

INSIDE THIS ISSUE

Father Gibby Menard:
priest with a saintly
connection | PAGE 5

Pope holds meeting
with 150 of the world's
cardinals | PAGE 11

The Diocese of Ogdensburg Volume 68, Number 40

NORTH COUNTRY CATHOLIC

FEB. 26 2014

'Go directly to confession!'

VATICAN CITY (CNS) -- If you haven't been to confession recently, don't wait, Pope Francis said at his weekly audience.

One may walk into the confessional with a heavy heart, but forgiveness brings freedom and lightness, he said.

"If a lot of time has passed, don't lose even one more

day. Go," the pope said Feb. 19, promising that "the priest will be good. Jesus will be there and he's even nicer than the priest.

Be courageous. Go to confession," the pope told an estimated 20,000 people at his audience in St. Peter's Square. "Even just on a

human level in order to vent, it's good to speak to a brother, confessing to the priest these things that weigh so heavily on your heart," the pope said. "Don't be afraid of confession."

Pope Francis said he wanted to follow up on his previous audience talks

about baptism, Communion and confirmation.

Those sacraments give new life, he said, but sin eats away at that new life and can destroy it, which is why Jesus gave his disciples the power to forgive sins in the name of God and the Christian community.

CARDINALS CREATED

In presence of
two popes



CNS/PAUL HARING

Retired Pope Benedict XVI greets Pope Francis at the conclusion of a consistory at which Pope Francis created 19 new cardinals Feb. 22. On a feast day honoring the authority Jesus gave to St. Peter and his successors — the popes — Pope Francis created 19 new cardinals in the presence of retired Pope Benedict XVI. To the great surprise of most people present, the retired pope entered St. Peter's Basilica about 15 minutes before the new cardinals and Pope Francis. Wearing a long white coat and using a cane, he took a seat in the front row next to Lebanese Cardinal Bechara Rai, patriarch of the Maronite Catholic Church. Pope Benedict's presence at the consistory Feb. 22, the feast of the Chair of Peter, marked the first time he had joined Pope Francis for a public prayer service in the basilica.

FULL STORY, PAGE 10

Pastoral ministry in the future

Bishop LaValley continues his reflections on pastoral ministry in the Diocese of Ogdensburg with the third in a three part series.

In this issue, the bishop writes about his expectations for pastoral ministry in the future.

For example, he said, "here in the Diocese of Ogdensburg, in specific pastoral situations, a qualified Pastoral Life Coordinator may be assigned."

New pastoral initiatives to respond to changing needs will also be explored.

FULL STORY, PAGE 3

Three-day pilgrimage

Group of young adults travel to
Basilica of the Our Lady of Guadalupe
over the holiday weekend

FULL STORY, PAGE 4

CAA WELCOMES A SPECIAL VISITOR



PHOTO BY ELAINE AVALLON

Sister Mary Eamon Lyng, the major superior of the Sisters of St. Joseph in Watertown, recently paid a visit to Augustinian Academy in Carthage as the children were preparing for Catholic Schools Week. Sister Eamon is shown above with first graders Abigail Overholt, Noa Clarke, Sarah Morgan, Julianna Payor and Michael Fojas.

CATHOLICS AT THE CAPITAL: Be part of a unified voice of NYS Catholics, p. 8-9

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EDITOR'S NOTES

An ode to winter

Couldn't have said it better myself (MLK):

By Father Eugene Hemrick
Catholic News Service

The canticle of Daniel tells the "cold and chill" to "bless the Lord" and "ice and snow, bless the Lord."

We bless God's creation, no doubt, but the lines in the canticle that say, "Sun and moon, bless the Lord" are more to our liking, especially for those of us enduring one of the most brutal winters this year.

In some parts of the country, the winter of 2014 has caused untold hardships that include sky-high heating bills, road and sidewalk accidents, and

school and business closings.

When William Shakespeare used the expression "winter of life" in "Macbeth," he used the words to symbolize life's dark side.

And when Victor Hugo said that "laughter is the sun that drives winter from the human face," likewise, he was painting winter's dreariness.

It is true that sunlight in winter is scarce, often causing bone-chilling gray days and discomfort for those of us who live in places that experience the four seasons.

There is the saying that a glass may be seen as half full or half empty, depending on how you choose to envision it. When we picture winter as a

glass half full, its charms can far outweigh the gray skies.

So, I've thought about what those who choose to see winter's charm have said in its praise.

I recently read a publication in which country singer Taylor Swift says, "I love the scents of winter! For me, it's all about the feeling you get when you smell pumpkin spice, cinnamon, nutmeg, gingerbread and spruce."

I might add, "A large bowl of hot chili con carne never tastes better than on a cold winter day." Hearty weather adds heartiness to our food.

Tom Allen, U.S. representative from the state of Maine, which sees its share of cold weather, confesses: "While I rel-

ish our warm months, winter forms our character and brings out our best."

My mother would share in this sentiment. Living in Chicago in the winter, she repeatedly encouraged us to get outdoors because she said it "made a man" out of us. And I can add that you had to be a "man" to brave the wind whipping off Lake Michigan.

The sound wisdom of Russian playwright Anton Chekhov gives us a marvelous way to cope with winter, "People don't notice whether it's winter or summer when they're happy."

That's true. Some of the happiest moments in my childhood were making snowmen,

CONTINUED ON NEXT PAGE

A PASTOR'S PERSPECTIVE

Olympian messages of dedication, hope

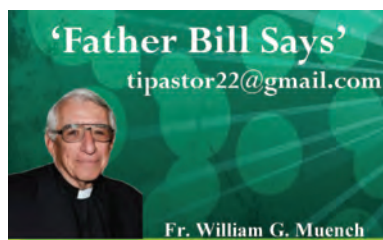
I must admit that I am an Olympics junkie. I love everything and have watched everything I could. I also found it interesting to learn all about the various athletes, no matter what country they represented.

Of course, I did try to follow the Olympians from the Adirondacks. I found the hockey games exciting and I was thrilled by the speed of the skiers, but I must admit I also enjoyed the figure skating and even the curling.

I certainly want to offer my congratulations to all the Olympians – no matter how successful they were. They qualified for the Olympics and that is very special.

I want to congratulate them all for their dedication and determination in becoming successful. They each spent many years of training to prepare for this year's games.

I have often used in my homilies the dedication of these Olympic athletes as a model – especially for young people – in putting that same kind of dedication in their Christian faith. May our young people live good lives with the dedication and determination of an Olympic athlete.



I was intrigued by the hope that all these Olympians displayed. Each of them was always going their best hoping to win a gold medal. The television announcer may think they didn't have a chance – but they came to their event ready to surprise us all – and there were many surprises.

Hope is important for success for an Olympic athlete. I want to remind you all today that hope is important for a disciple of Jesus, for a dedicated Christian.

I recently discovered a fine definition for hope. I have been reading Doris Kearns Goodwin's book, "Team of Rivals" about Abraham Lincoln and challenges as president.

In a chapter that concerned Lincoln's difficult days during the War, she helps us realize his continuing hopes for success for reunification of the country. He often quoted a

certain Daniel Goleman – "Hope means that one will not give in to overwhelming anxiety, a defeatist attitude, a depression in the face of difficult challenges or setbacks. Hope is more than a sunny view that everything will turn out all right; it is believing you have the will and the way to accomplish your goals."

The Catholic Church has faced many difficult times in its history. Many see only problems for our Church now. They are anxious about various difficulties that the Church must face.

As Catholics, we are people of faith, and so we trust God, believing we will have the will and the way to accomplish our goals. Jesus came to be our guide and leader. Jesus promised, "Do not be afraid, I will be with you until the end of time."

In these present times, I recognize a new hope in our Church with the election of Pope Francis. He has brought a new Spirit – a spirit that challenges us all: our Church leaders, our Bishops, all of us People of God, giving us a new confidence that good things will happen. Pope Francis constantly brings a message of joy

and hope for the future. He challenges us all, priests and people to make our Church better and better in every way, caring for the needy, for the poor, bringing Christ's message of love and peace to all peoples, Catholics and others. May we be open to listen to our Pope and live in the spirit of our Savior in love and peace.

Speaking of hope, I find a great deal of hope in the initiative of our own Bishop, Bishop LaValley, in his many efforts to bring new life to our diocese. In his Listening Sessions this past year, he invited us all, the people of this diocese, to express our hopes and dreams for our Catholic Church in the North Country. Soon, we will learn of the results of the Envisioning program. May it produce new challenges for all of us, priests and people to bring new life and spirit to our diocese. May we all be open and ready to carry out these challenges.

Jesus came to this earth to bring hope to all people. In our day, the Lord continually comes to us to give us hope – hope to have the confidence to make our Church more alive and our world a better place.

FOLLOW ME

Many faces of pastoral ministry – the future

Pastoral ministry has an exciting and challenging future in the Diocese of Ogdensburg. What might it look like?

In previous articles we have outlined the many tasks involved in pastoral ministry. We have spoken about the priests, religious, and lay people who provide this ministry. We have also described where this ministry takes place.

The many components of pastoral ministry will continue into the future. We are a sacramental and, most importantly, a Eucharistic Church. Priests, under the direction of their bishops, are essential for pastoral ministry. Without the celebration of the Eucharist, without Mass, the Church ceases to be.

Therefore, an increase of vocations to the priesthood is essential for the Church to flourish and grow and for people to have their faith life nourished. The Church

needs dedicated families who are willing to promote religious vocations among their sons and daughters. The faithful should encourage young men who seem suitable for priesthood to investigate whether or not God is calling them to this vocation. Perhaps, God is using that human voice to invite someone to a priestly vocation.

In some areas of our world, there have been increases of vocations to the priesthood. Some of these priests, invited by American bishops, are now serving parishes in the United States. In the past, our Diocese has been blessed with priests from outside the country. We are currently investigating the possibility of two priests from India serving in our parishes in the months ahead.

Even with an increase in vocations, we need to make sure that the pastoral needs

in our parishes are being met. In many areas of the country, deacons and lay men and women have received additional training to become Pastoral Life Coordinators. They serve in parishes where there is not a resident pastor.

In their role, they respond to many of the daily requirements of pastoral ministry as well as being charged with full administrative responsibility for the parish or parishes. A priest is assigned to these parishes to provide the sacramental needs of the faithful.

Here in the Diocese of Ogdensburg, in specific pastoral situations, a qualified Pastoral Life Coordinator may be assigned.

