

OUR PARISH LIFE



HOLY CROSS CATHOLIC CHURCH NEWSLETTER

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A Quarterly Newsletter

WE ARE BACK !

WELCOME HOME !

The speech given by Chantelle Deddens
at the Masses on April 2nd and 3rd

Good morning! I would like to welcome everyone back into our building this morning. For those of you who don't remember me from my past appearances, I am Marie Rosalie Boudar Dornin, but for most of my life, people just knew me as Mrs. Mary Dornin. I can tell you I was part of this Holy Cross community long before there was even this building, this building which seems to have given you all a bit of trouble. I am part of the original group of Catholic Christians here in Lynchburg. Before we had a permanent priest to call our own, my house was used by a traveling priest, Father Samuel Cooper, to celebrate the very first Mass in Lynchburg. Because of this, some people have given me the title "Mother of the Catholic Church in Lynchburg" but I think that might cause me to get a rather large head, so I'll just stay Mrs. Dornin.

The time that you all have waited is not unlike our time of waiting for the church to be built back in the 1800s. The land itself was secured by Father McGurk back in 1871 for only \$6,000, and the cornerstone of this building was laid in this very month in 1878. The construction of the building took just 18 months, so for it to take a year for the church to rid itself of the unfortunate termites and groundhogs, tells me it must have been quite a chore. I am sure that we share a supply of exceptional workers, both past and present, and as for my time, our work was done (and I quote) "with every detail of work having been conscientiously carried out, and only the best obtainable material

Please turn to pg. 2 See "Rededication Speech"

ARE YOU BEING CALLED ?

— “The Lord looks on the heart,”----
Are you being called to do the deeds of Christ as a priest or in the consecrated life, proclaiming the reign of the loving mercy of God our Father? Call Father Michael Boehling at 804-359-5661 or email to him at mboehling@richmonddiocese.org .

Pray especially for these seminarians who seek to be the Face of Christ as priests of the Diocese of Richmond.

Please keep in your prayers all who are considering a vocation to the priesthood or religious life.

Rev. Mr. Eric J. Ayers Rev.
Mr. Brian W. Capuano
Danny Cogut
Joseph F. Goldsmith
Christopher M. Hess
Matt Kiehl
Carlos H Lerma
Nhat Nguyen
Sean M. Prince
Gino P. Rossi

Continued from Page 1..... “Rededication Speech”

being used.” I am sure yours is the same. I am a little shocked at the price tag, as our building cost \$35,000 to build, but I do suppose there has been considerable inflation since the 1870s. I am excited to see so many of you here this morning, although I must say it is not as packed as the dedication of 1878. To attend that event you needed a ticket, and I remember squeezing almost 1,500 people in here, including the Archbishop!

I know that you all are glad to be back together as a family. Church is not just a building, it is a community. A community that celebrates our joys and comforts our sorrows. I have experienced both of those events within the Holy Cross community, such as when my daughter Constance was married by Fr. Cooper in 1841, and when my son Anthony was killed in the Battle of Antietam in 1862. My church community was invaluable to me then, as I’m sure yours is to you now. It reminds me of something the Archbishop said during the dedication in 1878...”Church is like a vine, with its many spreading branches all connected with the parent stem and drawing sustenance from a common source.” It makes me proud to see that the Holy Cross community has remained as fiercely dedicated and undeniably connected as it was back in the 1800s.

I thank you for letting me speak with you this morning; I shall let you get back to the enjoyment of your first Mass weekend back in our beloved home. Before I leave, please allow me to leave with you again some of the Archbishop’s words from our ceremony...”You have done honor to yourselves. It will be the subject of joy to you in the coming years that you were part of this great work.” Thank you.



A BREAK IN AT HOLY CROSS !

On the evening of February 1 (~ 8:40 pm), we had a breakin at the church. The last people left the Church about 8:30 PM and set the alarm. The audible alarm system went off at ~ 8:40 PM and the alarm company notified the police and then called me at home at ~ 8:45 PM. I met a police officer at the church about 9:10 PM and we walked the entire church complex and found/noticed nothing. I reset the alarm system and we left.

On February 2, about 4:30 PM, the cleaning women noticed that a window was damaged, in the Commons Clay St. esplanade entrance foyer. The window did not break; the window sash broke and the full window frame with unbroken window was laying on the foyer floor (the window has an imprint of a shoe where the intruder kicked it in). The intruder then opened the inner foyer door to the Commons and that apparently triggered a motion detector (with an audible alarm and a notice to the alarm monitoring company). We have no evidence of other damage, vandalism, or anything missing.

