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A Warm Thought For A Cold Winter: Diocese's Summer Camp Season Will Soon Be Here!

By Bruce A. Tomaselli

As we continue to battle the wrath of Old Man Winter, summer camps seem like a lifetime away. Swiftly, though, the calendar will turn to Summer, and the excited laughter of children will be heard throughout the Altoona - Johnstown Diocese.

The Diocese sponsors two camps for young people each year. Camp Timothy, for grades 10 through 12 and newly graduated seniors, will be held from Sunday, June 22 to Thursday, June 26.

Camp Zacchaeus, for students in grades four through nine, will hold two sessions in July. Week One will be held from July 20 to 25; and Week Two will be held July 27 to August 1.

"I begin planning for the next year almost immediately following the last day of camp," says Francine Swope, director of Youth Ministry. "But, it's a continually evolving process, and I'm thinking about changes, additions, and the theme for the next year during the three weeks of camp.

"But, I also have a lot of help with the planning process through the committed adult

staffs I have in place for each camp," she added. "We also have a very committed group of young counselors that work with us during the week."

Swope said, "It's funny. The counselors and staff have as much fun as the kids. We're able to share all of the activities with them such as swimming, a pool party, hiking, arts and crafts, and playing games at Camp Z. The fun continues at Camp Timothy with campfires, hikes, cooking over an open fire, climbing the tower, horseback riding or white - water rafting.

Also, with Daily Mass and Devotions such as Eucharistic Adoration, guided meditation or living Stations of the Cross, she said there is an opportunity for all to enrich their faith.

A highlight of the camps each year is a visit by Bishop Mark L. Bartchak. He has a great time with the kids. His visits begin with Mass. He really enjoys interacting with the kids at lunch and during a question and answer session that follows. The kids have a lot of fun with their questions and the discussions they generate with Bishop Mark.

"Each year we have a theme that we use throughout the whole week of camp," Francine explained. "This year I'm using the same basic theme for both



Photo By Tony DeGol

CAMP BUDDIES: Bishop Mark L. Bartchak poses with campers Trevor High (left) and James Cosgrove during his Wednesday, July 31, 2013 trip to Camp Zacchaeus. During his visit, the Bishop celebrated Mass, ate lunch with the students, and answered questions. The Diocese will again sponsor its popular summer camps in June and July.

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camps, which will help them better understand the Catholic Social teachings of the Church.

"As Pope Francis has been reminding us, as Catholics it is our responsibility to reach out

and care for others. With this in mind, I felt we need to introduce our young people to the importance of Social Justice so that it will become a way of life for them. Teaching them to spread hope to the world by virtue of their Baptism."

"We can accomplish this," she continued, "through interactive Large Group Evangelization Sessions (L.G.E.S.), stories, singing and other activities throughout the week."

"The camp rosters fill quickly so register early," warned Francine, camp director. Pre - registration for Camp Timothy ends on May 23; and Camp Zacchaeus on June 20.

Persons can register by obtaining a brochure from their parish, Catholic school, diocesan website (www.dioceseaj.org), or at the Diocesan Youth Ministry Office at (814) 317 - 2646.

Swope reminded that there is "financial aid available through The Angel Fund for any family that needs assistance in getting their kids into a camp. We don't want any young people to miss this wonderful opportunity."

Parents can request an application for aid by contacting her at The Youth Ministry Office.

Adult Enrichment

Carmelites Offer Programs

Gallitzin: The Carmelite Community of the Word continues the “Sunday Sabbath Series,” featuring topics that focus on our relationship with God and each other. These afternoons of exploring, reflecting and praying offer a means of giving Sunday to God.

The fourth in the series, “Pius XII: Under the Roman Sky,” is Sunday, March 23 from 1:30 p.m. to 4:30 p.m.. Pre - registration is required by Friday, March 21. Donation is \$15.00 per session.

The Carmelite Community of the Word is also offering an overnight retreat, Praying In Color, Friday, March 21 at 7:00 p.m. to Saturday, March 22 at 3:00 p.m. Conferences, private and communal prayer, and time for private reflection, as well as opportunity for spiritual direction will be included. Donation is \$45.00, and includes two meals, overnight lodging in a private room, and materials. Pre - registration is required by Tuesday, March 18; \$10:00 non - refundable deposit due with registration.

All programs are held at the Carmelite Community of the Word’s Incarnation Center, 394 Bem Road, Gallitzin.

To register, get directions, or for more information, call (814) 886 - 4098.

High Schools

Oxfam Banquet

Altoona: Bishop Guilfoyle Catholic High School mission club is sponsoring an Oxfam Hunger Banquet on Sunday, March 16 at 6:00 p.m.

This event is an educational tool as well as a fundraiser for Oxfam International, an organization committed to helping people throughout the world pull themselves out of poverty. As people come into the school, they will be given a ticket designating them upper class (15%), middle class (35%), or lower class (50%). They will be served a meal corresponding to their class. In addition, Bishop Guilfoyle students will present a power point educating them about the reality and the causes of poverty. Also, Erin Brennan, a Guilfoyle graduate, will share her experiences on a mission trip to Tanzania, Africa.

Tickets are \$5.00 for adults, \$3.50 for children 4 - 12, and free for children 3 and under. This activity provides a family opportunity to pray, fast, and give alms - - three traditional Lenten practices.

Tickets may be purchased at



FOOD COLLECTION: The religious education students at the Church of the Transfiguration in Conemaugh collected soup and crackers for the Saint Vincent DePaul Society Food Pantry over Valentine’s Day weekend. They collected 400 cans of soup and 70 boxes of crackers, as well as monetary donations. This was the third year the students held this activity. Pictured are (left to right) First row: Logan Heinlein, Sydney Heinlein, Lauren Stackhouse, Amelia Calpin, Megan Rosenbaum, Savannah Stackhouse. Second row: Colin Markiewicz, Bryce McCleester, Brooke McCleester and Jordan Heinlein.

the school office or at the door.

Higher Education

Ecumenical Lecture

Cresson: Mount Aloysius College has announced their Ecumenical Lecture for Spring 2014. The event will take place on Thursday, March 20 and will feature noted author, scholar and educator Maureen Cross-

sen, PhD. Dr. Crossen’s public lecture entitled, “All in God’s Time” will take place in the historic Alumni Hall at 3:30 p.m. The afternoon lecture is free to the general public.

Regional religious and clerics are invited to attend the Ecumenical Luncheon which will take place at 12:30 a.m. in Cosgrave Center on campus. Registration is required for the Ecumenical Luncheon.

Anyone wishing to register for the Mount Aloysius Ecumenical Luncheon, or in need of additional information, should call the college at (814) 886 - 6335.

(Continued On Page 3.)

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8:00 AM Mass each morning (Mon-Fri)

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In The Alleghenies

(Continued From Page 2.)

Dr. Crossen explained the significance of her lecture. "On the seventh day God rested, and in so doing consecrated all time as "holy," she explained. "God's time presents itself in many dimensions. This presentation will reflect on the challenge to meet God in the "times" of "adventus" (the future), "anamnesis" (memory), and "kairos" (the "now"). These are the ingredients of Sabbath and for ministers these are a call to live and to serve "all in God's time."

Maureen Crossen, Ph.D. is an Associate Professor of Theology at Carlow University in Pittsburgh. She received her master of arts degree in systematic theology at Catholic Theological Union in Chicago. Her

master's thesis developed the question of God and the problem of suffering in light of the theology of Jurgen Moltman. She received her doctorate from Duquesne University, Pittsburgh, in systematic theology.

Her doctoral dissertation explored the hermeneutics of Paul Ricoeur and the Catholic idea of revelation. She is involved in adult religion education and formation in the Diocese of Pittsburgh. She is also a member of the Mercy Association of Scripture and Theology.

App Expands Reach

Loretto: Saint Francis University computer science students developed a popular "Faith Finder" application (app) for the nearby Altoona - John-

stown Diocese. Students spent months writing the code and testing the app that enables a smart phone user to conveniently find churches in the Altoona - Johnstown Diocese by distance, mass time, and confession time. That app officially launched in July 2013, and its popularity and number of users quickly grew. The Greensburg Diocese heard about Faith Finder and started to test its features and functionality. Karen Cornell, information technology director for the Greensburg Diocese, said she was, "Impressed by how well the app was done, so we contacted Saint Francis about the possibility of creating a similar app for our diocese."

Dr. Dan Wetklow, professor of computer science at Saint Francis, had initial conversa-

tions with Cornell and agreed to develop an app to help people who live or travel through the Greensburg Diocese locate churches and mass times conveniently through a smart phone.

