Follow Me: ‘On the Journey Together’

Bishop Terry R. LaValley discusses the importance of our diocesan newspaper, the *North Country Catholic*, as we begin our annual subscription campaign.

“I ask that every Catholic family subscribe to our diocesan paper. If you are a current subscriber, thank you for renewing your subscription in this week’s campaign. Why not consider obtaining a subscription as a gift for a family member? I invite those who do not currently subscribe to consider the importance of being an informed Catholic Christian today.”

FULL STORY, PAGE 3

SYNOD OFFERING GOES ONLINE

An online offering to facilitate participation in the Synod on Synodality is now live at my2cents.rcdony.org. The online survey is intended for those who haven’t had an opportunity to participate and individuals who may not actively participate in the Church. St. Mary’s Church in Canton advertised the new site on the town’s movie theatre marquee recently. See the full story on Page 4.

‘HE SAVED ME’

Scott Lowry of Watertown, a self-described atheist, was in “a dark place” when God gave him an experience of His love. Lowry has been participating in the Rite of Christian Initiation for Adults (RCIA) in Watertown, and he’s preparing to be baptized with three of his children later this month. “Things just keep telling me I’m where I’m supposed to be,” Lowry said. “No one converted me. God did. I know God’s real. There’s no doubt in my mind. I was wrong my whole life, and He saved me.”

FULL STORY, PAGE 5

Pope says ‘rivers of blood' flowing in Ukraine

VATICAN CITY (CNS) — Pope Francis said the Vatican “is ready to do everything to put itself at the service of peace” in Ukraine.

“Rivers of blood and tears are flowing in Ukraine,” the pope said March 6 as he led thousands of people in St. Peter’s Square in praying for peace after reciting the Angelus.

Pope Francis said he was sending two cardinals to Ukraine: Polish Cardinal Konrad Krajewski, who runs the office of papal charities, and Canadian Cardinal Michael Czerny, interim president of the Dicastery for Promoting Integral Human Development.

“The presence of the two cardinals there is the presence not only of the pope, but of all the Christian people who want to get closer and say: ‘War is madness! Stop, please! Look at this cruelty!’” the pope said.

Moments after the pope spoke, Cardinal Krajewski told Vatican News that he was about to leave Rome for Poland “because from Poland I am sure I will be able to enter Ukraine. Then we’ll see how far I can get to reach the people and show them the closeness of the pope, tell them he loves them, prays for them and wants to encourage them.”

The cardinal also will bring rosaries from Pope Francis “because with prayer we can move mountains and even stop the war,” he said.

Cardinal Czerny told Catholic News Service that he would be heading to Hungary’s border with Ukraine and would see what could be done from there.

Even if the cardinals cannot get into Ukraine, the Polish and Hungarian borders are the top two destinations of Ukrainians — mainly the elderly, women and children — fleeing the war.

The U.N. Refugee Agency said that as of March 5 more than 1.3 million Ukrainians had fled the country since the Russian invasion began Feb. 24; more than 750,000 of them had crossed into Poland and almost 170,000 had crossed into Hungary.

In his appeal, Pope Francis again praised the nations, charitable organizations and individuals helping the refugees.
Forging relationships on the road

Our friendship was forged in the front seats of my Jeep. Several years ago, a woman I met volunteering at a food distribution run by a group affiliated with her parish invited me to join her for a retreat. She wanted to attend with someone she knew. The funny part: We really didn’t know each other at all at that point. Our only conversations had been brief interactions while we stuffed bags full of grocery items. We decided we should get to know one another before we went to the retreat together. We scheduled a road trip.

There’s something about being confined in a vehicle that facilitates conversation. Part of it is the desire to fill awkward silences. Part of it is the excitement of sharing a destination. I’ve since taken a handful of road trips with that woman from food distribution. Whether we were trekking to Ottawa or the Catskills, we’ve filled many car rides with beautiful conversations about our backgrounds, our life experiences of God. That woman is now one of my most beloved friends. My friend and I occasionally get together for dinner, for Adoration or for some other purpose, but road trips will always be my favorite way to spend time with her. It’s when we share the most with one another. We enjoy being “On the Journey Together.”

As a family of faith in the North Country, we’re all journeying together trying to follow our Lord and His path. We have a destination in common as we try to help one another get to heaven for eternal life with our Lord. But the distances that separate us sometimes make it difficult to see our commonalities and see how we’re journeying together. It’s our goal here at the North Country Catholic to help make those connections by bringing you the stories of how people are living their faith here in the North Country and the happenings of our local Church. Learning about others helps us identify with them and feel connected to them.

To continue journeying together, we need your help. While we have contributing writers spread around the diocese, we don’t hit every area. We don’t hear every story worth sharing. We count on you, our readers, to let us know when you hear a great story that should be shared.

We also thank you for your continued support of the North Country Catholic. We thank you for joining us on the journey.

Celebrating adults entering the Church

As a pastor, I was blessed to have baptized and accepted many adults as they asked to join the Catholic Church at Easter time. As you may remember, our program for those seeking to enter the Catholic Church as an adult is called the R.CIA – the Rite for Christian Initiations of Adults. As we are now entering this Lenten Retreat, I would like to remind you of this very important parish program. This time of Lent will be the final step in the preparation for these adults who will be receiving baptism. They will be baptized at the Easter Vigil Mass that is celebrated the evening before Easter.

These adults preparing for baptism are identified as catechumens. They have been involved in a year-long program that helps them to make their decision about entering the Catholic Church. This has been a time of exploring the teaching of Jesus and of the Catholic Church in a systematic manner.

On the First Sunday of Lent, these Catechumens are invited to a ceremony called the Rite of Election. These catechumens are initiated into the sacramental life of the Church. They are now designated as the elect.

During Lent on three of the Sundays, there are parish ceremonies called scrutiny. These are unique opportunities welcoming those who will be baptized to become a part of the Church and parish community.

The ceremony of baptism for these adults is truly a meaningful and powerful moment during the Easter Vigil Mass. The Easter Vigil begins with the blessing and lighting of the Paschal Candle, which is brought into procession into the darkened church. Each person in the church lights a candle from this new Paschal Candle, and a special hymn, the Exultet, is sung. Then seven Scripture readings are read, beginning with the creation story in the Book of Genesis. After the celebrant’s homily, the baptismal font and the baptismal water are blessed. This blessing includes the Litany of the Saints. The Paschal Candle is included as a symbol of the Lord’s Resurrection.

Then those to be baptized, their parents and godparents are asked to make the Church’s Baptismal Promises as they dedicate themselves to the Lord Jesus and their readiness to follow Jesus as his disciples. For those who are baptized as infants, these Baptismal Promises were spoken by their godparents. For these adults they are asked to speak for themselves.

Let me remind you of these Baptismal Promises. This may be a good moment, as we begin Lent, for you and me to renew our own baptism, a time for us during the time of Lent to renew our readiness to dedicate to the Lord ourselves. These promises are a series of questions that we are asked to answer, “Do.” “Do you renounce sin, so as to live in the freedom of the children of God?” “Do you renounce the lure of evil, so that sin may have no mastery over you?” “Do you renounce Satan, the author and prince of sin?” “Do you believe in God the Father Almighty, Creator of heaven and earth?” “Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?” “Do you believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting?”

