

AUGUST 16, 2015

Scripture Reflection

You are what you eat. There is some truth to this in the physical sense, as the bloated Western diet can lead to heart disease and obesity, while more nutritious and moderate eating can lead to better health and more energy. But it is certainly true that in the spiritual sense, we are what we eat. What you eat is what you get. If you want wisdom, you need to partake of wisdom. Even more when you taste wisdom, there is no limit to the amount you can eat. It fills you up but always leaves you wanting more.

Proverbs bids us to eat of the spiritual food of wisdom. At Mass we eat at the meal that embodies wisdom itself, but only if our spiritual senses are attuned to the reality of this food. The dispute that Jesus' teaching engenders in the Gospel of John, when some ask, "How can this man give us his flesh to eat?" is a good question when based on the physical senses. Christ's flesh is truly being consumed, but it is spiritual wisdom that opens our eyes to the reality of the meal that goes beyond the physical elements. "My flesh is true food and my blood is true drink," but only for those who have the ability to see that it is the spiritual food designed to bring us to eternal life.

It is only by eating at the table of wisdom in all its forms that deeper spiritual realities come to be understood. We need to taste and see all that wisdom offers us, for only when we have been trained and had our palates refined can we understand what it means to eat from the table of wisdom. Wisdom lays out a table for each of us every day, in the course of our work, with our families at home and even at play and at leisure. We need to be able to pick and choose from the table of wisdom, for the more we taste of it, the more discerning we become, until the only food we desire is wisdom itself, embodied in the body and blood of Christ at the eucharistic table.

• **Wisdom is not intellectual knowledge, but the ability to live rightly with God and neighbor. Are you growing in wisdom?**

ANNUAL CATHOLIC APPEAL 2015

An update on this year's Appeal shows **369** gifts have been received. This year the Cathedral Parish goal was set at **\$66,350.00**. We have raised **\$96,495.00** to date. We are **\$30,145.00** over goal and have now received **\$14,412.52** back from the Diocese. Please continue to make payments toward your pledge. If you have yet to participate in this year's Appeal, it is not too late. Place any envelope marked ACA in the regular Sunday collection. Thank you.

Gifting the Cathedral Parish

As wills and insurance policies are established with your attorney, remember the Cathedral Parish as a beneficiary of your estate. Perhaps you would like to direct your gift to a particular ministry or project at the Parish. Please realize that Mass Stipends go directly to fulfilling that canonical wish and do not aid the financial life of the Parish.

Ministry To Homebound and Elderly Meeting

There is a scheduled meeting for **Thursday, August 20** at **6:30 PM** in the Saint John Room.

Gathering of Cathedral/McNelis School Alumni

This **Saturday, August 22, 3:00 PM to 4:30 PM** alumni of Cathedral School and McNelis School will meet to share memories and stories of their years at our former parochial school. In addition to your memories, perhaps you would like to bring some memorabilia - pictures, yearbooks, papers, etc. The gathering will take place in the parking lot. A picture will be taken of all participants on the Thirteenth Street steps of the school. Following this reunion, all are invited to the 5:00 PM Mass in the Cathedral.

Benefit Spaghetti Dinner

Donna Pagliara has stage 4 Squamous Cell Carcinoma cancer of the head and neck. Dinner is hosted and prepared by May Pagliara at Our Lady of Lourdes Hall today from 11:30 AM to 4:00 PM. Also there will be a basket sale event. Tickets available at the door. Price is \$7.50 and includes spaghetti, meatball, salad, bread, dessert and a drink. Takeouts available.

THE CHURCH OF ALTOONA-JOHNSTOWN THE CATHEDRAL OF THE BLESSED SACRAMENT

ONE CATHEDRAL SQUARE, Altoona, Pennsylvania 16601-3315
Church Office: 814-944-4603

CHRISTIAN INITIATION OF ADULTS:

The process of formation for those seeking God through membership in the Catholic Christian community.

