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The Diocese of Ogdensburg Volume 75, Number 39

# NORTH COUNTRY CATHOLIC

FEBRUARY 17, 2021

## Follow Me: 'A time to revive our faith'

As we mark Ash Wednesday and the beginning of Lent, Bishop Terry R. LaValley reflects on this liturgical season.

"Lent is upon us and we embrace the opportunity to enter this spiritual journey to be renewed in hope. We can make Lent 2021 like none other! In his Lenten message this year, Pope Francis reminds us that "Every moment of our lives is a time for believing, hoping and loving." This is our time to focus on the awesome Gift we have received in the Son of God, as we lift our hearts in gratitude for the Glorious Mystery of Christ's Resurrection. In Lent 2021, we beg for the grace to increase our faith, renew our hope, and strengthen our love for God and for one another."

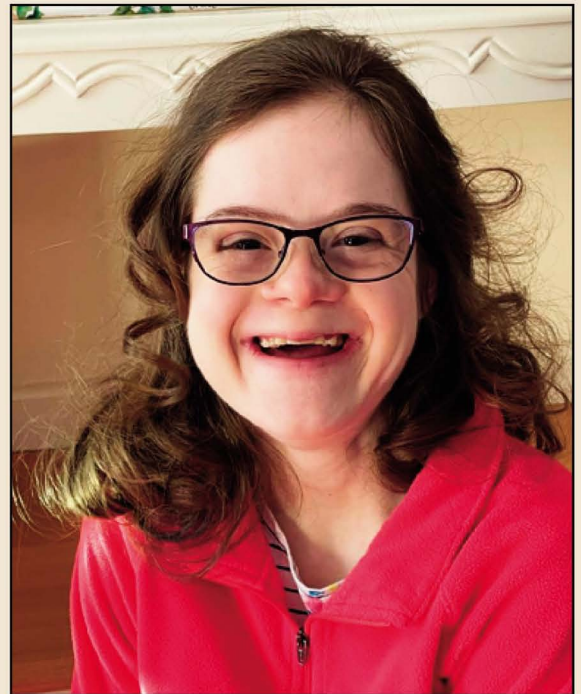
FULL STORY, PAGE 3

## TAKING TIME TOGETHER



A Trinity Catholic School family spends time together as part of the "Take Time Thursday." The celebration is one of many offerings coordinated by Catholic School family support coordinators. Learn more in a story on page 5.

## 'KEEP LIFE SIMPLE'



Carly Allen, 22, of Morrisonville, is not deterred by her Down syndrome and has cultivated her faith.

FULL STORY, PAGE 10

## Pope: Lent is time to grow in faith, hope, love

VATICAN CITY (CNS) – As Christians pray, fast and give alms during Lent, they also should consider giving a smile and offering a kind word to people feeling alone or frightened because of the coronavirus pandemic, Pope Francis said.

"Love rejoices in seeing others grow. Hence it suffers when others are an-

guished, lonely, sick, homeless, despised or in need," the pope wrote in his message for Lent 2021.

The message, released by the Vatican Feb. 12, focuses on Lent as "a time for renewing faith, hope and love" through the traditional practices of prayer, fasting and almsgiving. And, by going to

confession.

Throughout the message, Pope Francis emphasized how the Lenten practices not only promote individual conversion, but also should have an impact on others.

"By receiving forgiveness in the sacrament that lies at the heart of our process of conversion, we in turn can spread forgive-

ness to others," he said. "Having received forgiveness ourselves, we can offer it through our willingness to enter into attentive dialogue with others and to give comfort to those experiencing sorrow and pain."

The pope's message contained several references to his encyclical "Fratelli Tutti, on Frater-

nity and Social Friendship."

For example, he prayed that during Lent Catholics would be "increasingly concerned with 'speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn,'" a quote from the encyclical.

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## EDITOR'S NOTE

## But I don't know his name

I know his face, but I don't know his name.

I know he attends Mass at St. Mary's in Brush-ton, where my family also attends Mass.

I was pleasantly surprised when he started chatting with me as I paid my family's brunch bill at the local diner after Mass a few weeks ago.

"I really enjoy your writing in the *North Country Catholic*," he said.

I smiled, and I thanked the man for his kind words.

"But you're so hard on yourself."

Ouch. I think my smile faded.

I know I'm hard on myself. I know I hold myself to a standard I wouldn't dare to impose on anyone else. But it's oddly jarring when a relative stranger points it out.

As we begin the season of Lent, it's easy to focus on the penitential part – the part where we try to root out our sinfulness. For me, at least at this time in my life, doing that can feed into the "you're too hard on yourself" part of my person-



Darcy L. Fargo

Luckily, Lent isn't just about penance. Lent is about improving our relationship with the Lord. It's about drawing closer to Him.

There's not a one-size-fits-all approach for that.

Instead of giving something up this Lent, I'm going to add a practice intended to help me honestly know myself better and draw closer to the Lord. It's going to be an exercise in gratitude.

Every day, I plan to make a list of three things for which I am grateful – one gift/talent/positive attribute I see in myself, a place I see God working in the world around me and one non-defined reason for which I am grate-

ful (a free space of sorts).

I'm hoping that by honestly reflecting on the gifts God has given me and the world, I'll learn to appreciate and focus on those parts of myself more. I'm hoping I'll focus more on how loved I am by God and how much He has given me and less on the struggles and lesser parts of my personality.

I'm hoping I can learn to see myself a little more honestly and see God's working in my life more clearly.

While the man's words in that local diner stung in the moment, they inspired my Lenten practice.

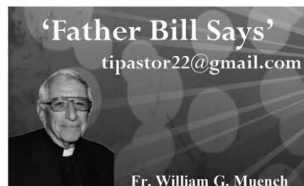
Even though I don't know his name.

## Lent: A time to walk with our Lord

Ashes. I remember well a discussion I had a few years ago with a group of first graders about ashes and Ash Wednesday. It was actually a rather informative day for me. The kids had a lot to say. We did come to a decision for one of the reasons ashes were perfect for Ash Wednesday: it is because they are dirty. When the ashes are placed on a person's forehead, they are quite noticeable all day – a bold reminder that Lent has begun.

Now, as you know, things are to be very different this year. It has been decided that because of the pandemic we are reminded not to touch another, and so the ashes will be sprinkled on the top of a person's head. Actually, this is exactly as they use to do the ceremony of Ash Wednesday in the early years of the Church. I have no doubt that having dirty ashes in your hair you would certainly be a reminder of the beginning of Lent.

Today I would like to take



Fr. William G. Muench

a moment to talk with you about Lent. I am aware that you have done the Lenten stuff before. This is a very different year. However, Lent is going to be very much the same. Like every other year, Ash Wednesday is meant to remind us that we are mortal; there will be a day when we will meet Our Lord Jesus face to face. During Lent, we pray and meditate to prepare ourselves to allow Jesus to become a real part of our lives and, at the same time, to get to know ourselves again.

I am certain that you have made Lenten resolutions before during other Lents that you have experienced. I want you to know that I am not going to propose a Lenten Program for you here. I am not going to even suggest

resolutions for you. That is your challenge. However, I do want to use this opportunity to encourage you to remember to do something. Whether it's great or small, be sure to do something for Lent.

Our purpose and goal during Lent is to be properly prepared to celebrate the events in the life of Our Savior Jesus during Holy Week and Easter. Through the prayer and mortification of Lent we will again make ourselves ready to walk with Jesus during the days when he won our salvation. The Lenten Sacrifices will give us an open heart, a heart of love, a bold and strong heart, so that we will be personally brave enough to become united with the Lord Jesus as we remember again all that he accepted for us. We will experience what Jesus experienced.

Holy Week begins as we join with Jesus and the apostles as they entered the Holy City of Jerusalem at the time of that sacred Passover. Dur-

ing this Holy Week, we will celebrate on Holy Thursday a supper that we now call the Lord's Last Supper. This was the time that in faith we believe the Lord instituted the Sacrament of the Holy Eucharist. We continue to renew this Sacrament each time we join at the altar and celebrate Mass.

On that same night, we are with Jesus as he is arrested in the Garden of Olives. Then, on Friday, the Friday we call Good Friday, we are with Jesus as he is scourged and crucified. Then we walk to the tomb as the Lord is placed there. Three days later we stand at that same tomb, now empty, rejoicing in his Resurrection to new life.

The opportunities and challenges of Lent are a powerful transformation in our very being. We become a new person, stronger and braver, so that we can walk boldly and close to the Lord as he suffers for me, as he dies for me, as he rises to new life.



## FOLLOW ME

# 'Lent can be a time to revive our faith'

**Dear Sisters and Brothers in Christ:**

I felt sure that by the end of last summer, we would be out of the woods. But here we are, a year later, and COVID-19 refuses to go away. Last year, this deadly virus invaded our lives. Its impact continues to devastate all in its path.

Lent is upon us and we embrace the opportunity to enter this spiritual journey to be renewed in hope. We can make Lent 2021 like none other! In his Lenten message this year, Pope Francis reminds us that "Every moment of our lives is a time for believing, hoping and loving." This is our time to focus on the awesome Gift we have received in the Son of God, as we lift our hearts in gratitude for the Glorious Mystery of Christ's Res-

urrection. In Lent 2021, we beg for the grace to increase our faith, renew our hope, and strengthen our love for God and for one another.

Does Jesus' resurrection illuminate my life? In the middle of national political strife, a worldwide pandemic, family worries, job loss, and health concerns, this Lent can be a time to revive our faith that risks being weakened during times such these in which we live. In my journey on this earth, does knowing that Christ is risen from the dead inspire my thoughts, influence my attitude, and inform my decisions?

Prayer, fasting and acts of charity are means for you and me to

stay centered on the joy of the resurrection. Yes, even when things look pretty discouraging and bleak, we can find hope and peace because we are a resurrection people! Lent is not a dead-end journey of self-sacrifice and personal denial. No, Lent is a truly graced time to make space for the most important thing in life—my relationship with the Risen Christ. In that relationship we discover a hope that will never die.

I encourage you, if your health allows, to rejoin your neighbors at the liturgies and devotions offered at your parish this Lent, if you have been absent due to pandemic concerns. Our pastors and

parishioners have worked so hard to ensure that health protocols are in place. The Eucharist is food for the journey, the very Body and Blood of Christ offered and poured out for our salvation. Christ-led and Christ-fed, we are hope-filled!

May the blessing of the risen Lord accompany all of us on our journey towards the light of Easter. Mary, Mother of the Savior, pray for us! Joseph, comfort of the afflicted, pray for us!