The future will also bring new pastoral initiatives. For example, since people now marry at later ages, there is a greater need for ministry aimed at young Catholic adults who have finished college and are now in the work force. Their spiritual needs will be different from those of a young family or

someone still in school.

Young families may have strayed from the practice of the faith, but still come seeking baptism for their children.

Again, it will be very important for pastoral ministers to present the beauty of our Catholic faith and heritage so that they may share it with their children.

In postponing marriage to later in life, many couples are living together without benefit of the Sacrament of Matrimony. Pastoral efforts must reach out to them to explain the beauty and value of marriage.

Young people in high school must face many challenges as they mature. We hope that they will not conform themselves to the present secular culture in which they live. The efforts of youth ministry programs will have to compete against many other voices to draw our young people into the practice of the faith.

Here, in the Diocese of Ogdensburg, there are so many women and men dedicated to helping the faith

flourish in their local parish families. We are truly blessed and I am so very grateful.

As we move forward, seeking always to find new, creative ways to tend to the corporal and spiritual needs among our sisters and brothers, I am confident that more of the faithful will step forward and offer their time and talent as pastoral ministers.

As we introduce the Pastoral Life Coordinator position in the Diocese, I am confident that parishioners will welcome this new effort to ensure that no one is left behind when it comes to the Church's ministry.

As we continue to encourage Church vocations in our families and pray fervently that more of our young women and men will open their hearts and respond to the Lord's call, we know that the Lord will continue to bless our families abundantly. May God bless you and your loved ones as you foster the flourishing our Catholic faith in your local parish.



Bishop
Terry R.
LaValley

VOCATION DONATION



The Diocese of Ogdensburg Vocations Society (D.O.V.S.) donated vocations books to all the Catholic elementary schools this year - *Becoming Father Bob*, *Becoming Sister Mary Grace*, and *What Does a Priest Do?/What Does a Nun Do?* Pictured are Father Bryan Stitt, diocesan vocation director; Connie Randall of D.O.V.S. and Nate Romano, Autumn Ames, Faith Christy, and Tyler Wood from St. Mary's School in Canton.

An ode

CONTINUED FROM PAGE 2

sledding and having snowball fights.

Winter, most of all, is a time to wonder why God created four seasons. We know that he does everything for our good.

One way to grasp that goodness is to fall in love

with winter by seeing its bright side.



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Three days in Guadalupe

By Father Bryan Stitt
Diocesan vocation director

Poor Father Tom Higman. The day before we were heading on our pilgrimage to Guadalupe with ten young adults from the North Country, he was at a meeting in Ogdensburg during which he received a lot of flack because, "Who goes to Mexico for two days?!"

In our defense, it was more like three, but the same sentiment applies. Nevertheless, it was an almost perfect trip.

If three days was enough time for the salvation of the world, why can't it be enough time for a pilgrimage?

Three points to share from those three days:

When it seems like things just can't get any worse, sometimes they get better.

Saturday morning was marked with a visit to Teotihuacan - the site of the third largest pyramid in the world, and even more interestingly the site of many pre-colonial pagan religious practices.

As you may know, the natives to the region practiced human sacrifice to appease the so-called desires of their so-called gods.

To walk down that Avenue of the Dead and to climb the



A group of young adults made a three day pilgrimage to the Basilica of Our Lady of Guadalupe in Mexico City over the President's Day holiday weekend. The pilgrims included Father Bryan Stitt, diocesan vocation director; Father Thomas Higman, parochial vicar for Malone Catholic Parishes; and Father Michael Deascanis of Baltimore, a seminary friend of Father Stitt. Shown after a Mass at the basilica are, from left, Father Stitt, Mary Catherine Jados, Potsdam native now working in Arizona; Samantha Fazioli of Malone, the pilgrimage coordinator; Paul Poulin, Newcomb; Kelly Donnelly, Plattsburgh; Jen Campbell, Plattsburgh; Father Deascanis, Father Higman, Keith Lauria, Wells; Alissa Gamberg, Colchester, Vt.; and Colin McDonough, Erica Macalintal and Adam Giangreco of Albany. On this page, Father Stitt shares reflections on the pilgrimage.

steps that dripped with the blood of their victims was chilling (regardless of the bright sun and the 80 degree temperatures). It was into this world that Our Lady appeared in 1531 to the humble Juan Diego, and it was into this world that she spoke of a message that could melt the coldest heart: Love.

Carl Anderson pointed out: "while other Marian apparitions (such as those at Fatima and Lourdes) included words of admonishment or even warnings, Our

Lady of Guadalupe's only words of spiritual guidance are her gentle but persistent reminders to Juan Diego about love...The Guadalupean message is, in its originality, a spiritual education, and education in love."

Maybe that's why in a matter of fifteen years after the apparition, more than nine million Indians were baptized into the faith.

Sunday is the Lord's Day.

If the main road in Teotihuacan is the "Avenue of the Dead" then the road into the

Shrine of Guadalupe should be called the "Way of the Living." I'll never know how many people swarmed to the shrine that morning, but they sure were full of life.

I've been to World Youth Days and Canonizations. At both I saw large crowds of faithful Catholics converging, but those were for very specific unique occasions. At Guadalupe when we saw the crowds on the road, the only explanation was "it's Sunday."

Streets in the city were closed to traffic so that people could walk, run, or bike with family and friends.

Entire families spent huge parts of the day eating with, playing with, and praying with each other. And in the end, we all knew that Lord's Day was to be a day of rest.

Wouldn't it be good for us to recapture some of this realization in our own busy North Country lives?

Faith of the People.

There is no question, the tilma of Juan Diego that was miraculously imprinted with the image of our Blessed Mother is the focal point of the Basilica. The

miracles that surround it are too numerous to describe here. But from the moment that Juan Diego unfurled the cloak before Bishop Zumárraga letting the roses fall in 1531 to the guy who decided to wire an almost life-sized replica of the image to the roof of his pickup truck in 2014, the greatness of the miracle is seen in the receptivity of the people to this great gift from God. The filial devotion was everywhere.

In Guadalupe we saw people bring flowers (and flowers, and flowers...) to Our Lady.

We saw the penitential crossing the square on their knees.

We saw whole families join in prayer at Masses celebrated at the Shrine throughout the day and then spend hours afterwards enjoying each other's company.

And I got to see the faith lived out most directly in my companions: in two brother priests of great dedication, in an engaged couple who wanted to celebrate Valentine's Day with Our Lady, in a young woman who works to provide hospitality to pregnant mothers, in a Catholic School teacher, a DRE, in young people who are actively discerning how God is calling them to live out their lives, and even in the two young women that were prevented from coming on the pilgrimage due to bad snowstorms but received the disappointment with faith and acceptance.

Michael Jablonski, seminarian of the diocese, asked me what it was like to go to the shrine and see the blessed image. The best explanation that I could give was it was like coming home.

And isn't that fitting? We should all feel at home when we and our faith-filled friends go to see our mother (even if it's only for three days).

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FACES OF FAITH

Fr. Gibby: humble, beloved, 'saintly'

By Patricia Marie
Contributing writer

MOOERS-Almost everyone on the eastern side of the diocese has either heard of or personally knows a very humble and kindly priest, Father Gilbert Menard who is affectionately known as Father Gibby.

Like many of our diocesan priests, Father Menard is a North Country native and hails from Mooers which (for readers in the western side of the diocese who may not know), is in the north-eastern part of the diocese on the Canadian border.

Last October he celebrated his 85th birthday and he has loved being a priest for over 58 years.

He is a beloved priest to everyone who knows him: his brother priests, former parishioners and those whom he currently serves, even in his very busy retirement.

Most of us also know about Brother Andre Bessette, C.S.C. who was a lay Brother of the Congregation of The Holy Cross and lived in Montreal, Canada. You may also recall that in October of 2010, he was canonized Saint Brother Andre by Pope Benedict XVI.

January is the birth month of St. Brother Andre and when we think of him, we have a special affection for the saint who lived so close to us.

St. Brother Andre and Father Gibby grew up and lived less than 60 miles from one another. From all accounts, St. Br. Andre was also a humble and kindly man but the elder one had a profound effect on the younger one.

When Father Menard was about seven years old, he became deathly ill with pneumonia and in those days, there was no penicillin available. In fact, he was so sick that the local doctor did not think he would live.

Father Menard's mother



St. Brother Andre Bessette of the Congregation of the Holy Cross in Montreal was canonized in October of 2010. Many North Country parishioners - including Father Gibby Menard - have a special devotion to the saint who lived so close by. Father Menard recovered from a childhood illness after his family followed Brother Andre's advice to pray to St. Joseph for healing.

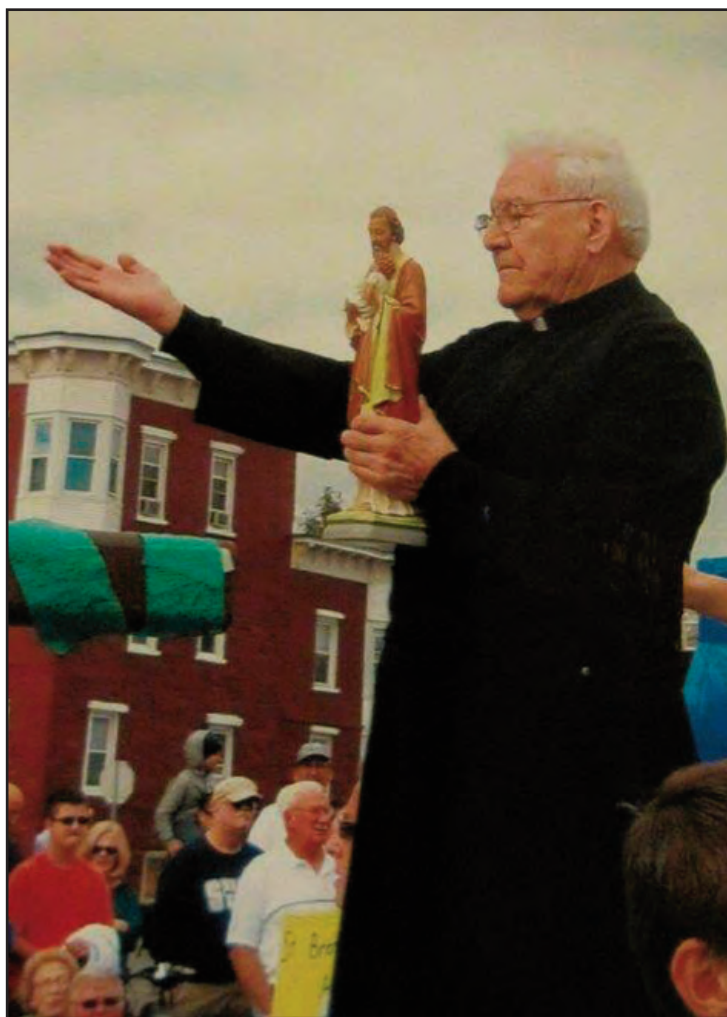
was so concerned for her son that she asked their parish priest to come to the house to visit Gibby and possibly administer Last Rites.

