

# FOURTH SUNDAY IN ORDINARY TIME

January 29, 2023

## MASS INTENTIONS

### January 29, Sunday: Fourth Sunday in Ordinary Time

8:00AM+Robert Beck (Mary Ann Bell)  
10:00AM+Eleanor Fischer (Mary Kowalski)  
5:00PM Pro Popolo/ For the People

**Mass at Our Lady of Fatima Parish is at 11:30 A.M.**

### January 30, Monday: Weekday

12:00AM+ Roy Sr. and Roy Jr. Miller (Mary Louise Ball)

### January 31, Tuesday: Saint John Bosco, Priest

12:00PM+ Robert Simanski (Fred & Joanne Simanski)

### February 1, Wednesday: Weekday

12:00PM+ Debbie Forwalt Beiswenger (Bob & Cathy Chirdon)

### February 2, Thursday: The Presentation of the Lord

12:00PM+ Bishop Joseph Adamec (Anonymous)

### February 3, Friday: Saint Blaise, Bishop and Martyr, Saint Ansgar, Bishop

12:00PM+ Orvita Knott (Joe & Dan Angeski, Marcy Yurinko)

### February 4, Saturday: Weekday

12:00PM+ Jim Davidson (Jim and Steph Kilcoyne)

### Vigil: Fifth Sunday in Ordinary Time

5:00PM+ Patrick Duffy (Jeff Mayernick)

### February 5, Sunday: Fifth Sunday in Ordinary Time

8:00AM+Janet Tomlinson (David & Kathryn Baronner)  
10:00AM+Maurice & Jane McNulty (Rita & Gerry Kibler)  
5:00PM Pro Popolo/ For the People

**Mass at Our Lady of Fatima Parish is at 11:30 A.M.**

### Pray For Our Sick -

Remember our sisters and brothers who are weakened by illness in your prayers. Prayers are sometimes the best prescribed medicine.

### Church Cleaning

The cleaning crew will be meeting Wednesday, February 8th at 9:00 AM. Additional help is needed please. They normally meet on the second Wednesday of the month. If there is a funeral, they will meet on Thursday.

## Readings for the week of January 29, 2023

**Sunday:** Zep 2:3; 3:12-13/Ps 146:6-7, 8-9, 9-10 (Matthew 5:3)/1 Cor 1:26-31/Mt 5:1-12a

**Monday:** Heb 11:32-40/Ps 31:20, 21, 22, 23, 24/Mk 5:1-20

**Tuesday:** Heb 12:1-4/Ps 22:26b-27, 28 and 30, 31-32/Mk 5:21-43

**Wednesday:** Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a/Mk 6:1-6

**Thursday:** Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/Lk 2:22-40 or 2:22-32

**Friday:** Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc/Mk 6:14-29

**Saturday:** Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6/Mk 6:30-34

**Next Sunday:** Is 58:7-10/Ps 112:4-5, 6-7, 8-9 (4a)/1 Cor 2:1-5/Mt 5:13-1

### Confirmation Sacramental Prep

February 12th, Grade 10, Final Confirmation Session, 2:30-4:30, Religious Ed Center. Please bring any make up assignments.

### Healing Mass

Healing Mass with Praise and Worship will be held on Friday, February 3, 2023 at St. Francis Aloysius Church, 7911- Admiral Peary Highway, Cresson Pa. Witness talk at 6:00 PM, Mr. David Manos, Associate Director of Penn State University, will be the speaker. Healing Mass at 7:00 PM with Father Julio Rivero TOR.



**Catholic Schools  
Week 2023  
January 29–February 4**

www.NCEA.org/csw  
#CSW23

We are invited this week to pray for and encourage the ministry of Catholic education. For the 2022-2023 academic year, Cathedral parish will contribute \$85,693 towards the Catholic education of children attending Holy Trinity Catholic School.

**OFFERTORY COLLECTION**  
**Sunday, January 22, 2023 \$9,432.35**  
**Thank you for your financial and spiritual support.**

### Church Budget Envelope and Mailing Company

Some of you may be aware of delays in the offering envelope mailings over the past couple months. Due to supply chain and the inability to add employees at the rate necessary has created a slow draw on production and shipping. Recently, both of those issues have been solved. However, the “catchup” would jeopardize long term delivery.