These Baptismal Promises give us the opportunity to turn to the Lord to again ready ourselves to promise to live well and to dedicate ourselves to be disciples to our Savior. This is our readiness and our goal of this Lenten time.
Dear Sisters and Brothers in Christ:

It seems like only yesterday. I remember packing into our family car, my five siblings and I, jockeying for what we considered the best positions in the back seat. (The preferred place was next to the door.) My mother and father would chat in the front seat, or maybe they would ask us questions about school or our various activities. When we weren’t talking with our parents, my siblings and I would talk amongst ourselves, sometimes teasing one another until our parents intervened.

Whether we were traveling to a nearby relative’s house, to an appointment or shopping in Plattsburgh, or off to some more distant destination, the journey was part of the fun. While the beauty of the North Country certainly added to the experience, it was a happy time being on the road, eager to reach the destination.

As Catholics, we’re pilgrim people. We’re journeying together with Christ toward a common destination: eternal life with our loving God. Despite the distances and differences that separate us, the North Country Catholic helps us, the Diocese of Ogdensburg, stay “On the Journey Together.”

This weekend, the annual North Country Catholic subscription campaign begins. I ask that every Catholic family subscribe to our diocesan newspaper. If you are a current subscriber, thank you for renewing your subscription in this week’s campaign. Why not consider obtaining a subscription as a gift for a family member? I invite those who do not currently subscribe to consider the importance of being an informed Catholic Christian today. Please allow our diocesan newspaper to be a vehicle to help you and your families grow in faith.

Gratefully yours in Christ,

Most Reverend Terry R. LaValley
Bishop of Ogdensburg

Scholarship available for youth attending Catholic college or university

Are you a Catholic who is currently in your senior year of high school and who currently resides in the Diocese of Ogdensburg and is planning to attend a Catholic College or University in the Fall? The Mater Dei College Foundation is pleased to offer a scholarship opportunity to qualifying students going on to study liberal arts and sciences at a degree granting Catholic college or university. To request an application form, please email Valerie Mathews, Mater Dei Foundation Scholarship chair at vmathews@rcdony.org. Application deadline is June 1, 2022.
Online synod option is now available

Ogdensburg — It’s another way to share the opportunity to participate in the ongoing Synod.

Last week, the Diocese of Ogdensburg officially launched my2cents.rcdony.org, a web-based questionnaire that’s intended to enable easy participation in the Synod on Synodality, a synod opened by Pope Francis in October.

The Holy Father described the synod as “an exercise of mutual listening, conducted at all levels of the Church and involving the entire People of God.”

“Synodality is really about walking together, listening to each other and to what the Holy Spirit is saying to our Church and our community,” said Marika Donders, diocesan director of Evangelization and chairperson of the diocesan participation. “Therefore, prayer, conversations and meeting each other is important to the process. But we recognize that not everyone will be comfortable or available for in-person or even online conversations. For this reason, we have created this simplified online option. It can also be used to gather ideas and information from those who may no longer practice the faith or who belong to other faith communities.”

Individuals who did not have an opportunity to attend a parish-level synod conversation can complete the questionnaire, and all are encouraged to share the link with friends, family and associates who may not have had an opportunity to participate in a synodal discussion.

Donders also noted that anyone can participate in the synod by reflecting on and discussing the central question: “A synodal Church, in announcing the Gospel, ‘journeys together.’ How is this ‘journeying together’ happening today in your local Church? What steps does the Spirit invite us to take in order to grow in our ‘journeying together’?”

“Anybody can have a conversation and give feedback,” she said. “It doesn’t have to be a formal event. It can be just friends talking in the local diner or in the parking lot after Mass. This may also be one way to reach people who have drifted away from the practice of the faith. Is there anything they miss? Is there anything that would draw them back? Is there anything we can do to accompany them on their journey?”

Anyone can file a report about their conversation and participate in the process. Feedback forms can be found at rcdony.org/150/synod#feedback or can simply be emailed to synod@rcdony.org.

“The purpose of the synod is to learn how to be synodal. The theme is ‘Mission, Communication and Participation.’ The objectives are to listen to what the Holy Spirit is saying to the Church and how we are to walk forward together in mission. It’s an invitation of the Holy Spirit for us to go on pilgrimage together, in a sense, as a church and to see who we will encounter and how we will encounter Christ on this journey and how he’ll walk with us.”

After conversations are held, reports outlining the discussions can be submitted at that same website. Discussion notes can also be submitted by emailing synod@rcdony.org.
‘I was wrong my whole life, and He saved me’

Retired soldier prepares to enter Catholic Church

By Darcy Fargo

Editor

Editor’s Note: This is the first installment in a planned series of several features highlighting individuals who are participating in the Rite of Christian Initiation for Adults (RCIA) as they move toward entering the Catholic Church.

WATERTOWN—A dramatic experience of God’s love brought Scott Lowry, then an atheist, out of “a dark place” and into the process of entering the Catholic Church.

Born in Texas and raised in Massachusetts, Lowry was raised in a mixed-faith household.

“Mom is Jewish,” he said. “My father is Southern Baptist. Growing up, we experienced more of the Jewish side of things, but I was never really a believer.”

When the September 11 attacks occurred, Lowry felt pulled to serve, and he enlisted in the U.S. Army after graduating high school in 2003. Early in his 12-year military career, he was stationed in Korea, and met the woman who would become his wife.

“We knew each other three months and got married,” he said. “She grew up Mormon, but she wasn’t a believer.”

Returning to the United States, Lowry and his wife welcomed their first son when he was stationed at Fort Lewis in Washington State. He was deployed to Iraq for 18 months starting in 2006, and his wife delivered their second son during that deployment. When Lowry returned from that deployment, he said his relationship with his wife was deteriorating quickly. She moved to Florida to be with family, while Lowry was moved to Fort Hood in Texas.

“After six months back, I deployed to Iraq again,” he said. “That was a bad time. I was drunk. I was doing things I shouldn’t be doing. My wife and I did a lot of horrible things to each other. I didn’t see my kids much. I was in a dark place. I was an atheist. I did whatever I wanted to do, and it wasn’t going well.”

While deployed, Lowry and his wife agreed to divorce, a process that took several years because of his repeated deployments. While home between deployments, he became reacquainted with a former high school classmate, Leanna. Leanna was a practicing Catholic. The two were married in 2012, and Lowry received orders to Fort Drum.

“I came here with my wife in 2013,” he said. “We asked my ex-wife if we could have the children for a year. They came up and stayed with us for a year.”

Not long after, Lowry and Leanna made arrangements with his ex-wife to relocate her to the North Country, so the blended family could be in close proximity and share parenting responsibilities. In 2015, after developing several significant health issues related to his Army service, Lowry was medically retired from the military, and he and his wife purchased a home in Watertown.

“At that point, I was an atheist,” he said. “I was always lying, always angry. I had a lot of different careers after the military, and I didn’t know what to do with my life. I was just bouncing around, and it was kind of chaotic. I was in and out of jobs, in and out of degree programs. I had 250 college credits and no degree, because I never found anything I could stick with for a variety of reasons. I would mock my wife for being a follower of Christ. I didn’t want my kids going to church. I was kind of a persecutor of the church.

I was born Jewish, spent most of my lifetime as an atheist, did a lot of bad things, killed people in Iraq, committed adultery and idolatry. I pursued money, and I pursued selfish things.”

At that time, Lowry said he wasn’t looking for God. God was looking for him, though.