We did not notice that the window was broken; the foyer is not used during week days and is fairly isolated from day to day Commons activity (a piano tuner was working on the Commons piano for several hours the morning before about ten feet from the foyer; there was daily Mass in the morning at 9:00 AM and after Mass people were talking to Father McElheney at the piano, etc. etc..

The broken window left access to anyone who wanted to come into the Commons by crawling through the broken sash. The inner vestibule lock has no locking mechanism. So that evening, I went out and purchased a section of chain and pad lock and I chained the two inner foyer doors together so no one could get in (this would be a safety violation if we were to leave it chained during Saturday Masses etc.) I also notified the police and they sent an officer out to make a full police report of the broken window. I have also met with Chip Morris (Morris Constructing; the general contractor completing the Church refurbishment) and asked him to cover the broken window with plywood.

This intrusion shows that we have a security problem in the Church that we must address. Several issues occur to me:

1. All of the windows along the ground floor are the same (i.e. the window sash let go with a single kick). Thus the same thing could happen in any of those ground floor windows. We should address this issue; however, in my opinion we should only resort to bars as a very very last resort. I think that there are options without going to this extreme,
2. The inner Commons door from the esplanade does not have a lock on it. I have visited Hawkins Lock and Key and will issue them a work order to come down to the Church to evaluate and identify options for installing a lock on that door.



Holy Cross Social Ministry

Minutes of the March 11, 2011 Meeting

Present: Judy Boyd, Clark Charlton, Marge Denham, Pat Doran, Jiggy Holt, Bill Long, Kathleen Mee, Evelyn Monark.

Evelyn Monark called the meeting at order at 9:45 a.m.

Jiggy Holt led us in prayer.

Evelyn Monark introduced our guest speaker Ms. Hope Snell the director of the Visually Impaired Program at Interfaith Outreach. Ms. Hope then introduced two members of the program, Carolyn Bowling and Martha McGinnis. Ms. Hope gave us an overview of the program and asked if it would be possible for her to speak at church to inform our parishioners about the program and possible ways we could help. Father Rush agreed to meet with her.

Committee reports

- Meals on Wheels – No report
- White Rock – Bill Long reported that the literacy program will start up again in the fall. Holy Cross contributes \$1,500 yearly to the program which costs \$6,000 annually. Mr. Long will ask Director Vicky Robinson, to give us a written report on the program.
- CUM – Evelyn Monark reported that Camp Timothy will be held at Holy Cross on July 12 & 13, 2011. She has booked a magician and a clown for the entertainment. Pizza will be provided by Holy Cross for lunch.
- Rush Homes – Kathleen Mee announced that two apartments at Victoria Ridge will be available for two families on June 1st.

They are having difficulty attracting people to volunteer for the “Adopt a Home Program.”

- Daily Bread – Pat Doran mentioned they received good support from a just completed fund drive. They are serving an average of 150 people a day on a yearly budget of \$210,000.
- Gateway – Pat Doran reported they have 20 residents at present.
- Food Pantry – Pat Doran announced that the pantry is back to pre-holiday stocking.
- Hurley – Clark Charlton reported that this will be the 10th year that Holy Cross has participated in the Hurley Work Camp. Hurley is a former coal mining community with an elderly and medical needy community. Students ranging from rising 7th graders to college age can participate. The cost for each student will be \$200 and Holy Cross will scholarship 25% of this fee. The group is looking into fund raising to help the students cover some of the rest of the cost. Last year 48 people including 12 adults attended.
- Parish Retreat – Linda Contreras requested the social ministry committee contribute a light breakfast for the retreat participants. We chose Monday, April 5th. Evelyn Monark and Kathleen Mee volunteered muffins and Pat Doran and Marge Denham will supply fruit. The meeting adjourned at 10:50 AM.

IT PAYS TO BE OPTIMISTIC

While several studies have shown that optimists generally enjoy better health, a recent University of Kentucky study of students suggests that a change in perspective from negative to more positive can

directly boost the immune system. Their conclusion, published in Psychological Science: **Optimism has emotional and physical health benefits !**

HOLY CROSS LADIES OF CHARITY

ANNUAL REPORTS FOR 2010

St Jude Annual Report 2010

Projects

1. Basket-weavers Luncheon - Mar 2010
2. Gateway Dinner - June 2010
3. Miriam's House - We decorated a 2 room suite. One room was for a mom and the other for two children. We refinished a dresser and two end tables. Curtains were made. Bedding and other essentials were purchased to make the rooms cozy. - Aug 2010
4. Miriam's House Dinner - Sept -2010

Spiritual Enrichment

- 1.) Retreat to Richmond for Mass and tour of the Cathedral of the Sacred Heart.
- 2.) Rosary in the Chapel to celebrate the Feast of Simon and St Jude.