In order to get back to expected levels of timely deliveries, we are forced to suspend the production of your February envelopes. The offering envelopes will resume first Sunday in March.

If you do not have an envelope for Sunday's, put in a regular envelope and please write your name on the envelope.



### Bus Trip to Padre Pio Shrine

The Mount Carmel Church Altar & Rosary Society is sponsoring a Bus Trip to Padre Pio Shrine in Barto, PA, on Saturday, May 20, 2023. The bus will depart from Mount Carmel Parking lot at 7:00AM. We will have lunch, on your own, in Allentown and Mass will be celebrated by Fr. Carl at the Shrine. You will have time to visit the Shrine. We will depart from the Shrine at 4:30PM. There will be a dinner stop, on your own, on the way home. The cost of the trip is \$55.00. To make reservations, please call the Parish Office (814)942-8501

### Knights of Columbus Mid Winter Concert

Knights of Columbus Council #551 will host a Winter Concert Winter Blues Concert featuring the Mannish Boys on Saturday, February 18th at 1508- 12th Avenue, Altoona. Doors open at 6:00 P.M. with music from 7:00 to 9:00 P.M. The tickets are \$25.00 per person includes food, beverages and music. The Mannish Boys is a five-piece, blues-based rock band with locally reunited members John McKelvey, Mark Panek, Mark Ruston, and Steve and Kevin Mitchell. Advance sales only. No walk-ins. Call 814-942-6262 or 814-280-7661.

## Stewardship Reflections

Many think the Sermon on the Mount is the absolute epitome of Jesus' teachings. It tells us how we are to live our lives and the attitudes we are to have. Jesus gives a more accurate perspective of Who He is. He begins the Beatitudes (“meaning blessings”) with “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” In a sense “we are all poor in spirit.” We must have the guidance and strength provided to us by the Lord to live in poverty of spirit, a spirituality of simplicity.

Living God-centered lives is at the very core of stewardship. Being a disciple of Christ is being a steward of our many gifts and blessings. Some scholars believe that Jesus may have given this sermon often during His ministry. The first Christians were fond of quoting and referring to what the Lord said on this occasion. Jesus provides us with the secret of living a good life. If we rely on Him and follow Him, we will be blessed. Are you truly living with His message in your heart? (Stewardship Reflection, Catholic Stewardship Consultants, Inc. 2022/12/28)

### Class on Southern Italian Folk Customs

All Saints Parish in Boswell (Somerset County) will offer a one session class on Southern Italian folk customs on Monday, February 6th at 7:00 PM in their parish hall at 325- Quemahoning Street, Boswell, Pa. The presenter will be Melissa Marinaro, curator of the Italian American Program at the Heinz History Center in Pittsburgh. The presentation will cover topics such as crafts, food, and agricultural practices and will showcase many objects from the history center that speak to the customs and traditions of southern Italians in Western Pennsylvania. The class is free but those interested are asked to please register by calling the parish office at 814-629-5551. All are welcome.

### Eucharistic Adoration

On Wednesday, February 1st the Cathedral Parish will have Eucharistic Adoration from 12:30 P.M. until the end of Confessions. A sign-up sheet is located on the cross aisle table to mark your time for visitation before the Blessed Sacrament. It is essential that there be people in the Lord's presence during exposition of the Blessed Sacrament.

### Nocturnal Adoration

The next Nocturnal Adoration will take place at Saint Mary's Church, 1405- 5th Avenue, Altoona on Friday, February 3rd, from 8:00 p.m. to 11:00 p.m. All are welcome to spend an hour or as long as you would like.



**January 29, 2023**

In my parents’ bedroom there were on the wall two photos of my mom and dad from their early adulthoods. The photo of my mother entranced me when I was a boy. I loved looking at it, even though I saw her in daily life. Something about that picture captured her perfectly. It was an image of the joy, wisdom, beauty, and strength that enveloped me from the start of my life. It was an icon of the woman who fed, taught, and encouraged me. I felt a deep pride that I came from such beauty.

