

Our Parish Life

February 2012



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I am very happy to take over for Joy Swift as editor of *Our Parish Life*. Many thanks to Joy for her wonderful work with the newsletter. My husband and I have been parishioners for less than a year, having moved recently from the Midwest. We have received a warm welcome from Holy Cross! **Please note the new contact information for the newsletter in the box to the right.** I look forward to hearing from you.

Lorraine Kopack

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Stations of The Cross A Lenten Devotion

For Roman Catholics throughout the world, the Stations of the Cross are synonymous with Lent, Holy Week and especially Good Friday. This devotion is also known as the "Way of the Cross", the "Via Crucis", and the "Via Dolorosa." It commemorates 14 key events on the day of Christ's crucifixion. The majority concern His final walk through the streets of Jerusalem, carrying the Cross.

The Stations originated in medieval Europe when wars prevented Christian pilgrims from visiting the Holy Land. European artists created works depicting scenes of Christ's journey to Calvary. The faithful installed these sculptures or paintings at intervals along a procession route, inside the parish church or outdoors. Performing the devotion meant walking the entire route, stopping to pray at each "station."

Today, images of the Stations (or simple crosses representing them) are on display in almost all Catholic churches. They serve mainly as a focus for Lenten worship services. But the Stations can also be performed privately, at any time of the year, even at home. Many organizations offer free or inexpensive, illustrated pamphlets for this purpose.

From <http://www.ourcatholicfaith.org/stations>

Newsletter address

email: ourparishlife4hc@gmail.com

Editor: Lorraine Kopack

1286 Farmington Dr.

Forest VA 24551

Church address and phone:

710 Clay Street

Lynchburg, Virginia 24504

Phone : 434-846-5245

Church email : hcrosshome@aol.com

Editorial comment... This symbol ■ appears at the end of an article when the article is complete. If the article continues on another page there will be no symbol but rather a note such as "continued on page 3"

Our Lady of Peace Circle works closely with the Ministers of the Eucharist Coordinator, Ann Echols, to provide gift bags for each parishioner served by this ministry. The gift bags contain a red or green coffee can filled with home baked cookies. Allowances are made for individuals with restrictions, such as sugar free items. This year, each bag had a Rosary in a custom made fabric case made by Circle members, Mary Mugnolo and Rosemary McDonald, along with a brochure detailing the Mysteries and how to pray the Rosary. A box of tissues (Christmas decorated), a Holy Cross calendar and sometimes specifically requested small items are placed in the bag along with a signed Christmas card by Msgr. Rush. The Christmas card has a picture of the interior of the church decorated for Christmas and also contains a greeting from Msgr. Rush. The card is personalized and also contains a bookmark that is made by another circle member, Margie Takacs. Each bag is then taken by the Ministers of the Eucharist to each homebound parishioner to be enjoyed by them and their family.

Holy Cross provides charitable outreach to individuals and families throughout the year. Thanks to all the parishioners and committee members for their generosity of time to help our parish continue the Jesse Tree ministry.

Christmas 2011 served 87 families by the Jesse Tree and 56 homebound were served by the Ministers of the Eucharist and Our Lady of Peace Circle.■

Elizabeth Richardson
Our Lady of Peace Circle

Please remember in your prayers the deceased members of Holy Cross who have died since the publication of our last newsletter. May they rest in peace and may their families find comfort in our thoughts and prayers.

Miller Boord 12/27/11
Tom Morrison 1/21/12



We welcome the following new parishioners to Holy Cross:

Herve Marie & Sophie Buffard
Chris & Nichole Dowdy
Daniel Forbes
Sigurd & Sharon Johnsen
Eric & Margaret Larsen
Eric & Stephannie Makovsky
Virginia McMurray
Jonathan & Loredana Parker



Jesse Tree 2011

The Holy Cross 2011 Jesse Tree ministry was a great success! Through your efforts, 87 households were blessed with Thanksgiving and Christmas food baskets, Christmas gifts, home-baked goodies, gently used household items, and even stockings for the younger children. In all 456 Christmas gifts, 93 stockings and a generous measure of clothing, linens and household items were distributed. Food baskets were tailored by size of household, and included dry and canned goods, fresh fruits and vegetables, potatoes, ham, bread and fresh baked goods. Recipients included families identified by Interfaith Outreach Association, Lynchburg Social Services, Holy Cross, neighborhood contacts, and a local nursing home. Feedback since has been wonderful.

