

OUR PARISH LIFE

HOLY CROSS CATHOLIC CHURCH NEWSLETTER

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ARTICLES IN ENGLISH AND SPANISH <i>PAGES 10 AND 11</i> An experiment by your editor :)	SEE PICTURES OF OUR NEW SANCTUARY LIGHTS <i>PAGES 8 AND 9</i>
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December Activities at Tabor

On December 3, 4, and 5, a lot was going on at Tabor Retreat Center. A Nativity Display, entitled, "O Come Let Us Adore Him," was held in the spacious Meditation Room. Over 84 depictions of the Holy Family were included in this amazing display. The depictions ranged from a Nativity Scene painted on a tiny feather, to hand made straw figures from Kenya, to the traditional Fontanini, to whimsical crocheted figures. Many countries were represented: Mexico, Guatemala, Italy, France, Haiti, Germany, Japan, Puerto Rico, Africa, China, USA. The Christ child and other figures accurately represented the nationalities of their countries of origin, reminding one of the beautiful poem by Whila Hutson and Alfred S. Burt (1951) which was later made into a song.

In addition to the Nativity Display, which over 300 people attended, there was an opportunity on Saturday, Dec. 4, for Adoration from 3-5 pm. Mass was celebrated at 5:00 by Fr. Gallagher, who had heroically driven from Waverly, Va. to be there. Even the magical sprinkling of snow did not keep worshipers from coming to adore and to attend Mass.

Along with the Nativity Display, other events were going on at Tabor. A big bake sale, featuring, among other things, cream puffs made by Susan Sykes. A Christmas Attic Sale was also in progress, at which beautiful and fun Christmas decorations and tree trimmings were offered at really low prices.

Thank you to all who loaned Crèches, baked, donated goods, and came to Tabor that weekend. Your generous support made it a wonderful success. All proceeds from sales and donations go to support the ministries of the retreat center.

If you missed it: The event is on the calendar in 2011 for the weekend of December 2,3,4. If you would like to loan your nativity set, or donate Christmas items, or baked goods, or work the weekend, please contact Tricia Christian (384-5512) or email Psc5512@aol.com anytime.

Please continue to page 2.....See "Nativity"

continued from page 1.....Nativity

Some Children See Him

Some children see Him lily white,
 The baby Jesus born this night.
 Some children see Him lily white,
 With tresses soft and fair.
 Some children see Him bronzed and brown,
 The Lord of heav'n to earth come down.
 Some children see Him bronzed and brown,
 With dark and heavy hair.

Some children see Him almond-eyed,
 This Savior whom we kneel beside.
 Some children see Him almond-eyed,
 With skin of yellow hue.
 Some children see Him dark as they,
 Sweet Mary's Son to whom we pray.
 Some children see him dark as they,
 And, ah! They love Him, too!

The children in each different place
 Will see the baby Jesus' face
 Like theirs, but bright with heavenly grace,
 And filled with holy light.
 O lay aside each earthly thing
 And with thy heart as offering,
 Come worship now the infant King.
 'Tis love that's born tonight!



CANTORS TRAINING WORKSHOP

by Dr. Rebecca McCord, Music Director

At Holy Cross, we are richly blessed with wonderful cantors who lead us in proclaiming God's Word in song. We appreciate their beautiful voices, but have you ever considered the training and preparation that they give in order to minister to us? Recently, I held a training workshop for our cantors and shared keys to assisting cantors in "giving life" to the liturgy and becoming confident and effective communicators.

Besides leading communal prayer as psalmists, our cantors also serve to encourage and support the singing of the assembly. Cantors must be understood as prayers first, singers second, and finally, as leaders of song. All of my cantors sing in the Traditional Choir, making it easy for them to receive both individual rehearsal time with me and time practicing with the choir.

