An interview with the ‘humbled’ composer... p.12

Nine Days of Prayer, Penance and Pilgrimage


This is a new initiative by the United States Conference of Catholic Bishops (USCCB) in conjunction with the 41st anniversary of Roe v. Wade and the annual March for Life in Washington, D.C.

The bishops note that, “The quality of life in a community depends on everyone,” he said.
Embracing the ‘time’ of wintertime

Will it look like it’s going to be one of those “good old-fashioned” snowstorms, or will we see a snowstorm after another? With heavy snow for the Christmas holiday? Our family always prepares for the Christmas season by baking Christmas cookies, wrapping presents, and preparing for the holidays. This year, we plan on setting up our tree, decorating it with ornaments, and watching our favorite Christmas movies. We also plan on attending our local church’s Christmas Eve service, where we will sing carols and hear the Christmas story.

New Year’s resolution: be a peacemaker

I was asked recently what I would say to someone who had just made a New Year’s resolution to be a peacemaker. I didn’t take it long to answer—it seems like every day Pope Francis gives us something to think about that makes it clear he knows of the many things that are out there in our world that cause conflict and suffering. Pope Francis asks us to pray for peace, for the poor, for the needy, and for the sick. He tells us to turn hearts aside from violence and wars, but we think too of the ways that we can bring peace to the world. We can do this by being kind, by being patient, and by being understanding.

When I bring happiness to another I have made the world more peaceful. Each time, I help the poor or the needy personally; I have made the world better and more peaceful. Pope Francis adds this prayer for every day of the year: “Jesus, you are the Prince of Peace, full of love: to him be praise and glory forever! God is love.”

You’re really doing well! From Director’s Desk

Sister Mary Ellen Brett, SSJ
Dooncan Mission Director

As director of the Mission Office, the Mission Office also begins its preparations for our ongoing efforts to benefit the developing lands. We are ending one busy year, and it’s a little bit about where your prayers and gifts go.

The Pontifical Mission Societies is the umbrella organization for the Society of the Propagation of the Faith, the Sacred Heart Missionary Society, and the Missionary Union of Priests and Religions. All bap
tist Catholics have the opportunity to participate in the worldwide mission of the Church by offering their prayers, personal sacrificial or financial contributions to the Society for the Propagation of the Faith, the Missionary Childhood Association, and the Missionary Union of Priests and Religions.

Your sacrifices make a difference overseas in helping to provide food, medical care and shelter for those who cannot provide for themselves. Funds raised also go to support parishes in developing lands and to children who provide mission education materials, school and care.

Another way that the Missions are introduced to you each year is through our World Mission Sunday devotion. This is an opportunity to give to the Missionaries who are sent word that your donations will be used “for assistance vs. Wade decision. These are just a few ways real life Missionaries have told us where it really is going to a much needed destination where a donation in the basket or one in the mail to our office, know that it will make a difference overseas in helping to provide food, medical care and shelter for those who cannot provide for themselves. Funds raised also go to support parishes in developing lands and to children who provide mission education materials, school and care.

Another way that the Missions are introduced to you each year is through our World Mission Sunday devotion. This is an opportunity to give to the Missionaries who are planning for the month. This helps me to be grateful for a season that is so deeply different from what we’ll see in April. The short, cold days of winter

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March for Life. 25, Tupper Lake has scheduled a Friendship Volunteer event at the Blessed Sacrament, and an opportunity to receive individual prayer.  

• A holy hour for Reparation of Eucharistic Sacrifice. Schedule: Monday through Friday, following the Holy Hour by the previous publication.

SPAGHETTI & MEATBALL DINNER  
Dine With – This Italian Knight of Columbus chapter 4707 will offer a spaghetti & meatball dinner.

Features: May be pre-ordered starting on the 8th calling 518-524-6389.

Place: 8474 W. Cady St.

Time: 5 p.m.

Contact: 518-361-4081 or email SPCanmorePaul.com

Cost: Adults, $50; Youth, Free

Schedule: Monday through Friday following the Holy Hour by the previous publication.

HEALING MINISTRY  
Mater Catholicum: The Catholic Community of St. Andrew Lawrence’s mission is the extension of the Good News. Healing Ministry to the Parish.

Date: First Thursday each month.

Time: 90 minutes.

Place: St. Andrew’s Church

Features: Healing Mass, Stations of the Cross. The blessing of the Sacred Scraments, and an opportunity to receive individual prayer.

QUICK SHOP OPEN  
Shopping Center – Lord Shulamite and Fossil: Shop new trend.

