

We  
proclaim  
**Christ**  
crucified

**MARCH 4, 2018**  
**3<sup>RD</sup> SUNDAY OF LENT**  
**ST. JOHN THE**  
**EVANGELIST CHURCH**  
**309 LOTZ AVENUE**  
**814-942-5503**  
**[www.stjohnsaltoona.org](http://www.stjohnsaltoona.org)**

#### **UPCOMING PARISH EVENTS**

March 9 - Stations of the Cross: 7:00 PM  
March 9 - "Of Gods and Men" movie - 7:30 PM  
March 10 - Love Feast  
March 16 - Stations of the Cross: 7:00 PM  
March 18 - Living Stations in Fr. Bailey Hall: 9:30 AM  
March 23 - Stations of the Cross: 7:00 PM  
March 25 - Easter Egg Hunt  
March 28 - Tenebrae - 7:30 PM  
July 22 - Parish Picnic

#### **APPOINTMENTS**

##### **ACOLYTES:**

Sat. Mar. 10 - 4:00 PM - Alycia & David Auerbeck  
Sun. Mar. 11 - 8:00 AM - Sarah Geishauser, NOT FILLED  
Sun. Mar. 11 - 11:00 AM - NOT FILLED

##### **LECTORS:**

Sat. Mar. 10 - 4:00 PM - NOT FILLED, Matt Michelone  
Sun. Mar. 11 - 8:00 AM - Ronan Adams, Tim Rea  
Sun. Mar. 11 - 11:00 AM - Bill Foose, Norma Foose

##### **EUCCHARISTIC MINISTERS**

Sat. Mar. 10 - 4:00 PM - Jenna Jenkins, Dorothy Yingling  
Sun. Mar. 11 - 8:00 AM - Fran Semelsberger, Mary Truesdale  
Sun. Mar. 11 - 11:00 AM - Lou Ann Clark, Donna Moyer

##### **MINISTERS OF HOSPITALITY:**

Sat. Mar. 10 - 4:00 PM - Judy Sneath, Dennis Moughemer,  
Karen Moughemer, Billy Sweet  
Sun. Mar. 11 - 8:00 AM - Helen Miller, Charlie Moore,  
Mike O'Neill, Ginny Reeder  
Sun. Mar. 11 - 11:00 AM - Marilyn Bevan, Dolores Capriotti,  
Patrick Podoletz, NOT FILLED

##### **SACRISTAN:**

Sat. Mar. 10 - 4:00 PM - Billy Sweet  
Sun. Mar. 11 - 8:00 AM - Joyce Cunningham  
Sun. Mar. 11 - 11:00 AM - Barbara Bundy

##### **SCRIP:**

Sat. Mar. 10 - 4:00 PM - Carolyn English, Mary Haenig  
Sun. Mar. 11 - 8:00 AM - Christopher Palazzi, NOT FILLED  
Sun. Mar. 11 - 11:00 AM - Bill & Patty Teufel

#### **PASTORAL STAFF:**

- Msgr. Michael Becker *mbecker253@aol.com*
- Deacon Gene Neral *gene@lifeinfocus.net*
- Mr. Mark Krepich  
RCIA  
*mark.krepich@gmail.com*
- Mr. Patrick Podoletz  
Parish Council President  
*ppodoletz@atlanticbb.net*
- Mrs. Deborah Johnson Director of Music/Pastoral Associate  
*dj219@msn.com*
- Mr. & Mrs. Bill & Norma Foose Stephen Ministry  
*norma.foose@yahoo.com*
- Mrs. Mary Ann Mirobelli Business Manager  
*stjohnchurch@atlanticbb.net*
- Mrs. Mary Haenig Religious Education Director  
*mshaenig@gmail.com*
- Mr. Ken Dunmire Maintenance

## A Few Words from the Pastor:

**Stations of the Cross** - We would like to place a greater focus on the Stations of the Cross, a venerated tradition in the Catholic Faith in which we journey with Christ to Calvary. Stations are observed each Friday of Lent at 7:00 PM. Mark your calendar, and plan to walk in the steps of Jesus this Lent.