How did such a large effort happen? Planning began early last year. Then over the summer, volunteers cut out paper “ornaments”, and parishioners brought in lots of great stocking stuffers during a “Christmas Stockings In August” drive. Agencies were contacted and on board by September. Individual families were visited and needs identified during October. When all requests were in, volunteers updated and copied forms, addressed future reminder cards, typed gift and stocking labels and organized stocking stuffers. Thanksgiving food baskets were made and delivered.

On Thanksgiving weekend, the Jesse Tree appeared in the Commons, decorated with yellow ornaments for gifts, red ornaments for baked goods and green ornaments for cash contributions. Parishioners promptly signed out ornaments, and by November 27th ALL of the gift ornaments had been taken! A festive mountain of packages grew by the altar. Then on December 13th, parishioners “sorted” the gifts from the altar into numbered spaces in the pews, one for each household. The church was filled! Over the next three days bags were packed and lists were checked twice. Last minute shopping elves filled in any gaps. Stockings were added. Meanwhile the Food Pantry folks prepared the Christmas food baskets and bakers brought in goodies. On Saturday morning, December 17th, everything came together as a bounty of perishable items was added to the food baskets. Jesse Tree families picked up some bags and delivery volunteers started out on their rounds with others.

Soon the church and Commons were quiet again, while all across town, Christmas gifts bore the legend “Merry Christmas from Holy Cross Catholic Church.”

Planning for the 2012 Jesse Tree will begin this summer. If you’d like to help, call the church office (846-5245). Many thanks to all who made the 2011 effort so special! ■

Pictured below: Sorting Day Lunch Break



More pictures on page 10



Hello from Holy Cross Catholic School!

By Amy Hunt Lawson, Director of Enrollment & Marketing.

As we welcome 2012, Holy Cross School is gearing up for another fun and exciting few months. Our students continue to meet and exceed our academic goals as they enter the third quarter of our school year. We are also full steam ahead with our admissions efforts and welcoming several new families to our school in January which include two wonderful exchange students from Austria who will be with us through June. My office is busy conducting tours and sharing the many benefits of a Holy Cross education with prospective families.

During Catholic Schools Week, we will host an evening Open House on January 31st at 5:00 p.m. following an interactive and engaging format. On February 1st, we will host our first annual "K Day" event, a program geared specifically towards our prospective pre-kindergarten and kindergarten students and their families. The children will enjoy a program in their future classrooms while their families enjoy coffee and conversation with members of the Holy Cross administration. Holy Cross will host another Open House on February 9th at 10 a.m.

These events are a sample of the many exciting things on our schedule in the months to come. If you are currently exploring academic opportunities for your children, or know someone who is, I encourage you to consider Holy Cross School. We are the best faith-based education Lynchburg has to offer.

If you would like to participate in any of our events or you would like to schedule a tour, please contact me at lawson_a@hcrs-va.org or at (434)847-5436. For more information about Holy Cross and our upcoming programs, please visit our website at www.holycrossforyou.org.

Celebrating scholarship, service and Christian service for over 130 years.■

Welcome Amy Lawson

Amy joined the staff of Holy Cross School on November 1st and serves as the ***Director of Enrollment & Marketing***. Her goals in this position are to fulfill the enrollment needs of the school through the recruitment of new students. This involves a significant amount of community outreach and targeted marketing efforts specifically geared towards families with school-aged children. She is currently implementing a marketing plan that involves social media, increased public exposure of the school and a component that involves community leaders and current families.