Place: Our Lady of the Abandoned House of Prayer.

Date: Sat., 10 a.m. to 4 p.m.

Evening and other times by appointment.

Phone 518-529-6580.

Featuring: Take-out orders begin at 4 p.m. Please bring your own containers.

Eucharistic Adoration  
Mission: Holy Family Church is holding Holy Hour of eucharistic Adoration for the Volunteers.

Schedule: Monday through Friday, following the Holy Hour by the previous publication.

FRIDAY, JANUARY 10, 2014

BISHOP TERRY R. LAVALLEY has encouraged parishes of the Diocese of Watertown to participate in a new initiative, more than 2.5 and 2,200 miles of U.S. military personnel at a new time.

Nine days for life

Plattsburgh, Champlain Valley Right to Life has made plans for 2014 March for Life.

Date: Jan. 18-25.

Time: Jan. 21-22.

D ate: Jan. 18-26.

Schedule: Monday through Friday following the Holy Hour by the previous publication.

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A V O I C E O F F A I T H

Women of Grace: instrument of peace

By Tracy Leonard

Each Wednesday evening, as I gather with the other members of Women of Grace at St. Anthony’s in Watertown, I am quickly reminded of what it means to live a happy, healthy and whole life. Sitting around the table are women from various walks of life who long to be spiritual, full of grace and life abundantly.

Unique to each in the group, in their awareness of and love for the Lord. Through my weekly interactions with these women, I have become more aware that God has placed great value, significance and importance in every one of us. We must remind ourselves every day that we are not here by accident, rather we are created in the image of God and our lives are full of purpose.

Not only do our purpose involve our spiritual and physical accomplishments and destiny, but it also involves bringing good and adding value to the people around us. As Johnette Benkovic (founder of Women of Grace) states, “our gifts and talents are our spiritual traits and temperament, our perspective, even the timing of our birth all of these have been ordained by God so that we might be a vessel of His love in the world today.”

The Women of Grace discussion and prayer group has helped me to grow in relationship with God and my fellow sisters in Christ. By openly sharing our stories and supporting one another, God has transformed me by increasing my awareness of and receptivity to the Holy Spirit.

I thank God for using these women as an instrument of peace in my life. Similar to tossing a stone into a pond and seeing the ripples across the water, the spiritual and divine lives of these women much ended, out and influenced me in profound ways. They have produced an effect without apparent exertion.

In other words, just by living a life of prayer and holiness, they are producing an effect: POWERFUL!

Acknowledging God’s hand in this and honoring Him, has in turn, reflected into the lives of others the value He has placed in me. Simply put, our lives are being used as a billboard for the world to see, through the way we live our lives. How are you living yours?

The Secret Life of Walter Mitty

By John Mulvihill

“The Secret Life of Walter Mitty” (20th Century Fox), directed by Ben Stiller, has become more aware that God has placed great value, significance and importance in every one of us. We must remind ourselves every day that we are not here by accident, rather we are created in the image of God and our lives are full of purpose.

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This is my beloved son, listen to him.”

Jesus declared: “I am the living bread which came down from heaven.”

This is the Blessed Body of Christ. Let us offer to God the sacrifice of praise that is both a sacrifice of thanksgiving and a sacrifice of praise, according to what we have prepared. Go in peace, the cup of blessing that we offer you has fulfilled the sacrifice of the new world. Amen.

PASSING OF THE BAPTISMAL PROMISE

In conclusion, the feast of the Baptism of the Lord is a moment of grace for all believers, reminding us of our own baptismal promises and the joyful moment when Jesus was baptized in the Jordan River. Through the power of the Holy Spirit, we are called to live our lives in a way that reflects the joy and promise of our baptism. As we reflect on the Gospel reading for this day, let us remember the importance of our Baptism and the call to live as Jesus did, with love, selflessness, and devotion to the service of others.
Although I am in my first year as a catechist at Matrona Parish, I am 16 with my seventh grade teaching veteran. Yet, when my parish asked me to teaching the religious education program for our seventh grade religious class. For many of our Protestant brethren ac-

Concluding.
High school teacher finds the 'act and art of teaching' works well to pass on faith.

While I was new to catechizing and have much to learn, I enjoy sharing the Catholic faith. For me, the joy of teaching the act and art of teaching is overwhelming. In looking back over the past few months, I am glad that I took the challenge. I have found my seventh-grade religious education class highly energetic and motivated and very much to learn. I enjoy sharing the Catholic faith.

