

The Catholic Register



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Athletes Say Faith, Sports Complement Each Other

By Bruce A. Tomaselli

In today's society athletes and the Hollywood elite are viewed as self-absorbed and greedy.

But there is a large segment of athletes who credit their success to God and their Catholic faith. From childhood their faith has remained the centerpiece of their lives. Many attribute their achievements directly to their faith.

Father Brian Warchola says there are many athletes that place a high priority on their faith. "Sometimes as priests, we wonder how can we compete with sports," said Father Brian. "Many athletes don't see their chosen sport and religion in a competition. Religion is what drives them to achieve."

As a matter of fact, Mike Tomczak, former quarterback of the Pittsburgh Steelers and Super Bowl Champion was at Saint Michael Parish in Saint Michael on Sunday, January 28, just because he wanted to share his faith. "Mike just wanted to be there because of the importance he places on faith," said Father Brian. Tomczak also played with the Chicago Bears, Green Bay Packers, Cleveland Browns, and Detroit Lions.

There are many athletes right in our diocese that have a deep faith, and a religion that is central to their lives. So many of the athletes participating in the 2018 Winter Olympics at the Pyeongchang Games, attribute their successes to hard work that is inspired by their faith.

Father Brian brought a number of local professional sports personalities, and prominent amateurs that



SUPER BOWL CHAMPION: Former Pittsburgh Steelers quarterback and Super Bowl champion Mike Tomczak poses with Father Brian Warchola at Saint Michael Church, Saint Michael, on Sunday, January 28. He was a participant in a presentation about faith and sports, held at the church.

have ascended to the top of their chosen sports together for an afternoon of fellowship and witness.

Father Warchola is administrator at Saint Michael Parish in Saint Michael. It was there he gathered the local sports figures together to share witness with those that attended the event. The public was able to meet with the celebrities at a social following Mass and the presentation, Sunday, January 28.

Athletes attending the event included:

- - Rick Roberts and Briana Kostan of Saint Michael Parish in Saint Michael. Roberts is a former Major League pitcher with the Detroit Tigers and Los Angeles Dodgers. Kostan was a standout athlete at Seton Hill University and Forest Hills High School;

- - John Strittmatter of Holy Name Parish in Ebensburg. He was

a three-time NCAA All American and two-time Division II National Champion at the University of Pittsburgh at Johnstown.

With him was his former coach, Pat Pecora, a legendary wrestling coach at the University of Pittsburgh at Johnstown. In May of last year he was inducted into the Pennsylvania Chapter of the National Wrestling Hall of Fame. He is

a member of Saint Benedict Parish in Geistown;

- - Gene and Paul Pentz, are members of Saint Benedict Parish in Geistown. Gene is a former Major League pitcher for the Detroit Tigers and Houston Astros.

His son, Paul, is also a member of Saint Benedict Parish in Geistown. A catcher at the University of Pittsburgh at Johnstown, he was named First Team 2007 ESPN The Magazine/CoSIDA Academic All-District II College Division Baseball for the three consecutive years;

- - Brian Basile is head football coach at Bishop McCort Catholic High School, Johnstown. He is a member of the Resurrection Parish in Cambria City.

- - Joe Ridgely and Doctor Phil Woo of Holy Name Parish in Ebensburg attended. Ridgely is former head football coach at Bishop Carroll Catholic High School and Central Cambria High School, both in Ebensburg. Dr. Woo is a football coach at Bishop Carroll;

- - Gary Vitko, a coach at Bishop McCort Catholic High School attended the event. He is a member of Resurrection Parish in Cambria City.

Faith has always been at the heart of Gene Pentz, and he spoke about its importance to him. The sacrifice of the Mass intrigues him, and "one day I began to read about what the Mass truly is," he said. It was exciting to learn, he said, "that at every Mass, the angels and saints, and the people in purgatory are all present." He says that the Mass is a very special time.

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TALENT SHOW WINNERS: One of the highlights of Catholic Schools Week at Saint Benedict School, Carrolltown, was a Talent Show organized by Benedictine Brother Michael Miller. Pictured with Brother Michael are the winners of the talent contest (left to right) Seth Cunningham, Madelyn Goss and Olivia Deckard.

Catholic Charities

Award Bominations Sought

Altoona: Annually, Catholic Charities honors men and wom-

en from across the Diocese with the Monsignor William M. Griffin Humanitarian Award, and honors young men and women with the Matthew 25 Youth Humanitarian Award, at the Annual Catholic Charities Recognition



RETREAT DAY: On Friday Jan 6 student evangelizers from Bishop Carroll Catholic High School, Ebensburg, and Bishop Guilfoyle Catholic High School, Altoona, met with youth speaker, Maggie Craig (seated third from left), for an interactive retreat day. She spoke about being a Christian can give you a fun - filled amazing life.

Dinner, to be held this year on Wednesday, May 30, at The Casino, Lakemont Park, Altoona.

The Monsignor William M. Griffin Humanitarian Award is given to persons demonstrating a significant, long-term commitment (professional or volunteer) to serving the poor, marginalized and most vulnerable within our diocesan community (Bedford, Blair, Cambria, Centre, Clinton, Fulton, Huntingdon, & Somerset counties.)

The Matthew 25 Youth Humanitarian Award is given to elementary and high school students for demonstrating exceptional service to their communities, especially service to the poor and needy. This service must be "above and beyond" required school community service hours. Award winners will receive a monetary prize and a plaque recognizing their achievements.

Nomination forms and a one-page letter of recommendation must be submitted to Catholic Charities, Inc., P.O. Box 1349, Altoona, PA 16603-1349. Nomination forms may be requested by writing to the same address.



Bishop's Appointments

REVEREND MONSIGNOR JOHN R. SASWAY, Senior Priest with private residence, effective February 14, 2018.

REVEREND ANDREW C. STANKO, Senior Priest with private residence, effective February 14, 2018.

REVEREND JONATHAN J. DICKSON, has been appointed Chaplain of Saint Joseph Catholic Academy, Boalsburg, continuing as Parochial Vicar at Our Lady of Victory Parish in State College, effective January 19, 2018.

REVEREND ANDREW DRAPER T.O.R., has been appointed Pastor of Saint John Vianney Parish in Mundy's Corner, having received the presentation of his Provincial, the Very Reverend Richard Davis T.O.R. This appointment is effective February 14, 2018.

REVEREND KEVIN QUEALLY T.O.R., has been appointed Pastor of Our Lady of the Alleghenies Parish in Lilly, having received the presentation of his Provincial, the Very Reverend Richard Davis T.O.R. This appointment is effective February 14, 2018.

REVEREND THOMAS STABLE T.O.R., has been appointed Pastor of Holy Family Parish in Portage, having received the presentation of his Provincial, the Very Reverend Richard Davis T.O.R. This appointment is effective February 14, 2018.

DEACON KEVIN NESTER, has been appointed Administrator of Saint Joseph Parish in Williamsburg, effective February 14, 2018.

Lenten Seafood Buffet Eat In or Take Out Featuring Weekly Chef's Special

Saint Mary Parish, Altoona

Served 4:30 - 7:00 p.m.

Every Friday In Lent (Except Good Friday)

**At Saint Mary Memorial Hall
4th Avenue And 15th Street**

Adult - - \$11.00

Takeouts - - \$8.00

Children Ages 3 - 12 - - \$5.00

Children Under 3 - - Free



**"Fryer Tim"
Is Looking
Forward
To Welcoming
You!**

(Continued On Page 3.)

In The Alleghenies



SOCKS: Over 480 pairs of socks were donated by Our Lady of Victory Catholic School, State College, students to the Catholic Schools Week Sock Drive. Shown are OLV Kindergarteners, Harrison Selby and Chloe Kight, showing off their favorite pairs of socks. Other activities for Catholic Schools Week included a Faith Family Trivia Competition, and Family Fun Night.



SOUPER BOWL: Transfiguration Parish, Conemaugh held its eighth annual "Souper Bowl". Religious education students collected cans of soup and boxes of crackers for "Souper Bowl VIII" at all Masses the weekend of the NFL Super Bowl, February 3 and 4. The children exceeded their goal by collecting 545 cans of soup and 125 boxes of crackers which they gave to the Saint Vincent DePaul Society Food Pantry. Pictured(left to right) are: First row: Elsa St-razisar, Olivia Urban, Ciara Urban. Second row: Savannah Kephart, Shane Calpin, Madison McCleester. Third row: Amelia Calpin, Sydney Heinlein, Logan Heinlein. Fourth row: Savannah Stackhouse, Jessica Thomas and Lauren Stackhouse.

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Documentation or a request for forms may also be submitted by email to jjohnstone@dioceseaj.org or faxed to (814) 941 - 2677.

For further information call Catholic Charities Altoona office at (814) 944 - 9388.

High Schools

Hosts Tournament

Ebensburg: Bishop Carroll Catholic High School held a National Archery in the Schools (NASP) state qualifying tournament on Saturday, February 3. There were 84 archers in the tournament from four different schools.

Bishop Carroll began an archery program during the 2016-2017 school year. They had about 15 students involved during their first season. They traveled to five different NASP State Qualifier Tournaments their first year. This year they have 18 students involved. They will go to four different state qualifying tournaments that are held or being held in Pennsylvania.

NASP Tournaments are held all around the world. The tournaments are organized in Pennsylvania by the PA Game Commission and NASP Organization. NASP has local, state, national, and international tournaments for students to compete in.