Fundraiser

- 1.) June - Raffle of a homemade apron and tote for 92.00.
- 2.) Nov - St Jude was in charge of the Annual Bake Sale which made LOC \$927.44.
- 3.3. Nov - Sold Advent candles and calendars for \$171.50.

Our Lady of Peace 2010 Annual Report Projects

- Our Lady of Peace Circle participated in the following events through out the calendar year of 2010.
- A meal was prepared and served to visiting students from William & Mary who were housed at Holy Cross during a work/repair session for Lynchburg Grows.
- A bake sale was held for the Jubilee Family Development Center in order to help raise funds for their after school student support services. The bake sale raised and presented \$ 700.00.
- A meal was prepared and served to benefit the ladies and children at Miriam's House. This is a transitional living arrangement for women and their children only.
- The Blind Basket Weavers were treated to a luncheon purchased and served from the circle members.

- Our circle participated in purchasing baby items for the annual Mother's Day Baby Shower.
- A meal was prepared and served to Gateway which is a transitional housing unit for men only.
- A monetary gift of \$ 100.00 was sent to the Virginia Society for Human Life in order to help their fundraising efforts.
- Our Circle participated in the annual Holy Cross Circle bake sale with the proceeds from the bake sale to be sent to Gateway to continue their efforts of support for transitional housing and education for men.
- The Circle prepared 43 Christmas Gift Bags to be distributed to the parish homebound and nursing home parishioners. Each bag contained a holiday themed can of cookies, a glow-in-the-dark cross, a 2011 church calendar and a box of tissues, a custom designed Holy Cross greeting card signed by Msgr. Rush and a handmade cross bookmark.
- Our Lady of Peace Circle sponsored a family during Christmas, providing the mother and father each with a \$ 50.00 gift card and each of the 4 children with age appropriate gifts.
- Our Circle provides prayer, fellowship, and support for all of it's members especially in the time of need.

Our Lady of Lourdes Circle Activities in 2010

- Monetary Gift to supported Seminarians
- Donation to supported youth working in Hurley
- Coordinated the "Baby Shower" for the Blue Ridge Pregnancy Center - Donated a "Pack 'N Play"
- Gift to Christian Formation to help fund retreats.
- Participated in the "Stop Hunger Now" project.
- Gift to St. Joseph Villa in Richmond.
- Provided Rosaries for Prisoners
- Gifts for Jesse Tree family
- Gift to Father Rush
- Meal for Gateway
- Meal for Miriam House

Please continue to pg 6.....See "Annual Reports"

Continued from page 5

“Annual Reports”**St. Vincent de Paul Circle****Calendar 2010**

- Our circle hosted the Basket weavers lunch in February
- The annual used book sale was held March 13 and 14. We netted \$ 1,433.81!
- In April, we provided dinner for Miriam’s House for 9 women and 7 children.
- In May, we contributed to the baby shower for the Blue Ridge Pregnancy Center.
- During the year we sent funds to the following:
Lynchburg Humane Society, Holy Cross Food Pantry, Blue Ridge Pregnancy Center

Daily Bread, The Jubilee Center, Joy Fund, Alliance for Families and Children

Free Clinic

- At Christmas we adopted a family from the Jesse Tree (a grandmother and 2 children).
- Our members individually are in many parish and community activities such as visiting the sick and elderly as well as those in nursing homes. They bring communion and visit with shut-ins and provide rides to doctor’s appointments. They also work with the Blue Ridge Pregnancy Center, Johnson Health Center, Poplar Forest and AARP Tax-Aide Program

Greetings from Holy Cross Regional Catholic School!*I am the light of the world, says the Lord; whoever follows me will have the light of life. (Jn 8:12)*

We cannot hide the success of Holy Cross students under a bush !– no! We must let it shine! This spring, our Holy Cross students participated in the Young Author’s Competition. Our students won more than 50% of the city-wide awards and 32% of the regional awards. Our scholars prove their merit with these numbers and accolades. We love to write at Holy Cross School, and we shine!

Our spring is filled with choral and drama productions, kite flying, field trips, retreats, spring sports and more! Our students have shown leaps in learning, and our standardized test scores prove our abilities! Join us in our joyous hallways where the light of the Lord shines.

