Pope: Victory is not raising flag on rubble

VATICAN CITY (CNS) — Jesus obeyed the most challenging of commandments: to love one’s enemies; and he invites humanity to do the same by breaking a vicious cycle of evil, sorrow and hatred with love and forgiveness, Pope Francis said on Palm Sunday.

"As disciples of Jesus, do we follow the master, or do we follow our own desire to strike back?" he asked in his homily April 10.

Pope Francis began Holy Week with Palm Sunday Mass in St. Peter’s Square with an estimated 50,000 people – the first time large numbers of people could participate since the start of the COVID-19 pandemic two years ago.

He also made a heartfelt appeal for a cease-fire by warring parties and the start of a "real negotiation," even if it requires "some sacrifice for the good of the people."

"What kind of victory will it be to plant a flag on a pile of rubble?" he said after the Mass and before leading the Angelus prayer. "Put down the weapons. Let an Easter truce begin."

Clearly referring to the invasion of Ukraine by Russian forces, the pope did not specifically name which conflict he was talking about, saying Christ died to be victorious over sin and death, "not over someone and against someone else."

However, he denounced this "endless" war, which "daily places before our eyes heinous massacres and atrocious cruelty committed against defenseless civilians. Let us pray about this."

A war aiming for victory according to the logic of the world, the pope said, "is only the way to lose." It is better to let the victor be Jesus, who carried the cross and died to free people from evil and so life, love and peace might reign.

Palm Sunday, which marks the start of Holy Week, commemorates Jesus’ entry into Jerusalem and the beginning of his passion.

Because of ongoing difficulty walking and his doctor’s advice to rest, Pope Francis did not take part in the traditional procession to the obelisk in the center of the square but was driven by car to the altar before the start of the ceremony.

Follow Me: ‘Inflamed with heavenly desire’

Bishop Terry R. LaValley releases his Easter message in today’s “Follow Me.”

As the priest prepares to bless the fire at the Easter Vigil, he prays that we might be “inflamed with heavenly desires.” For one hundred and fifty years, the faithful of the Diocese of Ogdensburg have been inflamed with the heavenly desire to follow Jesus. We remember with much gratitude those who came before us, sowing the seeds of faith and building up the Body of Christ.

Full Story, Page 3

Youth Rally

Youth primarily in grades seven through 12 gathered at High Peaks Resort in Lake Placid for faith, fun and music at the annual Youth Rally.

Full Story, Page 5
Lessons from ‘Leon the Lobster’

The video was titled, “Keeping a Grocery Store Lobster as a Pet.”

How could I pass that by?

So began the “Leon the Lobster” series.

As that first title in the series suggested, Leon is a lobster purchased from a grocery store. He now lives in a relatively large aquarium maintained by a hobby fish enthusiast. Every month or so, a video is posted highlighting some aspect or aspects of Leon’s life – his feeding, how he cleans himself and his tank, how he handled a tank upgrade...

In the most recent video in the series, posted a couple weeks ago, Leon molted, shedding his old exoskeleton to accommodate his growth.

When he emerged from his old outer shell, Leon was much more vibrantly colored than he was before. While the content creator/narrator noted the coloration change, something else caught his attention. Something else on Leon had changed.

Leon was now missing the marks that had been left on him by the rubber band that had been placed on his claws when he was caught and transported as part of the grocery supply chain.

The video’s comment section was full of comments about Leon getting a new life and losing the scars of his past. I saw more than one that implied, “it would be nice if people could do that.”

As I’ve moved through this latter portion of Lent and toward Holy Week and Easter, I’ve thought frequently about Leon the lobster and those comments.

Lobsters don’t have a monopoly on shedding the scars of their pasts. Our Lord gave us that opportunity, too.

Over the last couple of weeks, I’ve seen numerous parishes offering opportunities to molt our sins and shame through the sacrament of reconciliation.

And that’s before we even consider what we’re about to celebrate this week: Christ dying on the cross for our sins and defeating death by rising to new life. His doing so gives us the promise of eternal life – life in which we will be made whole – free of the scars and wounds of our pasts – and live completely in his love and grace.

Leon the lobster can’t compete with that.

From all of us at the North Country Catholic, we wish you a blessed Holy Week and Easter.

Entering into Holy Week, Easter

The Lord has risen, Alleluia. I love Easter. I love all the events of Holy Week. Since I was in grade school, Holy Week was truly the holiest week of the year. Holy Week is my yearly journey into the story of Christ’s passion, death and resurrection.

Good Friday begins with the clergy entering into Holy Week, entering into Holy Week, Easter, the Lord’s resurrection.

It begins with the clergy prostrating themselves on the sanctuary floor in solemn prayer and sadness – remembering the sufferings of the Lord.

Then we listen to St. John’s description of the events of Holy Thursday and Good Friday – the Last Supper and the Way of the Cross and the crucifixion of our Lord. This is followed by a priest bringing a cross into the sanctuary in solemn procession. The people are invited forward to venerate this cross.

For us all, this is our walk up Calvary Hill – one time to touch the cross of our Savior. We are all reminded of all that Jesus accepted for us; he truly demonstrated for us the great love God has for each one of us.

The old tradition was for everyone to remove their shoes as they walk to the sanctuary to venerate the cross. However, each year I notice a few who take a moment to remove their shoes as if to make this moment more meaningful. I think I should take my shoes off this year.

We are a resurrection people. We believe and know that in three days our suffering, crucified Lord rose again to new life. So, a very fitting close to our Good Friday Service is the reception of Holy Communion. On Good Friday Service is not a Mass, and so the Blessed Eucharist at this service is the Holy Eucharist that is consecrated at the Mass on Holy Thursday.

And then we wait. We mark a quiet Saturday until the Easter Vigil Mass, when celebrate the resurrection of the Lord again. “He is risen. He is truly risen.”
Dear Sisters and Brothers in Christ:

As the priest prepares to bless the fire at the Easter Vigil, he prays that we might be “inflamed with heavenly desires.” For one hundred and fifty years, the faithful of the Diocese of Ogdensburg have been inflamed with the heavenly desire to follow Jesus. We remember with much gratitude those who came before us, sowing the seeds of faith and building up the Body of Christ. Over the last century and a half, beautiful parish churches and schools have been erected through the sacrifice and generosity of so many. Parish families have celebrated the Sacraments throughout the broad expanse of our North Country. Since our founding in 1872, thousands of women and men, inflamed with heavenly desires, have come into the Church and celebrated the Easter sacraments. We welcome and congratulate those who are entering the Church this Easter. We are so blessed! Every generation encounters unique challenges in their faith journeys. Ours is no exception. While the demographics of the North Country have changed significantly, the Church continues to proclaim the joy of the Gospel. We accept our crosses with hope inflamed with heavenly desires because we are an Easter people. Jesus is risen and that has made all the difference in the world.