All students from Bishop Carroll are welcome to join the archery club. They start practicing at the beginning of December. Local tournaments start in January and end a week or so before the state tournament at State College, this year held on March 9.

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JENNIFER MALLET

Saint Joseph's Names New Head Of School

Saint Joseph's Catholic Academy, Boalsburg, announces that Jennifer Mallett will assume the role of Head of School in July.

Mallett earned a Bachelor's degree in Education from Ashland University, and a Master's degree in Education and Allied Professions from the University of Dayton. Since 2010 she has been Head of School at Bishop Rosecrans High School in Zanesville OH..

Mallett holds certificates in Innovative Leadership, and Enrollment Management and

Marketing from Catholic School Management. She has served in numerous volunteer roles for the Diocese of Columbus and the Ohio Catholic Schools Accrediting Association.

"We're thrilled that Jennifer agreed to join our team," said Rob Thomas, president of the board of trustees for Saint Joseph's. "Her proven track record in Catholic education, along with experience in Catholic school enrollment, marketing and development are a perfect fit."

Interim Head of School, Jean Kozak, will return to her role as Saint Joseph's guidance counselor. Kozak took on the interim role following the departure of Chris Chirieleison who served as head of school for four years.

"Jean did an outstanding job shepherding Saint Joseph's through this transition period, and our entire faculty stepped up to make it a seamless experience for our students and families," Thomas said. "We're looking forward to another great year in 2018-19, marked by continued growth in enrollment and community support."

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PerspectiveBy Monsignor Timothy P. Stein
A Quiet Land

The first money I ever earned as a journalist was for a feature story I wrote for **The Penn**, the newspaper at Indiana University of Pennsylvania (IUP), when I was a freshman there in 1976. It was a feature article about Benedictine Sister Evelyn Detting, a campus minister at IUP's Newman Center. I don't remember how much the check was for, but I do recall that it burned a hole in my pocket. I quickly cashed it, and then went to a record sale in the Student Union. I bought an original cast recording of the musical "Anya," a re-telling of the story of a woman claiming to be Anastasia, the last daughter of Tsar Nicholas II, who was rumored to have survived the massacre of her family. The story was the basis for a dramatic play, a movie with Ingrid Bergman, and is now back on Broadway in a new musical entitled "Anastasia." "Anya" was the least successful of any of the theatrical incarnations of the tale, but the music from its score was hauntingly beautiful and still stirs my heart over 40 years later.

Set to the music of Russian composer Sergei Rachmaninoff, lyricists Robert Wright and George Forrest tell a story of hopes, of dreams, and of promises yet to be fulfilled. One of my favorite songs is sung by Anya in the crucial moment when she meets her supposed grandmother, the Dowager Empress Maria. It's a meeting that in real life never took place, but it's a song that remains a favorite of mine, especially as we enter into the six weeks of the Lenten season. Anya sings:

"There is a quiet land, that lies within the heart, a place that's near as near, yet a world apart.

"When in life's raging storm, confusion takes command, then traveler seek the way, to that quiet land.

"Don't search the earth's four corners, or past the distant poles: explore the wondrous country of your soul."

Isn't that just what Lent invites us to do? To go deep into our hearts, to explore our souls, and to find God there? The Lenten disciplines of prayer, of penance and fasting, and alms-giving, are means by which we can embark upon that journey to that quiet land, and find there the treasures of grace that God has so richly blessed us with.

On the Sixth Sunday of Ordinary Time, the last Sunday before Ash Wednesday, we read in Saint Mark's gospel about how Jesus cured a leper, and how He then withdrew to a deserted place, a quiet place, to be restored in heart, mind and soul. But even there, the crowds sought Him out, found Him, and asked for his help. And for us, it is very much the same. We lead busy lives. There are always people seeking us out for help and support, for comfort and consolation. It's hard to get away from them and the demands that they make. We live in the midst of a variety of communities. There will always be someone reaching out to us, just as there was always someone reaching out to Jesus. And whenever Jesus was made aware of those who were seeking Him, He went to them. He learned the lesson that we all have to learn: that the quiet land we are seeking is not some place physically set apart from all other persons, places and things.

Rather, it is a precious, hidden jewel lying deep inside the heart, in the very recesses of the soul. Only when we have visited there can we reach out wholeheartedly to those seeking our assistance and respond to them as Jesus responds to us.

Point Of View

I had forgotten the story until my dad reminded me.

One Sunday after Mass when I was 13 years old, I told my dad that I wasn't sure if I believed that Jesus was really in the Eucharist.

How could that be? It made no sense.

If memory serves, I was fresh off the confirmation retreat. Maybe I was being honest about uncertainty. Maybe I wanted to push my dad's buttons.

But my dad didn't judge. He heard me out. He listened to my doubt.

Decades later, I'm impressed by the way in which he tells me this story. He doesn't trivialize it as teenage angst. He doesn't dismiss it as weak faith.

He points to it as a sign that I've wanted to wrestle with big questions for my whole life.

I remember many times my dad and I have talked about faith. Connections we delighted to share. Conflicts we couldn't resolve. Tough subjects we had to leave at the kitchen table.

As a parent, I hope to hold my children's faith and doubt with as much respect as my dad did. He and I disagree on plenty, but we still meet on what matters most: refusing to give up on life's mysteries.

Each person has a different relationship to doubt. Some fear it. Others accept it. A few get lost in it.

But I have a hunch that most of us, if given a safe space to share our deepest questions, would admit to holding doubts alongside faith and wrestling forever between the two.



Faith At Home

By Laura Kelly Fanucci
How To Hold Doubt
And Grow Faith

Each person has a different relationship to doubt. Some fear it. Others accept it. A few get lost in it.

When Pope Francis spoke about doubt in 2016, he said, "I have many. ... Of course, everyone has doubts at times! Doubts that touch the faith, in a positive way, are a sign that we want to know better and more fully God, Jesus and the mystery of his love for us. ... These are doubts that bring about growth! It is good, therefore, that we ask questions about our faith, because in this way we are pushed to deepen it."

I hope that my children will grow into a life of faith. But I know I cannot guarantee anything, despite my best efforts.

All I can do is keep trying, keep praying and keep listening to them.

My children are small, but their questions are big. Why did Jesus have to die? Why does God let there be poor people? Why do we have to go to church? How did God make the world?

I'm still deepening my faith around the same questions.

In his **Introduction To Christianity**, then-Cardinal Joseph Ratzinger wrote that doubt "could become the avenue of communication" between those who believe and those who struggle.

When we yearn to reach out to family or friends, we might be inspired to see doubt not as a roadblock, but as the road we share.

We can't force faith on anyone. We might suspect the world would be a better place if we could, but it would be quite the terrifying opposite.

Decades after that conversation with my dad, the Eucharist has become the heart of my faith, the mystery that anchors Mass as the center of my life. But this change happened slowly.

Pushing back against the darkness, a seed unfurls in its own time. We cannot hurry growth's becoming.

My dad and I have been talking about faith for nearly 40 years now. We could not be more different, he with his worn Latin missal in hand, me with curiosity spilling over to each new question.

But we've never given up on each other. I pray for my children that faith and doubt will do the same.

In today's digital world having technology at your fingertips can often make life easier for families with daily routines and scheduling. You can work from anywhere, keep in touch with family and friends, research any subject matter, and order items from around the world all on the internet. Change is constant with technology and it can be a daunting task understanding the latest upgrades and trends.

The Internet is a wonderful resource for all, especially our children. Early learners can swipe a screen and access an entertaining and colorful world. School students can obtain information for homework, communicate with teachers and peers, and play interactive games. However, with unlimited and unmonitored access to the World Wide Web, there are potential hazards and parents can unknowingly allow children to enter dangerous digital portals.

There are numerous on-line resources for parents to audit what platforms their children are using that may lead to harmful choices or to engage in risky behaviors. Suggested within this article are two well respected organizations that provide tools on how to monitor on-line activity, what are the signs of danger and teaching your children to be safe with screens.

National advocates for child abuse prevention, Darkness to Light (D2L) is a non-profit organization



Internet Safety Resources

By Cindy O'Connor



committed to empowering adults to prevent child sexual abuse. The D2L website www.d2l.org offers information for individuals, parents, organizations and victims of sexual abuse.

Darkness to Light offers Five Steps to Protecting Our Children and provides parents with practical preventive actions to lower the risk of on-line child abuse:

- Step 1: Learn the Facts
- Step 2: Minimize Opportunity
- Step 3: Talk About It
- Step 4: Recognize the Signs
- Step 5: React Responsibly

Support For Survivors

Support for survivors of sexual abuse is always available throughout the Diocese of Altoona-Johnston. Survivors are encouraged to seek help for recovery through any of the sexual assault centers in their area. All of the sexual assault centers offer:

- * 24/7 Hotline Services
- * Crisis Intervention
- * Case Management
- * Individual Counseling
- * Legal Advocacy and Accompaniment
- * Medical Advocacy and Accompaniment
- * Prevention and Awareness Education Programs
- * Sexual Assault Response Team (emergency medical care, emotional support, and medical/ legal examination)
- * Professional Trainings
- * Information and Referrals to other community services

Bedford County

Your Safe Haven Inc.
(800) 555 - 5671
Yoursafehaven.org

Also offers: * Safe Shelter and/or Transitional Housing
* Transportation * Additional Services for Domestic Violence Survivors

Blair County

Family Services, Inc.
(814) 944-3585
Familyservicesinc.net

Also offers: * Therapy/ Therapeutic Counseling * Transportation * Additional Services for Domestic Violence Survivors

Cambria-Somerset Counties Victim Services, Inc.
(814) 288-4691 and (800) 755-1983
Victimservicesinc.org

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.