“One night, like any other night, I was in my home office on my computer doing homework, and I started getting goosebumps all over my body,” he said. “I was trembling and shaking. It wasn’t like something was shaking me, it was like I was cold or afraid, but I wasn’t cold or afraid. I felt what felt like a warm blanket going over me, but it wasn’t really warm. I felt something come over me. I just broke down and cried. I broke down, and I felt called to repent of everything I’d done and believe in God. I wrote a letter to God listing everything I’d done. I read the Bible for the first time. I’ve since read it multiple times. I found every answer I ever needed for my life in the Bible. I asked God for forgiveness. I felt I needed to tell my wife about all the lies and everything I was hiding, and I was ready to accept any consequences. I felt this guilt come off my neck. It felt like Satan had a yoke over my neck, and when I put everything out to my wife and to God, it all fell off. I called my parents and made things right with them.”

Lowry said he wanted to participate in organized faith, but he initially wasn’t sure what church to attend.

“There’s so much out there,” he said. “And so many people saying, ‘be this or be that. Be a Southern Baptist. Be whatever.’ I followed the footsteps of the apostles, and I went to the Catholic Church. I wanted to be baptized in the apostles’ Church, in Christ’s Church.”

Lowry, who now has two younger children — Miles and Olivia — with his wife, Leanna, began participating in Rite of Christian Initiation for Adults (RCIA) in Watertown along with his oldest two children, Zachary and Alec. On March 16, Lowry and his two oldest sons are scheduled to be baptized along with Olivia, who was born in 2021. Lowry and his ex-wife have completed the process of having their marriage nullified, and he and Leanna plan to have their marriage validated.

Lowry said he’s “really enjoyed” the RCIA process and has learned a lot about the Church.

“I look forward to it every Sunday,” he said. “My wife has had some medical emergencies, and I’ve been home taking care of her. Because I’m home with her, I can go to daily Mass. That helps a lot, and I like seeing the people from RCIA there when I go.”

While he says he’s been experiencing some spiritual attacks as he prepares for baptism, Lowry said looks forward to entering full communion with the Church.

“Things just keep telling me I’m where I’m supposed to be,” Lowry said. “No one converted me. God did. I know God’s real. There’s no doubt in my mind. I was wrong my whole life, and He saved me for whatever reason. I don’t know why. It was nothing I did. My wife prayed a lot for me. Maybe He answered her prayers.”
**Fund works to preserve historic church**

Over seven generations ago, Catholic Mohawk Indians of Caughnawaga, with their priest, Father Pierre Billiard, S.J., migrated with their box of relics of the beloved Kateri Tekakwitha to this Land of Akwesasne to begin a new life. For the Greater Glory of God, they built their homes and their church near the St. Lawrence River.

Although that early church of 1752 burned with its precious relics in 1762, another building was constructed. That frame structure proved to be too small for the growing congregation.

Father Roderick McDonnell, a Glengarry Scot, was assigned as pastor of St. Andrew's West on August 25, 1806. Father McDonnell assisted the Mohawk families to erect large stone churches.

With great zeal, the early Mohawk families built this Church of St. John Francis Regis. In his book, *A Tour through Upper Canada and Lower Canada* (1800), John C. Ogden, an Episcopalian minister described the Church of St. John Francis Regis in Kanatagon:

“The most distinguished building... a very large Catholic Church... built lately by the Indians themselves with small assistance from the clergy and some gentlemen of rank. Men, women, and children in the village assisted the masons and carpenters in procuring lumber, etc. and lime and every possible part of the labor.”

For some 230 years, Mohawk Catholic families have maintained St. Regis Church. Now, this historic structure is in great need of restoration. We must save it or lose it.

Therefore, we are calling on all the family descendants of the early Mohawk settlers to join the St. Kateri Tekakwitha Heritage Fund to participate in the restoration of this historic church.

The goals of the St. Kateri Tekakwitha Fund will begin with the evaluation made by the Cleroux Renovation Company, Ltd. that projected a cost of $230,000 in three installments to repair the front vestibule where rocks have deteriorated and rains have weakened walls. Before the pandemic, St. Regis Parish spent $50,000 to repair the first installment of the vestibule.

Now a sum of $180,000 is needed to repair the remaining two sections of the vestibule. Subsequently, evaluations will be made for projects to repair the inner church walls, the choir loft, sacristy, roof, cellar, and finally for the painting of the interior.

We entrust these restoration projects to the Mohawk Clans who have faithfully supported St. Regis Church for centuries.

Each family may designate a member to collect small or big donations from its members, even from the children for memorials of their ancestors. A St. Kateri Tekakwitha Heritage Fund Memorial booklet with names of all donors will be written and placed in St. Regis Church.

This fund in honor of our beloved St. Kateri Tekakwitha also depends on the help of good St. Joseph whose intercession saved St. Regis Church from the great ice invasion of 1935.

Family collections of donations will begin on St. Joseph’s Feast, March 19, 2022. On the day of celebration of St. Kateri’s feast, April 23, 2022, we request that the designated family member in each of the first 100 families will bring to church a composite family check with the names of donors.

At that time, the family will receive a signed copy of the new parish history, *For the Greater Glory of God.*

May God the Father, Son, and Holy Spirit bless our efforts, made under the protection of Our Blessed Mother Mary, St. Joseph, St. John Francis Regis, and St. Kateri Tekakwitha.
**ADIRONDACK**

**FIRST FRIDAY PRAISE AND WORSHIP**
Lake Placid — Monthly praise and worship will be held.  
**Date:** First Friday of the month  
**Time:** 7 p.m.  
**Place:** St. Agnes Church  
**Features:** Music led by Joey and MC Izoo. Time for fellowship and snacks afterwards. Will be livestreamed as well on St. Agnes Facebook page.

**PARISH NURSE TRAINING**  
Lake Placid — Mercy Care for the Adirondacks, a mission sponsored by the Sisters of Mercy, will offer the Foundations Course for Faith Community Nursing.  
**Dates:** March 11, 12, 18, 19, 25 and 26 (All 6 sessions are required).  
**Place:** to be determined or can be attended virtually.  
**Features:** The course is offered to registered nurses of all faiths. Mercy Care provides the training at no cost to participants but pre-registration is required. Parish Nurses (Faith Community Nurses) assist the members of their faith community to maintain or regain wholeness in body, mind and spirit.  
**Contact:** To register, visit our website at www.adkmemory.org. If you have any questions please contact Lexi Bevilacqua, Education and Volunteer Training Coordinator at abevilacqua@adkmemory.org or by phone at 518-523-5466.

**CLINTON**

**40 DAYS FOR LIFE**  
Plattsburgh — You’re invited to join other Christians for 40 Days for Life — 40 days of prayer and fasting for an end to abortion.  
**Date:** March 2 to April 10  
**Time:** 7 a.m. to 7 p.m.  
**Place:** Outside Planned Parenthood  
**Features:** Stand and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood of the North Country.  
**Contact:** Nancy Belzile at 518-593-6024 or email: nancys_56@hotmail.com for more information.

**ADORATION OF THE BLESSED SACRAMENT**  
Ellenburg Center — Adoration of the Blessed Sacrament will take place on the Fridays during Lent.  
**Date:** Now to April 8

**JEFFERSON-LEWIS**

**CORNED BEEF DINNER**  
Fort Covington — St. Mary’s to have take-out only Corned Beef dinner.  
**Date:** March 13  
**Time:** 11 a.m. until gone  
**Place:** Fort Covington Adult Center  
**Cost:** $15 Per meal

**SPAGHETTI & MEATBALL DINNER**  
Evans Mills — Indian River Knights of Columbus to have a spaghetti and meatball dinner.  
**Date:** March 12  
**Time:** 4 p.m. to 7  
**Place:** St. Mary’s Parish Center  
**Cost:** Adults, $12; $8, Senior Citizens, $5, Children under 12; 5 and under, Free; Sauce available for $5 per quart.

