

INSIDE THIS ISSUE	
MULTI PARISH YOUTH GROUP	1
CELEBRATING CHURCH TEACHING	2
DID YOU KNOW	2
NEW OBLATES & NOVICES	3
OUR MISSION FAMILY	4
MARIAN APPARITION	5
YOUTH DAY VIEW	6
YOUTH DAY PICTURES	7
MED. MISSION PHOTO'S	9
WHY DO CATHOLICS...?	9
NOTES FROM NURSES	10
OUR SEMINARIAN	10
MED. MISSION TEAM	11
FOOTPRINTS OF GOD	13
FOOTPRINTS REVIEW	14
COUNCIL MEMBERS	15
HURLEY WORKWEEK	16
PHOTOS FROM HURLEY	17
TIME & TALENT AWARD	18
NEW PARISHIONERS	18
PANCAKE SUCCESS	18
CONFIRMATION	19
PREGNANCY CENTER	19
SMILE TIME	19
PLAYHOUSE	20

AUGUST ISSUE 2008

OUR PARISH LIFE

HOLY CROSS CATHOLIC CHURCH NEWSLETTER

A NOTE FROM THE EDITOR

THE NEXT ISSUE OF OUR PARISH LIFE WILL BE IN

NOVEMBER 2008.

THAT WILL BE THE ISSUE FOR HOLIDAY INFORMATION AND HOLIDAY ARTICLES !

THE CUT OFF DATE IS OCTOBER 10TH ! MARK YOUR CALENDARS !

MULTI-PARISH YOUTH DAY

I worked in the Diocese of Tucson for 20 years .Similar to the Diocese of Richmond except for high desert vegetation and arroyos instead of mountains and rivers most Tucson parishes service small towns and ranches from the eastern border touching New Mexico to the western border touching California. Directors of Religious Ed. and Youth Ministers in parishes that could handle a crowd would invite Youth in the outlying areas to spend a day similar to what transpired here in Lynchburg on April 20, 2008.

I was aware that this year there would be no Kujenga, the leadership retreat for African American Youth and no Encuentro for Latino Youth. There will be the Diocesan Youth Convention which in the past has limited the number of participants. This year, however, there will be a wonderful increase in the availability of space for rising 9th graders through rising 12th graders. One quiet early morning last October, as I sipped my second cup of coffee (when God and I usually have our stream of consciousness time together :)), my creative Self envisioned a Youth Day with a "Y'All Come" welcome sign.

Anyway, with the permission of Fr. Ken Rush, I invited parishes within a 2 to 3 hrs. "radius" of Lynchburg and timed the Day so that participants would be driving in daylight. Everything would be provided including Mass. The first item of the afternoon was LUNCH and at the conclusion of the afternoon all participants were offered snacks for their ride back home.

Bob Perron, Stoo4Christ, is the Diocesan Director of Youth Ministry for the Diocese of Des Moines, Iowa. He directs the St. Thomas More Center, a diocesan youth camp. Bob is married with 5 children, 3 of whom are adopted. His children, his wife, and his 20 years as a Youth Minister provide many, many stories with a message,

PLEASE CONTINUE ON PAGE 6, SEE "YOUTH DAY"

Celebrating the Richness of Church Teaching

2

The Church's teaching on contraception is not just a doctrine that tells them what not to do. Many people would benefit from knowing that it is a doctrine that explains how extraordinarily important is the act of having children. One reason that modern culture has trouble understanding the truth of *Humanae Vitae* is that it fails to appreciate what a profound good children are. It is true that most parents love their children beyond belief and frequently even acknowledge that they are great gifts from God. Many parents will testify

Please continue on Page 8 See "Church Teaching"

Did You Know ?

The first official adhesive postage stamp came into being in the United Kingdom of Great Britain and Ireland in May of 1840. It was called the "Penny Black". The Penny Black was engraved with the profile of Queen Victoria's head, who remained on all British stamps for the next sixty years. The first U.S. postal stamp came out in 1847. For mail delivered 300 miles you needed a five cent stamp. For mail traveling further than 300 miles you were required to purchase a 10 cent stamp.



Today you can go on line to www.usps.com and even order stamps with your picture on them.

A schoolmaster from England, Rowland Hill, invented the adhesive postage stamp in 1837, an act for which he was knighted. Through his efforts the first stamp in the world was issued in England in 1840. Rowland Hill also created the first uniform postage rates that were based on weight rather than size. Hill's stamps made the prepayment of mail postage possible and practical.

To facilitate the handling of mail matter, some postmasters provided special stamps or devices for use on letters as evidence of the prepayment of postage. These stamps of local origin are known as "Postmasters' Provisionals." Two examples are shown here.



After the introduction of postage stamps, these various methods of mailing without stamps affixed continued to be legal until the prepayment of postage, by means of stamps of governmental issue was made obligatory by law, effective January 1, 1856.

As soon as possible after the enactment of the law on March 3, 1847, authorizing the issuance of adhesive postage stamps, a contract was entered into with a private manufacturer for the printing of the quantities required for placing on sale July 1, following. Subsequent contracts for postage stamps continued to be awarded to private manufacturers until July 1, 1894, on which date the printing of stamps was transferred to the Bureau of Engraving and Printing, Treasury Department, where all postage stamps have since been produced, with the exception of those few issues specifically noted.



1847 through 1947 ~The first 100 years Series of 1851

Congratulations to our New Oblates & Novices

3

Oblates bind themselves by an act of oblation, or "gift" to God. This oblation is a promise, not a vow, to live according to the *Rule* St. Benedict wrote in the 6th century. Oblates have a strong desire to find God and experience a fuller Christian life by living according to the spirit of the *Rule*. The oblation is a free gift to God made through the monastery with which they are affiliated. The Oblates are responsible for their own Christian and spiritual life and receive periodic guidance by attending monthly meetings which include spiritual instruction.