Faithfully yours in Christ,



**Most Reverend  
Terry R. LaValley  
Bishop of Ogdensburg**



**Bishop  
Terry R.  
LaValley**

## LENTEN REGULATIONS 2021

**February 17, 2021 is Ash Wednesday, which marks the beginning of the Season of Lent.**

### ABSTINENCE

All Catholics who have reached their 14th birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, Fridays of Lent, & Good Friday.**

### FASTING

All Catholics between the ages of 18 and 59 are bound also to observe the Law of Fast on the following days: **Ash Wednesday (February 17) and Good Friday (April 2).** Fasting, that is, eating less, involves limiting oneself to a single full meal and avoiding food between meals. Lighter nourishment may be taken on two other occasions in the course of the day.

### PRAYER & PENANCE

The entire season of Lent should be observed in a spirit of prayer and penance. Spending extra time in prayer or Bible study, attending daily Mass, voluntary sacrifice and self-denial, combined with works of charity and service to others, are all excellent ways to obey the Lord's command to reform our lives and to prepare for the joyful celebration of Easter. **Parishes are highly encour-**

**aged to offer periods of Eucharistic Adoration during the Lenten Season, as well as, the traditional devotions of the Stations of the Cross and the recitation of the Rosary.**

### SACRAMENT OF PENANCE

Parishes throughout the Diocese are encouraged to offer increased opportunities for the Sacrament of Penance. Due to the pandemic many parishes are not offering their customary Penance Services. Instead, parishes are finding success offering different times for confessions (e.g. after a weekday evening Mass or with a Day of Mercy—with confessions throughout the day). Priests who are elderly and/or with compromised immune systems are encouraged to reach out to neighboring priests for assistance covering hours of confession. In addition, other occasions for the Sacrament of Penance should be made available during the Lenten Season and the Sacred Triduum.

In a reflection on the Sacrament of Penance, the Apostolic Penitentiary stated:

Where the individual faithful find themselves in the painful impossibility of receiving sacramental absolution, it should be remembered that perfect con-

trition, coming from the love of God, beloved above all things, expressed by a sincere request for forgiveness (that which the penitent is at present able to express) and accompanied by votum confessionis, that is, by the firm resolution to have recourse, as soon as possible, to sacramental confession, obtains forgiveness of sins, even mortal ones (cf. CCC, no. 1452). Note from the Apostolic Penitentiary on the Sacrament of Reconciliation in the current pandemic (vatican.va)

### EASTER DUTY

All Catholics who have reached the age of reason must confess their serious sins in the Sacrament of Penance at least once a year. They must also receive Holy Communion at least once each year between the **First Sunday of Lent (February 21) and Trinity Sunday (May 30).**

### MARRIAGE

Although other seasons are more suitable, the celebration of marriage and the Nuptial Mass are not forbidden during Lent, according to *The Code of Canon Law*. When liturgical rules permit, the Ritual Mass for the Celebration of Marriage may be used, and the nuptial blessing may be given. However, you should advise the spouses and their guests to exercise proper restraint in accord with the penitential character of Lent.

### OBLIGATION

All Christ's faithful are obliged by divine law to do penance. The days set aside for fast and abstinence in Lent are special ways of doing penance and are an expression of unity for all the Church.

### CHRISM MASS

Due to the pandemic, participation in


this year's Chrism Mass is reserved to the clergy, religious, deacon candidates and seminarians. It will be celebrated at St. Mary's Cathedral in Ogdensburg on Tuesday of Holy Week March 30th at 1.00pm. The Faithful will be able to participate via livestream at <https://www.rcdony.org/livemass>. Details pertaining to this event will be forthcoming.

### FUNERALS DURING THE SACRED TRIDUUM

On Holy Thursday, Good Friday, and Holy Saturday, Funeral Masses may not be celebrated. However, a Funeral Service consisting of the Liturgy of the Word and the Final Commendation may be held in Church.

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- Search archived papers
- View diocesan events and much more

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**CHEVROLET**

# Participate in this Lenten mission anywhere

By Darcy Fargo  
Editor

TICONDEROGA – It's the Lenten parish mission you can participate in from your home, on your daily walk, while jogging on the treadmill – from anywhere.

Father Christopher J. Looby, pastor of St. Mary's Church in Ticonderoga, is working with Father J. Roger McGuinness, a re-

tired priest of the diocese, to create "The Father Rodger Podcast," a six-week series of mission talks focused on the Lenten Gospel readings. The series is scheduled to begin on February 16.

"I was here visiting Father McGuinness, and he was telling me about some of the writings projects he'd been working on," Father Looby said. "I knew he was

a great retreat and mission leader and speaker. I thought we should do a podcast for a Lenten mission. Since the pandemic has made it difficult to have a traditional parish mission, we thought, 'let's reach people in their homes, in their cars – wherever!' We'd done an Advent podcast together maybe five or six years ago, and this seemed like a good

time to do one for Lent."

For the unfamiliar, Father Looby noted that a podcast is "an audio program you can download onto any device – computer, laptop, cell phone, tablet – and listen to it anywhere."

"The Father Roger Podcast" will feature six episodes, each about 30 minutes in length.

"When I do mission talks, I don't go very long," Father McGuinness said. "If you go too long, you'll lose people's attention. A mission talk should be longer than a typical Mass homily, but not more than around half an hour. I prepare an outline. I have points I plan to make, but I leave room for the Holy Spirit, too."

While most episodes will focus on the Lenten Gospels, Father McGuinness noted he also plans to devote one episode to another topic that's close to his heart.

"I want to do one on St. Joseph," he said. "I'm going to hit that one hard. I'm very glad the Holy Father chose to make this Year of St. Joseph. It's good for people to focus on him. With St. Joseph, we may not have a lot of history, but there's a lot of substance there."

Father McGuinness is also looking forward to the last episode in the series – the episode focused on Holy Week.

"I could probably talk for three to four hours on Holy Week," he said, laughing. "(Father Looby) may have a lot of editing to do that week."

Father McGuinness, age 81, has been a priest of the diocese for over 50 years. He has served as a pastor, seminary and university professor, retreat master, college chaplain and vocation director. Now retired from active ministry, he continues to write and give spiritual direction.



Father J. Roger McGuinness



Father Christopher J. Looby

"(Father McGuinness) and I have been friends for almost 40 years," Father Looby said. "He taught in the diaconate when my dad was going through the program. We've been friends ever since. I spent a summer with him at Our Lady of Victory in Plattsburgh, too. That solidified our friendship."

The podcast can be found at [route74catholics.org/fatherroger](http://route74catholics.org/fatherroger). It can also be downloaded from Apple Podcasts, Google Podcasts and Spotify.

For more information, contact Father Looby at 518-585-7144 or [pastor@route74catholics.org](mailto:pastor@route74catholics.org) or contact Father McGuinness at 518-569-2785.

## Now is the perfect time to volunteer.

With everything that has happened in our community this year, it is more important than ever for volunteers to stand up and support their friends and neighbors. When joining **RSVP**, not only are you helping your community, but you're joining a family who cares as much as you.



The RSVP Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.

### Upcoming opportunities

There are so many ways you can help your community out that you might not even know about! Here are some examples of what you can do!



#### Be a Friend

Check on friends, share a meal, help around the house, go for a walk or just stop by to catch up.



#### Give a Ride

Drive your neighbors to their appointments, to pick up prescriptions or to the store.



#### Help at School

Volunteer at local elementary schools, tutor students, or be a mentor to those in need.



#### Give a Meal

Support the local food pantry by shopping, organizing, cooking, or anything else.



#### Meals On Wheels

Donate your time to your local Meals on Wheels program and prepare or deliver meals.

Not only do you get the benefit of feeling amazing after helping someone, RSVP will help pay some of your mileage (.56 cents/mile) and honor your efforts at a yearly recognition event.

Opportunities available in Franklin and Hamilton County  
Want more info about how to get started?

Hamilton County: Contact Hanna Smith  
[hsmith@cathcharities.org](mailto:hsmith@cathcharities.org)  
Franklin County: Contact Melissa Howard  
[mhoward@cathcharities.org](mailto:mhoward@cathcharities.org)

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# Family supports step up to meet COVID needs

By Jessica Hargrave  
Contributing Writer

In 2019, the Healthy Families for a Hopeful Future program opened its doors to North Country families. Program offices based in the diocesan Catholic schools are evolving as an integral resource of information and support. The HFHF program continues to be successful despite the challenges of providing services in a COVID-19 world.

The mix of traditional, remote or hybrid learning has been dizzying for Catholic schools' staff, students, and parents grappling with the effects of COVID-19 since the pandemic began last March. The response from schools to support families within the Diocese of Ogdensburg during the pandemic has been quick, given the unexpected closures. While there's no doubt teachers and administrators are keeping the wellbeing of families as a top priority, it's the family support coordinator – part of that Healthy Families for a Hopeful Future program – who is serving a crucial role in our Catholic schools providing information and support to families, staff, and community groups.

"Whether that is social, emotional, or physical. We want to assist anyone in the community that may need support in finding resources to help them do this," said Michelle Martin, family support coordinator for Augustinian Academy in Carthage.

Martin sees herself as the bridge between home and school for students and parents, as well as a bridge between resources and parents. When

schools shut down in March, her focus was getting students the technology they needed to learn remotely. She then checked in with all the families regularly to see how they were doing.

"For many families it was rough, being at home and being the teacher, the worker, the everything. I would check in, how are you doing physically? Do you need me to drop anything off? Once I dropped off clothes for a family," said Martin.

When Martin felt the families were in good shape, she lent a hand at the local food pantry and milk distribution project making sure families were fed.

Kathy Behrens, family support coordinator for Trinity Catholic School in Massena, feels blessed since the school has been able to offer in-person learning five days a week despite holding the first two weeks of the school year in September through remote instruction due to local Covid-19 community issues.

"Being in a Catholic school, we are able to remind ourselves that this is totally out of our control. God is right there with us, leading us through all of this," said Behrens.

Family visits are part of the job for family support coordinators, and like school, look a little different. Behrens meets and welcomes families of pre-k, kindergarten, and new students either in parks, their driveways, or virtually. Behrens is available to meet with any interested family residing in the area, too.

The pandemic has also brought opportunity. Behrens goes into classrooms to teach social and

emotional wellbeing strategies to the students. She has also partnered with Citizen Advocates in Massena to offer mental health counseling services to students at Trinity Catholic School on Wednesdays.