For decades, the ministry of Focus on the Family has provided family-strengthening strategies and sound advice to parents on issues and concerns that challenge families. A free download comprehensive tool for parents to navigate today's technology is available on Focus on the Family's website at <https://www.focusonthefamily.com/parenting/family-safety>.

This well-designed guide outlines how technology affects the brain, age appropriate video game choices, understanding social media and finding hidden apps and information regarding cyberbullying and recommended resources.

It is our priority and our duty to create safe environments for our children and young people and to continue to teach ongoing internet safety. It is equally important for each of us to keep in mind the senior population, persons with learning disabilities, mental health difficulties or those experiencing other issues that may make them vulnerable to predatory, abusive or coercive internet activity.

For inquiries on youth protection and safe environment efforts within the Diocese of Altoona - Johnstown or to schedule training workshops on Youth Protection Awareness and Mandated Reporting, please contact Cindy O'Connor at (814) 695 - 5579, extension 2621 or via email at coconnor@dioceseaj.org.

Also offers: * Therapy/ Therapeutic Counseling * Support Groups * Group Counseling

Huntingdon - - Mifflin - - Juniata Counties

The Abuse Network
(717) 242-2444
Abusenetwork.org

Also offers: * Crisis Counseling * Support Groups * Group Counseling * Safe Shelter and/or Transitional Housing * Transportation * Additional Services for Domestic Violence Survivors

Clinton County

Clinton County Women's Center
(570) 748-9509
Ccwcsafe.org

Also offers: * Therapy/ Therapeutic Counseling * Support Groups * Safe Shelter and/or Transitional Housing * Transportation * Additional Services for Domestic Violence Survivors

Franklin - - Fulton Counties

Women in Need/ Victim Services
(717) 264-4444
Winservices.org

Also offers: * Support Groups * Group Counseling * Safe Shelter and/or Transitional Housing * Transportation * Additional Services for Domestic Violence Survivors

Centre County

Centre County Women's Resource Center
(814) 234-5050
Ccwrc.org

Also offers: * Support Groups * Therapy/ Therapeutic Counseling * Safe Shelter and/or Transitional Housing * Transportation * Additional Services for Domestic Violence Survivors * Civil Legal Representation in family, law, immigration or Title IX matters * Safe Custody Exchange and Supervised Visitation

In The Alleghenies



DRESS DOWN DAY: In celebration of Catholic Schools Week, students at Bishop Carroll Catholic High School, Ebensburg, held a Dress Down Day fundraiser. They were able to raise \$630.00 to donate to the Dorothy Day Center at Saint Francis University, Loretto.

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They would love for the club to expand to younger archers. The NASP program is for students 4th grade to 12th grade. There are a lot of opportunities to help young archers improve their skills as an archer.

Archery is one of over 20 sports, clubs, and activities of-

ferred at Bishop Carroll Catholic High School. Students who participate in archery are often involved in the rifle team. A club trap shooting team is also beginning to form. For more information on any program, please visit the school website at www.bishopcarroll.com, or call (814) 472 - 7500.

Prayer

Spiritual Enrichment

Gallitzin: The Sisters of the Carmelite Community of the Word announce the following opportunities for spiritual enrichment, to be offered at their Incarnation Center Motherhouse:

- - **Lenten Study Series - Jesus' Passion: The Story of Redemptive Suffering**, Mondays, February 19, 26, March 5, 12, 19, from 9:30 - 11:30 a.m.

This Bible study provides an excellent way to focus on the events surrounding Jesus' Passion, death and Resurrection. Donation for the series is \$25.00 per person. Hard copy of the study guide is \$16.00. A free online version of "Jesus' Passion: The Story of Redemptive Suffering" is available online at <http://www.turningtogodsword.com/ttgw-studies/jesus-passion/>.

- - **Overnight Silent Retreat Opportunity**, February 23 - 24. "Witnesses on the Way to Calvary Retreat" begins on Friday evening with arrival from 6:30 - 7:00 p.m., and ends on Saturday by 3:00 p.m., and will include snacks, breakfast and lunch on Saturday.

Donation for the overnight retreat: \$40.00 per person in a single room or \$60.00 shared room or married couple.

- - **CCW Sunday Sabbath Series:** Sunday February 25, "Blessed Solanus Casey, Priest, Porter, Prophet." This extraordinary film explores the heroic life of a remarkable, modern day mystic, Father Solanus Casey, who was relegated to doing little more than being a simple doorman in his monastery. But God would transform the role his superiors assigned him, appointing it a far greater significance.

Sunday, March 11, 2018 "They Killed Sr. Dorothy," a documentary on the killing of 73 - year - old Catholic nun and activist Sister Dorothy Stang in February 2005, in the Brazilian rain forest, where for 30 years, she fought along with environmentalists and the underprivileged local communities against the exploitation of powerful loggers and landowners.

Sunday Sabbath gatherings begin at 1:30 PM and end at 5:00 PM. It includes the DVD presentation and time for prayer, reflection and discussion. There is no charge for the session but a free - will donation will be welcomed.

Pre - registration is requested 5 days before each session.

Incarnation Center is located at 394 Bem Road. To register or for more information on any program, call (814) 886 - 4098.

Carmelite Novena

Loretto: This year's second novena to Our Lady of Mount Carmel and Saint Therese, the Little Flower, offered by the Discalced Carmelite Nuns, will open Thursday, February 22 and conclude Friday, March 2.

All intentions submitted to the Nuns will be remembered with the special Novena prayers following daily Mass in Carmel's chapel.

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

Those desiring to share in the graces and blessings of these nine days of prayer, and in the private prayers of the Carmelite Nuns during the Novena, are requested to send their petitions to Mother Prioress, Discalced Car-

melite Monastery, P.O. Box 57, Loretto PA 15940.

Exposition Of Relics

Patton: "Exposition Of Sacred Relics: Treasures Of The Church," will be presented by Father Carlos Martins of the Companions of the Cross at Queen of Peace Church, 907 6th Avenue, at 3:00 p.m. on Sunday March 11.

Over 150 relics will be shown, including some believed to be as much as 2,000 years old.

Among the treasures will be relics of Saint Joseph, Saint Teresa of Avila, Saint Maria Goretti, Saint Therese of Lisieux, Saint Francis of Assisi, Saint Anthony of Padua, Saint Thomas Aquinas and Saint Faustina Kowalska.

In addition, there will also be presented a piece of a veil which is believed to have belonged to the Blessed Virgin Mary, and one of the largest remaining pieces of the True Cross.

The presentation will be held in the church.

For further information call Queen of Peace Parish at (814) 674 - 8983, or visit www.treasuresofthechurch.com.

Scout Retreat

Loretto: "Modern Day Saints," will be the theme of the Diocese of Altoona - Johnstown's Catholic Committee on Scouting's Annual Scout Retreat to be held May 18 - 20 at Saint Francis University.

The cost of the weekend is \$45.00 for Boy and Girl Scouts in grades 5 - 12, and their adult chaperones and leaders. The prince includes meals, lodging and program materials, and a 2018 Retreat patch. Retreatants will stay in university dormitories and eat all meals in Torvian Hall Dining Room.

Reservations must be received by May 1, and may be sent to Denise Kreckel, 348 Madison Ave. Ext., Tyrone, PA 16686. Make checks payable to Diocese of Altoona - Johnstown.

For further information, contact Mrs. Kreckel at pharmcanoe@aol.com.

Prayer Group Spring Schedule Cathedral of the Blessed Sacrament

All are welcome.
Clip and Save!

Mon, Feb 12th, Praise & Worship, 7 pm,
Ryan Beiswenger—witness talk.

Mon, Feb 26th, Praise & Worship, 7 pm,
Fr. Christopher Panagoplos, TOR, teaching on
spiritual gift of mercy (Rom 12:8).

Mon, Mar 12th, Praise & Worship, 7 pm,
Barbara Rossi, teaching on spiritual gifts of
encouragement (Rom 12:8) and hospitality (Rom 12:13).

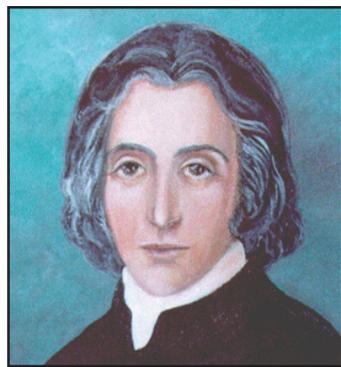
Mon, Mar 26th, Eucharistic Festival of Praise, 7 pm,
Deacon Michael Anna, homilist.

Mon, Apr 9th, Praise & Worship, 7:30 pm,
CRYPT CHAPEL, *Speaker TBA*.

Mon, Apr 23rd, Charismatic Mass, 7 pm,
Fr. Bob Hilz, TOR, celebrant.

Mon, May 14th, Healing Mass, 7 pm, *Fr. Bill Kiel*,
main celebrant.

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



A Prince In The Service Of The Great King

The Servant Of God
Demetrius Augustine Gallitzin
 1770 - 1840

Vatican Issues Instruction On Relics

By Carol Glatz
 Catholic News Service

VATICAN CITY (CNS) -- Only relics that have been certified as authentic can be exposed for veneration by the faithful, said a new Vatican instruction. Published December 16, 2017 in Italian by the Congre-

gation for Saints' Causes, the instruction clarifies and details the canonical procedures to be followed by local bishops in an effort to verify the authenticity of relics and the mortal remains of saints and blessed, as well as better guarantee a relic's preservation, approve and track its movements, and promote its veneration.