Benedictine Oblate life is primarily a spiritual life. The *Rule of St. Benedict* provides the guide for Oblate life. The key to this life is found in Benedict's advice, "That God may be glorified in all things" (RB 57:9). For the Oblate, all things really means *all things*: Prayer, work, studies, church, recreation, family, friends, and even enemies. The Oblate truly seeks God in every aspect of everyday life. Oblate life is centered on a

reverence for prayer. Oblates practice prayer both publicly with the *Liturgy of the Hours* and privately. Oblates also have a love for holy reading, or *lectio divina*. Part of Oblate life is the desire to be obedient to the Will of God. Oblates fulfill this desire with humility, by patiently bearing the everyday trials of life, by appreciating silence, by keeping one's speech under control, and by viewing all work as holy.

Oblate life is formed in and around a Benedictine community. The St. Procopius Oblate is affiliated spiritually with this monastery and thus shares in the prayer, work, love and commitment of the community. The Oblates also form community in chapters and among their family, friends and church. By being part of the Benedictine community, the Oblate is supported to live more fully the Christian life.



Lisa Shelton, Sharon Whipkey,
BJ Lynch, Margie Takacs
Pat Wood, Mary Huynh,
Joann Berrier

THANK YOU HOLY CROSS CHURCH !

4

Dear Parishioners of Holy Cross,

Thank you for making me feel so welcomed last week-end as I visited with you. Your support has meant everything to me and my family. Your generous donations have been put to good use and the people of the Marshall Islands have benefited greatly through your kindness. I was asked to make a "wish list" of items we currently need and also to give everyone our email addresses. So here goes!

Things we need:

- Black or navy pants sized for an 8 year old and 5 year old (Ocean and Cana need these for school)
- Children's and infant's Tylenol, cough & cold medicine.
- Counseling resources (I need these for counseling children and teens, as well as adults.)
- Children's & adults sandals, flip flops.
- T-shirts (any kind) for youth, ages 12 - 16.
- School supplies (any) for children or teens.
- Books for kids or adults to read.

You may reach me or Aaron by email (unless there are power outages, which

are frequent).

tara@condonfamilymission.com

or

aaron@condonfamilymission.com

Our mailing address for packages, or letters is:

Aaron & Tara Condon
c/o Catholic Mission
P.O. Box 8
Majuro, Marshall Islands 96960

If you wish to send financial contributions, you may do so by sending a check to:

Lay Mission-Helpers Association
Attn: Janice England
3435 Wilshire Blvd. Suite 1035
Los Angeles, CA 90010

In the memo area of the check, please write "for the Condons in the Marshall Islands"

Thank you again for your support, and please continue to keep us in your prayers.

(there is also a bank in the Marshall Islands which is able to cash personal U.S. checks made out to Aaron and/or Tara if you wish to mail them directly.) Tara

SOME WORDS FROM YOUR EDITOR

Sometimes for me, the time flies by between issues of Our Parish Life. Here is your August Issue. I hope that everyone finds Our Parish Life interesting and informative to read. It is my hope that in some way, reading about our parish activities and our parish family will give everyone a sense of comfort and a sense of belonging to this wonderful community.

Thank you for all of your comments of support and to all of you who submit articles, photos and information ! You are our success story ! Please remember that I do have the right to edit for content

and space, and every effort is made to avoid mistakes. If you have any comments or suggestions, please direct them to me, Joy Swift, through the same avenues as you submit your articles. These can be left at the office, put in the collection basket or emailed to me at Newsletter4hc@aol.com. Please include your name and your telephone number so that any comments may be addressed if need be.

The **next issue** will be out in **November**.
The cutoff date is October 10th.

Again, Thank you very, very much for your support !

Joy Swift

May. 4, 2008

PARIS - A Roman Catholic bishop said Sunday that the church has officially recognized that the Virgin Mary appeared to a teenage shepherd girl in the French Alps starting in the mid-1600s.

The announcement marks the first time the church has recognized apparitions of the Virgin Mary in France since those in southwestern Lourdes 150 years ago, the diocese of Gap and Embrun said.

Speaking at Mass in Laus in remarks broadcast nationally on France-2 television, Monsignor Jean-Michel di Falco Leandri said he recognized the "supernatural origin" of the apparitions to 17-year-old shepherd girl Benoite Rencurel starting in 1664 and running through 1718.

The bishop, in an interview on France-Info radio, said the decision meant the church "has committed itself in an official way to say to pilgrims 'you can come here in total confidence.'" The recognition process involved a panel of experts including two theologians and an investigating judge, he said.

Radio Vatican's Web site said some 30 cardinals and bishops from around the world were expected for the Mass in Laus, to attend the "celebration" of the recognition.

Officials at Notre-Dame-du-Laus church say that after four months of daily apparitions starting in May 1664, the Virgin Mary asked Rencurel to build a church and a house to receive priests.

The sanctuary, which was founded by Rencurel, today welcomes some 120,000 pilgrims a year — at times providing healing oils based on a method that the Virgin Mary was said to pass on to the shepherd girl, the officials said.

The recognition Sunday makes Laus an official pilgrimage site for the church — on a par with Lourdes, a site where Roman Catholic tradition holds that the Virgin Mary appeared before 14-year-old girl Bernadette Soubirous in 1858.

