



OUR PARISH LIFE

HOLY CROSS CATHOLIC CHURCH NEWSLETTER

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HAPPY BIRTHDAY JIGGIE HOLT !

Mrs. Jiggie Holt turned 90 years young on April 23rd and we wish her the very best of birthday greetings ! She has been the Chair of the Social Justice Committee for the past 14 years. She has now passed that Chair on to Mrs. Evelyn Monark and is looking forward to her work with the Mental Health Board and the Blue Ridge Pregnancy Center .

I asked Jiggie what her thoughts were about her time spent with the Social Justice Committee. She told me that she was most proud of her work with Camp Timothy for Children

She told me that working with the Social Ministry was extremely rewarding and that she was very appreciative of the attitude of the people she worked with. "People have always been so willing to help. They

have always done what I asked of them."

What would she like to see in the future. The formation of an Altar Guild.

Jiggie also worked with Interfaith Outreach for 17 years and was recently given an award for her years of service.

Over the years Jiggie has worked tirelessly for our Parish and we are grateful for all that she has done. **Happy Birthday Jiggie and best wishes for many, many more !**



A LENTEN DAY OF REFLECTION

A Lenten Day of Reflection was led by Father Robert McEleney on a beautiful Sunday, March 29, 2009, at Tabor Retreat Center in Lynchburg. Sponsored by the Tabor Program Advisory Committee, the event drew 52 participants from Holy Cross, St. Thomas More, St. Victoria's, and Holy Name of Mary Catholic churches. Morning Mass was celebrated by Father McEleney in the chapel at Tabor, and was followed by time for personal prayer and

meditation within quiet areas inside Tabor or outside on the lovely grounds and walkways. A light lunch was served before Father McEleney's afternoon talk on Pope Benedict XVI's letter on physical fasting, and the Biblical concept of fasting. Father McEleney drew our thoughts to the "true fasting acceptable to the Lord" as voiced in Isaiah, Chap. 58: "...Sharing your bread with the hungry...sheltering

Continue on page3, See "Reflection"

The Richmond Diocesan Marriage and Family Life Conference

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The Richmond Diocesan Marriage and Family Life Conference

When: July 25th, 2009.

Location: Mary Mother of the Church Abbey in Richmond.

Time: 9AM until 3PM

Further details will be in the next newsletter.

A woman is fertile for only part of her cycle. She has signs of when she is fertile. She has signs of when she is not fertile. She can learn to observe these signs. She and her spouse can learn to keep a record of these signs. The husband and wife can then

decide whether they want to become pregnant now or to wait.

For information about Natural Family Planning contact Laura or Brian Hall at mrs.laura.hall@gmail.com or phone (434) 384-1798.

Laura Hall

Natural Family Planning Coordinator for the Richmond Diocese

2216 Lark Place

Lynchburg, VA 24503

Phone: (434) 384-1798

mrs.laura.hall@gmail.com

A Letter From Mr. Jones, Holy Cross School

Dear Holy Cross Church Members:

I pray your Easter journey with our Lord was one filled with joy and renewal. As we continue in the Easter season, my prayer is for your ongoing relationship with Jesus Christ in that your daily walk would be one with Him. Please know that the Holy Cross School community remembers you and the parish each day in our prayers. We are grateful for your support and commitment to the Catholic education we provide all of our students. May our example and words prove to be the seeds that will blossom throughout their lifetime.

I am pleased and proud to announce that our "Campaign 130" efforts continue to be hopeful as we optimistically look to reach our goal of \$350,000.00 in cash and pledges by June 30, 2009. To date, we have received \$295,439.00 in cash/pledges, \$200,000.00 of which is in cash donations! We continue to work with the community, alumni, area

businesses and friends of the school to help make the match of \$350,000.00. As a reminder, when we reach this goal, the school will receive an additional \$150,000.00! We are also actively engaged with our Catholic Church communities. We are most grateful to our Pastors for allowing us to make a Campaign up-date and presentation to their parishioners. We do plan to visit Holy Cross Church in the very near future.

On behalf of the school community, I extend our sincere appreciation and our promise to do all we can to make the Catholic community proud of who we are and of what we do. Pray that we continue to do so for the greater glory and honor of God.