Hebrews 13:21 and Ephesians 4:11-13 tell us that God equips us for service so that the body of Christ may be built up and so that His servants can perform good works for His pleasure and for the edification of His people. These two verses were the focus of our workshop discussion and directed us to these four prerequisites for cantoring. First, a cantor must have a love for and devotion to Jesus Christ. Your personal relationship with Jesus Christ is crucial for being an effective worship leader. Second, each cantor must desire to minister to our parish

community. Third, cantors need an ability to carry a tune with clearly understood words. It isn't necessary to read music or to have formally studied voice; some of our cantors are musically trained and some are not. Finally, cantors must make a commitment to spend time in preparation and rehearsal, as well as being available for Mass.

I am so grateful for the nine cantors that minister to us in the Saturday Vigil Mass and the 8:00 Sunday Mass. In this picture, you see our cantors at the workshop — Kevin Chamberlin, Ted Crooker, Catherine McCord, Kim Downey, Gary Frye, James Meyer, Theresa Beem, and Rebecca McCord. In addition, Marge Macdonald and Charlotte Smith, serve as cantors at the First Friday Mass at Holy Cross and the First Tuesday Mass at Westminster-Canterbury.

Please take a moment to thank these dedicated men and women for their ministry to our parish.

Dr. Rebecca McCord
 Music Director and Organist
 Holy Cross Catholic Church
 710 Clay Street
 Lynchburg, VA 24504
 434-846-5245



Holy Cross Social Ministry

Present: Lynn Barber, Judy Boyd, Tricia Christian, Marge Denham, Pat Doran, Kathleen Mee & Evelyn Monark.

President Evelyn Monark called the meeting to order at 9:50 and led us in prayer.

Minutes from the November 17th meeting were approved as written.

Committee Reports

Jesse Tree –

Tricia Christian reported that despite the difficult logistics of having gifts on one floor and food on the other, everything went smoothly. She said the young people were extremely helpful and valuable.

Meals on Wheels – No report.

White Rock – Bill Long was unavailable to report. Denham offered to contact White Rock for a report on their program.

Rebuilding Together – Marge Denham reported for Mickey Freeman that visitations of applicants and reviewing of their request is being conducted now.

Churches for Urban Ministry – Judy Boyd reported that the fruit fund raiser was successful and that the committee will be meeting next week.

Rush Homes – Kathleen Mee reported that 50% of the Victoria Ridge Development has been completed. One hundred people are on a waiting list for housing. They are still looking for people to join the “Adopt a home program”. For more information you can find them on Facebook or take one of their monthly tours.

Daily Bread – Pat Doran reported they are feeding between 150 to 200 people each day. Finances are in good shape and 10 to 12 people volunteer each day.

Food Pantry – Our supplies are back to normal after the holidays and that we gave out over 1,000 bags of groceries last year.

Gateway – Pat Doran reported that there are presently 19 residents .

Hurley – No report.

Our meeting next month will be on Friday, March 11 at 9:45 am.

The meeting adjourned at 10:30 am.

Marge Denham, Secretary

DID YOU KNOW ?

We all know that February 2nd is Groundhog Day. But did you know ???.....

February 5th, 1952: the 1st “Don’t Walk” sign was used.

On February 23, 1896: Tootsie Roll was first sold.

February 25th of course is Ash Wednesday

February 27th 1879: Saccharin was discovered.

March 7, 1933: Monopoly was invented

March 10th 1862 : 1st paper money

March 17th is St. Patrick’s Day

March 30, 1964: Jeopardy T.V. debut

April 4th is Palm Sunday

April 14th 1828: The 1st Webster’s Dictionary

April 23rd, 1564: Shakespeare was born.

April 25th 1901: The first license plates.

May 4: National Teachers Day

May 5: Cinco De Mayo

THROUGH THE EYES OF CHILDREN

A fifth grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in 20 ways to communicate ideas about God.

Here are some of the results:

God is like.

BAYER ASPIRIN

He works miracles.

God is like.

A FORD

He's got a better idea...

God is like.

COKE

He's the real thing..

(This is great)

God is like.

HALLMARK CARDS

He cares enough to send His very best.

God is like.

TIDE

He gets the stains out others leave behind. ..

God is like.

GENERAL ELECTRIC

He brings good things to life.

