

February 12, 2023 Sixth Sunday in Ordinary Time

Our Lady of
Mount Carmel
 Parish



Welcome!

No matter your past or present status in the Catholic Church . . . Your current family or marital status . . .
 Your past or current religious affiliation . . . Your personal history, age, background, ethnicity . . .
 You are invited, accepted and most welcomed at Our Lady of Mount Carmel Parish.
 May all who walk through our door know that God loves them.

Our Lady of Mount Carmel Parish Center

800 Avila Court, Pittsburgh, PA 15237 | Phone: 412-367-9001 | Fax: 412-366-8415

Office Hours: Monday-Friday, 9:00 a.m.-5:00 p.m.

www.mountcarmelpgh.org

Saint Athanasius Church

7 Chalfonte Avenue, West View, PA 15229

Incarnation of the Lord Church

4071 Franklin Road, Pittsburgh, PA 15214

Holy Cross Academy

307 Siebert Road, Pittsburgh, PA 15237
 412-364-7171

Saint Sebastian Church

311 Siebert Road, Pittsburgh, PA 15237

Saint Teresa of Avila Church

1000 Avila Court, Pittsburgh, PA 15237

Community Center

7 Chalfonte Avenue, Pittsburgh, PA 15229
 412-585-5575



Pastor's Perspective

Reverend John R. Rushofsky
Pastor

412-367-9001
jrushofsky@mountcarmelpgh.org

GOOD TO KNOW

When I made my First Holy Communion a couple hundred years ago (OK, so it was really 1958), the **Mass was still in Latin**, we knelt at the “**Communion Railing**” to receive, and the **Communion “fast”** meant we could not eat or drink anything but water *after midnight*. Yes, no matter what time you planned to attend Mass, you had to fast after 12 midnight. In those days, there were no Saturday evening Masses, but the Sunday morning Masses might be as late as 11 a.m., so this was not an easy fast.

It often occurs to me as I walk the aisle at the beginning and the end of Mass that some people seem to be unaware that **there is still a fast prior to receiving Holy Communion**, even though for some years it has only been **one hour**. I see some who have brought their Starbucks or Dunkin Donuts coffees, which is **disrespectful and therefore unacceptable** to begin with, but it also does not fulfill the fast requirement of one hour.

Mass is not a theater, auditorium, or other public space in which this kind of behavior is permitted. It is a solemn and sacred ritual that sets us apart from our daily routines by lifting our hearts and minds to the Divine, so surely we can abstain from unnecessary refreshments for such a short period of time. This also includes the **chewing of gum!**

So here's the Church's expectation, which is not unreasonable: **Refrain from all eating or drinking for one hour prior to receiving Holy Communion**. The exceptions would be water, which can be taken at any time, and required medications, which includes appropriate nourishment for diabetics.

In addition, please remember that your **time after receiving should be a period of thanksgiving**, because this is what the word *Eucharist* means: *giving thanks*. So I ask that you do not rush out the door immediately after receiving, as this is also disrespectful to the holiness of what you have just received.

IN OTHER NEWS: Don't forget about the Lenten **40 Days for Life** campaign! The life-saving prayer vigil in front of Planned Parenthood **begins on Ash Wednesday, February 22**. This annual effort is a wonderful way to unite the Church of Pittsburgh to save lives and end abortion in our city. For more information go to 40daysforlife.com/PittsburghStay tuned for more news....

SOMETHING TO THINK ABOUT:

“Things turn out best for the people who make the best of the way things turn out.”
- *Art Linkletter*

Our Lady of Mount Carmel

Parish Announcements

Sanctuary Lamp Intentions

Saint Athanasius

Cathy Winghart

Requested by Carol Hance

Saint Sebastian

Rita Basa

Requested by Daughter

Saint Teresa of Avila

Dorothy Ross

Requested by Janet and Ella Nordin

Buried From Our Parish

Thomas A. Britt, Jr.

Dorothy Schopper

Fern Wessel

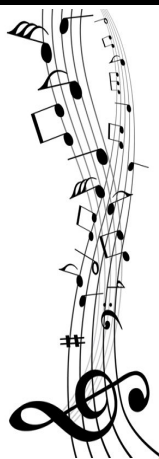
Thomas J. White



Praying to End Abortion

You are invited to join our parish's Respect Life Committee when they stand and peacefully pray on **Thursday, March 16th** outside the Planned Parenthood offices on Liberty Avenue, downtown. Participants will meet at Saint Sebastian Church for noon Mass, then carpool downtown to pray from 1:00 to 2:30 p.m. For more information, contact Dianne Machesney at 412-366-7869 or diannem15237@aol.com.