**JEFFERSON-LEWIS**

**CORNED BEEF DINNER**  
Plattsburgh — Lenten Prayer opportunity to be held.  
**Date:** March 24  
**Time:** 6:30 p.m.  
**Place:** St. Peter’s Church  
**Features:** Join us as we gather around the cross for Taize prayer this Lent! Taize prayer includes song, silence and Sacred Scripture in an atmosphere of quiet reflection. The music is simple and melodic. Refrains are repeated in the mantra style of the Eastern Church. As you enter into the song and silence, the prayerful repetitions will permeate your spirit. All are welcome. “Come, let us adore Him”

**ESSEX**

**LATIN MASS CANCELLED**  
Port Henry — Extraordinary Form Latin Mass has been cancelled until further notice.

**FRANKLIN**

**DEVOTION AND HOLY HOUR**  
St. Regis Falls — All are invited to the monthly first Saturday Devotion and Holy Hour for Vocations.  
**Date:** First Saturday of the Month  
**Time:** Following the 4:30 anticipated Mass  
**Place:** St. Ann’s Church  
**Features:** Holy hour followed by Mass at 5:15 p.m. and confessions at 5:45 p.m.

**ST. LAWRENCE**

**HOLY HOUR**  
Canton — Holy Hour for Vocations to be held.  
**Date:** Every Tuesday  
**Time:** 4:10 p.m.  
**Place:** St. Mary’s Church  
**Features:** Holy hour followed by Mass at 5:15 p.m. and confessions at 5:45 p.m.

**LENTEN FISH FRY**  
Gouverneur — St. James School Friday Fish Fries are back during Lent.  
**Date:** Beginning March 4th through Lent.  
**Time:** 4:30 p.m. to 6:15  
**Place:** Back of St. James School  
**Cost:** Adults, $12; Children under 5, Free  
**Features:** Dine in or take out.  
**Contact:** Local deliveries available by calling 315-287-0130

**STATIONS OF THE CROSS**  
Canton — All are welcome to join in praying the Stations of the Cross.  
**Date:** Fridays from March 4 — April 15  
**Time:** 5:15 p.m.  
**Place:** St. Mary’s Church

**FOOD DRIVE**  
Canton — Join the Sarto Council #1059 Knights of Columbus in Canton in a Lenten Food Drive. All are challenged to donate one can of food (or other non-perishable item) for each day of Lent. Donations can be deposited at the doors St. Mary’s Church.

**PARISH BOOK STUDY**  
**Date:** March 14, 21, 28 April 4, 11  
**Time:** 6:30 p.m.  
**Place:** St. Mary’s Parish Center or via Zoom  
**Features:** The past few years has brought suffering, loss, and loneliness to many — family, friends, and fellow parishioners. You may be asking, “Where is God in all of this?” “Why do I feel that my prayers are unanswered?” Or, “How can there even be a God with all the pain and suffering in the world? We know these experiences can have a profound impact on your faith and the life of the parish community. We invite you to come together with your fellow brothers and sisters in Christ to explore these questions and to grow in faith.  
**Contact:** To register and more information: go to https://mwcdiocese.org/

**THE LITURGY OF THE EUCHARIST: JESUS PRESENT AND HOW TO SHARE IT**  
Waddington — As a continuation of the Eucharist Initiative a presentation to be CONTINUED ON PAGE 10
The North Country Catholic is grateful for the financial support it receives from its extraordinary patrons, sustaining patrons, special patrons and patrons.

We would like to take this opportunity to publicly acknowledge those people who supported the mission of the Catholic Press in 2021 with a gift of $250, $100, $50 or $35. Thank you for the continued generosity.

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**PLEASE NOTE: Parishes are listed with their legal parish name, not each individual worship site is listed as some worship sites are combined under one parish name.**
Environmental Stewardship

Caring for God’s creation in the grocery store

“Every choice is a renunciation,” so said Father Ronald Rolheiser, and we can carry this wisdom with us when we are in the grocery store choosing the products that will sustain ourselves and our families. But at the same time, we can also choose products that can help protect the earth and “renounce” those that are detrimental to the planet’s health. As Christians, Pope Francis has called us to sustain God’s creation, which has so generously sustained us. The Holy Father has called us to an “ecological conversion,” and there is no better time than the Lenten season to begin this spiritual journey.

It is in our day-to-day activities that we can demonstrate this conversion. And the grocery store is a good place to start since for most of us grocery shopping is part of a weekly routine.

Let’s start before we enter the door. Carrying reusable shopping bags is the first good choice.

In many stores, the produce department is the first department we encounter, so let’s spend some time in this department that is brimming with goodness and color.

In this place, one of the important things to consider is packaging. Consider what the produce is packaged in and try to avoid single-use plastic containers. Often, the store provides plastic bags on a roll to put produce in, but you can also buy inexpensive reusable mesh bags that do the same job and don’t cause all that frustration when you try to open them.

Next, consider your choice of produce. Try to buy foods that are grown locally to lessen the energy needed for long transport. Many stores now offer a selection of locally grown produce and display labels that identify the produce as locally grown. With those items, you are not only helping the environment, but helping your neighborhood farmer. Take advantage during the growing season of Farmers’ Markets and farm stands which abound in the North Country. They tend to provide an opportunity for good produce and good conversation.

At checkout our cart should reflect our intent to be good stewards of God’s creation. As we gather around our dinner table tonight, may we with our whole being pray, “Bless us, Oh Lord, and these thy gifts…”

Around the diocese

CONTINUED FROM PAGE 7

held on the Liturgy of the Eucharist: Jesus Present and how to share it.

Date: March 12
Time: 9:30 a.m. to Noon
Place: Waddington Parish Center
Speaker: Sister Mary Eamon Lyny, SSJ
Features: Cost is free. Please bring a bagged lunch for food and conversation afterwards.

Rest in Peace

This week marks the anniversary of the deaths of the following clergymen who have served in the Diocese of Ogdensburg

March 10 – Rev. Hector Mauriat, O.M.I., 1895
March 11 – Msgr. Edmund Charles M. J. DePauw, 1911

To Report Abuse

If you have a complaint of suspected misconduct involving diocesan clergy, religious, employees or volunteers, contact Victims Assistance Coordinator, Terri- anne Yanulavich, Ph.D., LMHC, 5050 Route 374, Merrill, NY 12955; terri- anneyanulavich@yahoo.com Phone: 518-651-2267 days; 518- 569-0612 evenings; or Father Christopher Carrara, the Episcopal Vicar for Clergy; ccarrara@rcdony.org Phone: 315-393-2920 ext. 1340. If you have a complaint of suspected sexual abuse or related misconduct by the bishops, contact the Catholic Bishop Abuse Reporting Service at 800-276-1562 or www.ReportBishopAbuse.org.

Contact: To register for a location go to: www.rcdony.org/litur­gyeucharist

ST. PATRICK’S DINNER

Canton – Traditional St. Patrick’s Dinner to be held.

Date: March 17
Time: 4:30 p.m.
Place: St. Mary’s Gym
Cost: $12
Features: Corned Beef or Shepherd’s Pie. There will also be Irish Entertain­ment.

ALPHA

Massena – You’re invited to ALPHA.

