

**THIRD SUNDAY OF LENT**  
**March 3, 2024**  
**Mass Intentions**



**Pilgrimage to Fatima & Lourdes & Discovery of Barcelona**

Msgr. Carson will be leading a pilgrimage from September 15-24, 2024.

Pilgrimage information is available in the brochures in this weekend's bulletin, at our Facebook page, and at <https://gateway.gocollette.com/link/1213040>



Today is Commitment Weekend for the 2024 *Catholic Ministries Drive*. Our sacrificial gifts of prayer and treasure will make an immediate and lasting impact on our ministries that focus on evangelization, serving those in need, and the formation of priests and deacons.

During Lent, and throughout the year, we are challenged to renew our spiritual devotions and duties—and one of those holy duties is to support our Church. This year, our campaign's theme is ***Encountering Christ***. During this time of the Eucharistic Revival, ***Encountering Christ*** is an invitation to grow in our living relationship with Christ in the Eucharist, to open our hearts to serving our brothers and sisters, and to fulfill our holy duty of supporting the Church by gifts of our time, talent, and treasure.

If you didn't bring your pledge card to Mass this weekend, or send it in this past week, please prayerfully consider making a donation this coming week or in the near future. Our diocese's ministries need our support.

Our parish's target is \$45,930. All contributions beyond our parish goal will remain for use within our parish.

**OFFERTORY COLLECTION**  
**Sunday, February 25, 2024 \$ 8,232.58**  
**Thank you for your financial and spiritual support.**

**Inquiry Sessions of Christian Initiation of Adults**

Are you interested in the Catholic Church? Do you know someone who might be interested in seeking information about our Catholic faith? The Cathedral Christian Initiation Team will begin weekly meetings in the Church from 11:00 AM until 12:00 Noon (after the 10:00 Mass) for all those seeking information on the Catholic Church. No commitments are made at this time. These are informal Inquiry Sessions to discuss aspects of our faith with anyone who might be thinking of joining the Catholic Church. All are welcome; bring a friend. If you are interested in joining or would like more information, please contact Carol Galioto at (814)327-4841.



**Fish Lunches**

Our parish's Annual Fish Fry Lunch is being sold on Fridays during Lent, except Good Friday. The drive-thru lunches will be available from 10:30 A.M until 1:00 P.M. The cost is \$10.00 for a large fish sandwich, mac & cheese, and cole slaw. For ten or more lunch purchases, delivery is available, but you need to call ahead and pre-order at 814-944-4603. Take out and cash only.

**Readings for the week of March 3, 2024**

Sunday: Ex 20:1-17 or 20:1-3, 7-8, 12-17/Ps 19:8, 9, 10, 11 (Jn 6:68c)/1 Cor 1:22-25/ Jn 2:13-25 Scrutiny: Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 (8)/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

Monday: 2 Kgs 5:1-15ab/Ps 42:2, 3; 43:3,4/Lk 4:24-30  
 Tuesday: Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9/ Mt 18:21-35

Wednesday: Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/ Mt 5:17-19

Thursday: Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23  
 Friday: Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17/Mk 12:28-34

Saturday: Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/Lk 18:9-14

Next Sunday: 2 Chr 36:14-16, 19-23/Ps 137:1-2, 3, 4-5, 6 (6ab)/Eph 2:4-10/Jn 3:14-21.

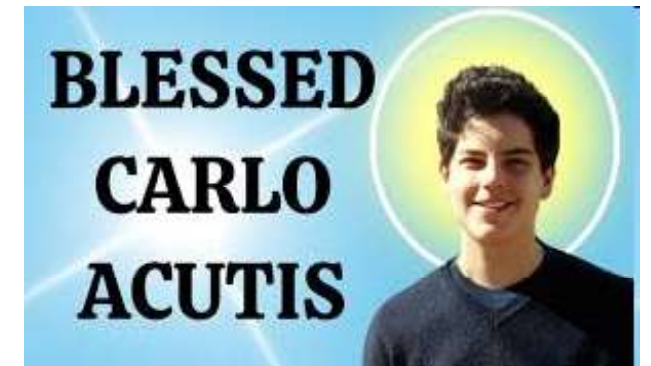


Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence. Abstinence refers to not eating meat at all on those days. Persons 14 years of age and older are to abstain. Fasting refers to one full meal, with two small meals, no eating between meals. People who have reached their 18th birthday and up to their 59th are obligated to fast. In addition to these obligations, additional forms of fast and abstinence may be observed.

**Sung Evening Prayer and Benediction**

You are encouraged to pray sung evening prayer before the Blessed Sacrament beginning on the Second Sunday of Lent at 6:30 P.M. Vespers will be concluded with Benediction.

**Stations of the Cross will be prayed during Lent on Fridays at 5:30 P.M.**



Our parish now has the entire exhibit of Eucharistic miracles prepared by Blessed Carlo Acutis (1999-2006). Portions of the exhibit will be displayed in the side chapels of the cathedral. You are encouraged to deepen your appreciation of the Eucharist by reading about the extraordinary ways the Lord has revealed Himself in the gift of the Blessed Sacrament.