Recently, I did a brief lesson on the origins of the Bible. I told them that the Church had some books and some books they did not. I wanted them to read every word of scripture literally. Again, a few questions. I am not sure that they answered all them, but at least the questions were asked. The more questions they ask, the better!

Because of this, I thought that my lesson on the Our Father on Dec. 8, a day of prayer for the Holy Father as we read through the Sacraments, the—Holy Eucharist. Yes, the Eucharist in which Jesus comes as body, soul, and Divinity.

The deepening of the Church's teaching in the Real Presence. I told them that many of our Protestant brethren accept the Real Presence but many of our Catholic brethren accept only the sign of the Eucharist. I explained the damascenian denominations God's love, our lives, and the Church. I told them that I had not taught a middle class in almost ten years.

Through this, they saw and experienced how deep I was shocked, even reacted by the "hard saying", clearly, Jesus is Lord. They were meant and meant and meant. I was to lift His flesh and drink His blood and receive the Church which is in the form of bread and wine.

To supplement this, I brought in some saltine crackers and red grape juice. I did this because when a teach of real and helped to make the activity more memorable. I was careful to remind the kids that what we were doing was merely an instructional activity and that the Church has specific norms for the Eucharist which is a living Apostolic Tradition.

We were not celebrating the Eucharist; we were simply acting out a part of the process to give the kids a better appreciation of the integral nature of this climactic part of the Mass.

Achieving the Eucharist means that we accept not magic but a miracle. I wanted my students to know that we believe that the flesh and hands over the bread and wine, a miracle takes place. Paul said that the flesh and hands were meant to make visible what was otherwise invisible. I had the kids write a short paper on how did the Eucharist mean for the kids as the did Nicodemous in John 3 in the Gospel.

All in all, I think my students walked away with a better understanding of the Eucharist. I pray that they will think very carefully and thoughtfully about the Church which stands in the communion of the priest and hear the priest say, "These are the body of Christ.

I want them to see this as a serious spiritual reality, not just a sign.

While I am new to catechizing and have much to learn, I enjoy sharing in the Catholic faith with youngthers. We must also make sure that they understand what the Catholic faith means.

We try to convey the teachings of the Church and challenge them, they take their faith seriously.

The Society of Jesus has scheduled sessions for Protecting God's Creation.

Pre-registration online is required in order to participate in the sessions. Pre-registration may open at any time. We will be following the directions. All employees and volunteers who wish to protect our planet are required to register for the sessions. Further information is available from Joseph (908) 355-2900, ext. 351.

11 a.m., St. Benedict's Church, 192, Orange Street, Newark.

The Society of Jesus has scheduled sessions for Protecting God's Creation.

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True faith is driven by a deep love of God's love, our lives, and the Church.

The Society of Jesus must be centered on Christ and his mission to bring all to faith, to open and sharing the horizons of God's love. Our lives, and the Church. It is the mission of God's creatures.

Though he did not mention God's love, the World Congress marks the 200th anniversary of the Declaration of the Rights of Man and the Citizen of July 14, 1789. The Congress is held in New York City.

The Jesuits will be present. The Jesuits will be present. The Jesuits will be present. The Jesuits will be present. The Jesuits will be present. The Jesuits will be present.
This is my beloved son; listen to him'

Joyce: ‘One could say that I’ve changed drastically in the past year. And, one could see it in my appearance. Eighteen months ago, on January 12, 2015, I was an overweight woman. I decided for the Lord, I undertook weight loss surgery. I became much healthier. I feel a lot healthier. Praise God!'

Joyce was married 35 years ago.

She is the mother of four boys.

She was a teacher.

I chose the picture of Dr. Joyce because she is a woman who has overcome obstacles that would have kept many from reaching their potential.

Her message: We can overcome the obstacles in our lives and become stronger for it.

Joyce's story: Joyce Chrysos met her husband, Dr. Dinko Chrysos, at a family gathering in Greece before coming to the United States.

They both graduated from medical school in Greece.

After Dr. Dinko completed his training, they moved to New Jersey where they were married.

Dr. Dinko completed his residency in internal medicine.

Joyce completed her residency in pediatrics.

Dr. Dinko and Joyce have a son and a daughter.

The family moved to Upstate New York where Dr. Dinko worked as a nurse at a hospital.

Joyce taught in a private school until she retired.

Joyce was an active member of her church.

She enjoyed traveling and spent much of her free time volunteering at her church.

Joyce had a love for cooking and baking.