With best wishes and God's every good blessing ...

John P. Jones

Holy Cross Regional Catholic School

MARY'S GARDEN

On April 4th a group 12 women got together at Tabor Retreat Center for an afternoon of fun, laughter, friendship, and prayer as they learned about the Flowers of the Blessed Virgin. Flower pots were painted to the creativity of each and every one's vision and while the pots dried in the warm afternoon sun friendships were made while sharing all the fresh baked items provided. Then came the planting of the flowers. Patty Gamache, Master Gardener shared the proper way to plant a container while adding red Geraniums (Pelargonium) - Gentle Virgin; Pansies, (Viola tricolor) - Our Lady's Delight; Marigolds (Tagetes) - Mary's Gold; Creeping Thyme ((Thymus serpyllum) - Mary's

Bedstraw and to top off the container a statue of Our Lady of Grace to complete the "Mary's Garden". Everyone left feeling renewed and relaxed with new friendships, many happy memories to last a lifetime, a goody bag of surprises, a new meaning of the flowers of the Blessed Virgin, their own "Mary's Garden" and ending of the afternoon holding hands to say the Hail Mary and thank the Blessed Virgin Mary for bringing them all together.

Below: Sue Hulse, Tricia Christian, Morgan Magnolia, Meg Kern, Mary Mugnolo, Sherry Schemme and Margie Takacs

Pictured below: Ann Marie Caylor and Sandy



Continued from page 1

“REFLECTION”

the oppressed and the homeless...” Again there was time for personal reflection before the group was called together to share responses as to what we had learned and would try to practice in the remaining days of Lent. In summary, it was agreed that in attempting to carry our own crosses, we would remember “Not my will but your will be done.” We

are blessed that Father McEleney led this spiritually nourishing day for us, and are happy and excited that he has agreed to lead a day at Tabor for us in Advent, planned for December 12, 2009. Watch for further announcements !

Submitted by Bev Ryan

JUST A LITTLE SMILE TIME

People want the front of the bus, the back of the church,
and the center of attention.

USHER (One who has care of the door)

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Holy Cross ushers come in many shapes and sizes. All seem to have heart.

They can help you when you are running late by escorting you to a seat, or if you are early, to exchange a few pleasantries.

If you become sick during services an usher will identify your discomfort, and help you in a discrete manner.

Many parishioners who occupy the "soft seats" at the rear of the church are recouping from many confinements. They are young, old, male and female. The ushers attend to these people's needs unobserved.

At Communion time they see that all who are unable to go up to the altar receive The Holy Eucharist.

The Ushers have many duties and perform them smoothly and devoutly. They are responsible for escorting the full body of parishioners to receive the Holy Eucharist and return to their pews.

Ushers take up the collection during litany and form an Offertory Procession and keep all going effortlessly.

After Mass they hand out the bulletins and assist with canes and walkers if necessary.

Woman is first consecrated virgin in Richmond

Bernadette Snyder chose a little-known third path with a long tradition in Catholicism: She became a consecrated, perpetual virgin - the first in the 188-year history of the Richmond diocese, which includes Hampton Roads.

To the Catholic Church, Snyder's calling is as much a formal vocation as the priesthood or religious orders of nuns. The early church regularly consecrated virgins who didn't lead monastic lives, but the rite fell into disuse by the eighth or ninth century. The Vatican restored it in 1970.

The U.S. Association of Consecrated Virgins, which formed in 1996, estimates there are 200 consecrated virgins nationwide. Most of those consecrations have come in the last 10 years, said Judith Stegman, the group's president.

She was among 500 consecrated virgins from 52 countries who met in Vatican City to discuss how to promote the order, and how virgins should live out their vocation.

Consecrated virgins aren't supported financially by the church. Snyder works for the diocese as a geostatistician in the Office of

Planning.

Although they are obliged to serve God, consecrated virgins generally decide what form that ministry will take.

"The time that you would have devoted to husband and kids is what you're actually devoting to prayer and ministry," Snyder said. "When you choose to remain celibate, you choose to love God through all people."

Her service includes sponsoring a prospective Catholic convert and washing the altar cloths of her parish and the chapel at the diocese's headquarters. She helps serve communion, teaches first-communion classes and does other volunteer work at her church.