Family support coordinators have had to think outside the box plan and offer family events and activities. Last year Behrens started "Take Time Thursdays," which connects the community with families. Now, due to COVID-19, Take Time Thursdays are virtual, and the focus has turned to family engagement. In December, families shared pictures of their Christmas traditions, while in January they showed off their favorite winter activities on the school's social media pages and website. This month, families are making appreciation and thank you cards to be given to Trinity's faculty and staff during Catholic Schools' Week.

At Augustinian Academy, students were introduced to yoga to help alleviate stress. Their new focus is learning about healthy eating habits. Michelle Martin and Cornell Cooperative Extension will soon introduce third graders to camp-in-a-box, which will be delivered to the students' homes. She adds that for the February and March

she would like to offer virtual trainings for parents, on topics such as ADHD.

Fortunately, Augustinian Academy was awarded a grant to support and enhance its before and after school care program. Martin says the program has been a God-send for working parents.

Like all family support coordinators, Martin and Behrens want parents and community members to know they are available to assist whether it's with school resources or community service referrals.

Martin plans to have open office hours at St. James Church in Carthage, a few hours a week to help people complete paperwork for housing, Medicaid, and other social service needs. Behrens regularly passes along flyers to St. Peter's Parish to post on their social media page.

If you want more information on school programs, activities, or community services/resource access for your family, contact the family support coordinator at your Catholic school.



*On the occasion of ministering 25 years in the diocese I would like to give heartfelt gratitude*

- ♦ To God who guides and leads me
- ♦ To Bishops Paul Loverde, Gerald Barbarito, Robert Cunningham, and Terry LaValley
- ♦ To Msgr. Dennis Duprey, Very Rev. Joseph Morgan and Dr. George & Soly Tomy
- ♦ To my loving and caring parishioners of Massena, Lowville, West Lyden, Indian Lake, Lake Pleasant & Wells.

*"I will lift up the chalice of salvation and praise the name of the Lord"*  
– Psalm 116:13.

*Fr. Sony G. Pulickal*



*Support And Pray  
For Vocations*

## Environmental Stewardship

## We are being called

While still in the midst of winter, we are blessed with the season of Lent. This word itself means "spring season." However, as we look around, the trees look like they are dead. But as an arborist would tell us, they are deepening their roots to bring forth new growth in the warmth of spring.

So, this season of Lent calls us to a "springtime of the soul." This is a sacred time to sink our spiritual roots more deeply into God's presence within us and around us.

We find three tools given to us in the Scripture readings on Ash Wednesday; first from prophet Joel 2:12-18 and then by Jesus in Matthew 6:16/16-18. These tools of prayer, fasting and sharing are meant to prepare the "soil" of our daily lives for spiritual growth.

This growth is not meant just for me but for the life of the Church and the life of the world. As St. Paul reminds us in the second Ash Wednesday reading 2 Cor. 5:20-6:2 we are being called to be ambassadors of God's reconciling forgiveness.

As we look around at our wounded world, we pray this Lenten season that we may be gifted the wisdom of what God's dream is for a better future for all on the earth.

This pandemic will eventually subside, but will we return to "business as usual" OR will we have learned some things from it that will change our perspective of who we are and what we are being called to become?

One simple act of wearing a mask can remind us that we are interconnected with each other which goes far beyond physical contact. When I meet someone that I don't even know in the grocery store, there is an immediate sense of WE ARE ALL IN THIS TOGETHER! right here in this place but also around the country and the world.

With this deeper sense of our interconnectedness with all creation what new dreams is God calling us to dream during this Lenten season that will in fact bring about a better future for all?

## Bishop's Public Schedule

**Feb. 17** – Noon – Mass at St. Mary's Cathedral

**Feb. 18** – Noon – Mass at St. Mary's Cathedral

**Feb. 20** – 4 p.m. – Mass at the Catholic Community of St. Peter and St. Mary and St. Hedwig (at St. Peter's Church) in Lowville

**Feb. 21** – 8 a.m. – Mass at St. Mary's Cathedral

## Rest in Peace

*This week marks the anniversary of the deaths of the following clergymen who have served in the Diocese of Ogdensburg*

**Feb. 17** – Rev. Joseph Alfred Hervieux, 1940; Rev. Francis B. Ruddy, 1976

**Feb. 18** – Rev. Charles Guillot, M.S.C., 1985

**Feb. 19** – Rev. William R. Bourbeau, 1954

**Feb. 20** – Rev. Lucian Leger, O.M.I., 1874; Rev. Daniel O'Riordan, O.M.I., 1897

**Feb. 21** – Rev. Charles A. Paquette O.M.I., 1925; Rev. John J. Kelly, 1944

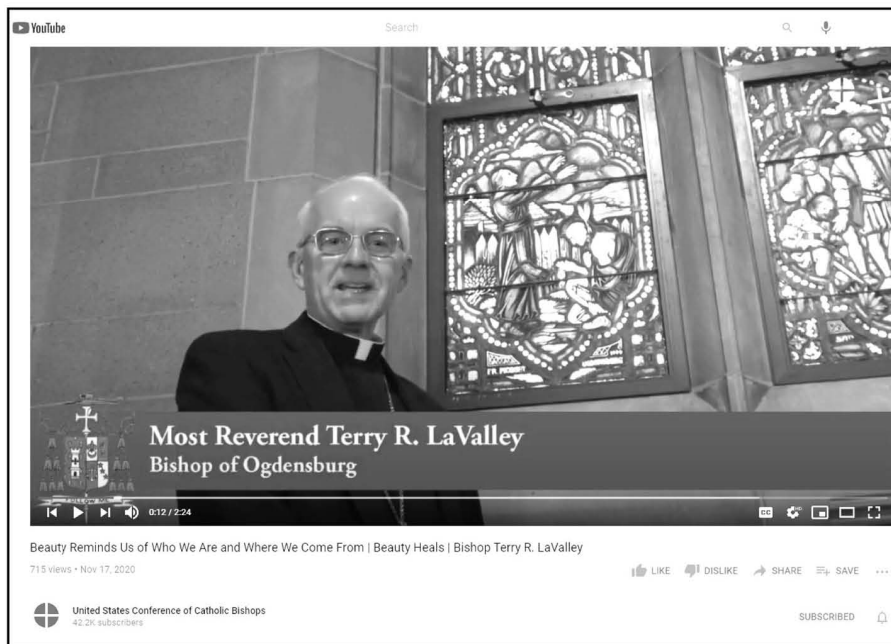
**Feb. 22** – Rev. Edward Tortel, O.M.I., 1901; Rev. Peter H. J. Ryan, 1930

**Feb. 23** – Rev. Leo Heinrichs, O.F.M., 1908; Rev. Edward Blanchard, 1922; Rev. André Payette, O.M.I., 1976

## To Report Abuse

**If you have a complaint** of suspected misconduct involving diocesan clergy, religious, employees or volunteers, contact **Victims Assistance Coordinator**, Terri-  
anne Yanulavich, Ph.D., LMHC, 5050 Route 374, Merrill, NY 12955; terri-  
annyanulavich@yahoo.com  
Phone: 518-651-2267 days; 518-569-0612 evenings; or Father Christopher Carrara, the Episcopal Vicar for Clergy; ccarrara@rcdony.org Phone: 315-393-2920 ext. 1340. If you have a complaint of suspected sexual abuse or related misconduct by the bishops, contact the **Catholic Bishop Abuse Reporting Service** at 800-276-1562 or www.ReportBishopAbuse.org.

## BEAUTY HEALS



**Bishop Terry R. LaValley introduces viewers to one of the stained glass images at St. Mary's Cathedral in the Diocese of Ogdensburg's entry in the United States Conference of Catholic Bishops' YouTube series, 'Beauty Heals.' The series can be found on the USCCB's YouTube channel, [youtube.com/user/usccb](https://youtube.com/user/usccb), and joining the 'Beauty Heals' playlist.**

## DEVOTION TO THE SEVEN SORROWS AND SEVEN JOYS OF ST. JOSEPH

The Devotion to the Seven Sorrows and Seven Joys of St. Joseph is observed on the seven Sundays preceding the March 19 feast of St. Joseph (starting Jan. 31).

## Seven Sorrows

1. The doubt of St. Joseph. (Matt. 1:19)
2. The poverty of Jesus' birth. (Luke 2:7)
3. The Circumcision. (Luke 2:21)
4. The prophecy of Simeon. (Luke 2:34)
5. The flight into Egypt. (Matt. 2:14)

## Protecting God's Children

**The Diocese of Ogdensburg** has scheduled sessions for Protecting God's Children for Adults. Pre-registration online is required. Participants may preregister at [www.virtus.org](http://www.virtus.org).  
Upcoming sessions:  
**Feb. 24** – 2:30 p.m., St. James School, Gouverneur  
Online VIRTUS offerings are also available. To learn more or register, email [jgrizzuto@rcdony.org](mailto:jgrizzuto@rcdony.org).

6. The return from Egypt. (Matt. 2:22)
7. The loss of the Child Jesus. (Luke 2:45)

## Seven Joys

1. The message of the Angel. (Matt. 1:20)
2. The birth of the Savior. (Luke 2:10-11)
3. The Holy Name of Jesus. (Matt. 1:25)
4. The effects of the Redemption. (Luke 2:38)
5. The overthrow of the idols of Egypt. (Is. 19:1)
6. Life with Jesus and Mary at Nazareth. (Luke 2:39)
7. The finding of the Child Jesus in the Temple. (Luke 2:46)

## Feb. 21, 2021

St. Joseph knew grief when he heard Simeon prophecy the future sufferings of Jesus and Mary. We pray for all those who are experiencing anxiety about their future that they may be open to the signs of God's loving presence in those around them. For this we pray . . .

St. Joseph knew joy when he heard Simeon foretell that Jesus would be

the Light of the World and the glory of His people. For all nations and peoples, that they may respond with open hearts to the Gospel message and see Christ as the light of the world, we pray . . .

Our Father..., Hail Mary..., Glory be..., Act of Consecration to St. Joseph

**Act of Consecration to St. Joseph**  
*O dearest St. Joseph, we your faithful of the Diocese of Ogdensburg, consecrate ourselves to your honor and give ourselves to you, that you may always be our father, our protector, and our guide in the way of salvation.*

*Obtain for each one of us a greater purity of heart and fervent love of neighbor. After your example, may we do all our actions for the greater glory of God, in union with the Sacred Heart of Jesus and the Immaculate Heart of Mary.*

*O Blessed St. Joseph, pray for this Church of the North Country. O Blessed St. Joseph, pray for our families that we may all grow in faith, hope and love so that we may faithfully serve Jesus, Christ our Lord, all the days of our lives. AMEN*



# 'A guide even when things are bad'

By Jonathan Monfietto  
Contributing Writer

WATERTOWN—"Just the regular ups and downs for us in our married life."