When the parish priest arrived, he gave Mrs. Menard a medal of St. Joseph which he carried with him. He explained to her that Brother Andre would often give the medals to people reminding them to pray to St. Joseph for physical healing or for any need they might have.

The parish priest advised her to put the medal on young Gilbert's chest daily and pray for his recovery. She did so and slowly but surely, Gibby recovered from his illness.

Father Menard will tell you that he has a strong devotion to both St. Joseph and St. Brother Andre for that reason.

In October 2010, Brother Andre was canonized Saint Brother Andre and the next month, Father Menard trav-



Father Menard represented St. Brother Andre on the Seton Catholic float in the 2013 Battle of Plattsburgh commemoration parade.

eled to St. Joseph's Oratory (also known as Brother Andre's Shrine) in Montreal.

He wanted to make a personal pilgrimage of thanksgiving to the new saint.

On that same day, he met with Father Charles Corso who is the American priest charged with translating the French records and archives of the Shrine to English text for all the English speaking pilgrims who visit the Shrine each year. Father



and after their meeting and discussion, the two priests celebrated noontime Mass together at the Oratory's main altar.

Every September, the city of Plattsburgh hosts its annual Battle of Plattsburgh Commemoration and there is always a parade to start off the day's events. Last year, Seton Catholic School entered a float in the parade.

Someone from the school's organizing committee was looking for a person to be on the float who would represent a prominent person having a strong influence in and around the earliest days of the Plattsburgh area.

Well, lo and behold, they asked Father Gilbert Menard to be on a float and represent...yes, you guessed it... ST. BR. ANDRE. Since St. Brother Andre was very well known in the North Country and is considered a "local" saint, Father was more than happy to oblige.

What a beautiful (and possibly divine) honor for one of our own priests who grew up in this diocese, lived near a saint, was cured and influenced by him and then, 50 years later, was asked to represent that very same man: Saint Brother Andre.

At his canonization in October 2010, Pope Benedict XVI said that St. Br. Andre "lived the beatitude of the pure of heart."...I think we can say the same thing about Father Gibby.

Corso was always looking to collect more stories of people who were affected by St. Br. Andre's life and his legacy of healings: personal stories that were never publicly recorded.

Father Menard wanted to personally submit his childhood story to Father Corso

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First in a series

Cardinal Timothy Dolan, the bishops of New York State and the hundreds of Catholics who participate in Catholics at the Capitol public policy advocacy day March 19 in Albany will lobby on five issues identified as priorities by the bishops. (See pages 8-9 for information on the day)

Among the legislative priorities is to support pregnant women and oppose abortion expansion

Background

In 2013, Governor Andrew Cuomo strongly promoted a "Women's Equality Act" (WEA, A.8070) that included abortion expansion among its ten provisions.

The Governor's bill would imbed the Roe vs Wade unlimited abortion license into New York statute and repeal current law which allows late-term abortions only to save the life of the mother. It would also repeal New York's physician-only law, enabling non-doctors to perform abortions.

The Assembly passed the

Women's Equality Act (including abortion expansion), while the Senate passed nine of the ten women's agenda items individually, and voted down a hostile abortion expansion amendment.

In his 2014 State of the State address, the Governor repeated his call to the legislature to pass his "Women's Equality Act," including late-term abortion expansion. At the same time, the Governor's proposed 2014-15 Executive Budget once again significantly decreases funding for the Maternity & Early Childhood Foundation which supports abortion alternatives.

Message Points

Support pregnant Women

The Maternity & Early Childhood Foundation (MECF) helps low-income single mothers by supporting organizations that provide pre- and post-natal care services across the state. No funds distributed through MECF are used in the counseling or provision of abortion. Funding for the Foundation has decreased

from \$1.2 million in 2009 to \$533,000 in 2013. Governor Cuomo has eliminated the specific line item for MECF in his Executive Budget. Urge your lawmakers to restore and increase funding for the Maternity & Early Childhood Foundation to a minimum of \$600,000.

Oppose abortion expansion

The "Women's Equality Act" would make New York State a safe haven for late-term abortionists. By imbedding a "health" exception in New York law, the bill would ensure that abortions are legal through all nine months of pregnancy—nancy for any reason. Thus late-term abortionists, such as Dr. Kermit Gosnell of Philadelphia, who can be tried and convicted of illegal abortions in their states, will flee to New York to set up their clinics without fear of prosecution.

This invites mistreatment and harm against women, contrary to the stated goals of the WEA.

The "Women's Equality Act" would not simply "codify federal law" in New York law, as proponents claim. Roe vs Wade is no longer the law of the land.

Subsequent US Supreme Court rulings allow states to regulate and restrict abortion and even ban a certain method of abortion. The Women's Equality Act would expand late-term abortion, allow non-doctors to perform abortions, and make abortion immune to regulations and restrictions.

Bishop's Schedule

Feb. 27 – 12 p.m., Mass at St. Mary's Cathedral

Feb. 28 – 10:50 a.m., Mass at St. Joseph's Home in Ogdensburg

March 2 – 11 a.m., Mass at St. Mary's Cathedral

4:30 p.m., Evening Prayer and Dinner with Clinton Deanery Priests at St. Joseph's Church in West Chazy

March 4 – 10:50 a.m., Mass at St. Joseph's Home in Ogdensburg

Rest in Peace

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

Feb. 26 – Rev. Francis X. LaChance, 1916; Rev. John F. Wiley, 1984

March 1 – Msgr. Alexander P. Landry, 1955; Most Rev. Stanislaus J. Brzana, 1997

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

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

Protecting God's Children

The Diocese of Ogdensburg has scheduled sessions for Protecting God's Children for Adults.

Pre-registration online is required in order to participate. Participants may preregister at www.virtus.org by selecting the registration button and following the directions.

All employees and volunteers who participate in church sponsored activities with minor are required to participate in this training.

Further information is available from Atonement Sister Ellen Donahue, 315-393- 2920, ext. 1440.

Upcoming programs:

March 2 – 1:30 p.m., St. Alexander's, Morrisonville

March 2 – 11 a.m., St. Philip of Jesus Church, Willsboro

Environmental Stewardship

"Anyone following in the footsteps of Jesus Christ today cannot remain distant or indifferent to the consumption habits of our country. How can we share our planet with 7 billion human beings in a way that enables all of us to live with dignity? (Lent 4.5 Program of Passionist Earth & Spirit Center)

The Catholic Community of Cape Vincent, Chaumont and Rosiere

found a way to conserve energy and reduce the amount of energy used while reducing their utility expenditures. Free energy audits were done at All Saints Rectory in Chaumont and St. Vincent of Paul Church in Cape Vincent by NYSERDA. Once the report came back with several recommendations for energy-saving projects which required little monetary investments by the church, but did require "people power," the Cape Vincent, Chaumont and Rosiere's Youth Group with their advisors and a few parishioners stepped in to do the job. It provided them education on energy efficiency, community service and complete upgrades which were projected to save the parish over \$1200 each year. They learned to weatherstrip doors, install pipe insulation, replace incandescent light bulbs with CFL bulbs, wrap water tanks and insulate attic doors. For more info. on free energy audits for non-profits organizations or private homes, contact Jerry Loch North Country Energy Smart Community at 315-788-8450.

To Report Abuse

If you have a complaint of suspected misconduct involving diocesan clergy, religious, employees or volunteers, contact **Victims Assistance Coordinator**, Terrienne Yanulavich, Adult & Youth Counseling Services of Northern New York, PO Box 2446, Plattsburgh, NY, 12901; e-mail: ayc-snn@yahoo.com; Phone: 518-569-0612; Fax: 518-425-0401 or Father James Seymour, the Episcopal Vicar for Clergy at 315-393-2920, ext. 1340

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Wednesday, March 19, 2014 is a significant day for Catholics in New York State. It's the day you can join the Bishops of New York State and over 1,000 Catholics from throughout the state to speak with your legislators in Albany. We urge you to accept this invitation to gather with them in raising your voice for public policies that support the dignity and worth of each person.

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Just click on Public Policy Day 2014 at the top of the home page. You will find directions for registering to attend the Public Policy Day. After you register, a representative from Catholic Charities in Ogdensburg will contact you for additional details and information.

You must be registered to attend

The Official Public Policy Voice of the Catholic Church in the Empire State
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WEDNESDAY, MARCH 19 at the STATE CAPITAL in ALBANY



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About Us

The New York State Catholic Conference represents the Bishops of New York State in matters of Public Policy. The role of the Conference is to seek justice, fairness and charity for all, with a particular emphasis on the poor and vulnerable.

Our positions transcend political platforms or ideologies. The Conference is neither Democrat or Republican, liberal or conservative. Our positions are based on the principles of Catholic social teaching and recognition of the innate dignity of every human person made in the image and likeness of God.

The Conference advocates for the agenda of the Bishops as it relates to state government. We seek to work in partnership with the state to fashion public policies that respect the human person from conception until natural death. Our positions and statements are made with malice toward none and charity toward all.

Mission Statement

The mission of the New York State Catholic Conference is to identify, formulate and implement the public policy objectives of the Catholic Bishops of New York State. As one body, the Conference provides a unified voice and the means for joint action through which the eight Catholic dioceses in the 63-county state can impact the development of public policies in the areas of health, education, welfare, human and civil rights.

The Conference seeks to fulfill the vision of the Vatican Council II, which called on the Church to be more involved in the world, and the call of Pope John Paul II in Centesimus Annus for Catholics to become personally involved in and committed to transforming the public policy process to better serve the needy and vulnerable.

The primary objective of the Conference is to reaffirm the sacredness of human life, demonstrating that 'the human person is central, the clearest reflection of God among us' (United States Conference of Catholic Bishops). Thus the policies pursued by the Conference seek to enhance human dignity, foster the common good, and provide for the fulfillment of individual potential from conception to natural death.