Summer Camps and Day Care

Holy Cross Catholic School is offering soccer, volleyball, and LEGO league camps this summer. A full nine week summer daycare/camp is also available for children 5 – 12 years of age. For registration information please call the school office at 434-847-5436 or go to www.hcrs-va.org.

You are Invited

Please join us for the following Graduation events:

8th Grade Graduation	6:00 p.m. Friday, June 10 @ Holy Cross Church
Baccalaureate Service	5:00 p.m. Saturday, June 11 @ Holy Cross Church
12th Grade Graduation	2:00 p.m. Sunday, June 12 @ St. Thomas More Church

*Submitted by Pat LeDonne****Director of Enrollment and Marketing for Holy Cross Regional Catholic School***

LAYMAN'S 10 COMMANDMENTS

- 1]** Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.

- 2]** Why is a Car's WINDSHIELD is so large & the Rear view Mirror is so small? Because our PAST is not as important as our FUTURE. So, Look Ahead and Move on.

- 3]** Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.

- 4]** All things in life are temporary. If going well, enjoy it. They will not last forever. If going wrong, don't worry. They can't last long either.

- 5]** Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!

- 6]** Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"

- 7]** When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.

- 8]** A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"

- 9]** When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

- 10]** WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

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.

- Steve Fioriti* 2-13-11
- Harold Singer* 2-16-11
- Marge McLaughlin* 2-28-11
- Rosa Maria Cuadrado* 3-3-11

Suzanne Marie LeBlane Alley 3-4-11
Fred Pisarek 3-26-11
Brian Duffy 4-2-11
 May they rest in peace
 and may God's grace give comfort to all who
 mourn.



2011 JESSE TREE

The 2011 Jesse Tree Committee will be chaired by Tricia Christian, Elaine Jackson and Cherie Shallock. We are already in 'planning mode' and are looking for parishioners to join us in this very rewarding ministry. The first project on our agenda is the cutting and stringing of the hundreds of ornaments needed for the Jesse Tree.

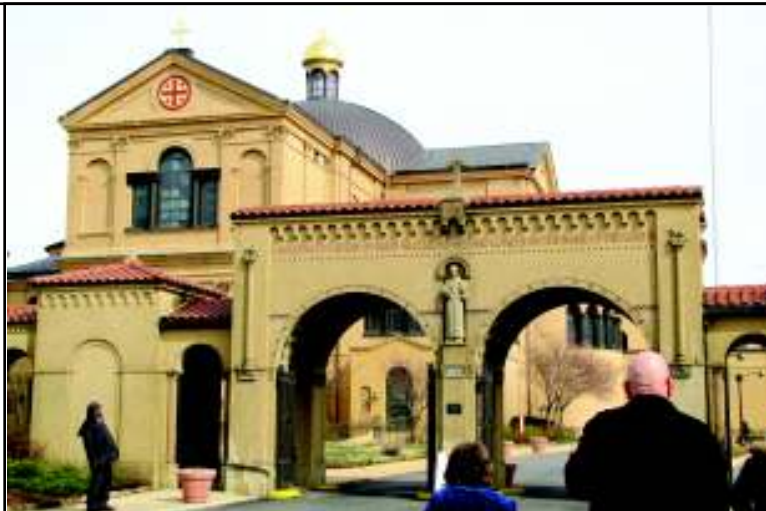
If you, your children – or grandchildren – would like to help, please call and we will get the materials to you. Thanks!
 Tricia Christian 384-2949
 Elaine Jackson 528-5443
 Cherie Shallock 525-4270

TAKING A BUS TRIP WITH HOLY CROSS, ST. FRANCIS OF ASSISI AND ST. MARY'S

Departing from the Holy Cross parking lot at 6:30 A.M. the morning of February 26, 2011, my husband and I joined others from Holy Cross. We then traveled to Amherst and picked up the parishioners from St. Frances of Assisi and then on to St. Mary's filling the bus with more parishioners and Father Kelly who initiated this wonderful trip. Our first stop was at the Smithsonian National Mall where we all had "free" time. Bob and I visited the National Art Gallery which was just wonderful! At 1:15 we boarded the bus once again and headed to the Franciscan Monastery for a tour. What a wonderful experience!

The Franciscan Monastery of the Holy Land rises in solitary grandeur. The Monastery and its shrines were constructed over a century ago, offering a chance to see replicas of the Holy Land.