Thousands of people who have since prayed and bathed at a spring in Lourdes said they have been healed.

which he uses to grab the attention of his audience, Teens who can truly relate to these real life situations. In a brief conversation with Bob last July at the Diocesan Youth Convention, he mentioned how beautiful this part of the United States is and that he would like to come back to visit. When I phoned him in the Fall, his only open date was April 20.

Eric Webster is a realtor and budding music minister at the parish at which Bob serves. Both men have worked the National Catholic Youth Convention.

My goal was 200 people; our capacity was 300 people. We sold 320 tickets; 250 participants happily filled Holy Cross Regional Catholic School Cafeteria.

Holy Cross Regional Catholic School generously allowed us to use their facility even though they had a humongous fund raiser the evening before Youth Day. Their generosity of time and space PLUS the illustrious "army" of 25 Holy Cross Church volunteers and the generous donations of hotdogs, apples, brownies, and water by Holy Cross parishioners and several businesses made the day a huge blessing for everyone who participated.

Submitted by Linda Contreras

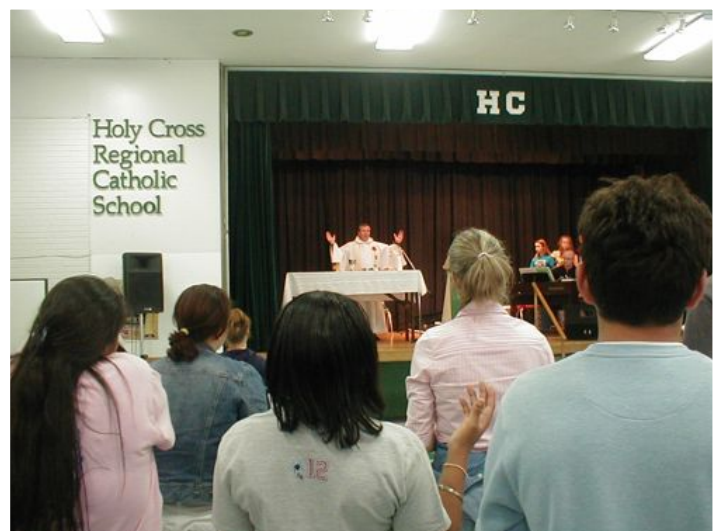
YOUTH DAY THROUGH THE EYES OF MATT ELLIOTT

OUR SOPHOMORE REPORTER

My thought on the youth day was that it was a great way to spend the day. I think that it was important for people of our faith to be able to meet and speak with others of the same faith, but different churches. It started off well, even though a lot of people separated to their different churches or friends. After everyone was inside with Eric and Stooze, things got better. Once inside, people began to talk to one another, which is good because that was the whole point of the retreat. The singing and activities really got the teens together. This was an important event for me because, I'm new to Lynchburg and Holy Cross, and it gave me a good opportunity to meet the other Catholic churches from the surrounding area. Probably the most important thing that went on at the youth day, other than the Mass, was the speeches given by Stooze. Stooze, being a family man, told us mostly about events in his life that were important and that he believed God had a hand in making them happen. He talked to us about how God is very important in our lives and that His love would guide us. This was a great way to enlighten teens because we are the future of the faith and it is imperative that we are taught about our religion. Retreats and youth days, I believe, are great and fun ways to bring together teens and educate them in an exciting way without just throwing them in to church for an hour. Though I am only 16, God is an essential part of my life. I have a strong belief in my religion, even with all the controversy in the world today. A thing I would like to see, however, are more group activities that place different people together, so they're not just shuffling over to people they know, but actually meeting other people. This is not to say that there were not any activities at the youth day, I just believe there should be a few more. I, unfortunately did not get to participate in the games because of my job to take notes, but I hope to be a part of them next time. The youth day was an exceptionally good retreat, there was a great turn out with the number of people that attended and I look forward to the next one.

YOUTH DAY, HOLY CROSS GROUP

7



PHOTO'S PROVIDED BY MRS. SUE McCORKLE AND HER SON PATRICK McCORKLE

Sixteen parishes from all across Central Virginia came together for the annual Youth Day event. Returning was the nationally recognized Stooze4Christ, or Bob Perron, who brought along his dear friend and talented musician Eric Webster. The two put on a memorable show speaking about their own religious epiphanies and motivational stories in an attempt to change the way we look at our church and our faith. Everyone had a great time laughing to Stooze's stories and singing along to Eric's renditions of his two biggest inspirations, Billy Joel and Elton John.

that when they held their baby for the first time, they experienced a rush of love matched by little else.

But they do not always realize that in having children they are "co-creators" with God. This is not a term used by *Humanae Vitae*; it is a term used by **John Paul II** in his writing. *Humanae Vitae* does speak of the "extremely important mission of transmitting human life" that God has entrusted to spouses. A human life is of inestimable value; a human soul is destined to share a blissful eternity with God, the angels and saints. Only God can create a new human soul but he needs the help of human beings to bring forth a new person. When engaging in sexual intercourse spouses are inviting God to perform his creative act of bringing a new human soul into existence: they supply the sperm and egg; God provides the soul. He then entrusts that soul to the parents to guide and educate and ultimately to help get them to heaven.

Our culture does not really focus on helping people to realize that some day they will likely be parents and how tremendously important a task that is. We do not often think that we should be spending much of our youth preparing for the responsibilities of being parents. Contraception enables us to think of sexual intercourse as a causal and to some extent as an insignificant act rather than an act that can change the universe – for the coming to be of a new human being truly changes the universe. Someone who did not exist before comes into existence and will remain in existence forever.