I hope that this Lenten Season has provided you with the opportunity to think of things of heaven. Sadly, for many today the focus is on worldly desire. Inevitably, such a focus is on worldly desire. Inevitably, such a focus feeds hatred, greed, and disrespect for our neighbor. Crime, violence, war, and terror haunt humankind. This Easter we want to renew our commitment to the Risen Christ. We are eager to embrace the mission He gave the Church as we begin another chapter in the story of the Church of Ogdensburg. Easter blessings to you and your loved ones!

Faithfully yours in Christ,

Most Reverend Terry R. LaValley
Bishop of Ogdensburg

‘Inflamed with heavenly desires’

...grant that by these paschal celebrations, we may be so inflamed with heavenly desires...

After-abortion healing retreat returns after hiatus

SARANAC LAKE – After a two-year hiatus due to covid restrictions, Rachel’s Vineyard After-Abortion Healing retreat will be offered in our diocese this fall.

This year, the retreat will be held Sept. 2-4. Usually, the retreat is held at the Guggenheim Lodge. This time, it will be at the Guggenheim Center, the dorm side, which will allow for more participants and a bonfire. With this new retreat location, each participant will have his or her own room for privacy and social distancing.

The team is eager to welcome women and men to the beautiful location. The same team will be serving: Father Mark Reilly, chaplain; Dale Barr, facilitator; Vickie Agresta, clinician/counselor; Colleen Miner, coordinator; John Miner, team member; and Michele Tucker, cook.

The three-day retreat begins Friday evening and concludes Sunday with closing Mass. The cost of $150 includes lodging, meals and all retreat materials.

The retreat offers the opportunity for daily Mass and the sacrament of reconciliation. While it is a Catholic retreat, all faiths are welcome.

If you or someone you know is suffering after an abortion loss, don’t suffer alone. Hope and healing is available. For more information www.rachelsvineyard.org or to register please visit the Diocese of Ogdensburg Respect Life at rcdony.org/pro-life or contact Colleen Miner with questions, cminer@rcdony.org

TRINITY CATHOLIC SCHOOL
Massena, New York

Is seeking applicants for the position of PRINCIPAL
For the School Year 2022-23

Applicants should:
- Possess a Master’s Degree in Education and/or Education Administration/Supervision;
- Be a practicing Catholic;
- Have successful experience(s) in a Catholic school;
- Give evidence of administrative leadership skills in Catholic identity, instructional evaluation, management, promotion and maintenance of an effective learning environment and school advancement.

Applicants should send a cover letter expressing their suitability for the position, resume, a completed application (available at www.rcdony.org under Offices and then selecting Education), transcripts and two letters of recommendation attesting to the candidate’s proven administrative ability and one letter of recommendation attesting to the person’s adherence to the Catholic Church, no later than May 6, 2022 to:

Sister Ellen Rose Coughlin, SSJ,
Superintendent of Schools
100 Elizabeth Street
Box 369
Ogdensburg, NY 13669
Bishop LaValley celebrates Chrism Mass

Editor’s note: On April 7, Bishop Terry R. LaValley celebrated the Chrism Mass at St. Mary’s Cathedral, blessing the oils of the sick and of the catechumens and consecrating the Chrism. At that Mass, priests of the diocese gather with the bishop and renew their priestly vows. The following is Bishop LaValley’s homily from that Mass.

We live and move and have our being in a sacramental reality. That means we inhabit both a visible and an invisible world. What happens on the visible plane has implications in the vast invisible realm. In too many ways today, we have largely forgotten the invisible world – sacraments have become archaic theological concepts irrelevant to many folks.

But our bodies are sacramental. That’s why anointings and today’s Chrism Mass are so important. After all, ours is a sacramental Church. That’s why the priesthood is so important as a bridge between the worldly and the divine. A great task of our time is to gain a genuine conversion of mind and vision about the gift of sacrament.

Sacraments have become, increasingly, obsolete. A quick review of our diocesan annual spiritual reports shows a significant decline in the number of people receiving the sacraments of the Church – Baptisms, Holy Communions, Confirmations, Marriages, Sacrament of the Sick are all down. Experience tells us Confessions, as well. We must regain our appreciation of sacraments as real encounters with the risen Christ.

That’s why we’ve begun the Eucharistic initiative of reviving an appreciation and love for the Eucharist. We continue to address our second Diocesan Priority of Strengthening Faith Formation in Family Life, particularly catechesis in sacramental preparation. We always remember that Jesus Christ is the Primal Sacrament – the very meeting place, if you will, of the visible and the invisible through the Incarnation. So, our encounter, our relationship with Christ is foundational for all the sacraments.

With that in mind, there are so many I want to thank who are supporting our efforts to build up our Sacramental Church: parish staffs, faith formation coordinators, our catechists, deacons, our Catholic school principals, teachers and their staffs, parents and our students who have endured two extremely challenging years. I want to give a shout out to the students joining us today from St. Mary’s in Ticonderoga, St. James in Gouverneur and Trinity in Massena. I know our parish catechetical programs are challenged to fill their classrooms after this pandemic. Thank you who work so hard and are so faithful. Perseverance is a virtue and will not go unrewarded.

Msgr. James Shea has written that as we live out our baptismal mission, we “experience daily the adventure that arises from our encounter with Christ, from our intimate prayer. View the people and events around you moment by moment in the light of that encounter. Be caught up in the perilous and joy-filled work of learning to be transformed into divine beings headed for eternal rapture in the exhilarating embrace of God.” What a beautiful image!

Who among us does not desire such a life? Young students, consecrated religious, retired priests, elderly bishops. We are up to the adventure, and boy, hasn’t it been some adventure! When I enlisted into the U.S. Navy a few years ago, the promo that could be seen everywhere was: “It’s not just a job, it’s an adventure.” Well, if our young and not so young folk are looking for an adventure, an exhilarating adventure, look to your Church.

The Holy Spirit is at work in every age, ours included. When we encounter Jesus, we know we’re headed for eternal rapture. We must seize the adventure of encountering Jesus and put on His mind and heart. There we’ll respond to the call to be holy. This is our time! God’s grace will supply us with new saints. The sacraments are the fuel.

St. John Paul II, in Novo Millennio Ineunte at the turn of the millennium wrote: “Let us go forward in hope! A new millennium is opening before the Church like a vast ocean upon which we shall venture, relying on the help of Christ. The Son of God, who became incarnate two thousand years ago out of love for humanity, is at work even today: we need discerning eyes to see this and, above all, a generous heart to become the instruments of his work,” the saintly Pope wrote.

Allow me, for just a moment, to share with you my experience, as a bishop, now for twelve years, of generous hearts in our very midst who are such faithful instruments of God’s work: our priests. Soon, as they do at every Chrism Mass, they will renew their priestly promises. Before I became bishop, even before I was chancellor, I knew our priests enjoyed a wonderful reputation, well beyond our diocesan borders, for their fraternity and mutual support. But I really didn’t have any idea of what that looked like from one end of the diocese to the other. I had responsibilities in my own parish and there was enough there to keep me occupied, plenty to keep me busy.

