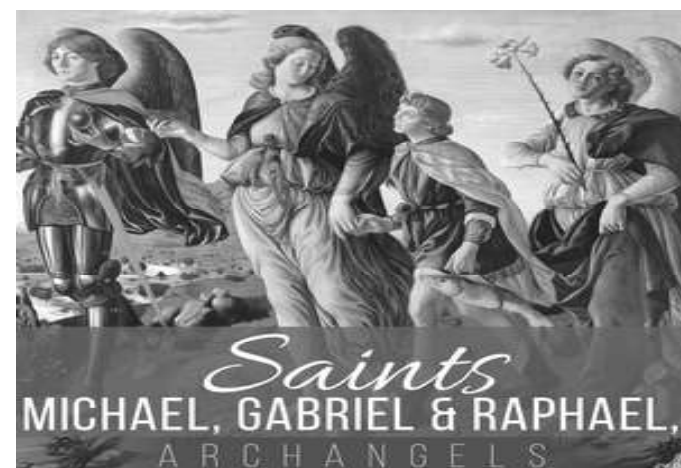


SEPTEMBER 27, 2020

What prompts you to make the decisions you make? When confronted with a decision, whether one that is more trivial and mundane or one that is more significant and profound, we rely on guidance. That guidance can be the result of impulse and passion or the fruit of the interior voice of conscience. Decisions made on impulse and passion can be misguided and erroneous. Decisions based on conscience, or the moral voice within, will reflect the depth and maturity of our soul work. A more contemplative soul will make more contemplative decisions. A less developed conscience will make decisions based on the individual's level of development.

Conversion and a change of heart are at the core of Jesus' message precisely because of this reality. We are works in progress. For the person on fire with the Holy Spirit and centered on God, life reflects an ever-deepening awareness and heightened sense of God's presence and a greater willingness to do God's will. What is happening internally is validated by what is witnessed externally. The hypocrite is the one who says yes when they really mean no. From the start, they had no desire to do the virtuous act but wanted to outwardly appear as if they did.

Where are you on the road of integrity? Honesty is all that is required. God is good with that. It is okay to struggle with our decisions and wrestle with ourselves. Consciences on the path to maturity and greater depth are not always going to know what action is immediately best. We may, at first, say no to what we know is right and, after prayerful reflection and thought, come around to doing it. Conversion happens when our no changes to yes, regardless of how sinful or out of sync we may be at the time. God is anxious to welcome us to Himself. But we cannot embrace Him unless we want to. Learning to orient our gift of free will to what is of divine origin, right, and best is a discipline we must always tweak and perfect. ©LPi



Contributions

Even during a pandemic, the financial support of parishioners has been very important to our parish. However, due to their own financial challenges during a time like this, families might not be able to sustain their current level of giving. Gratitude is extended to those who have been able to drop off, mail, or electronically submit your offering. God bless you.

Benevolent Fund

Thanks to the generosity of several benefactors, and with the approval of our Finance Council, our parish has created what will be called a Benevolent Fund to provide financial assistance to parishioners who find themselves in less-than-fortunate circumstances. Persons requesting help will normally be asked to meet with Jean Johnstone, parishioner and Director of Catholic Charities, who will then provide direction to Msgr. Carson. Individuals who would like to contribute to the fund may do so by writing Benevolent Fund on their check's memo line.

BBQ Chicken Dinner

St. Demetrius Church in Gallitzin, Pa will be holding their Famous BBQ Chicken Dinner on Sunday, September 27, 2020, as a Drive-thru/Pick-up only. Cost: \$10.00/dinner will include their Delicious 1/2 BBQ Chicken, 2- Sides and Dessert. Dinners will be available from 11:00 am until sold out. Come and get one of the best Chicken BBQ Dinners in the area! Please note this is a Drive-up dinner only. No festival will be held this year due to coronavirus guidelines. Enter via the Activities Center driveway below 611- Church Street, obtain your meals, and exit onto Convent Street.

Nocturnal Adoration

Will take place at St. John the Evangelist Church on Friday evening October 2, 2020, at 309- Lotz Avenue, Lakemont, Altoona Pa 16602, from 8:00 PM to 11:00 PM.

Prayer for Priests

Lord God, most holy, we approach you in gratitude for your holy ordained priesthood. You have called these men to be set apart and to shepherd your people, as you shepherd your entire church. We pray for them in their daily work. Grant to them an increase in spiritual gifts and grace, so they may be prepared for the tasks at hand. Lead them not into temptation and protect them from the grasp of the evil one. It is through the sacraments they confer that we encounter the divine in a real and profound way. May your church never lose sight of these, your special sons, and may we, the body of Christ, never fail to cherish the gift of their lives, which they have freely given to you and your holy church. We ask this in the name of Jesus, your Son. Amen.