Our parish's Easter Egg Hunt is on Sunday, March 24th, beginning at 2:00 P.M. in the lower level parking lot. Bring your own basket. There will be a special appearance by the Easter Bunny.

Hop on over for egg-cellent fun!

**GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE**

March 3, 2024  
3rd Sunday of Lent

I am the Lord your God ... You shall not have other gods beside me. —Ex 20:2-3

One of the greatest golfers of all time — if not the greatest — was Jack Nicklaus. Which is why it is baffling that at the beginning of each season he would return to his childhood coach and re-learn how to grip the golf club. It's like Shakespeare re-learning the alphabet and grammar. Why would he do that? Because Jack knew that the fundamentals are always relevant. Perfecting and obsessing over his grip allowed him to do everything else in the game well. In sports and life, the best ones love the basics.

Similarly, as we begin Lent, we re-learn the spiritual basics in the Ten Commandments. Consider the first, to "have no other gods besides me." This is our "grip." Is our connection to God one of absolute fidelity and exclusive worship? Am I willing to let go of my precious idols, the things I cling to instead of God? Once we say "yes" to this fundamental question of our spiritual "grip," then we are ready to properly engage with everything else in life. Watch how beautifully the game of life unfolds in the next nine commandments (numbered in parentheses): how we speak to God and others (2 and 8), how we organize our week (3), how we relate to our family (4) and the wider community (5 and 7), how we live our sexuality (6), and how we order all the other desires of the human heart (9 and 10). But don't rush to these later Commandments too soon! Everything in life is built on the first Commandment. The more we focus on worshiping God alone, the better we navigate the complexity of life with panache, effectiveness, and love.

Lenten challenge: This week, identify what you can do to better worship God alone. If you're not sure, scan the last nine commandments to identify what you are most likely to worship instead of God. Power, pleasure, control of your time, possessions, family, health, reputation, money? Commit to concrete action to help you let go of this "idol" to better hold on to God alone in faithful worship. Remember: the best love the basics

**Life in the Spirit Seminar**

Holy Spirit Ministry will be holding a Life in the Spirit Seminar on Saturday, March 16th, from 8:00 A.M. to 6:30 P.M. at St Mary Church, Hollidaysburg. This one day retreat includes dynamic spiritual teachings and testimonies from Fr. Brad Baldwin TOR, Msgr. Stan Carson, Mandy Conrad, Fr. David Dodd, Fr. Mike Pleva, Deacon Mike Anna, Doug Putchko and Dominic Tornatore. Spirit-filled praise and worship, small group faith sharing and much more. Donation is \$20.00 if registered by 2/26/24, \$25.00 afterwards. Students are free. Lunch and dinner provided. To register contact 814-931-0192 or e-mail holyspiritministry20@gmail.com. Deadline to register is 3/6/24. All are welcome!

**Contribution Reports**

Contribution reports for income tax purposes may be obtained by calling Paula at the Parish Office, 814-944-4603.

**Vienna Boys Choir**

The world famous Vienna Boys Choir will be returning to the Cathedral for a concert on Thursday, March 14, 2024 at 7:00PM.

If you would like to contribute toward the concert and be recognized in the program, or purchase an ad in the program, please fill out a VBC form located at all the entrances and turn in at the parish office or give to one of the following VBC Committee Members: Music Director Leslie Thayer, Anne Marie & Tim Longwill, Randy & Karen Isenberg, Drs. Tony & Liang Bartkowiak, Dave Kimmel, and Mary Ann Bell.



**Eucharistic Adoration**

On Wednesday, March 6, Cathedral Parish will have Eucharistic Adoration from after the noon Mass 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 at least two people in the Lord's presence during exposition of the Blessed Sacrament.

**Theology of Tap**

Young adults (ages 21-39) are invited to a talk and opportunity to build community on Thursday, March 7, at 6:00 P.M. at Jethro's in Altoona. The event will be a social time and then a brief theological talk ("Death to Life in the Desert of Lent: Why We Mortify Our Passions During Lent") by Father Brian Norris. The plan is for this to be a monthly event with new speakers each month. Andrew Potopa will host the event.

If you have questions contact  
APOTOPA@GMAIL.COM

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

**ONE CATHEDRAL SQUARE, ALTOONA, PENNSYLVANIA 16601-3315  
CHURCH OFFICE: 814-944-4603**

**THIRD SUNDAY IN LENT- MARCH 3, 2024**

**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**

**FAX: 814-942-4337 0**

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

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

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

**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**

**DIRECTOR OF MUSIC MINISTRY**

**Leslie C. Thayer, MM, CAGO**

**Music Ministry Office - 814-944-2044**

**E-mail: 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**

**Eldorado Campus (Pre-K thru Grade 5) - (814)942-7835**

**Fairview Campus (Pre-K thru Grade 5) - (814)381-7011**

**BISHOP GUILFOYLE CATHOLIC HIGH SCHOOL**

**Web: www.bishopguilfoyle.org - 814-944-4014**

**Weekday: 12:00 Noon**

**Saturday: 12:00 Noon**

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