Once my responsibilities shifted, however, my eyes were opened. I’m referring here to priests today who are serving so tirelessly several churches at one time, some with other responsibilities I’ve had to ask them to undertake at the same time! I’m referring also to our senior priests who, with such generous hearts, continue to be instruments of God’s work, even well after retirement age. Even in some instances, as soon as a need arises, they make themselves available for active ministry.

I’m referring also to our priests who, because of health concerns, needed to complete their pastoral assignments. We depend on their ministry of priestly prayer and witness. It is vital to the spiritual health of our local Church.

My sisters and brothers, every one of these men is a faithful steward of the mysteries of God, moved only by zeal for souls. My brother priests, you continue to inspire when the going has been rough. One among us today, 60 years ago on this very day, in this very place was ordained priest: Congrats to Father John Kennehan. I am so very grateful, so proud of every one of our priests. They know well, theirs isn’t just a job but a divine adventure, like no other. Your bishop, your people thank you.

Again, my sisters and brothers, “Experience every day the adventure that arises from your encounter with Christ. Be caught up in the perilous and joy-filled work of being transformed into divine beings headed for eternal rapture in the exhilarating embrace of God!” AMEN!
Youth gather ‘In HIS House’ for annual rally

By Darcy Fargo
Editor

LAKE PLACID – Around 60 youth from around the diocese gathered “In HIS House” at the annual diocesan Youth Rally held April 2 at High Peaks Resort.

Themed “In HIS House: All Are Welcome,” the Youth Rally featured keynote speaker Michael Mette, a Catholic musician and speaker who travels with his Catholic family band, MJM7.

In addition to hearing from Mette and MJM7, the youth – primarily grades seven through 12 – played together, visited vendor booths featuring information about diocesan departments, groups and activities, and participated in mini breakout sessions where they heard from speakers and participated in additional worship opportunities. The event concluded with Mass at St. Agnes Church.

This was the first Youth Rally held since the start of the pandemic two years ago.

“It was so wonderful to see young smiling faces after the last few years of living in a pandemic,” said diocesan Youth Ministry Director Thomas Sepermaro. “The Youth Rally Day went exceptionally well. The staff and management at the High Peaks resort were fabulous! They commented more than once on the positive attitude and behavior our Catholic youth exhibited during the day. That was a proud youth minister moment for me.”

Alida Carlson, 14, of Lake Placid, said she agreed to attend the rally at the urging of her parents and wasn’t sure she’d enjoy the experience.

“My parents said it was going to be fun, but I wasn’t sure,” she said. “It actually was fun! It was nice seeing new faces and just talking to new people.”

Carlson said she has attended teen camp at Guggenheim as well as another summer camp, and she enjoys opportunities to connect with others.

“It’s nice to be around people who have the same beliefs or experiences you have,” she said. “And it’s nice to find people to connect with.”

Talk to children about boundaries

By Darcy Fargo
Editor

OGDENSBURG – As the Diocese of Ogdensburg marks Child Abuse Prevention Month, the diocesan Safe Environment director advises parents, caregivers and adults who work with children to keep lines of communication open.

“Teach children at an early age how to set boundaries for themselves,” said John Morrison, Safe Environment Office director. “Let them know those boundaries can change over time. It’s important, as parents or caregivers, that we talk with our children and make sure they know how to say ‘no’ and know they can tell someone if someone makes them feel uncomfortable.”

To set healthy boundaries, it’s helpful for children to know how to talk about their bodies and personal space.

“Teach appropriate names for body parts,” Morrison said. “Using nicknames or slang names for body parts can be used by a predator to their advantage. Children should know about their private parts, how to identify them and that they’re private for a reason. Using correct names also makes it less of a taboo subject, and it makes children aware it’s ok to talk about these things.”

Morrison suggests giving concrete examples of how boundaries can change based on age or situation.

“For example, a child may know about unsafe touching or inappropriate touching, but that child should also know that when they visit the doctor, he or she might have to examine and touch parts that are normally private parts with a parent or caregiver present,” he said. “That would be unsafe in other settings, but it’s safe in that setting.

It’s important for kids to know that and be able to put situations in context.”

While it’s important to discuss who are trusted adults as it relates to who could be supervising youth, picking them up or available for emergencies, it’s also important for children to know who they can and should discuss it if anyone makes them feel uncomfortable.

“Saying all family members are safe isn’t necessarily correct advice,” he said. “A large percentage of abuse – the majority of abuse – comes from people the child knows, not strangers.”

Morrison also noted that as children age, it’s critical to include technology in discussions of boundaries and privacy.

“As children get older, they naturally have more freedom and less supervision,” he said. “It’s important for them to understand boundaries are still in effect. You may need to look at technology boundaries in some cases, since that’s where they’re meeting and seeing people. They need to know that someone you meet on the internet and have never met in person is still considered a stranger and not a friend.

If you haven’t met them in person, you don’t really know who that person is.”

Probably most important, Morrison noted, is that children and youth know they can talk to adults if something is out of the ordinary and makes them uncomfortable or scared.

“They need to know there’s always an out,” he said. “Situation that arise can be embarrassing, but the alternative could be so much worse. They need to know they can talk to the adults they trust, and those adults will listen to them, support them, love them and remain calm about the situation.”

Morrison also suggested that parents monitor technology use, as well as other activities of youth and children.

“Know who your children are communicating with and keep communications open so they feel comfortable talking to you,” he said.

Morrison also noted that boundary violations – actions that make a person feel uncomfortable but may not rise to the level of abuse – should be discussed and reported.

“In some cases, a person may not know they’re behaving inappropriately,” he said. “Some people just have less awareness of things like personal space. But boundary violations can also be a way of grooming someone. If you see someone violating boundaries, they need to be made aware, and it needs to be reported.”

For more information on diocesan efforts to prevent child abuse, visit rcdony.org/safe-environment or contact Morrison at 315-393-2920.
Environmental Stewardship

How can we help?

Our hearts are broken as we witness the media the destruction of the people and the land in Ukraine. At the same time our hearts are warmed by the outpouring of love from people in our own area and around the world. First of all, prayer is shared by people of many different faiths. We join in prayer with the whole Church and continue to pray for peace in Ukraine. Secondly, we witness this love being poured out by incredibly creative and generous ways people are finding to raise money and to send clothes, food, and medical supplies.

We may ask ourselves "Are there any other ways I can help?"

Perhaps taking another look at the Lenten practice of almsgiving could give us an answer. It is defined in the Catechism of the Catholic Church (No. 2462) as “witness to fraternal charity” and “a work of justice pleasing to God.” As we consider the destruction of the land and buildings through war, floods, tornadoes, fires . . . , we realize that it will require an enormous amount of natural resources to rebuild and restore.