If people were conscious of the extreme significance of the sexual act, they could not possibly be as cavalier about it as they now are. They would choose their spouses very very carefully – and use as a foremost criterion the suitability of that person to be a parent. Those who succeed in marrying someone who will be a good parent – someone who is patient, generous, responsible, kind, other directed,

and reliable also are nearly guaranteed to get a terrific spouse – for who wouldn't want a spouse with those virtues? Our sexually out of control culture and divorce culture has led 68% of children born in the U.S. to being born out of wedlock or born into households that will fragment through divorce. One out of four pregnancies is aborted.

Those who understand the Church's teaching on sexuality know that to a great extent it is shaped by a concern for the well-being of any children who may result from acts of sexual intercourse. Children born into families where their parents are sexually self controlled, where they are faithful, stable, and desirous of children are predictably much better off than those born to single parents, to the unfaithful, to those open to divorce or divorced. The Church's teaching is also shaped by a knowledge that those who become parents generally become much better people; they need to develop quite a set of virtues in order to be good parents. Those virtues also help them be good spouses, good co-workers, good citizens. Those who use natural family planning to plan their family size develop the virtues needed to be good parents; they develop sexual self-control and patience and generosity – and they almost never divorce.

Catholics who have not heard a defense of the Church's teaching on contraception might be surprised how rich and full of common sense it is.

July 20th -26th, 2008 is Natural Family Planning Awareness week. July 25th also marks the 40th Anniversary of *Humanae Vitae*.

To commemorate these two events Laura Hall has submitted this wonderful article written by Janet E. Smith



SEE WHAT A DAY IS LIKE IN THE LIFE OF OUR CENTRAL VIRGINIA MEDICAL MISSION TEAM WHEN THEY JOURNEY TO ST. THOMAS, JAMAICA . PLEASE TURN TO PAGE 11

Ever wonder why Catholic Churches have crucifixes and most Protestant ones do not ?

The difference between the two types of crosses is related to different ways Christians have historically honored the humanity of Jesus and tried to portray the meaning of his saving death and resurrection. It predates by centuries the differences between Catholic and Protestant customs and beliefs.

Very early Christian art rarely included images of the cross. Since crucifixion was the Roman punishment for big time criminals, followers of Christ didn't quite know at first how to handle the "sign" of the cross, fearing that people outside the faith would

focus on its shameful aspects and miss the Christian conviction that the crucifixion of Jesus was a sign of God's infinite love for the human race.

As St. Thomas wrote, Christ's death on the cross is foolishness to nonbelievers, "but to us who are being saved it is the power of God" (Cor 1:18).

The cross appeared more widely later, but during roughly the first 800 years of Christianity the passion and death of Christ were viewed in both theology and art not so much as experiences of

Please continue to page 13 See "Crucifixes"

NEWS FROM OUR NURSES !

10

Parish Nurses Bulletin Board

Check out the Parish Nurses Bulletin Board in the Commons: Each month a new subject, with brochures and great wellness tips !

Blood Drive A Success !

Holy Cross Parish Nurses appreciate the support of their Blood Drive by our parishioners and our community.

Our June 12th Blood Drive resulted in 34 donors and many wonderful volunteers !

Our heartfelt thanks to all !!

How to Deal with a Tick

Deer ticks are tiny and hard to spot. The longer the tick is attached, the greater the risk of Lyme Disease.

Get it out by using fine-tipped tweezers pressed into the skin around the head and pull gently straight out. If you pull only on the body, the head will remain inside, where the saliva can cause infection. Don't use alcohol, Vaseline, nail polish, or a match.

Save it if the tick comes off, place it in a plastic bag and save it for the doctor. If the head remains, go to your doctor for removal.

Treat it by asking your doctor about taking a week or more of the preventive antibiotic doxycycline. While there's no consensus on how long the antibiotic should be taken to avoid the disease, a rising number of experts think it warrants two to four weeks of preventive medicine

Please continue to Page 12 see "Nurses"

A brief note from parish Seminarian, Kevin McArdle: ▣

It is a pleasure to be here this summer working and praying with the Holy Cross community; I'm sure that it will be an experience invaluable to my formation.

I hope that you come to know me beyond this brief introduction, and so I ask you to not hesitate in calling upon me should you be in need of any talent I may possess, support, or prayer.

I was born in New York, moving around during my childhood to wind up in Richmond. As with most, it was from my family that I first gained a sense of our faith. That faith was reinforced in Catholic schools at St. Bridget's and Benedictine, and at my home parish, St. Mary's. From there, I moved to Charlottesville to attend the University of Virginia where I graduated with a degree in Mechanical Engineering. There, I became involved with St. Thomas Aquinas Parish, serving the teens through youth ministry and the sick through hospital ministry. By prayer and service to the parish, it was around my second year of college that I first began to discern the call to the priesthood. My desire to serve the people

of God only grew throughout college, yet I was still unsure of where that desire should take me in life. To discern further I went to Haiti for a year and divided my time between an orphanage and a clinic run by the Missionaries of Charity; it was a great year of growth and returning in 2006, I felt ready to take that next step and enter seminary. I applied through my home diocese of Richmond and began formation at Theological College in Washington, D.C., studying at the Catholic University of America. I have now completed two of six years there.

During our summers, the seminarians are sent to parishes throughout the diocese to gain experience in priestly ministry. I have been blessed enough to come to Holy Cross Parish. As I continue my formation and my discernment here, I look forward to serving the parish in any way that I can, and I thank God for the chance to know Him more as I come to know you all this summer. Peace!

MEDICAL MISSION TEAM

CVMMT had another fulfilling week this spring in St. Thomas, Jamaica. This year we continued to provide medical, vision, and dental clinics in the rural areas of the parish. We had 35 practitioners and were able to actually have three full teams. This meant each day we were able to hold three clinics in different locations. This allowed us to reach over 2400 Jamaicans. Gwen Naples, Ellen and Tom Nygaard, and Pat Pletke were the Catholic contingent on the team.