Date: Starting Tuesdays April 5
Time: 6 p.m. to 8:30 p.m.
Place: St. Mary’s Parish Hall
Features: Join for a meal and fellowship. No cost to attend
Contact: Sylvie Marion at 315-769-2469

DAY OF MERCY

Canton – St. Mary’s Church will be offering a Day of Mercy.

Date: April 6
Time: 6 a.m. to 10 p.m.

Bishop’s Public Schedule

March 9 – 9:45 a.m. – Episcopal Council Meeting at Bishop’s Residence
March 10 – Noon – Mass at St. Mary’s Cathedral
March 12 – 10:30 a.m. – Diocesan Pastoral Council Meeting at St. Peter’s Church in Hammond
March 13 – 8 a.m. – Mass at St. Mary’s Cathedral
2:30 p.m. – Rite of Election at St. Mary’s Cathedral
March 14 – Noon – Mass at St. Mary’s Cathedral
March 16 – Seminarian visit at the Pontifical College Josephinum in Columbus, Ohio

Features: The Sacrament of Confes­sion to be heard all day with a pause at 8:15 a.m. for morning MASS

REFLECT AND RECONCILE

 Diocesan Events

A Diocese of Ogdensburg youth Lenten retreat to be held for all young people in grades 7 to 12.

Schedule: March 12 at St. Mary’s Cathedral Brzana Room, Ogdensburg; March 26 at St. Mary’s Parish Center, Champlain.

Time: 1 p.m. to 5 p.m.
Features: As we dive deeper into the sacrament of Reconciliation and the season of Lent, we should center ourselves and work to understand who we are. Join fellow youth in grades 7 to 12 as you get a chance to dive deeper, to understand more in a space that is judgment-free and supportive.

Contact: Registration: rcdony.org/Lentenretreat For more information please contact Tom Semeraro - Office of Youth Ministry - 315-393-2920 ext. 1415 or tsemeraro@rcdony.org

PRESENTATION OF FORGIVEN

A Continuation of the Eucharist Initiative. Explore the transforming power and the healing grace of the Sacrament of Penance and Reconciliation. Discover the merciful way that God calls us back to Himself when we have sinned.

Date: March 26
Time: 9 a.m. to 3:30 p.m.
Place: St. Mary’s Parish Center, Clayton; Dostie Hall, Watertown; St. Peter’s Church, Lowville; Father Aymot Parish Center, Norfolk; St. Edmund’s Parish Center, Ellenburg; The Emmaus Room inside St. Peter’s Church, Plattsburgh; St. Bernard’s School, Saranac Lake; Holy Ghost Parish Center in Tupper Lake
Features: There will be time for discussion during the event which is free to attend. Please bring a bagged lunch.
Contact: To register go to: www.rcdony.org/forgiven

Youth Rally

Saranac Lake — Diocese of Ogdensburg Youth Rally to be held.

Date: Apr. 2
Time: 10:30 a.m. sign in to 6 p.m. (youth rally ends at 4:30 with Mass at St. Agnes at 5 p.m.)
Place: High Peaks Resort
Cost: $35 per youth

Features: For youth in grades 7 to 12. Theme will be “In His House.” It will be a day filled with faith, friendship and fun.
Contact: Please visit: www.rcdony.org/youth/rally or contact Tom Semeraro 315-393-2920 ext. 1415

CHRISM MASS

Ogdensburg — All the faithful of the Diocese of Ogdensburg are invited to join the Most Reverend Terry R. LaValley in the annual Renewal of Priestly Commitment, the Blessing of the Holy Oils and the consecration of the Sacred Chrism for use in all the churches of the diocese.

Date: April 7
Time: 11 a.m.
Place: St. Mary’s Cathedral
Features: The Chrism Mass will also be livestreamed at www.rcdony.org/livemass.

DIGGING DEEPER INTO THE MYSTERY OF THE HOLY EUCHARIST

Ogdensburg — A day of reflection based on the fourth video of Presence, “Biblical Foundations.”

Date: April 9
Time: 10 a.m. to 3 p.m.
Place: Wadsworth Hall
Cost: $25
Speaker: Sister Mary Gregory Munger, SSJ
Features: A Continuation of The Mystery of the Holy Eucharist. Lunch will be provided.
Contact: To register go to: www.rcdony.org/diggingdeeper

LIFE GIVING WOUNDS RETREAT

Saranac Lake — Retreat to be held for anyone 18 or over whose parents are no longer together either through separation, divorce, or were never married.

Date: June 10 – 12
Place: Guggenheim Center
Cost: $100 includes lodging, food and retreat materials.
Features: Topics will include anxiety, anger, sin, temptation and forgiveness. All presentations are given by trained, expert speakers who are children of divorce.
Contact: To register, go to rcdony.org/lifewg. For more information, visit lifegivingwounds.org. For financial assistance to attend the retreat, contact Steve Tartaglia at 315-393-2920 or startaglia@rcdony.org
Life in abundance: A journey to DC

By Catherine Bracy
Contributing Writer

Editor’s Note: North Country Catholic Contributing Writer Catherine Bracy attended the March for Life with young adults from the diocese in January. Here’s she looks back and reflects on her experience on that journey.

Life is precious and full of blessings for those able to experience it, whether they know it or not. My most recent blessing came during my trip to the March for Life in Washington, DC, starting with my dad disbelieving that the meeting place for some diocesan young adults would be at Rent-A-Wreck. I knew everything would be alright when Father Bryan Stitt walked in, and I realized we would travel by rented van instead. Once everyone arrived, including Father Joe Giroux, we drove to the Syracuse area to the beautiful little chapel of St. Margaret’s Church in Mattydale for Mass and to pick up more people, including Deacon Leagon Carlin.

We soon completed the multi-hour drive, arriving in Silver Springs, Maryland, at 6 p.m. After pizza, we went to see – as Father Stitt said – “Lincoln and his friends,” the statues and memorials in the nation’s capital. I was able to grasp a little of the sacrifice of the memorials, though the cold commanded slightly more attention. I talked with the only person who had come from Plattsburgh, Mary Skillan, the Campus Minister of Plattsburgh’s Newman Center. We eventually drove to the hotel to check in between 9 and 10 at night.

I roomed with Madonna Champagne, who I felt I had known a while thanks to her bubbly personality and the fact that we bonded over a love of St. John Paul II.

The next morning, we attended a small Mass at St. Michael’s Church. I asked God to let me see a few unexpected people from my alma mater, Franciscan University, that day. We quickly located a store for breakfast before getting last-minute hotel stuff. We then took the metro to the Catholic University of America and the Basilica of the Immaculate Conception, where we took a photo on the front steps, then went in to explore.

I and a few others knelt and followed the Basilica Mass, delighting in the beauty around us and the powerful sound of the organ! After perusing the bookstore, we headed to Fourth Street near the National Mall, where I was again carbonded coats, and thanked the front desk, warning and probably scaring people waiting for the elevator.

Most took the stairs after that, though those of us daring to ascend by elevator reached the 11th floor.

The next morning, we were off to Mount St. Mary’s Seminary and University to have our last daily Mass at the Church nearby.

There was a gift shop, statuary displays, and trails near the National Seton Shrine, where we wandered, took pictures, and prayed in peace, despite the encouraging fact that other Catholic youth in buses had the same idea.

An hour down the road was the Shrine itself. We perused a bookstore, viewed a short movie about St. Elizabeth’s life, and saw the beautiful Basilica.

