help fight poverty.

Students give their time and resources to a wide array of projects and organizations all year long, including The Dorothy Day Center, St. Vincent DePaul, Ebensburg Food Pantry, Catholic Charities, local nursing homes and senior centers, grade schools and more.

A Strong Mind

At Bishop Carroll, the unique talents and capabilities of each student are celebrated and encouraged. Students know that they have the direction and support to achieve their dreams for college, career and life.

College-bound students can

tain GPA at Bishop Carroll.

Through the Professor in Residence program, students receive direct instruction from Saint Francis University faculty in college-level courses—without leaving Husky Hill. For students with talents and interested in vocational education, a partnership with Admiral Peary Vo-Tech is available during junior and senior years. Most importantly, Bishop Carroll provides ideal class sizes and individualized attention, along with high standards for academics and student behavior.

An Active, Healthy Body

Learning to live a healthy lifestyle helps students stay on a positive path after high school. Physical education and family and consumer science courses teach students about making healthy life decisions. Clubs and activities are available to meet a wide variety of interests and help students develop their God-given talents. Junior Taylor Ostinowsky commented that, "I am thankful for the friends I meet and the teachers I see every day,

who encourage me to reach my highest potential and be the best version of myself."

In addition to boys and girls athletics, Bishop Carroll is one of the few schools in the area to support a rifle team. Music and drama, art, archery, a medical first responders and gardening are just a few of the extracurricular clubs and activities available to students.

Becoming part of the Bishop Carroll family is an experience that creates a strong foundation for the lives of each student, rooted in Jesus Christ, and supported by a strong community of faculty, staff, families and alumni.

For more information about Bishop Carroll, please visit www.bishop-carroll.com or call 472-7500. Find out today how Bishop Carroll Catholic High School is putting faith in the future!



CHALLENGE WINNERS: Winners of the Challenge Program, Inc., award pictured (left to right) are: Front row--Elisabeth Keim, Kayla Repko, Sarah Farabaugh, Matt Byrne, and Jenna Bobroski. Back row--Mia Wyland, Owen Nagle, Scotty Semelsberger, Guiseppe Bernard, Caleb Hilyer, and Craig Staresinich. Craig is Bishop Carroll's sponsor for the Challenge Program. He lives in Virginia and is a former employee of NASA. He provides the funds for the students to receive the awards.

Question Corner

By Father Kenneth Doyle

Holy Days Of Obligation/Relics



Q. Here in Columbus, the solemnity of Mary (Jan. 1) is a holy day of obligation. I have sisters, though, who live in Charlotte, North Carolina, and in Los Angeles, and Jan. 1 is not a holy day of obligation in either place. Why would it not be the same everywhere?

It seems this is such a serious matter (a mortal sin if missed) that it should not be left up to local bishops to decide. Certainly, I would think, it ought to be the same in all parts of the U.S., if not everywhere in the world. (Columbus, Ohio)

A. Jan. 1 is a holy day of obligation across the continental United States. In 1991, the U.S. Conference of Bishops decreed that there would be six such days in this country, including the solemnity of Mary the Mother of God.

To my knowledge, the only place where this differs is in the state of Hawaii; with an indult (permission) from the Vatican, the Diocese of Honolulu determined in 1992 that there would be only two days of obligation there: Dec. 8 (the Immaculate Conception) and Dec. 25. That was done to bring Hawaii into conformity with the other islands in the South Pacific.

With the solemnity of Mary the Mother of God (Jan. 1), the solemnity of the Assumption (Aug. 15) or the solemnity of All Saints (Nov. 1), the obligation of Mass attendance is lifted when the date occurs on a Saturday or a Monday.

(I suspect that what prompts your question is that you happened to be speaking to your sisters in one of those years).

There is wisdom, I would think, in leaving the determination of holy days to the bishops of a particular nation, since they would likely be more in touch with the history and spirituality of their own people. In Ireland, for example, Mass attendance is required on St. Patrick's Day,

as it is in Mexico on the feast of Our Lady of Guadalupe.

Q. I received in the mail an unsolicited request for donations from a Catholic charitable organization. Included in the mailing was a third-class relic. I do not need to have a third-class relic of an unfamiliar saint in my house.

I suppose that I should have mailed it back to the charity immediately, but I no longer have that information. I have not discussed this with my parish, but I doubt that they want to collect unsolicited third-class relics any more than I do. How do I dispose of this item respectfully? (Roanoke, Virginia)

A. Veneration of relics of the saints has a long history in the church. The Acts of the Apostles (19:11-12) notes that "so extraordinary were the mighty deeds God accomplished at the hands of Paul that when face cloths or aprons that touched his skin were applied to the sick, their diseases left them and the evil spirits came out of them."