We have been writing these newsletter articles for the past three years while doing the same kind of work, so I thought I'd take a different approach to sharing our experiences.

I'd like to describe to you a typical day in the life of our CVMMT team. We stay at a local hotel named Golden Shores. The manager Derrick Hamilton has become our friend and helpmate on the island. Our team occupies the entire hotel for the week. Sometimes it seems like a camp! We all eat family style on the open air porch each morning and evening. The cooks prepare local delicacies and familiar American meals for us. But bottom line is, we eat plenty of chicken and rice and beans! Golden Shores has a beautiful beachfront property and we often swim in the ocean to refresh ourselves after a long hard, hot, day in the countryside clinics. It also has a Gazebo/Bar that is a local hangout for many Jamaican neighbors. We actually met Brother Bernie and friends of the Divine Word Missions one evening. We hope our relationship with them will be helpful in finding us more work opportunities for the CVMMT building team. Besides, we're always happy when more Catholics

show up in the world.

We start each day early, breakfast by 7am. After coffee and porridge we disperse to pack our equipment into the cars that will deliver us to our work site for the day. We have wonderful church volunteers who support us throughout the week. Hope Williams is our Methodist Church contact and she and the volunteers have done a lion's share of the planning before we arrive. The drivers spend each day with us and help us to translate complaints and manage the enthusiastic crowds who clamor for care. We also appreciate the church ladies who set up rudimentary examining rooms by hanging sheets on clotheslines, and who provide us with the lunches we enjoy each day on site. We have learned so much about the Jamaican people, customs, and spirit through these friendships.

Our clinics run from 9-3pm, approximately, each day. Sometimes we travel as long as an hour and a half to reach our site, so the ride home can be long and tiring. But it is during travel time that we can really see the country. I am always impressed by the optimism of the people who live in such dire poverty.

The afternoon is a time to rest and recuperate until dinner. Some of us swim, nap, shower, wash clothes, or write emails home. It is a good time to collect our thoughts about the day. There is a lot to experience each day and the quiet time allows it to settle in.

Dinner is usually a lively event; 35 people chattering and sharing events that happened during the day, and we usually have many happenings! We have a devotional service each evening provided by a team member. These are unique and very

meaningful for the group.

It helps us to ground ourselves in the spirit and receive the grace we need to serve another day. Lastly, we restock, repack, and prepare to do it all over again.

And that's where we stand now, we're preparing to do it all again!

We'll be holding our annual golf tournament September 13th. Gather your golfing friends and plan an afternoon of fun and prizes.

Please watch for the application in the upcoming bulletin. We appreciate all the help we receive from our faith community at home. Your prayers, as well as financial support and donated supplies make such a difference in our success. We couldn't do it without each and every one of you! This year we are filing for a nonprofit 501 C 3 status which will make your donations tax deductible

Submitted by Ellen Nygaard

Continued from Page 10

NURSES

Tell Your Tap Water to Chill

Cooking with hot water from the tap may save time, but it isn't cool for your health: Since hot water dissolves contaminants like lead and copper more quickly than cold water, it's more likely that metals from your pipes will leach into hot water and taint your food, according to the Environmental Protection Agency. To stay on the safe side, draw cold tap water for cooking, drinking, and preparing formula for infants. You can also limit your exposure by running hot and cold water for a few minutes to flush out water that's been sitting in the pipes, or by purchasing a filter (such a Brita On Tap Filtration System, \$29.99;amazon.com), which can reduce the amount of contaminants in your drinking water.

Prescription Medicine Storage and Disposal

Put your prescription drugs and over the counter medicines in a box on a closet shelf, says Paul Doering of the University of Florida College of Pharmacy. That will help keep the meds out of the heat and humidity in the bathroom --- and out of the hands of kids. While you're at it, get rid of any expired or leftover medications. Expired medications can lose their potency, so never self medicate with an old prescription.

Traces of pharmaceuticals have been detected in groundwater, so **don't flush your expired pills.**

See if your pharmacy has a take-back program to dispose of old medications or **crush the drugs and mix them with coffee grounds in a sealed plastic bag and toss.** They're less likely to get into the water supply, and there's no danger of anyone ingesting them.

Surprising Heartburn Culprits and Cures

If you're heavy-handed with the salt shaker, you're 70 percent more likely to develop heartburn, according to a recent Swedish study. Smoking was confirmed as a trigger, but alcohol, despite what you may have heard, isn't. The best news: Coffee and tea can actually prevent heartburn. Other soothing strategies: eating high-fiber foods (whole-grain bread, fruits, veggies) and getting regular vigorous exercise may keep the valve closed that connects your stomach to your esophagus thereby preventing acid from backing up.

Top 3 Skin Saving Tips

1. The sun's rays do as much damage to the skin on cloudy & hazy days as on sunny days.
2. Reflective surfaces such as concrete, metal & water can intensify the sun's rays on your skin.
3. Minimize sun exposure during the hours of 10 AM to 4 PM, when the sun is strongest.

horror and pain but as expressions of the triumph of God in Jesus Christ over suffering and death.

For example, the Fathers of the Church, recognized as among the greatest early bishops and theologians, saw the five wounds of Christ (hands, feet and side) as sources of grace, giving birth to his body, the church.

This understanding of our Lord's death explains why during those centuries Christian crosses rarely bore the image of Christ as suffering. The conviction that the death of Christ was part of the whole paschal mystery, encompassing the death, resurrection and glorification of Jesus as one cosmic event, expressed itself by predominant emphasis on the resurrection.