She enjoyed spending time with her family and friends.

Joyce had a strong faith in God and was very active in her church.

She had a passion for helping others and was involved in numerous charitable organizations.

Joyce passed away in 2015.

Her family and friends miss her dearly.

She left behind her husband, Dr. Dinko Chrysos, and her children.

Joyce's legacy: Joyce Chrysos was a loving mother, a dedicated wife, and a devoted member of her church.

She left behind a legacy of love and devotion.

We will always remember her kindness and generosity.

Joyce's story is a testament to the power of faith and the importance of never giving up.

We will always cherish her memory.

Joyce is deeply missed by all who knew her.

Her family and friends will always keep her in their hearts.

We will always remember her as a loving and devoted mother, wife, and friend.

Joyce's legacy will live on in the memories of those who knew her.

We will always remember her as a woman who lived her life to the fullest and made a difference in the world.

Joyce was a true inspiration to all who knew her.

Her legacy will live on forever.
A DIOCESAN LIFE
NORTH COUNTRY CATHOLIC
JAN. 8, 2014
ON RETREAT

Women of Grace: instrument of peace

By Lisa Eaves
Contributing writer

Each Wednesday evening, as I gather with the other Women of Grace at St. Anthony’s in Watertown, I am quickly reminded of what it means to live a happy, healthy and whole life. Sitting around the table are women from various walks of life who long to be full of spirit, full of grace and live life abundantly. Unique to each in the group, in their awareness of and love for the Lord.

Turning my weekly interactions with these women, I have become more aware that God has placed great value, significance and importance in every one of us. We must remind ourselves every day that we are not here by accident, rather we are created in the image of God and our lives are full of purpose.

Not only does our purpose involve our place in the world, our accomplishments and destiny, but it also involves bringing good and adding value to the people around us. As Johnnette Benkovic (founder of Women of Grace) states, “our gifts and talents are a reflection of our Christ’s traits and temperament, our kindness and our compassion are even the timing of our birth all of these have or given by God so that we might be a vessel of His love in the world today.”

The Women of Grace discussion and prayer group has helped me to grow in relationship with God by ultimately growing in relationships with the women here. By openly sharing our stories and supporting one another in prayer, God has transformed me by increasing my awareness of, and receptivity to, the Holy Spirit.

I thank God for using these women as an instrument of peace in my life. Similar to tossing a stone into a pond and seeing the ripples across the water, the spiritual and devout lives of these women has such an effect on me and out influenced and impacted me in ways I never expected.

These women have produced an atmosphere of awareness, an atmosphere of peace. We must remind ourselves that God has placed great value He has placed in me.

Each Wednesday evening, as I turn my thoughts to the week and reflect upon the events of the day, I realize how much they share Walter’s moral core, it can be found in the woman’s interaction with the man and their compassion. But otherwise his existence suggested. Some scenes may be suitable for children.

To the degree that the unsuitable proceedings have a moral core, it can be found in Sean. Mellow, weatherbeaten, appreciative of nature and of Walter’s study, self-effacing work behind the scenes. Sean is part New Age guru, part dispenser of spiritual commentary on his half of the unsuiting 99 percent.

Indeed, the satisfaction viewers derive from this shape-shifting movie which, although not suitable for teenagers, involves relatively little that would be problematic for adults – will depend in large part on how much they share Walter’s admiration for Sean. The film contains brief harsh violence, at least one use of profanity and a few crude and cross terms. The Catholic News Service classification is A-III – adults. The Motion Picture Association of America rating is PG – parental guidance suggested. Some material may not be suitable for children.

John Mulcahy
Catholic News Service

The Secret Life of Walter Mitty

"The Secret Life of Walter Mitty" (20th Century Fox) takes its title from the name of its main character and his principal attribute – a tendency to engage in extravagant daydreams – from a classic 1939 short story by humorist James Thurber. But there the similarities pretty much end. Helmed by and starring Ben Stiller, this strange blend of comedy, drama and travelogue is, by turns, claustrophobic and sprawl- ing, depictive and emotionally. Early scenes showcase humor about awkward workplace situations and exhitilious bullies. Later ones present a serious study in delusions of grandeur. The plot is fairly easily sketched: a New York photo editor Walter Mitty (Stiller) takes great pride in his far-flung journeys. Walter’s interaction with the man and his timid wooing of her. Indeed, the satisfaction viewers derive from this shape-shifting movie which, although not suitable for children, involves relatively little that would be problematic for adults – will depend in large part on how much they share Walter’s admiration for Sean. The film contains brief harsh violence, at least one use of profanity and a few crude and cross terms. The Catholic News Service classification is A-III – adults. The Motion Picture Association of America rating is PG – parental guidance suggested. Some material may not be suitable for children.