There are three classes of relics. First class are parts of a saint's body; second class would be a piece of the saint's clothing or something used by the saint; and third class is an object that has been touched to a first-class relic.

Relics of the saints should be treated with the same respect that Canon 1171 awards to other blessed or sacred objects: They should be treated reverently, and the basic rule for the disposition has been to burn or to bury them. The website of the Diocese of Superior, Wisconsin, clarifies that "it is not a sin to throw away blessed items, but out of proper respect, one should dispose of them in this way."

I agree with you that an organization should not mail out relics unsolicited; to do so risks casual or irreverent treatment, and it doesn't seem fair to burden the recipient with the obligation to dispose of them properly.



For The Journey

By Effie Caldarola

Just Do It

Many years ago, my spiritual director was a no-nonsense nun. When I arrived for my companionship session with her, I would notice the little sign on her desk, "Just Do It."

That phrase is, of course, a trademark of the shoe company Nike. But on her desk, it spoke, not to Sister Loretta's desire to excel at the high jump, but to her basic mindset, which resisted dithering. Decisions should be prayed about, discerned and, without handwringing, made.

She was good for me because I'm a lousy decision-maker, my lists of pros and cons endless, my "yes, buts" delaying any conclusion.

Although Sister Loretta has since gone to her eternal reward, her dictate lives on with me. Keep it simple. Just do it.

With January comes our cultural obsession with resolutions. For the most part, I resist this practice. Things I'll do, pounds I'll lose, habits I'll develop. I see all around me, and in my own life, that New Year's promises that rely solely on our own willpower are seldom kept.

However, Jan. 1, and every day, is a good time to notice God acting in our lives. The Benedictines have a phrase: "Always we begin again." I find that simple dictum enormously consoling. It reminds me that God is the God of second chances, all the time. Whether it's some old regret nagging at me, or a cookie splurge today, God is inviting me to start over, right now.

And so that little phrase, "Always we begin again" becomes something of a mantra for me in times when I need God to help me keep going.

I see a pattern here. I write down phrases that inspire me. That's a common practice of writers. But it's a good way for all of us to reflect on simple wisdom.

Rummaging around in a kitchen drawer, I find my favorite towel, a gift from a daughter. I hang it up to remind me of its simple wisdom: "Be grate-

ful. Eat more vegetables. Love more."

Sounds simplistic, but actually it's the recipe for a better life, mentally, spiritually and physically. Studies show that gratitude, and the recitation of the things for which we are grateful, is a huge boon to our moods, our attitude, even our sleep.

More vegetables? Nutrients, longevity, weight loss. Need I say more?

And the reminder to love? Profound, and basic to everything.

I'm not suggesting today's great insight will be offered by your fortune cookie or your teabag's tag, but hey, pay attention. You never know.

Actually, "pay attention" is my favorite line from "Praying," a favorite Mary Oliver poem.

Oliver says praying means to "pay attention./ ... this isn't a contest, but the doorway into thanks, / and a silence in which another voice may speak."

Seek Pardon For Anti-Judaism

By Cindy Wooden
Catholic News Service

VATICAN CITY (CNS) -- A few decades of respectful Catholic-Jewish dialogue pale in comparison to "19 centuries of Christian anti-Judaism," Pope Francis said, so Catholics must continue to ask forgiveness and forge new bonds of respect and friendship with the Jewish community.

"We must work with greater intensity to ask pardon and repair the damage," the pope said in an introduction to a new Italian book of Christian and Jewish commentaries on passages from the first five books of the Bible, which are known collectively as the Torah or Pentateuch.

Pope Francis said the volume of commentaries, "The Bible of Friendship," is an important tool for helping Catholics recognize the Jewish roots of their faith and for promoting concrete Catholic-Jewish coop-

eration in helping others. Praying is simply paying attention and then listening contemplatively. Angels can appear in ordinary forms, and wisdom drops by unannounced, sometimes in mundane ways.

But often wisdom comes from Scripture. When I was a young Jesuit volunteer, a Jesuit guiding my retreat told me his favorite passage was from Micah 6. It's been one of my favorites ever since: Here's what the Lord requires of you, only this: "To do justice and to love goodness and to walk humbly with your God."

A perfect, simple recipe for living life well.

Sometimes we make everything, including decisions and resolutions, too complicated. Keep it simple. January doesn't have to be a promise broken. Just pay attention, and remember that in every moment God is not judging you a failure, but offering you the chance to begin again.

eration in helping others.