The instruction replaces the appendix, "Canonical Recognition of the Mortal Remains of the Servant of God," included with "Sanctorum Mater," the congregation's "Instruction for Conducting Diocesan or Episcopal Inquiries in the Causes of Saints," released in 2007.

The new instruction outlined the specific procedures and personnel necessary for the canonical recognition of the authenticity of the relics or remains of a saint or anyone on the path to sainthood. It also specified that any action taken regarding the relics or remains must also conform with local government laws and have the consent of the saints' congregation and the person recognized as the deceased's "heir."

In the case of an upcoming canonization or beatification, some small pieces or fragments already separated from the body can be removed and later given to the postulator or vice postulator for placement in a properly sealed reliquary, the instruction said.

But "the dismemberment of the body is not allowed" unless the bishop has obtained permission from the saints' congregation, it said.

The sale or trade of relics remains "absolutely prohibited" as well as exposing them in "profane" or unauthorized locations, it said.

Some of the rules also include:

- Rigorously avoiding any sign of veneration for the remains of a servant of God or venerable before beatification.



CNS Photo/Gregory A. Shemitz

RELIC: A woman venerates a relic of Saint Jacinta Marto prior to a vigil Mass October 12, 2017 celebrated in honor of Our Lady of Fatima at Saint Vincent Ferrer Church in New York City.

- Obtaining written consent from the congregation and every bishop or proprietor that would be involved in the moving of, in transferring the ownership of, or in the pilgrimage of any relics and mortal remains of the saints and blessed.

- Getting the consent of the saints' congregation, the relevant patriarch and his permanent synod for the alienation or transfer of ownership of relics and precious icons of the Eastern churches.

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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The Pope Teaches

By Pope Francis
Lenten Message 2018

VATICAN CITY (CNS) -- Catholics should use the season of Lent to look for signs and symptoms of being under the spell of false prophets and of living with cold, selfish and hateful hearts, Pope Francis said.

Together with “the often bitter medicine of the truth,” the church -- as mother and teacher -- offers people “the soothing remedy of prayer, almsgiving and fasting,” the pope said in his message for Lent, which begins Feb. 14 for Latin-rite Catholics.

The pope also invited all non-Catholics who are disturbed by the increasing injustice, inertia and indifference in the world, to “join us then in raising our plea to God in fasting and in offering whatever you can to our brothers and sisters in need.”

The pope’s Lenten message, which was released at the Vatican Feb. 6, looked at Jesus’ apocalyptic discourse to the disciples on the Mount of Olives, warning them of the many signs and calamities that will signal the end of time and the coming of the son of man.

Titled, “Because of the increase of evil-doing, the love of many will grow cold” (Mt. 24:12), the papal message echoes Jesus’ caution against the external enemies of false prophets and deceit, and the internal dangers of selfishness, greed and a lack of love.

Today’s false prophets, the pope wrote, “can appear as ‘snake charmers,’ who manipulate human emotions in order to enslave others and lead them where they would have them go.”

So many of God’s children, he wrote, are: “mesmerized by momentary pleasures, mistaking them for true happiness”; enchanted by money’s illusion, “which only makes them slaves to profit and petty interests”; and convinced they are autonomous and “sufficient unto themselves, and end up entrapped by loneliness!”

“False prophets can also be ‘charlatans,’ who offer easy and immediate solutions to suffering that soon prove utterly useless,” he wrote. People can be trapped by the allure of drugs, “disposable relationships,” easy, but dishonest gains as well as “virtual,” but ultimately meaningless relationships, he wrote.

“These swindlers, in peddling things that have no real value, rob people of all that is most precious: dignity, freedom and the ability to love,” the message said.

The pope asked people to examine their heart to see “if we are falling prey to the lies of these false prophets” and to learn to look at things more closely, “beneath the surface,” and recognize that what comes from God is life-giving and leaves “a good and lasting mark on our hearts.”

(Continued On Page 9.)



ONE MORE TIME: Members of the Folk Choir helped celebrate the 75th anniversary of Saint Joseph Parish, Portage, in 1975. The group was directed by seminarian Dave Dodson.

Bishop Anthony B. Taylor found himself on the headline side of a “man bites dog” story. The headline read: “Bishop will not attend March for Life in Little Rock.”

In a letter to the diocese’s Catholics, the bishop explained that march organizers had invited the state’s attorney general as the main speaker.

Bishop Taylor explained: “Attorney General Leslie Rutledge ... last year worked tirelessly to secure the execution of four criminals who posed no further threat to society. You will recall that the Diocese of Little Rock was very vocal in appealing for clemency for these four men, but we were opposed at every turn by Attorney General Rutledge. For this reason, I asked Arkansas Right to Life to choose a more appropriate keynote speaker, indicating that I could not participate in what was supposed to be a pro-life event otherwise.”

Arkansas Right to Life refused, and the bishop stayed away. He did support two Masses for life and the prayer vigil. He also encouraged Catholics “to participate in the Nine Days for Life Campaign of the US-CCB Committee on Pro-Life Activities,” noting that day eight of the novena “calls for an end to the use of the death penalty in our country.”

Bishop Taylor used the moment to stress the church’s “consistent ethic of life,” which he explained teaches the “inherent



Amid The Fray

By Greg Erlandson
Understanding
‘The Other America’

God-given dignity” of every human being means that “human life and human dignity must be protected from the first moment of conception to natural death and every stage in between.”

At this year’s 45th annual March for Life in Washington, it was clear that Bishop Taylor did not stand alone. There were more than a few signs that pro-lifers were willing to link treatment of the unborn, the poor and the undocumented, and felt called to oppose both unjust war and the death penalty as part of their pro-life witness.

In truth, pro-lifers, especially Catholic ones, have always been more in tune with the church’s consistent ethic of life than stereotyped by their critics. They don’t just care for babies until they are born. Multiple ministries like the Women’s Care Center provide support year-round for moms and babies before and after birth.

Pro-lifers are more likely to be opposed to the death penalty, and this year journalists found many marchers who expressed concern for families torn apart by deportations.

“Black lives matter; immigrant lives matter; unborn lives matter” one sign read. It’s a connecting of the dots that is attractive to many young pro-lifers and may upset the entrenched ideological battle lines of our polarizing political parties.

The dignity of every human being is an inclusive and uplifting message that younger Americans unscarred by the three decades of culture wars are attracted to. They are less interested in fighting old battles than in seeing who will resist the throwaway culture that we have become: discarding the poor, the ill, the voiceless, the elderly.

Abortion isn’t just the taking of a life. It is also a symbol for how society disposes of all those it does not value.

As was visible at the March for Life in Washington this year, the pro-life movement has done an amazing job of persistent, principled resistance. It has also done an amazing job of handing on the torch to the next generations, from high schoolers to 30-somethings. Bishop Taylor’s witness may point the way to where we go from here.

Question Corner

By Father Kenneth Doyle
Selling Things
That Are Blessed

Q. A recent picture in a magazine showed Pope Francis signing a car that had been given to him. The cutline for the photo said that the pope had signed and blessed the car before putting it up for auction by Sotheby's in London, with the proceeds going to charitable work.

But I had always understood that, according to church law, blessed articles cannot be sold. Would you comment, please? (Bloomington, Indiana)

A. What you saw in the magazine did, in fact, happen. In Nov. 2017, the Italian automaker Lamborghini donated to Pope Francis a new model sports car in the Vatican colors of white and gold, worth upwards of \$200,000.

The pope autographed and blessed the vehicle, which was then consigned to Sotheby's to be auctioned off -- the proceeds going to three charities close to the pope's heart: the rebuilding of homes and Christian houses of worship in Iraq that had been

destroyed by the Islamic State; assistance to women who had been victimized by prostitution and human trafficking; and specialized medical care in several African nations.

It would be safe to assume that the pope would not violate canon law, and that is true here. Nowhere does the church prohibit the sale of each and every blessed object. Like most priests, I am regularly asked to bless new homes, and there are specific prayers created for such a purpose. But imagine how infrequently that would happen if such a blessing were to result in the permanent prohibition of that house's resale!

What must not be sold are blessed objects of religious devotion -- crucifixes, medals, rosaries, etc. Such objects are to be blessed only after they are purchased.

The Lamborghini company, I'm quite certain, never imagined the Pope Francis would put this donated vehicle to his personal use. That would have

clashed with some specific guidance already offered by the pope. In July 2013, meeting with seminarians and novices, the pontiff cautioned them against cars that were "showy."

"I tell you," he said, "it truly grieves me to see a priest or a sister with the latest model." "Choose a more humble car," he told them, and "think of all the children who are dying of hunger." (That sensitivity is reflected in the pope's own choice for traveling around Rome -- a 2008 Ford Focus.)

Q. I have heard and read that the Girl Scouts support Planned Parenthood. What is the church's understanding of this? (New Lexington, Ohio)

A. In recent years, concerns have arisen about certain affiliations of the Girls Scouts of the United States of America (GSUSA) in reference to issues of church teaching. Those concerns relate especially to GSUSA's link with the World Association of Girl Guides and Girl Scouts, to which GSUSA contributes more than \$1 million each year -- particularly with the association's stated support of "sexual and reproductive health/rights."

Based on such concerns, the U.S. Conference of Catholic Bishops undertook a study that resulted in its 2014 decision to leave it up to local bishops to determine whether their dioceses and parishes should affiliate with GSUSA.

