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The Diocese of Ogdensburg Volume 76 Number 41

NORTH COUNTRY CATHOLIC

MARCH 2, 2022

Follow Me: Entering Lent with 'Great Hope'

Bishop Terry R. LaValley offers his reflections on this Lenten season:

In his Lenten Message this year, the Holy Father writes: "We need to pray because we need God. Thinking that we need nothing other than ourselves is a dangerous illusion...no one attains salvation alone...we are all in the same boat, amid the storms of history." There can be no serious doubt in anyone's mind, we are now living in one such storm and it's been a whopper!

Let us all examine our prayer life as we enter Lent 2022. Prayer is our lifeline with Jesus. Daily, disciplined prayer fuels our faith and sustains our hope for tomorrow.

FULL STORY, PAGE 3

SEMINARIAN CELEBRATE SESQUICENTENNIAL



Diocese of Ogdensburg Seminarians studying at the Pontifical College Josephinum in Columbus, Ohio, celebrated the Diocesan Sesquicentennial – 150th anniversary – on February 16. The seminarians shared a meal together and hosted a social hour in the evening with refreshments, historical displays, and presentations. Pictured are seminarians Venes Laine, Dennis Ombongi, Lukas Gruber and Tyler Fitzgerald with a portrait of Bishop Edgar P. Wadhams, first bishop of Ogdensburg, as well as a photo of the first St. Mary's Cathedral.

CELERATING AT GUGGENHEIM



Youth will be returning to the ropes course included in 'Project Adventure' at Camp Guggenheim this summer. After being closed for two years due to the pandemic, teen camp is scheduled to resume this July, and camp registration is now open. Former campers, camp staff and other Guggenheim supporters will also have a chance to experience camp as it celebrates its 50th anniversary with a Memorial Day Weekend event.

FULL STORY, PAGE 4

Pope: Do good, ditch digital addictions this Lent

VATICAN CITY (CNS) – Christians must persevere in generously doing good in the world, bolstered by prayer and by fighting evil in their own lives, including an addiction to digital media, Pope Francis said.

"Lent is a propitious time to resist these temptations and to cultivate instead a more integral form of human communication made up of 'authentic en-

counters' – face-to-face and in person," the pope said in his message for Lent, which begins March 2 for Latin-rite Catholics.

"Let us ask God to give us the patient perseverance of the farmer and to persevere in doing good, one step at a time," and to know that "the soil is prepared by fasting, watered by prayer and enriched by charity," the pope wrote.

Released by the Vatican Feb. 24, the pope's Lenten message was titled, "Let us not grow tired of doing good, for in due time we shall reap our harvest if we do not give up. So then, while we have the opportunity, let us do good to all," which is from St. Paul's Letter to the Galatians.

Christians are called to sow goodness their entire lives, but even more so

during Lent, he wrote.

The first fruit "appears in ourselves and our daily lives," radiating the light of Christ to the world, he wrote. And sowing goodness "for the benefit of others frees us from narrow self-interest, infuses our actions with gratuitousness and makes us part of the magnificent horizon of God's benevolent plan."

Christians must not grow

tired of praying, he wrote. "We need to pray because we need God. Thinking that we need nothing other than ourselves is a dangerous illusion."

"Let us not grow tired of uprooting evil from our lives," he added, underlining the importance of fasting and asking for forgiveness in the sacrament of penance and reconciliation.

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A flair for the dramatic

If you haven't noticed, I can be a bit dramatic sometimes.

Earlier this week, I was in complete Darcy drama mode as I discussed some personal problems with a friend. I was lamenting the fact that I haven't progressed as much as I hoped in various aspects of my life, including and especially my spiritual life.

"I feel like I should be better than this by now," I said.

My friend's response was a complete punch in the gut.

"It seems like you always want to be anywhere other

than where you are," she said. "Is there a reason you can't just be here and accept that this is part of the process? Have you considered that you might be where you're supposed to be?"

"Ouch," was the only word I could muster.

Her comment hurt because she was right, and it was a truth I wasn't prepared to acknowledge in that moment.

Being where I'm supposed to be hadn't crossed my mind. It certainly did after my friend said it.

It can be frustrating some-
times when progress isn't

linear. I find that to be especially true as I try to follow God's call and work with Him to improve and overcome the barriers I construct to separate myself from Him – my sinfulness, my habits, my personality defects.

For a time, I feel like I'm making great progress. I try hard to be open to the strength and grace God makes freely available to me. Then something happens (or nothing happens), and I fall back into my old self-reliance, sinfulness or struggle, and I beat myself up for it.

I feel like I take two steps forward, one step back. Sometimes, I go straight back to the beginning. It can

be maddening.

"Have you considered that you might be where you're supposed to be?"

I believe that God loves me. I believe God wants to help me overcome those barriers and draw me closer to Him.

I sometimes need reminders, though, that He's doing that in His way and on His time. I need reminders that I learn and grow through these setbacks and struggles. I need reminders that I might be where I'm supposed to be.

Luckily, God always gives me what I need, and He puts me where I need to be.

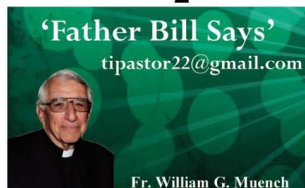
And God knows I sometimes need the lessons to be dramatic, too.

Darcy L.
Fargo

Grateful for priesthood, Eucharist

I like Lent. Each year I realize that I need a Lenten Retreat. This year, my Lenten dedication is my gratitude to my Lord, especially for my priesthood. So, this year my plan is to offer my Lenten prayers and penitential sacrifices as my act of gratitude that God chose me to be a priest and that I have had a lifetime to celebrate the Blessed Eucharist through the Holy Mass.

I have written often of how important the Blessed Eucharist has been to me and to my priesthood. I love celebrating Mass, and that the reception of Holy Communion has been an important part of my Catholic spirituality. I remember that even when I have been in the hospital for an operation, although it was only a short time, I found unique strength and spiritual power when a lay Eucharistic Minister of Communion brought Holy Communion to me.



Fr. William G. Muench

I want to share with you that I discovered as a seminarian the joy of praying silently in the presence of the Blessed Sacrament, the Blessed Eucharist reserved in the tabernacle in the chapel or in the Church. I have discovered that I do not need any words. It's about just being present to the Lord and allowing my Savior to enter my life and become part of my very being. It is a transforming moment, being with the Lord, my God.

Let me also tell you how I appreciate the many opportunities as a pastor when I have brought the Blessed Eucharist to the homebound sick, to those who were in the hospital or to the dying

as I bring to them the Anointing of the Sick. I have found a certain peace and even power when carrying the Eucharist with me as I travel around visiting the sick.

During Lent, as a community, we all remember and celebrate the Blessed Eucharist in a special way on the feast of Holy Thursday as we celebrate the Mass that remember the Last Supper. In faith, we believe that at that Last Supper, Jesus instituted the Blessed Eucharist. Each time I celebrate Mass as a priest, I say the very same words that Jesus used at the Last Supper as he instituted the Blessed Eucharist.