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Bishop Terry R. LaValley has encouraged parishes of the Diocese of Syracuse to participate in a new initiative by the United States Conference of Catholic Bishops (USCCB) in conjunction with the 41st anniversary of Roe v. Wade and the annual March for Life in Washington, D.C.

Nine Days for Life

The students at Seton Academy in Plattsburgh are participating in the Holy Bucket Challenge to raise money for the March for Life in Washington, D.C. The challenge is a nationwide campaign that aims to promote and protect the sanctity of all human life. The students have been working hard to reach their goal, and they are hoping to raise awareness about the importance of this cause.


**Nine Days for Life**

**Activity Dates**: January 18-26

**SCHEDULE**: Meet at St. Peter’s Church in Plattsburgh on Tues. Jan. 21 at 7:30 p.m.

**March for Life**: Arrival in Washington D.C. early evening of January 21st.

**Day 1**: Free time in Washington D.C.

**Day 2**: Visit the National Basilica of the National Shrine of the Immaculate Conception; Masse, musicians, lobby representatives, etc.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 4**: Mass at St. Mary’s Church in Waterford at 11 a.m. and the trip home

**Community Free Lunch**

**Ogdensburg**: The Knights of Columbus will be hosting a free community fish fry lunch.

**Day 5**: Free time in Washington D.C.

**Day 6**: Free time in Washington D.C.

**Day 7**: Return to the Hotel and free time.

**Day 8**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 9**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 10**: Free time in Washington D.C.

**Day 11**: Free time in Washington D.C.

**Day 12**: Return to the Hotel and free time.

**Day 13**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 14**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 15**: Free time in Washington D.C.

**Day 16**: Free time in Washington D.C.

**Day 17**: Return to the Hotel and free time.

**Day 18**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 19**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 20**: Free time in Washington D.C.

**Day 21**: Free time in Washington D.C.

**Day 22**: Return to the Hotel and free time.

**Day 23**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 24**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 25**: Free time in Washington D.C.

**Day 26**: Free time in Washington D.C.

**Day 27**: Return to the Hotel and free time.

**Day 28**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

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**Day 30**: Free time in Washington D.C.

**Day 31**: Free time in Washington D.C.

**Day 32**: Return to the Hotel and free time.

**Day 33**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 34**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 35**: Free time in Washington D.C.

**Day 36**: Free time in Washington D.C.

**Day 37**: Return to the Hotel and free time.

**Day 38**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 39**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 40**: Free time in Washington D.C.

**Day 41**: Free time in Washington D.C.

**Day 42**: Return to the Hotel and free time.

**Day 43**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 44**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 45**: Free time in Washington D.C.

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**Day 47**: Return to the Hotel and free time.

**Day 48**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

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**Day 50**: Free time in Washington D.C.

**Day 51**: Free time in Washington D.C.

**Day 52**: Return to the Hotel and free time.

**Day 53**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

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**Day 55**: Free time in Washington D.C.

**Day 56**: Free time in Washington D.C.

**Day 57**: Return to the Hotel and free time.

**Day 58**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

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**Day 60**: Free time in Washington D.C.

**Day 61**: Free time in Washington D.C.

**Day 62**: Return to the Hotel and free time.

**Day 63**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

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**Day 64**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 65**: Free time in Washington D.C.

**Day 66**: Free time in Washington D.C.

**Day 67**: Return to the Hotel and free time.

**Day 68**: Classic/Select Hotels, Most Meals, Comprehensive Sightseeing and much more.

**Transportation**

**Day 69**: Arrive at the Hotel in Washington D.C.; Rally and March start at dawn on January 22nd which is observed as a Day of Prayer and Penitence and an Open Day of Reflection and Prayer. A number of resources are listed on the website.

**Day 70**: Free time in Washington D.C.

**Day 71**: Free time in Washington D.C.

**Day 72**: Return to the Hotel and free time.
Embracing the ‘time’ of wintertime

New Year’s resolution: be a peacemaker

I was asked recently, what I wanted to accomplish this year. I didn’t take it long to answer— it seems like every day Pope Francis gives us something to think about and believe that we can make a difference. I’ve started making a list with some reader suggestions, but also things that are being written or something that is currently in the news that seems relevant to what Pope Francis says. I hope this list helps to catch my attention.