During interviews done as part of the study, GSUSA stressed that it has no official relationship with Planned Parenthood. And during a 2014 Girl Scouts national convention, the federation's executive director noted that "no monies collected by Girl Scouts for any purpose, including our girls' cookie sales, will be given to Planned Parenthood or any other organization" that advocates on issues such as abortion and contraception.

However, GSUSA also noted that it has no authority to prohibit local councils or troops from forming their own relationships with such organizations.



CNS Photo/Gregory A. Shemitz

(Continued From Page 8.)

Christians also need to look for any signs that their love for God and others has started to dim or grow cold, the pope said.

Greed for money is a major red flag, he wrote, because it is the "root of all evil" and soon leads to a rejection of God and his peace.

"All this leads to violence against anyone we think is a threat to our own 'certainties': the unborn child, the elderly and infirm, the migrant, the foreigner among us, or our neighbor who does not live up to our expectations," the pope wrote.

Another sign of love turned cold is the problem of pollution, he said, which causes creation to become poisoned by waste, "discarded out of carelessness or selfishness."

The polluted oceans unfortunately also become a burial ground for countless victims of forced migration and "the heavens, which in God's plan, were created to sing his praises," are slashed by machinery that rain down instruments of death, he wrote.

Whole communities, he said, also can show signs of a cold lack of love wherever there is selfish sloth, sterile pessimism, the temptation to become isolated, constant internal fighting and a "worldly mentality that makes us concerned only for appearances, and thus lessens our missionary zeal."

The remedy for these ills can be strengthened during Lent with prayer, almsgiving and fasting, he wrote.

Praying more enables "our hearts to root out our secret lies and forms of self-deception, and then to find the consolation God offers," he said in his message.

"Almsgiving sets us free from greed and helps us to regard our neighbor as a brother or sister," it said.

Urging people to make charitable giving and assistance a genuine part of their everyday life, he asked that people look at every request for help as a request from God himself. Look at almsgiving as being part of God's generous and providential plan, and helping his children in need.

Finally, "fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth," he said, while also letting people feel what it must be like for those who struggle to survive.

It also "expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbor," he wrote, and "revives our desire to obey God, who alone is capable of satisfying our hunger."

The pope also reminded people to take part in the "24 Hours for the Lord" initiative March 9-10 in which many dioceses will have at least one church open for 24 hours, offering eucharistic adoration and the sacrament of reconciliation.

Saints Francisco and
Jacinta Marto
Twentieth Century
Feast - February 20



Two of the three Fatima visionaries, this sister and brother were beatified in 2000, and canonized in 2017. With their cousin, Lucia dos Santos, they had monthly visions of Mary at Fatima, Portugal, from May to October 1917. Mary asked the shepherd children to promote devotion to her Immaculate Heart and pray the rosary daily. Both Martos died of influenza, Francisco at age 10 in 1919, and Jacinta at age 9 in 1920. Their cousin, who became a Carmelite nun, died in 2005 at age 97. Fatima is among the world's great Marian shrines and pilgrimage sites.

Faith Important To Olympian

(Continued From Page 16.)

Wolski remembers everything about that incident. He remembers thinking he had been paralyzed, but then after “30 to 40 seconds” being able to move his arms and legs.

He remembers joking with the trainer in the ambulance ride to the hospital. He remembers not being strapped in properly and feeling every bump along the way, especially driving over train tracks.

Wolski’s season was over. With the help of Toronto-based

trainer Matt Nichol, Wolski worked himself back into shape and earned a spot on the Canadian Olympic roster.

“Wojtek is a great person,” said Mike Pelino, Metallurg Magnitogorsk assistant coach. “He’s really deserving of representing Canada, and he will make the Canadian fans proud with his efforts and with the passion he plays with.

“I am very happy for him to have earned this opportunity, and more so to have been able to come back after such a horrific incident,” he said. “I must admit

I had a real sick feeling in my stomach because you knew that it was something serious.

“From that very moment though, Wojtek had such a positive and upbeat attitude and I was confident that, God willing, he would return better than ever.”

Wolski says perseverance is the key for Team Canada.

“We’re a bunch of guys who never gave up. We’ve all found a way to keep our careers going, because we haven’t given up on ourselves,” he said.



CNS Photo/Instagram

RECOVERS: Former NHL player Wojtek Wolski recovers in a hospital after a breaking a bone in his neck during a hockey game in Russia in 2016. Wolski, recovered, is on the Canadian Olympic hockey team.

Wojtek Wolski has gone from being a can't-miss prospect from St. Michael's College to a disillusioned young man who wanted to quit hockey, to a hospital patient facing a long comeback after shattering injury, and now to a man who has a shot at Olympic glory.

Athletes Discuss Importance Of Faith In Their Lives

(Continued From Page 1.)

Kostan was a member of the Fellowship of Christian Athletes in high school and college. “My faith helped me keep things in perspective,” she said. She continued that having God as her center was a key in her life and career.

She also discussed the importance of prayer in her life. “Without prayer and my faith, I don’t think I would have ever been as successful.”

Coach Basile compared God and his faith to a good friend that’s always there supporting you. “A

good friend is always by your side and there when you need them. God is that good friend.” He also shared his thoughts on the importance of attending Mass.

Father Brian says the event went well and he plans to hold it again next year. He said we need to work together. “Sports and religion are not a competition,” he reminded.

“Sport is so pivotal in our lives, and God has given us so many gifts and talents such as music, art, sports, etc. No matter what talent with which we are blessed, God asks us to share and show these talents with the world,” Father Warchola said.

‘Superpope’ To The Rescue: T-Shirt Sales Support Charity

By Carol Glatz
Catholic News Service

VATICAN CITY (CNS)

Though not as fast as a speeding bullet, “Superpope” will fly across the world, gathering autographs of sports stars and eventually being auctioned off to raise money for the pope’s charity.

The initiative kicked off Feb. 8 at a Vatican news conference with the unveiling of a simple medium-sized yellow T-shirt graced with the iconic “Superpope” image: Pope Francis, fist extended, flying through the air, holding his black bag packed with Christian “values” and a scarf representing his hometown San Lorenzo soccer team.

The first superstar who designed the tee was recently retired Roma soccer legend, Francesco Totti, who even added his old team number “10” to the signature.

Next in line for the shirt signing “relay” around the world will be soccer star Diego Maradona, followed by world champion motorcyclist Marc Marquez and many more, including top female athletes, said Msgr. Dario Viganò, prefect of the Secretariat for Communication.

The plan is to get as many famous signatures as possible before it goes on auction, possibly by “the end of the summer,” said Christian Fasulo, CEO of the Polk&Union agency, which is running the marketing campaign.

The first “Superpope” image went up on a backstreet near the Vatican on a cold night in January 2014.

The artist, Mauro Pallotta, who signs his work, “Maupal,” paints his removable street art onto paper that he then glues with a water-based adhesive to walls around Rome.

While most of his street art tends to stay up for years, the depiction of the pope drew an uncharacteristically quick response from the city’s “decorum” police, who showed up just two days later to inspect the infraction and then had it scraped off and repainted the next day.

But by then, media coverage and pictures of the image had gone viral.

Pallotta, a classically trained painter, put up another pope-themed piece near the Vatican in October 2016, this time depicting a clandestine graffiti game of tic-tac-toe. In the rendition, Pope Francis has climbed a ladder to turn the O’s into peace signs and makes the win while

a Swiss Guard peeks around the corner as the lookout. That piece only lasted half a day before the city’s waste collectors scraped it all off.

But once Pallotta got permission from the Vatican to use his “Superpope” image, the artist launched an #OrdinaryHeroes movement online in October 2017 with the help of a local entrepreneur.

The idea was to get people to share stories of ordinary people doing simple, positive and caring things, based on the belief that, “in order to change the world, we don’t need superheroes, but everyday heroes who spread the values of humility and solidarity, which Pope Francis, the first of the #OrdinaryHeroes, perfectly embodies,” according to the superpope.it website.

Pallotta told reporters Feb. 8 that he was “enormously happy and proud” about the latest initiative and that the message behind his work was finally understood.

The superpope.it site sells T-shirts with the “Superpope” image for 19 euros (about \$23) so people can show their support for the message and show solidarity with others since part of the profit (about one euro per shirt) goes to the papal Peter’s Pence charity.

Church Offers Abundant Help To Failing Marriages

By Katie Scott
Catholic News Service

PORTLAND, Ore. (CNS)

-- The marriage appeared severed. It was a mess of miscommunication, heartbreak and a broken vow. They'd contacted divorce lawyers and he'd moved out. Her friends encouraged her to dump him.

"Our marriage was in a crisis that we couldn't overcome ourselves," said Carol McMenamin, 63.

Twenty years later, Carol and her husband sit side by side holding hands in their living room. Kevin McMenamin, 66, looks tenderly at Carol. She laughs and smiles.

The couple, members of All Saints Parish in Northeast Portland, will celebrate their 42nd wedding anniversary in April.

"I didn't think it was possible," said Kevin of avoiding divorce.

Figures vary, but the chance that a marriage in the United States will end in divorce is likely somewhere between 42 and 45 percent based on a 2017 assessment of research published in *Psychology Today*. "The divorce rate for American Catholic adults is an estimated 28 percent, according to the Center for Applied Research in the Apostolate at Georgetown University.

Yet couples who see divorce, separation or lifelong unhappiness as inevitable have found healing and renewed love is possible -- with ample help.