We were instinctively drawn to the three Shrines upon entering the Church, and a faithful copy of the Holy Sepulchre in Jerusalem, for which the Monastery was named. Quiet reflections in the midst of the Nation's Capital! Located in the four corners of the church were the chapels of St. Joseph, St. Anthony of Padua, the Blessed Virgin and St. Francis. Glorious stained glass, marble alters and narrative wood carvings. Much like the maze-like hiding places of the early Christians we toured The Catacombs and The Crypts, short pathways lead us to the Chapel of Purgatory, more chapels typical of the larger ones of the ancient Catacombs. The Nativity Grotto was reproduced as it exists now in Bethlehem.



I do so wish we could publish our Newsletter in Color so you could really see it's beauty!

Please continue to pg. 9.....See Bus Trip

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BUS TRIP

We left the Monastery and traveled to the **BASILICA OF IMMACULATE CONCEPTION**. We had time to tour around the beautiful Basilica before celebrating Mass with Father Kelly in one of the chapels located on the Crypt Level.

The Basilica of the National Shrine of the Immaculate Conception is the Patronal Church of United States Catholics and America's preeminent Marian Shrine. It is a place of pilgrimage and prayer.

On September 23, 1920, James Cardinal Gibbons, Archbishop of Baltimore, laid the corner stone. The (lower) Crypt Church was completed in 1926 and has been in continuous use ever since.

The Great Depression and Second World War delayed construction of the Upper Church until the 1950's. Construction resumed during the Marian Year of 1954. The Shrines solemn dedication Mass took place November 20, 1959, and Pope John Paul II gave it the papal honor and the title "**Basilica**" on October 12, 1990.

The Eucharist is the center of the Shrine's sacramental ministry as a national sanctuary of prayer and pilgrimage. The Eucharistic liturgy is fundamental to the Shrine's mission, together with the Sacrament of Reconciliation. There are six Masses and five hours of confessions daily.

A tired bunch of travelers climbed back on the bus at about 5:30 heading for home but first a stop for dinner.

It was a wonderful trip. We finally pulled into the Holy Cross parking lot about 11:00 P.M. Our heartfelt thanks to Father Kelly and the parishioners who put this trip together. It was a wonderful experience !

Submitted by Joy Swift



Go in Peace (Connecting the liturgy to our daily Life) By Joe Marotta

Have you ever wondered why we call our worship service the “Mass” ? Based on how we use the word in everyday language, your might guess it is because we all gather together in “one big mass.” However, he name actually has nothing to do with the gathering itself, and everything to do with what happens afterwards!

Finding the answer requires knowing a little Latin. Although most of us participate each week by reciting the prayers in English, everything that is part of our liturgy was originally written in Latin. The Church has translated that official version into many languages, including English. If we look at the very end of the official text, we find the words “*Ite, missa est*”. A literal, word for word translation would be, “Go, it is sent.” The words are proclaimed by the deacon (or if there is no deacon present, the priest) and marks the conclusion of the service.

In Spanish, the service is called *la misa*; in Italian, *la messa*; in German, *die messe*. Do you see a pattern? The title, “Mass” refers to the **dismissal** that comes at the very end. After gathering to hear God’s word proclaimed and sharing in the Eucharistic, the people of God are sent out “to love and serve the Lord.” And, it is that aspect – not what happens inside the church walls – which we use to describe our worship service.

The official English translation contains several options for the dismissal. They include:

“Go forth, the Mass is ended.”

“Go and announce the Gospel of the Lord.”

“Go in peace, glorifying the Lord by your life.”

“Go in peace.”

It sure sounds like our work is not ended when the final hymn is finished! We are instructed to “go forth” into the world and make Jesus Christ as truly present in our homes, offices and classrooms as he was on the altar. During Mass, God gives us everything we need to do so. We hear stories about Jesus’ earthly ministry and gain guidance from those who “have gone before us marked with the sign of faith.” We are nourished with the Body and Blood of Christ in Word and Sacrament. The Second Vatican Council declares that “the liturgy is the summit toward which the activity of the Church is directed; at the same time it is the font from which all her power flows”

So, while it is important that we “go *to* Mass” every week, it is equally important that we go **forth from** Mass every week, announcing the Gospel and glorifying the Lord by our lives. And that is why we call what we do “the Mass.”