**Some Finishing Touches** – With the architectural insights of Rick Karcher, one of the architects who designed our beautiful church, we are making progress in some finishing touches which will highlight the art of Allen Capriotti, as well as accent the sanctuary. Painting has been done by our own Ken Dunmire, with some gold-leaf work to be completed in the very near future. We will now be ready for the lettering which will identify each of the scenes of the gospel of John which surround the church!

**Our Church Discovered!** – Our heartfelt appreciation to those who participated in “Discovering Our Church” last Saturday evening. Our thanks as well to those who served the salad and pizza afterwards. Events such as these do a lot to nurture parish life!

**Adult Ed** – For the remaining Sundays of Lent, and into the Easter Season, we will be reflecting upon Pope Francis’ Letter “The Joy of the Gospel.” This inspiring document challenges every Christian to look more seriously at their vocation to be a “Missionary Disciple.”

**Of Gods and Men** – On Friday, March 9<sup>th</sup> at 7:30 (following Stations of the Cross), there will be a showing of the film “Of Gods and Men” in the Parish Center. This film is based upon the true life story of Trappist monks in Algeria in the mid-90’s, who live in harmony with their Muslim neighbors. An Islamic fundamentalist group creates fear in the village, as the monks struggle with the decision to leave or to stay, come what may. This true story of faith and heroism is a perfect Lenten film, showcasing the depth of Christian faith. These monks have been recommended for canonization by Pope Francis.

**Making a Good Confession**– When was the last time you went to confession? Consider doing so this Lent, each Wednesday evening at 5:00PM, or on Saturdays at 3:00PM. Ask God for the Holy Spirit’s help to examine your conscience well by prayerfully reviewing your conduct in light of the commandments and the example of Christ. Don’t let this Lent pass without making a good confession!

**Operation Rice Bowl**– This Lent we are again participating in Operation Rice Bowl. Your generosity for those most in need is so very much appreciated.

**Pastor to All, Billy Graham** – One of the great preachers of the twentieth century has been called home to God. The Catholic Bishop’s Conference issued these words of tribute: “Headlines today will describe Billy Graham as the preacher to millions and the advisor of presidents but first and foremost, he was a man of deep Christian faith. Committed to the Gospel, his personal witness and preaching of Jesus Christ touched the hearts of Americans spanning many generations. In a particular way, *Catholics feel the loss of one of the greatest pastors of our time. His ecumenical approach in ministry helped to forge bonds of friendship and understanding between Catholics and Protestants. He reminded us that what we had in common in Christ was greater than what divided us.*

**Fasting and Abstinence in Lent** - Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not to equal a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

**Arise! Together in Christ!** – *Arise Together in Christ* is a three-year, parish-centered process of evangelization and spiritual renewal, designed to help people develop a closer relationship with Christ, grow in community, and reach out in service to others. Each parish has been asked to form an “Arise” parish team. Should you be interested in serving on this team, or simply want to learn more about “Arise,” please contact Msgr. Becker or Debbie Johnson. For more information, follow the *Catholic Register*, or go online to: <https://www.dioceseaj.org/arise>.

**Someone in the Hospital?** – Because parishes are not notified by the hospital when a parishioner has been admitted, it is important that family members contact the parish office with that information. This will give us an opportunity for a pastoral visit, as well as inclusion in our prayers!

### **March Prayer Intention of Pope Francis** **FORMATION OF SPIRITUAL DISCERNMENT**

That the Church may appreciate the urgency of formation in spiritual discernment, both on the personal and communitarian levels.

## **RELIGIOUS EDUCATION NEWS**

Sunday February 25 - No Class  
Sunday March 4 - Regular class 9:15-10:45  
Sunday March 11 - No Class  
Sunday March 18<sup>th</sup> - Family Lent Event. All families are to report to the gym for Living Stations of the Cross. Students MUST be accompanied by an adult.