Today's Mass—February 12, 2023



Music for the Sixth Sunday in Ordinary Time

Mass of Christ the Savior—Breaking Bread # 914 thru # 922

Gathering Hymn: **Rain Down**—Gather # 582

Responsorial Psalm: **Words of Everlasting Life**—Gather # 32

Preparation of the Altar: **Alleluia! Sing to Jesus**—Gather # 949

Communion Hymns: **Let Us Be Bread**—Gather # 946

For Living, For Dying—Gather # 927

Sending Forth: **Your Grace Is Enough**—Breaking Bread # 617

Readings

First Reading: *Sirach 15:15-20*

If you choose, you can keep the commandments, they will save you.

Second Reading: *1 Corinthians 2:6-10*

We speak a wisdom to those who are mature, not a wisdom of this age.

Gospel Reading: *Matthew 5:17-37*

Jesus said to his disciples: "Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill."

Follow Today's Readings Online

Scan the QR code below.



Our Lady of Mount Carmel



Devotions at Our Lady of

Mount Carmel Parish

Get the complete schedule at
www.mountcarmelpgh.org.

Spirit Refill Rosary and Presentation

Tomorrow (Monday, February 13)
7:00 p.m.

Saint Teresa of Avila Church
Guest Speaker: Rev. Robert J. Miller
“How Do I Do This? The Spiritual
Journey Within Parish Mergers”

Miraculous Medal Novena

This Tuesday, February 14
following 8:30 a.m. Mass
Saint Athanasius Church

Third Wednesday Holy Hour With Adoration and Benediction

This Wednesday, February 15
7:00 p.m.

Saint Teresa of Avila Church

Divine Mercy Devotions

This Thursday, February 15
3:00 p.m.
Saint Sebastian Church Chapel

Lent Arrives Next Week: Ash Wednesday

Next Wednesday, February 22nd is Ash Wednesday, the official start of Lent for Catholics worldwide. Although it's not a Holy Day of Obligation, it is a fast day; Catholics are not supposed to eat meat. We also are expected to give up meat on Fridays during Lent. By definition, fasting means consuming only one full meal a day. Two smaller meals that don't add up to a full meal are also allowed.

Our complete Ash Wednesday, Lenten and Easter schedule is available at
www.mountcarmelpgh.org/lent2023.

Annual Parish Appeal Launches Next Weekend

The former Parish Share program is now known as the Annual Parish Appeal. The theme for this year's appeal is *One, Holy, Catholic and Apostolic Church*.

Catholic means “universal” and as members of one church, we are called to build up His Church. One way to do this is through our Annual Parish Appeal of the Diocese of Pittsburgh, which supports many ministries beyond what our parish could provide.

The kick-off for this year's appeal is next weekend, February 18th and 19th. Father John will announce this appeal at all Masses in our parish. By now, you may have received a mailing asking you for your support of this most important program. We ask that you prayerfully consider making a gift if you have not done so in the past, or increasing your gift if you are financially able.

Again this year, you will be able to use Faith Direct for a one-time gift or to make monthly pledge payments. Please note that you will need to select the “Annual Parish Appeal 2023,” even if you used Faith Direct for the 2022 campaign. We thank you for your past generosity and trust we can count on your support for this year's appeal.

Our Lady of Mount Carmel

Get Your Numbers Today: Support Our Music Ministry and Win Cash!

There are a few numbers available for the 2023-2024 edition of our popular 300 Club. Order forms are available in the narthex of each church. You can also order your numbers online by visiting us at mountcarmelpgh.org/300club.



Beginning February 22nd, Our Lady of Mount Carmel Parish Will Participate In a Diocese-Wide Survey

Our Lady of Mount Carmel Parish will be participating in a

parish survey about discipleship conducted by the Catholic Leadership Institute! We need your help!

Please help us by participating in a 10-15 minute survey online. The survey can be accessed through an online link from February 22 through March 21. It will ask you to reflect on your own spiritual growth and enable you to provide feedback on our parish's efforts to help you grow. All responses will be confidential, and the parish will only receive information about the community as a whole. We will share the link with you closer to the launch of the survey.

