

AUGUST 29, 2010

Scripture Reflection

Every culture has its proverbs--pithy sayings that give wisdom about how to live well. The readings from both Sirach and the Gospel pass on proverbial wisdom about the virtue of humility. This is earthy wisdom. The word humility comes from the Latin word humilis, which means literally "on the ground," deriving from humus, "earth." So when we are advised to "humble yourself," this is an invitation to be "grounded," to be attentive to our connectedness with Earth.

In Sirach's lesson on humility, he points out that one's posture before God requires humility because God is so far beyond our ability to understand. Those who are humble will "find favor with God." In the Gospel, Jesus gives concrete examples of how one can go about growing in humility. He is at a dinner hosted by a leading Pharisee. Jesus advises to seek the lower seat at a banquet table and to invite the poor to dinner because they are not able to return the favor. Both readings are teaching that we should act to please God, and we should give no thought to worldly honor. In the end, we will please both God and others when we act with humility.

It is easy to fall prey to false humility, pretending to take a lowly place in the hopes of receiving adulation and an invitation to come up higher. Or false humility can be manifest in persons whose self-esteem has never developed properly. True humility is grounded in earthy wisdom, a knowledge that all persons, no matter their circumstances, and all the created world share in an unbreakable interconnection of life given by God. We are equally loved and esteemed by the Holy One who desires the flourishing of all.

- **Those who are humble are treated well by others. Why is this?**

AT HOME WITH THE WORD 2010. (C) 2009 ARCHDIOCESE OF CHICAGO, LITURGY TRAINING PUBLICATIONS, 1800 NORTH HERMITAGE AVENUE, CHICAGO, ILLINOIS 60622-1101. REPRINTED WITH PERMISSION. AMERICA MAGAZINE Vol. 203 No 4, Whole No. 4902 August 16-23, 2010

Annual Catholic Appeal 2010

An update on this year's Appeal shows **352** gifts have been received thus far. The Diocese set our goal at \$60,712.00; we have received pledges of **\$75,780.00** to date. We are more than \$15,000.00 over our goal! We have reached 125%, our best effort yet, and our parish participation is up to 35%. We are now receiving monthly checks back from the Diocese as our members make their pledge payments. All monies will go towards the replacement of the steps in front of the Cathedral. If you have yet to participate in this year's Appeal, it is not too late. Place any envelope marked ACA in the regular Sunday collection. Thank you.

PLAN AHEAD - There will be **NO 5:00 PM Mass** on **Sunday, September 12th**. Bishop Joseph Adamec will be celebrating **Mass at 4:00 PM** on that day commemorating his fiftieth anniversary of priesthood ordination and his seventy-fifth birthday. All are invited to attend this special Mass. This Liturgy will fulfill the Sunday obligation.

PASTORAL COUNCIL MEETING

September 13, 7:00 PM, St. John Room.

CATHOLIC LIFE CONFERENCE 2010

September 18 - Mount Aloysius College

The theme for the conference this year is, *"Becoming Who GOD Calls You to Be - Living Out the Virtues of Our Catholic Faith"*. Bishop Joseph will be the main celebrant at the 8:00 AM opening Mass. The keynote speaker is Monsignor James Gaston from the Diocese of Greensburg. His keynotes will explore how we are living out our faith in our daily lives. Workshops on various topics will offer the opportunity to learn and grow in your faith. Two of the workshops this day will address **Parish Councils**. Members of the **Cathedral Parish Council** are asked to attend these presentations. Also, Msgr. Mazur will be giving workshops on the newly revised and translated *Roman Missal*. Please call the Parish Office to register; fees will be covered by the Parish. For more information or to obtain a registration booklet, call the Diocese of Altoona-Johnstown at 693-1401.

The Church of Altoona-Johnstown THE CATHEDRAL OF THE BLESSED SACRAMENT

ONE CATHEDRAL SQUARE, Altoona, Pennsylvania 16601-3315

Church Office: 814-944-4603

CHRISTIAN INITIATION OF ADULTS:

The process of formation for those seeking God through membership in the Catholic Christian community.

INFANT BAPTISM:

Arrange in advance for pre-baptismal instructions.

CONFIRMATION:

Ninth, tenth and eleventh grade students are invited to participate in the Confirmation Preparation Process.

RECONCILIATION:

Wednesday: 7:00 PM, Saturday: 12:30 PM.

Communal Penance Services: Advent and Lent.

ANOINTING OF THE SICK:

Communal celebration Easter Season.

MARRIAGE:

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

DEVOTIONS:

Novena of the Miraculous Medal - Monday 7:45 AM.

Rosary - Wednesday 6:00 PM.

Charismatic Prayer - Monday 7:00 PM.

Evening Prayer within Eucharistic Exposition - Advent and Christmas, Lent and Easter Seasons - Sunday 6:30 PM.

Eucharistic Day - Feast of the Body and Blood of Christ.

RELIGIOUS EDUCATION PROGRAM:

September through April: Pre-Kindergarten thru 12.
Sunday morning 11:15 AM - 12:30 PM

Pre-Kindergarten thru 8.