"I wanted to help and also wanted to find the best way to make the app efficient and usable," said Dr. Wetklow. He consulted with Mike Shanafelt, senior programmer and analyst at the Center of Excellence for Remote and Medically Under-Served Areas (CERMUSA) at Saint Francis, and the two agreed that the best solution was to modify the Faith Finder app so that it included the Greensburg Diocese, rather than creating a separate app for the Diocese.

Users can now enter the Faith Finder App and choose if they want to view mass and confession times in Altoona - Johnstown or Greensburg. The Greensburg piece of the application searches through their Diocese's 85 churches. Brian Ev-

ans, web content developer for the Greensburg Diocese, knows the community is pleased with the app. "We've received positive feedback on how useful the app is for seeing prayers, days of obligation, and location and time information," said Evans.

The app is free to download, standard data usage rates apply. Users who have an iPhone, iPad, or iPod Touch may download the app at: <http://bit.ly/17Dy6A2>. The app has already been downloaded more than 700 times.

Saint Francis was able to make the development of the app available to the Altoona - Johnstown and Greensburg Dioceses through the Joseph '58 and Marguerite (Scharpf) '60 DiS-epio Chair in Computer Science.

(Continued On Page 6.)

FISH FRY

March 14,
March 28,
April 11



Price \$9

MENU

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- French Fries
- Macaroni And Cheese
- Stewed Tomatoes
- Cole Slaw
- Drink

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Point Of View

My heart broke on two separate occasions while standing in line at a local grocery store. The first story involved a woman telling me how much she still loved her husband and could not understand why he walked out the door after so many years of marriage. With the second heart breaking situation I was deeply touched as a man fought back the tears, trying to remain strong, while he recalled the night his wife told him she was no longer in love and needed to find a life of her own. My heart ached for both of them when each told me, although they knew God existed; they could not feel His presence and honestly admitted they felt like somehow, somehow He had abandoned them too.

As the Director of Family Life, I have the awesome privilege of serving families of our Diocese everyday! How blessed I am! I pray every day God leads me to touch the lives of others, using me as an instrument to share His love with those who are hurting. So what do I say to the broken hearted? How do I offer consolation when I have not experienced this pain?

As a Registered Nurse, for over 20 years, I had the privilege of counseling many patients who have experienced loss. When counseling others I learned one of the most insensitive phrases I can say to someone in physical or emotional pain is "I know how you feel," because in reality, I do not. I also know, although usually said with well intentions, the words "It must be in God's plan," does very little to console the heartache deep in-



Family Matters

By Amy Kanich
Finding Healing Rest For A Broken Heart

side. Although I do believe God can bring good from bad situations, He does not plan to break our hearts. It is we humans who break each other's hearts. So where do I find words of comfort and hope in these very difficult situations? Do I think I am naturally gifted to speak words of encouragement or consolation? Do I believe I learned it in my graduate Theology courses? The answer to all of these questions is a resounding NO! My "secret" to finding words of comfort is very simple. When I try to speak from my own wisdom and strength I fall short, but when I rely completely on the Holy Spirit to instruct me on what to say He never fails.

Here is an example of words of comfort the Holy Spirit recently pressed on my heart, a word especially for those who experienced the heart break of divorce. I ask them if they remember looking a statue or image of Jesus, as the Good Shepherd, carrying the sheep strapped over His shoulders. If you stop and really look at this picture closely think about what is the meaning portrayed in this image of our Lord caring so tenderly for this sheep? It has been said in biblical times, when a sheep's leg has been in-

jured or broken, the Shepherd would bind its wounds tenderly, and then carry the sheep on his shoulders until the sheep's limbs were completely healed. Knowing the fragile, wounded sheep is experiencing much pain the Shepherd carries the sheep on his shoulders, bearing all of its weight, not requiring anything but total surrender. Once the sheep has been afforded a time to rest, the Shepherd in his perfect timing would gently lift the sheep from his shoulders, placing it back on its feet to slowly regain its strength.

What an understanding of the love the shepherd has for his hurting sheep. There is more to understand from this story of love.... Although completely healed and able to rejoin the flock, almost inevitably the sheep will choose to remain close to the Shepherd. That sheep will walk, for the rest of its life, near the shepherd's feet knowing personally the one who saved his very life.

(Continued On Page 12.)



Another Perspective

By Monsignor Timothy P. Stein
Someone Is Praying For You

The Friday, February 28 edition of **The Altoona Mirror** featured a wire service article about a new book, **Touched By God**, by Abbie Reese, exploring the lives of the cloistered Poor Clare Nuns at Corpus Christi Monastery in Rockford IL. What particularly drew me to the story was the photo of the monastery's superior, Mother Mary Dominica, that accompanied the text. I have never met Mother Mary Dominica, but we are special friends. We share a last name, and a spiritual bond.

Two years ago, at Christmas, I received a letter from Mother, explaining that in the Year of Priests (2009 - 2010), she had been inspired to search the Catholic Directory for priests who had her surname. Finding several of us, she picked me as the priest she would pray for in a particular way throughout that year, and beyond.

Although I had never met Mother Mary Dominica, and had never even heard of her, I did know of her community. One of my very best friends, Penny Wiegert, is the director of communications and editor of the diocesan newspaper in Rockford. She had often spoken to me about the Poor Clare community, and how she relied upon the help of their prayers in her ministry. When I told Mother Dominica that I knew Penny, she was as thrilled by the connection as Penny was, when I told her about Mother's letter. And with that, a stronger bond of prayer and friendship was forged.

Prayer is indeed a mighty bond linking people together, and in this Lenten season, when we are challenged to give time every day to prayer, penance and almsgiving, I can think of no better form of penance, no more generous way to give alms, than to devote some time daily to praying for the needs of others.

One of the pillars of our faith is a belief in the communion of saints - - the belief that we are not isolated individuals making our solitary way to God, but a community of believers, a family of brothers and sisters, making our way to the Kingdom together. When we hold one another in prayer we are saying to the one we are praying for "You matter. You count. Your burdens are my burdens, your concerns are my own. You are not alone. We are in this together. I will help and support you every step of the way."

Can there be any thought more consoling than that? We are uplifted and renewed by the prayerful support of others. Prayer embraces and enfolds us like the loving arms of God. Prayer links us in a chain of love.

Many years ago I got into the habit of saying a prayer immediately, when someone asks me "Keep me in your prayers" or "Say a prayer for me." I would recommend the same good habit to all of you. I encourage you to make it a part of your Lenten routine and in the days and weeks that will follow. So often there is very little tangible support we can give to someone in need of solace and support. But we can all give our prayers - - freely, lovingly, and with the assurance that it's a favor that someone, somewhere, will return.



2014 ANNUAL CATHOLIC APPEAL

Support your parish on March 23 with a pledge that you can fulfill at your own pace in 2014.

Rend your hearts, not your garments, and return to the Lord your God. Joel 2:13



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"God invites us and pleads with us to open (rend) our hearts to experience his healing because he is kind and merciful and full of love, and God wants us to be like him.

Our Annual Catholic Appeal is one of the ways in which all of us can rend our hearts and respond to the many hearts that need to experience the love of God who is kind and merciful."