Intensive therapy, the sacraments and a number of Catholic resources, notably a program called *Retrouvaille*, meaning "rediscovery" in French, have saved countless relationships.

"To have that partner in life back, to get that wonderful person I fell in love with back," said Carol, "it's a gift."

Infidelity is one of the top reasons for divorce, but marriages falter for a range of reasons. Addiction -- to pornography, substances, even work -- a frenetic lifestyle, communica-

tion problems, overuse of isolating technologies, the stress of children and finances, and a distorted view of love all contribute to marital struggles, according to Jason Kidd, director of the Marriage and Family Life Office of the Archdiocese of Portland.

There is a pervasive misunderstanding of what love is, said Kidd. "A good marriage doesn't just happen, it takes work. Authentic love is a choice, and it needs to be willing the good of the other."

Polly Burton, at Northwest Catholic Counseling Center in Portland, said nearly 70 percent of the marital conflict she sees stems from personality differences -- introvert versus extrovert, a thinker and a feeler. Since these traits are unchangeable, "couples fight about the same things over and over" until they learn to speak each other's language, she said.

The remaining marital issues Burton encounters surround past attachment issues or trauma. If an individual was in foster care or had a chaotic caregiver, for example, an intimate relationship can at times "trigger painful feelings," she said.

Burton said it's not always possible for couples to recover from extra-marital affairs, but it is possible. The pairs must rebuild trust, forgive and realize "how important the relationship is to both of them," she told the **Catholic Sentinel**, Portland's archdiocesan newspaper.

For many struggling marriages, *Retrouvaille* provides hope.

"If someone wants to witness miracles, they should come to *Retrouvaille*," said Carol, who felt her marriage nearly crumble after Kevin had an affair.

During the *Retrouvaille* weekend, which Carol calls "an emergency room for marriages," couples learn to re-establish communication and gain insights into themselves as individuals and as partners.

Kevin learned to put his feelings into words; Carol gained a deeper understanding of forgiveness and how to communicate better.



CNS photo/Katie Scott, *Catholic Sentinel*

KEVIN AND CAROL MCMENAMIN

Retrouvaille is presented by three married couples and a priest. Follow-up presentations explore a number of topics, including forgiveness and trust, sexuality and intimacy.

Originating in Quebec, *Retrouvaille* (<http://helpourmarriage.com>) came to the United States in 1982 and has spread across the globe. It is open to married couples regardless of religious background. Some attendees have been married a half-century, others less than a year.

In addition to *Retrouvaille*, counseling is critical for those in crisis, said Kidd. Parishes and priests often have a database of local therapists, and he suggests couples start there.

"If the first counselor isn't the right fit, keep looking," urged Carol.

Unhappy couples wait an average of six years before getting help, according to the Gottman Institute, which researches and supports healthy marriages. Don't wait that long, said Burton. "People think if they go they are somehow broken," she said. "But therapy is a tool; you can pick it up when you need it and put it down when you don't."

Father Don Gutmann, pastor of St. Clare Parish in Southwest Portland, said therapy is essential and so are the sacraments.

The Eucharist is a paramount source of strength, as is attending Mass as a couple, he said.

The priest added that when a marriage is struggling, people are not as good at protecting themselves from sin. Couples readily exchange harsh words, and "bringing that into confession allows God's healing grace to help them do better in the future," he said.

"Even in a good marriage, most people have some kind of issue in their relationship," acknowledges 76-year-old Jack Rich, a member of St. Mary Parish in Corvallis.

Along with his wife, Jo, Rich is a presenter at *Worldwide Marriage Encounter* (www.wme.org), a Catholic-based program enhancing marriages through a weekend of presentations and sharing.

Weekend topics include effective listening, and presenters give concrete examples. "Good listening means you aren't thinking of something else as

someone is talking or thinking of a comeback," said Rich.

To strengthen good relationships and avoid a potential future crisis, couples must make their relationship a priority, said Kidd. One modest way is to go on regular dates.

"It could be as simple as going to the library and then sharing an ice cream," he said.

Burton advises couples to find activities both partners enjoy and that complement each personality.

By putting effort into your marriage, you are "making an investment in one of the most important relationships of your life," said Robin. There are ways, she continued, you can not only preserve it but also "make it amazing."

"Very few marriages are truly beyond hope," added David.

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Laughter, Tolerance, Shared Faith Seen As Crucial For Lasting Marriage

By Beth Griffin
Catholic News Service

RYE, N.Y. (CNS) -- Laughter, tolerance and shared faith are important ingredients in a loving, lasting marriage, according to a New York couple who will celebrate their 60th wedding anniversary at the end of National Marriage Week, which was Feb 7-14.

Bess June and John Lane reflected on their long relationship during a Feb. 6 interview at their home in suburban Westchester County.

"You have to have a sense of humor. Marriage is always a crapshoot. You never know what's going to happen in your life," Bess June told Catholic News Service with a smile. "Having the same faith makes it a heck of a lot easier."

"We both came from Irish-American, Catholic families and the similarities help," she added.

John's work as a network news producer and executive brought the couple and their young family to New York more than 35 years ago, but lingering accents confirm their Chicago roots.



CNS Photo/JoAnn Cancro Photography

BESS JUNE AND JOHN LANE

Bess June's family belonged to St. Philip Neri Parish on the South Shore. She attended Catholic elementary and high school and graduated from the College of St. Teresa in Winona, Minnesota, before working as an advertising copywriter for a several Chicago department stores.

John's family was active at St. Margaret Mary Parish in Rogers Park on the far north side of the city. He also attended Catholic schools and graduated from Loyola University Chicago. John served two years in the Army, including a tour in Korea, and took a job with CBS News in Chicago.

Mutual friends tried to introduce them, but they resisted because each was sure the other was "geographically undesirable," according to the couple.

"John was at 7500 north and I was at 7400 south," a distance of some 20 miles, Bess June said. They ultimately agreed to have dinner with their friends at the Shoreham Hotel. They dated, broke up, resumed dat-

"We've been very fortunate. Our children are all normal, we've always had enough money to live and everything that happens to us now is age-appropriate."

ing and became engaged in their mid-20s as, Bess June said, "we were approaching the 'Single Blessedness Club,'" and were among the last of their friends to marry.

Neither Bess June nor John seriously considered marrying anyone else. "Marriage is something I probably didn't think much about, but it was time. Not only did I love her, I really liked her," John said. "I felt I could be most myself with him," Bess June said.

They married Feb. 15, 1958, at St. Philip Neri. Their first child was born in 1960 and named Clement ("Clem") in honor of John's father. The senior Clem was city editor and later a columnist for the **Chicago Daily News**.

"My father was an extraordinary example in my life," John said. "He was the world's greatest Christian. He was a daily communicant who was one of

the founders of the Christian Family Movement and Catholic Action in Chicago and was one of the first members of Alcoholics Anonymous." He also kept carbon copies of the almost-daily letters he wrote to John during his military service.

John's long career in the news business included stints with the Chicago Daily News, NBC News, CNN and WBBM, the CBS affiliate in Chicago. He spent 25 years at CBS and was the senior producer for the CBS News with Walter Cronkite from 1971 to 1980.

John worked 70-hour weeks in Chicago and 13-hour days in New York and traveled extensively. He said, "Bess June really carried the load for the raising of our children and they're far better off because of it."

"I was very happy I was able to stay home. I knew that what John did was important and he would have liked to be home," Bess June said. "He had a severe conscience and couldn't be unfaithful. He was a good dad."

By 1966, young Clem Lane was joined by three sisters.

Bess June said, "Rent was cheap and so were cigarettes and booze. It didn't take a lot of money to abuse anything." By mutual agreement, the Lanes stopped drinking and smoking 53 years ago, they said.

"I had a problem. I said to God, 'Here's my hand. Grab ahold' and he grabbed tightly," John said. Bess June said she knew her drinking "would never get better." Quitting "saved everything," she said.

When John was transferred to New York, he said, he "interviewed pastors and Catholic school principals to find out if they believed in God and other minor stuff" before choosing a community. "I fell in love with Sr. Marion Duggan" at Resurrection School in Rye, he said.

Perhaps the feeling was mutual: The late Sister of Charity baby-sat the four Lane children one weekend while the parents attended a wedding in Chicago.

At Resurrection, the Lanes heard Jesuit Father Ned Murphy speak from the pulpit about Part of the Solution, or POTS, which was a storefront soup kitchen he

started in the South Bronx. They began to cook and serve meals as a family at POTS every Saturday and help with large off-site Thanksgiving and Christmas feasts prepared and served by Resurrection parishioners for as many as 500 guests.

"All of a sudden" they were "in charge of Thanksgiving and Christmas," the couple recalled with a laugh.

"We wanted our children to see what the real world is like. We got so much more out of it than we gave," Bess June said. They organized food donations, preparation and volunteers for more years than they can recall and stopped only when they were sidelined by health issues.

"I'm very proud that all have social consciences and they look out for people," John said of his children and 10 grandchildren.

The Lanes' son died in 2011 after battling an undiagnosed condition for two years. Clem also worked in the television news business and was living temporarily with the Lanes after a move from California when he became ill.

"Clem's death was hard for us. He was a wonderful, funny guy, a gift," Bess June said. "Luckily we believe in the hereafter."

"We were happy for him when he went because he was real sick and wasn't going to get better," John said. "We have our faith and that's a gift. Your heart breaks for someone who doesn't."