### **CONFIRMATION INFORMATION**

Saturday March 17<sup>th</sup> - Living Stations at Garvey Manor.  
Sunday March 18<sup>th</sup> - Living Stations at St John's  
Saturday March 24 - 10<sup>th</sup> grade students stuff Easter eggs  
Sunday March 25 - 9<sup>th</sup> grade Students help with Easter Egg hunt



### ***LIVING STATIONS OF THE CROSS***



ALL are invited to participate and pray the "Living Stations" which will be performed by the high school students in religious education at St John's on Sunday, March 18, at 9:30 AM in Fr. Bailey Hall (school gym).

### **ST JOHN'S PRAYER LIST**

It is a Spiritual Work of Mercy to pray for the sick. If you know of someone in the parish who is ill or has passed away and in need of prayers, please call Ginny Reeder (695-7671) or email her at [gabby.reeder@gmail.com](mailto:gabby.reeder@gmail.com) to add their name to the prayer list.

\*\*\*\*\*

PLEASE PRAY FOR THE FOLLOWING and their caregivers and give thanks for those who have recovered. *Lord we ask for your blessings and care for these and all people in need:*

**Baby Adam • Millie Bilski • Jen Buda • Robert Cole  
Millie Grace Capon • Mary Lee DeStefano**

**Michael DeStefano • Keith DeMastens • Carol Field**

**JoAnne Gerardine • Dianna Green • Brian Kopp**

**Adam Leiden • Sherri Maffettone • Bryson Miller**

**June Miller • Karan Pasquariello • Ron Peschock**

**Dave Petrak • Bob & Mary Rajnish • Allison Recker**

**Dorothy Roberto • Olga Romerowicz**

**Maureen Smithe • Dianne Stultz**

**Tim & Dina Temofonte • Patty Teufel • Lois Werfel**

**Noah Wills • Formation of Spiritual Discernment**

HOME WITH THE LORD: Your prayers are requested for the repose of the soul of:

**Clarence Becker**

**Margaret Dzimiera, sister of Marian Monios and aunt of**

**Michele DeFrancisco & Meg Clevestine**

*May they rest in the peace and joy of the Lord.*

**LOVE FEAST:** Please drop off any remaining items for the MARCH 10 Love Feast by MONDAY, MARCH 5 when our committee will meet in the church gathering space to make final plans.

### ***PRAYER AND LUNCHEON FOR WIDOWS AND WIDOWERS***

Remember your loved ones on Wednesday, March 21 with Mass at 11:00 am. Theme of the day: "New Beginnings." All spouses will be mentioned and remembered at Mass. Luncheon to follow. Widows and widowers throughout the Altoona-Johnstown Diocese are invited to attend. Sponsored by the Diocesan Family Life Office and hosted by the Immaculate Conception Church, 1640 New Germany Road, Summerhill. Reservations required by March 15. A \$5 donation is suggested. Contact the Family Life Office at 814-886-5551 or [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org).

**HOLY TRINITY CASH BASH:** Holy Trinity will be having their annual Cash Bash on Saturday, March 17th, at the Maria Parish Center behind St. Rose Church. Doors open at 5:30 PM with dinner being served at 6pm. Prize drawings begin at 7:30PM. Tickets are \$100 and will admit two (must be 21 years and older). Ticket includes: dinner and drinks for two, and a chance to win cash prizes, including the top three prizes of \$3000, \$1500, or \$500!

• Every 10th number drawn wins \$100

• Only 200 tickets will be sold!

• Chances available for Chinese Auction items, 50/50

• Two Emerald Isle Beach Getaways!