INFANT BAPTISM:

Arrange in advance for pre-baptismal instructions.

CONFIRMATION:

Ninth, tenth and eleventh grade students are invited to participate in the Confirmation Preparation Process.

RECONCILIATION:

Wednesday: 7:00 PM, Saturday: 12:30 PM.
Communal Penance Services: Advent and Lent.

ANOINTING OF THE SICK:

Communal celebration Easter Season.

MARRIAGE:

Arrange nine months in advance. Couples expected to participate in pre-marriage preparation program.

DEVOTIONS:

Novena of the Miraculous Medal - Monday 7:45 AM.
Rosary - Wednesday 6:00 PM.
Charismatic Prayer - Monday 7:00 PM.
Evening Prayer within Eucharistic Exposition - Advent and Christmas, Lent and Easter Seasons - Sunday 6:30 PM.
Eucharistic Day - Feast of the Body and Blood of Christ.

RELIGIOUS EDUCATION PROGRAM:

September through April: Pre-Kindergarten thru 12.
Sunday morning 11:15 AM - 12:30 PM
Pre-Kindergarten thru 8.
Sunday evening 6:15 PM - 8:30 PM
Grades 9 thru 12.

WEB: WWW.ALTOONACATHEDRAL.ORG

FAX: 814-942-4337

E-MAIL: ALTCATHEDRAL@DIOCESEAJ.ORG

EUCHARIST:

Sunday:	5:00 PM (Vigil) 8:00 AM 10:00 AM 12:00 Noon 5:00 PM	Holiday:	5:30 PM (Vigil) 8:00 AM 12:00 Noon 5:30 PM	Weekday:	6:45 AM 8:00 AM 12:00 Noon
				Saturday:	8:00 AM 12:00 Noon

SERVING THE PEOPLE OF GOD IN THE CITY OF ALTOONA SINCE 1851

Most Reverend Mark L. Bartchak, Bishop

Reverend Monsignor Robert C. Mazur, Rector

Reverend Father Dennis M. Kurdziel, Parochial Vicar

Reverend Father John J. Slovickovski, In Residence

Deacon Michael A. Anna

Deacon John J. Szwarc, Senior Deacon

CHRISTIAN INITIATION TEAM - 944-4603

CATHOLICS RETURNING HOME - 944-4603

ALTOONA CENTRAL CATHOLIC SCHOOL
Web: www.altoonacentralcatholic.com
Elementary - Pre-K thru Grade 5 - 381-7011

BISHOP GUILFOYLE CATHOLIC HIGH SCHOOL
Web: www.bishopguilfoyle.org - 944-4014

DIRECTORS OF RELIGIOUS EDUCATION

Chris Laraia - Pre-K thru 8 - 946-3475
Jean Koury - 9 thru 12 - 949-2777
Religious Education Office: Sundays - 943-7424

MUSIC MINISTRY

Nina M. Tedeschi
Choir Director and Head Organist - 944-2044
Kevin J. Luke - E-mail: kluke@dioceseaj.org
Administrative Duties and Organist - 944-2044

TWENTIETH SUNDAY IN ORDINARY TIME

AUGUST 16, 2015

Readings: Prv 9:1-6; Eph 5:15-20; Jn 6:51-58

MASS INTENTIONS

August 17, Monday: Weekday

Readings: Jgs 2:11-19; Mt 19:16-22

- 6:45 AM Annie Hanlin (Terry and Jean Hanlin)
- 8:00 AM Clair Jean Behe (David Behe Family)
- 12:00 PM Walt Beech, Birthday (Family)

August 18, Tuesday: Weekday

Readings: Jgs 6:11-24; Mt 19:23-30

- 6:45 AM Nozzie, Jennie & Sandy Calabrese (Family)
- 8:00 AM Father Leonard Inman (Skip Cowan Family)
- 12:00 PM Mildred Burchfield (Barbara Stoltz)