God is like.

WAL-MART

He has everything.

God is like.

ALKA-SELTZER

Try Him, you'll like Him

God is like.

SCOTCH TAPE

You can't see Him, but you know He's there.

God is like..

DELTA

He's ready when you are.

God is like.

ALLSTATE

You're in good hands with Him.

God is like.

VO-5 Hair Spray;

He holds through all kinds of weather

God is like.

DIAL SOAP

Aren't you glad you have Him?

Don't you wish everybody did?

(that one is my favorite)

God is like .

The U.S. POST OFFICE

Neither rain, nor snow, nor sleet nor ice will keep Him from

His appointed destination.

God is like.

Chevrolet. . . .

The heart beat of America

God is like

Maxwell House.

Good to the very last drop

God is like.

Bounty

He is the quicker picker upper. .

Can handle the tough jobs. ...

And He won't fall apart on you

Tabor-Spiritual Reading Group Book Review

Hungry Souls

By: Gerard J. M. Van Den Aardweg

After a week of hearing ghostly noises, a man is visited in his home by the spirit of his mother, dead for three decades. She reproaches him for his dissolute life and begs him to have Masses said in her name. Then she lays her hand on his sleeve, leaving an indelible burn mark, and departs.....

A Lutheran minister, no believer in Purgatory, is the puzzled recipient of repeated visitations from “demons” who come to him seeking prayer, consolation, and refuge in this little German Church. But pity for the poor spirits overcomes the man’s skepticism, and he marvels at what kind of departed souls could belong to Christ and yet suffer still....

Hungry Souls recounts these stories and many others -- trustworthy, Church -verified accounts of earthly visitations from the dead in Purgatory.

Hungry Souls is more than just a collection of “Catholic ghost stories”, it also discerns from these accounts important truths about the afterlife, about God’s mercy, and ultimately, about the urgent necessity to pray for our brothers and sisters in purgatory and to reform our lives so as to shorten our own stay in that place called Purgatory.

Holy Man Father of Damien of Molokai

By Gawan Dawes

More than the biography of Father Damien, the author has sketched a social history of leprosy in the late nineteenth century. Not only does he explore the life of one man, but he also exposes the imperialistic and racial thinking of the period.

Father Damien was born in Tremeloo, Belgium. He began his religious life in Louvain with the Sacred Hearts Fathers here his remains are now buried. He spent the last twenty-five years of his life in Hawaii on the Island of Molokai in a settlement for those suffering from the feared disease of leprosy.

IN YOUR CHARITY WE ASK YOU TO REMEMBER.....

We ask you, in your charity, to remember those parishioners, their family members and friends who have died since our last issue of Our Parish Life.

Dr. Rose McGlade.....12-13-2010

Irene Buczak..... 1-03-2011

Joan Giorgi..... 1-16-2011

May they rest in peace and may God’s grace give comfort to all who mourn



GREGORIAN CHOIR

Gregorian Choir

If you are interested in learning Gregorian Chant, with the opportunity to sing at a monthly Latin Mass in Appomattox, please contact Delane Karalow at dkaralow@gmail.com. Practices are usually on Sundays and the Monthly Latin Mass in Appomattox is at 3:00 on Sunday.

It's Never Too Early To Think About our Parish Spring Retreat!

Beginning with their introduction at all Masses April 2 & 3, the retreat team from the Thomas More Center for Preaching and Prayer will set the atmosphere for wonderful days of prayer, discussion/ debate, the celebration of Sacraments, and some hearty laughs.

It has been several years since Fr. Mike, Fr. Nick and Sr. Joan have visited us, so here is a brief introduction of the Trio:

Fr. Michael Champlin

has been a priest of the Dominican Order since 1966. He is the founding Director of the Thomas More Center for Preaching and Prayer and has been engaged in full-time preaching for over 30 years. He was a seminary professor and served as a resource person on the faculty of the Center for Pastoral Liturgy at the University of Notre Dame.

Fr. Nicholas Punch,

born in England, is a Dominican out of Australia. He has taught high school, was a university chaplain, and pastor of large parishes in Melbourne and Sydney.