Please contact Holy Trinity for tickets – 814-942-7835

**BG BASEBALL SPAGHETTI DINNER FUNDRAISER:** BG Baseball is having a Spaghetti Dinner and Bake Sale in the BG Cafeteria on Sunday, March 11 from 11 AM – 2 PM. Cost is \$8. Tickets can be purchased at the door, from any BG Baseball player, or by calling Kathleen Dombrosky at 695-1509. Eat in or take out. Walk-ins are welcome!!

**STEWARDSHIP CORNER:** What is in the Lord's temple – your body – either physically or spiritually that does not honor God? Pray that you may become a better steward of God's wisdom and not your own. Begin with the Sacrament of Reconciliation.

### **Stewardship at St. John's**

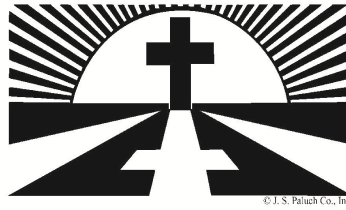
*OFFERTORY for February 25, 2018*

Envelopes	\$ 4,114.00
Loose	\$ 413.00
Children's	\$ 5.00
Catholic Education	\$ 20.00
Parish Development	\$ 65.00
Black & Indian Missions	\$ 75.00
<i>SubTotal</i>	<i>\$ 4,692.00</i>
Online Giving	\$ 1,633.00
<b>Total Offertory</b>	<b>\$ 6,325.00</b>
<i>Ash Wednesday</i>	<i>\$ 60.00</i>

**OUR PARISH FAMILY:**

David & Coleen Langguth have been members of St John's for 27 years. David is a licensed Nursing Home Administrator, spent 35 years in the Long Term Care field, and retired as Commandant of the Hollidaysburg Veterans Home. He also coached the Bishop Guilfoyle and the Altoona Trackers hockey teams for 8 years. Coleen is also now retired, after 40 years as a Case Manager at UPMC Altoona. She currently spends a good portion of her time caring for her elderly mother. Last year David & Coleen celebrated their 35<sup>th</sup> wedding anniversary, and they have 2 adult children who are both graduates of St John's School and Bishop Guilfoyle. Their daughter, Olivia, obtained a Master's Degree in Food Science and is the Senior Quality Assurance Technician for Sheetz Brothers Kitchen. She lives nearby in Duncansville and was married in fall 2016. Their son, Steffan, is a Pitt graduate and employed as a Client Support Representative for an event ticketing software company in Pittsburgh. He recently became engaged, so the family has another wedding to look forward to. David & Coleen also have a rescue dog named Phantom, who David said is a large part of their "exercise regimen". They usually attend the 4:00 Mass on Saturdays, both serve as Hospitality Ministers, and David is also a Lector. I asked what has kept them at St John's for 27 years, and David said that the "magnetic strength" of our school prompted them to enroll their children, and that our parish community has a "unique spiritual attraction" which has enabled them to call St John's their "religious home".

*Whether you are a new or longtime parishioner, we'd love to feature you in a future bulletin. We'll only include information that you provide and only what you want us to share. If you're willing, please contact: Cecelia Bloom, at 695-2806 or [ceceb13@verizon.net](mailto:ceceb13@verizon.net)*



Third Sunday of Lent  
March 4, 2018

I, the LORD, am your God . . .  
You shall not have other gods besides me.

— Exodus 20:2a, 3

## ***SCHEDULE FOR THE WEEK***

### **Sunday March 4 - Third Sunday Of Lent**

8:00AM-Mass for *Ida Prosperi* requested by John Prosperi  
11:00AM-Mass for *People of the Parish*

### **Monday March 5 - Lenten Weekday**

7:30AM- Eucharistic Adoration  
8:30AM- Morning Prayer and Communion Service

### **Tuesday March 6 - Lenten Weekday**

7:30AM- Eucharistic Adoration  
8:30AM- Morning Prayer and Communion Service

### **Wednesday March 7 - Lenten Weekday**

5:00PM-Eucharistic Adoration/Confessions  
6:00PM-Mass for *Alma Reismeier* requested by  
Bob & Ginny Reeder