In this regular column, I hope to connect what we do and say during liturgy to the world outside the church walls. I look forward to exploring the words we say every week and connecting them to everyday life. Please let me know if you have any suggestions for topics!!! Until next time... *Ite, missa est!!!*

I am pleased to announce that Mr. Marotta will be submitting a column each quarter for our Newsletter. Welcome Joe to our Newsletter “staff” , and thank you very much ! *Joy*

I continue to look for a person who is bilingual in English and Spanish to submit an article, poem, or story in both languages in an effort to bring our two communities closer together. Our Newsletter comes out 4 times a year. If you are interested please call Joy at 434-929-5720 or email to Newsletter4hc@aol.com

“Al amor de Dios”.....”To the Love of God”

Submitted by Antonia Mir Lassaletta

Es en el detalle
de tu amor hacia la rosa.
Petaló a petalo,
en la graciosa curva,
en el armonioso conjunto.
La perfeccion en lo granda
y perfeccion y grandeza
en lo imperceptible.

Asi tu amor, tan personal y unico,
incomprensible en su magnitud.
tan real, tan profundo y constante,
tan antiguo, eterno y visible.

iQue rios, que aguas, que torrente !
iComo inunda el alma
sin playas ni puertos, toda entera
sumergida, sin sentirse en tu presencia !
Sabandose toda tuya
eternamente.

A note from your Editor:

Please forgive any mistakes....

I do not speak Spanish. My computer keyboard is set to type in English. So please accept my humble attempt to bring our communities closer.

Joy

It is in the detail
of thy love for the rose.
Petal by petal,
in its graceful lines,
in its harmonious wholeness.
Perfection in greatness
and perfection and greatness
in the most delicate detail.

This is what Thy love is like,
so personal and unique.
incomprehensible in its magnitude,
so real, so profound, so constant,
so ancient, eternal and tangible.

What rivers, what waters, what torrents !
How it floods the soul
which remains there
with all else forgotten,
in an ocean without beaches,
without ports,
fully immersed without feeling
in Thy presence !
The soul knowing that it belongs to Thee,
entirely, eternally.

COMMUNITY, CONGREGATIONS AND IOA

A dedicated group of nine people have been meeting for several months here at Interfaith Outreach Association (IOA) and we are nearly ready to bring to the congregations a new and VERY EXCITING program that will benefit our **Community, Congregations and IOA**. It is a new dimension to our furniture program and is called "THE HOPE CHEST".

The Hope Chest is a furniture store where we intend to sell furniture donated to us that will not be used in our furniture program. **Proceeds from sales in *The Hope Chest* will be shared equally with your church or synagogue and IOA.** Donors will have the option of having all proceeds go to IOA.

The decision of what items will go into *The Hope Chest* and what will go into the Furniture Program will be made by personnel at IOA as well as the decision on sales price.

All proceeds from sales that go to IOA will be used to provide funds to help people in need. In like manner, all proceeds that go to the church or synagogue of your choice will benefit your church's work. Whether your donation of furniture goes into the Furniture Program or *The Hope Chest*, all proceeds received by IOA will be used to directly benefit the people we serve!

As is currently the practice, donors are responsible for valuing their donations for IRS purposes as IOA cannot do this.

Now the EXCITING part! Here are ways you can help!

1. Help us fill up the warehouse! **Donate** furniture, rugs, lamps, estate proceeds in good condition (NO toys, electronics, appliances, clothes, metal or large office furniture).
2. **Volunteers and trucks** to occasionally help transport furniture to the warehouse.
3. Volunteers to **staff new shop**.
4. Help us **get the word out** to your congregation and friends.

5. People to **SHOP, SHOP, SHOP.**

It will take some time to get this project totally organized, furniture labeled, priced and enough to start selling so we are accepting furniture NOW! We still want ALL furniture that has been collected in the past. We will make the discretionary decision whether the furniture will go in *The Hope Chest* or in the regular Furniture Program. Remember that either way the needy will be directly served by the donations!

Realistically some furniture may start in *The Hope Chest* but if it does not sell, the price may be lowered or, eventually, the item transferred to the Furniture Program. The good news is wherever your furniture goes; it will benefit people in need through our programs!

We plan to open the doors to begin selling furniture on August 1.

Remember, there is NO change to the Furniture Program that now exists for the needy, ALL of the money STAYS in our community, donors get to WRITE OFF their donations, *The Hope Chest* provides income for IOA AND your congregation! This is a WIN-WIN situation!

Please join us in this worthwhile cause by delivering this message right away to the members of your congregation! Printed posters for displaying, flyers for bulletin boards or to take home, bulletin inserts and "briefer" newsletter articles will soon follow.

Please help us fill up *The Hope Chest* with furniture to help people in need! Thanks you for ALL of your support.

Beverly (Bev) T. Maslow

Executive Director

Interfaith Outreach Association

P.O. Box 1125

701 Clay Street

Lynchburg, Virginia 24505

434-846-6098(phone) - 434-846-1040 (Fax)

ioa@ntelos.net ... www.interfaithoutreach.org

WELCOME NEW PARISHIONERS !