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:

Upon Request and Communal celebration

MARRIAGE:

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

DEVOTIONS:

Charismatic Prayer - Normally 3rd Monday of the Month
Eucharistic Adoration - First Wednesday - 12:30 PM - 8:00 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 Evening 6:15 PM - 8:15 PM
Grades 9 thru 12.

WEB: WWW.ALTOONACATHEDRAL.ORG

FAX: 814-942-4337

E-MAIL: ALTCATHEDRAL@DIOCESEAJ.ORG

<https://www.facebook.com/cathedralofaltoona>

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

Reverend Monsignor Stanley Carson, Administrator

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

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 - 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

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

TWENTY-SIXTH SUNDAY IN ORDINARY TIME

September 27, 2020

Readings: Ez 18:25-28; Phil 2:1-11; Mt 21:28-32

MASS INTENTIONS

September 28, Monday: Sts. Wenceslaus, Lawrence Ruiz

Readings: Jb 1:6-22; Lk 9:46-50

6:45 AM + Rose Ciavarella (M/M Pete Rodgers)
12:00PM (Health intentions) of Monica (Kathleen Davies Rose)

September 29, Tuesday: Sts. Michael, Gabriel, Raphael

Readings: Dn 7:9-10, 13-14; Jn 1:47-51

6:45 AM + Nick Figural (J. Donald Douglas)
12:00PM + Alfred Rutolo Birthday (Family)

September 30, Wednesday: St. Jerome, Priest & Dr.

Readings: Jb 9:1-12, 14-16; Lk 9:57-62

6:45 AM + Sue & Mike Marshall (Joe Briggs)
12:00PM + Daniel Gioiosa (Tim & JoAnn Bettwy)

October 1, Thursday: St. Therese of the Child Jesus

Readings: Jb 19:21-27; Lk 10:1-12

6:45 AM + Marlene Kollar (Jim & Elaine Weaver)
12:00PM + Tom Boslet (The Cathedral Parish)

October 2, Friday: The Holy Guardian Angels

Readings: Jb 38:1, 12-21; 40:3-5; Mt 18:1-5

6:45 AM + Veronica Moran Evey (Peg & Joe Serra)
12:00 PM + Richard Yahner (Wife)

October 3, Saturday: Weekday

Readings: Jb 42:1-3, 5-6, 12-17; Lk 10:17-24

8:00AM + Millie Bilski (Ed & Lois Simanski)
12:00PM + Jeanie Farabaugh (M/M Mickey Fields)
Vigil: Twenty-Seventh Sunday in Ordinary Time
Readings: Is 5:1-7; Phil 4:6-9; Mt 21:33-43
5:00PM + Edgar A. Johnston Ann. (Wife/ Mother)

October 4, Sunday: Respect Life Sunday

8:00 AM + Carrie Detwiler (Tina Scarfone)
10:00 AM + Dick Cowan (Wife Skip)
12:00PM + Jean Karnes (Gooderham Families)
5:00 PM Pro Popolo/ For the People

Please remember our sick in your prayers.

Radio Mass

Our parish's live radio Mass will be on Sunday, at 10:00 A.M. on WFBG 1290AM. We are pleased to be able to provide this service and we are grateful to our sponsors.

Why Do Catholics Genuflect?

Genuflection is an act of devotion that literally means "to bend the knee." For many Catholics, it's an almost automatic gesture that we perform before entering our pew or row of seats at Mass. But, like many of the symbols and gestures of our faith tradition, genuflecting can also be an invitation for deeper reflection.

The practice of "bending the knee" is an ancient way of recognizing the presence of someone greater than we are. It has been said that the practice dates back to the time of Alexander the Great, but it became a common part of etiquette in the royal courts of the Middle Ages. From throne rooms and palaces, it was a small step to genuflecting becoming part of the devotional lives of Christians, who used this secular gesture as a way of recognizing the presence of the One who is King of Kings, especially in the Eucharist.

Today, Catholics are asked to genuflect in the presence of the Blessed Sacrament (whether in the tabernacle or exposed on the altar during eucharistic adoration). So, while it has become second nature to genuflect before entering your seat in church, we should pay attention to where the Blessed Sacrament is kept in each church or chapel that we visit, and genuflect in the direction of the tabernacle where the Blessed Sacrament is kept. In churches or chapels in which the tabernacle is in a separate space, we are invited to simply bow toward the altar.

In addition to genuflecting before the Blessed Sacrament, we are also instructed to genuflect before the cross used for veneration on Good Friday (during the solemn celebrations of the Lord's Passion) and any time a relic of the True Cross is displayed for veneration. This long-standing tradition is a way of honoring the cross as the great sign of our salvation and of showing devotion to the passion of Jesus.