For the same reason, crosses were frequently adorned with precious jewels. Even when the physical body of Christ began to appear on crosses, it was often the risen, living Lord that was shown rather than the anguished, dying Christ that became common later.

Interestingly, the more mystical, otherworldly vision of Christ triumphant and ruling over all creation prevalent in early Christianity largely

continues to this day in the theology and iconology of the Eastern Catholic churches.

The more graphically brutal images showing Jesus with the crown of thorns and disfigured in bloody agony have been more common since around the 10th century. However, with today's renewed emphasis on the resurrection and its central role in the history of salvation, something like jeweled crosses and crucifixes with the body of the risen Christ are again not uncommon in Catholic churches.

No one, to my knowledge, has satisfactorily explained why Protestant churches customarily use crosses without the body of the Lord.

Perhaps it was another way some 16th-century Reformation leaders distanced themselves from Roman Catholic art and iconography, which, as I explained, by that time generally portrayed on its crosses a tortured and humiliated Christ.

*Father John Dietzen
The Catholic Virginian
January 28, 2008*

THE FOOTPRINTS OF GOD Submitted by Joy Swift

We embarked on our journey in the Commons of Holy Cross Church in front of a large screen television on Monday night, April 28th, 2008. The journey was led by the popular Catholic author, speaker and apologist Steve Ray and brought to us courtesy of Tom and Pat Golden.

Following *The Footprints of God: The story of Salvation from Abraham to Augustine* took us through most of the holy sites on earth...from Isreal, Egypt and Rome to Greece, Turkey and Iraq.

I must admit that I wasn't sure what to expect. I was not familiar with the writings of Stephen Ray, nor was my husband.

Stephen Ray and his family are all converts to the Catholic faith. He is a pleasant, good natured man who in this fast-paced, entertaining format that combined the best elements of a travel documentary,

Biography, and Bible study kept all who attended spell bound. Each week as we watched the video, with a break in the middle, we noticed the crowd growing. Young people to older people, all absorbed in this beautiful and informative video series.

We covered Moses, Jesus, Paul, David & Solomon, Peter, and finely the Apostolic Fathers.

All of the videos were presented in a way that we could all understand, with great humor and depth of knowledge. My husband and I learned so much and were sad when the journey ended. Several of us brought our cushions to make the chairs a wee bit more comfortable.

I encourage you to ask for this series to be given again. And, I encourage all of you to see this wonderful series.

Please continue on Page 14. See "Footprints"

A REVIEW OF "THE FOOTPRINT OF GOD"

Laura Hall

14

Over the last several months my family has been attending the Footprints of God series sponsored by Dr. and Mrs. Golden. I wanted to share with everyone how much my family has enjoyed the series. My oldest is soon to be 12 and my youngest is 3 years old. My children were always eager and got ready quickly when we would tell them we were going to watch another one of the series (in other words they knew where they were going and looked forward to it!) All of my children sat attentively. On nights either my husband or I could not go along the children always came home eager to tell the parent who missed out about the funny thing that Stephen Ray did to make a point (they really were funny too!)

Most of the people who attended were adults and it was very interesting and taught truths about our rich Catholic heritage clearly and in a fascinating way. I really enjoyed seeing the places where Jesus and his apostles actually lived and walked. But from my family's personal experience I found that the children got a whole lot out of this series also. It is often hard to find things to do together as a family that the whole family enjoys... not to mention being educational, fun and free. I really appreciated the Golden's sponsoring this series for our parish. I know that my family looks forward to seeing the series again and will get even more out of it the second time around.

continued from page 13

"FOOTPRINTS"

And, A BIG THANK YOU to Margie Takacs who provided us with written material which we took home after each video. You may want to read Stephen Ray's book "**Crossing The Tiber**"
From Ignatius Press

Stephen K. Ray was raised in a devout, loving Baptist family. His father was a deacon and led Bible studies. Steve himself was very involved in the Baptist Church as a teacher of Biblical studies, and he lectured on a wide range of topics. When a best friend, an Evangelical pastor, converted to the Catholic Church, Steve and his wife Janet decided to investigate the claims of the Catholic Church, taking a thrilling journey back in time that would eventually change their lives forever. After hundreds of hours studying the Bible and the writings of the early Church, they were convinced that the Roman Catholic Church was the Church founded by Christ, and they were received into the Church on Pentecost Sunday in 1994. In this book, with no rancor toward his Evangelical roots, Ray shares with

the reader their exhilarating discoveries. He traces their initial hostility toward the Catholic Church, their passionate research and the discovery of the historical Church, quietly waiting to be rediscovered. He convincingly lays out the issues that carried them over the "uncrossable chasm" into the Catholic Church. Thoroughly documented with over 400 footnotes, Crossing the Tiber contains an extensive compilation of biblical and patristic quotations and commentary on the issues of Baptism and the Eucharist, as well as a thorough analysis of Sola Scriptura and Tradition. Ray takes you back to the first four centuries of the Church to discover the early Church - was it like today's Protestantism in theology and practice, or was it Catholic? Discover the unbiblical and unhistorical nature of the "Bible-only" argument. Discover the uniform consistency of the Catholic teaching on Baptism and the Eucharist from Scriptures and the Church Fathers.

And last, but certainly not least, a very BIG THANK YOU to Tom and Pat Golden !

New Parish Council Members and Leadership

15

New Parish Council Member and Executive

Committee Member- Walter Karvetski

1. What is your position on Parish Council? I am a discerned member who also will serve on the Executive Committee this year.
2. How have you been “called to serve” at Holy Cross Church? I have served as a catechist and as a choir member.
3. In what other areas do you serve? Sunday School (6-11 grade).
4. What do you enjoy doing? Travelling, gardening, and golf.
5. What is the title of the last book you read?
90 Minutes in Heaven by Don Piper.
6. Is there anything else you'd like us to know?
I came to Holy Cross Church in 1979 and I have always been willing to serve.