Eight new families have joined our parish since our last newsletter:

Frank and Leslie Bartram

Faith Bovenizer

Henry and Irma Campbell

Reness Lin

Dabney and Ivonne Loving

William Montaito

Lois Marie O'Doherty

Kyle and Kristen Nelson

A warm welcome to each and every one of you !

SPOKEN TO GOD FROM THE MOUTH OF BABES

Submitted by Maria Rottenburg

"Instead of letting people die and having to make new ones, why don't you just keep the ones you got now ?"Jane

"I went to this wedding and they kissed right in church. Is that ok ? "Neil

In bible times, did they really talk that fancy?"Jennifer

"I think about you sometimes even when I'm not praying."Elliott

"I bet it is very hard for you to love all of everybody in the whole world. There are only four people in our family and I can't never do it."Nan

"If you watch in church on Sunday, I will show you my new shoes."Mickey D.

"Maybe Cain and Abel would not kill each other so much if they had their own rooms. It works with my brother."Donna

Say a Prayer

Little Johnny and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating right away.

"Johnny ! Please wait until we say our prayer," said his mother. " I don't need to," the boy replied. "Of course you do," his mother insisted. "We always say a prayer before eating at our house." "That's at our house," Johnny explained. "But this is Grandma's house and she knows how to cook."

NOTES FROM OUR NURSES

BLOOD DRIVE

Our parish nurses are having a Blood Drive !

Holy Cross Church Commons

Thursday, June 9th

12 noon to 6 pm

Blood donors and volunteers are needed -

Call Glenda Desmond for information

or to sign up at 239-1006

BRAIN FITNESS

Gail Rosseau, MD, chief of surgery, Neurologic & Orthopedic Hospital in Chicago; assistant professor of neurosurgery, Rush Medical College suggests the following:

Stay mentally engaged.

PLEASE CONTINUE TO PAGE 14, SEE: "NURSES"

"NURSES"

It's the best way to keep your edge. Brain exercises are the latest fad, but anything that challenges you cognitively will help: Play scrabble or chess, join a bridge or book club, or take classes.

Eat for your brain:

Dark-colored vegetables - kale, spinach, beets - and bright colored fruits like berries, prunes, and red grapes. I keep tangerines in my desk.

Don't automatically reach for a headache pill.

To avoid taking too much medicine I recommend non-drug strategies first, such as exercise, yoga, even meditation. If pain persists, try an OTC remedy before a prescription.

DON'T LET THE BEDBUGS BITE !

Eighty percent of us fear picking up bedbugs in hotel rooms, says a recent survey from the National Pest Management Association (NPMA). Stay bug free with this travel advice from NPMA and Health's Medical Editor Roshini Rajapaksa, M.D.

Before you go...

- Pack all clothing in luggage liners (available at bedbug.com) to help keep the critters out.
- See if your hotel is listed on the National Bedbug Registry (bedbugregistry.com)

When you arrive...

- Use a flashlight to check furniture, bedding (yes, even bare mattress), crevices, and any wood surfaces. What you're hoping not to find: the bugs themselves (they're dark red and about the size of an apple seed), brownish smears (blood from previous guests being bitten -- *eww !*), and tiny brown specks (bedbug feces -- double *eww !*). If you find these, alert the management. If you can't switch hotels, ask to be moved to a room several floors away.
- Keep bags off floor, bed, chairs, or any wood surfaces. Stick to slick surfaces like metal luggage racks or even the tub; they're too slippery for bedbugs to cling to.

When you get home...

- Inspect luggage for bugs. If you find them, wash and dry contents at high heat (above 122 F). Vacuum your suitcase and toss vacuum bag in an outdoor trash can.

REMINDERS TO TAKE MEDICINES

The challenge of juggling medications can be a problem for anyone, especially seniors who take multiple drugs for various health conditions. Here are some different solutions that can help.

Medication helpers ---- Getting organized and being reminded are two keys to helping seniors stay on top of a medication regimen. There are a variety of inexpensive pill boxes, medication organizers, vibrating watches, beeping pill bottles and even dispensers that talk to you that can make a difference.

To find these products visit www.epill.com, 800-549-0095 or www.forgettingthepill.com , 877-367-4382, where there are several affordable options.

If someone needs a more comprehensive medication management system there are several good options. A favorite is the Maya from MedMinder (MedMinder.com, 888-633-6463). That is a computerized pill box that beeps and flashes when it's time to take medication. It will call if the person forgets and will even alert the person if they take the wrong pill.