After the five-hour drive where we lounged and listened to a few episodes of Father Mike Schmidt’s podcast, we arrived in Syracuse, where we had a last meal together at a Taste of Asia restaurant, which excited me! Back at St. Margaret’s, we said heartfelt goodbyes to those leaving for Malone and Syracuse, then we drove back to Watertown, where I was brought home, overflow with these current memories. From the elevator adventure to the beautiful chapels, to the joy of seeing so many pro-life people my age, the experience was a gift.

I am extremely thankful.

Included on the young adult trip to the March for Life were, from left, (back row) Chris Hickman, Braden Jarosz, Brendan Thompson, Connor Cummins, Aidan O’Neill, Father Bryan Stitt, Father Joe Giroux, Lucas Roberts Williams. (middle) Madonna Champagne, Monica Trummer, Sarah Macintosh, Clare McCarty. (front) Catherine Bracy, Megan Carlisle, Mary Skillan.
WASHINGTON (CNS) — Amid the developing humanitarian crisis in Ukraine, the chairman of the U.S. bishops’ international policy committee urged the U.S. government “to provide all possible assistance to the people of Ukraine and to work closely with faith-based partners who are already on the ground providing emergency aid.”


In it he also encouraged everyone “to give generously to organizations such as Catholic Relief Services and USCCB’s Collection for the Church in Central and Eastern Europe that are bringing tangible relief and the hope of Christ to those in need.”

Donations to CRS, the U.S. bishops’ overseas relief and development agency, can be made at https://bit.ly/3KhEtvF. Information on how to give to the USCCB collection can be found at https://www.usccb.org/committees/church-central-eastern-europe.

“On Feb. 24, the world watched in horror as Russia launched airstrikes and began shelling Ukraine,” Bishop Malloy said. “The death toll is already in the hundreds if not thousands and mounting. Over 1 million Ukrainians have already fled the fighting into neighboring European countries and millions more could become refugees.”

In this time of crisis, he said the U.S. bishops ‘echo the appeal by Pope Francis to those “with political responsibility to examine their consciences seriously before God, who is the God of peace and not of war ... who wants us to be brothers and not enemies.”’

“We join with the Holy Father in praying that ‘all the parties involved refrain from any action that would cause even more suffering to the people, destabilizing coexistence between nations and bringing international law into disrepute,’ Bishop Malloy said.

“We also join in solidarity with the Ukrainian Orthodox Churches and the Ukrainian Catholic Church in the U.S. who are all united in prayer for their people and their homeland,” he added.

The Knights of Columbus fraternal organization, based in Hartford, Connecticut, is among U.S. groups that have launched humanitarian initiatives for Ukraine and its people.

On Feb. 25, the Knights committed $1 million for immediate distribution to support Ukrainians impacted by the Russian invasion and also launched the Ukraine Solidarity Fund, pledging to match all funds raised up to an additional $500,000.

As of March 2, the fund had raised over $747,000, for a total of more than $2.2 million in assistance; 100% of donations are being used to assist internally displaced people and refugees from Ukraine, according to a Knights news release.

It said the funds are being used to provide shelter, food, medical supplies, clothing and religious goods, as well as other humanitarian needs as identified, both directly in Ukraine and through refugee sites in Poland.

"Some of the proudest moments in the order’s history have come amid the adversity of war," Supreme Knight Patrick Kelly said in a video message to the more than 1,800 Knights of Columbus in Ukraine Feb. 25. "We are called ‘Knights’ for a reason. There is a reason we count patriotism as one of our guiding principles. The hour is upon us."

In Poland, among other efforts, local Knights have established tents at the Polish-Ukrainian border to distribute food and water to refugees; have established collection sites in some cities for medical supplies, warm clothing and necessities; and have created a database of parishioner homes and parish centers that will host refugees.

"Polish Knights and their families have already received and housed wives and children sent by some Ukrainian Knights across the border," the news release noted.

Florida bishops applaud passage of 15-week ban on abortion

TALLAHASSEE, Fla. (CNS) — The Catholic bishops of Florida praised the state Legislature for passing a measure to prohibit most abortions after 15 weeks of pregnancy. H.B. 5 also includes provisions to improve infant health and analyze and reduce fetal and infant mortality. "While we continue to look forward to the day when the full protection of unborn life is recognized in law, we are encouraged that H.B. 5 further limits the grave harm that abortion inflicts upon women and children," said Christie Arnold, associate for social concerns and respect life at the Florida Conference of Catholic Bishops. The conference, which is the public policy arm of the Catholic Church in Florida, said in a March 3 news release that Republican Gov. Ron DeSantis has expressed support for this legislation and is expected to sign it into law. "In an incremental, yet important, step, the bill provides at least eight additional weeks of protection for children in the womb. Current Florida law prohibits abortion when a child is viable, or able to survive outside the womb — currently closer to 24 weeks," the release said.

Prosecution drops case against Missionaries of Charity in India

NEW DELHI, India (CNS) — The much-publicized case of religious conversion against the Missionaries of Charity in India’s Gujarat state ended after the prosecution admitted there was no serious basis to proceed against them. Ucnews.com reported the prosecution gave a written statement to a court in Vadodara that it would not pursue the case any further, although the first information report written by police to set the investigation in motion has yet to be quashed. The prosecution’s undertaking meant an end to the adverse publicity and harassment of the nuns from the Kolkata-based organization founded by Mother Teresa. Their Nirmala Shishu Bhavan home in Vadodara houses 48 girls, including 22 who are mentally and physically challenged. In a related development, the court also dropped the hearing of an anticipatory bail application filed by two members of the Missionaries of Charity, who did not want to be identified, ending their nearly three-month ordeal to avoid a crime they never committed, ucnews.com reported.

Young Catholics say they need church leaders to listen, engage

WINONA, Minn. (CNS) — Catholic young people in the U.S. are leaving behind traditional models of learning about and living out their faith, and clergy, youth ministers and others will have to make some drastic changes to their ministry style if they want to keep them engaged. That's the bottom line of "The State of Religion & Young People 2021 — Catholic Edition," a report released Feb. 23 by Springtide Research Institute, a Minnesota-based nonprofit sociological research institute dedicated to exploring the spiritual lives of young people. Its current research focuses on the demographic ages 13-25, also known as Generation Z. The report highlights the results of surveys and interviews done with 1,630 young Catholics nationwide and reflects Catholic responses out of a pool of more than 10,000 from a wide variety of faiths whose responses were compiled for Springtide’s annual report on the state of religion and young people. Springtide’s data shows that while religion is important to many young Catholics, they’re not seeking it out in the same way or following the same practices their parents and grandparents did. And unlike many of their older family members, most of them don’t look to the church as a source of help in difficult times.