Bishop Mark Bartchak



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Parish	ACA Goal	Parish	ACA Goal	Parish	ACA Goal	Parish	ACA Goal
Cathedral of the Blessed Sacrament	\$66,350	Queen of Peace, Patton	\$25,392	St. Elizabeth Ann Seton, Windber	\$30,747	St. Michael Basilica, Loretto	\$30,598
St. John Gualbert Cathedral	\$47,208	Resurrection, Johnstown	\$46,823	St. Francis of Assisi, Johnstown	\$24,795	St. Michael, Hollidaysburg	\$43,023
All Saints, Boswell	\$21,967	Sacred Heart, Altoona	\$49,239	St. Francis Xavier, Cresson	\$19,810	St. Michael, Johnstown	\$9,503
Good Shepherd, State College	\$64,448	Seven Dolors of the BVM, Beans Cove	\$2,982	St. Gregory, MacDonaldton	\$5,119	St. Michael, St. Michael	\$30,686
Holy Family, Colver	\$10,777	Ss. Cyril & Methodius, Windber	\$18,265	St. Joan of Arc, Fallentimber	\$5,040	St. Michael, West Salisbury	\$3,339
Holy Family, Hooversville	\$12,832	Ss. Gregory & Barnabas, Johnstown	\$27,511	St. John the Baptist, New Baltimore	\$16,022	St. Monica, Chest Springs	\$11,010
Holy Name, Ebensburg	\$93,497	Ss. Peter & Paul, Philipsburg	\$20,078	St. John the Baptist, Summerhill	\$13,394	St. Nicholas, Nicktown	\$30,098
Holy Rosary, Altoona	\$21,649	Ss. Philip & James, Meyersdale	\$7,308	St. John the Evangelist, Altoona	\$48,780	St. Patrick, Johnstown	\$35,666
Holy Spirit, Lock Haven	\$30,942	St. Aloysius, Cresson	\$32,315	St. John the Evangelist, Bellefonte	\$64,615	St. Patrick, Newry	\$35,810
Immaculate Conception, Dudley	\$8,843	St. Andrew, Johnstown	\$35,712	St. John the Evangelist, Everett	\$11,053	St. Peter, Somerset	\$58,546
Immaculate Conception, New Germany	\$16,259	St. Anne, Davidsville	\$17,843	St. John Vianney, Mundy's Corner	\$20,916	St. Rose of Lima, Altoona	\$50,208
Most Holy Trinity, Huntingdon	\$34,673	St. Anne, Johnstown	\$7,597	St. Joseph, Bellwood	\$19,194	St. Stephen, McConnellsburg	\$6,456
Most Holy Trinity, South Fork	\$14,592	St. Anthony of Padua, Windber	\$27,731	St. Joseph, Portage	\$35,784	St. Therese, Altoona	\$28,374
Our Lady of Fatima, Altoona	\$15,100	St. Augustine, St. Augustine	\$14,674	St. Joseph, Renovo	\$15,757	St. Therese, Johnstown	\$26,182
Our Lady of Lourdes, Altoona	\$24,319	St. Bartholomew, Wilmore	\$13,216	St. Joseph, Williamsburg	\$8,777	St. Thomas Aquinas, Ashville	\$11,127
Our Lady of Mt. Carmel, Altoona	\$48,376	St. Benedict, Carrolltown	\$48,368	St. Kateri Tekakwitha, Spring Mills	\$10,228	St. Thomas More, Roaring Spring	\$14,627
Our Lady of the Alleghenies, Lilly	\$27,637	St. Benedict, Johnstown	\$143,241	St. Mark, Altoona	\$23,591	St. Thomas the Apostle, Bedford	\$33,395
Our Lady of the Sacred Heart, Portage	\$28,719	St. Bernard, Hastings	\$32,651	St. Mary, Altoona	\$37,359	Transfiguration, Conemaugh	\$19,085
Our Lady of Victory, State College	\$138,976	St. Catherine of Siena, Duncansville	\$21,159	St. Mary, Hollidaysburg	\$53,261	Visitation of the BVM, Johnstown	\$28,065
Our Lady Queen of Angels, Central City	\$18,233	St. Catherine of Siena, Mt. Union	\$10,478	St. Mary, Nanty Glo	\$39,034		
Our Mother of Sorrows, Johnstown	\$74,124	St. Clare of Assisi, Johnstown	\$18,959	St. Mary, Pocahontas	\$2,397		
Prince of Peace, Northern Cambria	\$39,903	St. Clement, Johnstown	\$40,676	St. Mary, Shade Gap	\$5,741		
Queen of Archangels, Clarence	\$16,154	St. Demetrius, Gallitzin	\$30,423	St. Matthew, Tyrone	\$32,059		
						2014 ACA Goal	\$2,617,490

In The Alleghenies

(Continued From Page 3.)

Parishes

Lenten Mission

Established in 2001, the endowment is committed to raising the level of excellence within the computer science department at Saint Francis. The endowment funds faculty development, a distinguished lecture series, student internship programs and research and practices in the field of security and information assurance. The chair covered all of the development costs of the Faith Finder App.

Dr. Wetklow enjoys being able to give students this practical application of their studies and wants to expand the app to further dioceses in the state. For more information about Faith Finder or other projects by the Saint Francis computer science department, visit: francis.edu/computer-science-student-opportunities.

Johnstown: Saint Benedict Parish in Geistown is sponsoring a mission, March 16 - 18, at the parish church, 2310 Bedford Street.

Presenting the mission will be Dr. Marcellino D'Ambrosio, with the theme "Why Be Catholic? A Lenten Mission Journey Of Faith."

Dr. D'Ambrosio will speak each evening at 7:00 p.m. On Sunday, March 16 he will address "Why Be Catholic?" His topic for Monday, March 17 will be "Getting More Out Of The Mass." On Tuesday, March 18 he will speak on "Who Needs Confession."

Admission to the mission is free of charge, but a free - will offering will be taken.



EMPTY BOWL PROJECT: The Society of Saint Vincent DePaul's Youth Conference at Saint Benedict Catholic School in Johnstown presented Society executive director Sonny Consiglio with a check for \$3,408.00 for the Food For Families program in Johnstown. The money was raised through the Conference's 'Empty Bowl' project. Students painted ceramic soup bowls packed with a can of soup and sold them for \$10.00 each.

For more information call (814) 266 - 9718, or contact the parish at SBpastor@atlanticbb.net.

Father David Peles, pastor, invites all to participate in the Lenten mission.

Prayer

Saint Joseph Novena

Loretto: The annual private Novena to Saint Joseph, conducted by the Discalced Car-

melite Nuns, will open Tuesday, March 11 and conclude Wednesday, March 19, the Solemnity of Saint Joseph.

(Continued On Page 12.)

Infant Of Prague Novena March 23 to March 31, 2014

St. Andrew Church, 1621 Ferndale Avenue, Johnstown, PA 15905

Novena Devotions (Mass) Each Evening at 7 PM
Confessions Each Evening After Devotions



*Ask The Infant For The Favor You Need
Mark Petition (s), Fill In, And Mail*

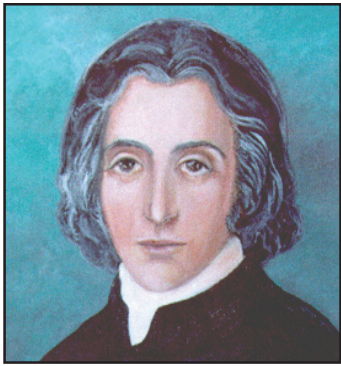
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| <input type="checkbox"/> Employment | <input type="checkbox"/> Freedom from an Addiction | <input type="checkbox"/> Protection | <input type="checkbox"/> Thanksgiving |
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| <input type="checkbox"/> Financial Help | <input type="checkbox"/> World Peace | <input type="checkbox"/> Return of Loved One(s) To God | <input type="checkbox"/> Pope's Intentions |
| <input type="checkbox"/> Return To Sacraments | <input type="checkbox"/> Welfare of Parent: | <input type="checkbox"/> Peaceful Death | <input type="checkbox"/> SPECIAL INTENTIONS |
| <input type="checkbox"/> Family Unity | | | |

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A Prince In The Service Of The Great King

The Servant Of God
Demetrius Augustine Gallitzin
1770 - 1840

Books Not For Saints, But For Those Trying To Be Saintly

By Brian T. Olszewski
Catholic News Service

“Saint” might be one of the most misunderstood words in Catholicism. As soon as one reads or hears it, there’s a tendency to think canonization and halos. Such thoughts may lead to expressing a lament, “I’m

no saint.” But baptism makes Catholics members of the communion of saints. Thus, what most are trying to say is, “I’m not saintly.”

Three new books feature the canonized and the potential-to-be-canonized, but the emphasis throughout each is on their holiness, their pursuit or embracing of Christ-centered lives. In other words, their saintliness.

In **Saints Alive! The Gospel Witnessed**, Sisters Marie Paul Curley and Mary Lea Hill, Daughters of St. Paul, experienced storytellers and catechists, build the profiles of their subjects around a relevant passage from Scripture. For example, the story of Matt Talbot -- who was declared venerable in 1975 and is considered the patron of alcoholics and others plagued by addictions -- is preceded by Verse 1 of Chapter 17 of the Gospel of St. Luke: “Jesus said to his disciples, ‘Occasions for stumbling are bound to come, but woe to anyone by whom they come.’”

This method sets the tone for each of those featured, be they well known, e.g., St. Teresa of Avila, St. John Vianney, or the lesser known, e.g., Blessed Victoire Rasoamanarivo, Blessed Manuel Lozano Garrido. Each chapter concludes with a prayer, information about the person’s life, and a quote from him or her.

Saints Alive! The Faith Proclaimed is similar in format, but is built upon the beatitudes and the sacraments. Again, the famous and less famous are offered as examples of how each lived the intent of a beatitude or sacrament. As does **The Gospel Witnessed**, this collection includes questions for personal reflection and group discussion, as well as Scripture references that one is invited to read, to reflect upon and respond to.