©LPi

ADORATION OF THE BLESSED SACRAMENT

You are invited to spend some time in prayer before the Blessed Sacrament from after the noon Mass on Wednesday, October 7th, until after the 7:00 P.M. confessions. There is a sign-up sheet on the table at the center of the Cathedral.

Facebook

Our parish has created an official Facebook page and the address is <https://www.facebook.com/cathedralofaltoona> The link is found at the top of our parish's webpage. Our official page will gradually become a convenient way to keep people informed and post notices. (Please do not use the link at the bottom on the page.)

OFFERTORY COLLECTION Sunday, September 27, 2020 \$5,872.25

Is It the Thought That Counts?

I can remember times when I received a gift that I would not have chosen for myself. At those times I certainly thought to myself that "it was the thought that counts." I was happy that the gift-giver thought of me at all. Then there have been times when my children have not given me a gift and then chose to tell me all about what they were going to give me. They would then follow it up by saying, "it was the thought that really counts." Really?! I don't think so. I could think of sending my wife on a cruise, but that is not in any way the same as going on the cruise. I think there are times when all of us think we are more generous than we are, simply because we were thinking about being generous.

This way of thinking can be dangerous. Jesus teaches us to say what we mean and mean what we say. The intentionality of our actions is important, but intentionality without action is meaningless. How we act and what we give serves as evidence of our intentions and indicates where our heart truly lies. If we fool ourselves into thinking we are someone we are not, it can become difficult to see the truth. We need to look for the fruit in our lives.

1st Reconciliation Prep

There will be a mandatory **Parent Only** meeting on Tuesday evening, September 29th from 6:00 PM to 8:00 PM in the Cathedral Hall.

Please bring a copy of your child's baptismal certificate if you have not already done so. **Masks** are required.

Important dates to remember:

September 29, 2020- Parent (only) Meeting

October 27, 2020- Parents and Students

November 24, 2020- Parent and Students

Confirmation Prep

All eleventh grade candidates preparing for Confirmation! On Sunday, October 4, at 6:15 PM there will be an important meeting, in the Cathedral Hall. Please wear a **Mask** and a parent or sponsor should attend with the candidate.

ARISE !

Season 5 will **not** be held until Easter 2021. Those who wish to continue to read and discuss weekly topics, through Zoom featured on Proclaim!, may contact Chris Laraia at 814-312-7317 for more information.

Basket Bingo

Due to the COVID-19 we are sorry to say that the basket bingo that was scheduled for September 20, 2020 had to be canceled. We are going to reschedule for Sunday April 25th, 2021. DAUBBERS UP!!!!!! We are still taking donations. Please call the Parish Office at 814-944-4603 from 9:00 AM to 5:00 PM Monday thru Friday, or Lorraine Beck at 814-942-7774.

The Friar's Nook Hours/Job Opening

The Friars' Nook and Gift Shop will continue to have modified hours on Friday and Saturday 10:00 AM-4:00PM for the month of September. This gives time for the search for a Gift Shop Manager, and the info about the position is below:

Gift Shop Manager:

The Friar's Nook Gift Shop located in Hollidaysburg, PA, is seeking a Gift Shop Manager to oversee the day-to-day functions of a Roman Catholic gift shop with a heavy emphasis in standard retail practices. The Gift Shop Manager should be dependable, self-motivated, and can work well with other employees and customers. For a full job description, please visit: www.thefranciscanfriars.org/jobs.

Seasonal Helpers Needed

The Friars Nook Gift Shop is hiring part-time seasonal help! Are you looking to make a few extra bucks for Christmas? Are you looking to work with a good crew and still have nights and Sundays free? The Friar's Nook is the place for you! Even if you just would like to volunteer a few hours, that would be wonderful. If interested, please send your information to kellie@thefranciscanfriars.org or to The Friar's Nook Gift Shop, 793- Monastery Road, Hollidaysburg, Pa 16648.

Prayer Shawls

If you or anyone that you know would like to have a prayer shawl for comfort during a rough time please call the Parish Office at 814-944-4603 the hours are from 9:00 AM to 5:00 PM. Also you may call Lorraine Beck at 814-942-7774.

Parish Mailing Address

Since we have discontinued the use of our post office box, please send mail to either: One Cathedral Square, Altoona Pa 16601 or 1405- 13th Avenue Altoona Pa 16601.

Family Perspective

In today's gospel Jesus asked, "What is your opinion?" Why do we think our opinion is dogma or fact? An opinion is only how we perceive a situation or how we feel comfortable doing something. Don't argue over or become divided by "your opinion."