We know that the earth’s resources are not unlimited and they are meant to be shared with everyone. My almsgiving could include the ways that I choose each day to conserve and protect these natural resources that will have lasting effects on all of our “neighbors” near and far. For example, the extra cost of recycled products, green household products, fair trade products, etc., could be viewed as a way of giving alms — “a work of justice pleasing to God.” What other environmentally friendly choices can you think of that could help others? Practice one during Holy Week.

Rest in Peace

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

April 13: Rev. Callistus Scheid, O.F.M.Conv., 1854; Rev. Emil Kranewitz, O.F.M.Conv., 1974; Deacon Richard Warner Sr., 2018


April 15: Msgr. Peter O. LaRose, 1918; Rev. Alfred J. Chevalier, 1996

April 16: Deacon Vernon J. Chamberlain, 1993


April 19: Rev. William S. Kelly, 1908; Rev. Edward C. Laramee, 1932; Rev. William P. Fraser, 1961

Protecting God’s Children

The Diocese of Ogdensburg has scheduled sessions for Protecting God’s Children for Adults. Pre-registration online is required. Participants may pre-register at www.virtus.org. For more information or to arrange for training, contact Jeanie Grizzuto at 315-393-2920 or jgrizzuto@rcdony.org.

OBITUARIES

Brushton — Odena J. (White) Jenkins, 72; Mass of Christian Burial April 8, 2022 at St. Mary’s Church.

Fort Covington — Glenn E. Black, 83; Mass of Christian Burial April 8, 2022 at St. Mary’s of the Fort Church; burial in New St. Mary’s Cemetery.

Gouverneur — Carl J. Deneca, 87; Services to be held in the spring.


Hogansburg — Raymond “Kia” Sunday, 66; Mass of Christian Burial April 1, 2022 at St. Regis Church.

Lowville — Paul E. Gyore, 77; Mass of Christian Burial April 23, 2022 at St. Peter’s Church.

Lowville — Carl Carlton Feimann, 45; Funeral Services April 8, 2022 at Fiery Funeral Home; burial in Constable Cemetery.


Malone — Barbara June Boissey Lawrence, 88; Mass of Christian Burial April 7, 2022 at Notre Dame Church; burial in Notre Dame Cemetery.


Massena — Frances J. (Patterson) Thompson, 82; Mass of Christian Burial April 1, 2022 at St. Mary’s Church; burial in St. Lawrence Cemetery.

Massena — Maria (Barnes) Thompson, 77; Funeral Services April 9, 2022 at the Donaldson Funeral Home; burial in St. Joseph’s Cemetery.

Ogdensburg — Daniel E. Geddes, 79; Mass of Christian Burial April 9, 2022 at St. Mary’s Cathedral; burial in St. Mary’s Cemetery.

Ogdensburg — Cheryl Darlene (Bice) Madlin, 73; Mass of Christian Burial April 8, 2022 at Notre Dame Church; burial in Foxwood Mausoleum.

Port Leyden — Germaine T. Mackey Clute, 79; Memorial Services to be held at Calvary Cemetery.

Potsdam — Brian John Jacot, 67; Mass of Christian Burial April 9, 2022 at St. Mary’s Church.

Watertown — Paul D. Collins, 69; Mass of Christian Burial April 8, 2022 at St. Patrick’s Church; burial in Glenwood Cemetery.

Watertown — Rose Marra DeFranco, 91; Mass of Christian Burial April 6, 2022 at St. Anthony’s Church; burial in Glenwood Cemetery.

Watertown — Janet M. (Howland) Netto, 80; Mass of Christian Burial April 9, 2022 at St. Patrick’s Church; burial in Glenwood Cemetery.

Watertown — Michael L. Tarzia, 78; Mass of Christian Burial April 8, 2022 at Holy Family Church.

Watertown — Patricia Ann (Puffer) Tryon, 74; Mass of Christian Burial April 6, 2022 at St. Patrick’s Church; burial in Point Vivian Cemetery, Alexandria.

West Leyden — Mary Patricia (Colgan) Migliori, 76; Mass of Christian Burial April 22, 2022 at St. Mary’s Nativity Church; burial in Ira Wright Settlement Cemetery, Rome.

Bishop’s Public Schedule

April 14 — 9 a.m. — Morning Prayer at St. Mary’s Cathedral

7 p.m. — Mass of the Lord’s Supper at St. Mary’s Cathedral

April 15 — 9 a.m. — Morning Prayer at St. Mary’s Cathedral

3 p.m. — Liturgy of the Passion of the Lord at St. Mary’s Cathedral followed by Confessions

April 16 — 9 a.m. — Morning Prayer at St. Mary’s Cathedral

8 p.m. — Easter Vigil at St. Mary’s Cathedral

April 17 — 8 a.m. — Easter Sunday Mass at St. Mary’s Cathedral

April 19 — Noon — Mass at St. Mary’s Cathedral

April 20 — Noon — Mass at St. Mary’s Cathedral

Follow Pope Francis on Twitter!

www.twitter.com/Pontifex

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A sign at St. Hedwig’s Church in Houseville seeks prayers for Ukraine.
CHRISM MASS CELEBRATED

Priests of the diocese gathered with Bishop Terry R. LaValley at St. Mary’s Cathedral on April 7 to renew their priestly vows and for the blessing and consecration of oils to be used in the celebration of sacraments.

Photos by Jesse Sovie
Dear Friends in Christ:

This April, the Diocese of Ogdensburg is once again observing Child Abuse Prevention Month. Since its inception in 1983, the month of April has been designated as a time to raise awareness about child abuse prevention. Our efforts promote three goals: (1) to raise the public’s awareness of the number of children who experience child abuse or neglect, (2) to focus efforts and provide resources geared towards protecting minors and strengthening families, and (3) to foster healing and reconciliation among victim/survivors and their families.

For those who have suffered abuse, the Diocese can provide immediate and ongoing pastoral care to assist with the healing process. Dr. Terrianne Yanulavich serves as the Victim Assistance Coordinator for the Diocese, a role she has maintained for twenty years. In addition to providing pastoral care, Dr. Yanulavich can assist with abuse reporting requirements. Her contact information is on the opposite page. For additional information on reporting sexual misconduct, please visit our webpage at www.rcdony.org. We acknowledge the great harm some church officials have inflicted upon our children, and we renew the pledges we made in the 2002 Charter for the Protection of Children and Young People.

Mr. John Morrison serves as the Diocesan Director of the Safe Environment Office. Mr. Morrison works closely with our parishes, Catholic Schools, and other entities to develop and maintain safe environment programs in all ministries that serve minors and vulnerable adults. A cornerstone of this program is the parish and school auditing which Mr. Morrison performs. The effectiveness of this practice was evident this past year when the diocese was found to be compliant with all articles and norms of the Charter for the Protection of Children and Young People during a three-day onsite audit performed by StoneBridge Business Partners.