Eucharist – the very word means Thanksgiving, gratitude. Each time I celebrate Mass, I can express my gratitude for the incarnation of Our Lord Jesus, my Lord and Savior. Jesus was born in Bethlehem to become one of us. Jesus lived among us.

Jesus taught us and led us to be his disciples, to be his saints. Jesus died for us. Jesus rose again to new life, his resurrection. This Jesus instituted the Blessed Eucharist, and through this sacrament, through our Holy Mass, the Lord remains with us for all time. We believe that the Lord Jesus lives and touches our lives with his loving and healing power, transforming each one of us to live good and happy lives through the life and power of the Blessed Eucharist.

So, Lent becomes each year a unique opportunity for me to make a retreat. It's a special time of prayer and fasting, a time of reconciliation to unite my life with that of the Lord Jesus through the Blessed Eucharist.

This is a special time when I can celebrate the importance of the Eucharist in my priesthood and my life as a priest.

FOLLOW ME

Entering Lent with 'great hope'

Dear Sisters and Brothers in Christ:

In his Lenten Message this year, the Holy Father writes: "We need to pray because we need God. Thinking that we need nothing other than ourselves is a dangerous illusion...no one attains salvation alone...we are all in the same boat, amid the storms of history." There can be no serious doubt in anyone's mind, we are now living in one such storm and it's been a whopper!

Let us all examine our prayer life as we enter Lent 2022. Prayer is our lifeline with Jesus. Daily, disciplined prayer fuels our faith and sustains our hope for tomorrow. Pope Francis tells us that "faith does not spare us life's burdens and tribulations, but it does allow us to face them in union

with God in Christ, with the great hope that does not disappoint."

This "great hope" to which the Pope refers is rooted in Jesus' sacrificial love. St. Mother Teresa wrote that the Eucharist is intimately related to the Passion. She stated, "If Jesus had not established the Eucharist, we would have forgotten the crucifixion. It would have faded into the past and we would have forgotten the depth and breadth of Jesus' love for each one of us. To make sure we do not forget, Jesus gave us the Eucharist as a memorial of His love."

The premier prayer of the Church is the Eucharist. It is the identifying feature of Catholi-

cism. Our parishes, our faith families, are schools of prayer that are centered around the Mass. As you know, we have begun an initiative, a Eucharistic Revival, to help us rediscover the beauty of the Eucharist and strengthen our belief in the Real Presence of Christ at Mass.

For many months (now years), the pandemic has adversely affected our Eucharistic worship. In many circumstances, our participation at Mass has waned.

We risk "forgetting" the significance of the Eucharist. Please continue to encourage your family members to return to the Eucharist to be nourished with the sacramental food for the journey.



**Bishop
Terry R.
LaValley**

Avail yourself of the opportunities your parish provides you to participate in our Eucharistic Revival efforts and special Lenten programs and devotions that will enhance our discipleship outside the walls of our churches.

Let us seek the intercession of Mary, Our Lady of Hope and Mother of the Eucharist, in our Lenten efforts to draw closer to Jesus and His Body, the Church. God's blessings and prayers for a fruitful Lent for you and your loved ones!

Faithfully yours in Christ,

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

Lenten regulations for 2022

March 2 is Ash Wednesday, which marks the beginning 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, and Good Friday. Note: This year, the Solemnity of the Annunciation of the Blessed Virgin Mary (March 25) falls on a Friday of Lent. Abstention from meat is not required on solemnities according to Canon 1251.

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 (March 2) and Good Friday (April 15). 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 AND 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 encouraged 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. Hopefully parishes will be able to return to their pre-pandemic practices of Penance Serv-

ices or continue 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.

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.



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.



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

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

Registration open for Camp Guggenheim

By Darcy Fargo
Editor

SARANAC LAKE— After a two-year hiatus due to the pandemic, the diocese plans to open the doors of Camp Guggenheim to regular youth camp sessions in 2022.

“We’re both excited and hopeful,” said Tom Semeraro, diocesan director of Youth Ministry. “We’re looking to pick up where we left off before the pandemic, and we’re hoping to have some exciting additions to camp life this year.”

Registration is now open for the 2022 camp season, and staff is being recruited. For both employment and registration information, visit rcdony.org/youth/camp.

This year, camp will open for the first session on July 3. Each session runs from Sunday to Friday. The first five weeks of sessions are for youth ages 12 to 15, while the last week, Aug. 7 to Aug. 12, is for youth ages 16 to 18.

As in previous years, campers spend each morning at one of the four main program areas – Waterfront, Arts and Crafts, Project Adventure



A Guggenheim camper makes his way through a ropes course during ‘Project Adventure’ in 2019, the last year camp was open before the pandemic. Youth Camp is scheduled to reopen in 2022, and registration is now open.

and Liturgy. Campers experience each of the four programs in the course of the week, rotating through one per day. Later in the day, camp experiences include opportunities for prayer and Mass, as well as kayaking,

hiking, playing sports and games, going on camping excursions, swimming and rappelling. Nighttime offerings include campfires, adventure games, a variety show and Guggenheim Olympics. Campers also have the opportunity to experience forgiveness in the sacrament of reconciliation during their time at camp.

Semeraro noted that Camp Guggenheim will follow all federal and state COVID-related guidelines in effect when camp is in session.

This year, camp will cost \$375. Scholarships are available, and information about those scholarships can be found on the camp registration page at rcdony.org/youth/camp.

Camp to celebrate 50th anniversary

By Darcy Fargo
Editor

SARANAC LAKE – Camp Guggenheim campers, alumni, families, supporters and potential future campers, get ready to celebrate and experience its 50th anniversary.

“Camp Guggenheim is celebrating its 50th anniversary,” said Kelly D’Souza, former camp director/Youth Ministry director for the diocese and member of the anniversary planning committee. “We’re planning a celebration on Memorial Day weekend. We’re still finalizing the plans, but we’re encouraging people with connections to camp or who are interested in learning more about camp to mark May 28 on their calendars.”

D’Souza said the celebration was designed to include something for everyone with a connection to camp, including current and former campers and staff and their family members, as well as those who have never experienced camp.

“On that Saturday, we’ll have Mass with the bishop, a ticketed barbecue lunch and camp activities – volleyball, prayer experience, project adventure and tours,” she said. “We’re looking at possibly putting together a scavenger hunt so people who have been away for years can see the changes that have been made to the facility.”

The event will also include recognition of Father Arthur J. LaBaff, who

is credited with establishing the youth camp back in 1972.

The celebration of Camp Guggenheim’s 50th anniversary is part of the celebration of the Diocese of Ogdensburg’s 150th anniversary. The diocese was officially created on Feb. 16, 1872.

Pre-registration will be required for the event, and more details, including registration information, will be released in coming weeks.