We are trying to get the highest response rate possible. This information will be invaluable to the Father John and our various ministries as we plan for the future and strive to be the best disciples we can be. We will receive the results this spring/summer, at which time we will share what we have learned with the entire parish.

If you prefer a paper copy, you may pick up a copy of the survey in all four of our church narthexes after daily and Sunday Masses beginning February 22nd. To submit the completed paper survey, please drop it off at the front desk of the Parish Center. To make special arrangements for getting a paper copy, please contact Julie at 412-367-9100.

Our Lady of Mount Carmel



CHRISTLIFE™
CATHOLIC MINISTRY FOR EVANGELIZATION

It all begins with **Discovering Christ**. Move to a deeper encounter by **Following Christ**.
Enhance your experience through **Sharing Christ**.

Prayer Provided for Seventh and Final Week Of “Discovering Christ”

This Thursday, the first phase of the seven-week ChristLife program entitled “Discovering Christ” comes to an end.

We’ve been posting a prayer each week that we ask you say to provide spiritual support for the participants. Below is the prayer for the seventh and final week of this first phase..

Week 7 Session: This Thursday, February 16th
Topic: Our Need for the Church
Prayer: We pray for our “Discovering Christ” participants. May they see the Church as Christ present in the world and see its call to continue Jesus’ mission to gather all people to our Heavenly Father.

Parish Census Coming in March

We’re about to undertake our first census as a parish. Watch your mail in mid-March, as we will be sending each parish household a census form and reply envelope. We ask that you complete it and return it in a timely manner (an online option will be provided as well), as it’s important that we know who parish members currently are. This will also help us better understand your interests and serve your needs as a member of our parish community. The census packages will be mailed on March 10th.

Penguins Ticket Winner Announced

Our Parish Knights of Columbus announce that John Riddle was the winner of the four-ticket Penguins ticket package offered several weeks ago. His lucky number was 129.

Fish Fry Begins on Friday, February 24th—Here’s What You Need to Know

Our 2023 parish Lenten Fish Fry will take place on the Saint Teresa of Avila campus each Friday during Lent, from February 24th through April 7th.

The **sit-down portion** will take place between 4:30 and 7:30 p.m. in Schoppol Hall. Just arrive, park your vehicle and enter through the ground-level doors.

Drive-through service will be available in front of Henninger Auditorium, where vehicle traffic will be routed so you can easily drive up and place and receive your order. You won’t have to leave your vehicle. Special thanks to our traffic volunteers, who will be on hand to direct you..

Volunteers Are Still Greatly Needed!

Please call Connie Stewart (412-818-3057) or Dave Eifler (412-780-3208) or send an email to olmcfishfry@gmail.com.

Our Lady of Mount Carmel

Parish Mission Statement

Our Lady of Mount Carmel Parish, with roots dating back more than 150 years, is a vibrant Catholic family of word, sacrament, prayer, and service. Centered in Jesus Christ, we strive to live and proclaim the Good News, building a community worth sharing. With Mary as our example and patron, we seek to deepen our faith and holiness, bringing help and hope to all.

Diocesan Victim Assistance Hotline phone number is 1-888-808-1235. The State of PA Child Protective Services telephone number is 1-800-932-0313.

Contact Us

Our Lady of Mount Carmel Parish
800 Avila Court
Pittsburgh, PA 15237
Phone: 412-367-9001
Fax: 412-366-8415
Website: www.mountcarmelpgh.org
Hours: Monday–Friday, 9:00 a.m. to 5:00 p.m.

Important Information

Masses

Saturday, 4:00 p.m., St. Teresa of Avila
Saturday, 5:00 p.m., St. Athanasius
Saturday, 6:00 p.m. St. Sebastian
Sunday, 8:00 a.m., Incarnation of the Lord
Sunday, 9:00 a.m., St. Athanasius
Sunday, 10:00 a.m., St. Sebastian
Sunday, 11:00 a.m., St. Teresa of Avila
Monday–Friday, 8:30 a.m., St. Athanasius
Monday–Friday, 12:00 Noon, St. Sebastian

Mass Intentions

To schedule a Mass at any of our four churches, contact Julie Stiehler at 412-367-9001 or jstiehler@mountcarmelpgh.org.