This message by Pope Francis fits into an important New Year’s resolution: peace in the world— peace for all— peace with God.

In this Christmas message Pope Francis makes a strong and challenging call for peace in our world, and the courage to speak about the Birth of Christ, the Prince of Peace. I hope we all take this message and the words of Pope Francis to heart, and ask us to pray for peace.

New Year is the time for resolutions—for this reason, this week there should be a resolution from all of us to make our lives more peaceful, and fulfill the spirit of our Holy Father, Pope Francis. Just as Pope Francis begins by saying this, “Peace calls us away from sin and inspire us to lay down arms and underthe

When I bring happiness to another I have made the world more peaceful. Each time, I help the poor or the needy personally, I have made the world better and more peaceful. Pope Francis adds this prayer to his Christmas message in the letter to the faithful, so that the world is a better place. We must keep making the world a better place, by living out the spirit of the Prince of Peace. Let us allow ourselves to be moved by God’s goodness.

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“Peace is not an absence of war. Peace is the presence of justice.”
— Pope Francis

In this new year I encourage you to make a commitment to be a peacemaker. I’ll keep Pope Francis’ words in my heart and hope that this message will stick with you this new year.

The Pontifical Mission Societies of the Diocese of Ogdensburg, Inc.

The Society for the Propagation of the Faith

1672 Worthington St., Washington, DC 20006

Central Office: (202) 939-1462

Mission Services

Box 326, Ogdensburg, NY 13669

Massena - Heinz P. Seipel, 91; Funeral Services Jan. 3, 2014 at St. John the Baptist Church, St. John the Baptist Church; burial in St. Alphonsus Cemetery.

Marian — Edith M. McNeil, 90; Funeral Services Jan. 4, 2014 at Church of the Visitation, Parish of St. John the Baptist, Parish of St. John the Baptist; burial in parish cemetery.

Monticello — George P. Donohue, 96; Funeral Services Jan. 2, 2014 at Sacred Heart, Calvary Cemetery, burial in Calvary Cemetery.


Star Lake — Kendal O. Daniels, Funeral Services Dec. 31, 2013 at AuSable Valley Funeral Home, burial in Macomb Cemetery.

Tupper Lake — Helen “Skipper” (Lafountain) Raybould, 88; Funeral Services Dec. 30, 2013 at The Fox & Murray Funeral Home; burial in North Elba Cemetery, North Elba.

Visits www.northcountrycatholic.org

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Response to popular liturgical hymn over the years humbling for composer

On Eagle’s Wings

By Darlene J.M. DeLa Cruz
Catholic News Service

March 22, 2011

The song’s colorful imagery is woven together by a melody with airy highs and a crescendo-receding low that flies by day, “For to his angels he has given a command to guard you in all of your troubles,” and “The more you can know about both, the more you cause if they remember it, then they’re remembering the words,” he said.

The retreat center community held vespers every night. Haugen said they would regularly integrate his music into prayer services. Those who, little else to do on snowed-in evenings, the community helped critique his work. “Shepherd Me, O God,” Haugen joked, is the one of several versions he wrote that received the least amount of criticism.

“That piece, like everything I wrote up there, has recuperated well,” Father Joncas told the Hawaii Catholic Herald via email.

The song is based on Psalm 91, its lyrics drawing from the scripture’s description of God’s protection and providence. Lyrics include the lines “You need not fear the terror of the night, nor the arrow that flies by day,” and “Surely your dwelling place shall be called Most Holy.”

One evening, Joncas’ friend got word that his father had suffered a fatal heart attack. Father Joncas wrote “On Eagle’s Wings” in the days that followed and it was sung for the first time publicly on Jan. 17, 1984.

The hymn by Father Joncas, 62, a priest of the Benedictine Archdiocese of St. Paul and Minneapolis, has become a staple at Sunday Masses, funerals and memorial services as a result of the Pope’s inspirational music.

The song has been honored with two degrees, one in theology and one in music, by the University of St. Thomas. The University of Minnesota also honored him with a degree from the School of Music. His music has been used as the hymn of the Father Joncas Foundation, the foundation he established to support the arts and music education.

More people associate me with this single piece,” Father Joncas told the Hawaii Catholic Herald via email.

Father Joncas said he was not aware when he wrote the song of how it would change the life of so many people.

“The quality of life in a community depends on everyone,” he said.

Nine Days of Prayer, Penance and Pilgrimage

Bishop LaValley has encouraged the dioce-...