Sunday evening 6:15 PM - 8:30 PM

Grades 9 thru 12.

EUCCHARIST:

Sunday: 5:00 PM (Vigil)
8:00 AM
10:00 AM
12:00 Noon
5:00 PM

Holyday: 5:30 PM (Vigil)
8:00 AM
12:00 Noon
5:30 PM

Weekday: 6:45 AM
8:00 AM
12:00 Noon
Saturday: 8:00 AM
12:00 Noon

Most Reverend Joseph V. Adamec, Bishop

Reverend Monsignor Robert C. Mazur, Rector

Reverend John M. Gibbons, Parochial Vicar

Reverend Monsignor Roy F. Kline, Senior Priest

Deacon John E. Rys

Deacon James F. Leap, Senior Deacon

CHRISTIAN INITIATION TEAM - 944-4603

CATHOLICS RETURNING HOME - 944-4603

ALTOONA CENTRAL CATHOLIC SCHOOL

Web: www.altoonacentralcatholic.com

Elementary - 381-7011 Middle - 944-1250

BISHOPGUILFOYLE CATHOLIC HIGH SCHOOL

Web: www.bishopguilfoyle.org - 944-4014

DIRECTORS OF RELIGIOUS EDUCATION

Chris Laraia - Pre-K thru 8 - 946-3475

Jean Koury - 9 thru 12 - 949-2777

Religious Education Office: Sundays - 943-7423

DIRECTOR OF MUSIC

Nicholas J. Will - 944-2044

Web: www.altoonacathedral.org

Fax: 814-942-4337

E-MAIL: altcathedral@dioceseaj.org

Serving the People of God in the City of Altoona Since 1851

TWENTY-SECOND SUNDAY IN ORDINARY TIME
AUGUST 29, 2010

Readings: Sir 3:17-18,20,28-29; Heb 12:18-19,22-24; Lk 14:1,7-14

Mass Intentions

August 30, Monday: Weekday

Readings: 1 Cor 2: 1-5; Lk 4: 16-30

6:45 AM Matt Burns, Birthday (Family)
8:00 AM Genevieve Moloney, Bir. (Madeline & Fam.)
12:00 PM Souls in Purgatory (Daniel Monahan, II)

August 31, Tuesday: Weekday

Readings: 1 Cor 2: 10-16; Lk 4: 31-37

6:45 AM Deceased Sisters of IHM
8:00 AM Peggy Joyce (Mark & Jennifer Liberatore)
12:00 PM Yolanda Peck (Karen & Matt Kristen)

September 1, Wednesday: Weekday

Readings: 1 Cor 3: 1-9; Lk 4: 38-44

6:45 AM Maureen Wolf (Debbie & Craig Decker)
8:00 AM Jim Conrad (John & Susan Bauer Fam.)
12:00 PM Joseph Moran (Margie Price & Family)

September 2, Thursday: Weekday

Readings: 1 Cor 3: 18-23; Lk 5: 1-11

6:45 AM Mary Butch (Dave & Therese Rossman)
8:00 AM Patrick Hallinan (Family)
12:00 PM Barbara Duffy (Dr. Frank & Mary Aigner)

September 3, Friday: Gregory the Great, pope, doc.

Readings: 1 Cor 4: 1-5; Lk 5:33-39

6:45 AM Kathleen Duffy (Husband, Jack)
8:00 AM Lorraine Marasco (Son, Brian)
12:00 PM Alice Ann Martynuska, Birthday (Family)

September 4, Saturday: Weekday

Readings: 1 Cor 4: 6-15; Lk 6: 1-5

8:00 AM Scarlett Jude Lynam (Barb & Fanny)
10:00 AM Nancy & Terry Knob, 30th Wed. Anniv.
12:00 PM Paula Houseman (Husband, Jack)
2:00 PM Pellas/Hauser Wedding

Vigil: Twenty-Third Sunday In Ordinary Time

Readings: Wis 9: 13-18; Phlm 9-10, 12-17; Lk 14: 25-33
5:00 PM Margaret Burkey, Anniversary (Family)

Please remember our sick in your prayers.

Charismatic Prayer

The Cathedral Charismatic Prayer Group will not meet this coming Monday, August 30th or on Labor Day. The Group will resume its regular Monday Night Prayer Meetings on September 13th.

Annual September Tours of Cathedral

September is the month our Cathedral celebrates its anniversary of dedication. Again this September the Cathedral will offer four tours of this singular structure. The one hour tours are scheduled for: Sunday, **September 5th** at 1:00 PM; Tuesday, **September 14th** at 7:00 PM; Sunday, **September 19th** at 1:00 PM; and Tuesday, **September 28th** at 7:00 PM. Plan to attend.

CATHEDRAL CHRISTIAN MOTHERS

A Covered Dish Luncheon Meeting will be held in the Seton Suite on **Wednesday, September 1**, at **1:00 PM**. All ladies of the parish are welcome.