7-Day Sanctuary Lights

Dedications for the Sanctuary Light are available each week for \$20 at each of our four churches. To reserve a date contact Julie Stiehler at 412-367-9001 or jstiehler@mountcarmelpgh.org.

Confessions

Mondays, 12:30 p.m., St. Sebastian Church
Saturdays, 11:00 a.m.–Noon, St. Athanasius
Also, by appointment

Open for Private Prayer (Monday-Friday)

St. Athanasius, 8:00 a.m. to 3:00 p.m.
St. Sebastian, 10:00 a.m. to 6:00 p.m.
St. Teresa of Avila, 9:00 a.m. to 3:00 p.m.

Registering in the Parish

Call Nancy Koslosky at 412-367-9001, ext. 8536, or email her at nkoslosky@mountcarmelpgh.org.

Scheduling a Baptism

Call Gina Harms at 412-367-9001, ext. 8410, or email her at gharms@mountcarmelpgh.org.

Religious Education

Please direct all questions about religious education and Catechesis of the Good Shepherd to Will Reaves, Faith Formation Department, at 412-367-9001. ext. 8521 or wreaves@mountcarmelpgh.org.

Confirmation

In our parish, Confirmation takes place in the spring. For more information contact Will Reaves, Faith Formation Department, at 412-367-9001. ext. 8521 or wreaves@mountcarmelpgh.org.

Becoming a Baptism or Confirmation Sponsor

Please direct all inquiries to Nancy Koslosky at 412-367-9001, ext. 8536 or nkoslosky@mountcarmelpgh.org.

Obtaining a Baptismal Certificate

These requests may be directed to the Diocesan Archives and Records Center at 412-456-3158.

Scheduling the Sacrament of Matrimony

To begin planning and scheduling the sacrament of marriage in one of our churches, contact Deacon Cliff Homer at chomer@mountcarmelpgh.org.

Rosaries and Devotions

A full list of devotions scheduled each month is available at www.mountcarmelpgh.org/devotions.

Mass Intentions

Date	Time	Location	Intention	Requested By
Monday February 13 <i>Weekday</i>	8:30 AM	St. Athanasius	Dorothy Rossi †	Phil & Janet Schmitt
	12 PM	St. Sebastian	Georgetta Evert †	Ron & Carol Rombach
	12:30 PM	St. Sebastian	Confessions following the 12 PM Mass	
Tuesday February 14 <i>Sts. Cyril, Monk, and Methodius, Bishop</i>	8:30 AM	St. Athanasius	John & Mildred Burke †	Bud & Karen Burke
	12 PM	St. Sebastian	Bonnie Szamowski & Bill Beckert †	Kirsi Ceballos
Wednesday February 15 <i>Weekday</i>	8:30 AM	St. Athanasius	Deceased of Martin & Scott Families †	Megan Stiehler
	12 PM	St. Sebastian	Dorothy Ross †	Janet & Ella Nordin
Thursday February 16 <i>Weekday</i>	8:30 AM	St. Athanasius	Joyce Granitire †	Nancy & Roberta
	12 PM	St. Sebastian	Marie Gaertner †	Family
Friday February 17 <i>Weekday/The Seven Holy Founders of the Servite Order</i>	8:30AM	St. Athanasius	Joseph Nowark †	Family
	12 PM	St. Sebastian	Dorothy Rossi †	OLMC Ladies of Charity
Saturday February 18 <i>Weekday; BVM</i>	11 AM	St. Athanasius	Confessions	
	4 PM Vigil Mass	St. Teresa of Avila	Deceased of the Carroll Family †	James & Kathleen Bruno
	5 PM Vigil Mass	St. Athanasius	Fred Donatelli & Joann Fischer†	Deloris Donatelli & Family
	6 PM Vigil Mass	St. Sebastian	Dennis McDunn †	Paul McDunn
Sunday February 19 Seventh Sunday in Ordinary Time	8 AM	Incarnation of the Lord	Joseph Wilson †	Deacon Cliff & Gretchen Homer
	9 AM	St. Athanasius	The People of Our Lady of Mount Carmel Parish	
	10 AM	St. Sebastian	Robert, Raymond, Ronald & Richard Hess †	Michelle Hess
	11 AM	St. Teresa of Avila	Grace & Galileo Donatelli †	Jim & June Boyle