New Parish Council Member- Evelyn Monark

1. I am a discerned member.
2. I also serve as a Eucharistic minister, a member of the Ladies of Charity, and I co-ordinate the church van.
3. I also serve with Meals on Wheels and Rush Homes.
4. I enjoy reading, sewing and gardening.
5. The Purpose Driven Life
6. I am starting a “bucket list!”

New Parish Council Member and Executive

Committee Member- Mimi Campbell

1. I am a discerned member of Council and also will serve on the Executive Committee this year.
2. I felt called to be a Eucharistic minister and to help revitalize and be a parish contact for the Young Adult Ministry.
3. I work as a speech-language therapist, serve on the Campus & Young Adult Ministry Commission for the Diocese.

4. I love outdoor activities like hiking and going to sporting events.

5. Prince Caspian-----be ready for the movie!
6. I am bilingual (Spanish) and very proud of my Puerto Rican heritage and family as well as my Irish half.

New Parish Council Alternate Member – Linda Van Scooter

1. I am a discerned alternate to Parish Council this year.
2. Over the past 30 + years I have served and been involved in a number of ways: as a catechist, a committee chair for Religious Ed., on the fellowship committee, as a Parish Nurse, Little Rock Scripture Study, Ladies of Charity Circle, Eucharistic Minister and on the Bereavement Committee.
3. I work as a nurse at Orthopedic Center for Central Virginia.
4. I enjoy movies, travelling to our summer home in upstate New York, reading, music, and crafts.
5. The last book I read was The Nurse's Calling – A Christian Spirituality of Caring for the Sick by Mary Elizabeth O'Brien, PhD., R.N.
6. I enjoy visiting with my grown children; Matthew in Richmond and daughter Joanne and husband Christian in York, P.A.

Executive Committee for the 2008-2009 year.

Chair- Scott Niedzialek
Vice Chair-Walter Karvetski
Exec. Committee-Katie Marotta
Exec. Com. -Mimi Campbell
Past Chair- Tricia Christian

Committee Members
Alternate- Renee Nauful
Alternate- Linda Van Scooter
Member- Evelyn Monark
Youth Representative- Kendall Good

Hurley Workweek 2008

16

The excitement and anticipation were palpable as 34 of us gathered in the St. Thomas More Church parking lot preparing to head to Hurley, Virginia for our 7th annual Hurley Workweek. This year's group consisted of 12 first time participants and 22 veterans. We had 8 adults and 26 teens from Holy Cross, St. Thomas More, Our Lady of Peace, St. Francis and Holy Name of Mary Catholic Churches.

The first order of business upon arriving in Hurley was the annual claiming of bunk space. This was followed by receiving greetings and hugs from our hosts who have, over the years, become dear friends. After dinner, we headed to the community park for what has become an evening favorite – sand volleyball. The adults met with the Hurley volunteer coordinators to discuss our projects for the week. We divided ourselves into work teams with each team assigned to a different project. Each team was also responsible for a daily support task, including: rising with the sun to make breakfast for the entire group, cleaning up after breakfast, making bag lunches for each team to take to their work site and cleaning up after dinner (community volunteers prepare a delicious dinner each night).

I worked with a terrific group on a very rewarding project. Our homeowner, Mrs. Hazel Justus, was an 87 year old widow who lived by herself and was confined to a wheelchair. Her husband was buried in a small family gravesite on a hill beside her home. She spent time each day on the front porch of the home her husband built in the 1930's enjoying being close to her husband's

grave. Unfortunately, she was no longer able to do that as her aging porch had caved in. Our task was to rebuild her porch. We were lucky to have a very competent carpenter and rising 3rd year law student, Daniel McNamara, with us. He studied our options and quickly devised a plan for rebuilding the porch. The teens in our group were soon tearing out the old porch and measuring, cutting and assembling the components for a new, much sturdier replacement. Several days later, when Mrs. Justus wheeled out onto her new porch, there were smiles and hugs for everyone. Her smile let us all know we had made a difference.

On Wednesday, we had an outdoor mass with Father Gallagher. We were joined by a group from St. Luke's Catholic Church, which is in the Chicago area. During his homily, Father Gallagher told us that we were the hands and feet of Christ for those we were helping – what a great message for us in what we were doing that week.

By Thursday, most of our teams had completed their projects, so we spent the day improving the bunkhouse and community center where we stayed. It is amazing how much was accomplished in one day with all of us working together. In addition to cleaning off a very messy porch on the bunkhouse creating a larger, much needed gathering place, we designed and constructed a gravel path bordered with landscape timbers between the bunkhouse and community center leading to the rear yard, designed and built two benches, covered a recent addition to the community center with a

Please continue to page 17, See “Hurley”

“Hurley”

waterproofing material and built 10 saw horses to make the work of future groups a bit easier. That evening, we enjoyed a bonfire and toasted marshmallows thanks to a new fire pit that we built earlier in the day.

I want to thank Monsignor Rush and Father Gallagher for their continued support of our Hurley Workweek. I also want to thank the adults who volunteered their time to spend a week making this experience possible for our teens. They endured sleeping in a bunkhouse

with 26 teenagers who seemed to need very little sleep. When you see them, please thank Geoff Wertz, Dennis Lang, Norma Pletke, Brian Hall, Mark Delahunt, Dan Carey and Daniel McNamara.