That is how Kathy Allan responded when asked to talk about a time in their lives when she and her husband, Deacon Michael Allan, relied on their faith as Catholics to overcome a difficult situation.

"It's married life. It's family life," Kathy said. "Nieces and nephews not going to church and praying very, very hard for them to come back. ... Because of our faith and just because of our active ministry at church, we work together."

And without faith, especially in an era of pandemic and turmoil around the world, "you don't have anything to hang on to," she said.

"I think without your faith, especially today with all that's going on, you're not anchored," she said. "When you have the Lord in your life, you've got Scripture, you've got Mass, you've got the sacraments, and you really and truly have a guide even when things are bad."

From their ministries with their church and the diocese to their personal spiritual practices, the Allans, who live in Watertown and attend Holy Family Church, have lived a life together of sharing their faith with each other and with the people around them.

After being baptized and growing up in the Methodist church until age 17, Deacon Allan said he didn't return to organized religion until he got out of the Army and then joined the Catholic Church at age 26.

"I spent three years



Deacon Michael & Kathy Allan

looking at all kinds of mainline Christian denominations before choosing to become a Catholic," he said.

Meanwhile, Kathy grew up as a cradle Catholic attending St. Vincent de Paul's Church in Belfort. She and her parents and siblings were active volunteers in their church; her father and brothers tended the cemetery by digging graves and mowing lawns, while she and her mother and sister cleaned the church and washed the linens.

"We just always had faith all around us," she said. "My parents both came from large families, and aunt and uncles lived pretty much local. Their example of faith is really astounding."

After becoming Catholic, Deacon Allan eventually went through the diaconate program and was ordained. Saying he prefers active ministry, he said he is assigned to five parishes and actively assists at three of them—Holy Family in Watertown, St.

Stephen's in Croghan, and St. Francis in Harrisville.

Within his diaconate, he has a preaching ministry two weekends a month and also assists the priests in the three parishes with funerals and other special activities as they come up. Before the pandemic and even during it, he also volunteers on a weekly basis helping out the chaplain at the House of the Good Samaritan.

The couple practices Liturgy of the Hours together as well as morning and evening prayer and daily Mass. A retired elementary school teacher, Kathy continues an early-morning habit that she developed during her career.

"There are days I would get up and say, 'Lord, these children are driving me crazy, and you love them more than me. What can we do?'" she said. "When I was teaching, I really had some quite challenging classes. The Spirit led me getting up 15 minutes earlier."

Now that she is retired,



she "can spend half an hour to an hour reading Scripture," she said. "Those are my basis. Scripture is my basis."

The couple has also found spiritual growth through the activities they performed together. For example, while teaching Rite of Christian Initiation for Adults classes for many years, they found themselves growing their relationship with God along with the people they taught.

"When you teach something, you really get to know the faith and know the faith through people's eyes, some who don't have a clue," Kathy said. "They've never experi-

enced the Lord. It really makes you appreciate your faith."

And when Deacon Allan spent three years in the diaconate program, they traveled to Wadhams Hall one weekend a month to meet with the program's different instructors and the men participating in the program and their wives. Once again, they found themselves drawing closer to God and to the people around them.

"We had such an enriching three years of being with 10 other guys and their wives and just learning all we could learn about each other and the faith," Kathy said. "To me, that was very pivotal."

## IN BRIEF

### March Retreat Day

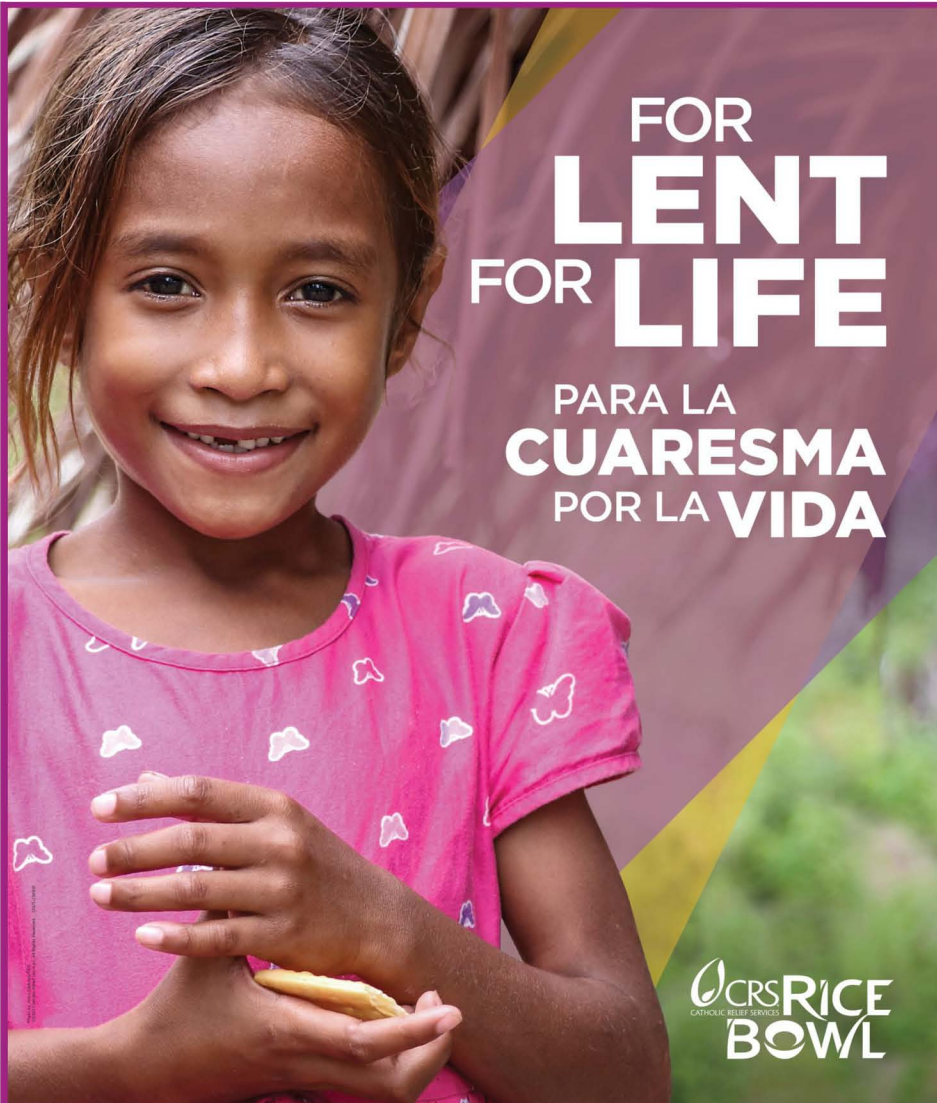
"Walking with St. Joseph as our Guide." During this year dedicated to St. Joseph, this Retreat Day will consider the mind and heart of Joseph, as reflected in his actions and reflect on ways that he might be a faithful guide and companion on our own faith journeys. It will also provide opportunities for prayer and sharing.

The retreat will be held Saturday, March 13 from 10 a.m. to 2 p.m. virtually on Zoom.

Sister Bethany Fitzgerald, SSJ will serve as facilitator.

There is cost. If you wish to make an offering for the retreat, mail to: Sisters of St. Joseph, 1425 Washington St, Watertown, New York 13601.

To register, email [srbethssj@gmail.com](mailto:srbethssj@gmail.com) or call 315-212-6592.



FOR  
**LENT**  
FOR  
**LIFE**

PARA LA  
**CUARESMA**  
POR LA **VIDA**

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CATHOLIC RELIEF SERVICES

[crsricebowl.org](http://crsricebowl.org) | [crsplatodearroz.org](http://crsplatodearroz.org)

**About Catholic Relief Services:**

Catholic Relief Services is a 501(c)(3) non-profit organization;  
Donations to CRS are tax-deductible to the full extent allowable under the law.



Catholic Relief Services eases suffering and provides assistance to people in need in more than 100 countries, without regard to race, religion or nationality. We are the official overseas relief and development agency of the U.S. Conference of Catholic Bishops and a member of Caritas Internationalis.

**All of the information here can be found at: [www.crsricebowl.org](http://www.crsricebowl.org)**

**For questions and inquires please contact Diocese of Ogdensburg Catholic Charities:**

**Deacon Patrick Donahue**  
Director  
[pdonahue@cathcharities.org](mailto:pdonahue@cathcharities.org)  
315-393-2255



Lent is a time of repentance and of uniting ourselves to Christ during his 40 days in the desert. During this sacred season, CRS Rice Bowl—Catholic Relief Services' Lenten faith-in-action program—invites us to reflect on how caring for our neighbor is caring for Christ. *For I was hungry and you gave me food, thirsty and you gave me drink* (Matthew 25:35).

CRS Rice Bowl provides resources to bring Lenten spirituality to life for families, parishes and school communities, while continuing to connect Catholics in our diocese with our global human family.

This year, CRS invites you to journey to Madagascar, El Salvador and Timor-Leste to learn about the root causes of hunger and how communities—with the support of CRS and faith communities like yours—are making sure they have the right nutritious food to thrive. Through stories, videos and lesson plans, your community will learn about the global issue of hunger and malnutrition and our Gospel call to feed the hungry. With prayer, fasting and almsgiving, we can continue Jesus' mission to care for all in need.

**WHAT IS THE MEANING OF LENT?**

*As Catholics, the spiritual pillars of prayer, fasting and almsgiving guide us in daily reflection in our own lives as we strive to deepen our relationship with God and neighbor—no matter where in the world that neighbor may live. Lent is a time of personal and spiritual growth, a time to look outward and inward. It is a journey in mercy.*

**LENTEN ALMS CHANGE LIVES**

CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official relief and development agency of the United States Conference of Catholic Bishops. Through CRS Rice Bowl, faith communities in every diocese throughout the United States put their faith into action through prayer, fasting and almsgiving. Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 different countries each year. 25% of all donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty alleviation efforts. Since its inception in 1975, CRS Rice Bowl has raised nearly \$300 million.

**25% of all donations to CRS Rice Bowl stay in our local diocese, supporting hunger and poverty alleviation efforts.**





## WAYS TO PARTICIPATE

### When does Lent begin and end?

Lent is a time of preparation. As a 40-day journey of prayer, fasting and almsgiving, Lent begins on Ash Wednesday, a date that changes every year. The season of Lent ends with Holy Week, culminating in the great celebration of Easter.