Those seeking deep insight into the individuals featured won’t find it here, nor should they expect it. What they will find, and might recognize if their childhood faith formation took

place in the 1930s, ‘40s or ‘50s, are simple, inspirational stories about people who sought, and often overcame struggles, to live their Catholic faith. These are “feel-good” stories to be sure, but in accepting the authors’ invitations to pray and reflect on what they have read will enhance the readers’ spiritual experience.

In **Letting Go And Letting God: 21 Centuries Of Catholic Faith**, Benedictine Sister Kathleen Atkinson presents one Catholic from each century of Catholicism who “challenge us today,” as she writes in her introduction.

A biography of each is preceded by a few words about the subject. Following the biography is a prayer and what is the most nourishing segment of each chapter -- “Connecting with ...” These few paragraphs serve as spiritual direction for the reader who is, in fact, trying to connect with the subject.

The chapter concludes with a “reflect and pray” series of questions that can further nourish the reader.

Sister Kathleen’s style and presentation of material, while easy to understand, will probe the souls of readers. Should they allow it, readers will benefit spiritually. Word of advice: No sense rushing. Whether it is one of the well-known people of Catholicism, e.g., Pope St. Gregory the Great, or a lesser known, e.g. Macrina the Younger, readers should take their time with the material and consider how they will respond to what they have read.

With the upcoming canonizations of Blessed John XXIII and Blessed John Paul II, much attention will be given to sainthood. Certainly, a time to reflect on the communion of saints, but equally important on what it takes to be saintly in one’s everyday life. These three books will assist in that task.

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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Word of Life



The Pope Teaches

By Pope Francis
**Cardinals Are Servants,
 Not Courtiers**

VATICAN CITY (CNS) -- Celebrating Mass with the newest members of the College of the Cardinals one day after their elevation, Pope Francis urged them to regard their new role not as one of worldly honor but of humble service and sacrifice.

"A cardinal enters the church of Rome, not a royal court," the pope said in his homily Feb. 23, during morning Mass in St. Peter's Basilica. "May all of us avoid, and help others to avoid, habits and ways of acting typical of a court: intrigue, gossip, cliques, favoritism and preferences."

"May our language be that of the Gospel: 'yes when we mean yes; no when we mean no,'" he said. "May our attitudes be those of the beatitudes and our way be that of holiness."

Pope Francis celebrated the Mass with 18 of the 19 men he had raised to the rank of cardinal the previous day in the same basilica. Cardinal Loris Capovilla, who at age 98 is now the oldest member of the college, was absent on both occasions for reasons of health.

The 18 new cardinals, clad in the green vestments of the liturgical season of ordinary time, sat in a semicircle around the main altar.

Pope Francis' call for humility echoed a letter he had sent the new cardinals shortly after the announcement of their elevation in January, telling them that a red hat "does not signify a promotion, an honor or a decoration; it is simply a form of service that requires expanding your vision and enlarging your heart," and that they should celebrate their new distinction only in an "evangelical spirit of austerity, sobriety and poverty."

In his homily, the pope said that "Jesus did not come to teach us good manners, how to behave well at the table. To do that, he would not have had to come down from heaven and die on the cross. Christ came to save us, to show us the way, the only way out of the quicksand of sin, and this is mercy."

"To be saint is not a luxury," he said. "It is necessary for the salvation of the world."

Quoting from the day's reading from the Gospel according to St. Matthew, in which Jesus enjoins his disciples to love their enemies and pray for their persecutors, the pope said cardinals are called to live out that injunction with even "greater zeal and ardor" than other Christians.

"We love, therefore, those who are hostile to us; we bless those who speak ill of us; we greet with a smile those who may not deserve it," he said. "We do not aim to assert ourselves; we oppose arrogance with meekness; we forget the humiliations that we have endured."

The pope's words recalled his previous day's talk to the cardinals, when he called on them to pray for "all Christians suffering from discrimination and persecution" and "every man and woman suffering injustice on account of his or her religious convictions."



ONE MORE TIME: Benedictine Sisters teaching at Saint Benedict School, Carrolltown, in 1950 were (left to right) Sister Hilda, Sister Ida, Sister Jerome, Sister Angelica, Sister Mary George, Sister Gonzaga and Sister Claudia. The Benedictine Sisters of Pittsburgh were founded in Carrolltown in 1870 and served in the parish school until 1985.

Recently, I met Jesuit Brother Pat Douglas, a vocation promoter who could have been selected by central casting. Who better to command attention than a handsome 38-year-old record-holding powerlifter who loves '80s music? You don't get much better than that.

The Omaha, Neb., native is a member of the Society of Jesus -- the Jesuits -- of the Wisconsin province. He travels through mid-America promoting Jesuit vocations, made all the more appealing right now because of that famous Jesuit, Pope Francis.

Making a commitment today is tough for kids, Brother Pat said. No surprise there -- anybody who's hosted a party lately knows how hard it is to get those RSVPs for Friday night, never mind expecting someone to make a lifetime commitment.

"When people ask me about vocations, I ask them to pray that people will have courage," said Brother Pat.

Those pursuing vocations are told to pray for clarity, he said, and even with clarity, the courage of commitment is hard to find.

Brother Pat's vocation journey began in a Jesuit prep school and then while pursuing a sociology/social work degree at the University of St. Thomas in St. Paul, Minn. After graduation, he worked in a corrections facility for youth. Brother Pat left a fun-loving, bachelor lifestyle behind



For The Journey

By Effie Caldarola
**A Tale Of Physical
 And Spiritual Brawn**

in 2004. He entered the Jesuits with the desire to be a brother (not a priest). He was the first man in 30 years to take vows as a Jesuit brother in the Wisconsin province.

What's the difference between a brother and a priest?

"Think of me as a bald, muscular nun," said Brother Pat.

Like religious sisters, brothers do not participate in sacramental ministry. Brothers use their talents to work with the poor or in any of the vital ministries of an order. Brother Pat is not on the road to ordination.

In the old days, people might see Jesuit brothers cooking or doing maintenance. As a modern-day brother, Brother Pat has earned master's degrees in counseling and in spirituality.

And there seem to be others in his province preparing to be brothers rather than priests.

The vocation suits Brother Pat well. Assigned to an American Indian reservation, he worked with juvenile offenders and in a methamphetamine rehabilitation facility. He launched a

radio program featuring 1980s music called "'80s Attack with Brother Pat." All over the reservation, people would stop him with musical requests.

It was a great way, he said, to be available to people wanting to talk about deeper issues of faith and God.

He's now stationed back home in Omaha where he lives in a dorm at Creighton University. He assists the coach at his old prep school in their state championship powerlifting program and travels to promote vocations.

All of this, he says, is done with "the Jesuit way of proceeding," which is another way of expressing the deeply held Jesuit belief of "finding God in all things."

"You enter people's lives through their door," he explains, "and you can bring them out through your door."

That means meeting them in the locker room or on the radio -- you meet people where they are, where they feel comfortable revealing their search for truth.



Question Corner

By Father Kenneth Doyle
How Often Do Priests
Go To Confession?

Q. I have often heard priests encouraging Catholics to go to confession more regularly, and I'm wondering how often priests themselves go to confession. Is there a rule on this? And if there is no rule, what is the general practice? (Toms River, N.J.)

A. The church's Code of Canon Law in No. 989 notes the obligation of Catholics to confess grave sins at least once a year. (Of course, if you are conscious of having committed a grave sin, you should not wait for an annual confession but instead confess as soon as reasonably possible in order to reopen your pathway to God and render yourself eligible to receive the Eucharist.)

Technically, if you are not aware of having sinned gravely (i.e., "mortal sin"), you are not obliged to seek the sacrament of penance. That having been said, it would be foolish to ignore this very helpful means of pardon, spiritual progress and peace. Almost universally, spiritual writ-

ers have encouraged Catholics to confess regularly, perhaps monthly.

Beyond that general norm, there is no specific requirement as to how often priests must confess, although Canon No. 276.5 urges the clergy "to approach the sacrament of penance frequently."

At a weekly audience in November 2013, Pope Francis revealed that he receives the sacrament of penance every two weeks and considers confession to be the best path to spiritual healing and health. "My confessor hears what I say, offers me advice and forgives me," said the pope. "We all need this."

I've not seen any studies on this, but it's safe to say that most priests do not confess their sins nearly as often as the Holy Father. Probably, several times a year would be a reasonable estimate, generally on their annual retreat, sometimes at clergy days of recollection or gatherings of priest support groups, or when time allows.