For those without computers, OnTimeRx, www.ontimerx.com, 866-944-8966), Snoozester, www.snoozester.com or Daily Pill Calls, www.dailypillcalls.com, 866-532-6855 can help. The services will call home or call cell phone (they can send text messages too) for all types of reminders including daily medications, monthly refills, doctor appointments and other events.

“CHANGING THE WAY WE PRAY”

A quick look at the coming changes reveals that they are not a major reversal of the post-Vatican II reforms. This is a new translation of the Mass, not a new ritual for celebrating the Eucharist. The Mass will still have the same parts, the same patterns and the same flow as it has had for the past several decades. It is only the translation of the Latin that is changing. But that's happening in some key spots in the liturgy, so congregations will notice the change.

Entrance Rites

One of the most publicized of the new texts occurs just after the Mass begins and recurs several times throughout the Mass. Whenever the priest says, “The Lord be with you,” the new assembly response will be “And with your spirit.” This is a more direct translation of the Latin and matches what many other language groups have been using for years.

The *Confiteor* (I Confess) has been revised, again to match the Latin more closely. It puts more stress on our unworthiness. It will now say, “I have greatly sinned” and later adds “through my fault, through my fault, through my most grievous fault.” the various invocations of Christ (e.g., “You came to call sinners”) will be much the same, though an option is added to conclude each invocation in Greek: “*Kyrie eleison, Christe eleison, Kyrie eleison,*”

The Glory to God (Gloria) has been significantly changed, with more words and many lines rearranged. Some of those lines had been abbreviated in our current version because they were rather repetitive, but such repetition is not inappropriate in a hymn of praise to God. Since this is a hymn, composers will have to create new musical settings of the Glory to God for us to learn.

Liturgy of the Word

The bigger changes come in the text of the

Creed (Profession of Faith). Currently we begin with “We believe,” while the revised text has “I believe.” The Latin text in the missal is in the singular, perhaps because it came into the Mass from the Baptismal Rite, where the one being baptized made an individual profession of faith. The use of the singular could remind us of our Baptism, though here we are clearly professing our faith as an assembly rather than as individuals.

Another noticeable change comes in the line about the Son's divinity. We currently say he is “one in being with the Father.” The new text says he is “consubstantial with the Father.” (the Latin *consubstantialis*, means “one in being.) The point is that Jesus is God, one with the Father.

Another change appears when we speak of Christ's human nature. We currently say, “by the power of the Holy Spirit he was born of the Virgin Mary and became man.” The new text says, “and by the Holy Spirit was incarnate of the Virgin Mary and became man.” *Incarnate* means “enfleshed,” so using the term here reminds us that he was human from the moment of his conception, not just at his birth.

There are several other minor changes in the text of the Creed. It will take us awhile to profess it together easily. The new missal also allows the option of using the Apostles' Creed instead of the Nicene Creed, especially during Lent and Easter. The Apostles' Creed is another ancient Christian creed, long in use by Roman Catholics in our baptismal promises. Those who pray the Rosary will also recognize it.

(Excerpted due to space, from an article in St. Anthony Messenger, February 2011.....
“Changing How We Pray by Father Lawrence E. Mick)

RECIPE CORNER

No Bake Cherry Custard Cake

1 prepared Angel Food Cake (10 inches)
 1 1/4 Oz package sugar free instant vanilla
 pudding mix
 1 cup light sour cream
 1 1/2 cups 2% milk
 1 21 oz can light cherry pie filling

Tear the Angel Food cake into bite size pieces and press into 11 X 17 inch baking dish. Combine the pudding mix, milk, and sour cream; beat until thickened (about 2 minutes) Spread mixture over cake. Spoon cherry pie filling evenly over top of cake. Chill thoroughly until serving time.

A NOTE FROM YOUR EDITOR

My heartfelt thanks to all who have submitted articles to this issue of Our Parish Life. Good job everyone !

I am looking for someone who is fluent in Spanish, who could write an article for the Newsletter in both Spanish and English. If you are interested, please contact me. I am glad to

furnish an article in English for you to translate or am happy to accept an article you think would be of interest to both our English Speaking and Spanish Speaking parishioners It is my effort to bring our two communities closer. "We are one body".

Thank you and God Bless, Joy



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How to submit articles:

**Articles can be placed in the box marked
 Newsletter in the parish office;**

**They can be emailed to the above email
 address;**

**They can be placed in the collection basket,
 please mark them for the Newsletter and
 They can be mailed to the church or to Joy**