

**JUNE 23, 2019**

*Scripture Reflection*

The First Reading shows the Eucharist being foreshadowed at the beginning of God's plan of salvation. Melchizedek, a king and a priest, brings bread and wine to celebrate Abram's victory over his enemies. This king of Salem (shalom, meaning "peace") acknowledges that "God the Most High" has blessed Abram. Chapter seven of the Letter to the Hebrews references this event, pointing out that that Melchizedek foreshadows Jesus in his role as priest and king. Melchizedek's feast with bread and wine also points forward to the Last Supper that Jesus celebrates with his disciples and which we continue to celebrate in the Eucharist. Finally, Melchizedek's feast is a celebration over the forces of evil just as the Eucharist celebrates Jesus' victory over sin and death and brings peace.

In Corinthians, Paul's account of the institution of the Eucharist reminds the community that the Eucharist is a sacrament of unity. Reading this passage, we have an insight into how early Christians, celebrated the Eucharist some twenty years after Jesus' death and Resurrection.

In describing the miracle of the multiplication of bread, Luke uses language that is contained in his account of the institution: "Then he [Jesus] took the bread, said the blessing, broke it, and gave it to them" (Luke 22:19). By describing the miracle with these words, Luke shows that this event foreshadows the gift of the Eucharist. Just as Jesus fed the crowds with an abundance of physical nourishment, so in the gift of his Body and Blood, Christ feeds us spiritually with an abundance of his life and love, uniting us to himself and to one another as the Body of Christ.

- **Are there aspects of today's readings that enrich your understanding of the Eucharist?**

**Baptismal Prep Team Coaches Needed**

Looking for volunteers who would like to join our Baptismal Prep Team. You would be there to contact the people, and answer any questions that they may have. And to assist in any way possible to make this a Blessed and joyous occasion for all. Please contact the Parish Office at 814-944-4603.

**Gentle Reminder**

In Catholic practice, whenever Mass is celebrated, the Church requests that the readers be members of the Catholic Church. At a wedding, at a funeral, at a baptism, any celebration taking place within Mass, the Church asks that the reader(s) be members of the Catholic family. When any of these specific liturgies take place outside of Mass, a non-Catholic baptized Christian may read the scripture.

**Eucharistic Adoration**

Eucharistic adoration will be the first Wednesday of next month, **July 3** from 12:30 PM until 8:00 PM. Please note this in your schedules and plan to spend some quality time in prayer before the Sacrament in exposition.

**Did You Remember?**

Did you remember to bring non-perishable food items and paper products for the needy of our community? Bins are located at the three doors of the Cathedral.

**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.

**Gluten Sensitivity**

There may be parishioners who have found that they have physical disorders related to gluten intolerance. The spectrum of illnesses includes celiac disorder, wheat allergy, bloating, abdominal discomfort, diarrhea, muscular disturbances, and bone or joint pain. The ordinary hosts distributed at Communion contain gluten. If you have found that you are gluten sensitive, special bread is available that possess a very low gluten content. Please tell the priest before Mass, and he will consecrate the low-gluten host for you to receive at that Mass.

**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.

**ANOIDING 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 -

Charismatic Prayer - Monday 7:00 PM.

Eucharistic Adoration - First Wednesday - 12:30 PM - 8:00 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 8:30 AM - 9:45 AM

Pre-Kindergarten thru 8.

Sunday afternoon 6:15 PM- 8:15 PM

Grades 9 thru 12.

**WEB: WWW.ALTOONACATHEDRAL.ORG**

**FAX: 814-942-4337**

**E-MAIL: ALTCATHEDRAL@DIOCESEAJ.ORG**

**EUCCHARIST:**

Sunday: 5:00 PM (Vigil)  
8:00 AM  
10:00 AM  
12:00 Noon  
5:00 PM

Holyday: 5:30 PM (Vigil)  
8:00 AM  
12:00 Noon  
5:30 PM

Weekday: 6:45 AM  
12:00 Noon  
Saturday: 8:00 AM  
12:00 Noon

**Most Reverend Mark L. Bartchak, J.C.D., Bishop**

**Very Reverend Alan E. Thomas VG, Administator**

**Reverend Father Dennis M. Kurdziel, Parochial Vicar**

**CHRISTIAN INITIATION TEAM - 944-4603**

**CATHOLICS RETURNING HOME - 944-4603**

**MAIL MINISTRY TO ELDERLY, HOMEBOUND,  
SERIOUSLY SICK, AND GRIEVING - 944-4603**

**HOLY TRINITY CATHOLIC SCHOOL**

Web: [www.holytrinitycatholic.school](http://www.holytrinitycatholic.school)