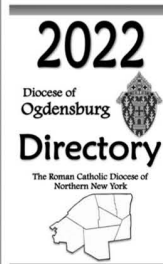
In addition to the Saturday event, organizers are hoping to kick the week-end off with a small work bee at the camp on Thursday, May 26. Then, camp staff alumni are invited to gather at the facility on Friday for a reunion and to make final preparations for the Saturday event. Staff alumni will also stay through to Sunday, when they’ll clean up after the event, enjoy Mass together and say goodbyes.

Throughout the week-end, photos and memorabilia from previous camp sessions will be on display.

“So many generations have connections to camp,” D’Souza noted. “We’re excited to celebrate those connections to camp, to one another and to Christ.”

For more information about Camp Guggenheim, visit rcdony.org/youth/camp. More information about the 50th anniversary celebration will be posted at the diocesan 150th celebration page, 150.rcdony.org, as it becomes available.

2022 Diocesan Directories are now available!



The Official 2022 Directory of the Diocese of Ogdensburg includes detailed information about parishes, schools and other Catholic organizations.

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Private Funeral Mass to be held for Sister Kateri Rose

Sister Kateri Rose, a Sister of St. Joseph, died Tuesday, February 22, 2022, at the Samaritan Keep Home. She was 94.

Born in Dexter, New York, on July 21, 1927, she was the daughter of John Rose and Tressa Mary Favery.

Sister Kateri was a graduate of Hounsfield Central School, Dexter. She entered the Sisters of St. Joseph on December 8, 1946. She received the habit on August 1, 1947 and made Final Profession on August 8, 1953. She received her bachelor's degree from Marywood College, Pennsylvania, a master of science degree from Buffalo State and masters of arts from LaSalle University, Philadelphia, Pennsylvania. Sister Kateri also did graduate work at St. Michael's University in Burlington, Vermont, and at St. Paul University, Ottawa, Canada. She taught at Sacred Heart School, St. Patrick's School, Immaculate Heart Central, Watertown, Champlain

Academy, Port Henry, Holy Name, AuSable Forks, Augustinian Academy, Carthage, St. John's School, Morristown, St. Joseph's School, St. Mary's School, Holy Family High School, Massena, St. James School, Gouverneur, Bishop Smith School, Malone, and Mater Dei College, Ogdensburg.

While at Mater Dei College, Sister Kateri taught courses in the fine arts, religion, business, English and philosophy and was an instructor for the Mater Dei Campuses at Gouverneur and St. Regis Reservation. She taught evening courses at the Ogdensburg Correctional Facility. After many years at Mater Dei College, Sister Kateri was the director of the Brownville, Dexter Religious Education Program.

Sister Kateri, an artist, displayed her own "One Woman Art Exhibits" which included oil and acrylic paintings and sculptures in the areas she worked. She loved to travel to such places as Russia and Rome for the beatification of Ka-

teri Tekawitha.

Sister Kateri was an active member in the Altar and Rosary Society, Brownville/Dexter, Legion of Mary Immaculate Medal Praesidium, Sacred Heart Church, Watertown.

Sister Kateri is survived by her sister-in-law, Barbara Rose; and nieces, Barbara Bennett of Plattsburgh, Elizabeth Brais of Liverpool, New York, and Claire Thornhill of Asheville, North Carolina.

Besides her parents, she was predeceased by her brothers, Oliver and John, and her sister, Agatha.

Funeral arrangements are with Cummings Funeral Service, Inc.

Private waking hours and funeral Liturgy will be at the Sisters of St. Joseph Motherhouse Chapel.

Contributions may be made to the Sisters of St. Joseph, 1425 Washington St., Watertown, NY 13601. Online condolences to her family may be posted at www.cummingsfuneral.com.

Bishop's Public Schedule

March 2 – Noon – Mass at St. Mary's Cathedral Ash Wednesday

March 3 – 9:30 a.m. – Diocesan Department Head Meeting at Wadhams Hall in Ogdensburg

March 4 – Noon – Mass at St. Mary's Cathedral

March 5 – 4 p.m. – Mass at St. Ann's Church in Mooers Forks

March 6 – 8 a.m. – Mass at St. Ann's Church in Mooers Forks

10 a.m. – Mass at Holy Angels Church in Altona

March 7 – 2:30 p.m. – Mother Cabrini Health Foundation Meeting (Virtual)

March 8 – Noon – Mass at St. Mary's Cathedral

March 9 – 9:45 a.m. – Episcopal Council Meeting at Bishop's Residence

Environmental Stewardship

'...Not your garments'

As we enter into Ash Wednesday today, we hear the words of Jesus tell us "Rend your hearts, not your garments."

Lent is meant to be a spring-time for our souls. As any gardener will tell you, you need to tend to the soil and prepare it for the seed. It seems that Jesus is telling us that we need to tend to our hearts in order to receive the Word of God, tend to the needs of our heart not just the externals of our lives.

Lent gives us the tools for the preparing of the soil of our hearts found in Matthew 6:1-6: prayer, fasting and almsgiving.

Taking some quiet moments with the Lord is essential for our relationship with the Lord to deepen. Only when we take time to listen to our hearts will we know the love God has for us. Only then can we become ambassadors of that love in our daily encounters and actions, as St. Paul calls us to be in Corinthians 5:20-21 in the second reading of today.

Most of us shy away from the notion of fasting.

Why would anyone want to deprive themselves of anything that is good in itself? No one does unless they are simply masochistic.

However, if fasting focuses not on what I am fasting from but what I want to feast on, then it takes on a whole different meaning.

What if fasting is for my own wellbeing? What if it is for others' wellbeing? What if it is for the wellbeing of the earth?

The third tool of almsgiving includes more than financial funds. While that is important, it can challenge us to open our hearts and change the way we are living. Becoming more aware of our over consumption of the resources of the earth that are meant for the use of all the members of the human family can challenge us to change our patterns of living.

Spend some quiet time with the Lord this week to listen what your heart needs this Lent to be His ambassador of love.

Rest in Peace

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

March 2 – Rev. Edward A. Dailey, O.S.A., 1901; Msgr. John J. Bent, 1949; Rev. Joseph E. Tessier, O.M.I., 1952; Rev. Raymond J. Wertman, 2021

March 3 – Rev. Francis McCranor, O.S.A., 1914; Rev. John G. Fitzgerald, 1925; Rev. Cyril Stevens, 1963; Deacon David N. Hennigan, 2009

March 4 – Rev. Jeremiah S. O'Brien, 1899; Rev. Thomas D. Hurley, 1934

March 5 – Rev. Edward J. Murtaugh, O.S.A., 1951; Rev. Paschal Rys, OFM Conv., 2013

March 6 – Rev. Louis F. Lussier, 1915; Rev. John G. Craven, 1921

March 7 – Rev. Alexander K. Klauder, 1934; Rev. Cornelius O'Mahoney, M.S.C., 1940

March 8 – Rev. William B. Nyhan, 1914; Rev. William J. Reilly, O.S.A., 1925


Protecting God's Children

The Diocese of Ogdensburg uses the training, Protecting God's Children for Adults. If you need to complete VIRTUS training, contact Jean Grizzuto, jgrizzuto@rcdony.org or 315-393-2920 x 1413.