She has a Bachelor of Science degree in Business Administration and a Bachelor of Arts degree in Corporate Communications from the College of Charleston in South Carolina with an additional Masters of Education from The Citadel, also in South Carolina, in Counselor Education.

On a personal note...Amy and her husband live in Lynchburg with their son, Ben, who is 21 months. They have two dogs and one very intellectual cat who allow the family to share a home with them. ■

Notes from Our Nurses

Seven Heart Smart Foods

“Certain Key foods can dramatically reduce your heart disease risk,” says Dariush Mozaffarian, MD, an associate professor of medicine and epidemiology at Brigham and Women’s Hospital and Harvard Medical School. Add these super foods today:

1. Oatmeal...a review of 67 studies showed that diets high in soluble fiber, like the kind in steel cut oats, decrease total and LDL (bad) cholesterol.
2. Salmon...Oily fish are high in heart protective omega – 3 fatty acids.
3. Nuts...Go for walnuts, almonds, and macadamia nuts which boast good-for-you mon- and polyunsaturated fats.
4. Extra Virgin Olive Oil...A huge body of research confirms that its monounsaturated fats lower LDL cholesterol and reduce your risk of heart disease.
5. Berries...They lower inflammation and have a host of cardiovascular perks, according to a report in *Nutritional Review*.
6. Beans...In one study, people who ate legumes-like beans and lentils-at least four times a week had a 22% lower risk of heart disease than people who ate them less than once a week.
7. Broccoli...this –and other green vegetables like kale and spinach- have anti-inflammatory and detoxifying effects, a 2008 study shows.■

An Apple a Day Really Does Keep the Doctor Away!

This common health saying isn’t folklore; research actually proves it’s true. According to a recent Florida State University Study, women who ate apples every day had 14% lower total cholesterol, a 23% decrease in LDL (bad) cholesterol and a 3% rise in HDL (good) cholesterol after one year. Their C-reactive protein levels (another risk factor for heart disease) also went down 32%. “These results were shocking because the women made no other changes to their health habits” says study author Bahram Arjmandi, PhD, RD. What gives apples their superfruit powers? They’re rich in fiber, which improves cholesterol, and they also contain quercetin, a powerful antioxidant that may help fight inflammation. ■ *Abigail L. Cuffey*

Best Way to Remove a Splinter: Use an Onion!

Put away that sewing needle! Next time you get a stubborn splinter, you can pull it out easily by doing the following:

Cut a small, postage stamp sized piece of fresh onion and place it on the pad of an adhesive bandage. Then wrap it around the splintered skin. By morning the onion will have drawn the splinter to the surface, making it easy to remove with a pair of tweezers.■

The distance you should keep away from coughers to reduce the risk of being sprayed with germs....

3 feet

A Flu Remedy that's better than Chicken Soup

Before your trudge out to buy anything – everything- at the pharmacy in a last ditch effort to head off the flu, check out the health food store. Elderberry syrup contains antioxidants that can boost the immune system and weaken the flu, and may cut your feeling-sick time by up to four days. The key is to take 2 teaspoons four times a day, says Jacob Teitelbaum, M.D., an internist in Kona, HI: "I've seen some patients recover in just 24 hours." He also suggests a one-two punch of elderberry syrup and zinc lozenges, which have shown similar virus busting benefits. Sambucol and Nature's Way make elderberry syrup, tablets and lozenges (find them at Whole Foods, health food stores or vitaminshoppe.com) ■ –C.R

More Health Tips...

Experts recommend that we all aim for 10,000 steps a day for health – 11,000 or more if you are looking to control your weight. Try these smart ways to keep moving:

Wear a Pedometer...The simple act of keeping track of your daily steps can actually lead to a 27% increase in physical activity, according to a 2007 report.

Walk and Chat...When you talk on the phone, stand up and walk around – even at work!