Snyder recites the morning and evening prayers that are part of the liturgy of the hours, the Catholic Church's daily set of prayers and readings.

But Snyder said prayer infuses her whole day, whether on the job or reading spiritual texts in her apartment.

Excerpted from PilotOnline.com By Steven G. Vegh, The Virginian Pilot, July 27, 2008

CONGRATULATIONS TO OUR TWO NEW AMERICAN CITIZENS !

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We have 2 parishioners who on April 15 became naturalized citizens of the United States. The ceremony took place at the US District Courthouse on Court St.

Congratulations to Jane Flores Tester and Blanca Hernandez !

Some information regarding Citizenship

How do I become a naturalized citizen?

If you are not a U.S. citizen by birth or did not acquire/derive U.S. citizenship automatically after birth, you may still be eligible to become a citizen through the naturalization process. Eligible persons use the "Application for Naturalization" (Form N-400) to apply for naturalization.

Persons who acquired citizenship from parent(s) while under 18 years of age use the "Application for Certificate of Citizenship" (Form N-600) to document their citizenship. Qualified children who reside abroad use the "Application for Citizenship and Issuance of Certificate under Section 322" (Form N-600K) to document their naturalization.

What are the basic requirements to apply for naturalization?

Generally, to be eligible for naturalization you must:

- 1: Be age 18 or older;
- 2: Be a permanent resident for a certain amount of time (usually 5 years but less for some individuals);
- 3: Be a person of good moral character;
- 4: Have a basic knowledge of U.S. history and government;
- 5: Have a period of continuous residence and physical presence in the United States; and
- 6: Be able to read, write, and speak basic English. There are exceptions to this rule for someone who:

Is 55 years old and has been a permanent resident for at least 15 years; or

Is 50 years old and has been a permanent resident for at least 20 years; or

Has a permanent physical or mental impairment that makes the individual unable to fulfill these requirements.

When can I apply for naturalization?

You may be able to apply for naturalization if you are at least 18 years of age and have been a permanent resident of the United States:

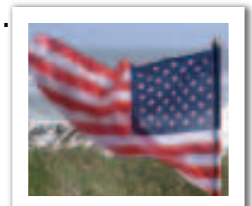
- For at least 5 years; or
-
- For at least 3 years during which time you have been, and continue to be, married to and living in a marriage relationship with your U.S. citizen spouse; or
-
- While currently serving honorably in the U.S. military, with at least 1 year of service, and you apply for citizenship while in the military, or within 6 months of discharge.
-

Certain spouses of U.S. citizens, and those who served in the U.S. military during a past war or are serving currently in combat may be able to file for naturalization sooner than noted above.

What form do I use to file for naturalization?

You should use an "Application for Naturalization" (Form N-400).

(Information taken from USCITIZENSHIP.INFO)



Holy Cross School

Are we excited or what!

Exploratory program is coming to the Middle School

New "Waiting to be Read" program

Holy Cross ranks high in city "Young Authors" competition

Summer Reading Program expanded

Middle and High School science curriculum expanded

Lynchburg College dual enrollment options

Campaign 130 has hit 85% of the goal in half the time

Over 75% of our students have re-registered for Fall 2009

New Summer Camps (24!) and Summer Day Care

Yes, we are excited! - Holy Cross Faculty and Staff !

Tabor Retreat Center

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Toward a Practical Relationship with the Holy Spirit

Pentecost Sunday, May 31 - 1-4pm

Come and Hear His whispers and be set on fire by His flame!

Presenter - Jean Radford

Cost: \$10.00

To register call Tabor Retreat Center at 434-846-6475



SAVE MOTHER EARTH

Readers, if you are interested in how long it takes the items we toss into our landfills to decompose, I found the following illuminating.

Paper.....2 to 5 months

Orange peels.....6 months

Milk Cartons.....5 years

Plastic bags.....10 to 20 years

Leather shoes.....24 to 40 years

Disposable diapers.....75 years

Tin cans.....100 years

Aluminum cans.....200 to 500 years

Styrofoam.....Never

On Shaking Hands At Mass By: Charlotte Smith

Each face I meet and smile and greet
Rings out response within me --
Some smile, some are sad, or even mad
Some blocked, some searching deeply.
At times too sweet
or a lack of trust

Or quickly turning away,
Or strong enough to overcome:
too bold; to force to obey.
The ones I choose don't fear to lose,
They let me in their space,
If only a bit, but I can fit.
And we both come away with grace.