With the Gospels and the social teachings of the Church as its foundation, the New York State Catholic Conference offers a specifically Catholic contribution to state and federal public policy debates. It achieves this by:

- working with the three branches of government to fashion laws, regulations and policies which respect human life, meet human needs, and serve the common good;
- speaking officially for the Church before government bodies and private organizations;
- providing a forum for Church personnel to meet, exchange information, deliberate and recommend policies or actions to the Bishops ;
- studying all aspects of pressing social and moral questions and fostering public understanding of the Church's teachings;
- highlighting the moral dimensions of critical public issues;
- encouraging Catholic citizens to communicate with their elected representatives regarding the Church's concerns;
- working in cooperation with other faith groups and advocacy organizations to ensure that the needs of all New Yorkers are met.

THIS IS IMPORTANT... You want to know about this!

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✓ Keep informed of the current issues that are important to the Church. ✓ There is no cost for membership.

✓ You will receive Legislative Alerts. ✓ With just a click you can make your voice heard in Albany.

It is easy to join by visiting the New York Sate Catholic Conference website: www.nyscatholic.org

✓ Put Your Catholic Faith Into Action!

- Demonstrate the strength and unity of the Catholic voice to state lawmakers.
- Worship at Mass with the State's Catholic Bishop's.
- Meet with your elected officials
- Join the Knights of Columbus for a Rosary Rally and Procession

Issues in brief...

Pro-Woman, Pro-Life:

Support Pregnant Women and Oppose Abortion Expansion.

Preserving Catholic Schools:

Include Education Investment Tax Credits in the State Budget.

Funding for Vulnerable New Yorkers:

Ensure Sufficient Funding for Programs for Vulnerable Populations.

Humane Treatment for Incarcerated Individuals:

Ensure Humane Treatment for Incarcerated Individuals.

Justice for Farmworkers:

Support Equitable Labor Standards for Farmworkers.

Other Issues include:

- Religious Liberty • Respect Life
- Marriage and Family Life • Education
- Human Services • Criminal Justice
- Health Care

✓ JOIN THE NETWORK!

A Unified Voice for All New York State Catholics



The New York State Catholic Conference represents the Bishops of the state in working with government to shape laws and policies that pursue social justice, respect for life and the common good. We provide a unified voice for the eight dioceses of the state to speak on such issues as education, marriage, health care, poverty, abortion, euthanasia, social services, criminal justice and the environment. We apply the principles of Catholic social teaching to critical issues of the day and encourage citizen involvement in the legislative process. You can find information about the 2014 Legislative Agenda, review the You Tube summary and register at www.nyscatholic.org

Schedule of Events

8:30 a.m. Registration Opens (Outside Convention Center)

9:00 a.m. Legislative Meetings Begin (Legislative Office Building and State Capitol)

Some participants will attend pre-scheduled meetings with elected representatives throughout the day.

10:00 a.m. - 11:15 a.m. Presentation: Faithful Citizenship and 'The Power of One' (Convention Hall)

11:15 a.m. - 11:30 a.m. Award Presentations (Convention Hall)

11:30 a.m. - 12:00 p.m. Lunch

Boxed Lunches will be served in the Convention Center where you may sit to dine or take your lunch to Meeting Room 6 to enjoy it there!

12:00 p.m. Prayer Rally hosted by the Knights of Columbus (Convention Hall)

The New York State Council of the K of C, led by State Deputy Carmine Musumeci, will be praying the Rosary for all those advocating with lawmakers. Come join them!

1:00 p.m. Rosary Procession

From the Convention Center to the Cathedral led by the Knights of Columbus

1:30 p.m. Mass Principal Celebrant: Timothy Cardinal Dolan

(Cathedral of the Immaculate Conception, Madison Ave)

3:00 p.m. Buses Depart Madison Avenue

Pope Francis creates 19 new cardinals

In the surprising presence of retired Pope Benedict XVI

By Cindy Wooden
Catholic News Service

VATICAN CITY (CNS) - On a feast day honoring the authority Jesus gave to St. Peter and his successors - the popes - Pope Francis created 19 new cardinals in the presence of retired Pope Benedict XVI.

To the great surprise of most people present, the retired pope entered St. Peter's Basilica about 15 minutes before the new cardinals and Pope Francis.

Wearing a long white coat and using a cane, he took a seat in the front row next to Lebanese Cardinal Bechara Rai, patriarch of the Maronite Catholic Church.

Pope Benedict's presence at the consistory Feb. 22, the feast of the Chair of Peter, marked the first time he had joined Pope Francis for a public prayer service in the basilica.

Pope Benedict resigned Feb. 28, 2013, becoming the first pope in almost 600 years to do so.

Before taking a seat and beginning the service, Pope

Francis walked over to Pope Benedict, who removed his zucchetto to greet Pope Francis.

The scene was repeated at the end of the consistory.

The new cardinals, including Cardinal Gerald Lacroix of Quebec and Vincent Nichols of Westminster, England, publicly recited the Creed and swore obedience to the pope and his successors before receiving from Pope Francis a red hat, a ring and the assignment of a "titular church" in Rome, becoming part of the clergy of the pope's diocese.

After they received their red hats, each of the new cardinals walked over to Pope Benedict and greeted him.

Only 18 of the archbishops Pope Francis had chosen to be among the first cardinals created during his pontificate were present.

The oldest of the new cardinals -- and now the oldest cardinal in the world - Cardinal Loris Capovilla, 98, was not present at the ceremony although he became a cardinal the moment Pope Francis pronounced his name.

A papal delegate will deliver his red hat to his home in northern Italy.

In his homily Pope Francis did not mention the standard point that the cardinals' new red vestments are symbols of the call to serve Christ and his church to the point of shedding their blood if necessary.

Rather, he focused on their being called to follow Christ more closely, to build up the unity of the church and to proclaim the Gospel more courageously.

The Bible, he said, is filled with stories of Jesus walking with his disciples and teaching them as they traveled.

"This is important," the pope said. "Jesus did not come to teach a philosophy, an ideology, but rather a 'way,' a journey to be undertaken with him, and we learn the way as we go, by walking."

After listening to a reading of Mark 10:32-45, Pope Francis also spoke about the very human, worldly temptation of "rivalry, jealousy (and) factions" the first disciples faced.

The reading is a warning to the cardinals and to all Christians to put aside concerns of power and favoritism and "to become ever more of one heart and soul" gathered around the Lord, he said.

Pope Francis told the new cardinals, who come from 15 different countries -- including very poor nations like Haiti and Ivory Coast -- that the church "needs you, your cooperation and, even more, your communion, communion with me and among yourselves."

"The church needs your courage," he said, "to proclaim the Gospel at all times" and "to bear witness to the truth."

The pope also told the cardinals that the church needs their "compassion, especially at this time of pain and suffering for so many countries throughout the world," and for so many Christians who face discrimination and persecution. "We must struggle against all discrimination," he said.

"The church needs us also to be peacemakers, building peace by our actions, hopes

and prayers," he said.

The consistory brought to 218 the total number of cardinals in the world; 122 cardinals are under the age of 80 and eligible to vote in a conclave.

The 18 cardinals who received their red hats from the pope were Cardinals:

- Pietro Parolin, Vatican secretary of state, Italian, 59.
- Lorenzo Baldisseri, general secretary of the Synod of Bishops, Italian, 73.
- Gerhard Muller, prefect of the Congregation for the Doctrine of the Faith, German, 66.
- Beniamino Stella, prefect of the Congregation for Clergy, Italian, 72.
- Vincent Nichols, archbishop of Westminster, England, 68.
- Leopoldo Brenes Solorzano of Managua, Nicaragua, 64.
- Gerald Lacroix of Quebec, 56.
- Jean-Pierre Kutwa of Abidjan, Ivory Coast, 68.
- Orani Tempesta of Rio de Janeiro, Brazil, 63.
- Gualtiero Bassetti of Perugia-Citta della Pieve, Italy, 71.
- Mario Poli of Buenos Aires, Argentina, 66.
- Andrew Yeom Soo-jung of Seoul, South Korea, 70.
- Ricardo Ezzati Andreello of Santiago, Chile, 72.
- Philippe Ouedraogo of Ouagadougou, Burkina Faso, 69.
- Orlando Quevedo of Cotabato, Philippines, 74.
- Chibly Langlois of Les Cayes, Haiti, 55.
- Fernando Sebastian Aguilar, retired archbishop of Pamplona, Spain, 84.
- Kelvin Felix, retired archbishop of Castries, St. Lucia, Antilles, 81.

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CATHOLIC WORLD AT A GLANCE

Pope: Professing the faith without good works is just spouting hot air

VATICAN CITY (CNS) -- Understanding God's commandments and church doctrine is useless if those truths aren't put into practice, Pope Francis said. "A faith without bearing fruit in life, a faith that doesn't bear fruit in works is not faith," the pope said in a Mass homily, focusing on the day's first reading from the Book of James (2:14-24). Professing the faith without giving a witness makes the Gospel "words and nothing more than words," he said Feb. 21 during his early morning Mass in the Domus Sanctae Marthae, where he lives. "We, too, make this mistake many times," he said. It's often the case when a person thinks, "'But I have lots of faith. I believe everything.'" However, look at how that person lives life. It may be "a lukewarm, weak life" where "faith is like a theory" and not lived out in practice, the pope said. "You may know all the commandments, all the prophecies, all the truths of the faith, but if this isn't put into practice, is not translated into works, it serves nothing."

Nun, two activists go to prison for protest at nuclear weapons facility

WASHINGTON (CNS) -- A woman religious and two Catholic peace activists were sentenced to prison for several years for breaking into a Tennessee nuclear weapons facility and defacing its walls in July 2012. Sister Megan Rice, 84, of Washington, a member of the Society of the Holy Child Jesus, was sentenced Feb. 18 to 35 months in prison on each of two counts -- one count of depredation of property and one count of sabotage. Michael Walli, 65, also of Washington, and Greg Boertje-Obed, 58, of Duluth, Minn., were sentenced to 62 months in prison each on the same counts. All of the sentences were to be served concurrently and the three were to be credited for the nine months they have been held in prison since their conviction in May. The defendants were part of the group "Transform Now Plowshares." In announcing the sentences in a courtroom overflowing with supporters of the protesters, U.S. District Judge Amul R. Thapar said he respected the trio's commitment to peacemaking but that he settled on the sentences, in part, to act as a deterrent to future actions by the defendants or by others at the country's nuclear weapons facilities.