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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; terriannyanulavich@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.

FOR LENT FOR LIFE

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All of the information here can be found at: www.crsricebowl.org

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

Deacon Patrick Donahue
Director
pdonahue@cathcharities.org
315-393-2255



Catholic Relief Services (CRS) invites Catholics across the country to pray, fast and give through its annual Lenten program CRS Rice Bowl, which begins in March alongside the season. CRS Rice Bowl is an important part of CRS' mission to serve Catholics in the United States as they live their faith in solidarity with their sisters and brothers around the world.

By using CRS Rice Bowl materials, families and educators can teach children about the season of Lent, Jesus' sacrifice and about how they can help their sisters and brothers around the world while living out their faith. As part of the Rice Bowl program, 75% of all donations go to CRS programming in targeted countries. CRS Rice Bowl participants also have access to meatless Lenten recipes from different countries along with other resources for Holy Week, including the Stations of the Cross. CRS will also host virtual events throughout the Lenten season, including prayer nights in Spanish and English.

Each year, CRS Rice Bowl features the stories of families from three different countries in order to bring U.S. Catholics closer to those they help through their Rice Bowl donations. For 2022, CRS Rice Bowl has identified families from Rwanda, Guatemala and Bangladesh. Through their stories, Rice Bowl participants are invited to learn how people in these countries overcome the factors that can lead to hunger, including flooding and drought.

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 dioceses 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 more than 100 different countries each year. Twenty-five percent of 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 liturgical season that focuses on the three spiritual pillars of prayer, fasting and almsgiving. This 40-day journey, beginning with Ash Wednesday and ending with Holy Week, is a time for sacrifice and spiritual reflection preparing us for the joyful celebration of Christ's resurrection on Easter Sunday.

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 Guatemala, Bangladesh and Rwanda .
- 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.csricebowl.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. www.csricebowl.org/stories-of-hope/intro

Want more Lenten reflections?

Sign up for our weekly emails at: www.csricebowl.org/about/how-to-practice-lent

Photos are of © Catholic Relief Services

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 www.csricebowl.org/recipe to find many different meatless recipes like the one below from all around the world.

Tostadas Recipe — Guatemala

Makes 4 servings

Ingredients:

Guacamole:

- 3-5 large avocados, halved and pitted
- 1/2 onion, finely diced
- Juice of 2 limes
- 1 teaspoon dried oregano
- Salt and pepper to taste

Tostadas:

- 12 corn tortillas
- Oil for frying (canola or olive)
- Prepared guacamole (see above)
- 1 jar red salsa
- 10 ounces of queso seco (crumbling cheese), or any cheese, grated
- Chopped cilantro

Into a large bowl, scoop the avocado from its shell. Mash it with a fork to desired consistency. Stir in onion, lime juice and oregano. Salt and pepper to taste.

In a large skillet on medium-high heat, pour a half inch of oil. When the oil is hot, add the tortillas in a single layer and fry until crispy. Transfer to a plate with a paper towel to drain excess oil. Once the tortillas have cooled, spread three tortillas with guacamole, three with refried beans and three with salsa. Garnish with cheese and cilantro.



ADIRONDACK

PRAISE & WORSHIP

Lake Placid – Monthly praise and worship to be held.

Date: First Friday of the month

Time: 7 p.m.

Place: St. Agnes Church

Features: Music led by Joey and MC Izzo. Time for fellowship and snacks afterwards. Will be livestreamed as well on St. Agnes Facebook page.

PARISH NURSE TRAINING

Lake Placid – Mercy Care for the Adirondacks, a mission sponsored by the Sisters of Mercy, will offer the Foundations Course for Faith Community Nursing.

Dates: March 11, 12, 18, 19, 25 and 26 (All 6 sessions are required).

Place: to be determined or can be attended virtually.

Features: The course is offered to registered nurses of all faiths. Mercy Care provides the training at no cost to participants but pre-registration is required. Parish Nurses promote wellness by health screening, health education, advocating for clients, connecting them to services in their community, listening and providing support.

Contact: To register, visit our website at www.adkmercy.org. If you have any questions please contact Lexi Bevilacqua, Education and Volunteer Training Manager at abevilacqua@adkmercy.org or by phone at 518-523-5446.

CLINTON

40 DAYS FOR LIFE

Plattsburgh – You're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion.

Date: March 2 to April 10

Time: 7 a.m. to 7 p.m.

Place: Outside Planned Parenthood

Features: Stand and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood of the North Country.

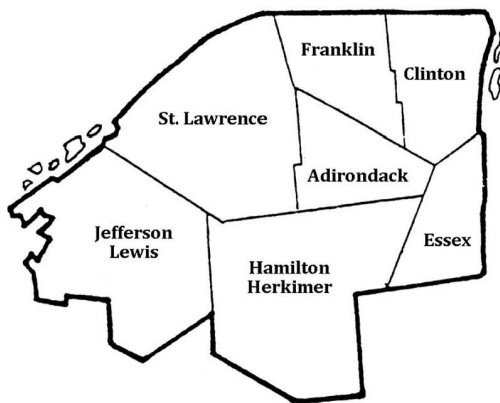
Contact: Nancy Belzile at 518-593-6024 or email: nancys_56@hotmail.com for more information.

LENTEN ADORATION

Ellenburg Center – Adoration of the Blessed Sacrament will take place on the Fridays during Lent.

Date: March 4 to April 8

Time: Noon to 3 p.m.



The North Country Catholic welcomes contributions to "Around the Diocese."

Parishioners are invited to send information about activities to:

North Country Catholic, PO Box 326,
Ogdensburg, NY 13669; fax, 1-866-314-7296;
e-mail news@northcountycatholic.org.

Items must be received in the NCC office by the Thursday before publication.

Place: Our Lady of the Adirondacks House of Prayer.

Contact: Deacon Ken Lushia 518-493-6671 or Sarah Anderson, OFS 518-534-9976

THE LITURGY OF THE EUCHARIST: JESUS PRESENT AND HOW TO SHARE IT

Plattsburgh – As a continuation of the Eucharist Initiative a presentation to be held on the Liturgy of the Eucharist: Jesus Present and how to share it.

Date: March 12

Time: 9:30 a.m. to Noon

Place: St. Peter's Church, Emmaus

Room

Speaker: Father Tojo Chacko, HGN

Features: Cost is free. Please bring a bagged lunch for food and conversation afterwards.

Contact: To register for a location go to: www.rcdony.org/liturgyeucharist

ESSEX

LATIN MASS CANCELLED

Port Henry – Extraordinary Form Latin Mass has been cancelled until further notice.

FRANKLIN

DEVOTION AND HOLY HOUR

St. Regis Falls – All are invited to the monthly first Saturday Devotion and Holy Hour for Vocations.