Move During Commercials...Use ad breaks to get off the couch and zip around the house.

Skip the Drive-Through...Park your car and go into the restaurant or bank.

Chug More Water...You'll have to get up and head to the restroom more often.■

Recipe Corner

Low Fat Game Day Chili

In large skillet put:

2 tsp. canola oil

2 cloves garlic

1 cup chopped onion

1 cup chopped celery

1 red bell pepper

Sauté in skillet for 2-3 minutes

Add 1 lb. extra lean ground beef, cook until brown.

To a large stock pot add:

1-28 oz. can diced tomatoes

3 tbs. tomato paste

1-15 oz. can dark red kidney beans

1-15 oz. can pinto beans (or green beans)

2-3 tbs. chili powder

Mix in ground beef mixture and simmer for 25-30 minutes.

Serves 8-10.

Nutrient analysis: Calories 244; From Fat: 46; Sodium: 536 mg; Cholesterol: 35 mg; Carbohydrates:29.4 mg; Fiber: 9.5mg.



Holy Cross Social Ministry Minutes from the January 13, 2012 Meeting

Present: Boyd, Charlton, Tricia Christian, Denham, Mee, E. Monark, J. Monark, Msgr. Rush, and guest, Cathy Wills.

Chairwoman Evelyn Monark called the meeting to order at 9:50 a.m. Kathleen Mee led us in prayer.

Linda Contreras announced a program where the Lynchburg Neighborhood Development Foundation is requesting donations of "hygiene kits" to be given out to the homeless. During the week of Jan 15 -21st, parishioners will be asked to donate regular size items of lotion, toothpaste, toothbrushes, hand sanitizer, chapsticks, Band-Aids, nail clippers, soap, deodorant and washcloths. Annually the foundation conducts a Point in Time Homeless Count and Housing Survey and as each person is interviewed they will be given one of these kits. Boxes for the donations will be located in the commons.

Committee Reports:

Jesse Tree – Tricia Christian reported that 87 families were served this Christmas. The names of the families were given to us as follows: 15 from Interfaith, 15 from McGurk House, 24 from Social Services and 33 were from our parish. All of the gifts were delivered and many volunteers were available.

Meals on Wheels – All Routes are covered.

White Rock - No Report

Churches for Urban Ministry - Judy Boyd reported that a Christmas gathering was held for the children of the Timothy Program. The fruit sale was successful with Holy Cross selling \$1,000 worth of fruit. They are still in need of tutors for age K through 5th grade students.

Rush Homes – Kathleen Mee reported that they are in the process of renting the last apartment at Victoria Ridge. The residents are beginning to organize as a community group. The organization is looking for available land to build additional homes. Informational meetings are scheduled for 1/20 and 2/23 at 5:30 p.m. and 2/7 at noon. The public is welcome to attend.

Daily bread – No Report

Gateway – No Report

Holy Cross Food Pantry – No Report

Hurley Appalachian Work Week – Clark Charlton reported even though the director of the Hurley project passed away in December, her family has committed to continue the project for another year. The work week is from Monday, June 11 through Friday, June 13, 2012. They will consider doing a fund raiser to help with the costs.

Medical Mission Team – No Report

Habitat for Humanity – No Report

Prison Ministry – Evelyn Monark reported they are still looking for a Spanish speaking volunteer.

Heifer Project – Cathy Wills, a new member of the committee, presented a project in which she would like to see Holy Cross participate. The Heifer project solicits donations to be used to purchase animals to give to people in developing countries to help sustain them in food and in developing a business. She was asked to do some research on the financial background of the organization and report back to the committee at the March meeting.

Announcements:

February 4th – there will be a Social Ministry Training meeting at Holy Name of Mary Church in Bedford from 9 a.m. to 1 p.m.

March 17th – there will be a Regional Prison Ministry Meeting at Holy Cross from 9 a.m. to 1 p.m.