In unusual video, pope speaks of his longing for Christian unity

VATICAN CITY (CNS) -- In an unusual video message, recorded on an iPhone by a Pentecostal pastor Pope Francis knew in Argentina, the pope says all Christians share blame for their divisions, speaks of his "longing" for their unity and insists that God will bring the miracle of Christian unity to completion. "Pray to the Lord that he will unite us all," the pope tells a group of Pentecostals meeting in the United States. "Let's move forward, we are brothers; let us give each other that spiritual embrace and allow the Lord to complete the work he has begun. Because this is a miracle; the miracle of unity has begun." In the video, posted on YouTube and never released by the Vatican, the pope quotes a character from a novel by Alessandro Manzoni; the character says, "'I have never found that the Lord began a miracle without finishing it well.' He will finish well this miracle of unity," the pope added. The Vatican did not release any details when it announced Jan. 14 that Pope Francis had met with "Anthony Palmer, bishop and international ecumenical officer for the Communion of Evangelical Episcopal Churches," a group that is not affiliated with the Anglican Communion.

VATICAN LETTER

Cardinals' agenda shows pope's priority: removing all obstacles to faith

By Francis X. Rocca
Catholic News Service

VATICAN CITY (CNS) -- In late February, for the first time since his election nearly a year earlier, Pope Francis gathered the world's cardinals at Vatican. The principal reason was to add 19 to their number at a ceremony called a consistory, scheduled for Feb. 22 in St. Peter's Basilica.

The most important function of the College of Cardinals is to elect a pope, but the college is also an advisory body, traditionally known as the "pope's senate." So Pope Francis took the opportunity of the cardinals' presence in Rome to summon them to working meetings on some of his most urgent priorities.

At an extraordinary consistory Feb. 20-21, about 150 cardinals met to discuss church teaching and practices in regard to the family, in preparation for two synods of bishops that the pope has called to discuss the subject, in October and sometime in 2015.

Earlier the same week, the eight-member Council of Cardinals, which Pope Francis named last year to advise him on reform of the Vatican bureaucracy and governance of the universal church, met for its third session, which focused on the Vatican's financial management and the Vatican bank.

The panel also met with the 15-member Council of Cardinals for the Study of the Organizational and Economic Problems of the Holy See, which oversees budget-making for the Holy See and Vatican City State, and which was scheduled to hold its own meeting Feb. 24-25.

The array of issues on the cardinals' agenda this February thus spanned a wide range of Pope Francis' responsibilities as leader of the universal church. At first glance, the quality of the Vatican's financial accounting has little to do with the question of whether divorced and civilly remarried Catholics may receive Communion, except that the pope happens to be in charge of both.

Yet, the various matters Pope Francis asked his cardinals to address in this period are all objects of a common concern, one the pope has made clear he regards as overriding.

In his apostolic exhortation "Evangelii Gaudium," published in November, the pope deplored a range of problems impeding efforts to make the church "more mission-oriented, to make ordinary pastoral activity on every level more inclusive and

open, and to inspire in pastoral workers a constant desire to go forth and in this way to elicit a positive response from all those whom Jesus summons to friendship with him."

The cardinals' recent efforts focused on eliminating just such impediments.

It is easy to see how unedifying revelations or suspicions about the Vatican's handling of money can undermine evangelization, particularly the ministry to the poor on which Pope Francis has laid such emphasis.

Yet the pope has argued that the preaching of virtue, no less than the practice of vice, can prove a barrier to belief, if certain isolated questions are overemphasized to the detriment of the Gospel message.

"We cannot insist only on issues related to abortion, gay marriage and the use of contraceptive methods," the pope said in a much-quoted 2013 interview. "It is not necessary to talk about these issues all the time."

"The dogmatic and moral teachings of the church are not all equivalent," he added. "The church's pastoral ministry cannot be obsessed with the transmission of a disjointed multitude of doctrines to be imposed insistently."

"Proclamation in a missionary style focuses on the essentials, on the necessary things," he said. "We have to find a new balance; otherwise even the moral edifice of the church is likely to fall like a house of cards, losing the freshness and fragrance of the Gospel."

It may seem ironic that no one in the church has done more lately to promote talk about sexual and medical ethics than Pope Francis himself, as part of his focus on pastoral care of the family.

In addition to calling three international meetings of church leaders on the subject, he has authorized distribution of a pre-synodal questionnaire that has stimulated heated debate and discussion about contraception, cohabitation and same-sex unions among lay Catholics in dioceses around the world.

Yet, these actions are consistent with the pope's stated aims and principles. As he added in a less-quoted passage of the same interview, "when we speak about these issues, we have to talk about them in a context."

The upcoming synods, like the extraordinary consistory just ended, are evidently meant to provide such a context for that talk.

SCRIPTURE REFLECTIONS

Be not afraid... I will never forget you

Of all the emotions which affect our thoughts and memories, the emotion of fear lingers in our minds and memories long after the actual experience that caused it. Perhaps we had locked ourselves out of our car late at night in a deserted parking lot. Where to turn for help? We all remember the fear that gripped his



Monsignor
Paul E.
Whitmore

country on 9/11/2001. Often fear causes us to panic with an overreaction that doesn't really eliminate what caused our fear in the first place—and causes more harm than good.

In today's first reading, the Israelites have just come out of exile. They're dis-

couraged. They think God has forgotten them.

And so, through the prophet Isaiah, God says the most comforting words to them, "Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you". As Israelites desperately needed to hear those words, so do

we. Often and often again we have fears that God has forgotten us, forgotten that He ever created us. May we say those words to ourselves whenever our fear of abandonment paralyzes our hearts with fear.

And listen how the Gospel fits in so well today

with Christ's teaching on fear.

A large crowd is gathered on a mountain, giving rapt attention to the words of Jesus. You're part of the crowd. How very consoling are the words you hear from Jesus: "...do not worry about your life, what you will eat or drink, or about your body, what you will wear...look at the birds in the sky, they do not sow or reap...yet your Heavenly Father feeds them...

You strain to hear more, as Jesus tells you not to worry about what you are to eat or drink or wear! "Oh you of little faith, Your Heavenly Father knows you need them all. But seek first the Kingdom of Heaven and His righteousness and all these things will be given you besides,,,Do not worry

March 2

Eighth Sunday in Ordinary Time
READINGS

Isaiah 49:14-15
1 Corinthians 4:1-5
Matthew 6:24-34

about tomorrow, tomorrow will take care of itself. Sufficient for a day is its own evil." What wonderfully soothing words, and they are so true for us today! They have power to quiet our fears and calm our nerves—if we have sufficient faith and trust in Him.

We are tempted to question Jesus' words when we see such discouraging scenes of starvation and death in countries around the globe, and even in our own nation. Then we must

remember that Jesus did not place the whole burden on God the Father.

In our second reading today, St. Paul reminds the Corinthians that all in the community are "servants of Christ and stewards of the mysteries of God". Doesn't that remind us that much of the burden is ours?

Remember what St. James told us. "If a brother or sister is ill-clad and in lack of daily food, and one of you says to them, 'Go in peace, be warmed and filled', without things needed for the body, what does it profit? So faith by itself, if it has no works, is dead" (Jas 2:14).

It is today's community of faith, the contemporary "Body of Christ", that must help make the promises of the Sermon on the Mount a reality.

OUR READERS WRITE

Role of secular media

As a Catholic, I feel blessed to belong to a church that has provided education and health care for so many over the years. Having said that, I would like to address the role of the secular media as it relates to my church and abortion.

No one could provide better info on this matter than the former Medical Director of the National Association to repeal abortion laws. Dr. Bernard Nathanson not only helped legalize abortion but presided over 75,000 abortions before embracing the Catholic

Faith. In an article he penned in The 101 Times titled Confession of An Ex-Abortionist he laid out the strategy used by abortion advocates.

First, Capture the Media - 2nd Play the Catholic Card and 3rd Denigrate and Suppress all Scientific Evidence That Life Begins at Conception.

He stated, "We systematically vilified the Catholic Church ...and picked on the Catholic hierarchy as the villain opposing abortion.

The theme was played endlessly. We fed the media such lies as "we all know that opposition to abortion comes from the hierarchy and not from most CatholicsAnd the media drum fired all this into the American People, persuading them that anyone opposing permissive abortion must be under the influence of the Catholic hierarchy and that Catholics in favor of abortion are enlightened and forward looking."

In "Aborting America" when Lawrence Lader, head of N.A.R.A.L. told him of his plan to attack the hierarchy Nathanson wrote, "The only thing I found a little jarring was that the original nineteenth century laws in New York and elsewhere had been placed on the books mostly by doctors when there

were few Catholics around." Lader's response - "We're talking politics!"

In a 2nd book, "The Abortion Papers" he tells how they planned to make it a "religious issue" and coined the phrase 'pro-choice' to call over the more traditional, less trendy Catholics to our cause."

Result - some 5 million plus abortions - several hundred women and teens killed by legal abortion, 90% of women tested for Down Syndrome abort and four states permit assisted suicide. Many studies show a connection between abortion and breast cancer which has risen dramatically with legal abortion.

Hundreds of thousands march for life every year from Feminist for Life - Atheists for Life - Susan B. Anthony List - Presbyterians and Lutherans for LifeThey aren't mentioned in the reporting, but as usual this year's coverage mentions the word "Catholic."

BETTE HARTZELL
WATERTOWN

Ancient secret of chanting

Talking focuses on consonants while chanting emphasizes the vibratory nature of pure vowel sounds. Place the and on the chest and while breathing out

say, "Ahhh", one can feel the chest cavity vibrating, resonating to the sound. The ancient Eastern Religion devoted to enlightenment not science, ie...Tibetans, Hindus, Buddhist monks use single sound, "OM", "AUM", which they considered earthly sounds. They believed when intoned at low registry "opens the heart." The recurrent laryngeal N (Motor N of the vocal cords, "The voice") and the pneumogastric N (Vagus) give off cardiac branches to the cervical ganglia of the sympathetic system forming the cardiac plexus. It may have a role in the observed physiological effects of chanting either primary or secondary. A subject of future research.

Tells, et al, hypothesized that the vibration component of chanting "OM" activated the Thalamus of the brain. The gateway to the Endocrine, Autonomic, Cognition and Emotion resulting in decreased heart rate, decrease metabolism, increased cerebral blood flow. These were interpreted to be signs of mental alertness and relaxation.

Bernardi, et al, have shown that the simple chant of the traditional Latin version of the Hail Mary decreased the respiratory rate to 6 times a minute in synchrony with the normal fluctuation

of blood pressure, suggesting vagal response and sympathetic Baroreflex sensitivity. These were thought to be related to the activation of the Medulla of the brainstem with the sympathetic and parasympathetic (Vagal) outflow interacting. When in synchronized mode, it resulted in improved heart rate variability known to reduce the risk of "cardiac electrical chaos" terminating in sudden death. It was of note, that there were also increased cerebral blood flow velocity and increased variability of respiratory signals. There seems to be a tendency to shift to a parasympathetic dominance through vagal stimulation with chanting. It is known that a well-tuned vagal tone is a sign of a healthy heart.