Sr. Joan Bukrey

is a member of the Sisters of St. Francis of Assisi out of Milwaukee, Wisconsin. Her experiences include elementary education, parish religious education, and Director of Vocations and Formation for her religious community. Her Masters in Religious Studies is from St. Louis University.

Give yourself an early Easter present and mark the first week of April as your special Lenten time.

More information on childcare and meals will be forthcoming in our bulletins and on our website.

WELCOME NEW PARISHIONERS !

Five families have joined our Holy Cross Parish since our last Newsletter of November 2010

Patricia DeCresce

David Orr

McDon Rebello

Dina Vila

Gene and Cathy Wills

A warm welcome to each and every one of you !

COME CLOSER TO OUR LORD AT TABOR RETREAT

SOLITUDE WITH CHRIST

A WEEKEND RETREAT

BY MONSIGNOR CHET MICHAEL

February 18, 2011 -- February 20, 2011

Cost of weekend: \$ 140.00 for room w/o bath

\$150.00 for room with bath.

Includes six meals:

To begin with dinner at 6:00 P.M. on Friday and ends with Mass and lunch at noon on Sunday.

Sign up by calling Deacon Gordon at Tabor at 434-846-6475

(may leave a message)

or Monsignor Chet at 434-6626

(please do not leave a message)

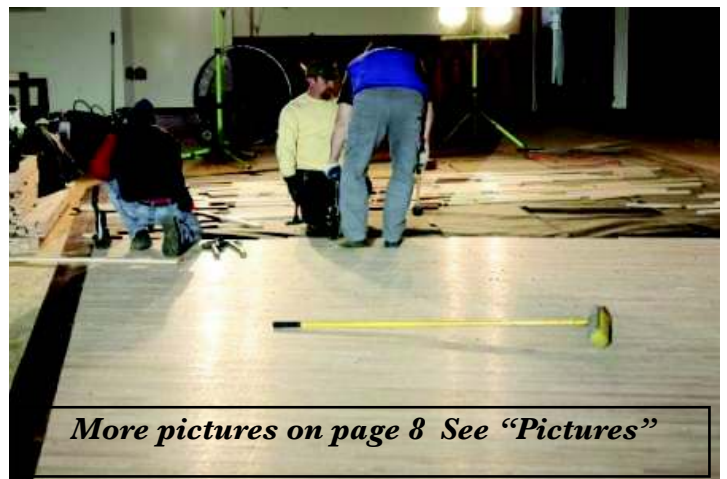


The Sanctuary Recovery Project Update

- The project is moving along nicely with no significant surprises.
- We think the final costs will be about what we expected - \$900K to \$1 million.
- Hardwood floor (oak) is complete and has received the finish coats.
- Excavation is now in progress under the sacristies and chapel areas to remove abandoned wiring and piping and provide access for future maintenance and inspections. This is taking longer than Morris Construction estimated but should be complete in early February.
- Boiler room work is essentially 90% complete as is electrical and HVAC.
- Barrel lights in the sanctuary have been reinstalled. These lights look the same as before but now have an emergency lighting feature and are much more energy efficient.
- Theater lighting has been installed to provide greatly improved lighting for the altar and choir areas.
- Things still to do –
 - Repair joists and replace flooring in old choir loft.
 - Install access ladder having fall protection mechanism from choir loft to attic.
 - Complete “top down” cleaning of sanctuary, chapel, and sacristies. This includes ceiling, walls, windows, etc.
 - Install carpet in sanctuary, chapel, and sacristies.
 - Install pews and kneelers.
 - Install Baptismal font.
 - Install organ console and tune the organ.
- We plan to return to the sanctuary in April (if nothing unforeseen happens). Once we are back in the church, (hopefully sometime in April) the next major project on the horizon is to replace the roof and upgrade the steeple. Design and bidding for these will begin later in the spring.

Submitted by Bill Fastabend

PICTURES ARE WORTH A THOUSAND WORDS !