### Bring Lent to Life at Home

Strengthen our domestic church and stay connected with our sisters and brothers around the world through traditional Lenten practices of prayer, fasting and almsgiving with your family at home. Use these resources throughout the 40-day journey and learn how you can help those most in need. Be sure to share your Lenten journey with us on your social media channels by using **#CRSRiceBowl**.

- If you don't have a CRS Rice Bowl, print the DIY Rice Bowl label and adhere it to a container.
- Use the Lenten calendar each day to practice the Lenten pillars of prayer, fasting and almsgiving.
- Travel around the world from your family room: read and watch the Stories of Hope and reflect with your family on how you can help those in Madagascar, El Salvador and Timor-Leste.
- Prepare simple meatless meals each Friday and explore other cultures from your kitchen.
- Put your Lenten sacrifices into your CRS Rice Bowl.
- Pray the Stations of the Cross using our booklet or by watching our videos.
- Give your CRS Rice Bowl donation online and make a difference in the lives of people in your local community and around the world!

Visit <http://www.crsricebowl.org/families> to learn more about the activities described above.

### Stories of Hope

CRS Rice Bowl shares stories of hope from CRS' work around the world. These stories are examples of the communities where your Lenten alms are changing lives. Stories are accompanied by a simple, meatless recipe that you and your family are encouraged to prepare on Fridays during Lent.

### Want more Lenten reflections?

Sign up for our weekly emails at: [www.crsricebowl.org/about/how-to-practice-lent](http://www.crsricebowl.org/about/how-to-practice-lent)

### LOOKING FOR MEATLESS MEALS TO PREPARE THIS LENT?

Each Friday of Lent, we abstain from eating meat as a way to experience a little of the hunger that many experience daily. Journey with us around the world and incorporate these Lenten recipes into your meatless Fridays. Give the money you saved each week by not eating meat—about \$3 per person per meal—to your CRS Rice Bowl to feed those in need around the world. Go to <https://www.crsricebowl.org/recipe> to find many different meatless recipes like the one below from all around the world.

### Squash, Bean and Corn Stew

Makes 4 servings

- 1 large onion, diced
- 5 cloves garlic, minced
- 3 tbsp fair trade olive oil
- 3 cups water
- 1 butternut squash, cut into small pieces
- 1 10-oz. bag frozen corn
- 1 15-oz. can red kidney beans, drained
- Salt and pepper to taste
- 2 cups cooked rice

Sauté onion and garlic in olive oil over medium heat until tender. Add water and squash, and increase heat until water is simmering. Add corn and kidney beans, reduce to medium heat, and cook stirring occasionally for 15 to 20 minutes until squash is tender. Add salt and pepper to taste. Serve with rice.



Photos are of © Catholic Relief Services

# 'Keep life simple... Try to see the positive'

By **Mary Beth Bracy**  
Contributing Writer

MORRISONVILLE – “Jesus has been really good to me. My faith reminds me to focus on God. It is about loving all people. I love other people so much,” revealed Carly Allen, a 22 year old from Morrisonville. I was blessed to have Carly as a student when she was in middle school at Peru Central; the genuineness of her belief and care for others shines through her joyful spirit. Carly’s kindness, sense of humor, dedication to and love of learning enlighten the lives of all of those around her.

Carly, who lives with her parents Mike and Natalie, is not deterred by her Down syndrome. When she was a baby, her parents brought her to Mass at St. Joseph’s in Treadwells Mills because there was a children’s room and it was quieter. There was a tapestry of Our Lady on the wall and Carly stared at the tapestry all throughout Mass, Natalie shared, “Mike and I just kept looking at her all during Mass and I thought that she felt this connection.” Carly’s middle name is Marie after Our Lady.

“My parents helped me make my sacraments,” Carly explained. “My Aunt Michelle and Uncle Ken are my Godparents. My Mémère (grandmother) Cecile Filion is my confirmation sponsor. Father Scott Seymour helped me a lot with the sacrament of reconciliation, which was difficult for me to understand. He’s really good to me and I just love him so much.”

When she made her First Communion, Father Joseph W. Elliot visited the family over for lunch and answered questions that Carly and her family had.

“He was really fantastic and helped with that a lot,” noted Natalie.

“I also love going to weekend Mass at St. Alexander’s,” exuded Carly. “I love going to 4 p.m. Mass on Saturday afternoon, it helps me to focus on God. Being an altar server is really wonderful to me. I like to bring the gifts to the priests. I like to pray for people when I’m serving on the altar. Special things about being an altar server are holding the book for Father and ringing the bells. Being an altar server makes me happy every day.”



Carly Allen

Carly started serving when she was in third grade and loves it. Her mother, Natalie, said that she couldn’t wait to become an altar server. Carly had to wait until the end of third grade and, when she saw another girl in her class start serving, she approached (then

parish Pastoral Associate) Pam Ballantine after Mass to say that she wanted to start serving too.

In high school, Carly belonged to the youth group at St. Alexander’s. They did activities like going to Great Escape and playing sports. They also had “paint and snack.” Carly also helped with the young children.

Carly held up a beautiful book about St. Therese that she read.

“My confirmation saint is St. Therese of Lisieux,” she said. “St. Therese loved Jesus like I do. She liked to pray like I do also. St. Therese also loved all her family and the people she met and I feel this way also. I admire how she taught others about love.”

Before the pandemic, Carly helped at Peru Primary School.

“I would assist the children during breakfast and helped in the Kindergarten classroom,” she said. “I helped students with reading and writing. This made me very happy. I loved the students and they loved me. I helped pass out the work folders with Mrs. Kathy Backlas.”

Mrs. Backlas was Carly’s Teaching Assistant for eleven years.

Since they couldn’t continue at Peru Primary, Carly and her mother came up with ideas of what they could do for the community. Currently, Carly and her mother volunteer to deliver Meals on Wheels three days a week. Carly helps organize the bags with cold foods, including those for individuals with dietary needs, and her mother organizes the hot foods. They also check and make sure the people they visit are feeling okay. If they are sick, they let the office know which people need extra help. She and her mother really enjoy doing this.

Carly, who leads a full life, noted “I love doing crafts and reading, in my spare time.” She also likes to make potholders on a loom and beaded bracelets. Other favorite pastimes of Carly’s are painting with alcohol ink and acrylics. She enjoys painting bird houses and cards. She is also taking art, exercise, and meditation classes online with a friend. Moreover, she writes in a daily journal about her activities.

“I have been having virtual visits with my friends and family members during the pandemic,” she said.

Carly added that she reads “news articles every



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# CATHOLIC WORLD AT A GLANCE

## Ex-seminarian's lawsuit called baseless

NEW YORK (CNS) — A former seminarian's lawsuit filed against the New York Archdiocese, New York Cardinal Timothy M. Dolan, Pontifical North American College officials and several "John Does" over him not being allowed to return to the NAC is baseless and without merit, according to spokesmen for the archdiocese and the U.S. seminary in Rome. Anthony J. Gorgia of Staten Island, New York, alleged in a civil suit filed Feb. 3 that he was barred from returning to his studies in Rome in late 2018 after taking a short approved medical leave because NAC officials knew he had witnessed inappropriate sexual behavior at the seminary. "The claims in this case against the Archdiocese of New York and Cardinal Dolan are absurd and have no basis in fact or law. We are prepared to defend against it and will seek its dismissal in court," archdiocesan spokesman Joseph Zwilling told Catholic News Service Feb. 11. Father David A. Schunk, the NAC's vice rector for administration, similarly said in a Feb. 11 statement to the CNS Rome bureau the suit "is baseless and completely without merit. We will defend ourselves vigorously and plan to seek the dismissal of the lawsuit."

## Alabama cancels execution after court ruling

WASHINGTON (CNS) — After the Supreme Court blocked the execution of an Alabama man because it ruled his pastor should be allowed to be with him, the state canceled the execution. In a divided midnight vote Feb. 11, the justices upheld a lower court's ruling that Willie Smith III's pastor should be with him in the execution chamber, which the state opposed. The court also vacated a stay of execution from the U.S. Court of Appeals for the 11th Circuit in a separate ruling that said the state failed to provide Smith, who is intellectually disabled, help in reviewing paperwork that would have allowed him to choose an alternate method of execution. The Supreme Court's action with both decisions would have ultimately allowed the execution to proceed if the state agreed to allow Smith to be accompanied by his pastor, but the state called off the execution, scheduled for Feb. 11, just after the court's order. Commenting on the court's ruling on Twitter in early morning hours of Feb. 12, Robert Dunham, executive director of the Death Penalty Information Center, said it remains unclear if the Supreme Court "believes that the Constitution requires a state to allow a prisoner to have his religious adviser minister to him at the time of execution."

## Bishop sprays holy water from firetruck to 'cleanse' city

BOGOTA, Colombia (CNS) — The bishop of a Colombian city that is suffering from a deadly spike in drug violence boarded a firetruck to spray the town's main street with holy water and help to "cleanse it" of evil. Bishop Rubén Jaramillo Montoya performed the gesture Feb. 10 during a protest against violence in Buenaventura, a city of about half a million people on Colombia's Pacific Coast. During the event, thousands of local residents, dressed in white and wearing face masks, also formed a 12-mile-long human chain that crossed most of the city. "This is a way of acknowledging that there is evil in this city, but that we want it to leave," Bishop Jaramillo said. "We are also imploring the people in gangs to leave their weapons behind." Buenaventura is Colombia's main port on the Pacific Ocean. It is located on a large inlet surrounded by thick jungle and dozens of small rivers that spill out into the sea. This geographic location has long made the city and its surroundings a coveted spot for drug traffickers, who ship cocaine to Central America and the United States.

## 'Keep life simple'

CONTINUED FROM PAGE 10

day to keep up with what is going on in the world" using an app called Newsomatic.

"When I was in school, Social Studies was challenging for me," Carly said. "But I worked hard, and it actually went very well. Another challenge is when people I loved had to die. My faith has helped me to remember that the people I love will be in Heaven and experience the joy of belonging with God. Sometimes I feel anxious and use strategies like deep breathing, positive self-talk, and prayer."

Carly says grace before each meal to "thank the Lord" for her blessings.

"I also like to read the Sacred Space app [which offers meditations on the presence of Jesus] and Living Faith," Carly said. "I love to read the daily Gospel and then read explanations which help me to better understand the meaning of the Gospel. My mom and I discuss these

readings. I feel that it interests me in terms of really understanding."

Carly showed me a beautiful prayer album that she created, with holy cards.