The heart has its own keynote frequency and the body resonate with the heart beat and the beat goes on.

"Cogito ergo sum", it is time to tune the body to the self-healing of the mind/body and spirit. A prayerful meditation and one minute of chanting are good for the soul and well-being.

Ahhh-MEN (low tone)
EUGLOGIO H. RECTRA JR., MD
EMERITUS, LCGH
LOWVILLE

Letters to the Editor

We welcome letters from readers of the *North Country Catholic*.

•Due to space limitations, we ask that the number of words be limited to 300.

•We cannot accept letters which support ideas which are contrary to the teachings of the Catholic Church.

•Send letters to North Country Catholic, PO Box 326, Ogdensburg, NY, 13669 or e-mail to news@northcountrycatholic.org

AT THE MOVIES

THE LEGO MOVIE

By John Mulderig
Catholic News Service

Any film bearing a trademark in its title, and populated by brand-name toys, is bound to fall under suspicion as nothing more than a vehicle for boosting sales of the eponymous product line.

Consider, then, the surprising accomplishment of directors and co-writers Phil Lord and Christopher Miller ("Cloudy With a Chance of Meatballs"). With their lively 3-D animated adventure "The Lego Movie" (Warner Bros.), they not only deliver a diverting eye-catcher for both young and old, they also manage to incorporate a surprisingly pointed satire of conformist consumerism into the proceedings.

A willing victim of that modern trend, ordinary construction worker Emmet (voice of Chris Pratt) blindly follows the herd in his dull hometown of Bricksburg. He buys overpriced coffee,

laughs on cue at a mindless, one-joke sitcom called "Where Are My Pants?" and loves the same upbeat pop tune du jour - "Everything Is Awesome" - as everybody else.

Emmet also trusts implicitly in the local maestro of mediocrity, creativity-loathing CEO President Business (voice of Will Ferrell).

Two closely related events are destined to rock Emmet's contentedly brain-dead world, however. One is his accidental acquisition of a fabled building block called the Piece of Resistance. The other is his encounter with tough but fetching underground activist Wyldstyle (voice of Elizabeth Banks), a nonconformist par excellence for whom he instantly falls.

Based on his possession of the Piece of Resistance, for which she herself has been searching, Wyldstyle is convinced that Emmet is a prophesied hero called The Special. His destiny, accordingly, is to lead a crusade against President Business.

Unbeknownst to the public, behind the scenes this evil would-be tyrant prefers the title Lord Business, and he has a scheme on foot to control the world, and purge it of all originality, using a secret weapon.

Though convinced that a mistake has been made -- his total lack of the necessary qualifications soon has Wyldstyle herself expressing doubts about him -- Emmet somewhat reluctantly agrees to do his best.

Joining Emmet and Wyldstyle in their struggle to topple the aspiring dictator is a ragtag team of fighters that includes Wyldstyle's self-centered boyfriend, Batman (voice of Will Arnett), and Vitruvius (voice of Morgan Freeman), the pixilated mystic who predicted the arrival of The Special in the first place.

Opposing them is Lord Business' principal minion, Bad Cop-Good Cop (voice of Liam Neeson). As his name might suggest, this police officer is both comically schizophrenic and gen-



CNS PHOTO/WARNER BROS

Animated characters appear in "The Lego Movie."

uinely torn between the positive and negative poles of his own personality.

Colorful and fast-paced, "The Lego Movie" sails along toward a format-shifting conclusion that adds another asset to the rich mix: a touching sequence promoting family bonds over selfishness.

Along the way, ambiguous use is made of the phrase, "the man upstairs." Some may interpret this repeated reference as suggesting that God himself -- or perhaps religion -- is yet another source of imposed order

against which the characters ought to rebel. But those disposed to resist such a reading are given an out when the words receive a quite literal fulfillment close to the movie's wrap-up.

The film contains cartoon mayhem, some peril and a bit of mild scatological humor.

The Catholic News Service classification is A-I -- general patronage. The Motion Picture Association of America rating is PG -- parental guidance suggested. Some material may not be suitable for children.

CATHOLIC SCHOOL WINNERS!



St. Joseph Sister M. Gregory Munger visited St. Mary's School in Canton during Catholic Schools Week to speak on vocations. She later assisted with the school's spelling bee. The winning spellers, shown above with Sister Gregory, were Gavin Thomas, fifth grade winner; Madison Hoy, fourth grade and Sarah Bailey sixth grade.



The modified girls basketball team at St. Mary's School in Ticonderoga, coached by Scott Hearburg, was undefeated this year. Pictured after their last game are, back row from left, Eryn Kidder, Emily Pike, Christina Simpson and Corey Kidder; front, Makayla Stockwell, Hailee Hearburg and Stephania Zelinski.

ADIRONDACK

RUMMAGE SALE

Lake Placid — Rummage sale to be held.

Date: March 15

Time: 9 a.m. to 2 p.m.

Place: St. Agnes School Gym

Features: Reserve a table for \$20, sell and keep the profits or donations can be dropped off at St. Agnes School.

Contact: For more information, please contact Kathleen Murphy at 518-523-3771 or at info@stagneselementary.com

PARISH NURSE TRAINING

Lake Placid — Mercy Care of the Adirondacks will offer the Foundations Course for Faith Community Nursing for Parish Nursing.

Date: April 8, 14, 15, 21 and 22

Trainer: Sister Catherine Cummins, RSM, Ed.D., R.N.

Features: Open to registered nurses of all faiths no cost to participants but pre-registration is required. The parish nurse offers assistance in obtaining community services, helps with understanding diagnoses, medications and diagnostic tests, brings nursing experience and faith to the service of others.

Contact: To register for the course or request more information, please contact Sister Catherine Cummings at 523-5582 or ccummings@adkmercy.org.

CATHOLIC MEN'S GROUP

Saranac Lake — A Catholic Men's Group meets on the first Saturdays of the month for a time of fellowship, prayer, and discussion.

Time: 8 a.m. to 10

Place: St. Bernard's Chapel

Features: Mass followed by coffee and refreshment, discussion and prayer.

Contact: Fr. Mark Reilly, 518-891-4616

CLINTON

REGIONAL YOUTH NIGHT

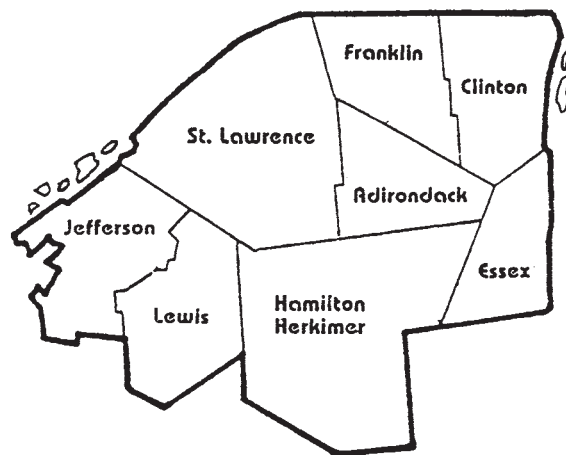
Plattsburgh — A second Diocesan Regional Youth Night will feature Mass and Mardi Gras masquerade. (The first Was in Gouverneur in December)

Date: March 1

Time: 4 p.m. to 8

Place: St. Peter's Church and Seton Academy

Features: Food and fellowship. You can decorate a mask to wear, make wrist rosaries or play basketball. There will be a brief presentation on Our Lady of Guadeloupe. R.S.V.P.'s are helpful for planning but not mandatory. To R.S.V.P. please return permission form to the youth office, otherwise have it with you when you arrive.



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@northcountrycatholic.org.

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

PANCAKE BREAKFAST

West Chazy — Annual all you can eat pancake breakfast to be held, sponsored by St. Joseph's Men's Club.

Date: March 9

Time: 8:30 a.m. to 1 p.m.

Place: Parish Center

Cost: Adults, \$6.50; Children 6-10, \$3; under 5, Free

PARISH DINNER

Plattsburgh — Our Lady of Victory to have a spaghetti dinner.

Date: March 15

Time: 5:30 p.m. to 6:45

Place: Our Lady of Victory Parish Gym

Cost: Adults, \$8; Seniors, \$7; Kids, \$5

RUMMAGE SALE

Mooers Forks — The Mooers K of C Auxiliary will be sponsoring a rummage sale.

Schedule: March 21 — 22, 8 a.m. to 4 p.m.; March 23, 9 a.m. to 4 p.m.

Place: St. Ann's Church Hall

LENTEN ADORATION

Plattsburgh — St. Peter's Church will offer weekday adoration during Lent.

Schedule: Beginning Ash Wednesday after the noon daily Mass and end with Benediction at 7 p.m. on Wednesday of Holy Week. Tues, Wed, Thurs, & Fri after 7 a.m. Mass to 7 p.m. Mon, after 7 a.m. Mass to 9 p.m.

Contact: To sign up for adoration, call the rectory at 563-1692 or stop in the Chapel anytime during adoration hours.

PANCAKE BREAKFAST

Treadwell Mills — St. Alexander & St.

Joseph's Church will hold a Pancake Breakfast.

Date: March 2

Time: 8:30 a.m. to 12:30 p.m.

Place: St. Joseph's Church Parish Hall
Cost: Adults, \$6; Children 12 and under, \$3; under 5, Free

Features: Pancake, real maple syrup, sausage, scrambled eggs, home fries,

QUILTING CLASSES

Ellenburg Center — The Lost Sheep Quilt Shop is holding classes

Through the Year Wall Hanging: March 15, 22, and 29; Rita Breen, Instructor; Cost: \$40 for all 3 classes. Call or email to reserve a spot by March 1. Class size is limited to 7.

Sew Together: any Tuesday from 10 a.m. to 3. This is a quilting group designed to share ideas, help fellow quilters, teach beginners. Bring a bag lunch if you come for the day.

Contact: The Lost Sheep Quilt Shop, Our Lady of the Adirondacks House of Prayer, 7270 Star Road, Ellenburg Center, 518-594-3253, olaprayerhouse@gmail.com

HEALING MINISTRY

Morrisonville — The Catholic Community of St. Alexander's and St. Joseph's announces the addition of Living Waters Healing Ministry to the Parish.