I must also acknowledge the key role undertaken by our clergy, employees, and volunteers to help to establish, maintain, and foster safe environments for our children across the Diocese. By working together, we are creating a culture of safety and trust that enhances our abuse prevention measures.

Children and young people are never at fault in situations involving abuse. Indeed, God wants all children to be safe from all harm, including abuse. Jesus said, “It is not the will of my Father who is in heaven that one of these little ones should perish.” (Mark 18:14).

With a Shepherd’s care and concern,

Most Reverend Terry R. LaValley
Bishop of Ogdensburg

A PRAYER FOR HEALING

Holy Spirit, comforter of hearts, heal your people’s wounds and transform brokenness into wholeness. Grant us the courage and wisdom, humility and grace, to act with justice. Breathe wisdom into our prayers and labors. Grant that all harmed by abuse may find peace in justice. We ask this through Christ, our Lord. Amen.
The Diocese of Ogdensburg hereby
renews the pledges we made in the
2002 Charter for the Protection of
Children and Young People

* We pledge most solemnly to one another and to you, God’s people, that
we will work to our utmost for the protection of children and youth.
* We pledge that we will devote to this goal the resources and personnel
necessary to accomplish it.
* We pledge that we will do our best to ordain to the diaconate and
priesthood and put into positions of trust only those who share this
commitment to protecting children and youth.
* We pledge that we will work toward healing and reconciliation for those
sexually abused by clerics.

“How suffer little children to come
unto me, and
forbid them not:
for of such is the
kingdom of
God.”
-Luke 18:16

DIOCESAN STATISTICS
7/1/20 to 6/30/2021

• 2,200 Students received Safe Environment Training in Faith Formation
  programs
• 1,138 Students received Safe Environment Training in Catholic School
• 527 Background checks completed on clergy, employees, and volunteers
• 502 Clergy, employees and volunteers completed monthly safe
  environment training bulletins online through VIRTUS bulletins
• 387 Employees and volunteers completed initial and/or refresher safe
  environment training courses online through VIRTUS
• 0 New allegations of sexual misconduct against clergy

Human Trafficking
The recruitment, transportation,
harboring or receipt of persons by
means of force, fraud, or
coercion... for the purpose of exploitation.
For more information, visit:
http://www.usccb.org/about/anti-
trafficking-program/human-
trafficking.cfm

NATIONAL TRAFFICKING
RESOURCE HOTLINE:
1-888-373-7888

REPORT ABUSE OF VULNERABLE
ADULTS
Local: 518-402-6513
NYS Only
(Adult Protection Services):
844-697-3505

To report sexual abuse and related misconduct by
Diocesan Bishop, contact:
CATHOLIC BISHOP ABUSE REPORTING SERVICE
(800) 276-1562
www. ReportBishopAbuse.org

IF YOU SUSPECT A CHILD HAS
BEEN HARMED OR IS AT RISK:
EMERGENCY
DIAL 911

Mandated Reporters:
1-800-635-1522

Non-Mandated Reporters
(can remain anonymous)
1-800-342-3720

To report sexual abuse and related
misconduct by Diocesan clergy, religious,
employees or volunteers, contact:
• Victim Assistance Coordinator
  Terriann Yanulavich, Ph.D., LMHC.
  518-651-2267 (Days); 518-569-0612 (evenings)
terrianneyanulavich@yahoo.com
• Episcopal Vicar for Clergy
  Rev. Christopher Carrara
  315-393-2920 Ext. 1340
carrara@rcdony.org

This centerspread is provided by:
Diocese of Ogdensburg Safe Environment Office: 315-393-2920
www.rcdony.org/safe-environment.html
Youth in grades seven through 12 opened the diocesan Youth Rally with ice-breaker games.

Youth opened the diocesan Youth Rally with ice-breaker games. (Right) Youth Rally participants sing for Sister Mary Eamon Lyng, SSI, Vocations coordinator for the diocese, during a Youth Rally scavenger hunt.

Diocesan Youth Ministry Director Thomas Semeraro welcomes youth from around the diocese to the Youth Rally.

(Left) Diocesan youth had opportunities to socialize during the Youth Rally. (Right) Rachel Rozon of St. Bernard’s Parish in Saranac Lake stacks cups as part of a scavenger hunt during the 2022 Youth Rally.

Father Lawrence C. Anderson, OFM, discussed vocations with teens at the diocesan Youth Rally.
Neighboring states pursue differing abortion laws

A day after Colorado’s Democratic Gov. Jared Polis signed into law one of the nation’s most permissive abortion measures, a state away the Republican-led Oklahoma House passed a near-total ban on abortion April 5.

The new Colorado law permits abortion up to the moment of birth. Oklahoma’s Life at Conception Act allows exceptions in cases where the pregnant woman’s life is endangered.

According to the Kaiser Family Foundation, Colorado already was one most permissive states when it comes to a woman’s access to abortion. It joins 15 other states and the District of Columbia that have codified abortion into law in anticipation of the Supreme Court’s decision in a Mississippi case.

In June or early July, the court will issue a ruling in Dobbs v. Jackson Women’s Health Organization, which involves Mississippi’s law banning most abortions after 15 weeks. It is expected the court will uphold the law and in doing so overturn Roe, returning the abortion issue to the states.

The results of a new Wall Street Journal national poll released April 1 found strong public support for laws protecting the unborn after 15 weeks’ gestation. Forty-eight percent of 1,500 registered voters surveyed in March said they would favor a law that would “ban abortions after 15 weeks,” with an exception for the health of the mother; 43% said they opposed such a law.

The Oklahoma measure passed the state Senate last year and now it goes to Republican Gov. Kevin Stitt, who has vowed to sign pro-life measures into law. It would make performing an abortion a felony, punishable by up to 10 years in prison or fines of up to $100,000.

In anticipation of the Dobbs ruling, several other states have put abortion restrictions in place, including Florida, Georgia and Kentucky.

Colorado’s Reproductive Health Equity Act also known as H.B. 22-1279 permits on-demand abortion for the full 40 weeks of a pregnancy; allows abortion based on discrimination of sex, race or children with disabilities such as Down syndrome; removes the requirement that parents of minors be notified if their minor receives an abortion; enshrines in law that “a fertilized egg, embryo, or fetus does not have independent or derivative rights” under state laws; and prohibits any regulation of abortion based on concerns regarding the health of the woman or baby.

On April 4, the day Polis signed it, Denver Archbishop Samuel J. Aquila tweeted: “#Jesus forgive us! Tragic day for #Colorado with signing of HB22-1279 unrestricted #abortion up to birth with zero rights for the unborn. A triumph for the culture of death & further erosion of the dignity of human life. We will continue to #pray for the conversion of hearts.”