August 19, Wednesday: Saint John Eudes, Priest

Readings: Jgs 9:6-15; Mt 20:1-16

- 6:45 AM Dick Huber (Bill and Susan Crouse)
- 8:00 AM Peggy Joyce (Family)
- 12:00 PM Jack Leiden, Anniversary (Wife and Family)

August 20, Thursday: Saint Bernard, Abbot, Doctor

Readings: Jgs 11:29-39; Mt 22:1-14

- 6:45 AM Msgr. Thomas Madden (Estate)
- 8:00 AM Leroy and Irmina Helfrich (Estate)
- 12:00 PM Danyll Rougeux (Cathedral Ushers)

August 21, Friday: Saint Pius X, Pope

Readings: Ru 1:1,3-6.14-16,22; Mt 22:34-40

- 6:45 AM Rudy Seidel, Anniv. (Jim, Elaine and Family)
- 8:00 AM Deacon John Rys (Tom and Beth Moore)
- 12:00 PM Amandus Gallagher (Steve and Lucy DiLeo)

August 22, Saturday: Queenship of Blessed Virgin Mary

Readings: Ru 2:1-3,8-11; 4:13-17; Mt 23:1-12

- 8:00 AM Rene A Thibault, Anniv. (D. and J. Thompson)
 - 12:00 PM Nancy Geis, Anniversary (Mom and Family)
- Vigil: Twenty-First Sunday In Ordinary Time

Readings: Jos 24:1-2,15-17,18; Eph 5:21-32; Jn 6:60-69

- 5:00 PM Margaret McConnell, Anniversary (Family)

Please remember our sick in your prayers.

ETERNAL PEACE

This past week Ruby Doyle died and was buried from the Cathedral Parish. May Ruby know peace and happiness in the presence of our crucified and risen Lord. May her children, grandchildren, and great-grandchildren know that same peace.

CHARISMATIC PRAYER GROUP

The Prayer Group will **not** meet this Monday, August 17. The next meeting is on Monday, August 24 at 7:00P.M.

OFFICIAL TRANSFER

Bishop Mark Bartchak has officially appointed Father John Slovikovski as the Temporary Administrator to the Visitation of the Blessed Virgin Mary Parish in Johnstown, effective immediately. This appointment is made in light of the recent death of Father Barry Baroni who was Pastor of Visitation Parish. Father John has been with us in residence at the Cathedral since August of 2012. We are grateful for Father John's presence and ministry here. We give thanks for his years of service among us.

In order to provide an occasion for the Parish to say good by and thank you, Father will return for the **10:00 A.M. Mass on Sunday, August 30**, with a social on the portico following Mass. Please plan to be present for this special event.

CASINO NIGHT

Thank you to all who volunteered and participated in this social event last Saturday. Invoices need to be received and paid before we will know the profit. We are grateful to all who gave of their time, talent, and treasure.

BISHOP JOSEPH ADAMEC

This past Wednesday, August 12, over fifty priests and deacons gathered in the Cathedral for Midafternoon Prayer followed by a social and dinner in the Hall. This gathering, headed by Bishop Bartchak, honored Bishop Adamec on the occasion of his **eightieth birthday**. The Cathedral Social Committee oversaw the festivities, doing an outstanding job. The prayer, the social, and the dinner were all memorable. Cathedral Parish sends God's blessings to Bishop Emeritus Adamec for many more years of good health, peace, and happiness.

GARVEY MANOR VOLUNTEERS

Kathy LaVelle is the new volunteer coordinator at Garvey Manor and Our Lady of the Alleghenies Residence. There are a wide variety of volunteer opportunities available, such as: Mass escorts, Rosary escorts and substitute Eucharistic Ministers. Please call 814-695-5571 or email Kathy at klavelle@garveymanor.org, if you are interested in volunteering or have questions or concerns.