Date: First Saturday of the Month

Time: Following the 4:30 anticipated Mass

Place: St. Ann's Church

Features: Prayer after Mass, Night Prayer, Prayer for All Souls and the Holy

Souls, Novena in Honor of Our Lady of the Miraculous Medal, Chaplet of Divine Mercy, The Reparation Rosary of the Blessed Virgin Mary with private meditation on the 15 Mysteries of the Rosary, Adoration of the Blessed Sacrament reposed in the Tabernacle, and Prayers for the Holy Father and his intentions.

JEFFERSON-LEWIS

HOLY HOUR AND DIVINE MERCY

Houseville – A Holy Hour of Adoration with the Divine Mercy Chaplet will be observed the first Sunday of the month.

Date: March 6

Time: Following 11 a.m. Mass

Place: St. Hedwig's Church

Contact: 315-348-6260

SPAGHETTI & MEATBALL DINNER

Evans Mills – Indian River Knights of Columbus to have a spaghetti and meatball dinner.

Date: March 12

Time: 4 p.m. to 7

Place: St. Mary's Parish Center

Cost: Adults, \$12; \$8, Senior Citizens, \$5, Children under 12; 5 and under, Free; Sauce available for \$5 per quart.

Contact: For more information call the parish office at 315-629-4678

ST. LAWRENCE

LENTEN FISH FRY

Gouverneur – St. James School Friday Fish Fries are back during Lent.

Date: Beginning March 4 through Lent.

Time: 4:30 p.m. to 6:15

Place: Back of St. James School

Cost: Adults, \$12; Children under 5, Free

Features: Dine in or take out.

Contact: Local deliveries available by calling 315-287-0130

STATIONS OF THE CROSS

Canton – All are welcome to join in praying the Stations of the Cross.

Date: Fridays from March 4 – April 15

Time: 5:15 p.m.

Place: St. Mary's Church

FOOD DRIVE

Canton – Join the Sarto Council #1059 Knights of Columbus in Canton in a Lenten Food Drive. All are challenged to donate one can of food (or other non-perishable item) for each day of Lent. Donations can be deposited at the doors St. Mary's Church.

FIRST SATURDAY ROSARY DEVOTION

Massena – Sacred Heart Church to have first Saturday Rosary Devotion.

Date: March 5

Time: 3:15 p.m.

Features: First Saturday Rosary Devotion to OUR Lady of Fatima. Confessions will be available. Saturday Vigil Mass at 4 p.m.

MISSION RETREAT

Gouverneur – Father Pompei OFM will be leading a mission retreat.

Date: March 6-8

Time: 7 p.m.

Place: St. James Church

Features: Father Pompei is a Franciscan priest from Holy Name Province and lives in Syracuse. He has spent his ministry working with the poor and has done extensive retreat work with both adults and teenagers. This is not just for Catholics, but for everyone suffering for answers to fear, evil, life, suffering, doubt, death and your resurrection.

PARISH BOOK STUDY

Waddington – It's a book study, message series, and spiritual campaign focused on the book *Seriously, God? Making Sense of Life Not Making Sense.*

Date: March 7, 14, 21, 28 April 4, 11

Time: 6:30 p.m.

Place: St. Mary's Parish Center or via

Zoom

Features: The past few years has brought suffering, loss, and loneliness

to many—family, friends, and fellow parishioners. You may be asking, "Where is God in all of this?" "Why do I feel that my prayers are unanswered?" Or, "How can there even be a God with all of the pain and suffering in the world? We know these experiences can have a profound impact on your faith and the life of the parish community. We invite you to come together with your fellow brothers and sisters in Christ to explore these questions and to grow in faith. For those in Madrid or Waddington, books are available at the Church entrances.

Contact: To register and more information: go to <https://mwcatholics.org/>

THE LITURGY OF THE EUCHARIST: JESUS PRESENT AND HOW TO SHARE IT

Waddington – As a continuation of the Eucharist Initiative a presentation to be held on the Liturgy of the Eucharist: Jesus Present and how to share it.

Date: March 12

Time: 9:30 a.m. to Noon

Place: Waddington Parish Center

Speaker: Sister Mary Eamon Lyng, SSJ

Features: Cost is free. Please bring a bagged lunch for food and conversation afterwards.

Contact: To register for a location go to: www.rcdony.org/liturgyeucharist

DIOCESAN EVENTS

SURVIVING DIVORCE

The Family Life Office is offering the Surviving Divorce Program, beginning mid-February in Watertown, Gouverneur, Canton and Potsdam.

Dates: To be determined (will be held once a week)

Time: 2-3 hours

Cost: \$25

Features: This program helps participants find personal healing and hope by working through the emotional upheaval of separation and divorce.

Contact: Register online at www.rcdony.org/survivingdivorce. For more information contact Steve Tartaglia at 315-393-2920 or startaglia@rcdony.org.

LOVING AUTHENTICALLY

Commissioned Lay Ministers and candidates are invited to this program that is designed to strengthen the participant's conviction about the truth, beauty and importance of church

CATHOLIC WORLD AT A GLANCE

Pope calls for day of prayer, fasting for peace in Ukraine

VATICAN CITY (CNS) — As the threat of war looms over the world, Pope Francis called on people to pray and fast for peace in Ukraine on Ash Wednesday. Before concluding his general audience Feb. 23, the pope called on believers and nonbelievers to combat the "diabolical insistence, the diabolical senselessness of violence" with prayer and fasting. "I invite everyone to make March 2, Ash Wednesday, a day of fasting for peace," he said. "I encourage believers in a special way to devote themselves intensely to prayer and fasting on that day. May the Queen of Peace protect the world from the folly of war." In his appeal, the pope said he, like many around the world, felt "anguish and concern" after Russian President Vladimir Putin recognized the independence of the eastern Ukrainian regions of Donetsk and Luhansk. The pope said that due to the "alarming" developments in the region, "once again, the peace of all is threatened by partisan interests." "I would like to appeal to those with political responsibilities to do a serious examination of conscience before God, who is the God of peace and not of war, who is the father of all and not only of some, who wants us to be brothers and sisters and not enemies," he said.

Researchers: 5.2 million children orphaned during pandemic

CLEVELAND (CNS) — An estimated 5.2 million children in 21 countries, including the United States, lost at least one parent, a custodial grandparent or a primary caregiver to COVID-19 during the first 20 months of the pandemic, social researchers and child well-being advocates said in a new study. Notably, the researchers estimated that the number of children orphaned because of the pandemic nearly doubled during the six-month period ending Oct. 31, 2021, a period corresponding largely with the surge in the delta variant of the coronavirus. The total number of orphaned children during the study period parallels the roughly 5 million COVID-19-caused deaths during the same time frame, the study said. "This finding means that, globally, for every one reported COVID-19 death, at least one child experienced orphanhood or caregiver death," the researchers concluded. The study was published online Feb. 24 by the British medical journal *The Lancet*. The study defined orphanhood as the death of one or both parents, one or both custodial grandparents, or a primary caregiver.