One of the sad consequences of the shortage of priests is that the frenzied pace of pastoral duties can induce us to ignore our spiritual growth. In this, as in many things, we would do well to look to Pope Francis as a model.

Questions may be sent to Father Kenneth Doyle at askfatherdoyle@gmail.com and 40 Hopewell St., Albany, N.Y. 12208.

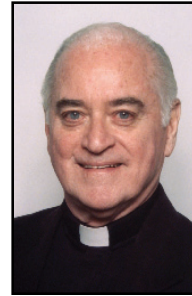
Q. In some Catholic churches, I have heard Martin Luther King, Gandhi and Dietrich Bonhoeffer invoked during the chanting of the Litany of the Saints. Are they saints we can pray to? (Grand Island, Neb.)

A. By canonization, the Catholic Church declares with the fullness of its authority that a person is in heaven and worthy of veneration. Theoretically, I suppose that the church could make that judgment of a non-Catholic, but to date it has not done so.

This is not because we believe that heaven is populated only by Catholics; to the contrary, the teaching of the church is that heaven may be granted through God's grace to people who live morally and follow the promptings of God.

There is a reluctance on the church's part to usurp another religion's role in evaluating the life and works of its members. Additionally, classical Protestantism, while it sets up historical figures as worthy of admiration (Martin Luther, for example, or John Wesley), does not invoke their prayerful intercession.

To enroll Dr. King or Pastor Bonhoeffer formally in our own Litany of the Saints could be seen as an ecumenical faux pas -- although I would have no problem enlisting such heroes (along with Gandhi) in private prayer, as I do with members of my family who have gone before me.



Spirituality For Today

By Father John Catoir
'Mister, Are You Jesus?'

Every once in a while, I read something that I find helpful. The following is an example of that, a story I received in an email. It is a modern parable, one that has been printed in various forms in a variety of religious newsletters and bulletins, and one that touched my heart.

"A few years ago, a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for the Friday night dinner."

In the rush to catch their plane home, the story goes, one of the men inadvertently kicked over a table that had a display of apples.

"Apples flew everywhere. Without stopping or looking back, they all managed to reach their plane in time for their nearly missed boarding; all but one."

The man "paused, took a deep breath." He felt compassion for the girl whose apple stand had been overturned.

He told his buddies to go on without him, and waving goodbye, he remembered that he had forgotten his cellphone. He asked one of them to call his wife and explain why he was going to take a later flight.

The salesman returned to the place where the apples had fallen and discovered that the 16-year-old tending the stand was blind. She was crying. With the tears running down her cheeks, she was helplessly groping for the apples. He knelt on the floor with her and told her not to worry.

He gathered the apples, put them back on the table and helped her to organize the display. He noticed that many of them were battered and bruised, damaged in the fall. He set them aside in another basket. When he finished gathering the apples, he offered the girl money for the damaged produce.

She thanked him and then asked, "Are you Jesus?"

He said, "No, I am nothing like Jesus. Jesus is good, and kind, and caring, and loving. He would never have bumped into your display in the first place."

The girl said, "I only asked because I prayed for Jesus to help me gather the apples. He sent you to help me. Thank you, Mister, for hearing Jesus."

The salesman said, "You are most welcome."

He went on his way to catch his flight with the girl's question burning: "Are you Jesus?"

This story reminded me of a basic truth about prayer. In the overall picture, it might not be enough merely to ask God for things. What is really important is that you pray in such a way that you enter into God's being and allow the touch of his love to enflame you so completely that you will leave his presence with a new energy.

Be ready, willing and able to be able to respond to the needs of others with kindness, and to do it without counting the cost.

Louise de Marillac
1590-1660
March 15



Born in Auvergne, France, Louise married an official of the royal court, Antoine Le Gras. Following his death in 1625, and despite strained finances and bouts of melancholy, she was an active supporter of St. Vincent de Paul's charitable works and became co-founder with him of the Daughters of Charity. She drew up the first draft of their rule. By the time of her death, the order had established 40 houses in France, and Daughters of Charity were looking after the sick poor in Parisian parishes and sheltering hundreds of women.

The First Anniversary Of The Election Of Pope Francis -- March 13, 2013 - March 13, 2014

The Pope's Constant Refrain: 'Go Forth,' Evangelize, Help The Poor

By Cindy Wooden
Catholic News Service

VATICAN CITY (CNS) -- Pope Francis' most frequent advice and exhortation to Catholics -- from laypeople in parishes to bishops and cardinals -- is "Go forth."

In Italian, the phrase is even snappier: "Avanti."

As the world's cardinals gathered at the Vatican in early March 2013 to discuss the needs of the church before they entered the conclave to elect a successor to Pope Benedict XVI, "avanti" was at the heart of a speech by then-Cardinal Jorge Bergoglio of Buenos Aires, Argentina.

The speech captured the imagination of his confrere, Havana Cardinal Jaime Ortega Alamino, who received permission to share it after Pope Francis was elected.

"Put simply, there are two images of the church: a church which evangelizes and goes out of herself" by hearing the word of God with reverence and proclaiming it with faith; and "the worldly church, living within herself, of herself, for herself," Cardinal Bergoglio told the cardinals before they elected him pope.

He also used another image that has become a frequent refrain during his first year as head of the church: "In Revelation, Jesus says that he is at the door and knocks. Obviously, the text refers to his knocking from the outside in order to enter, but I think about the times in which Jesus knocks from within so that we will let him come out."

The need for the church to go out into the world with the Gospel also was the central theme of this first apostolic exhortation, "Evangelii Gaudium" ("The Joy of the Gospel"), published in November.

In the document, the pope called on Catholics to go out into the world, sharing their faith "with enthusiasm and vitality" by being living examples of joy, love and charity.

"An evangelizer must never look like someone who has just come back from a funeral," he wrote.

Over and over during the first year of his pontificate, Pope Francis has asked practicing Catholics to realize the grace they have been given and accept responsibility for helping others experience the same grace -- especially the poor, the sick and others left on the "peripheries" or margins of society.

The health of the church depends on it, he has said. If Catholics jealously hoard the gift of being loved by God and the joy of salvation, not sharing it with others, "we will become isolated, sterile and sick Christians," he said in his message for World Mission Sunday 2013.

"Each one of us can think of persons who live without hope and are immersed in a profound

sadness that they try to escape by thinking they can find happiness in alcohol, drugs, gambling, the power of money, promiscuity," he told parish leaders from the Diocese of Rome in June.

"We who have the joy of knowing that we are not orphans, that we have a father," cannot be indifferent to those yearning for love and for hope, he said. "With your witness, with your smile," you need to let others know that the same Father loves them, too.

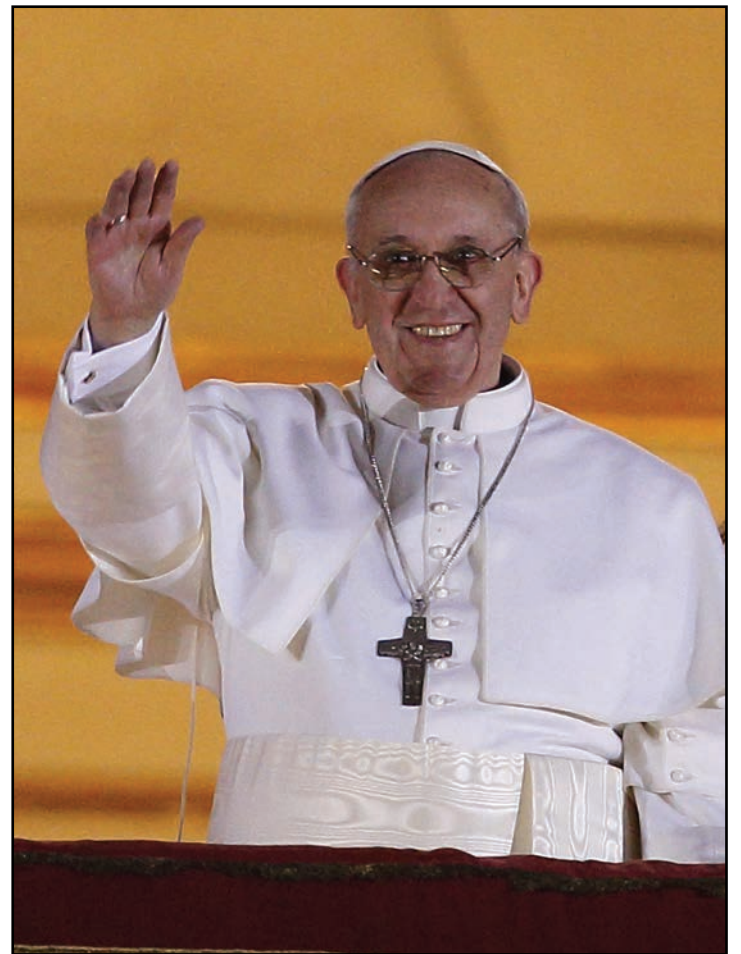
Even in countries like Italy where the majority of inhabitants have been baptized, most people do not practice their faith.