Altoona Campus (Pre-K thru Grade 4) - 381-7011

Hollidaysburg Campus (Pre-K thru Grade 4) - 695-6112

Middle School Campus (Grades 5 thru 8) - 942-7835

**BISHOP GUILFOYLE CATHOLIC HIGH SCHOOL**

Web: [www.bishopguilfoyle.org](http://www.bishopguilfoyle.org) - 944-4014

**DIRECTORS OF RELIGIOUS EDUCATION**

Chris Laraia - Pre-K thru 8 - 312-7317

Jean Koury - 9 thru 12 - 949-2777

Religious Education Office: Sundays - 943-7424

**DIRECTOR OF MUSIC MINISTRY**

Leslie C. Thayer, MM, CAGO

Music Ministry Office - 944-2044

E-mail: [lthayer@dioceseaj.org](mailto:lthayer@dioceseaj.org)

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

## THE MOST HOLY BODY AND BLOOD OF CHRIST

June 23, 2019

Readings: Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11-17

### MASS INTENTIONS

June 24, Monday: Nativity of Saint John the Baptist

Readings: Acts 13:22-26; Lk 1:57-66

6:45 AM Rose Hart (Rosemary Fedeli)

12:00 PM Special Intention (Jerry & Rita Kibler)

June 25, Tuesday: Weekday

Readings: Gn 13:2, 5-18; Mt 7:6, 12-14

6:45 AM M. Virginia Jones (Jeanie Farabaugh)

12:00 PM Thomas Dougherty (Brigid & Dan Sheedy)

June 26, Wednesday: Weekday

Readings: Gn 15:1-12, 17-18; Mt 7:15-20

6:45 AM Betty Capouellez, Ann. (Family)

12:00 PM Joe Tomlinson (Randy & Jean Koury)

June 27, Thursday: St. Cyril of Alexandria, Bp. & Dr.

Readings: Gn 16:1-12, 15-16; Mt 7:21-29

6:45 AM Msgr. Paul Panza (Janet Belsey)

12:00 PM Jim Davidson (Sharon & Tony Ciccarella)

June 28, Friday: The Most Sacred Heart of Jesus

Readings: Ez 34:11-16; Rom 5:5-11; Lk 15:3-7

6:45 AM Angela Cronin Chadwick (Skip Cowan)

12:00 PM John Bauer (Bill & Linda Raia Family)

June 29, Saturday: Saint Peter & Paul, Apostles

Readings: Acts 12:1-11; 2 Tm 4:6-8, 17-18; Mt 16:13-19

8:00 AM Audrey Krause (Phyllis Lavelle Sheetz)

12:00 PM Leroy and Irmina Helfrich (Estate)

Vigil: Thirteenth Sunday In Ordinary Time

Readings: 1 Kgs 19:16, 19-21; Gal 5:1, 13-18; Lk 9:51-62

5:00 PM Ben Petrunak (Toots Rhoa)

### Catholic Ministry Drive

We are most grateful to those who have so generously responded to the 2019 Catholic Ministries Drive. It is most important that we receive your response as soon as possible. Monies received over our diocesan goal will help us to complete Charity Hall in The Cathedral Parish Center.

**Pray For Our Sick** - Remember our sisters and brothers who are weakened by illness in your prayers. Prayers are sometimes the best prescribed medicine.

### Mandated Reporter Training

Will be offered in the Cathedral Hall on Saturday July 13th at **8:30am - 12:30pm**. Anyone wishing to volunteer in any capacity or diocese must have clearances. For further information please contact Chris Laraia at 312-7317.

### PARISH FEAST DAY - SUNDAY, JUNE 23

The Solemnity of the Most Holy Body and Blood of Christ has particular significance in the Diocese and the Parish as our Cathedral is under the title of the Blessed Sacrament. Following **10:00 AM Mass** there will be a Parish Social on the portico. Parishioners are encouraged to participate in this Mass and to share in the hospitality that follows. This is our parish feast day and the Most Blessed Sacrament will be in exposition during the afternoon following the Noon Mass until the 5:00 PM Mass. There will be prayer and devotions at **1:00 PM, 2:00 PM, 3:00 PM, and 4:00 PM**. On our Eucharistic Day each hour begins with scripture and a short reflection. This is followed by a particular devotion which is followed by silent prayer before the Blessed Sacrament.