"It is of vital importance for Christians to discover and foster knowledge of the Jewish tradition in order to understand themselves more authentically," the pope said, and studying the Bible is an essential part of that effort.

Reading the Hebrew Scriptures together, he said, helps people discover the richness of the word of God. "The common objective will be to witness together to the love of the Father throughout the world."

"The values, traditions and great ideas that characterize Judaism and Christianity must be placed at the service of humanity without ever forgetting the sacredness and authenticity of friendship," he said.

"For Jews as for Christians there is no doubt that love of God and love for one's neighbor summarize all the commandments," he said.

Now Showing

“The Kid Who Would Be King” (Fox)



(CNS photo/Fox)

The Arthurian legend gets an inventive updating in this thrilling adventure that casts schoolchildren as latter-day Knights of the Round Table, destined to save the world. A 12-year-old boy (Louis Ashbourne Serkis) finds a sword stuck in a pile of rubble and pulls it out, unaware that the mythical Excalibur is now in his grasp, making him the new “king.” The fabled wizard Merlin, a shapeshifter (Angus Imrie in one guise, Patrick Stewart in another), promptly appears and warns that an army must be raised since the lad’s success with the storied weapon has brought about the resurrection of the evil Morgana le Fay (Rebecca Ferguson). Three schoolmates (Dean Chaumoo, Tom Taylor, Rhianna Dorris) agree to join the quest. Writer-director Joe Cornish serves up that treasured Hollywood rarity: an entertaining, family-friendly film that skillfully blends in strong messages, in this case about truth, justice and caring for others. Potentially scary fantasy violence, two mild oaths. The Catholic News Service classification is A-II -- adults and adolescents. The Motion Picture Association of America rating is PG -- parental guidance suggested. Some material may not be suitable for children.

Sunday Mass

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

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

Sunday Mass

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The Cathedral of the Blessed Sacrament
Altoona*

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

Abortion A Misogynistic Notion Contrary To Dignity Of All Human Beings

By Kurt Jensen
Catholic News Service

WASHINGTON (CNS) -- Abortion not only goes against the dignity of every living being and is rooted in violence and misogynistic notions of male superiority, but political solutions, in the current divided climate, can be troublesome as well.

Those were among the view expressed by members of an all-woman panel at Georgetown University January 15 discussing “Resisting the Throwaway Culture,” along with a resounding “no” in answer to the question as to whether feminism requires supporting an abortion.

The panel discussion was sponsored by the university’s Initiative on Catholic Social Thought and Public Life and came just days before the annual March for Life in Washington marking the anniversary of the Roe v. Wade decision legalizing abortion.

“The question abortion poses is a problem of the female body itself,” said Gloria Purvis, host of the radio show “Morning Glory” on the Eternal Word Television Network. “What is more misogynist than the idea that the male body is human perfection?”

Serrin Foster, president of Feminists for Life, grew up in the Washington area and observed: “When I thought of abortion, growing up in this area ... I never heard a happy story. When I was growing up, it was always ‘the lack of.’ I just kept on thinking we have to solve this.”

Aimee Murphy, executive director of Rehumanize International, a nonsectarian human rights organization, said that in being pro-life, women “really do represent a rejection of the idea that we need violence in order to be equal.”

Her organization had applied to be a sponsor at the Women’s March in January 2017, which drew more than a half-million participants, but Planned Parenthood intervened to reject the application because of her group’s pro-life stand.

“Ultimately, we still went and participated,” Murphy said.



(CNS photo/courtesy Georgetown University)

THROWAWAY CULTURE: Panelists talk about “Resisting the Throwaway Culture” at Georgetown University in Washington January, 15. Pictured are Gloria Purvis, host of “Morning Glory” on the Eternal Word TV Network; Aimee Murphy, executive director of Rehumanize International; moderator Kim Daniels, associate director of Georgetown’s Initiative on Catholic Social Thought and Public Life; Georgetown undergraduate Julia Greenwood, co-director of the 2019 Cardinal O’Connor Conference; and Serrin Foster, president of Feminists for Life.

“We were out there, and people came up and said, ‘We’re glad that you’re here.’”

Political solutions to the abortion issue are made more difficult, the panelists said, by President Donald Trump’s rhetoric on various issues.

Murphy observed that Trump has shut down the federal government over his insistence for a wall stretching across the U.S.-Mexico border, “but Planned Parenthood still got funded.”

She was referring to Trump signing a short-term bill in November to keep the government open through December 7, and avert a government shutdown ahead of November’s midterm elections. That measure included funding for the abortion provider.