April 28th – "Stop Hunger Now" will once again bag rice to be distributed to areas in developing countries or for disaster relief. We are cooperating with St. Thomas More. Both churches will do fundraising for this project.

Our next meeting will be on Friday, March 9, 2012 at Holy Cross.

The meeting was adjourned at 10:25 a.m.■

Margaret Denham, Secretary

The following articles in English and Spanish were submitted by Roberto Ibarra

The following reading is contained in the MAGNIFICAT. During this season, this reading contains wonderful thoughts and images of the Epiphany.

THE EPIPHANY STAR

By Heather King

The Magi appear. The star hovers in the east. The star that points both heavenward to God, and earthward to a family. The Holy Family: Mother, Father, Child. The Family, soon to be on the run, hunted by brutal murderers. The family, perpetually under siege. The family, our sanctuary and our exile. The family, font of all that is good in us, and all that can become so terribly wounded.

Right from the beginning, Christianity is “a religion you could not have guessed,” as C.S. Lewis observed. “It has just that queer twist about it that real things have.” The Savior of the universe born with a bounty on his head. The Lamb of God, fresh from the womb, already up against Satan’s powers and principalities. Christianity is never sentimental, even toward babies. Joseph and Mary already had in their midst the cross. Christ already had in his eyes the reflection of Mount Calvary.

Christianity has at its center joy, but joy is born of brokenness, limitation, tension, paradox. The shepherds, who have never left their pasture; the wise men, who have traveled from afar. A God of drama, of theater, of sensuality, of extremes: light and dark, poverty and wealth, anguish and hope. In the humblest of dwellings, three Magi materialize bearing gifts: gold, frankincense, and myrrh; the sweet fragrance of incense. What must Mary and Joseph have thought? What could such an event have signified?

A religion born of dreams: the angel Gabriel who appeared to Mary, the dream of the wise men in which they are warned to return home by another route, the dream of Joseph, as soon as they depart. The dream of every human heart: to love and be loved; not to die alone. “The star was seen by everyone but not

everyone understood its meaning,” notes Cromatius of Aquileia in his commentary of Mathew’s Gospel.

The Epiphany. The star that sheds just enough light so that we can take one more step, and then we must look to the star again. So like our lives that we, too, live in exile and fear, but also in hope. So emblematic of the strangeness of Christianity; its incongruities and contradictions. Never what we think it’s going to be, never what we think we want it to be. Always a fresh twist, a new pain, a new joy. Always a God whose ways are not our ways. Always, just when we think we’ve found a foothold, the order to flee to Egypt.

The star shines in the east. How quiet the night must have been all around them. How deep the dark.

“God is at home,” observed thirteenth-century mystic Meister Eckhart. “We are in the far country.” ■

LA ESTRELLA DE EPIFANÍA

By Heather King

Los reyes aparecen. La estrella permanece en el este. La estrella que apunta a ambos: al cielo a Dios y a la tierra a la familia. La sagrada familia, madre, padre, hijo. La familia, pronto a la fuga, perseguida por asesinatos brutales. La familia, perpetuamente amenazada. La familia, nuestro santuario y nuestro exilio. La familia, una fuente de todo lo bueno que yace en nosotros, y de todo lo que se puede herir tan terriblemente.

Desde el principio, Cristianismo es “una religión que no nos hubiéramos imaginado,” como observó C.S. Lewis. “Tiene esos tornos súbitos y sorprendidos que tiene la vida real.” El Salvador del universo nació con un precio sobre su cabeza. El cordero de Dios, fresco del vientre, inmediatamente contraído por los poderes y principalidades de Satanás. El Cristianismo nunca es sentimental, incluso con los bebés. José y María ya tenían dentro de sí la cruz. Cristo ya tenía dentro de sus ojos el reflejo del Monte Calvario.