The beatitudes of Jesus are a kind of self-portrait. But it is a strange picture. At first, the blessings of being poor, mourning, and hungering and thirsting for righteousness may seem bizarre or, worse, a religious delusion. Who wants to look like that? But if we look again, we begin to see the characteristics of Jesus’ form. He becomes poor and fills it with his riches for us, he weeps and mourns for us, and fills it with his joy, he hungers and thirsts for us to be righteous, and so satisfies us. And so on. It’s the way he appears on the cross.

Perhaps we should put on our bedroom room walls the words of the beatitudes next to a crucifix of the Lord Jesus. Then we can do what the beatitudes are designed for, to gaze at the joy, wisdom, beauty, and strength of the one who is our origin, and who is with us every day. And little by little, we’ll start to look like him.

— Father John Muir ©LPi



According to the final report of the 2022 Catholic Ministries Drive, cathedral parish received \$50,551 in gifts, which was \$7,483 over our \$42,898 goal.

Thank you very much to all who supported the drive with their financial support and prayer.

**Blessed Candles**

A limited number of blessed candles will be available following Mass on Wednesday, the Feast of our Lord’s Presentation. The suggested donation is \$5.00.

**Blessing of Throats**

Throats will be blessed during Mass on Friday, the memorial of St. Blaise. Throats will also be blessed following Masses next weekend.

LIVE FROM THE  
**CATHEDRAL OF THE  
BLESSED SACRAMENT**  
10:00 AM SUNDAY MASS  
on radio WFBG 1290 AM  
2023

Please support the following sponsors of the weekly broadcast of our Sunday Mass. We are extremely grateful for their generous assistance.

*The Altoona Curve Baseball Club*  
*Allegheny Glass & Mirror*  
*An Anonymous Sponsor*  
*Bettwy Electric, Inc.*  
*Garvey Manor &*  
*Our Lady of the Alleghenies Residence*  
*Irwin Financial/Raymond James*  
*Jones Funeral Home*  
*Stanley J. Krish Funeral Home*  
*McCloskey Builders*  
*Quality Services*  
*Riley Plumbing & Heating*  
*Warner's Florist, Gifts, Greenhouses*  
*Young, Oakes, Brown & Company*



The Blair County Garden Club is hosting a bus trip to the Philadelphia Flower Show on Wednesday, March 8. The bus leaves Lowe’s at 8:30 A.M. (park along the highway side of the lot.) You will leave from the Flower Show at 6:00 P.M. with an approximate return time of 10:30 P.M. There will be no dinner stops either way. If bringing food, no chocolate or orange cracker snacks. Drinks must have a sealed lid. The cost of \$100 includes the bus trip, show ticket, and tip for driver. Make checks payable to: Blair Garden Club. Contact Emma Kowalski at 814-932-0375 or 814-942-0202 or at Emma Kowalski, 1722 32nd Avenue, Altoona, PA 16601

**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:**

Upon Request and Communal celebration

**MARRIAGE:**

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

**DEVOTIONS:**

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](http://WWW.ALTOONACATHEDRAL.ORG)**

**FAX: 814-942-4337**

**E-MAIL: [ALTCATHEDRAL@DIOCESEAJ.ORG](mailto:ALTCATHEDRAL@DIOCESEAJ.ORG)**

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

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

Weekday: 12:00 Noon  
Saturday: 12:00 Noon

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

**Reverend Monsignor Stanley Carson, Administrator**

**Paula Clemens, Parish Secretary**

**DIRECTOR OF RELIGIOUS EDUCATION**

Chris Laraia - Pre-K thru 12 - 814-312-7317  
Religious Education Office: Sundays - 814-943-7424  
E-mail: [claraia@dioceseaj.org](mailto:claraia@dioceseaj.org)

**DIRECTOR OF MUSIC MINISTRY**

Leslie C. Thayer, MM, CAGO  
Music Ministry Office - 814-944-2044  
E-mail: [lthayer@dioceseaj.org](mailto:lthayer@dioceseaj.org)

**CHRISTIAN INITIATION TEAM - 814-944-4603**

**CATHOLICS RETURNING HOME - 814-944-4603**

**MAIL MINISTRY TO ELDERLY, HOMEBOUND,  
SERIOUSLY SICK, AND GRIEVING - 814-944-4603**

**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) - 814-944-4014**

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