On January 10, three Republican women in Congress -- two in the House and one in the Senate -- have introduced bills to eliminate taxpayer funding for Planned Parenthood. They said it would codify Trump’s Protect Life Rule to exclude abortion providers, including Planned Parenthood, from funding under the Title X Family Planning Program.

Murphy called herself “simultaneously grateful for the few things he has done to dem-

onstrate a pro-life ethos, but also distressed that the president “says things that are fundamentally dehumanizing,” such as using the word “animals” in describing some unauthorized immigrants last May.

(Media reports said he labeled all immigrants “animals”; his spokeswoman said Trump made that comment in reference to MS-13 gang members, who are known for committing brutal crimes.)

Trump spoke at last year’s March for Life rally via video hookup from the White House, and said he “strongly supported” a ban on abortions at 20 weeks’ gestation known as the Pain-Capable Act. The measure has passed the House twice, but failed to reach the 60-vote margin in the Senate required to overcome filibusters.

He also, from the moment he took office, reinstated the so-called Mexico City policy, requiring foreign nongovernmental organizations to certify that they will not “perform or actively promote abortion” for family planning as a condition for receiving U.S. government funds.

ARISE

(Continued from page 1.)

International, which offers the ARISE program, said the experiences of small faith sharing groups – like the one at Saint Patrick – should be reminiscent of the example Jesus gave when he called his disciples.

“They were a small Christian community, and they were gathered together, they broke bread together, they talked about their faith, they shared, they learned from one another in that sharing, they gave one another mutual support, and ultimately they didn’t stay together in one room but they went out together in mission,” reminded Else.

The second season of ARISE Together in Christ will happen during Lent. Those who participated in season one are welcome back, and those who did not are invited to begin the encounter. (Please see adjacent message from Sister Linda LaMagna, CCW, diocesan ARISE coordinator).

“Give it a try,” urged Mike Dipko. “If you don’t like it, nothing ventured, nothing gained. I think it is a good learning experience.”

He and his friends from season one are ready for the next chapter of their journey.

Just like spring, it promises to be a welcome renewal.

Message From Sister Linda

(Continued From Page 1.)

accomplish all we will do. Let us continue to be his servants believing that he desires to live through us and accomplish the mission for which Jesus was sent.

May I leave you with this powerful message from Scripture: “... You shall receive power when the Holy Spirit comes upon you; and you shall be my witnesses in Jerusalem... and to the ends of the earth. – Acts 1:8

God bless all of you and know that I am grateful to be journeying alongside of you as we ARISE Together in Christ.

--Sister Linda LaMagna, CCW

The Wines Of Italy



Enjoy great wine, food, and conversation, and help assist the remarkable mission of Catholic Charities of the Diocese of Altoona-Johnstown.

The agency is sponsoring “The Wines of Italy” sampling on Wednesday, February 6 from 5:30 to 7:00 p.m. at the Blairmont Club in Hollidaysburg. The event will feature six outstanding wines from Italy – three red and three white – paired with delicious hors d’oeuvres. A sommelier will educate guests about each of

the wines.

Tickets for the event are \$50 per person. All of the money raised will benefit the Catholic Charities Emergency Financial Assistance Program – helping individuals and families who need a hand during these harsh winter months and in the days to come.

Reservations are required in advance. Tickets are available by calling Catholic Charities at (814) 944-9388 or by going online at catholiccharitiesaj.org.

CATHEDRAL PRAYER GROUP “WINTER SCHEDULE”

Everyone is warmly welcome!



Thur, Jan. 31st, Praise & Worship, 7 pm, Bishop Guilfoyle.

Mon, Feb. 4th, Praise & Worship, 7 pm, Cathedral— Fr. Jonathan St. André—speaker.

Thur, Feb. 21st, Praise & Worship, 7 pm, Bishop Guilfoyle.

Mon, Mar. 11th, Praise & Worship, 7 pm, Cathedral.

Tue, Mar. 19th, Praise & Worship, 7 pm, Bishop Guilfoyle.

Mon, April 8th, HEALING MASS, Fr. Jonathan St. André, TOR—main celebrant, 7 pm, Cathedral.

Thur, April 25th, Praise & Worship, 7 pm, Bishop Guilfoyle.

Please clip and save.

Former Gallitzin Sister Passes

Sister Priscilla Bühlmann 87, Little Sisters of Jesus, Baltimore, MD, formerly of Gallitzin, died December 17, 2018, in Baltimore. Born in Morges, Switzerland, in 1931, daughter of the late Frederick and Elise (Blanc) Bühlmann, she is survived by a sister Angela Schneeberger, a niece, two nephews and their families (all of Switzerland) and the Little Sisters of Jesus.