The archbishop and Colorado’s other Catholic bishops were among hundreds offering testimony for hours in opposition to the bill in hearings as it made its way through the Colorado Legislature.

A key person leading the opposition was Brit tany Vessely, executive director of the Colorado Catholic Conference, the public policy arm of the state’s bishops.

“Coloradans do not want this law,” Vessely said at one committee hearing.

“The Catholic Church objects to abortion on the prin ciple that every human life has inherent dignity, and thus must be treated with the respect due to a human person. This is the foundation of the church’s social doctrine, and its preeminent issue,” Vessely said. “This bill goes too far and casts aside the voices of millions of Coloradans — especially preborn children.”

As he signed the bill, Polis said that it “simply maintains the status quo” on abortion access and “preserves all existing constitutional rights and obligations” no matter what happens “at the federal level.”

In reaction to his remarks, Vessely told Crux: “This new law goes beyond the status quo by stripping away all human rights from preborn children, perpetuating a culture of death and eroding the dignity of human life.”

Under Oklahoma’s law, anyone who performs an abortion would face up to 10 years in prison and up to $100,000 in fines. “The penalties are for the doctor, not for the woman,” said Rep. Jim Olsen, author of the House version.
EDUCATIONAL FORUM

Paul Smiths — Mercy Care for the Adirondacks will its annual Educational Forum co-hosted by Paul Smith’s College on the urgent topic of Unpaid Caregivers—Honoring, Caring For, and Supporting them.

**Date:** May 18  
**Time:** 9:30 a.m. to 3 p.m.  
**Cost:** $25 registration fee includes networking lunch.

**Features:** Two expert keynote speakers will present. They are Alexandra Drane, CEO and Co-founder of Archangels and Beth Finkel, Director of AARP New York.

**Contact:** To register for the forum please visit Mercy Care’s website at www.adkmemory.org. For more information, please contact Lexi Bevilacqua, Mercy Care’s Education and Volunteer Training Manager at abevilacqua@adkmemory.org or at 518-523-5446.

STATIONS OF THE CROSS

Plattsburgh — Stations of the Cross to be held for the victims of abortion.

**Date:** April 15  
**Time:** 10 a.m.  
**Place:** In front of Planned Parenthood  
**Features:** Please dress accordingly. Volunteers needed to hold stations, somber and prayerful meditation.

**Contact:** Nancy at 518-593-6024

DIVINE MERCY SUNDAY

Plattsburgh — Holy Cross Parish to celebrate Divine Mercy Sunday.

**Date:** April 24  
**Place:** St. Peter’s Church  
**Schedule:** Adoration begins at 12:15 p.m. Singing of the chaplet at 12:45 p.m. followed by Benediction. 1:15 p.m. in the Emmaus Room the movie “The Face of Mercy” to be shown.

DIVINE MERCY NOVENA

DIVINE MERCY SUNDAY

Malone — Divine Mercy Sunday events to be held at St. André’s Parish.

**Date:** April 24  
**Place:** Notre Dame Church  
**Schedule:** Following the Mass from noon until 3 p.m. the blessed Sacrament will be exposed for individual adoration. Confessions will be heard beginning at 1 p.m. and continue up until 2:50 p.m. At 3 p.m. Devotions for Divine Mercy Sunday will begin. The Chaplet of the Divine Mercy will be prayed and there will be Benediction of the Blessed Sacrament. All are welcome to join in any or all of the above times of prayer and praise as your schedule permits.

**Contact:** For additional information please call the St. André’s Parish Office, 518-483-1300.

JEFFERSON-LEWIS

ICH MYSTERY PLAYERS

Watertown — The IHC Mystery players to present “The Way of the Cross.”

**Date:** Good Friday, April 15  
**Time:** 7:30 p.m.  
**Place:** St. Patrick’s Church  
**Features:** This prayer is open to the public and will be live streamed on St. Pat’s webpage. The prayer will be for the people of Ukraine and many of the readings will reflect this. A free will offering for Ukraine will be held.

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

DIVINE MERCY SUNDAY

Watertown — Divine Mercy Sunday celebration to begin on Good Friday.

**Date:** April 24  
**Time:** 3 p.m.  
**Place:** St. Peter’s Church, PLEASE NOTE NEW LOCATION THIS YEAR  
**Features:** The Chaplet of the Divine Mercy will be prayed and there will be Benediction of the Blessed Sacrament. All are welcome to join in any or all of the above times of prayer and praise as your schedule permits.

**Contact:** For additional information please call the St. André’s Parish Office, 518-483-1300.

DIVINE MERCY NOVENA

Watertown — Divine Mercy Novena to begin for 9 days.

**Date:** April 15 (Good Friday)  
**Time:** 3 p.m.  
**Place:** St. Patrick’s Church, PLEASE NOTE NEW LOCATION THIS YEAR  
**Features:** The Divine Mercy Novena will begin with a brief background of the Divine Mercy and by praying the Chaplet in the Church to begin the first day of the 9-day Novena. Therefore, the Novena must be prayed every day for the following 8 days until Divine Mercy Sunday.

**Contact:** Call Judy Boulton at 315-783-7349 or Kim Tyler at 315-486-4542, or by visiting www.thedivinemercy.org

DIVINE MERCY SUNDAY

Watertown — St. Patrick’s Church will hold a Divine Mercy Sunday Celebration.

**Date:** April 24  
**Time:** 3 p.m.  
**Place:** St. Patrick’s Church, PLEASE NOTE NEW LOCATION THIS YEAR  
**Features:** For all Catholics, active and fallen-away. The Divine Mercy Devotion consists of making a Novena by praying the Chaplet of Divine Mercy beginning on Good Friday, making a good confession & celebrating the Feast of Mercy in church.

**Contact:** Call Judy Boulton at 315-783-7349 or Kim Tyler at 315-486-4542, or by visiting www.thedivinemercy.org

DIVINE MERCY SUNDAY

Houseville — All are welcome to the Divine Mercy Sunday celebration to be held.

**Date:** April 24  
**Place:** St. Hedwig’s Church  
**Schedule:** Reconciliation will be available from 2 p.m. to 3 in the church and a Divine Mercy movie will also be shown in the church hall at the same time. At 3 p.m. the program will feature: Exposition of the Most Blessed Sacrament, the blessing of the image, holy cards and petitions, the Divine Mercy Chaplet and Benediction. Msgr. Dennis J. Duprey will be the celebrant.

**Contact:** For more information contact 315-348-6260.

THE SAINTS: GOD’S GRACE AT WORK, SPACE AND TIME

Watertown — Event for Commissioned Lay Ministers Association of the Jefferson-Lewis Deaneries to be held.