Date: First Thursday each month

Time: 6:30 p.m.

Place: St. Alexander's Church

Features: Healing Mass, Sacrament of the Anointing of the Sick, Exposition of the Blessed Sacrament, and an opportunity to receive individual prayer.

EUCCHARISTIC ADORATION

Plattsburgh — Eucharistic Adoration is held throughout the year every Wednesday, Thursday, and Friday.

Place: St. John's "Holy Family" Adoration Chapel, downstairs

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

Contact: call 518-561-5083 or email Sjohnsadoration@aol.com

ESSEX

ST. PATRICK'S DAY DINNER

Elizabethtown — St. Elizabeth's will hold its annual St. Patrick's Day Dinner.

Date: March 16

Time: 2 p.m. to 6

Place: Parish Hall

Cost: Adults, \$11; Children under 12, \$5
Features: Corned Beef or Ham. Take-Outs after 1:30 p.m. Raffle tickets available

FRANKLIN

ST. JOSEPH'S DAY

Bombay — St. Joseph's Church will be holding a St. Joseph's Day Mass and meatless cover dish dinner.

Date: March 19

Time: 5:30 p.m.

Features: Fr. Thomas Higman will be the homilist. All are invited to join after Mass for a St. Joseph's Day table. Everyone is asked to bring a dish to share; only request is that with the tradition of this Table, the dishes are meatless. We ask St. Joseph to intercede for us, to pray for us and to continue to guide us.

DINNER THEATER

Brushton — The North Franklin Theater Group and St. Mary's Church present its Annual Dinner Theater.

Date: March 1

Time: 6 p.m. (arrival around 5:30)

Place: St. Mary's Parish Center

Cost: \$28 per person prepaid

Menu: Cream of Broccoli Soup, Roast Turkey or Roast Pork; Stuffing, mashed potatoes, carrots, garden salad, rolls, dessert and beverages

Contact: Eileen Miller at 518-529-7713 to make reservations.

JEFFERSON

LENTEN LOOK A VATICAN II

Evans Mills — St. Mary's Parish will hold a Lenten Look at Vatican II

Date: 4 successive Wednesdays beginning March 12

Time: 6:30 p.m.

Place: St. Mary's Parish Center

Program: *Lumen Gentium* will be the focus of presentations by Father Tom Kornmeyer, pastor, and Deacon Pat Donahue. A one-hour talk on some aspect of

the document will open each session followed by 30 minutes of questions and discussion, then Benediction.

Registration: Parishioners and Catholics from outside the parish are welcome to attend. All are asked to register by March 9 at 629-4678.

SPAGHETTI SUPPER

Watertown — St. Anthony's Altar Rosary Church will be having Spaghetti Supper.

Date: Feb. 27

Time: 4:30 p.m. to 7

Place: Msgr. Sechi Hall

Cost: Adults, \$8; children \$4.50; under 3, free; sauce, \$5 per quart meatballs \$.75

Features: Take-out orders begin at 4 p.m. Please bring your own containers

EUCCHARISTIC ADORATION

Watertown — Holy Family Church is holding holy hours of Eucharistic Adoration for Vocations

Schedule: Monday through Friday following the 9 a.m. Mass at Holy Family Church (9:30 - 10:30 a.m.),

LIFERIGHT MEETING

Watertown — Liferight of Watertown meets third Wednesday of the Month.

Time: 4 p.m.

Place: 312 Sherman St.

Features: The office has materials on infanticide, assisted suicide, euthanasia and chastity.

Contact: Phone 315-788-8480; website: www.liferight.org.

LEWIS

DIVINE MERCY DEVOTIONS

Houseville — Divine Mercy Devotions for the month of March to be held.

Date: March 2

Time: 3 p.m.

Place: St. Hedwig's Church

Features: Vespers (Evening Prayer), Exposition of the Most Blessed Sacrament, The Divine Mercy Chaplet and Benediction. Contact 348-6260.

ST. LAWRENCE

FIRST SATURDAY ROSARY

Massena — St. Mary's Church is holding a special rosary to mark First Saturday.

Date: March 1

Time: 3:15 p.m.

Features: The Rosary to Our Lady of Fatima will be prayed in reparation to Her Immaculate Heart and for World Peace., followed by a 15 minute private meditation on the Sorrowful Mysteries. Confessions are available starting at 2:45 p.m. and the Saturday Mass Vigil is at 4 p.m.

CONTINUED ON BACK PAGE



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

Embracing the struggles

From the Director's Desk,
Sister Mary Ellen Brett, SSJ,
Diocesan Mission Director

Jesus calls us to think about the poor in Matthew's Gospel 25:35...I was hungry and you gave me food, I was thirsty and you gave me something to drink.

Mother Nature's cold, icy and snowy winter, though a "photographer's paradise" has caused me to reflect upon the difficulty I see for some people in America and in developing countries to receive nourishing food and drink.

I pray for the agencies in America that provide food and drink to be distributed to families and especially to those who are short on food stamps, disabled to work or unemployed.

People are grateful for the regular opportunities to receive boxes with nourishing food and recipes. How humbling for these people to ask, yet, to receive with grateful hearts!

Blessed are the many volunteers who fill boxes thinking of what is best for the size of each family. Blessed, too, are those who greet recipients with a smile and warm heart.

My thoughts, also, turn to the children in developing countries who receive their one bowl of soup or rice in school which is their nourishing meal for the day. I vividly recall children in Peru, SA coming down from the mountains with a small pail to fill with soup to take back up the mountain for the family meal.

You can only hope the pail doesn't spill on the way back up the mountain as that pail contains the one family meal for the day.

I conclude with the words of Pope Francis, "Let us remember well, however that whenever food is thrown out it is as if it were stolen from the table of the poor, from the hungry! I ask everyone to reflect on the problem of the loss and waste of food, to identify ways and approaches which, by seriously dealing with this problem, convey solidarity and sharing with the underprivileged." General Audience, June 5, 2013

The Pontifical Mission Societies in the Diocese of Ogdensburg, Incorporated, wishes to send our deepest gratitude to all who send prayer and sacrifice for those in the Missions in the Developing Lands.

Without the financial and spiritual support received from the generosity of this Diocese, the landscape of those lands would be a far different place today. Thank you and God Bless!

Please remember "The Society for the Propagation of the Faith" when writing or changing your Will.
www.dioogdensburg.org/missionoffice

OBITUARIES

Alexandria Bay — John J. Canestra, 62; Funeral Services Feb. 18, 2014 at St. Cyril's Church; burial in St. Cyril's Cemetery.

Altona — Faith A. (Boyea) Patnode, 71; Funeral Services Feb. 17, 2014 at Holy Angels Church; burial in parish cemetery.

Bombay — Donald J. Durant, 91; Funeral Services Feb. 21, 2014 at St. Joseph's Church; burial in St. Joseph's Cemetery.

Brushton — Douglas B. Hiltz, 82; Funeral Services Feb. 19, 2014 at St. Mary's Church; burial in Sandhill Cemetery.

Carthage — Betty F. (Fuller) Schack, 69; Funeral Services Feb. 17, 2014 at the Lundy Funeral Home; burial in the New St. James Cemetery.

Chazy — Gerard A. Duprey, 81; Funeral Services Feb. 20, 2014 at Sacred Heart Church; burial in Sacred Heart Cemetery.

Ellenburg — Leona O. (DuBrey) Rebideau, 95; Funeral Services Feb. 15, 2014 at St. Edmund's Church; burial in St. Alexander's Cemetery, Morrisonville.

Henderson — Sara J. Piddock Martin, 45; Funeral Services Feb. 22, 2014 at Queen of Heaven Church; burial in Elmwood Cemetery, Adams.

Lake Placid — Henry Karl, 83; Funeral Services Feb. 24, 2014 at St. Agnes Church; burial in North Elba Cemetery.

Louisville — Donna M. (Belile) Lefevre, 84; Funeral Feb. 21, 2014 at St. Lawrence Church; burial in parish cemetery.

Massena — Margaret A. (Jenkins) Blair, 89; Funeral Feb. 18, 2014 at St. Mary's Church; burial in Calvary Cemetery.

Massena — John Paul Dumas, 77; Funeral Services Feb. 21, 2014 at Church of the Sacred Heart; burial in Calvary Cemetery.

Massena — Angel (Bell) Venier, 43; Funeral Services Feb. 22, 2014 at Church of the Sacred Heart; burial in Calvary Cemetery.

Mineville — Rita B. (Gauthier) Nephew, 85; Funeral Services Feb. 22, 2014 at All Saints Church.

North Bangor — Rita A. (St. Mary) Fitzsimmons, 92; Funeral Service Feb. 18, 2014 at St. Augustine's Church; burial in St. Joseph's Cemetery.

Peru — Rose L. (Decker) Liberty, 79; Funeral Services Feb. 19, 2014 at St. Augustine's Church; burial in Whispering Maples Memorial, Plattsburgh.

Plattsburgh — Ruth M. (Renadette) Everleth, 101; Funeral Services Feb. 19, 2014 at St. Peter's Church; burial in Whispering Maples Memorial Gardens.

Plattsburgh — Shirley Irene Spiegel Lapham, 91; Funeral Services Feb. 21, 2014 at St. John's Church.

Plattsburgh — Edwin M. Leupold, 84; Funeral Services Feb. 21, 2014 at Our Lady of Victory Church; burial in Mt. Carmel Cemetery.

Plattsburgh — Annette (Gagnier) Thornton, 60; Memorial Services Feb. 17, 2014 at Our Lady of Victory.

Rouses Point — Thomas R. Jefferson, 82; Funeral Services Feb. 19, 2014 at St. Patrick's Church; burial in St. Mary's Cemetery, Champlain.

Saranac Lake — Rita Cuzzi Kenedy, 92; Funeral Services Feb. 15, 2014 at St. Bernard's Church; burial in St. Bernard's Cemetery.

Ticonderoga — Rita L. (LaFountain) O'Brien, 82; Funeral Services Feb. 21, 2014 at St. Mary's Church; burial in St. Patrick's Cemetery, Port Henry.

Tupper Lake — Albert S. Becker, 86; Funeral Services Feb. 20, 2014 at St. Alphonsus Church.

Tupper Lake — May V.M. 'Maddie' (LaFrance) LaFountain, 78; Funeral Services Feb. 24, 2014 at St. Alphonsus Church.

Tupper Lake — Henrietta (Facteau) Vincent, 93; Funeral Services Feb. 19, 2014 at St. Alphonsus Church; burial in Arlington National Cemetery.