More pictures on page 8 See “Pictures”

Continued from page 7..... “PICTURES”



Above left: Refurbished Barrel Light (covered) and new altar lights. Above middle: Close up of new alter lights and Above right: Inside of the refurbished barrel lights. Photos taken by Larry Wetzel. Thanks Larry !

THANK YOU !

Dear Fellow Parishioner:

As a member of Holy Cross Parish for over three quarters of a century I would just like to say thank you to a few of the tireless working individuals who have been and are still working to put our Church building back in order. Dick Kingsley, Bill Fastabend, Tony Lexa, Kevin Chamberlain, Mike Madden and Bob Clarke have not only donated their time and energy, but the expertise that was so badly needed during this particular project. Msgr. Rush has kept all of us informed and completely up to date.

To all who have supported presently and in the past our contingency fund and have offered countless prayers a huge thank you is due.

Holy Cross School deserves a large thank you, along with Jim Martin and his volunteers for set up and take down at the school every Saturday afternoon and Sunday after masses.

We are coming down the final stretch and without these individuals and many others we would still be in limbo.

Sincerely,

Tom Doyle

A NOTE FROM YOUR EDITOR

This Issue of our Newsletter is regrettably late and for that, I apologize ! I've had computer problems which I do believe are worked out now. I apologize for any misspelled words and mistakes you may find.

The next cut-off date for our next issue is April 10, 2011 ! You can submit your articles several ways. There is a box marked Newsletter in the office. You can mail it to the office or put it in the collection basket at Mass. (please mark it for the newsletter) You can email it to Newsletter4hc@aol.com and you can mail it to me. My address is in the church directory and in the phone book.

My heartfelt thanks to all of you who have contributed to this issue. We are Church, we are Community, we are Family. Our newsletter helps us keep connected and gives us an opportunity to tell about our ministries and share our experiences.

Joy Swift

NOTES FROM OUR NURSES NOTAS DE NUESTRAS ENFERMERAS

GOT GUM DISEASE ? TELL YOUR INTERNIST

Since gum disease (gingivitis, or the more severe periodontitis) is an inflammation of the gums, having it could mean that you have another inflammatory condition (such as diabetes or heart disease) elsewhere in your body -- or indicate that you're on your way to developing one. So if your gums are very red, bleed easily or are starting to recede, make sure your MD knows. Depending on your other risk factors, he may want to screen you earlier or more frequently for any number of health conditions.

“YOU’VE THROWN YOUR BACK OUT !

Chill (then thaw)

Apply an ice pack (a bag of frozen peas works, too), over a thin shirt or towel, for up to 20 minutes. Or give yourself (or recruit the nearest set of helping hands for) a five minute ice massage using water frozen in a paper cup with the sides peeled down. Repeat as often as you want, but no more than once an hour. (ice is a natural pain reliever, and it reduces swelling by causing blood vessels in the area to constrict.) After 48 hours, you want blood flow to increase to help healing, so switch to heat.

WHAT ELSE WILL HELP ?

Try an anti-inflammatory -- aspirin, Ibuprofen or naproxen (Aleve) to reduce pain and swelling. If you are allergic to these or they upset your stomach try Tylenol. And Rest ! After 48 hours walking around will relieve pain causing tension in your muscles.

¿ENFERMEDAD DE GOMA CONSEGUIDA? DIGA A SU INTERNO

Desde la enfermedad de goma (gingivitis, o el periodontitis más severo) es una inflamación de las gomas, teniéndolo podría significar que usted tiene otra condición inflamatoria (tal como diabetes o enfermedad cardíaca) a otra parte en su cuerpo -- o indique que usted está en su manera a desarrollar uno. Tan si sus gomas son muy rojas, sangran fácilmente o están comenzando a retroceder, cerciórese de que su MD sepa. Dependiendo de sus otros factores de riesgo, él puede querer defenderle anterior o más con frecuencia para cualquier número de condiciones de salud.