### **Thursday March 8 - Lenten Weekday**

7:30AM-Eucharistic Adoration  
8:10AM-Morning Prayer  
8:30AM-Mass for *Margie Dzimiera* requested by  
Tom & Fran Semelsberger

### **Friday March 9 - Lenten Weekday**

7:30AM-Eucharistic Adoration  
8:10AM-Morning Prayer  
8:30AM-Mass for *Joe Robeson*  
7:00PM - Stations of the Cross

### **Saturday March 10 - Vigil of the Fourth Sunday Of Lent**

3:00PM-Confessions  
4:00PM-Mass for *Myra Mangiacarne* requested by  
Betsy Lloyd

### **Sunday March 11 - Fourth Sunday Of Lent**

8:00AM-Mass for *People of the Parish*  
11:00AM-Mass for *Clarence Becker* requested by  
Marilyn Bevan

## ***READINGS FOR THE WEEK***

Monday: 2 Kgs 5:1-15b; Lk 4:24-30  
Tuesday: Dn 3:25, 34-43; Mt 18:21-35  
Wednesday: Dt 4:1, 5-9; Mt 5:17-19  
Thursday: Jer 7:23-28; Lk 11:14-23  
Friday: Hos 14:2-10; Mk 12:28-34



**CCW SUNDAY SABBATH SERIES:** 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 she, for 30 years, 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.** Sessions will be held at Carmelite Community of the Word Incarnation Center, 394 Bem Rd., Gallitzin, PA. To register, get directions, or for more information, call 814-886-4098

**BASKET BINGO:** Sunday March 18 at Garvey Manor, 1037 So. Logan Blvd. Hollidaysburg from 2:00 - 5:00 PM. Doors open at 1:15 Proceeds benefit programs for Residents of Garvey Manor/Our Lady of the Alleghenies. A fun-filled afternoon of BINGO & much more! Space is limited pre-registration recommended Call 695-5571 for information.

**LENTEN FISH DINNERS IN THE AREA:**

Cathedral of the Blessed Sacrament - Fish Sandwich Lenten Lunches from 11:00 AM to 1:30 PM Ash Wednesday and Fridays of Lent. Eat in or take out. \$7.00.

Our Lady of Lourdes - Every Friday during Lent. Take out starts 3:30 PM. Eat in from 4-7 PM. \$9.50 Adults & \$7.00 Children

Saint Mark - 6th Ave. & 4th St., Altoona - Mark your calendar for the following three Fridays: February 23, March 9, and March 23 from 4-6:30 PM (while supplies last). \$11 for adults and \$5 for children 12 and under. Take out available.

St. Therese of the Child Jesus - 25th Ave. & 5th St.- Fridays during Lent, 4:00 PM - 7:00 PM. Take out available. \$10.00 Adults \$7.00 Children under 12.

St. Patrick, Newry - Every Friday during Lent (beginning February 16, 2018), including Good Friday from 4:00 to 7:00 PM. All-you-care-to-eat seafood buffet! Adults \$13.00, Seniors 60+ \$12.00, Children 5-12 \$8.00, Children under 5 free. Take out available for \$13.50.

Unter Uns Club - Van Buren Ave. & 14th Street - Each Friday during Lent, including Good Friday, March 30. 4:30 to 7:00 PM. \$9.00 for adults, \$5 Children 4-10, under 3 free.