Sister Priscilla joined the Little Sisters in 1953 in Europe. She spent most of her life as a little sister travelling with other little sisters among circus people (her milieu of origin), first in Europe then in this country from 1978-2012, at which time her health no longer allowed her to do so.

After several years in Baltimore and Gallitzin, Little Sister Priscilla passed away at the Alzheimer’s Care Unit at Jenkins Senior Living Community run by Catholic Charities in Baltimore. Her funeral Liturgy took place in the chapel there on



SISTER PRISCILLA BUHLMANN

January 15, 2019, a niece and a nephew from Switzerland attending and two chaplains involved in circus ministry concelebrating with Father Ray Chase of Catholic Charities. Committal followed the next day at Saint Patrick’s Cemetery, Gallitzin.



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Mount Aloysius Historic Grotto Will Be Rededicated On February 11

By Tony DeGol

Cynthia Calandra Zack is devoted to the Blessed Mother, and loves to visit the grotto at Mount Aloysius College in Cresson to pray.

Recently, the Cresson resident noticed something that concerned her.

“It’s a beautiful statue of Our Lady of Lourdes, but she looked like she had the measles,” recalled Zack. “She was peeling and just not in very good shape.”

Recognizing that this site of history, hope, and healing needed a little attention, Zack offered to help.

Thanks to her generous donation, the original statues in the grotto are being refurbished and rededicated.

It promises to be a new chapter for an already storied treasure at the school.

Originally built in 1918, around the time of the great Spanish flu epidemic, the grotto was a focal point for the Sisters of Mercy on campus.

Doctor Anthony Dragani, a professor of Religious Studies at Mount Aloysius, said the impact of the flu took a particular toll locally.

There was a major outbreak Cambria County, he recounted, because the disease traveled along the railway.

The illness claimed the lives of so many people, there were not enough coffins to bury the deceased, he added. A



GROTTO: Mount Aloysius College in Cresson is refurbishing and rededicating this grotto, a site rich in history on the campus. Bishop Mark L. Bartchak will celebrate a Mass on Monday, February 11 at 3:00 p.m. in the chapel on campus. A procession to the grotto will follow for the rededication.

mass grave was established in the Portage area.

“While all of this was going on, Mount Aloysius was placed under quarantine, and during the quarantine period every day, the sisters would lead the students to the grotto where they would pray to our Lady for protection from the Spanish flu,” Dragani said. “Miraculously, not a single person on campus caught the flu.”

When the epidemic ended, the grotto was rededicated in honor of Our Lady of Lourdes on February 11, 1919 – the Feast of Our Lady of Lourdes.

Fast-forward to the present and Mount Aloysius is preparing for a celebration to rededicate the

grotto on Monday, February 11, 2019 – a century to the day since the last dedication. Appropriately, that date is also World Day of the Sick, as designated by Pope John Paul II.

Bishop Mark L. Bartchak will celebrate Mass at 3:00 p.m. at the Our Lady of Mercy Chapel on campus and offer prayers for healing. A procession from the chapel to the grotto will take place after the Liturgy for the rededication ceremony. All are invited.

“We are very grateful for the generosity of Ms. Zack and the initiative to help preserve this important piece of Mount Aloysius history,” stated Doctor

John Mills, president of Mount Aloysius College. “The grotto is a symbol of the mission, values, and work of the Sisters of Mercy in this community.”

Mount Aloysius graduate student Rachel Cain hopes the

“It’s a beautiful statue of Our Lady of Lourdes, but she looked like she had the measles. She was peeling and just not in very good shape.”

--Cynthia Calandra Zack

refurbished grotto will continue to inspire fellow students.

“It’s such a focal point in the history of the college, but also, as we get more buildings and as each building changes on campus, it’s so important to have that visual reminder of the original history of the college,” Cain mentioned.

Dragani has been teaching on campus for more than 14 years and routinely sees students and community members praying at the grotto.

“As the word gets out and as the grotto is restored to its previous beauty, I think a lot of people will be drawn there who previously did not know about it,” he noted. “I think it will be a wonderful place of prayer for the whole community – both the campus community and the local community.”

For Zack, this special effort is to honor the Blessed Mother and in Thanksgiving for her parents, the late John and Emma Jean Calandra, and her deceased family members.

“I just think Jesus wants to honor his mother and remind us what a gift she is to us and how she protected us a hundred years ago, and she’s still protecting us and wants to bring us to her son,” Zack stressed. “I want people to know that they have a mother, and she’s the mother of everybody.”

PERIODICAL RATE MAIL

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