MUSIC MINISTRY NOTES

The Cathedral Choir will resume singing at the 10:00 AM Sunday Mass on **Sunday, September 5**. The first rehearsal will be on **Thursday, September 2** from **7:00-9:00 PM** in the Music Room. The Cathedral Choir is always looking for new members. Previous singing experience is a plus, but not necessary. Interested persons should contact Director of Music, Nicholas Will, at 944-2044 or nwill@dioceseaj.org. The Cathedral Choir rehearses weekly on Thursday evenings, and typically sings for the 10:00 AM Mass on Sundays, as well as Diocesan Liturgies throughout the year. If you've been thinking about singing with the Cathedral Choir, now would be a wonderful time to begin. The Cathedral Youth Choir will resume singing later in the month. Watch the bulletin for details.

Liturgical Ministers Please Note: Our next six weeks ministry schedule was mailed this week. Any requests for the following six weeks (through Thanksgiving Day) must be submitted by Wednesday, September 15th. If you did not receive your schedule, please call the Parish Office.

First Friday Communion Calls This Week

Our clergy visit the sick and homebound of the parish each month. Call the Parish Office at 944-4603 to arrange a visit for yourself or a loved one.

Nocturnal Adoration

The Nocturnal Adoration Society will meet here in the Cathedral of the Blessed Sacrament from 8:00 PM until 11:00 PM on **Friday, September 3rd**. New members are always welcome.

OFFERTORY COLLECTION
Sunday, August 22, 2010 - \$7,924.00

Inquiry about the Catholic Faith

Have you ever thought about becoming Catholic? Are there questions you have about the Catholic Church? *Inquiry* sessions will begin later in September. These are open, relaxed meetings talking about Jesus Christ and how the Catholic Church celebrates this mystery. Meetings will be Sunday mornings at 11:00 AM (following the 10:00 AM Mass) in the Seton Suite.

Adult Enrichment and Lay Ecclesial Ministry

Any parishioner interested in committing to a two year process to deepen their Christian faith is invited to pick up a booklet at the Cathedral doors. This is an opportunity provided by the Diocese to receive adult education and formation in our Catholic faith. The Cathedral Parish will cover the costs of any parishioner committing to this two year program. **Year Two Sessions** will be held at the Sacred Heart Formation Center beginning on Monday, September 13th. **Year One Sessions** begin on Wednesday, September 15th, at Saint Catherine of Siena Parish, Duncansville.

CATHEDRAL RELIGIOUS EDUCATION

Ninth Grade Orientation Session Tonight!
Sunday, August 29th - This **6:15 PM** session in the Seton Suite will introduce students and parents/guardians to the **Cathedral Parish High School Religious Education Program, F.I.R.E.** Questions? Call Jean Koury (949-2777).

Sunday, September 12 - Pre-K through Grade 8 Rel. Ed. Classes begin in the Cathedral School Building, 11:15 AM - 12:30 PM. If you missed Registration Night please call Chris Laraia at 946-3475 or the Parish Office by Friday, **September 3**.

Liturgical Reflection ...

A large number of people have worked on the new translation of the *Roman Missal*. The bishops of the English speaking countries are responsible for the translation of all Latin texts. The bishops have worked closely throughout the entire process with the International Commission on English in the Liturgy, a body of scholars and linguists. The International Commission on English in the Liturgy represents the English speaking countries of the United States of America, Australia, Canada, England, Wales, India, Ireland, New Zealand, Pakistan, the Philippines, Scotland, and South Africa.

Understanding the Revised Mass Texts, Liturgy Training Publications, 2010, page 6.

2010, Diocese of Altoona-Johnstown, Liturgy Office, 925 S. Logan Boulevard, Hollidaysburg, Pennsylvania 16648.

Wedding Anniversary Day Celebration

Bishop Joseph will celebrate a special Mass on Sunday afternoon, **September 26**, at **2:00 PM** here in the Cathedral of the Blessed Sacrament with area couples observing their 1st, 25th, 40th, 50th, 55th, and 60+ Wedding Anniversary during 2010. A reception for participating couples and their families will follow Liturgy in Cathedral Hall. Reservations are made through the Parish Office, 944-4603. As the Mass booklet being prepared will include names of participating couples, the deadline for registrations is Monday, August 30th.

PLEASE NOTE: All Cathedral Jubilarians are invited to submit your names and wedding dates to the Parish Office so we can arrange for you to receive a special gift from the Parish on this wonderful occasion even if you can't be with us on the 26th.

Vocations to the Priesthood and Religious Life

Vince Watkins, a young man from the parish and co-leader of the Charismatic Prayer Group for the past two years, entered Saint Vincent Seminary, Latrobe, this past week. Please keep him in your prayers as he discerns a vocation to serve as a diocesan priest. Also, Brother Richard Fornwalt TOR, a parishioner, is in formation with the Loretto Franciscans for religious life. We praise and thank God for these two men who are seriously seeking God's call in their lives. We pray that more generous hearts answer the call to serve our Lord as priest or deacon or religious.