**Date:** April 28  
**Time:** 5:30 p.m.  
**Place:** St. Anthony’s Church  
**Cost:** $15  
**Features:** The evening will begin with Mass celebrated by Father Frank Natale, MSC, Pastor of Our Lady of the Sacred Heart Church. Mass will be followed by dinner and the evening will conclude with the presentation “The Saints: God’s Grace at Work, Space and Time” with Sister Ellen Rose Coughlin, SSJ.

RETURN OF THE GALA

Watertown — IHC to have Gala.

**Date:** April 30  
**Time:** 6 p.m. to 10  
**Place:** Faichney Drive Conference Center (Former Bruce Wright Center)  
**Cost:** $50 per person  
**Features:** Silent Auction, Cash Bar, Horse/oeuvres Station, Raffles, and featuring “Hot Kogan Band.”

HOLY HOUR AND DIVINE MERCY

Houseville — A Holy Hour of Adoration with the Divine Mercy Chaplet will be observed the first Sunday of the month.

**Date:** May 1  
**Time:** Following 11 a.m. Mass  
**Place:** St. Hedwig’s Church  
**Contact:** 315-348-6260

SPAGHETTI & MEATBALL DINNER

Evans Mills — The Indian River Knights of Columbus to have a Spaghetti & Meatball dinner.

**Date:** May 14

**Time:** 4 p.m. to 7  
**Place:** St. Mary’s Parish Center  
**Cost:** Adults, $5; Senior Citizens, $8; Children under 12, $5; under 5, Free; Sauce per quart, $5  
**Contact:** For more information call 315-629-4678

HEALING MASS

Clayton — St. Mary’s Church to host Annual Healing Mass.

**Date:** June 11  
**Time:** 11 a.m.  
**Features:** The Sacrament of the Sick will be offered, prayer teams will be available for individual prayers following the Mass, and light refreshments will follow.

**Contact:** For more information, contact St. Mary’s Parish office at 315-686-3398 or reception@stmarysclayton.org

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.
NEW YORK (ON) — The animation wizards at Disney and Pixar have often tackled big subjects, mixing sunshine with shadows, laughter with tears. In films from "Bambi" (1942) to 2009’s "Up" and 2013’s "Frozen" strong emotions are stirred, and death is no stranger.

"Turning Red," the latest feature from the Mouse House (streaming now on Disney+), breaks new ground, however, as best left to private conversations of family and friendship.

Director Domee Shi keeps the tone lighthearted and fills the movie with euphemisms and sassy Priya (voice of Maitreyi Ramakrishnan), and drama queen Abby (voice of Hyein Park).

Their obsessions are typical for girls of their age: boys and bands. Mei swoons over Devon (voice of Addie Chandler), the local convenience store clerk, doodling pictures of him in her journal. Collectively, the gang idolizes a super-cool boy band called "4-Town," dancing and twerking to their songs, which contain slightly risque lyrics.

Mei also is a dutiful daughter, helping her Chinese Canadian parents, Ming (voice of Sandra Oh) and Jin (voice of Orion Lee), manage the family’s Buddhist temple in Toronto.

But she comes to resent her mother’s overprotective manner and distaste for her fun-loving pals. When Ming exposes Mei’s crush on Devon, Mei erupts in embarrassment and anger — and unexpectedly morphs into a giant red panda.

Hearing shrieks and howls from the bathroom, Ming rushes to the door. "Did the red peony bloom?” she asks, offering a box full of absorbent pads.

Thereafter, "Turning Red" follows Mei’s efforts to come to terms with her inner “beast.” She discovers that all the women in her family have faced the same struggle, invoking their sacred ancestors’ guidance and protection.

Ultimately, Mei discovers, “We’ve all got a messy, loud, weird part of ourselves hidden away,” but declares, “My panda, my choice.” Such sloganeering, however brief, will raise a red flag for viewers committed to Gospel values, whatever their age.

The film contains mildly suggestive language and content, nonscriptural beliefs and practices as well as fleeting anti-life rhetoric. The Catholic News Service classification is A-III – adults. The Motion Picture Association rating is PG – parental guidance suggested. Some material may not be suitable for children.
Turning to our Savior’s resurrection

The first Easter came as a total shock to those who had loved and followed Jesus through his public ministry. They knew Him to be a totally good and holy man, with wonderful teachings about the goodness of their Father who had created them in love, a merciful and forgiving God, who wanted only their faith and obedience. They had seen Jesus as a mirror of the Father in His compassion for the sick and the deformed, and for those troubled in spirit and body. And now He was dead! How could their own religious leaders have conspired with the Romans to torture and kill Him? How could they?

If His followers had slept at all since His arrest, it must have been a troubled sleep, filled with nightmares and darkness. And now, early this Sunday morning, an hysterical Mary Magdalen pounded on their door, trying to convince them that she had seen Jesus alive! Peter and John ran to the tomb to see for themselves. Could it be true?

From that first Easter to this year’s celebration, the shock of these events even today shakes us into the truth of God’s incredible love for us in sending us His Son so that all might be cleansed from the divine displeasure. And so, we struggle to absorb it once more. Malicious evil had done its worst to the sacred body of God’s Son. Then, before dawn on Sunday, Christ had broken through the rock, shattered the power of sin, and, according to tradition, appeared first to His Mother, then to Mary Magdalen and the other women and the apostles.

In the Mass for Easter day, the first reading is taken from the very words of an early sermon of St. Peter. What a change from that Peter who denied He ever knew the man! He comes fresh from the fiery tongues of Pentecost, still in shock at the dream he had on the way to Cornelius’ house. So much had changed forever! No food would ever again be considered unclean. Peter is now free to preach to Gentiles the Good News of God’s forgiveness. Peter and the others are commanded to baptize any who will believe in the Christ. Thus, the word spreads through the whole countryside and beyond. Resurrection is the hope of every living person. No wonder they preached with such courage and enthusiasm!

They preached about a God who cared first for people who were poor and powerless, a God whose love governed all His relationships. Through the Holy Spirit, we could now live by the power of Resurrection, and share it with others.

The Scripture readings have other things on your mind when you wake up, isn’t it trash day! Add recycle if you have pick-up. Or “did I make lunch for the cherubs last night?”

I had Holy Thursday on my mind because I write a column for this diocesan newspaper each week, you don’t. The trash and recycle issue was second in my just-wake-up world.

Specifically, I was thinking about the Washing of Feet at the Thursday of the Lord’s Supper Mass during the Triduum this week.

The day used to be called Maundy Thursday. The word maundy comes from the Latin, “mandatum,” or “command,” which refers to the instructions Jesus gave his disciples at the Last Supper.

Jesus washed the feet of his disciples before the Passover feast. Peter objected, he was wont to do that, but Jesus said, “unless you wash you, you will have no inheritance with me.” Later in John’s account of the Last Supper, Jesus says “I have given you a model to follow, so that as I have done for you, you should also do.”

That sounds like a mandatum to me.