**ONE-DAY PILGRIMAGE:** On May 16<sup>th</sup>, join Fr. Dave Peles and Deacon Michael Russo on a one-day pilgrimage to the National Center for St. Padre Pio in Barto, PA. In their capacity as founders and staff at the National Center, the Calandra family annually hosts, educates and ministers to tens of thousands of devotees who yearly visit the center in Barto, Pennsylvania. The National Centre for Padre Pio has been recognized by the Holy See for its spiritual work. Julia, the daughter of the late founder Vera Colandra will personally greet us, give us a tour, and provide a conference for us on the life and spirituality of St. Padre Pio. There will be plenty of time to visit the Museum and Cultural Center, The Our Lady of Grace Chapel, and the Gift Shop. Round trip bus transportation will be provided. The cost for the bus is \$55.00 Per person. Lunch is additional. There is no fee to visit the National Center. Please contact Deacon Michael for more information: [Michael.russo@atlanticbb.net](mailto:Michael.russo@atlanticbb.net). 288-3036. Space is limited. First come-first served.

**ST. JOSEPH'S TABLE:** St. Leonard's Home will host its 3<sup>rd</sup> annual celebration of St. Joseph's Table on Saturday, March 24 from 5:00 – 8:00 PM at the American Legion Post 516 Social Hall at Legion Park in Hollidaysburg.

*The tradition of this event goes back to the Middle Ages, when Italy was devastated by a famine. After praying to St. Joseph for relief, the villagers celebrated the end of the famine with a great feast hosted by the wealthy, to which all were invited, especially the sick and the poor. In several countries and churches, the St. Joseph Table is still celebrated, encouraging those with means to assist those with less.*

The event includes a meal, cheese bar, desserts, wine, auction, prizes for bidding and entertainment. Tickets are \$30, and are available at St. Leonard's Home or by calling 695-9581 during business hours.

**LENT RETREAT FOR WOMEN:** Join us for the Women's Retreat for Lent at Good Shepherd Catholic Church (on Grays Woods Blvd just off Rt. 99 at State College). We are excited to welcome Dr. Joanne Cahoon, professional Spiritual Director and Consultant, to lead our 2018 Women's Retreat day. Mark your calendars for: Saturday, March 17, 8:30 am (doors open) - 3:30 p.m. Take a day during lent to readjust focus and renew your heart in preparation for Easter glory. For more information or to register contact Good Shepherd by email: [goodshepherd@dioceseaj.org](mailto:goodshepherd@dioceseaj.org) or call (814) 238-2110. Register by March 5th for \$25. (March 6th, \$30 per person.) Lunch will be provided.



A SPECIAL EVENT FOR ALL YOUTH GRADES 6-8!!  
YOU WON'T WANT TO MISS JUNIOR HIGH YOUTH DAY 2018!  
SUNDAY, MARCH 18, 2018 – BISHOP CARROLL HIGH SCHOOL, EBENSBURG

**Featuring APeX Ministries!!!**

APeX Ministries offers a wonderful ministry style of "Christian Vaudeville." This includes death defying juggling, humor, characterizations (skits), story-telling, audience participation, and personal testimony. Their style has a wonderful ability to reach young people and help them learn more about themselves and their faith while having a blast!

The day will consist of keynotes, games, good food and Liturgy with Bishop Mark. There will be lots of faith, fun and friendship for all! To register, contact your pastor, parish Director of Religious Education/ Youth Ministry or Catholic Elementary School Principal. Hope to see you there!!

**ANGEL FUND 2018**

**Consider giving a gift now that will enrich the life of a young camper in the Summer of 2018!**  
***Camp Zacchaeus Grades 4-9 and Camp Timothy Grades 10-12 (and newly graduated seniors 2018)***

We are looking for people, groups, parishes or organizations to sponsor a child to attend

**Camp Zacchaeus 2018 or Camp Timothy 2018** through the ***Angel Fund***.

We will accept full or partial sponsorships of any amount to help cover the cost of camp – **(100 PERCENT of the funds collected through Angel Fund donations are dispersed to needy campers)**! If you are interested in sponsoring a child, or for more information, please contact Francine Swope at the Diocesan Youth Ministry Office (814)317-2646, or mail your contribution directly to:

**Camp Zacchaeus or Camp Timothy Angel Fund, 933 S. Logan Boulevard, Hollidaysburg, PA 16648.**

*Become an Angel Fund sponsor and help send a needy child to camp to experience a wonderful faith-filled week in the great outdoors!*

**DIOCESAN SUMMER CAMP OPPORTUNITIES 2018**

Registrations for our diocesan summer camps, Camp Timothy (Grades 10-12 and newly graduated seniors) and Camp Zacchaeus (Grades 4-9) and are being accepted. Camp "Z" and Camp "T" offer our young people an opportunity to supercharge their faith in a wonderful outdoor setting of faith, fun and friendship!