NOTES FROM OUR NURSES !

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BLOOD DRIVE !

Holy Cross Parish Nurses will host a Blood Drive with the American Red Cross on Thursday, June 11th, 2009 from 12:00 noon to 600pm.

Please mark your calander and help us out with your donations of blood that day !

Pollen Protection

You can't escape pollen entirely, but there are some ways to limit your exposure.

- Wear glasses or sunglasses to keep pollen out of your eyes.
- Don't do outdoor activities during peak pollen times (mornings, windy days).
- Use air-conditioning at home and in the car instead of opening the windows.
- Shower and change after you work in the yard or exercise outside.
- Don't hang your laundry outside to dry.
- Wash your hands after petting animals that have been outdoors (they catch pollen in their fur).

Tried and true instant de-stressors

- Start planning your next vacation.
- Take a bath with really awesome smelling soap.
- Cuddle a pet.
- Read some jokes online or watch a funny TV show.
- Look at a favorite photo of friends and family.
- Do some quick stretches. Try rolling your shoulders back, then forward.

Check the expiration date on your medications

A week or two probably won't matter, but

"over time the chemicals in the medication can change, making them less effective and possibly even dangerous" says Sandra Adamson Fryhofer, MD, an internist and clinical associate professor of medicine at Emory University in Atlanta.

Take action ! Add your medicine cabinet to your spring-cleaning list.

Time is on our side !

You've heard it before - eating slowly helps keep food consumption under control. Now a new study has quantified this diet tip: **Quick eaters are 2 times more likely to be overweight than slow eaters.** The researchers also studied how weight is influenced by an inclination to continue eating when no longer hungry. They found that a tendency to stretch the belly to the limit doubled a person's chances of being overweight. The combination of both bad eating habits means 3 times the risk of packing on unwanted pounds.

Water for weight loss !

Water may be the worlds greatest weight-loss drink. Why ? It's needed for most metabolic processes. It helps flush toxins out of the body. It gives you energy (even 2% dehydration can negatively impact physical and mental performance) Researchers found that within 10 minutes of drinking about a pint of water, metabolic rates begin to increase as much as 24 to 30 %. Other liquids don't seem to have the same effect. For best results, consume your 1st pint of water in the morning on an empty stomach. And then keep drinking all day ! You could actually burn an extra 17,400 calories a year.

WELCOME NEW FAMILIES TO OUR PARISH !

There are 14 new families who have joined our Parish since February 1st, 2009.

**Jeffrey Amate
Kofi Appiah
Sergio Aquime
Catherine Burns
Margaret Caprise
Emily Chua
James Fischer**

**Matthew and Ginna Haske
Karl and Marie Hersch
Elizabeth Hodgkiss
James and Lisa Neubaum
Ken O'Brien
Jon and Marika Paris
Brian and Julie Schietinger**

A very warm welcome to each and every one of you !

A NOTE FROM YOUR EDITOR

“Thank you” to those of you who have contributed to this issue of Our Parish Life. The next issue will be August 2009. The **cut off date for that issue will be July 10th.** The August issue is a good issue for all the fall school year information, and for information on any new programs beginning or scheduled for the fall.

Submitting an article is easy. There is a box located in the parish office that is marked “Newsletter”. You place your article there or give it one of the office staff. You can place your article in the collection basket. Please mark it “for the Newsletter”. You can mail it to the church office or

mail it to me. I am in the church directory. And finally but not least, you can Email it to the following site: Newsletter4hc@aol.com.

Please remember, you are the Newsletter. This is a great way to let our church family know all of the wonderful things our parish does. It’s a way to help our church family feel connected, a way to reach out to our shut ins and to those who are new to the parish as well as those who for what ever reason do not attend Mass on a routine basis.

My best wishes for each of you for a wonderful summer !

Sincerely, Joy Swift

Holy Cross Catholic Church

710 Clay Street
Lynchburg, Virginia 24504

Church Phone: 434-846-5245
Newsletter Email:
Newsletter4hc@aol.com

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