Pope ordered to rest knee, cancels participation in two events

VATICAN CITY (CNS) — Pope Francis will not be attending two scheduled public events so he can rest a painful knee, the Vatican said. The pope will not be going to Florence Feb. 27, and he will not preside over Ash Wednesday Mass March 2, the Vatican announced Feb. 25. The pope will be absent from these events "because of severe knee pain, for which the doctor prescribed a period of more rest for his leg," said a communique from the Vatican press office. The pope had been scheduled to visit the Italian city of Florence to speak at a meeting of bishops and mayors of the Mediterranean region and to celebrate Mass at the Basilica of the Holy Cross. The visit was also to have included an encounter with refugee families. On Ash Wednesday, the pope had been scheduled to take part in the traditional penitential procession that begins from the Benedictine monastery of St. Anselm on Rome's Aventine Hill to the Dominican-run Basilica of Santa Sabina, followed by Mass and the distribution of ashes.

Bishops unite behind Ukraine

WASHINGTON (CNS) — For some U.S. prelates, such as Bishop Robert J. Brennan of Brooklyn, New York, the Feb. 24 news of Russia's invasion of Ukraine hit close to home.

As he began the homily for the first Mass of the day at the Co-Cathedral of St. Joseph in Prospect Heights in Brooklyn, Ukraine was on his mind.

He offered the day's prayers, not only for those in Ukraine, he said, but also "for people from our own diocese here in Brooklyn, from the Ukrainian community, we join with them."

U.S. bishops, like much of the world, focused on the East European nation Feb. 24. Some condemned the actions of Russia, others expressed worry about the consequences on civilians and what the future brings. Though messages differed, they seemed to be largely united behind Ukraine.

Archbishop José H. Gomez of Los Angeles, president of the U.S. Conference of Catholic Bishops, in a Feb. 24 statement on behalf of the country's bishops, encouraged Catholics to join Pope Francis' call to prayer and fasting to bring an end to the conflict.

"In times of trouble, we call on the tender mercy of God ... to guide our feet to the way of peace," he said, recalling words from the Gospel of Luke. "May our prayers, joined with those of people around the world, help guide those waging war to end the meaningless suffering and restore peace. Our Lady, Queen of Peace, pray for us."

On March 2, Ash Wednesday, most dioceses will take up the USCCB's the Collection for the Church in Central and

Eastern Europe, which includes Ukraine.

By and large, prelates took to Twitter to express themselves.

"Let us pray for the people of Ukraine as the guns of war approach," tweeted Bishop Joseph E. Strickland of Tyler, Texas. "Men, women, children and families will suffer as this unfolds and most will be powerless. Let us pray that their neighbors will support them and that this violence will end quickly. Let us pray."

Like Bishop Strickland, some conveyed their concerns for the well-being of civilians; others offered solidarity; and some seemed to condemn Russian President Vladimir Putin's actions.

"Pray for peace in Ukraine. Pray for the conversion of leaders that abuse people's rights," tweeted Archbishop Gustavo García-Siller of San Antonio. "There are individuals that are about control and sickness. Let's pray for them too. A rosary helps."

Bishop Joseph C. Bambera of Scranton, Pennsylvania, spoke of Ukrainians as they "confront forces that challenge their freedom, security and peace."

Bishop Michael J. Sis of San Angelo, Texas, called for the respect of human rights, as well as for Ukrainians as they "see their homeland become a war zone," he tweeted.

Bishop Paul J. Bradley of Kalamazoo, Michigan, tweeted that as the world awakened to the reality of war, "may the world truly 'awaken' to the evil of all war, and the sinfulness of violent aggression."

Some, like Auxiliary Bishop Mark W. O'Connell of Boston, retweeted a poignant screenshot of a group kneeling in prayer

on a street in Ukraine after being invaded by Russia.

"I join my prayers to the prayers of the people of Ukraine," the bishop tweeted above the image.

Almost all directed their dioceses to the Catholic Church's teachings on peace.

Cardinal Joseph W. Tobin of Newark, New Jersey, said that "we must always reject war as a political solution and propose honest and respectful dialogue among nations as the only way forward."

Cardinal Blase J. Cupich of Chicago tweeted that he had requested prayers for peace in Ukraine be added to all Masses in the Illinois archdiocese.

"Most of us know war in Europe from the stories of our parents and grandparents, from history portrayed in films and books," he said. "This attack on a peaceful, sovereign nation is a sad reminder that the work of peace is never over."

"Please pray with me for the safety of all now under fire and for those in other nations fearful the war in Ukraine may overspread their borders."

In Philadelphia, on behalf of everyone in the archdiocese, Archbishop Nelson J. Pérez expressed "our firm solidarity with Ukrainian Catholics and Ukrainians here in the Philadelphia region and in Ukraine itself."

He conveyed those sentiments to Metropolitan Archbishop Borys Gudziak, head of the Ukrainian Catholic Archeparchy of Philadelphia.

"Like so many of you, my heart aches with deep sorrow," said Archbishop Pérez, noting the world hoped and prayed the Russian invasion would be avoided.

SCRIPTURE REFLECTIONS

Creating ourselves anew during Lent

Are you ready for a soul-lift? It's always exciting to realize we can change and start a new relationship with Jesus. The readings at the beginning of our Lenten journey are summed up so well in the words of Tom Conry's hymn: "...we rise again from ashes, to create ourselves anew!"

In the first reading from Deuteronomy, Moses is preparing the people to rise from their long trek through desert sands and joyfully enter the Promised Land.



**Monsignor
Paul E.
Whitmore**

As they offer their best fruits to the Lord, Moses reminds them to throw off the shackles of sin and enter into a whole new life. They are free at last! Other trials and struggles will come later. Meanwhile, Moses charges them never to forget and never to let their children forget what they had suffered in Egypt, and how God had miraculously led them to freedom.

Well over a thousand years later, Jesus embarks on His journey as mes-

March 6

First Sunday of Lent

READINGS

Deuteronomy 26:4-10

Romans 10:8-13

Luke 4:1-13

siah and savior, not only of the Jews, but as redeemer of all the people ever born or would be born. The Spirit who had overshadowed Jesus at his baptism at the Jordan now leads Him into the desert for His initial battle with the powers of Evil. Satan seeks to probe any human weakness in his adversary. First, he tempts Jesus to flaunt His

power right away. Why not turn stones into bread? Later, Jesus will miraculously feed others, but he refuses to let the devil manage his miracles! Again, Satan tempts Jesus to political power and possessions, and Jesus, the poor and humble teacher, refuses. The last temptation is to pride and fame and glory. Jesus, knowing that His Mission is to win hearts gently through truth and love, refuses to win hero-worship through cheap exhibits. Ultimately, He must drink the cup of suffering to secure victory – and so must we, His followers. Quite soundly

beaten, Satan leaves him – for a while! Angels come and minister to Jesus who is now ready to begin His public ministry.