¡“USTED HA LANZADO SU SE RETIRA! Frialdad (entonces deshielo)

Aplique un paquete de hielo (un bolso de los trabajos congelados de los guisantes, también), sobre una camisa o una toalla fina, por hasta 20 minutos. O dése (o reclute el sistema más cercano de las manos amigas para) un masaje minucioso del hielo cinco usando el agua congelada en una taza de papel con los lados pelados abajo. Repita tan a menudo como usted quiere, pero no más de una vez una hora. (el hielo es un mitigador de dolor natural, y reduce el hincharse causando los vasos sanguíneos en el área al constrict.) Después de 48 horas, usted quisiera que el flujo de sangre aumentara para ayudar a curar, interruptor para calentar tan.

¿QUÉ MÁS AYUDARÁ?

Intente un anti-inflamatory -- aspirin, ibuprofen o naproxen (Aleve) para reducir dolor y la hinchazón. ¡Si usted es alergic a éstos o trastornan su resto del intento Tylenol. And del estómago! Después de 48 horas el dar una vuelta relevará el dolor que causa la tensión en sus músculos.

Dear Readers: I'm sure you can tell that I do not speak Spanish but in an effort to reach out to our Spanish speaking parishioners, I am trying a translation program on my computer. I apologize if some words are incorrect or misspelled. I would love to have a Spanish speaking person submit articles in both English and Spanish for our Newsletter. If you are interested, please contact me, Joy Swift, Editor at 929-5720 or through the church.

BAPTISMAL VESTMENT MINISTRY

When Father Rush arrived at Holy Cross he brought with him a wonderful tradition from his former parish in Harrisonburg. That tradition was to present a hand sewn white vestment to each individual at their baptism. He recruited a group of women to stitch these garments and this tradition is still going strong. Most of our vestments are used by infants but we do stitch them for adults as well. Many of the parents of the newly baptized infants tell us how much they value these garments and place them in a memory box for the child.

As you can see by the pictures age is not a criterion for sewing. Laura Cox and her three boys are holding up a completed garment and since Laura is expecting another baby, perhaps her child will use the one she has stitched herself. Elizabeth Richardson and Marge Denham are cutting out the vestments to be packaged in a kit for our sewers. Our group is small; Margie Tackas, Laura Cox, Winnie Schammerhorn, Elizabeth Richardson, Martha Tapia and Marge Denham and we sew about 30 vestments each year.

Many in the original group are no longer able to sew thus we could use more who like to do handwork. If you like to sit and sew or if you would like to learn how to hand stitch, please contact the office and we will set up a time to gather together and stitch the vestments.

Submitted by Marge Denham

MINISTERIO DE BAUTISMO INVERSION

Cuando el padre Rush llegó a Santa Cruz trajo consigo una tradición maravillosa de su ex parroquia en Harrisonburg. Esa tradición fue presentar una vestidura blanca cosido a mano a cada uno individual en su bautismo. Reclutó a un grupo de mujeres para coser las prendas y esto la tradición es todavía fuerte. La mayoría de nuestras inversiones son utilizados por los niños pero no los puntada para los adultos también. Muchos de los padres de los niños recién bautizados nos dice cuánto valor estas prendas y colocarlos en una caja de recuerdos para el niño.

Como se puede ver por el público imágenes no es un criterio para la costura. Laura Cox y sus tres los niños están sosteniendo una prenda completa y desde que Laura está esperando otro bebé, tal vez su niño utilizará el que ella misma ha cosido. Elizabeth Richardson y Marge Denham son de corte las inversiones que se envasa en un kit para nuestras alcantarillas. Nuestro grupo es pequeño; Margie Tackas, Laura Cox, Winnie Schammerhorn, Richardson Elizabeth, Martha Tapia y Denham Marge y coser alrededor del 30 inversiones cada año.

Muchos en el grupo original ya no son capaces de coser lo que se podría utilizar más que les gusta hacer trabajo hecho a mano. Si le gusta sentarse a coser o si le gustaría aprender a coser a mano, por favor en contacto con la oficina y vamos a establecer un tiempo para reunirse, de punto de las vestiduras.

Enviado por Denham Marge