OFFERTORY COLLECTION
Sunday, August 9, 2015 - \$8,857.00

ANNUAL RAFFLE

The Annual Cathedral Raffle **tickets are available** for sale at the **Parish Office!** We are now looking for individuals who would like to take responsibility for group sales at work, in neighborhoods, or at family gatherings, and also volunteers to sell tickets after weekend Masses. There will be twenty cash prizes with \$5,000.00 in prizes: (1) \$2,000.00; (2) \$1,000.00 (3) \$500.00; (4) \$200.00; (5) \$200.00; (6) \$100.00; (7) \$100.00; (8) \$100.00; (9) \$100.00; (10) \$100.00; (11) \$100.00; (12) \$100.00; (13) \$100.00; (14) \$50.00; (15) \$50.00;(16) \$50.00; (17) \$50.00; (18) \$50.00; (19) \$25.00; (20) \$25.00. **One ticket will cost \$5.00. Each family is asked to purchase or sell at least four tickets.** Chances were mailed this week to all adult parishioners. The drawing will be held **Saturday, October 31 at Family Night** in Cathedral Hall. You need not be present to win.

Altoona Catholic Daughters of the Americas Court Prince Gallitzin #2625 Fundraiser Today!

Help us help our Altoona community and beyond by going to Hoss's in Altoona for dinner **11:00 AM until 9:00 PM on Sunday, August 16**. Our Hoss's Group number is #28227. You must clip this entire ad and give it to your server when you pay your bill, or we will not get credit for your meal purchase. Valid only at the Hoss's at 621 Valley View Boulevard, Altoona on Sunday, August 16. Questions call Mary at 946-3449.

LITURGICAL MINISTERS PLEASE NOTE:

A new liturgical ministry schedule for September and October is being prepared. Unavailable dates or changes are needed by Sunday, August 23rd.

Anniversary Liturgies

Bishop Mark and the Family Life Office of the Diocese of Altoona-Johnstown invite couples marking their first, 5th, 10th, 25th, 40th 50th, 55th and 60th+ wedding anniversary this calendar year to attend either of the annual Wedding Anniversary Liturgies. Please call the Parish Office to make your reservation for the celebration here at the Cathedral of the Blessed Sacrament on **September 20th** at 2:00 PM. The deadline is August 25.

Homebound and Elderly Committee Meeting

There is a scheduled meeting for **Thursday, August 20** at 6:30 PM in the Saint John Room.

ATTENTION VOLUNTEERS!!

Due to the new Pennsylvania State Mandates on Youth Protection, all current or future volunteers at the parish **MUST** obtain new clearances. Please call Chris Laraia at 312-7317 for more information.

RELIGIOUS EDUCATION PRE K-11

Registration for 2015-16 for all students, both current and new, will be held after all Masses on Saturday/Sunday, August 29-30 in the Seton Suite. New members are asked to bring a copy of the student's Baptismal Certificate.

ALTOONA CENTRAL CATHOLIC SCHOOL: FIRST DAY BACK TO SCHOOL - AUGUST 26 OPEN HOUSE

on August 24, from 5:30 PM until 6:00 PM in the school, followed by a delicious **DINNER** in Father Kelley Hall, starting at 6:15 PM. (Meatball sub, salad, fruit and drinks) Please R.S.V.P. by August 17 at 381-7011.

<p>General Instruction of the Roman Missal</p>	<p>Liturgical Reflection ...</p> <p>The Church encourages the ministry of Commentator. In the absence of the Deacon, the commentator assists with the Universal Prayer. Where it is the custom, the commentator may provide the faithful with brief explanations and exhortations so as to direct their attention to the celebration and ensure that they are better disposed for understanding it. These remarks should be thoroughly prepared and notable for their restraint. Also, he/she may make the parish announcements at the appropriate time. The commentator stands in a suitable place within the sight of the faithful, but not at the ambo.</p> <p style="text-align: center;">General Instruction of the Roman Missal, Numbers 105b.</p> <p style="text-align: center; font-size: small;">2015, Diocese of Altoona-Johnstown, Liturgy Office, 925 South Logan Boulevard, Hollidaysburg, Pennsylvania 16648.</p>
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