John and Bess June are daily communicants. "It's a wonderful way to start your day, examine your conscience and pray for people you love. If I don't go to Mass in the morning, there's something lacking in the day," John said.

At 87, John delivers food to needy families in a neighboring parish every Saturday. He and Bess June, who described herself as "almost 85," consider themselves lucky. "We've been very fortunate. Our children are all normal, we've always had enough money to live and everything that happens to us now is age-appropriate," she said.

"Some people have real problems," John said.

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**Sister M. Macrina
Stermec O.S.U.**

Ursuline Sister M. Macrina Stermec died Thursday, January 25 at Nazareth Home - Clifton, Louisville KY. She was 95 - years - old.

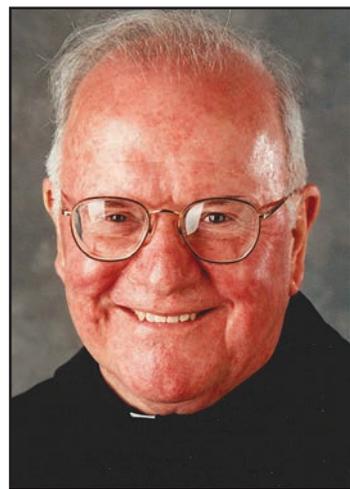
She was born August 4, 1922 in Conemaugh, and joined the Ursuline Sisters of Louisville on July 2, 1939. She is survived by nieces and nephews, and by the Ursuline Sisters of Louisville and their Associates.

From 1969 until 1986, Sister Mary Macrina served locally at Conemaugh Catholic School and at Saint Joseph School/Central Catholic Elementary School in Johnstown. She was an officer of the Sisters Council of the Diocese of Altoona - Johnstown.

Sister Mary Macrina also taught in schools in Louisville, Kentucky; North Platte and Sidney, Nebraska; Cumberland, Maryland, and served in the Office of Finance for the Ursuline Sisters until she retired in 2012. She held a bachelor degree from Ursuline College, Louisville; and a master's degree from Creighton University, Omaha, Nebraska.

The Funeral Mass for Sister Mary Macrina Stermec O.S.U. was celebrated in the chapel of the Ursuline Motherhouse in Louisville on Monday, January 29, with committal in Saint Michael Cemetery, Louisville.

Memorial donations may be made to the Ursuline Sisters,



**Father Colman McGarril
T.O.R.**

Father Colman McGarril, 91, of the Third Order Regular Franciscan Friars of the Province of the Most Sacred Heart of Jesus, died Tuesday, January 30, at Garvey Manor, Hollidaysburg.

He was born on July 4, 1926, in Kearney NJ, and given the name John when he was baptized at Saint Cecilia Church, Kearney. He was the son of John and Catherine (Murphy) McGarril. He attended Saint Cecilia Grade School and graduated from Saint Cecilia High School on May 26, 1944.

On October 19, 1947, Father Colman entered the postulancy at Mount Assisi Monastery, Loretto.. He entered novitiate on July 1, 1948 at Mount Assisi Monastery, and pronounced his first vows on July 1, 1949. Father Colman pronounced his solemn vows on July 1, 1952 at Mount Assisi Monastery.

Father Colman was ordained to the priesthood on May 22, 1954 at the Cathedral of the Blessed Sacrament, Altoona by the late Bishop Richard T. Guilfoyle, Bishop of the Altoona - Johnstown Diocese. He received his Bachelor of Arts degree in Philosophy from Saint Francis College in May of 1950. He completed Theological studies at Saint Francis Seminary, Loretto in May of 1954.

During his long and faithful Franciscan life, Fr. Colman ministered in many of the works

of the Province: high school education (Saint Francis Prep School, Spring Grove), director of candidates, director of novices, director of Franciscan T.O.R. Missions, hospital Chaplain, parochial vicar, and pastor of the following: Saint John the Evangelist Church, Pittsburgh, Holy Spirit Church, Mitchell SD, and Saint. Patrick Church, Tampa FL.

His most recent assignment was at Saint Francis Friary - Mount Assisi, Loretto, where he served in the ministry of prayer.

Father Colman was preceded in death by his sisters Marie McCarthy, Kathleen (Kay) Leonarodis and Anne O'Dea. He is survived by sisters Frances Gillespie, Kearney NJ, and Shelia Gray, Kearney NJ and brother - in - law, William O'Dea, 104 nieces and nephews, and his Franciscan brothers.

The Funeral Mass for Father Colman McGarril T.O.R. was celebrated in the chapel of Saint Francis Friary - Mount Assisi by Father Richard L. Davis T.O.R., Minister Provincial, as principal celebrant. Committal was in the Franciscan Friars' Cemetery, on the campus of Saint Francis University.

Memorial contributions may be made to support retired T.O.R. Friars, c/o T.O.R. Retirement Fund, Saint Francis Friary, P.O. Box 137, Loretto PA 15940.

Sister Dolorosa Kleinman C.S.J.

Sister Dolorosa Kleinman, 98, died February 2, at Villa Saint Joseph, Baden in the 79th year of her religious life as a Sister of Saint Joseph of Baden.

Sister Dolorosa, the daughter of Bernard and Georgia (Vogel) Kleinman, entered the Congregation from Holy Rosary Parish in Pittsburgh.

She ministered for more than 50 years in education in the Dioceses of Altoona - Johnstown, Greensburg and Pittsburgh.

After moving to the Motherhouse in 1997, Sister Dolorosa volunteered as a caregiver for Sisters in supportive living.

In 1979, Sister Dolorosa was honored by the Aliquippa Blue Ribbon Committee "in rec-

ognition of her dedication and outstanding service to the community."

Sister Dolorosa followed her sister (Sister Mary Oliver) into religious life. She is survived by the Associates and the Sisters of Saint Joseph of Baden.

The Funeral Mass for Sister Dolorosa Kleinman C.S.J. was celebrated Wednesday, February 7 in the chapel of Saint Joseph Convent, Baden. Committal was in the Sisters' Cemetery on the Motherhouse grounds.

Donations in the name of Sister Dolorosa may be sent to the Sisters of Saint Joseph Memorial Fund, Saint Joseph Convent, Development Office, 1020 State St., Baden, PA 15005.

Clarence A. Becker

Clarence Augustine Becker, 92, formerly of Maple Hollow Road, Duncansville, died Friday, February 2 at Van Zandt VA Medical Center, Altoona. He was the father of Monsignor Michael A. Becker, pastor of Saint John the Evangelist Parish in Lakemont, Altoona.

He was born May 13, 1925 in Saint Boniface, the eldest son of the late Charles and Cecilia (Kruise) Becker. On Jan. 17, 1948, he married Eileen R. Steel at the Cathedral of the Blessed Sacrament, Altoona. She preceded him in death after a marriage of 65 years.

Surviving are two sons: Charles T. Becker and wife, Carolyn, of Altoona and Monsignor Becker; two daughters: Mary Kay Parrish and husband, Ted, of Duncansville, and Peggy Freyvogel and husband, Peter, of Monroeville; 11 grandchildren: Julie Dodson (Tyke), Keith Becker, Sara Parrish, Todd Parrish (Julie), Joy Davis (Nick), Carl Parrish (Brianna), Cindy Freyvogel, Erin Ramirez (Gabe), Michael Freyvogel (Bess), Mary Ramirez (Philip) and Elizabeth Freyvogel; 14 great - grandchildren; and two brothers: Walter of Dysart and Ralph (Irene) of New Germany.

He was preceded in death by two sisters: Mary and Hilda; two brothers: William and Paul; a foster child, Sandy Kowalczyk; and two great - grandchildren: Gabrielle Angelie Ramirez and Andrew Gabriel Parrish.

After graduating from Patton High School, he entered the U.S. Army Air Corps on Aug. 1, 1943. Following training in basic and advanced radio school, he was deployed to India as a radio/navigator on C-46 Com-mando. During his tour, he flew 59 missions over "The Hump," the Himalaya Mountains, between India and China.

(Continued On Page 15.)

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‘Winchester’ Is Frighteningly Boring

By John Mulderig
Catholic News Service

NEW YORK (CNS) -- There are many interesting things to know about the life of arms heiress Sarah Winchester (c. 1840-1922). For one, she was fabulously wealthy. For another, she believed she was cursed.

To stave off the effects of the latter condition, moreover, Sarah was apparently under the delusion that she must maintain constant construction on the San Jose, California, house in which she lived -- something she proceeded to do for nearly four decades and only stopped doing because she died.

The architectural curiosity resulting from her mania, dubbed the Winchester Mystery House, has since become a popular tourist attraction. All very intriguing.

How, then, one wonders, can a horror movie riffing on

these historical circumstances turn out to be such a bore -- all the more so, given that the formidable Helen Mirren stars as Sarah? Yet such is the painful truth about “Winchester” (CBS Films), a dud if ever there was one.

Perhaps it’s the scattershot approach adopted by co-directors and brothers Michael and Peter Spierig. Seemingly in an effort to try a little bit of everything, they mash up the haunted house, angry ghost and possessed kid subgenres, all to no avail. There’s a lot going on but none of it works.

Witnessing all the mayhem is Dr. Eric Price (Jason Clarke), a man with a turbulent past of his own. Commissioned by the board of directors of the Winchester Repeating Arms Co. to assess their majority shareholder’s state of mental health, Eric has become one of Sarah’s rare houseguests.