And how about us? Hopefully, through the liturgy of this first Sunday of Lent, we will begin with joy and energy to create ourselves anew through prayer, discipline, and communal study of the treasure of truth found in Scripture and of the Catholic Church. It may be through Stations of the Cross or special Lenten programs provided by your parish for our spiritual growth that we will truly rise from ashes to create ourselves anew.

CALLED TO SERVE

A sign of our conversion

Perhaps my favorite Psalm in the Bible is #51. It is the psalm we will pray at Mass on Ash Wednesday.

If you pray the Liturgy of the Hours, you know 51 as the first psalm of Morning Prayer each Friday. The psalm is a lament and a prayer for hope.

You might hear this psalm of King David called the *Miserere*. That roughly translates as mercy. In King David's

case, mercy was the best he could seek from God at that point in his life. That's why he wrote the Psalm. He was miserable.

Here's the abbreviated version of the story. David coveted Bathsheba who was married to Uriah. In fact, David had relations with Bathsheba, and she conceived a child. David, who was a king, devised a scheme to have Uriah killed in a battle and then brought Bathsheba into his court.

The details of this dalliance are in 2 Samuel 11 if you want to check it out.

Anyway, God has had enough of David's shenanigans and sends a messenger to read David the riot act and punish him. Which he did. See why David was miserable?

He, King David, had it all. God made sure David was reminded of that through Nathan the messenger. He had it all and allowed his selfish desires to "spurn the Lord."

But God was merciful to David as he always is with us.

The section of Psalm 51 that will be our responsibility on Ash Wednesday captures the essence of

the poem. We will ask God for his mercy, admit our failures and beg God to help us face the rest of our lives in his love.

"A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit."

We will leave Mass on Ash Wednesday with a smudge on our forehead. It is a reminder for us of our personal frailty, of our weakness in the face of incredible temptation. There is no rubric that states that ashes need to be worn outside of the Ash Wednesday liturgy, though you'll see many smudged foreheads at work and on the streets

that day. We wear ashes as a sign of our inward conversion, and, as the Gospel of the day warns, not a way to gain applause.

Consider this, though. Our dirty foreheads might quietly evangelize our places of work and those we encounter as we travel about.

This symbol of our start of Lent is a reminder that we are starting a journey leading to conversion, purity and intimacy with God. It's something King David knew, and it made him great in God's eyes.

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

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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

The second Station



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.

Please join us in praying together.

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.

Second Station:

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

All: Because by your Holy Cross, You have redeemed 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

Canton – Linda Jane (Matthews) Newwine, 82; Services to be held in the summer.

Carthage – Bonnie L. (Monahan) Haskins, 78; Mass of Christian Burial Feb. 24, 2022 at St. James Church; burial in Hillside Cemetery, Champion.

Carthage – Carol Ann Simser, 77; Mass of Christian Burial to be held in May 2022 at St. James Church; burial in Hillside Cemetery, Natural Bridge.

Clayton – Alphonse P. Bellavia, 87; Mass of Christian burial to be held in May 2022 at St. Mary's Church.

Constable – Conrad Paul Degon, 67; Graveside Services June 18, 2022 at St. Francis of Assisi Cemetery.

Lowville – Patricia E. (Levesque) Watson, 92; Funeral Services Feb. 26, 2022 at Iseneker Funeral Home, Inc.; burial in Old Glendale Cemetery.

Massena – Frederick A. Bennett, 92; Mass of Christian Burial June 17, 2022 at Sacred Heart Church; burial in St. Lawrence Cemetery.

Massena – John B. Lambert, 73; Mass of Christian Burial Feb. 23, 2022 at St. Mary's Church.

Massena – Ferenc "Frank" Vida, 95; Mass of Christian Burial Feb. 26, 2022 at Sacred Heart Church; burial in Calvary Cemetery.

Morrisonville – Robert Barnaby, 76; Mass of Christian Burial Feb. 24, 2022 at St. Alexander's Church; burial in Holy Angels Cemetery, Altona.

Morrisonville – Joseph H. Burgess, 86; Mass of Christian Burial Feb. 23, 2022 at St. Alexander's Church; burial in parish cemetery.

Ogdensburg – Carol (Richer) Empey, 74; Funeral Services Feb. 23, 2022 at Fox & Murray Funeral Home; burial in Foxwood Memorial Park.

Peru – Joseph "George" Shnob, 85; Mass of Christian Burial Feb. 28, 2022 at St. Augustine's Church; burial in St. Ann's Cemetery, Mooers Forks.

Plattsburgh – Joshua Edward Gush-law, 31; Mass of Christian Burial Feb. 25, 2022 at St. Peter's Church.

Plattsburgh – Elizabeth A. MacBeth; Mass of Christian Burial Feb. 24, 2022 at St. Peter's Church; burial in Mr. Carmel Cemetery.

Plattsburgh – Eileen (Murnane) Wardner, 99; Mass of Christian Burial Feb. 26, 2022 at St. Peter's Church.

Plattsburgh – William J. Wyman, 90; Funeral Services Feb. 26, 2022 at the Brown Funeral Home.

Potsdam – Janet LaBaff McCarger, 85; Mass of Christian Burial Feb. 25, 2022 at St. Mary's Church; burial in St. Mary's Cemetery.

Star Lake – John Paul Laurin, 41; Mass of Christian Burial March 1, 2022 at St. Hubert's Church; burial in St. Michael's Cemetery, Fine.

Tupper Lake – Clint Adam Hollingsworth, 47; Mass of Christian Burial Feb. 25, 2022 at St. Alphonsus Church; burial in Gale Cemetery.

Watertown – Frances D. Stanley, 90; Mass of Christian Burial at St. Anthony's Church; burial in Glenwood Cemetery.

Around the diocese

CONTINUED FROM PAGE 8

teaching on natural law and sexual morality and to give participants a basic understanding of the ethical basis of the teaching.

Schedule: April 23 at St. Peter's Church, Lowville.

Time: 9:30 a.m. to 1 p.m.

Presenters: Deacon John Fehlner & Dr. Maura Fehlner, Mr. Steve Tartaglia and other members of the Family Life Department.

Features: Cost is free and all are welcome. Must watch an 80-minute video prior to the event. Link to video will be sent after registration. Bring your own lunch.

Contact: Register at: rcdony.org/lovingauthentically. If you have questions, contact Family Life Director, Steve Tartaglia at startaglia@rcdony.org or call 315-393-2920

REFLECT AND RECONCILE

A Diocese of Ogdensburg youth Lenten retreat to be held for all young people

in grades 7 to 12.

Schedule: March 12 at St. Mary's Cathedral Brzana Room, Ogdensburg; March 26 at St. Mary's Parish Center, Champlain.