Watertown — J. Clancy "Bud" Hopkins Jr., 89; Funeral Services March 1, 2014 at St. Patrick's Church.

Watertown — Nazareno L. "Naz" Marconi, 82; Funeral Services Feb. 22, 2014 at St. Anthony's Church; burial in Glenwood Cemetery.

Watertown — John G. Pircsuk, 54; Funeral Services Feb. 17, 2014 at St. Anthony's Church.

REQUEST FOR PRIESTS

WOULD YOU PRAY FOR A PRIEST EACH DAY?


PRAYER SUGGESTION

Eternal Father,
we lift up to you these
and all the priests of the world.
Sanctify them.
Heal and guide them.
Mold them into the likeness and
holiness of your Son, Jesus,
the Eternal High Priest.
May their lives be pleasing to
you. In Jesus' name we pray.
Amen

(With ecclesiastical approval)

Mass
Rosary
Fasting
Day Offering
Eucharistic Adoration
Offering of Sufferings
Divine Mercy Chaplet

Or whatever the Lord
inspires you to offer Him

March

St. Joseph

DIOCESE OF OGDENSBURG, NY MARCH 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more copies write to: Diocese of Ogdensburg PO Box 369 Ogdensburg, NY 13669						1 BISHOP TERRY R. LAVALLEY
2 REV. JEAN CLAUDE KILUMBU	3 REV. THOMAS E. KORNMEYER	4 REV. STEVE KOVACEVICH	5 REV. DONALD J. KRAMBERG	6 REV. ARTHUR J. LABAFFE	7 REV. ALAN J. LAMICA	8 OUR PASTOR
9 REV. ROBERT O. LAMITTE	10 REV. VICTOR E. LAMORE	11 REV. KRIS C. LAUZON	12 REV. PAUL F. LEDERMANN	13 REV. CLYDE A. LEWIS	14 REV. CHRISTOPHER J. LOOBY	15 POPE FRANCIS
16 BENEDICT XVI POPE EMERITUS	17 REV. JOHN J. LOOBY V.F.	18 REV. DOUGLAS J. LUCIA	19 REV. SHANE M. LYNCH	20 REV. DONALD J. MANFRED V.F.	21 REV. GEORGE F. MAROUN	22 RETIRED PRIESTS
23 REV. LAWRENCE E. MABILLIO	24 MSGR. C. JOHN MCANVOY	25 MSGR. ROBERT J. MC CARTHY	26 REV. KEVIN D. MC EWAN	27 REV. J. ROGER MCGUINNESS	28 REV. BERNARD D. MENARD	29 DECEASED PRIESTS

For more information visit us online at: www.mprapostolate.org
A donation to help support THE MONTHLY PRAYER REQUEST FOR PRIESTS will be appreciated.
The Monthly Prayer Request for Priests is graciously underwritten by:  Diocese of Ogdensburg Vocation Society www.myvocation.net

CONTINUED FROM PAGE 14

ST. LAWRENCE

FISH & SHRIMP FRY

Gouverneur — There will be a Fish & Shrimp Fry every Friday during lent.

Date: March 7 to April 18

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

Place: St. James School

Cost: Adults, \$10; Children 12 and under, \$5; under 5, Free

Features: Take-outs available, phone ahead for faster service and deliveries 287-0130.

LENTEN PROGRAM

Norfolk — The Catholic Parishes of Norfolk, Norwood & Raymondville are holding a Lenten program.

Schedule: Tuesday mornings: March 4, 11, 18, 25, April 1, 8 Starting with 9 a.m. Mass, light social, presentation and ending around 11:30 a.m.

OR: Thursday Evenings: March 6, 13, 20, 27, April 3, 10 starting with 5:30 p.m. Mass, light social, presentation and ending around 8 p.m.

Place: Church of the Visitation

Features: Lenten program will be based on the spirituality of Matthew Kelly. The four signs of a Dynamic Catholic, transforming people one at a time... are you willing to let God transform you?

LENTEN STUDY: "CONVERSION

Ogdensburg — The Evangelization Committee of St. Mary's Cathedral is holding a Lenten study series for Ogdensburg area parishes.

Date: Wednesdays, Feb. 19-April 9

Time: 6:30 p.m. to 8

Place: Bishop Brzana Hall

Program: In this DVD series, presented by Bill O'Brien, Father Robert Barron shares six stories of conversion from the Gospels. The common theme in each story is the turning of all one's attention and energy toward an ever deeper, personal relationship with Jesus Christ.

Price: Workbooks are available for \$12

K OF C BRUNCH

Norfolk — The Knights of Columbus will be sponsoring a brunch.

Date: March 9

Time: 8:30 a.m. to Noon

Place: Visitation Parish Center

Cost: Adults, \$7; Children under 12, \$4; Under 5, Free; Family, \$18; Take-outs available

Menu: Pancakes, French Toast, Scrambled Eggs, Homefries, Ham, Sausage, Toast, Muffins, Juice, Coffee.

5K WALK/RUN

Massena — The 2nd Annual Glory in our Hearts 5K Walk/Run to Remember will bring together walkers and runners, for a heart healthy fundraiser to support the 2014 outreach activities of the Glory in our Hearts Foundation.

Date: May 3

Time: 9 a.m.

Place: Robert Moses State Park Picnic Area at Barnhart Island

Features: Stroller and child friendly 5K event. Visit website at <http://www.glo-ryinourhearts.org/5k.html> for info.

DINNER AND SHOW

Ogdensburg — Notre Dame Altar & Rosary is sponsoring a bus trip to the Syracuse Oncenter.

Date: June 4

Cost: \$120 per person (includes show ticket, bus fare, and dinner at Spaghetti Warehouse restaurant.)

Features: Performance of Million Dollar Quartet. at 7:30 p.m.. Inspired by the electrifying true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time.

Contact: Call Cherie @393-5050 or 393-7158 or Joyce @528-1819.

BEREAVEMENT SUPPORT GROUP

Massena — Sacred Heart/St. Lawrence holds a Bereavement Support Group last Tuesday of each month.

Time: 2 p.m.

Place: Sacred Heart Convent

Features: A gathering of those who have had a recent loss of a loved one.

Contact: 315-769-3137

NOVENA FOR MILITARY

Ogdensburg — Notre Dame Church is holding a Weekly novena for the safety of U.S. military personnel at a new time.

Date: Tuesday afternoons

Time: 1:30 p.m.

LATIN MASS

Potsdam — A Tridentine (Latin) Mass is celebrated each Sunday with Msgr. Robert H. Aucoin as the celebrant

Time: 12:30 p.m.

Place: St. Mary's Church

COMMUNITY FREE LUNCH

Ogdensburg — The Knights of Columbus Council 258 is starting its community

IMMACULATE HEART CENTRAL SCHOOL
MYSTERY PLAYERS
LENT 2014

Date	Place		Time
MARCH 9	SUMMIT VILLAGE	WATERTOWN	7:00 P.M.
MARCH 16	ST. CECILIA'S	ADAMS	7:00 P.M.
MARCH 21	ST. JOHN'S	PLATTSBURGH	8:00 P.M.
MARCH 22	ST. BERNARD'S	SARANAC LAKE	7:30 P.M.
MARCH 28	ST. JOSEPH'S	MALONE	7:30 P.M.
MARCH 30	ST. PAUL'S	BLACK RIVER	7:30 P.M.
APRIL 4	ST. JAMES	GOVERNEUR	7:30 P.M.
APRIL 6	ST. CRYIL'S	ALEX BAY	8:00 P.M.
APRIL 12	ST. PIUS X	LOUDONVILLE	7:30 P.M.
APRIL 13	HOLY FAMILY	NAZARETH, PA	7:00 P.M.
APRIL 14	ST. JOHN THE BAPTIST	OTTSVILLE, PA	8:00 P.M.
APRIL 15	NATIVITY OF OUR LORD	MONROE TOWNSHIP, NJ	8:00 P.M.
APRIL 16	ST. ROSE OF LIMA	NEWTOWN, CT	8:00 P.M.
APRIL 18	ST. PATRICK'S	WATERTOWN	8:00 P.M.

www.ihcschools.org/spiritual-life/mystery-players

free lunch program again.

Date: Every Wednesday

Time: Noon

Features: Free hot lunch

EUCHARISTIC ADORATION

Massena — St. Mary's & St. Joseph's hold Benediction and Adoration every Friday morning.

Time: 9 a.m. to 10

Place: St. Mary's Family Room

HOLY HOUR FOR VOCATIONS

Ogdensburg — St. Mary's is holding a monthly Holy Hour for Vocations.

Date: Thursday before the First Friday

Time: 7 p.m. concluding with Benediction at 8 p.m.

Place: Deacon Winter Chapel

DIOCESAN EVENTS

WOMEN OF GRACE RETREAT

Ogdensburg — Women of Grace Retreat to be held again for a spirit filled week-end retreat.

Date: June 27-29

Place: Wadhams Hall

Speaker: Johnnette Benkovic, founder and president of Living His Life Abundantly

Features: The weekend will be filled with the celebration of the Eucharist, Adoration, prayer, talks, music, and sacred sisterhood. The theme of the retreat is To Jesus Through Mary... "For Such A Time As This..." (Esther 4:14). Throughout this weekend, Johnnette will unfold the truths of authentic femininity leaving a lasting imprint on the minds, hearts, and souls of those in attendance.

Contact: To learn more about attending this weekend or Women of Grace, contact Mary Dillenback at marydillenback@twcny.rr.com or call 771-1377.

ST. MARY'S CAR RAFFLE



Enter for your chance to win a 2013 Chevrolet Sonic Lt or \$12,000 CASH!

(Winner pays NYS sales tax) Drawing will be held April 20, 2014.

All proceeds to benefit St. Mary's Church in Canton and its ministries.

Call the parish office at 315-386-2543 or fill out the form below for tickets.

St. Mary's Church
68 Court Street
Canton, NY 13617

NAME _____

ADDRESS _____

Telephone _____

Number of Tickets _____ Amount of check \$ _____

\$20 EACH or 6 for \$100

NCC

PILGRIMAGE OPPORTUNITY!

Rome, Sicily and More

October 20-28, 2014

Visit Rome, the center of the Christian world. Join Pope Francis for the scheduled Angelus in St. Peter's Square. Attend a private mass for the group in the Grotto of St. Peter's Basilica. View first hand, the diverse religious, political and historical heritage of Sicily. Experience the charm of Sorrento, Pompeii, Montecassino and Naples.

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