Please consider joining us next year. Mark your calendars for Sunday, June 14, 2009 when we will once again gather in the parking lot in anticipation of a fun and rewarding week.

Submitted by Clark Charlton



TIME AND TALENT AWARD 2008

18

Marge Chamberlin

It most certainly is possible to be at a loss for words...this church member inspires devotion and hard workers, but if you ask them for ideas of what to say, no one can come up with anything smart enough. How do you compute what Marge Chamberlin has done for Holy Cross in two or three paragraphs? From what we hear, apparently many years ago Marge went to a funeral at a church in another city, and was impressed by the work the women of the parish were doing. She came back to Lynchburg, and thus was born the funeral committee. She looked around at Christmas and thought about helping those who were unable to help themselves, both in and outside the church...and now we have the Jesse Tree. That's not all, by any means. The list goes on.

Marge was in at the beginning of almost every helping organization in the church, and since she never asks anyone to do anything that she herself

has not done, she can patiently show a newcomer how to get involved with the myriad of helping opportunities. She has worked tirelessly for all of us, even though she has a large family and a full-time job as an LPN and Night Supervisor at Guggenheimer Nursing Home. Of course she helped organize our much needed Nursing Program.

It goes without saying that without Marge Chamberlin our church would be much less involved in helping our own members and other needy souls. It is not a requirement for this award for the recipient to be a wonderful person, but the many people at Holy Cross who consider her one of their best friends shows exactly what a loving Christian can do.

In recognition of her many talents, she has already been honored by both the Western District and the Diocese of Richmond, so it seems fitting that her own church, the recipient of all her work, should give her a token of our esteem. Thank you for everything you have done these many years!

WELCOME NEW PARISHIONERS !

Seven new families have joined our church since our last Newsletter this past May !

Deborah Bauer
Roy Edwards
John and Gerlinde Halpin

Michael and Anne Harsch
Leonard and Sabina Kurello
James and Angelique McCabe
Charles and Laura Dee Read

A warm welcome to each of you !

TO EVERYONE WHO ATE PANCAKES !

The Sunday before Ash Wednesday the Youth of Holy Cross Church worked the annual Pancake Dinner/Breakfast to raise money for special needs. Thanks to your generosity and healthy appetites, checks were given to the following:

- \$400.00 --The Boys and Girls Club of Lynchburg for computer memory.
- \$225.00 -- One week scholarship to Camp Kum Ba Yah.

- \$150.00 -- Hurley, Virginia Work Camp week.
- \$ 80.00 -- Lynchburg Grows for a month of transportation to a special volunteer.

Thank You !

A grand total of \$855.00 !

Sacrament of Confirmation

19

Let us pray in thanksgiving for the celebration of Confirmation which was celebrated on April 18, 2008 by the following Holy Cross Parishioners:

Zachary James Xavier Adamczak

Hannah Margaret Golden Bell

Robert Henry Bowden IV

Frances Bennett Carey

Natalie Cecelia Minako Clark

Kaitlyn Marie Elizabeth Darter

Edward Charles Anthony Eichmann III

Megan Lee Fonteyne

Kendall Parker Good

Joshua Robert Thaddeus Gribben

Carey Ann Harvey

Roberto Jose Ibarra

Elizabeth Binford Jack

Paul James Malloy

Adam David McAden

Emily Sue McClure

Adam Charles O'Kane

Russell Steven Matthew Polaski

William Christian Seufer

Kevin Edward Thomas Truitte

Tabitha Marie Walker

Ariel Melia Wheelock

Congratulations to each of you !

Blue Ridge Pregnancy Center

On behalf of the Blue Ridge Pregnancy Center we would like to thank you for the baby shower you had for us ! Your generous gifts are an amazing blessing to the women we serve here. We strive to be a place of hope for women of all ages who find themselves facing a crisis pregnancy. We minister to the whole woman by meeting her emotional, spiritual and physical needs. We offer women accurate information on all of her options in an environment that is safe and confidential. Without

the support of caring individuals and churches like you we could not exist. Thank you for being the hands and feet of our Lord and Savior, Jesus Christ, to the women who find themselves on our doorstep.

Lori Meetre
Executive Director
Blue Ridge Pregnancy Center

Smile Time

"It's All in the Name"

"Nice dog. What's its name?" I asked my friends 10-year old son. "Bob", he said. "And what's your cat's name?" "Bob" "Well, how do you keep them straight?" I asked. "Well, one is Bob Cat and the

other is Bob Barker", the boy answered. "Go ahead and tell him your rabbit's name," his father suggested. The kid smiled and said...."Dennis Hopper"

The Rocky Hock Playhouse Musical Theatre

The Rocky Hock Playhouse is a full-time professional Christian Theatre located in Edenton, N.C., about 40 miles south of Suffolk, Va. The Playhouse is one of only two full time professional Christian theatres on the East Coast. They have entertained over 160,000 people since opening their doors in the summer of 2000.

Their summer production of the musical "Under His Wings" The love story of Ruth and Boaz will feature

two students from The Catholic University of America, Washington, D.C.. Based on the Book of Ruth it is a perfect retelling of the most beautiful love story in the Bible. Performances run through August 16th.

For more information on this production and future productions you can call the Theatre at 252-482-4621, or email them at

www.rockyhockplayhouse.com

THE NEXT ISSUE WILL COME OUT IN NOVEMBER ! THE CUT OFF DATE IS OCTOBER 10TH ! THIS WILL BE THE ISSUE TO COVER OUR HOLIDAY ACTIVITIES, OCTOBER THROUGH JANUARY. SO PLEASE KEEP THIS IN MIND. THE FOLLOWING ISSUE WON'T BE OUT UNTIL FEBRUARY.

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