"The church can't always be the place where a young person's parents look to for answers," Springtide’s data shows, "especially when their young people have an identity crisis and conflicts with their parents. The church is a source of answers and help for many young people but only a minority of young people who identify as Catholic. And it can't always be the church that can be the source of solutions for young people that have a crisis of faith. Young people are the minority that the church has to reach out to more and more young people are leaving behind the traditional models of learning about and living out their faith. Young people want to be part of the church, but they don't want to be part of a group that doesn't understand their needs and their concerns."
The challenges of being the only hearing member of a close-knit family are movingly explored in this drama, the title of which is an acronym for child of deaf adults. The phrase describes the situation of the film’s main character (Emilia Jones), the 17-year-old scion of a working-class fishing clan (rounded out by parents Marlee Matlin and Troy Kotsur and older brother Daniel Durant) in Gloucester, Massachusetts. Her love of singing prompts her to join her school choir (led by Eugenio Derbez) and leaves her struggling to decide whether she should try to get into a prestigious music college or stay at home where she has always served as her relatives’ interpreter. She receives sympathetic support via her burgeoning romance with a fellow vocalist (Ferda Waisel-Peele) on whom she has long had a crush. Unfortunately, the salty quality of some of the silent banter that gets tossed around in the protagonist’s loving household, together with other mature elements, makes this high-quality coming-of-age story inappropriate for kids, although the insight it provides into the culture it so authentically depicts may prompt the parents of at least some older teens to overlook these lapses. Brief physical violence, drug use, a sequence involving mostly off-screen marital lovemaking, frequent crude and crass language, some scatological humor. The Catholic News Service classification is A-III – adults. The Motion Picture Association rating is PG-13.

"DON'T LOOK UP" (NETFLIX)

Clever comedy in which an astronomy grad student (Jennifer Lawrence) discovers a comet that her mentor (Leonardo DiCaprio) soon calculates is on a collision course with Earth. Teaming with a government official (Rob Morgan), they try to alert the president (Meryl Streep) and later the public at large that this is a potential extinction event. But the chief executive is too focused on politics and the media (personified by feel-good newscasters Cate Blanchett and Tyler Perry) too anxious to look out on the bright side of doomsday for anyone to respond appropriately. Even those who may not appreciate writer-director Adam McKay’s parable about global warming or his put-down of Trumpian populism may enjoy his skewering of pop culture. As for religion, sincere faith is celebrated in the unlikely figure of a believing skateboarder (Timothée Chalamet) even as its counterfeit is satirized while family values, represented by the professor’s much-put-upon wife (Melanie Lynskey) triumph in the end. For those long viewers willing to withstand constantly coarse dialogue, Mark Rylance’s hilarious turn as an eccentric billionaire will be the icing on the cake. Brief full nudity in a nonsexual context, an adultery theme, drug use, profanities, pervasive crude language. The Catholic News Service classification is R. The Motion Picture Association rating is R.

"DRIVE MY CAR" (JANUS)

Passages in the life of a theater director (Hidetoshi Nishijima) show his complicated marriage (to Reika Kirishima), his relationship with the young actor (Masaki Okada) he casts as the title character in Anton Chekhov’s "Uncle Vanya" and his burgeoning friendship with the chauffeur (Toko Miura) whose services are a perk of his residency at the Hiroshima arts center where the production is being presented. The complexity of human motives and behavior, the power of the past to haunt the present and the bond between the living and the dead are among the themes of director and co-writer Ryusuke Hamaguchi’s multi-layered, literary drama. But its frank portrayal of sexual encounters both legitimate and immoral, while properly contextualized, makes it suitable only for those grown-ups willing to grapple with such material. Graphic marital lovemaking and adulterous activity, sexual references, a couple of instances each of profanity. The Catholic News Service classification is L – limited adult audience, films whose problematic content many adults would find troubling. Not rated by the Motion Picture Association.

"DUNE" (WARNER BROS.)

Gripping sci-fi epic, adapted by director and co-writer Denis Villeneuve from the 1965 novel by Frank Herbert, centers on the heir (Timothée Chalamet) to a powerful dynasty of intergalactic warriors who may also be the messiah figure foretold in various prophecies. As his clan gets caught up in the battle for control of the titular world, a desert planet rich in a highly-prized spice, he frequently encounters the downsides of his own personality, negative traits that bring him into conflict with a duo of highly-regarded coaches (Tony Goldwyn and Jon Bernthal). Though overlong, director Reinaldo Marcus Green’s film highlights the value of persistence, humility, self-discipline and good parenting. Some vulgar dialogue aside, moreover, there’s not much to prevent the sharing of those life lessons with older adolescents. Brief gun and physical violence, at least one instance each of profanity, a few crude expressions. The Catholic News Service classification is A-III – adults. The Motion Picture Association rating is PG-13.
We’re definitely launched into the “discipline” of Lent. As we get out of bed each morning, we’re getting more accustomed to looking ahead to some special practice we’ve decided on for the day. Perhaps it’s meeting with our Lenten scripture group. Maybe it’s joining with a friend to visit a nursing home or a friend who has lost a family member. Maybe it’s the Stations of the Cross. Lent provides endless opportunities if we look for them. Hopefully, we’re within reach of a Mass celebrated at a time that fits our schedule. Daily Mass is really the crown of Lenten practice. The sacred liturgy focuses our minds on the Word, nourishes our whole person in Eucharist, and gives joy and purpose to the whole day.

Our readings today are about two frightening “cloud” experiences. Abram (he’s not yet called Abraham) is undergoing a test from God before he receives extensive land in covenant. The sacrifice is prepared, and he is awaiting divine action in consuming the split animals. Abram becomes frightened as a cloud plunges him in darkness for several hours. After a fiery torch passes through the sacrifice, God completes His promise. Arriving at new levels in life can be frightening. The Gospel is about the “high places” in our journey, pointing to light and resurrection. Notice how afraid Peter, James, and John are when they see Jesus transfigured in light. Jesus seems at home in the glory of Tabor, talking with Moses and Elijah, both of whom had experienced light in their encounters with God on earth. The great Lawgiver and the great Prophet talk to Jesus who is the Law, to Jesus who fulfills all prophecy. We wonder what they talked about. Perhaps Jesus is telling them that soon, he will bring them to everlasting encounter with light as soon as he has risen from death. Then, like Abram, they are plunged into the darkness of a cloud. In the cloud, the voice of the Father thundering from heaven: “This is my chosen Son, listen to Him.” If they are faithful, they, too, will come into dazzling light one day. They just have to be patient. If we wish to live in everlasting light, we too must be patient. We must be light for the world on earth.

Because of the frightening things happening this year in our world, we need to make this a Lent like we’ve never made before. As we heard in the letter of St. Paul to the Philippians, “Our citizenship is in heaven.”Our Easter at the close of this Lent is a foretaste and promise of our own Resurrection.

There is a greater incentive to keep our Lenten promises than there is for keeping New Year’s Resolutions.

By now, two plus months into the new year, most of us have forgotten whatever we resolved to do this year to make us better people. Perhaps we resolved to lose weight, learn to speak a second language, be kinder, gentler when yelling at the dog. Stuff like that. Good intentions that have gone posed to congratu­lation. Notice how afraid Lent is different. We don’t resolve to do anything. We choose to sacrifice something dear to us, and it’s only for 40 days. “I can do that!” we ex­claim. Ice cream keeps invading my thinking. I’ve always loved the Ash Wednesday Gospel reading from Matthew that helps us keep our sacrifices during Lent in perspective. God knows I am sac­rificing. I know I am sacrificing. No one else needs to know.

A dear friend of mine loved beer. I don’t mean he was an alcoholic. He just loved a beer or two every day. This friend, let’s call him Isaac, would give up beer for Lent every year.

That’s fine, but Isaac would tell everyone he met that he had not consumed a beer for so many days since Lent started. “I gave up beer for Lent,” Isaac would announce, “I do that every year.”

I guess we were supposed to congrat­ulate him or something. We didn’t need access to a calendar. Isaac would let us know how many days it has been since Ash Wednesday.

The truth is Isaac was miserable all during Lent. His friends learned to steer clear of him. Those who had the misfortune of encountering Isaac regularly during Lent, started wondering what they had said or done to earn Isaac’s vitriol, his cruel and bitter criticism.