Of course, his initial out-



CNS Photo/CBS Films And Lionsgate

WINCHESTER: Jason Clarke and Helen Mirren star in a scene from the movie “Winchester.” The Catholic News Service classification is A-II -- adults and adolescents. The Motion Picture Association of America rating is PG-13 -- parents strongly cautioned. Some material may be inappropriate for children under 13.

look on the situation is one of resolute scientific skepticism. But, by the time he finds himself barricaded in an attic trying to protect Sarah from the rampaging specter of a Confederate soldier who has been dead for lo these 20 years, he seems to have changed his point of view.

Sarah’s claim about that curse, which also takes in her family -- here represented by her niece (Sarah Snook) and young grandnephew (Finn Scicluna-O’Prey) -- now appears, to Eric at least, well-founded in eerie fact.

The script’s peaceable theme -- the spirits bugging Sarah were all killed by Winchester guns, and she tries to calm them by communicating her sincere remorse -- is certainly in keeping with Gospel values. Aspects

of Eric’s lifestyle, by contrast, though only hinted at, are clearly contrary to Scriptural norms of behavior.

A troubled widower, he has developed a laudanum addiction and enjoys consorting with ladies of the evening. Precisely what he gets up to with the streetwalkers we see hanging around his house in one scene -- either individually or collectively -- is, thankfully, kept decently obscure.

Such potentially sordid details, however, together with some of the elements listed be-

low, makes “Winchester” strictly grownup fare.

The film contains occult themes, gunplay and other stylized violence with little gore, drug use, implications of promiscuity and possible group sex involving prostitutes, a couple of profanities, a milder oath, and at least one crass term. 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:

February 25 -- As part of his Student Spotlight series, Bishop Mark will welcome Haley Gray, a student at Saint Michael School in Loretto. Haley will discuss her academic achievements, ministry in the Church, and service to others.

March 4 -- Carmelite of the Word Sister Marilyn Welch will discuss her recent trip to Haiti and how the ministry touches her life.

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Catherine of Siena Parish in Duncansville, where he served on the parish council and in various liturgical ministries. He was an active member of the Knights of Columbus, Star of the Sea Council, serving as treasurer for well over 25 years. He also enjoyed singing as a lifetime member with the Altoona Horseshoe Chorus. He and Eileen were board members for the Mattern House, a residence for mentally disabled adults, and were active members of the Serra Club of Altoona. His other church-related activities included prison ministry and an active involvement with Cursillo.

The Funeral Mass for Clarence A. Becker was celebrated by his son, Monsignor Michael A. Becker at Saint Catherine of Siena Church, Duncansville on Tuesday, February 6. Committal, with military honors by the Blair County Veterans Honor Guard, was at Calvary Cemetery, Altoona.

Memorial donations may be made to Saint Catherine of Siena Parish, P.O. Box 88, Duncansville, PA, 16635.

(Continued From Page 13.)

For his service in the China-Burma-India theater of operations, he was awarded the Air Medal with an oak leaf cluster. In September 1945, he was injured and hospitalized in - country until November 1945. He returned to the United States and was honorably discharged in February 1946.

Following his military service, of which he was especially proud, he was employed until his 1983 retirement by the United States Post Office. He was an active member of the National Rural Letter Carriers Association. He also owned and operated a painting and decorating business. Following retirement, he remained active as a school bus driver, a funeral home attendant, and until 2007, a member of the tipstaff at the Blair County Courthouse.

Clarence and Eileen were founding members of Saint

Sister Ann Carville O.S.F.

Sister Ann Carville, a member of the Sisters of Saint Francis of the Neumann Communities, died Saturday, February 3. She was 77.

A native of Pittsburgh, Sister Ann taught at Catholic schools in Johnstown, and in the Diocese of Pittsburgh.

Sister Ann served as executive director of the Franciscan Federation from 1981 - 1988, and from 1988 - 2001 worked as consultant for organizational development in France, Italy, England, South Africa and Jamaica.

In 1997 she became associate director of the Conference of Major Superiors of Men Religious in the United States, the first religious sister to serve in that position. She was major superior of the Sisters of Saint Francis of Millvale from 2001 - 2007, and from 2010 - 2018 was a research analyst and organizational consultant for the National Religious Retirement Organization.

She is survived by an uncle and by four cousins.

The Funeral Mass for Sister Anna Carville O.S.F. was celebrated Wednesday, February 7.

Nun's Cure Certified As Miraculous

By Cindy Wooden
Catholic News Service

ROME (CNS) -- As the Catholic Church celebrated the feast of Our Lady of Lourdes, a French bishop announced the 70th officially recognized miraculous cure of a pilgrim to the Lourdes grotto where Mary appeared 160 years ago.

Bishop Jacques Benoit-Gonnin of Beauvais formally declared Feb. 11 "the prodigious, miraculous character" of the healing of Sister Bernadette Moriau, a French member of the Franciscan Oblates of the Sacred Heart of Jesus, who had been partially paralyzed for more than 20 years despite repeated surgeries to relieve pressure on the nerve roots of her lower back.

In November 2016, the International Medical Committee of Lourdes confirmed the nun's "unexplained healing, in the current state of scientific knowl-

edge." But it is up to the bishop, not the physicians, to declare a healing miraculous.

Sister Moriau, now 78, made her pilgrimage to Lourdes in 2008, the 150th anniversary of the apparitions. She had experienced lower back pain, the first symptom of her disease, in 1966 at the age of 27. Four surgeries did not stop the progressive worsening of her neurological deficits.

"This pilgrimage was for me a source of grace," she said in a statement posted on the website of the Diocese of Beauvais. In the cave where St. Bernadette reported seeing Mary, "I felt the mysterious presence of Mary and little Bernadette."

She said she went to confession and received the anointing of the sick during the pilgrimage. "In no case did I ask for healing, but only for the conversion of heart and the strength to continue my journey as an invalid."

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Faith Helped Keep Olympian's Dreams Alive

By Tim Warnsby
Catholic News Service

TORONTO (CNS) -- Wojtek Wolski has gone from being a can't-miss prospect from St. Michael's College to a disillusioned young man who wanted to quit hockey, to a hospital patient facing a long comeback after shattering injury, and now to a man who has a shot at Olympic glory.

Every stage has been a physical and emotional trial for the 31-year-old left wing from Etobicoke, Ontario, and he credits his hard-working parents, Zofia and Wes, as well as his Catholic faith for his perseverance.

"The only time you really fail at something is when you quit," said Wolski, who joins Team Canada in its gold-medal quest starting Feb. 15 against Switzerland in Pyeongchang, South Korea.

"Some of the most successful people in the world ... were people who were persistent and kept going. I believe my family, and my faith is what has kept me going."

Wolski likes to read about successful people and what makes them tick. He reads a little every evening. Then, he says his prayers before bed and enters dreamland.

Sixteen months ago, however, he went through a real-life nightmare. He broke his neck in two places and suffered a con-



CBNS Photo/Courtesy Martin Cloutier

OLYMPIAN: Wojtek Wolski, pictured in an undated photo, is playing for Team Canada in the Olympics. He credits his faith and his parents for helping him persevere after a neck injury in 2016.

cussion in the 19th game of his season in Russia.

Wolski had played for five different NHL teams in three years after being traded four times -- from the Colorado Avalanche to the Arizona Coyotes to the New York Rangers to the Florida Panthers -- and signing with the Washington Capitals for his final stop in the league.

"I had scored 23 goals (in 2009-10) in a season split between Colorado and the Coyotes," Wolski said. "I was excited. It was my best season. But the next year I started to suffer from groin problems and a bad back.

"I was engaged, but that fell apart, too. When I bounced

around with all the trades, I wanted to quit. I was depressed. I started seeing a psychiatrist.

"My father talked me out of quitting. He said, 'Why would you give up something you love doing?'"

Wolski rediscovered his love for the game in Russia. He signed a two-year contract to play for Torpedo Nizhny Novgorod of the Kontinental Hockey League in 2013. He thought it would be his last contract in hockey.

But he found his game again. He played so well, one of the better teams in Russia, Metallurg Magnitogorsk, lured Wolski away, and he helped the team win the 2015-16 Gagarin Cup.

"Somehow, I started playing well, liking the game again," said Wolski.

He started a family while playing in Russia and now has two children, 2-year-old Weston and 11-month-old Lennon, with his Canadian wife, Jesse.

"I think it was because I had so much alone time in Russia that I started to work on myself as a person on my own, and it just seemed to agree with me. I found happiness," he said.

Wolski was born in Zabrze, Poland, in 1986. When he was 1, his parents fled the communist country with him and his brother Kordian, then 6. They landed in West Germany in a refugee camp, and the Catholic Church

helped the Wolskis find their way to Canada, where they had relatives.

Wolski used to follow his brother to an outdoor rink in their Toronto neighborhood, but got fed up having to wear Kordian's hand-me-down skates. So, with money received for his first Communion, he went to a second-hand sporting goods store to buy a pair of used skates.

"Those skates are still hanging on a wall in my parent's house," Wolski said.

He developed quickly and played junior B level hockey at St. Michael's College in Toronto.

"We had a 15-minute Mass at lunchtime at St. Mike's," he said. "On game days, I would go with a teammate and say a prayer.

In Russia, in the fall of 2016, life was good for Wolski, on and off the ice. But on Oct. 16, a "bizarre" turn of events threatened it all.

His team was on the power play in the third period. Wolski slid to poke the puck back to his teammate Chris Lee, who is also part of Canada's Olympic team.

"It was such a bizarre play because he was going sideways," Lee recalled.

"An opponent fell on him and they slid into the boards," Lee said.

(Continued On Page 10.)

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