"Every night I like to read the prayers on the cards that I have from the people I love who have died," she said. "This helps me to remember them and still feel close to them."

Carly said the practice also helps her to relax before she goes to sleep. Natalie said that Carly was inspired to do this on her own.

Led by the Holy Spirit, there are many other things that Carly has been moved to do, such as, offering prayers and thinking of others.

"If someone is sick, she'll say that she prayed for them at Mass or at night in her prayers," Natalie reflected.

Also, on All Souls Day, their Church put up candles in the Church for all those who died. After Mass, Carly went up by

herself, knelt down before the candles, and said a prayer.

Natalie recalled that Carly "always loved, loved, loved Church. It was almost like Carly had a natural connection with Jesus because she always loved going to Church from the time that she was little." Furthermore, Carly's Mémère has been an inspiration for her because she has a strong faith. Carly was also encouraged by her parents' faith to love Church and everyone there.

In the future, Carly would like to continue to volunteer in helping others and find a job where she is working to help other people. Additionally, "I would like to visit with my friends in-person when it is safe to do so." Carly concluded with some words of wisdom, "I would recommend that people keep life simple and do things that they love to do. Try to see the positive. Pray every day."

## What is a Foster Grandparent?

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities. They are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, friendship, companionship, encouragement, individual attention, and unhurried help. The program currently has 40 volunteers and serves more than 100 kids per year.

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.



Sometimes when you get to be my age, you wake up and say what good am I and along came the Foster Grandparent Program that keeps me going!"

Roy Foote  
age 83  
Foster  
Grandparent



### Am I Qualified to be a Foster Grandparent?

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent.

You'll also receive a small bi-weekly, non-taxable stipend that cannot be held against any current benefits you may already have as well as paid mileage for your travel. Additionally, you receive paid holidays, vacations, sick and personal leave.



### Want more info about how to get started?

Contact Melissa Howard,  
Volunteer Coordinator

PHONE:  
(518)359-7688

EMAIL:  
mhoward@cathcharities.org

80 Park Street, Suite 2  
PO Box 701  
Tupper Lake, NY 12986

# Pope, Iraqis hopeful for visit despite challenges

AMMAN, Jordan (CNS) – Despite challenges posed by the COVID-19 pandemic and security concerns, Pope Francis hopes to visit Iraq, an opportunity that eluded his predecessors.

Iraqis are excited that he is scheduled to come, despite those concerns.

"Iraqi Christians are very much optimistic because it's a sign of hope and solidarity despite the pandemic, despite the security challenge. It's a strong sign of solidarity," Iraqi Father Emanuel Youkhana told Catholic News Service by phone from the northern city of Dahuk. Father Youkhana is a priest, or archimandrite, of the Assyrian Church of the East.

The 84-year-old pope, newly vaccinated, is moving forward with his March 5-8 trip unless there is a serious new wave of coronavirus infection there. It marks his first foreign trip since being grounded for 16 months due to the pandemic.

Pope Francis told Catholic News Service staffers at the Vatican it is important that the Iraqis "will see the pope is there in their country," even if most would see him only on television because of social distancing requirements.

It's the first-of-its kind visit by the pope after St. John Paul II's scheduled trip to Iraq in 2000 had to be canceled due to re-

gional tensions. St. John Paul wept that he could not go, as he especially wanted to visit the city of Ur, the birthplace of Abraham, recognized as the patriarch of faith in one God by Jews, Christians and Muslims.

In mid-2019, Pope Francis announced that he intended to make his first visit to Iraq the following year, but the trip was postponed amid regional tensions and ongoing anti-government protests across the southern and central parts of the country. The pope told CNS in early February that he does not want to disappoint the Iraqis for a second time.

Iraq is set to receive

thousands of Pfizer-BioNTech vaccines in addition to the Chinese Sinovac vaccine this month. In early February, the Iraqi Health Ministry reported 1,134 new COVID-19 cases, bringing the total number of confirmed infections to 628,550.

On Jan. 21, the day after the Vatican announced plans for the papal trip to Iraq, two suicide bombers detonated explosive vests in a crowded market in central Baghdad, an attack claimed by the Islamic State group. At least 32 people died and more than 100 were injured.

Shortly afterward, Cardinal Louis Sako, the Baghdad-based patriarch of the Chaldean Catholic Church,

called on the faithful to fast and pray for peace in Iraq and for an end to the pandemic. He dismissed the significance of the bombing on the overall security situation in Iraq and said, "There is no risk for the pope."

The Iraqi government is responsible for the pope's safety and that of his entourage during the visit.

"There are security challenges, that is quite clear, because everywhere there are militias and terrorist groups. The Shiite militias will help (the Shiite-dominated government) in securing the visit. We hope, we pray there will be nothing," said Father Youkhana, who runs the Christian Aid Program Northern Iraq.

## Panel addresses healing after strife

A Catholic panel analyzing a path forward during moments of strife or of social sin said the only way to move ahead as a society toward healing is to recognize the damage done to a person or communities, to lay the truth out for everyone to see.

The "Healing as Church & Nation: Remembering, Recognizing & Reimagining Common Good," a panel during the Catholic Social Ministry Gathering, which took place online Feb. 6-9 this year, also looked at how Pope Francis' teachings can help.

Through the lens of the pope's new encyclical, Catholics can reflect on society's interconnectedness and why the problems, or solutions, of one group are a problem for all, panelists said.

A prerecorded session featured Cheryllyn Branche, president of the GU272 Descendants Association, a nonprofit representing over 10,000 living and deceased descendants

of enslaved children, women and men sold by the Jesuits of Georgetown University in 1838.

She addressed the situation that arose when students at Georgetown discovered that members of the Society of Jesus who had founded the prestigious school had bought and sold children and adults, including her ancestors, into slavery in the 1800s.

As a Catholic, she said, she has asked the question: "How can a Catholic order of men ... seek to find God in all things and dedicate (itself) to the greater of glory of God while denying our ancestors, enslaved children, women and men, their freedom and dignity?"

But facing the truth of what happened is essential in any effort, even when it brings about pain, but it brings up the question of "how do we recognize where we've been, how do we see what harm has happened in our past and how

do we move forward in a way again that's fitting of Catholics?" said panelist Krisanne Vaillancourt Murphy, executive director of Catholic Mobilizing Network.

Vaillancourt Murphy has long worked nationally in faith-based policy advocacy and the organization she heads is working toward ending the death penalty and promoting restorative justice.

The pope's encyclical, "Fratelli Tutti," released this year, offers a path "for renewed encounter moving forward," she said, which initiates "processes of healing." In her field, she looks at the killing of men and women through execution by the state and advocates instead for restorative justice, which seeks to focus on the rehabilitation of offenders through reconciliation with victims and the community.

But the criminal justice system in the U.S. instead is one engaged in the

"throwaway culture" the pope references, she said, one of mass incarceration surrounded by the "culture of death" that was put on display recently.

"We're still reeling," she said, from a "spree" of executions carried out by the federal government in the last days of the Trump administration -- there were 13 executions from July 2020 through January 2021.

The panel was first organized seeking ways to unite the nation after a polarizing political period, which was addressed by Kim Daniels, co-director of the Initiative on Catholic Social Thought and Public Life at Georgetown.

A question that had popped up, even before the deadly attack on the U.S. Capitol Jan. 6, was "where do we go after that, as a hurting nation?" Daniels asked.

Faced with a crisis that has developed after a divisive election period and an unprecedented mob attack

on Washington, it's time for Catholics to assess the present moment, she said.

"This is a real challenge for American Catholics, as to how we're going to respond. Are we going to stand for truth and justice? Are we going to stand for the vulnerable? Are we going to look for a better kind of politics? A politics that is truly in the service of the common good and move away from this kind of violence and this kind of fear?" she asked.

Catholic social teaching provides a path for how to move forward out of the strife, she said, referencing also the pope's teachings.

"He (the pope) tries to resist the throwaway culture and build a culture of encounter. He leads with mercy and focuses on a church for the poor. He is always reaching out to those at the margins," Daniels said. "It helps us resist individualism. It reminds us that we're all in this together ... as an integrated whole."



## AT THE MOVIES

## JUDAS AND THE BLACK MESSIAH

**NEWYORK (CNS)**—As a personality-rich study of conflicted loyalties, the fact-based drama "Judas and the Black Messiah" (Warner Bros.) is a compelling piece of moviemaking.

But the film's treatment of the unfortunately timely topic of how to deal with police misconduct toward minority communities — as well as other considerations — make it unfit for any but discerning grown-ups.

Set in the late 1960s, director Shaka King's feature debut, which he co-wrote with Will Berson, focuses on Chicago car thief Bill O'Neal (LaKeith Stanfield). Facing a long prison term, O'Neal agrees to infiltrate the local chapter of the Black Panther Party and supply information to FBI agent Roy Mitchell (Jesse Plemons) about the activities

of its charismatic chairman, Fred Hampton (Daniel Kaluuya).

As he tries to evade detection as an informer, O'Neal finds himself drawn to Hampton and impressed by the spirit of camaraderie among his followers. At the same time, he becomes increasingly reluctant to support the law-flouting tactics of the bureau whose racist director, J. Edgar Hoover (Martin Sheen), views the Panthers as a more serious threat to national security than the Soviets or the Chinese.

King skillfully maintains interest in O'Neal's ethical predicament as well as in Hampton's budding romance with aspiring writer and Panther cadre Deborah Johnson (Dominique Fishback). But viewers shaped by Gospel values will need to bring careful judgment to

bear both on the avowedly Marxist ideology underpinning the Panthers' outlook and on the dual nature of their activism.

On the one hand, as depicted here, the party functioned as a charitable institution especially by supplying free breakfasts to poor schoolchildren. And Hampton made sincere but only partially successful efforts to reach out to Latinos, disaffected working-class whites and even gang members.

Yet the Panthers also advocated the use of force in response to wrongdoing on the part of law enforcement officers — all of whom they here label pigs. King and his script collaborators dedicate a single brief scene to the human toll exacted by such a policy. Much more time is spent,

however, evoking sympathy for the victims of FBI and Chicago police criminality.

Mitchell, who had helped solve the 1964 slayings of civil rights workers James Chaney, Michael Schwerner and Andrew Goodman, tries to convince O'Neal that the Panthers are the moral equivalent of the Ku Klux Klan.