"In the Gospel there's the beautiful passage about the shepherd who realizes that one of his sheep is missing, and he leaves the 99 to go out and find the one," Pope Francis told the parish leaders. "But, brothers and sisters, we have only one. We're missing 99! We must go out and find them."

Sheep metaphors are frequent in Pope Francis' speeches and homilies. Urging priests and bishops to spend time among people, he told them they should be "shepherds living with the smell of sheep."

In a morning Mass homily Feb. 14, the feast of the great evangelists Sts. Cyril and Methodius, Pope Francis said Christians always remember they are sheep in Christ's flock. They must preserve their humility as they go into the world with the Gospel, even if they find themselves among wolves.

"Sometimes, we're tempted to think, 'But this is difficult, these wolves are cunning, but I can be more cunning,'" he said. "If you are a lamb, God will de-



CNS Photo/Paul Haring

FIRST APPEARANCE OF NEWLY - ELECTED POPE: Newly - elected Pope Francis makes his first appearance on the balcony of Saint Peter's Basilica at the Vatican, following his election on Wednesday, March 13, 2013.

Over and over during the first year of his pontificate, Pope Francis has asked practicing Catholics to realize the grace they have been given and accept responsibility for helping others experience the same grace -- especially the poor, the sick and others left on the "peripheries" or margins of society.

fend you, but if you think you're as strong as the wolf, he won't, and the wolves will eat you whole."

Celebrating Mass with an estimated 3 million young people at World Youth Day in Rio de Janeiro in July, Pope Francis said, "Evangelizing means bearing personal witness to the love of God, it is overcoming our selfishness, it is serving by

bending down to wash the feet of our brethren, as Jesus did."

The obligation to share the Gospel and care for others comes with baptism, and no one is excused from the task, he said.

"Jesus did not say, 'One of you go,' but 'All of you go.' We are sent together."

Pope Francis told the young people in Rio, as he told others before and since: "Be creative. Be audacious. Do not be afraid."

ST. PATRICK'S DAY BANQUET



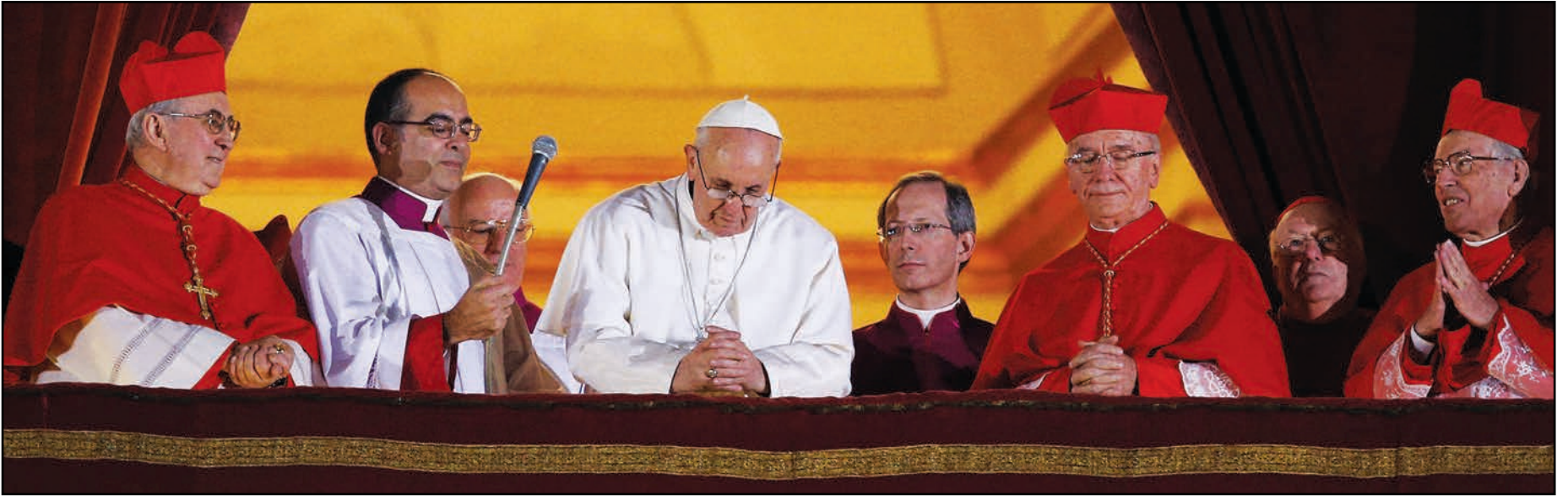
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CNS Photo/Paul Haring

POPE BOWS IN PRAYER: In his first appearance following his election to the papacy on Wednesday, March 13, 2013, Pope Francis bowed in prayer and asked the people gathered in Saint Peter's Square at the Vatican to join in asking God's blessing upon him as he began his Petrine ministry.

Quoting The Holy Father: Pope Francis' Ten Most Quotable Quotes Of The Year

By Carol Glatz
Catholic News Service

VATICAN CITY (CNS) -- In his formal documents, many speeches and unscripted morning homilies the past year, Pope Francis has given the church a bounty of memorable sound bites.

Here's a look at what could be the top 10 most quotable quotes.

-- "Brothers and sisters, good evening. You all know that the duty of the conclave was to give a bishop to Rome. It seems that my brother cardinals have gone almost to the ends of the earth to get him... but here we are." (First words as pope: March 13, 2013)

-- "The Lord never tires of forgiving. It is we who tire of asking for forgiveness." (First Angelus as pope, March 17, 2013)

-- "This is precisely the reason for the dissatisfaction of some, who end up sad -- sad priests -- in some sense becoming collectors of antiques or novelties, instead of being shepherds living with 'the odor of the sheep.' This I ask you: Be shepherds, with the 'odor of the

sheep,' make it real, as shepherds among your flock, fishers of men." (Chrism Mass, March 28, 2013).

-- "Ask yourselves this question: How often is Jesus inside and knocking at the door to be let out, to come out? And we do not let him out because of our own need for security, because so often we are locked into ephemeral structures that serve solely to make us slaves and not free children of God." (Pentecost vigil, May 18, 2013).

-- "Men and women are sacrificed to the idols of profit and consumption: it is the 'culture of waste.' If a computer breaks it is a tragedy, but poverty, the needs and dramas of so many people end up being considered normal. ... When the stock market drops 10 points in some cities, it constitutes a tragedy. Someone who dies is not news, but lowering income by 10 points is a tragedy! In this way people are thrown aside as if they were

"Brothers and sisters, good evening. You all know that the duty of the conclave was to give a bishop to Rome. It seems that my brother cardinals have gone almost to the ends of the earth to get him... but here we are." (First words as Pope: March 13, 2013)

trash." (General audience, June 5, 2013).

-- "Faith is not a light which scatters all our darkness, but a lamp which guides our steps in the night and suffices for the journey. To those who suffer, God does not provide arguments which explain everything; rather, his response is that of an accompanying presence, a history of goodness which touches every story of suffering and opens up a ray of light." ("Lumen Fidei," June 29, 2013).

-- "If someone is gay and is searching for the Lord and has good will, then who am I to judge him? ... The problem is not having this tendency, no, we must be brothers and sisters to one another. The problem is in making a lobby of this tendency: a lobby of misers, a lobby of politicians, a lobby of masons, so many lobbies." (News conference during flight from Brazil to Rome, July 28, 2013).

-- "An evangelizer must

never look like someone who has just come back from a funeral." ("Evangelii Gaudium," Nov. 24, 2013).

-- "Gossip can also kill, because it kills the reputation of the person! It is so terrible to gossip! At first it may seem like a nice thing, even amusing, like enjoying a candy. But in the end, it fills the heart with bitterness, and even poisons us." (Angelus, Feb. 16, 2014).

-- "The perfect family doesn't exist, nor is there a perfect husband or a perfect wife, and let's not talk about the perfect mother-in-law! It's just us sinners." A healthy family life requires frequent use of three phrases: "May I? Thank you, and I'm sorry" and "never, never, never end the day without making peace." (Meeting with engaged couples, Feb. 14, 2014).



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In The Alleghenies

(Continued From Page 6.)