Due to the generosity of many of the faithful in our diocese there are Angel Fund scholarships available to help offset the cost of camp for any family who is eligible. Every year we have had a pool of donors that continue to support the Angel Fund. We have been very blessed that we have never had to turn any down any family that wanted to send their child to Camp Zacchaeus or Camp Timothy. We do not want ANY child to miss camp because of financial concerns. Scholarship forms are available through the Youth Ministry Office.

**DATES: Camp Timothy – June 17-21      Camp Zacchaeus – Week 1-July 22-27 and Week 2-July 29-Aug 3**  
**For more information or an application, contact Francine Swope in the Youth Ministry Office (814)317-2646.**

MARK YOUR CALENDARS!  
FAITH DAY 2018 AT DELGROSSO AMUSEMENT PARK!  
SUNDAY, JUNE 24

Featuring Liturgy with Bishop Mark Bartchak, music, give-aways, games, rides, expansive pool and waterpark!

And back by popular demand - the DAJ Best Dessert Contest!

More information on meal tickets and reduced rate "All Day Ride and Slide" passes to come!



## Family Life Office

5379 Portage Street

Lilly, PA 15938

(814) 886-5551

[familylife@dioceseaj.org](mailto:familylife@dioceseaj.org)

MARCH 2018

Volume XXXIII, Number 4

## IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

### Family Ritual

Easter Sunday is a moveable feast based on the moon. It always occurs on the Sunday following a full moon after the Spring Equinox on March 20th. This month we have two full moon dates—March 1st and 31st. As a family, take the time to view the phases of the moon each night when visible.

Notice how the light decreases and increases each night and how the daylight increases each day. Record your findings and discuss them on the eve of Easter, perhaps by campfire or moonlight.



Thank God for creating an amazing universe and for giving us His Son, Jesus, who suffered for our eternal light in heaven.

### Give up bad parenting for Lent

No parent is immune from weak parenting moments, and while we shouldn't beat ourselves up about momentary lapses, there are a few things we would all do well to try to give up completely.

- ♥ Give up yelling. Yelling escalates an already volatile situation. Parents who often yell in response to misbehaving children may need to develop appropriate consequences to give their children quickly (and quietly).
- ♥ Give up comparing. If it's tempting for you to verbally compare your children to each other, keep your comments to yourself. Children who feel in constant competition with each other miss out on much of the joy that comes from a close relationship with siblings.
- ♥ Give up inconsistency. Children will thrive when parents draw boundaries, keep their promises (both for rewards and consequences), and provide a consistent routine to follow.

### Spiritual Resolutions

We work on our physical fitness but what about our spiritual fitness?

**March:** Balance love of others and love of self.



*"I do not mean that there should be relief for others and pressure on you, but it is a question of fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there might be a fair balance." 2Cor 8:13-14*

Keeping balanced is important in physical exercise. A little too far to one side and a crew loses ground or a runner loses speed. Strike a balance. If you are caring for others and not for yourself, pull back and care for yourself, too. If you are paying excessive attention to your schedule and your needs and not thinking about what others might need, ask them how you might help them.

End your family's day with gratefulness this Lent. While you're tucking your children into bed, ask them to name three things they are grateful for. One of these should be a specific person. Doing this will help your child focus on the goodness around him or her. You and your spouse can do the same thing before bed.