That may be an oversimplification, as the tone of the narrative suggests. But the potential evils involved in civilians taking up arms seem equally stark whether originating on the far right or the radical left. It also has to be questioned whether a resort to such methods is ever justified in a nation where legal means of reform and redress are available — albeit sometimes difficult to achieve. Along with sorting

through such concerns, those watching "Judas" will also need to withstand a torrent of vulgar dialogue. While this may be in keeping with the milieu in which O'Neal's story unfolds, King fails to show the same restraint in his handling of it that he deploys when portraying the mayhem inherent in the plot and in showing the prematurely physical nature of Hampton and Johnson's bond.

The film contains considerable violence with some gore, a premarital relationship and out-of-wedlock pregnancy, frequent profanities and pervasive rough and crude language. The Catholic News Service classification is A-III — adults. The Motion Picture Association rating is R — restricted. Under 17 requires accompanying parent or adult guardian.

## ESSEX

## LENTEN PARISH MISSION

Ticonderoga — St. Mary's Church is offering a special Lenten Parish Mission podcast hosted by Father J. Roger McGuinness!

**Date:** Starting Feb. 16th and new episodes added each week.

**Features:** Father J. Roger McGuinness has been a priest of the Diocese of Ogdensburg for over 50 years. He has been a pastor, seminary and university professor, retreat master, college chaplain and vocation director. Now retired from active ministry he continues to write and give spiritual direction. Father Roger will be leading us in a Lenten mission featuring weekly reflections on the Sunday gospel readings. He will also offer a special reflection on the life of St. Joseph on March 19th, the Feast of St. Joseph. The podcast can be found on the parish website [route74catholics.org/father-roger](http://route74catholics.org/father-roger)

It can also be found at Apple Podcasts, Google Podcasts and Spotify.

**Contact:** For more information or questions contact Father Chris Looby at [fatherlooby@gmail.com](mailto:fatherlooby@gmail.com).

## ST. LAWRENCE

## DRIVE THRU FISH FRY

Gouverneur — Drive thru fish fry to be held every Friday during Lent.

**Date:** Feb. 19 to April 2

**Time:** 4:30 p.m. until gone

**Place:** Casablanca Restaurant

**Cost:** \$12

**Features:** To benefit St. James School

**Contact:** Call 315-287-0130 to pre-order.

## DIOCESAN EVENTS

## VIRTUAL VOCATION RETREAT

The Dominican Sisters of Mary, Mother of the Eucharist invite you to join them on their 2nd Virtual Vocational Retreat!

## AROUND THE DIOCESE

**Date:** Feb. 13-14

**Features:** This online retreat will include talks given by the Sisters and Father David Meconi, S.J. on prayer, Dominican spirituality, the spirituality of DSMME, Eucharistic and Marian Devotion, and much more.

**Contact:** Register now at [www.sistersofmary.org/news-events/events/](http://www.sistersofmary.org/news-events/events/)

## MARCH RETREAT

"Walking with St. Joseph as our Guide." During this year dedicated to St. Joseph, this Retreat Day will consider the mind and heart of Joseph, as reflected in his actions and reflect on ways that he might be a faithful guide and companion on our own faith journeys. It will also provide opportunities for prayer and sharing.

**Date:** March 13

**Time:** 10 a.m. to 2 p.m.

**Place:** Virtual on Zoom

**Features:** The Facilitator will be Sr.

Bethany Fitzgerald, SSJ. No cost. If you wish to make an offering for the retreat, mail to: Sisters of St. Joseph, 1425 Washington St, Watertown, New York 13601

**Contact:** To register email [srbethssj@gmail.com](mailto:srbethssj@gmail.com) or 315-212-6592

## LEAD: LIGHT THE FIRE, SPREAD THE FLAME

A live zoom event to be held about the sacrament of Confirmation, its symbolism, its sense of mission, and ideas for implementing an effective program.

**Date:** March 13

**Time:** 9:45 a.m. to Noon

**Speakers:** Deb Mullin from Catholic Community of St. Peter, St. Mary, St. Hedwig in Lowville & Peter Wooschlager from St. Stephen's Church in Croghan.

**Contact:** Adults only are welcome to register. The Zoom link will be sent as the event date approaches. To register go to:

<https://www.rcdony.org/ffleadreg>

## VIRTUAL FAMILY LIFE CONFERENCE

Watch the "Iron Sharpens Iron" project from the virtual Family Life Conference at <https://www.rcdony.org/vflc>

**Description:** See the videos from the Virtual Family Life Conference or to submit a video of your family doing something fun.



## CALLED TO SERVE

## A different sort of Ash Wednesday

Steve Allen was the first host of a television experiment by NBC that would become The Tonight Show. The program debuted in the fall of 1954 on the NBC network.

One of Allen's bits on the show was Letters to the Editor. It was hilarious. Allen would wear a fedora with a PRESS card in the outside band and then read letters that had been published in the New York papers, usually the Daily News. The live audience, and I suspect the TV viewers, found the opinions



Deacon  
Kevin Mastellon

expressed, and Allen's reading of the text, very funny. Expressed opinions are often funny when you step back and view those statements from afar.

That is why I can't wait to hear all the experts express their opinion of the methods used in the distribution of ashes to begin Lent. This column will appear in the *North Country Catholic* issue that is dated Ash Wednesday. You may have read this earlier on-line or get an early delivery. If so, be warned, you will not receive ashes the way you

## Editor's note

*Due to circumstances beyond our control, Msgr. Paul Whitmore's Scripture Reflections will not be available this week.*

used to!

The diocese officially adopted the direction of the Vatican Worship office: The celebrant will say the words, "Repent and believe in the Gospel" or "Remember you are dust and to dust you shall return" as a general statement to the congregation. Then each person desiring ashes will come forward and have ashes sprinkled on their head.

Uh oh. Here come the opinions! Here's what the

diocese tells us:

"This year due to the pandemic we did not mark foreheads with ashes. Instead, we sprinkled the ashes on the tops of our heads. This had a hygienic benefit, but also kept in line with the words of the Gospel: When you fast do not look like you are fasting...wash your face, so that you may not appear to be fasting. We acknowledged that there is a spiritual benefit to doing good acts without getting seen doing them. So, some have wondered if this will be a permanent change. It will not."

For the record, the "sprinkling on the head" method was not adopted everywhere. Some

parishes are applying ashes the old-fashioned way but using individual cotton swabs on a stick to make the sign of the cross on foreheads instead of thumbs. There are other creative COVID inspired applications in the parishes too. The bottom line is: it is not about the ashes. I liked the Diocese's phrasing of that fact: there is a spiritual benefit to doing good acts without getting seen doing them. Bring on the opinions! Happy Lent.

*Deacon Kevin Mastellon ministers in Watertown. He is the Director of Permanent Deacons for the Diocese of Ogdensburg.*

## Vestiges of racism in our hearts

I recently viewed an online gallery of photographs called "Ghosts of Segregation" ([www.ghostsofsegregation.com](http://www.ghostsofsegregation.com)) by a photographer named Rich Frishman. The images were jarring. Mr. Frishman had traveled the country documenting physical evidence of racism. There were bricked-over separate entrances to movie theatres, and still-standing walls in restaurants that separated whites from blacks. There were segregated restrooms, schools, and stadiums, sites of racial violence, and even the remains of a "slave exchange" sign where human beings were once bought and sold.

While many of the photos were taken in the deep south, others were snapped in Oregon, Illinois, Michigan. Some of the images made me

physically sick.

The fact that these tangible traces of such a horrifying evil still exist, hidden in plain sight, was a real wake-up call for me. It prompted me to look inward to examine if there are vestiges of the sin of racism remaining in my heart.

I know that many will say that slavery was in the past, and what's done is done, and that's all over now. I hear this often. And while yes, it's true that black persons are no longer exploited to work as indentured servants, centuries of racism and its remnants have resulted in blacks being catalogued and labeled: they are "the other." We've been conditioned to view them differently, suspiciously. Think of the stereotypes that continue to flourish: lazy, criminal, immoral,

sexually promiscuous. These are sacred children of God we're talking about!

Any time we divide people into groups of "us" and "them," sin results. We differentiate between the mentally fit and the mentally unfit, between the physically able-bodied and those with physical disabilities, between the born and the unborn, between the documented and the undocumented, between the privileged and the underprivileged.

Once a group of people is labeled as "the other," they are devalued and dehumanized. We perceive them to be substandard, inferior, of lesser value, unworthy of our respect, undeserving of the pro-

tection of the laws. We give ourselves permission to treat the others differently, often in ways that

are offensive, hurtful, damaging, sometimes fatal.

It's subliminal, unconscious, even unintentional. But it's there. Just like the relics of segregation and the ruins of lynching sites, it's hidden in plain sight. Following much prayer and reflection during this Black History Month, I'm ashamed to say I found it in some of my own attitudes and behaviors.

Every human being is made in God's image and likeness. Our Church's principles on social justice and respect for life apply in every situation and to every human being. That's why racism

is an assault on life and dignity. It's a sin, and it's tearing our human family apart.

There are no simple solutions. This isn't just about changing a few laws and making everything right. Yes, it's important to try to eliminate inequities in housing, health care, criminal justice, education and employment. But it's more important to erase the vestiges of racism in our hearts. There are spiritual repercussions to the sin of racism. God expects more of us.

We must work harder to try to understand "the other," and to make their interests our own.

*Kathleen Gallagher is the director of Pro-Life Activities for the New York State Catholic Conference.*



Kathleen  
Gallagher



# We begin the Stations of the Cross

Instead of our regular reflections, throughout this holy season of Lent, the Pontifical Mission Societies of the Diocese of Ogdensburg will be featuring Stations of the Cross.

Since many of us cannot gather together in these times of pandemic, we thought we could pray these stations of the cross together, despite our separation.

These Stations of the Cross were assembled by Maureen Crowley Heil, director of Programs and Development for the Pontifical Mission Societies and the Archdiocese of Boston.