The special intentions of the novena will be for employment and for holy and happy family life.

The regular monthly private Novena honoring Our Lady of Mount Carmel and Saint Therese, the Little Flower, will take place at the same time.

All intentions will be remembered in the prayers of the nuns, and in the special novena prayers recited after Vespers each day of the nine days of the Novena.

Those desiring to share in

the graces and blessings of these nine days of prayer are requested to send their petitions to Mother Prioress, Carmelite Monastery, P.O. Box 57, Loretto PA 15940.

Every Sunday afternoon at 4:00 p.m. and every First Friday of the month, Benediction of the Most Blessed Sacrament is given in the public chapel at Carmel, followed by veneration of the relic of Saint Therese.

Cursillo

Ebensburg: A Women's Cursillo will be held March 20 - 23 at Mount Saint Ann.

For information, contact

Mercedes Smith at (814) 266 - 4482.

Miraculous Medal Novena

Cresson: Saint Aloysius Parish will hold its annual Novena in honor Our Lady of the Miraculous Medal, beginning Saturday, March 29 and ending on Friday, April 4.

Directing the novena will be Father Joseph E. Sioli, pastor of Saint Louise deMarillac Parish in the Diocese of Pittsburgh.

The opening Mass of the novena will be celebrated at 4:00 p.m. on Saturday, March 29. Masses on Sunday, March 30, will be celebrated at 8:00 and 10:30 a.m. with novena prayers, homily and Benediction of the Most Blessed Sacrament at 7:00 p.m. Confessions will be heard following all services.

From Monday, March 31 until Friday, April 4, novena Mass with homily and prayers will be celebrated daily at 7:00 p.m. The novena prayers will also be recited at the daily 8:00 a.m. Mass, Monday through Friday.

All day adoration of the Blessed Sacrament will be held every day of the novena, Sun-

day through Friday; Confessions will be heard each evening, Monday through Friday at 6:00 p.m.

The Legion of Mary will be selling religious goods following all evening services.

The Novena to Our Lady of the Miraculous Medal is celebrated each year, during Lent, at Saint Aloysius Parish. Those unable to attend are invited to send their petitions to the parish.

Father John D. Byrnes is the pastor of Saint Aloysius Parish, and invites all to attend.

Social

Saint Patrick's Day Dinner

Altoona: The Blair County Division #1 of the Ancient Order of Hibernians (AOH) will hold their annual Saint Patrick's Day Celebration, with a dinner - dance Saturday, March 15 at the Bavarian Hall.

The event begins with a 6:00 p.m. social hour, followed by dinner, an Irish program, and an evening of dancing.

Serving as Master of Ceremonies will be AOH member Sean P. Joyce, legislative assis-

tant in Congressman Bill Shuster's office.

The evening's guest speaker will be Dr. Michael Dillon, chairman of the journalism, multimedia and arts department at Duquesne University, Pittsburgh.

Tickets are \$15.00 for adults and \$10.00 for students. They may be obtained by calling (814) 944 - 6143, 944 - 0689, or 934 - 7940. No tickets will be sold at the door.

Family Matters


Healing Rest

(Continued From Page 4.)

So what words can I say to people who are experiencing the heartbreak of divorce? To those who have suffered this wounding, I tell them Jesus, our beloved Shepherd, is inviting you to come and climb up on His shoulders to rest awhile.


Where does one find rest? The Family Life Office is offering a weekly series titled, Renewing your Passion and Purpose after Divorce. The first night of this series begins on Tuesday, March 11. One can learn more about this resting place, by calling (814) 886 - 5551. Come to me all who are burdened, and I will give you rest! Blessings!

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Father Barry Baroni and the faith community at Visitation of the Blessed Virgin Mary Parish Invite you to send your prayer intentions to the new Shrine of Saint Peregrine at their parish church. The suggested donation for a candle to burn at the Shrine is \$3.00; a novena booklet may be obtained for \$1.00. All intentions will be remembered at every Mass celebrated at the parish for a period of 30 days.

Please remember my intentions at the Shrine:


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St. Benedict Parish (Geistown) PRESENTS

Why Be Catholic? A Lenten Mission Journey of Faith



Dr. Marcellino D'Ambrosio

March 16, 17 & 18, 2014 - 7:00 PM

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Old - Fashioned 'Pompeii' An Imperial Disaster

By Joseph McAleer
Catholic News Service

NEW YORK (CNS) -- "Still more imagined there were no gods left, and that the universe was plunged into eternal

darkness for evermore," wrote the Roman author Pliny the Younger on the day after the cataclysmic eruption of Mount Vesuvius in 79 A.D.

The events to which Pliny was an eyewitness are recreated in eye-popping 3-D in "Pompeii" (TriStar), an old-fashioned disaster movie chronicling the last days of the doomed Italian town on the Bay of Naples.

Paul W.S. Anderson ("Resident Evil") directs a mash-up of "Gladiator," "Titanic" and even "The Towering Inferno" in this imperial soap opera, a swords-and-sandals tale of forbidden love, revenge and a whole lotta lava. It's a cheesy, blood-soaked effort, redeemed only by some spectacular special effects once



CNS Photo/Sony

POMPEII: Adewele Akinouye-Agbaje and Kit Harington star in a scene from the movie "Pompeii." The Catholic News Service classification is A-III -- adults. The Motion Picture Association of America rating is PG-13 -- parents strongly cautioned. Some material may be inappropriate for children under 13.

the volcano decides to blow its top.

Milo (Kit Harington), a slave-turned-gladiator, is brought to Pompeii to star in the arena. He harbors a deep hatred for the Roman Empire and its wicked rulers. That's because one such leader, a senator named Corvus (Kiefer Sutherland), led a campaign of genocide which killed Milo's parents when he was a boy and cast him into slavery.

Milo forges an alliance with veteran fighter and resident sage Atticus (Adewale Akinouye-Agbaje). Together they hatch a plan to obtain their freedom.

In the meantime, the volcano next door is rumbling, shaking the ground and rattling nerves.

"Is this normal?" Milo asks.

"It is the mountain. It reminds us that it is there," says Atticus.

The earth really moves when Milo meets the comely Cassia (Emily Browning), privileged daughter of a wealthy merchant (Jared Harris). Cassia dislikes the Roman elite, too, especially Corvus, who arrives in Pompeii and claims her for his bride.

Apart from being handy with a sword, Milo is also a horse whisperer. No sooner does

he calm Cassia's beloved white steed then the two of them cast discretion to the wind and gallop off into the countryside.

Not so fast, as Milo's still a slave and expected to fight. Corvus targets his rival for Cassia's affections for death. The climactic swordfight is interrupted when Vesuvius roars to life and all heck breaks loose. The film contains much gory violence and a few brief sexual images. The Catholic News Service classification is A-III -- adults. The Motion Picture Association of America rating is PG-13 -- parents strongly cautioned. Some material may be inappropriate for children under 13.

Coming Up On 'Proclaim!'

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

March 16 - - Roy Holtz and two students from his 11th grade religious education class at Saint Augustine and Saint Monica Parishes talk about a radio spot they recorded encouraging good character.

March 23 - - Terry and Annette Deitz, members of Resurrection Parish in Johnstown, shares memories from a recent parish mission trip.

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Though Dispensed From Fasting, Baby Boomers Can Still Have A Meaningful Lent

By Mark Pattison
Catholic News Service

WASHINGTON (CNS) -- The Catholic rules for fasting during Lent no longer apply when you turn 59. This applies not only to senior citizens, but a growing number of baby boomers as well. And there's still nearly a decade's worth of baby boomers closing in on age 59.

So how does one have a "good Lent" without fasting?

It helps to keep in mind that fasting is just one of what the U.S. Conference of Catholic Bishops calls the three "pillars of Lenten observance." The other two are prayer and almsgiving.

Since Lent started March 5 with Ash Wednesday, the USCCB ramped up its efforts to help Catholics of all ages observe the season under the theme "Give Up, Take Up, Lift Up."

"Giving up" for Lent has long been an option. Candy, cigars, cigarettes? How about bad language or habits? But other options include doing something pro-active, which is something anyone, boomer or otherwise, can do.

And parents of Catholic boomers have shown that old Catholics can learn new tricks.

Susan Purrenhage, 75, of Grosse Pointe Woods, Mich., a Detroit suburb, raised five daughters -- one of whom has already reached boomerhood -- with her husband, Ed. For the record, she still fasts on Ash Wednesday and Good Friday, while Ed claims, "I'm of an age" where fasting is unnecessary. "It's between him and God," she avers.