Time: 1 p.m. to 5

Features: As we dive deeper into the sacrament of Reconciliation and the season of Lent, we should center ourselves and work to understand who we are. Join fellow youth in grades 7 to 12 as you get a chance to dive deeper, to understand more in a space that is judgment-free and supportive.

Contact: Registration: rcdony.org/lentenretreat. For more information, contact Tom Semeraro - Office of Youth Ministry - 315-393-2920 ext. 1415 or tsemeraro@rcdony.org

PRESENTATION OF FORGIVEN

A Continuation of the Eucharist Initiative. Discover the merciful way that God calls us back to Himself when we have sinned.

Date: March 26

Time: 9 a.m. to 3:30 p.m.

Place: St. Mary's Parish Center, Clayton; Dostie Hall, Watertown; St. Peter's Church, Lowville; Father Amyot Parish Center, Norfolk; St. Edmund's Parish Center, Ellenburg; The Emmaus Room inside St. Peter's Church, Plattsburgh; St. Bernard's School, Saranac Lake; Holy Ghost Parish Center in Tupper Lake

Features: There will be discussion during the event, which is free to attend. Please bring a bagged lunch.

Contact: To register go to: www.rcdony.org/forgiven



Taize, Lenten events planned in Plattsburgh

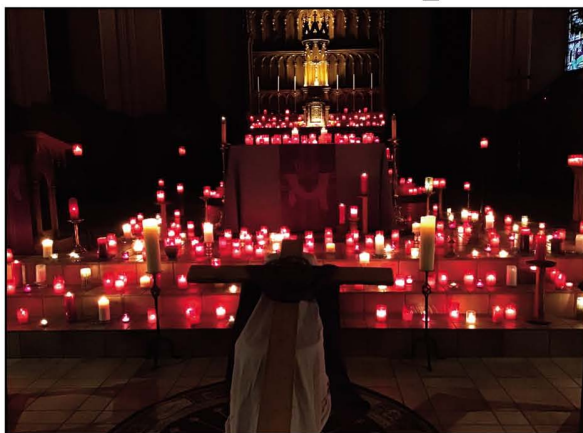
By Mary Beth Bracy
Contributing Writer

PLATTSBURGH— A Taize prayer service will be held on March 24 at 6:30 p.m. at St. Peter's Church in Plattsburgh. This popular devotion includes simple songs and chants that are repeated with meditations from Sacred Scripture. It creates an atmosphere of silence and includes time for quiet reflection. Traditionally, veneration of the cross is also included. This year, the Holy Cross parish members who organized the evening are Susan Pombrio, Anita Soltero, Mary Skillan, and Jen Toohill.

Participants are invited to enter the sacred space near the Cross.

"St. Peter's has been doing this for at least 10 or 15 years," shared Anita Soltero, one of the event's planners. "It's grown in popularity. People look forward to it. They find it very impactful."

Soltero recalled how Leo and Theresa Giroux came every year up until the last few years when they were unable to get out. They would come up with their walkers to venerate the Cross, she remembered, and it was very moving. Leo and Theresa are now deceased, but their family



Veneration of the Cross is typically included in Taize prayer services. Holy Cross Parish in Plattsburgh will host a Taize service on March 24.

members continue to come.

Instead of kissing the Cross in veneration, participants will place a candle before the Cross, representing their prayer intention.

"We hope that this Taize prayer experience, will introduce another alternative way of praying for people who are not used to contemplative or meditative prayer," Soltero said. "Our hope is that people will recognize the power of this prayerful environment and to really enter into it; that is what Taize prayer is all about. It's powerful."

"I have attended Taize prayer up in Montreal but last year was my first time

helping to plan and participating in a service," added Skillan. "I enjoyed the experience very much. It is a beautiful, peaceful way of prayer."

This year for Lent — in addition to the other daily Masses in Plattsburgh — there will be a 6:30 p.m. Mass at St. Peter's, Monday through Thursday. However, on March 24, the Taize service will be held instead.

"We invite everyone to come experience the peace and calm this type of prayer can bring, while entering into the mystery of the Cross," Soltero said.

Last year, due to COVID, the service was recorded. The prayer service was of-

ferred for the intention of the end to the COVID pandemic. Although any opportunity to gather in-person is preferred, for those who are unable to attend the live service at St. Peter's this year, the video is still available on the Plattsburgh Catholic Parishes YouTube channel. (Type Plattsburgh Catholic Parishes in the search and scroll down.)

"I was quite excited for this video to come out," reflected Nate Pultorak, organist and choir director at Holy Cross Parish, who recorded last year's event. "I believe it will help draw people into prayer as we get closer to Holy Week. I made sure to incorporate a lot of the religious art that is found at St. Peter's to help engage people's sense of sight to help them meditate on what we are praying about."

Pultorak also included footage of the tabernacle, aglow with a spotlight and candles, murals, and Stations of the Cross throughout the Church.

"We were really excited to see the final production. We taped each part separately but left nothing out of the service. Jen Toohill (music teacher at Seton Catholic) was absolutely stunning," said Pombrio.

"Her voice is what makes our Taize prayer service so intimate," added Soltero.

Some of the popular Taize chants sung at the service are "Jesus, Remember Me," "Stay With Me," "O Lord, Hear My Prayer," and "Adoramus te Christe." The chants are repeated almost as one would pray the Holy Rosary.

This form of prayer originated at the village in Taize, France. Brother Roger moved there and helped shelter refugees, including Jews, during World War II. Other young men later joined him in living a

communal life of celibacy and simplicity. Their chants, sung in a variety of languages, are popular worldwide.

OTHER LENTEN EVENTS IN PLATTSBURGH

Also during Lent, there will be a Lenten Bible Study on "The Passion and Resurrection Narratives" by Little Rock Scripture Study. Two sessions will be held at the Newman Center in Plattsburgh. The description reads "Embrace the cross and resurrection this Lent! Jesus' passion and resurrection gospel stories lie at the core of our Christian faith." It will be a six-week study of the four Gospel accounts, which reveal the nature of God, the person of Jesus, and the path of every disciple. Attendants may choose between a session on Mondays from 6:30 to 8 p.m. or Wednesdays from 10 to 11:30 a.m. Contact Skillan to register as soon as possible at Mary@holycrosspbg.org or by calling 518-563-0730.

On March 31, at 7 p.m., there will be a concert by a family band called MJM 7 at Holy Cross Outreach Center (formerly Our Lady of Victory Academy). Good will offerings are accepted. For more information, see the Holy Cross Parish bulletin, accessible through their website at: <https://holycrosspbg.org/> There will continue to be 8 a.m. Mass at Our Lady of Victory and 12:05 p.m. Mass at St. Peter's during Lent. There will also be an extra Mass at 6:30 p.m. at St. Peter's on Mondays through Thursdays for Lent.

Stations of the Cross will also be held at Holy Cross Parish during Lent on Fridays at 6:30 p.m. They will be held at St. Peter's on March 4, 11, and 18, and at Our Lady of Victory on March 25 and April 1, 8, and 15.



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