"We started doing this and it's been good for all of us," say Bill, father of four. "Hearing what bubbles to the top of the kids' minds is interesting and sometimes surprising—like when our daughter named her older brother as one of her three. It puts them in a positive frame of mind at bedtime. For my wife and me, the total of six items of gratitude makes us aware of how much we have to be thankful for, even on days when work was annoying and the kids were giving us trouble."

## *Families and the Gospel*

**March 4**

**John 2:13-25**

Today's gospel says Jesus chased the merchants out of the temple, it doesn't say He was angry. Jesus teaches us to act from conviction and not from anger. He didn't condemn the merchants, only their business practice. Attack the behavior and not the person.

**March 11**

**John 3:14-21**

Today's gospel speaks of light and darkness. Often a parent is deliberately "left in the dark." Darkness can be comforting for it makes no demands on us. Light can be disturbing for it forces us to take action. Parents walk a delicate balance of when to "sit in the dark" and when to "turn on the lights."

**March 18**

**John 12:20-33**

Relationships come with a price tag. We must be willing to entrust ourselves to another, to let go of our autonomy and die to our independence. It is in dying to our independence that we find interdependence with others.

**March 25**

**Mark 14:1-15:47**

The Passion of Jesus makes it clear, no one escapes suffering. Suffering is inevitable but no one should suffer alone. That is one of the primary roles of families, to stand with and support each other in suffering.



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A Family Perspective by Bud Ozar

## **Fostering Sibling Relationships**

**Family meals together**—The strongest families eat dinner together just about every night. Only something significant keeps them from being together for the evening meal.

**Church every Sunday**—Like meals, regular church attendance strengthens families and acts as an anchor for the family.

**Vacations**—Getting out of town to have fun together is important for making memories and leaving the stress of daily life behind.

**Individual time with each child**—Parents who take time separately with each child can decrease the rivalry that comes when children need to compete for their attention.

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Claretian Publications, 205 West Monroe St. Chicago, IL 60606

## **A Prayer on Fasting**

Peggy Rowe-Linn

*The words you are about to read are the result of my contemplation on the topic of fasting during Advent, Lent or any other period when you want to offer small sacrifices to God for all the blessings he has bestowed upon us. Any one of them is a challenge for me.*

**Lord**, please give me the courage to fast from anger, bitterness and resentment. Please replace those words, feelings and actions with kindness, sweetness and lightness of spirit. Let joy be my companion.

**Lord**, please give me the courage to fast from gossip. Please let only sincere compliments and gentle words spill forth from my lips.

**Lord**, please give me the grace to fast from self-indulgence. Please replace avarice and selfishness with the graces of selflessness and charity towards others. Let moderation and love of others be my goal.

**Lord**, please give me the grace to fast from quarreling. Please bless me with the grace and ability to be your peacemaker. Let peace dwell within me so others may see the light of your presence within me.

**Lord**, please give me the grace to fast from constant and chronic distractions that separate me from your desires for me. Please grace me with the ability to listen and be attentive to the needs of others and act upon those needs as you would have me act. Let nothing distract me from you.

**Lord**, please give me the grace to fast from false gods in this fast-paced, consumer-driven world. Please bless me with the ability to discern your will alone and to never lose sight that you, and you alone, are God.

**Lord**, please give me the grace to fast from all that is irreverent; gluttony, sloth, immodesty and impurity of any kind. Please bless me with the desire to seek only those things in life that are good and holy.

**Lord**, please give me the grace to fast from the need for me to be always right. Please bless me with the desire to seek and do what is right and just.

**Lord**, please give me the grace to fast from behavior that promotes my own self-interest. Please give me the grace to desire only your will for my life.

**Lord**, please give me the grace to fast from all that distracts me from you, as you—Father, Son and Holy Spirit are the passion of my soul. Lord, give me the grace to stay focused on your path towards holiness.

**Lord**, please give me the grace to fast from all which you do not desire of me. Please bless me with the daily grace necessary and sufficient to be a saint.

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