"In the days I was raising the kids it was more about 'giving up' when they were little," Purrenhage said. "But as they grew up, I learned more. It was doing more than just giving up -- doing something yourself."

That discovery led to, seemingly contradictorily, a cornucopia

of Lenten-themed activities over the years.

"For myself now, I am more about doing something extra for Lent," Purrenhage told Catholic News Service. One favorite thing she likes to do is write letters. "There are so many people who are lonely, depressed, removed from their families," she said, adding that receiving the letters is "very, very helpful to their own journey."

In addition, "I try to get to more church more often," said Purrenhage, a member of St. Philomena Parish in Detroit. "I keep hearing my mother-in-law's voice. I'd ask, 'Why do you go to Mass every day?' She'd say, 'You go when you can because there will come a time when you can't go anymore.'"

And not just for Mass. "None of us have ever been fond of going to Stations of the Cross, but we do that every once in a while, and we go to confession, because there are opportunities" with what she called "communal penance services" with individual confessions as large numbers of priests head to designated churches in their respective vicariates to hear confessions. "I've seen as few as 40 and as many as 200" at the services, Purrenhage told CNS.

Extra spiritual reading during Lent is bonus for Purrenhage. She's also taken in musical passion plays staged during Lent at nearby churches, and has seen a one-woman show on the life of St. Catherine of Siena performed by Dominican Sister Nancy Murray, the sister of well-regarded comic actor Bill Murray.

Then there's also that old standby: the Knights of Columbus-sponsored Friday fish fry to which the whole family, and extended family, is invited. "Whoever comes, comes," Purrenhage said.

And, in case anybody was wondering, the obligation to fast may be gone at age 59, but the obligation to abstain from eat-



CNS Photo/Bob Roller

FISH FRY: Taking part in a parish fish fry has become a meaningful Lenten tradition for many families. Pictured is a dinner served in 2013 at Saint Mary Parish in Altoona. Parishes throughout the Diocese will sponsor the meals throughout the six weeks of the Lenten season.

ing meat on the Fridays of Lent remains.

Bob Piccone of Portland, Maine, still fasts. "I try not to use age as an excuse," he said.

Piccone, also 75 with boomer children, remembers Lenten practices in his younger days. "I would give up, like, a TV show that I was watching, or something like a certain pizza place that I would go to -- not thinking very philosophically," he said. "It was always, 'I do know it's supposed to be (giving up) something I like. So what do I like?'"

Piccone remembered one of his young children asking him, "What are you giving up for Lent, Daddy?" His reply: "Watermelon," which isn't particularly plentiful in Maine in late winter.

Ultimately, he would choose something to give up. "Then I would try to get into it. I would try. I didn't always succeed. I was just one of those guys who was born with a guilty conscience. It's not a good thing. Life would have been a lot simpler for me if I hadn't had that feeling that somebody is always watching me."

But Piccone got to a point in his life when he decided Lent

was about more than just giving up stuff.

"I thought about the significance of it. I put the significance of it versus what it would have been at a younger age. I sort of like the idea (of not doing) something that you know is annoying to other people, or something that you've never been comfortable with ... you then go

May They Rest In Peace



Margaret A. Gulash

Margaret A. "Peggy" Gulash, 76, Windber, died Monday, February 17 at Windber Hospice. She was the mother of Father George M. Gulash, pastor of Saints Cyril and Methodius Parish, Windber, and sacramental minister at the University of Pittsburgh at Johnstown.

She was born in Windber, June 23, 1937, the daughter of the late Earl and Mary (Yoder) Hill. She was married to the late George D. Gulash.

Surviving are three children: Father George, Patricia A.

that route."

One aspect of Lenten resolutions that still bothers him: "It comes out like it's a selfish thing, because I gain from it. I don't know if it counts. I haven't had any theological conversations about it."

But one thing Piccone enjoys about Lent is that it "ties you to your church. Our church, in my view, is a great gift to me, so I can accept it with all its foibles and problems."

He added, "The Catholic Church to me, that's what makes it part of what I want to be part of. When Lent rolls around, I'm not interested in giving up something ... but I know that's what's expected of me. So if I'm going to be a Catholic, I'm going to try to be best one I can."

Piccone hadn't settled on a particular Lenten practice with less than a week to go before Lent began. "I've been working on it," he said. One idea that appealed to him is giving up swearing. "I don't do it in (contract) negotiations, I don't do it in certain settings, and I don't do it in front of women," he told CNS. "I'm going to work on that."

Banks and fiance, Ray Lee, of Portage and David J. of Windber; two grandchildren: Tyler and Logan Gulash; a former daughter-in-law, Kristi Titus and husband, Chris, of Windber and their son, Ian Titus; and a brother, William E. Hill and wife, Mary Jane (Greathouse), of Windber.

Peggy was a former employee of Windber Hospital and later the former Anderson's News, Windber, for 25 years. She was a member of Saints Cyril and Methodius Parish.

The funeral Mass for Margaret A. Gulash was celebrated on Friday, February 21, at Saints Cyril and Methodius Church, Windber, with her son, Father George M. Gulash, as principal celebrant. Committal was in the parish cemetery.

Local Agencies Hit Hard By Food Stamp Program Cuts

By Bruce A. Tomaselli

After all of the bureaucratic dust settled, low income persons got smacked again by the Federal government, this time by cuts in the Food Stamp Program.

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, provides food purchasing assistance for low- and -no income people living in the United States.

SNAP is a Federal Aid Program, administered by the U.S. Department of Agriculture, under the Food and Nutrition Service (FNS) Administration, though benefits are distributed by each state's Division of Social Services or Children and Family Services.

Part of the American Recovery and Reinvestment Act of 2009, it was enacted by the federal government to provide economic stimulus. The program is part of the U.S. Farm Bill.

The temporary boost to the Food Stamp Program ended on November 1 of 2013, and resulted in a large cut to nutritional assistance.

It didn't take long for the effects to be felt by social ministry. "As soon as the cut became enacted early this month, we saw a five to 15 percent increase in persons in need of assistance," said Sonny Consiglio, executive director of the Saint Vincent DePaul Society in the Altoona - Johnstown Diocese.

Saint Vincent DePaul has operated the Food For Families Program in the Altoona - Johnstown Diocese for the past 25 years. The Society has two food banks, two Family Kitchens, one in Altoona and one in Johnstown, as well as five food pantries serving Patton, Ebensburg, Carrolltown, Altoona, and Johnstown.

"All of our people have echoed this increase," Consiglio added. "In 12 years I've never seen this amount of need across the board for food, medical, fuel, etc."

"Our food pantries are serving over 1,500 to 1,800 persons per month and that's not counting all of the other public agencies. Believe me, it's affecting everyone."

It bothers him that sometimes people don't realize that those numbers represent human beings. "These figures represent real, live people," he said. "They aren't just random figures."

If people need more money to feed themselves and their families that means there is

less money for other items such as energy and housing. "This becomes a circular effect," explained Jean Johnstone, executive director of Catholic Charities of the Altoona - Johnstown Diocese.

Generally, the cuts mean people are being forced to feed themselves on about \$5.00 per day. With the price of meats, vegetable, fruit, energy, etc., continually increasing, it's an impossibility. "Really," said Johnstone, "how can you expect anyone to survive on \$5.00 per day for food?"

Consiglio said it's not just persons we consider less fortunate that are seeking assistance. "You'd be surprised how many employed people with families just can't make ends meet. They look to us for assistance," he said.

Johnstone said the entire situation has snowballed because of the hard winter we're experiencing. Catholic Charities was already \$14,000 over their budget for energy at the end of January. Any agency that provides energy assistance, food banks, and food pantries have been hit hard this year.

"When I greet people I'm always wondering if they have eaten that day," Johnstone said. "You would be surprised how many people haven't eaten; especially our homeless population."



CNS Photo/Bob Roller

LUNCH: Denise Green prepares her salad for lunch at her home in Silver Spring, MD, June 19, 2013. She purchases her food with help of the Supplemental Nutrition Assistance Program, formerly known as food stamps. Green worried that she and others would be affected by House members' decision in mid-July, 2013, to pass a farm bill without funding for nutrition programs, saying they will deal with food assistance later. The cuts, which became effective November 13, have had a huge impact locally, according to directors of area agencies serving the economically challenged.

"Our food pantries are serving over 1,500 to 1,800 persons per month and that's not counting all of the other public agencies. Believe me, it's affecting everyone," said Sonny Consiglio, executive director of the Saint Vincent DePaul Society in the Altoona - Johnstown Diocese. It bothers him that sometimes people don't realize that those numbers represent human beings. "These figures represent real, live people," he said. "They aren't just random figures."

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