## First Station:

**Leader:** We adore You, O Christ, and we bless you.

**All:** Because by your Holy Cross, You have redeemed the world.

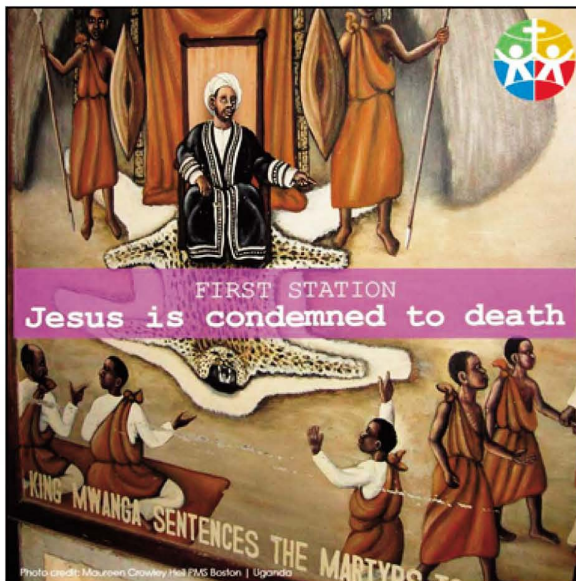
**Reader:** As the Ugandan Martyrs, pictured here, were sentenced to their own deaths because they



## The Pontifical Mission Societies of the Diocese of Ogdensburg, Inc.

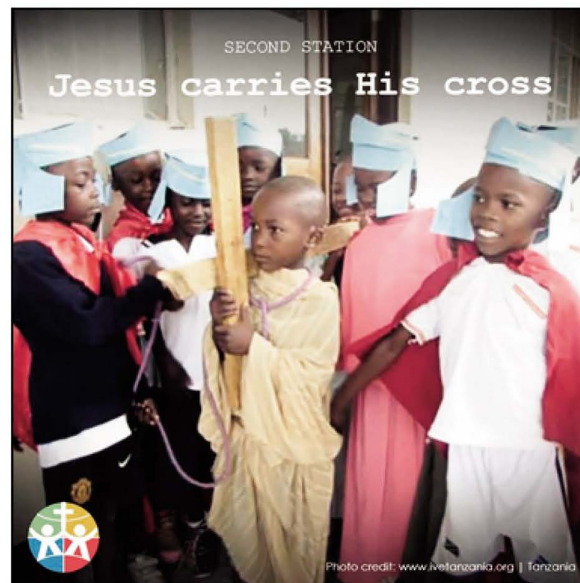
The Society for the Propagation of the Faith

Sr. Mary Ellen Brett, SSJ, Director  
622 Washington St., Ogdensburg, NY 13669  
(315) 393-2920; fax 1-866-314-7296  
mbrett@rcdony.org



would not give up their faith in You, they prayed

and sang to your glory. Help us, Jesus, to remem-



ber that in making small sacrifices this Lent for others, we share in a part of your Kingdom with all your holy people.

## Second Station:

**Leader:** We adore You, O Christ, and we bless you.

**All:** Because by your Holy Cross, You have re-

deemed the world.

**Reader:** In Tanzania, in East Africa, these young ones reenact Your Way of the Cross, Lord Jesus. We are grateful that there are more children learning to love and follow You every day. Help us to stay faithful, as they do.

## OBITUARIES

**Altona** – Joyce Brousseau Anne Drake, Private services to be held.

**Carthage** – Ambrose F. "Bruce" Buckingham, 78; Mass of Christian Burial Feb. 9, 2021 at St. James Church; burial in St. Stephen's Cemetery, Croghan.

**Carthage** – Mary Lou (Kline) Peebles, 76; Funeral Services to be held at a later date.

**Clayton** – Helena May (Barker) Hill, 97; Private services to be held.

**Croghan** – John David Talbot, 79; Memorial Mass to be held in the spring at St. Stephen's Church.

**Dannemora** – Beverly Cusprinie, 73; Mass of Christian Burial Feb. 13, 2021 at St. Joseph's Church.

**Indian Lake** – John Edwin Allen, 94; Memorial Mass Jan. 22 at St. Mary's Church; burial in Serenity Gardens Memorial Park, Largo, FL.

**Keene** – Paula Ann Reed McDonough, 67; Private Mass of Christian Burial Feb. 11, 2021 at St. Brendan's Church; burial in Norton Cemetery.

**Lowville** – Helen (Roy) Hickok, 99; Mass of Christian Burial Feb. 10, 2021 at St. Peter's Church; burial in Hermon Cemetery.

**Lowville** – Catherine (Mattis) Kozloski, 93; Mass of Christian Burial May 15, 2021 at St. Peter's Church; burial in Lowville Rural Cemetery.

**Malone** – Carol J. (Prue) Durant, 81; Graveside services to be held in the

spring at Notre Dame Cemetery.

**Massena** – Edwin E. Jordan, Sr., 96; Graveside services to be held in the spring.

**Massena** – Eleanor L. (Perry) Skonieczny, 92; Mass of Christian Burial Feb. 9, 2021 at St. Mary's Church; burial in St. Mary's Cemetery.

**Moors** – Roland A. St. Sauveur, 84; Mass of Christian Burial to be held at a later date.

**Morrisonville** – Richard W. Gushlaw,



85; Private Services to be held.

**Plattsburgh** – Keith W. Stay, 73; Mass of Christian Burial Feb. 11, 2021 at St. Peter's Church; burial in St. Peter's Cemetery.

**Port Henry** – Helen J. (Boucher) De-Paolis, 86; Private Mass of Christian Burial Feb. 8, 2021 at St. Patrick's

Church

**Potsdam** – Margaret "Peg" Elaine Scanlon Minotti, 96; Mass of Christian Burial to be held in the spring.

**Ticonderoga** – Eileen Patricia Gore McCabe, 85; Mass of Christian Burial Feb. 5, 2021 at St. Mary's Church; burial in St. Mary's Cemetery.

## North Country Catholic has Green option

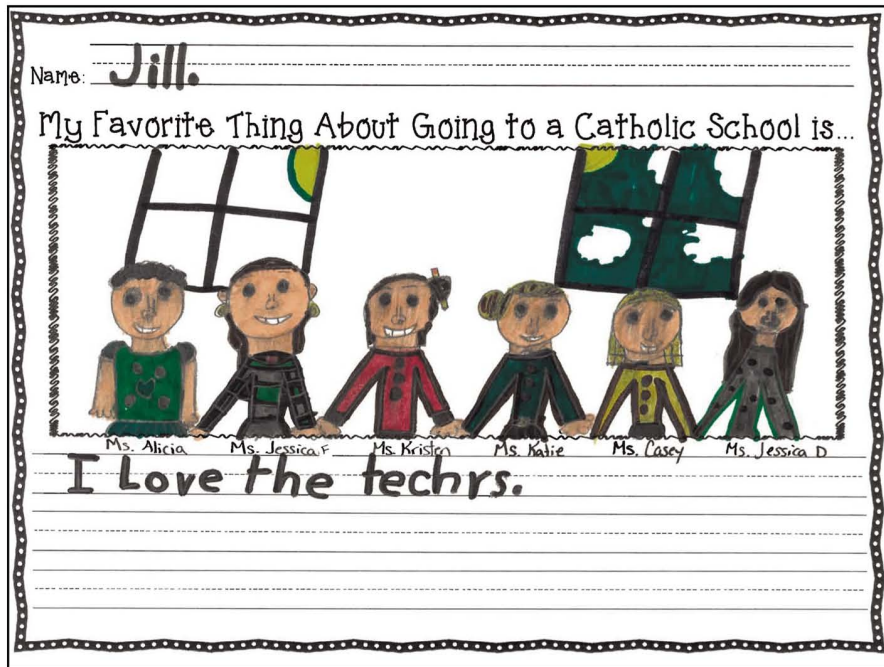
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## CELEBRATING CATHOLIC SCHOOLS



Jill, a first-grade student at St. Agnes School in Lake Placid, created this drawing in celebration of Catholic Schools Week.

## Vatican Radio marks 90 years

VATICAN CITY (CNS) – Celebrating its 90th anniversary, Vatican Radio received well-wishes from Pope Francis and an avid listener who is the second oldest person in the world.

Sister Andre, a French member of the Daughters of Charity who made headlines recently for testing positive for COVID-19 but weathered it with no symptoms, told the radio in a brief interview, "Happy birthday,

Vatican Radio! 90 years old, that's young!"

The second oldest after a Japanese woman who turned 118 in January, Sister Andre turned 117 Feb. 11 – the eve of the anniversary of Vatican Radio's birth on Feb. 12, 1931.

The French nun, who has lived through the Spanish flu pandemic, two world wars and 10 pontificates, is blind and lives in a residential home where she is a "dedicated

listener of the radio that offers her a window of the world" and supports her prayer life, Vatican News reported Feb. 11.

Pope Francis also sent his greetings to the radio, thanking its staff, who come from 69 different countries, for the work they do and "the love you put into it."

He said the "beautiful" thing about radio was its ability to reach the most distant and remote places.

## Funeral Mass held for Sister Mary Elizabeth Washburn

A private Funeral Mass was celebrated for Sister Mary Elizabeth Washburn, 84, at the Sisters of the Precious Blood Monastery on February 11.

Sister Mary Elizabeth passed away February 1, 2021, at Samaritan Medical Center.

Sister Mary Elizabeth, born Joan C. Washburn, was born October 26, 1936 in Holyoke, Massachusetts to John F. and Elsie (Leahy) Washburn.

After graduating from high school in Holyoke, MA, she joined the U.S. Air Force and was stationed in Cheyenne, Wyoming. After her honorable discharge, she attended the Holyoke Hospital School of Nursing, graduating as a RN in 1961. She then worked as a staff nurse at the hospital.

In 1966, Joan joined the Navy Nurse Corps as a Naval Officer, being promoted to Lieutenant and was eventually stationed at Guantanamo Bay in Cuba. Later, she transferred to Bremerton, Washington and Portsmouth, New Hampshire. On August 2, 1971, she was honorably discharged from the Naval Nurse Corps.

After her services to our country, Joan entered the community of the Sisters of the Precious Blood in Manchester, New Hampshire. Sister Mary Elizabeth made First Profession of Vows September 14, 1975, Final Profession on October 1, 1978, and came to the Watertown Monastery in 1979.

Sister Mary Elizabeth was a gifted singer, a member of the Naval Chorus, and a computer whiz. She enjoyed ceramic art, gardening, and putting lyrics to music compositions. Sister was very devoted to the Blessed Mother.

Due to failing health, for the last seven years, Sister resided at Samaritan Summit Village, where she received excellent care. The community of the Sisters of the Precious Blood thank all of the staff for taking care of Sister.

Sister Mary Elizabeth was predeceased by her brother John Washburn and sister Estelle Landry. She is survived by a brother-in-law, Roger Landry, Chicopee, Massachusetts, a nephew, Jeffrey (Ann) Landry, Westfield, Massachusetts, and their children, Kelly and Samantha, a niece Michelle (David) Simard, South Harley, Massachusetts, and their children, Eric, Matthew, Elise and Yvonne.

Burial will take place in the spring at Glenwood Cemetery.

Arrangements are with D.L. Calarco Funeral Home, Inc. Online condolences may be made to [www.dlcalarco.com](http://www.dlcalarco.com).

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