**1:00 PM:** Scripture/Rosary (Mysteries of Light)

**2:00 PM:** Scripture/Litany of the Holy Eucharist

**3:00 PM:** Scripture/Chaplet of Divine Mercy

**4:00 PM:** Scripture/Rosary (Glorious Mysteries)

All parishioners are encouraged to be present in the Cathedral sometime during the afternoon.

### Catholics Returning Home

Have you thought about coming home to the Catholic Church? Call the Parish Office at 944-4603 for information.

### Prayer Shawls

If anyone feels that they need some comfort in their troubled times, please feel free to contact Lorraine Beck at 814-942-7774 for one of our Prayer Shawls. These shawls have been Blessed and may bring you the comfort that you need.

### Novena

Questions have arisen of the perpetual novena that has been a traditional part of our parish prayer schedule. Please contact Father Alan Thomas, our parish administrator, with your opinions concerning its continuation within our new weekday Mass schedule.

### ATTENTION!

Vacation Bible School for 2019 has been canceled due to the lack of adult volunteer help.

### OFFERTORY COLLECTION Sunday, June 16, 2019 - \$7,341.00

### Annual Cereal Collection

For many years, Mrs. Judy Savine, a member of Our Lady of Mount Carmel Parish in Altoona, has collected cereal to benefit children through the Saint Vincent dePaul Food Pantry in Altoona. Bishop Mark has once again requested that each parish in Blair County sponsor a cereal collection at all Masses the weekend of July 6 and 7.

### Outdoor Mass Honoring Married Couples

The Altoona-Johnstown Family is invited to participate and to pray for those living the Sacrament of Marriage at an Outdoor Mass Honoring Married Couples with Bishop Mark. The Mass will be on July 14, 2019 at 7:00 PM at the Shrine of our Lady of the Alleghenies in Loretto (located next to the Basilica of Saint Michael). Bring your lawn chairs! Indoors if it rains.

### Society of St. Vincent dePaul

We are dedicated to helping the poor and the suffering. Through our local Council we provide various services to the needy in our community. Our Financial needs department is located in our Altoona Thrift Store. The services we provide vary greatly. We provide financial help for the following situations and more.

\* To prevent loss of electricity, heat and water to their residence when they receive a termination notice.

\* To help with obtaining housing or to avoid loss of housing.

\* To shelter homeless temporarily in motels until housing can be found.

\* To provide beds and furniture for people who were homeless

\* To provide gas for people who have no money and are looking for a job or providing transportation for a sick family member.

We provide food for residents in emergency situations, serve meals when Sister Paula's kitchen is closed for the holidays and help in special situations such as help repair a vehicle for the resident to obtain employment, etc.

Thank you for your donation. It is greatly appreciated and will help us to do our mission.

### CONGRATULATIONS !

We'd like to "Welcome" our newest members to the Cathedral, Katie, Mark & Lyla Biem along with Katie's Parents, Daniel & Kristine Grossman from Saint Pius X, Covington Diocese. Lyla and Katie were Baptized this weekend! Mark, Katie, Daniel and Kristine all were Confirmed. Katie will receive First Communion. May God bless them as they continue their journey of faith. Congratulations to all!

*Thank you, Lord,  
for the many blessings  
you have given and continue to give to the  
Cathedral of the Blessed Sacrament Family.*

### The Cathedral Prayer Group

Bob Sutton will bless us with an exhortation on Monday, June 24, at 7:00 PM at Bishop Guilfoyle Catholic High School. The Cathedral prayer group will meet the "Alive in the Spirit" student group. All are welcome. Bob's message promises to be encouraging and enlightening. Come and be blessed. Looking forward to seeing you on Monday evening!

### Darn those distractions!

Ever wonder how you can be riveted for hours by one TV show after another, but spend only a few minutes in prayer before your mind wanders? In fact, distractions can help enrich your prayer life. Our minds tend to wander to things that are important to us. We can recognize them and make them a part of our prayer.

For example, "Lord, thank you for the gift of my home. That reminds me that I better clean out the gutters or the roof will leak. That would be bad even if our furniture isn't as nice as the Spencers' new living room set. But forgive me Lord for feeling envy, and help me to be grateful for what I have." And so on.

The idea is to acknowledge the distraction and ask God's help in overcoming its source. Then use it as a tool to get back on track. Remember, prayer is not a rigid routine we have to get right. It's a conversation with someone we love.