Cristianismo tiene un su centro júbilo, pero júbilo nace de una existencia quebrantada, con limitaciones,

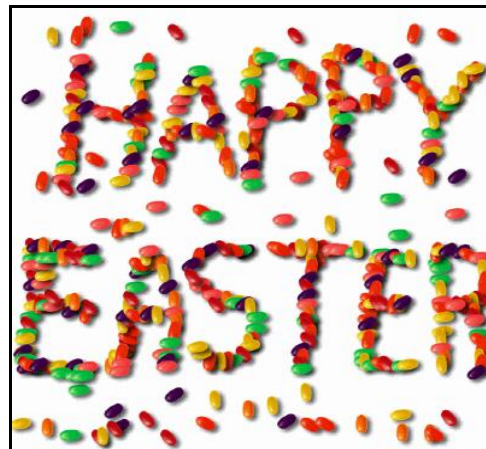
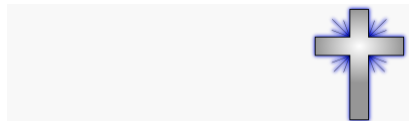
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tensión, y paradojas. Los pastores, que nunca han dejado su pasto, los tres reyes, que han viajado desde lejos. Un Dios del drama, del teatro, de sensualidad, de extremos; luz y oscuridad, pobreza y riqueza, desesperanza y esperanza. En las más humildes de viviendas, tres reyes dando regalos de oro, incienso, y mirra, la dulce fragancia del incienso. ¿Que pudieron haber pensado María y José? ¿Qué significado tendrían tales eventos?

Una religión nacida de sueños: el ángel Gabriel que le apareció a María, el sueño de José en cuanto departen. El sueño de cada corazón humano: de amar y ser amado, de no morir en soledad. "La estrella fue vista por todos, pero no todos comprendieron su significado," nota Cromatius de Alquileia en su comentario del evangelio de Mateo.

La Epifanía. La estrella que derrama solamente la suficiente luz para que podamos tomar otro paso más, y entonces tenemos que ver hacia la estrella de nuevo. Así como en nuestras vidas, que vivimos en exilio y con temor, pero también con esperanza. Tan emblemático a lo extraño de Cristianismo; sus incongruencias y contradicciones. Nunca lo que pensamos de lo que será, nunca lo que pensamos de lo que queremos que sea. Siempre un torno súbito, un dolor nuevo, un júbilo nuevo. Siempre un Dios cuyas obras no son las nuestras. Siempre, justo cuando pensamos que ya encontramos un establecimiento, la orden de fuga de Egipto.

La estrella ilumina hacia el este. Que tan callada tuvo que haber sido la noche alrededor. Que tan profunda la oscuridad. "Dios está en casa," observó el místico del siglo 13 Meister Eckhart. "Estamos en el país lejano."■



The Jelly Bean Prayer

Red is for the blood He gave.
 Green is for the grass He made.
 Yellow is for the sun so bright.
 Orange is for the edge of night.
 Blue is for the sins we made.
 White is for the grace He gave.
 Purple is for His hour of sorrow.
 Pink is for our new tomorrow.
 A bag full of jelly beans colorful and sweet,
 Is a prayer, is a promise, is a special treat.

From www.childfun.com





The Holy Cross Jesse Tree elves taking a break.



Pictured are some of the food gift bags which contain canned as well as fresh fruit and veggies along with a ham. Each bag is numbered and the numbers correspond to bags of gift items



Angels and shepherds assembling in the chapel before the children's Mass



Jesus is better than Santa...



Jesus is better than Santa because He gives us gifts every day and Santa gives them only on one day. Jesus loves me every day no matter what I do. Jesus saved us from sin. He made us and loves us and all Santa does is give us presents. Santa comes only once a year but Jesus is always there for me. Santa fills my stocking with gifts but Jesus gives me all I need when I need it most. Jesus answers me whenever I need him. Jesus helps me when I need it helps me when I'm scared.

Above piece submitted by 4th Grade Faith Formation Class