Come Easter, Isaac was a different person. Smiling, happy, full of jokes and back slapping good humor. Beer was back in Isaac’s life.

Every year when I proclaim the passage from Matthew, “when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden,” I think of Isaac. That’s why I smile when I read that section of the Gospel.

For years I have mini­mized personal sacrifice during Lent and opted instead for some regular righteous thing. I focused more on prayer and alms­giving than I did on fasting. In part my reluctance to sacrifice was influenced by Isaac. I did not want to be like him for 40 days.

Not this year. I am com­mitted to denying myself some little pleasure as a sacrifice to God.

I won’t tell you what it is, that’s between God and me. Happy Lent.

Deacon Kevin Mastellon ministers in Watertown. He is the Director of Permanent Deacons for the Diocese of Ogdensburg.

MARCH 9, 2022
Donating to help Ukraine

WASHINGTON (CNS) — Various Catholic agencies are collecting donations to aid with the humanitarian crisis in Ukraine, as people flee to escape Russian bombing and shelling. Here are some places to donate. This list is not exhaustive.

The international Caritas confederation is collecting funds to help Caritas Ukraine. In the United States, that is through Catholic Relief Services: https://bit.ly/3LwOka. Internationally, you can donate through caritas.org.

The Ukrainian Catholic Archeparchy of Philadelphia also has a link: https://ukarcheparchy.us/donate.


The Knights of Columbus launched the Ukraine Solidarity Fund, and donations can be made at kofc.org/secure/en/donate/ukraine.html. On Feb. 25, the Knights of Columbus announced a commitment of $1 million for immediate distribution to support Ukrainian refugees and will match all funds raised up to an additional $500,000. The relief funding will be used to provide shelter, food, medical supplies, clothing and religious goods, as well as other humanitarian needs as identified, both directly in Ukraine and through refugee sites in Poland.

OBITUARIES

Brasher Falls — Gregory James Buckley, 61; Mass of Christian Burial March 11, 2022 at St. Patrick’s Church.

Brushton — Ethel Grace (Jones) Gagnon, 102; Mass of Christian Burial March 4, 2022 at St. Mary’s Church; burial in parish cemetery.


Canton — Walter R. Christy, 93; Mass of Christian Burial March 5, 2022 at St. Mary’s Church; burial in St. Mary’s Cemetery.

Carthage — Robert A. Haskins, 85; Mass of Christian Burial March 1, 2022 at St. James Church; burial in Hillside Cemetery, Champion.

Clayton — Anthony J. Winter, 64; Mass of Christian Burial March 4, 2022 at St. Mary’s Church; burial in St. Mary’s Cemetery.

Cornwall Island, Ont. — Alexia (McDonald) Auger, 91; Mass of Christian Burial at St. Regis Mission Church in the spring.

Copenhagen — Frances C. (Wetsig) Harris, 92; Funeral Services March 7, 2022 at Lundy Funeral Home; burial in Hillside Cemetery, Champion.

Dannemora — Vincent C. Lennon, 93; Mass of Christian Burial March 5, 2022 at St. Joseph’s Church; burial in parish cemetery.

Hogansburg — Mose R. “Sonny” Mcdonald, Jr., 89; Burial in St. Joseph’s Cemetery.

Lake Placid — Claire (McNamara) O’Connor, 83; Mass of Christian Burial May 7, 2022 at St. Agnes Church.

Lowville — Nora Jean (Van Cour) Petrus, 79; Services to be held at a later date.

Lowville — Nina Mary (Boschenko) Posello, 95; Services to be held in the spring.

Louisville — Barbara A. (Castagnier) Runions, 73; Mass of Christian Burial March 3, 2022 at St. Lawrence Church; burial in St. Lawrence Cemetery.


Morrisonville — Marcel H. Pellerin, 73; Graveside services in May at St. Alexander’s Cemetery.

Morrisonville — Margaret Sarah (Tripp) Wood, 87; Graveside services at St. Alexander’s Cemetery.


Ogdensburg — William F. Brunet, 79; Mass of Christian Burial in summer at Notre Dame Church; burial in Notre Dame Cemetery.


Ogdensburg — Ida (Finley) Rheome, 97; Mass of Christian Burial March 1, 2022 at St. Mary’s Cathedral; burial in Pine Hill Cemetery.

Peru — Carl W. “Mike” Zerrahn, Jr., 95; Mass of Christian Burial March 5, 2022 at St. Augustine’s Church; burial in parish cemetery.

Plattsburgh — Ola J. (Hawley) Jabaut, 95; Mass of Christian Burial Feb. 28, 2022 at St. Peter’s Church; burial in St. Peter’s Cemetery.

Waddington — Michael Joseph Bennett III, 81; Services to be held at a later date.

Watertown — James J. Finnerty, MD, 92; Mass of Christian Burial March 5, 2022 at St. Patrick’s Church; burial in Glenwood Cemetery.

Watertown — Eileen A. (Filkins) Morrison, 94; Funeral Services March 2, 2022 at the Hart & Bruce Funeral Home; burial in Glenwood Cemetery.

Visit our website www.northcountrycatholic.org
- Read local stories and commentaries
- Search archived papers
- View diocesan events and much more

Find us on Facebook!

What is a Foster Grandparent?

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities. They are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, friendship, companionship, encouragement, individual attention, and unhurried help. The program currently has 40 volunteers and serves more than 300 kids per year.

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.

Am I Qualified to be a Foster Grandparent?

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. If you’re 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent.

You’ll also receive a small bi-weekly, non-taxable stipend that cannot be held against any current benefits you may already have as well as paid mileage for your travel. Additionally, you receive paid holidays, vacations, sick and personal leave.

Contact Melissa Howard, Volunteer Coordinator
PHONE: (518)359-7688
EMAIL: mhoward@catcharities.org
80 Park Street, Suite 2
PO Box 701
Tupper Lake, NY 12986
TAKING A TOUR

Bishop Terry R. LaValley and Father Christopher C. Carrara, diocesan Vicar for Clergy and director of Seminarians, recently visited diocesan seminarians at Mount St. Mary’s Seminary in Maryland and Cathedral Seminary in Douglaston, New York. In addition to meeting with seminarians to discuss their formation, Bishop LaValley and Father Carrara met with seminary instructors and administrators to discuss the seminarians’ progress and programs. Pictured, Father Carrara meets with seminarian Tuan “Joseph” Vuong at Cathedral Seminary, as well as Father Joseph T. Holcomb, the seminary’s rector.

Continuing the Stations of the Cross

Instead of our regular reflections, throughout this holy season of Lent, the Pontifical Mission Societies of the Diocese of Ogdensburg will be featuring Stations of the Cross.

Please join us in praying together.

These Stations of the Cross were assembled by Maureen Crowley Heil, director of Programs and Development for the Pontifical Mission Societies and the Archdiocese of Boston.

Third Station:
Leader: We adore You, O Christ, and we bless you.
All: Because by your Holy Cross, You have redeemed the world.

Reader: This woman in Somalia sits waiting to be fed by aid workers. She may be too weak to stand. Lord Jesus, help us to reach out to those who will go without a meal today as we share from our bounty.

Fourth Station:
Leader: We adore You, O Christ, and we bless you.
All: Because by your Holy Cross, You have redeemed the world.

Reader: Many missionaries, like this Irish Sister in Kenya have become spiritual mothers to countless people. Lord Jesus, help us to remember that we are all God’s children, deserving of help in our times of need.