Washing of the feet has always been part of the Holy Thursday ritual in my experience. It is optional though. The Roman Missal gives a pastor or celebrant an out if he chooses not to include the ritual. “After the homily, where a pastoral reason suggests it, the Washing of Feet follows.” The disciples who will have a foot washed are selected by somebody, maybe the pastor or a liturgy committee or a pastoral associate or a deacon, based on some criteria. Maybe the choice is a representative from among various ministries in the parish, or representatives from each worship site in multi-church configurations. Perhaps a dozen of the confirmation candidates will be “the apostles” or members of the pastoral council and trustees.

The Roman Missal says the priest “pours water over each (disciple’s) feet and then dries them,” but I’ve never seen both feet washed in a local church. We usually direct the apostles to take one shoe and sock off, bare a foot not feet.

The number of disciples to be ceremonially washed doesn’t matter. Gender isn’t a factor anymore either. I say “any more” because Mother Church used to tell us only men could have their feet washed. In 2016 it was announced that the Roman Missal had been revised to permit women to have their feet washed. In 2022, the Priest’s Council of the Diocese of Buffalo permitted women to wash men.

Holy Thursday was on my mind when I first woke up this morning. You might have other things on your mind when you wake up, like “do I have to wake up?” or “$%, it’s trash day!” Add recycle if you have pick-up. Or “did I make lunch for the cherubs last night?”

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Will you be washing feet?
Conversations with youth about boundaries

Editors Note: April is “Abuse Prevention Month.” This month, we will present a series explaining how you can help prevent abuse from happening. This content is provided by Virtus. It is reprinted with permission.

Effective safety programs begin with education and understanding. This is true whether we’re learning about bicycle safety, car safety, fire safety or safe environments – the key to creating and maintaining personal safety is understanding what can happen and knowing how things really work.

We begin with boundaries. While it’s never too late to reset boundaries, learning about them and safety rules in relationships begins with young children and continues throughout life. The more we know about boundaries, the more we can protect ourselves and others – and particularly the youth in our lives. One conversation about boundaries with people we know isn’t enough – as the content will need to be addressed multiple times.

What are boundaries?

Boundaries can be viewed as imaginary lines that separate one person from another. They promote our sense of “self” and help us preserve personal integrity while creating a framework for our relationships. Boundaries can be physical, emotional, behavioral, verbal and spiritual. They’re formed during our early years as we model the behavior we witness from influential adults in our lives. Boundaries differ depending on the relationship; boundaries between married couples are different from those between friends, and boundaries between children and parents are different from those between students, and teachers or coaches.

Reflect on these questions to see the impact adults in your childhood had on your personal boundaries. Notice how what you heard or observed now impacts your relationships even now:

Growing up, what values, opinions and points of view were you expected to embrace as your own?

Do your views as an adult reflect the expectations that were there in your childhood?

Were you forced to accept uncomfortable behaviors by influential adults? (For example, hugging people you didn’t want to hug because you were expected to do so) Tools for Success:

The primary role of protecting children is the mission of adults; it’s our responsibility to create safe environments for them. Since we can’t be everywhere all the time, there are also items that we teach youth to be able to better protect themselves. Apply these “Tools for Success” when teaching the children in your care about appropriate boundaries in relationships.

Consistently set boundaries with rules, regulations and limits to facilitate the lifelong physical and emotional safety of children. Affirm children to enable them to accept themselves and to love and support others. Praise children’s behavior when they maintain a boundary, and correct them when boundaries are violated or broken. Time and place:

When communicating with children on this subject, select a time and location without distractions, keep the rules simple and give clear examples. It’s important to keep the conversation going over time even if the youth becomes bored with the discussion or seems to dismiss the subject when you bring it up.

Information to know:

The conversations should include reminders to respect their own bodies and to expect respect from others. These children are empowered to better protect themselves when possible, and may be more likely to speak up if there’s a boundary violation.

Children must understand they have the right to speak up if something doesn’t seem right to them – even if it concerns an adult. At the same time, it’s important for children to learn the difference between maintaining a healthy caution of the actions of others versus being afraid of everyone.

During this discussion, take time to listen to the child as they tell you about the people they trust. Tell them the word “NO” is a very powerful word and an effective way to set a boundary.

Remember, you’re equipping the child for the future and for the many different situations and people they’ll encounter.

One of the things that youth will need to know is the difference between “safe” and “unsafe” touches, which also means they need to know about their private body parts and the connections between them and staying safe. This is information that should be broached first by parents, and is something that may be fortified via safe environment training geared toward children (which is required in every diocesan Catholic school and diocesan parish ministry involving children). When you talk openly with them about their private body parts, they learn that it’s okay to ask questions about their bodies, and are more likely to challenge an inappropriate touch or speak up when someone leaves them feeling uncomfortable. Empowering children with tools to address the advances of boundary violators or potential predators is a key part of the plan to keep children safe from sexual abuse.

Although the discussions will change as children grow, the anatomically correct names for body parts do not alter. Children begin learning about body parts when they’re a few months old. Adding this vocabulary to the conversation should begin early, and particularly when children begin to speak. When children know these names names, they’re less vulnerable to a predator or person with bad intentions. Laura Palumbo, a sexual abuse prevention specialist with the National Sexual Violence Research Center, echoes the importance of teaching children the anatomically correct terms for private body parts in an age-appropriate manner. She says that “We need all adults to be partners in teaching healthy childhood sexual development, and square one is body parts. Educators and parents should communicate accurately, without stigma or shame.”

Some adults think of this discussion about private body parts as “taboo,” but nothing could be further from the truth. A child who’s not allowed to discuss his or her private body parts is more likely to remain silent about abuse or even a serious health condition. Open, frank discussions with parents and other responsible adults teach youth they can talk to trusted adults about anything – including something as horrific as sexual abuse.
TO THE CHRISM MASS WITH CLASS

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.

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.

Please join us in praying.

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

Reader: This grave marks the final resting spot of three seminarians who perished in the 2010 earthquake in Haiti. Lord Jesus, help us to recall, in prayer, the people who go before us marked with the sign of faith.

May we live our lives to be worthy of the cross placed on this tomb.

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

VIRTUAL TICKETS – Drawing May 1, 2022

Name: __________________ Date: ______
Address: __________________________
City: __________________ St. _____ Zip: _____
E-Mail Address: __________________________ needed

$__ 1-ticket $25.00  ____5 tickets $100.00

Please send this form in with your check! This ticket can be printed, filled out and sent in to:
Donald Recore K of C Raffle
438 State Rt 3 Ste 500
Plattsburgh, NY 12901

Your ticket stubs will be recorded and e-mailed back to you.

2022 TRACKER 800SX (value $16,000) with Radisson 14’ Canoe included! 4WD, 3 cyl EFI engine 3 passenger, tilt box, tows 2,000 lbs ROPS, LED lights & instrumentation. All Proceeds for K of C Charity in North Country!