Staff Directory

CLERGY TEAM

Rev. John R. Rushofsky, Pastor
jrushofsky@mountcarmelpgh.org
412.367.9001, x8112

Rev. Robert J. Miller, Senior Parochial Vicar
rmiller@mountcarmelpgh.org
412.367.9001, x8556

Rev. Jack E. Demnyan, Parochial Vicar
jdemnyan@mountcarmelpgh.org
412.367.9001, x8564

Rev. Michael Maranowski, Chaplain
mmaranowski@mountcarmelpgh.org
412.367.9001, x8512

Rev. Leroy DiPietro, In Residence
fr.leroy.dipietro@gmail.com
412.853.8170

Deacon Cliff Homer, Pastoral Associate
chomer@mountcarmelpgh.org
412.367.9001, x8116

Deacon Gary Comer
gcomer@mountcarmelpgh.org
412.367.9001, x8546

Deacon Robert Koslosky
rkoslosky@mountcarmelpgh.org
412.367.9001, x8537

Deacon David Witter
dwitter@mountcarmelpgh.org
412.367.9001, x8541

FAITH FORMATION

Will Reaves, Director of Faith Formation and Intergenerational Catechesis
wreaves@mountcarmelpgh.org
412.367.9001, x8521

Evelina Sluga, Youth and Young Adult Minister
esluga@mountcarmelpgh.org
412.367.9001, x8520

McKenzie Gamache, Religious Education Associate
mgamache@mountcarmelpgh.org
412.371.9001, x8529

HUMAN RESOURCES/SAFE ENVIRONMENT

Ann Ferguson, HR/Safe Environment Coordinator
aferguson@mountcarmelpgh.org
412.367.9001, x8503

COMMUNICATIONS

John Fries, Communications Coordinator
jfries@mountcarmelpgh.org
412.367.9001, x8114

Kelly Ryan, Bulletin Editor
kryan@mountcarmelpgh.org
412.367.9001

FINANCE

Pat D'Amico, Finance Manager
pdamico@mountcarmelpgh.org
412.367.9001, x8436

Naomi Wells, Bookkeeper
nwells@mountcarmelpgh.org
412.367.9001, x8419

SOCIAL MINISTRY

Sr. Karen Brink, OSB, Parish Social Minister
kbrink@mountcarmelpgh.org
412.367.9001, x8637

Cindy Cillo, Associate Parish Social Minister
ccillo@mountcarmelpgh.org
412.367.9001, x8624

Margaret Ashmore, Education and Community Center Director
mashmore@mountcarmelpgh.org
412.585.5575

WORSHIP

Ted Rybka, Director of Worship
trybka@mountcarmelpgh.org
412.367.9001, x8514

Judy Dulemba, Coordinator, Liturgical Ministries
jdulemba@mountcarmelpgh.org
412.367.9001, x8517

Kathy McLane, Secretary
kmclane@mountcarmelpgh.org
412.367.9001, x8518

OFFICE STAFF

Gina Harms, Executive Assistant
gharms@mountcarmelpgh.org
412.367.9001, x8410

Julie Stiehler, Receptionist-Secretary-Scheduler
jstiehler@mountcarmelpgh.org
412.367.9001, x8451

Nancy Koslosky, Membership Services Coord.
nkoslosky@mountcarmelpgh.org
412.367.9001, x8536



Sister Karen
Brink, OSB

Parish Social Ministry

th's

“For Christ plays in ten thousand places, Lovely in limbs not His To the Father through the features of men’s faces.” G. M. Hopkins, SJ

TIME TO GO SHOPPING FOR THE FOOD PANTRY

Detergent, dishwashing soap, jelly, oatmeal, juice (no apple), fruit cocktail, noodles, Manwich, Chef Boy R Dee spaghetti (no ravioli), and paper products are the items currently most needed in the parish food pantry. Drop your gifts in any of the bins located in each church narthex.

Our parish food pantry, sponsored by the Saint Vincent de Paul Conference, regularly serves about forty families every two weeks. Your kind gifts bless these individuals and families in a very special way.

BLESSINGS!



We frequently get calls from individuals asking for referrals for women and men who might be able to provide a particular service for an individual, a couple, or a family. Requests include light cooking, light housekeeping, nursing services, companioning, and food shopping, to name a few. Those questions are then followed by the comment, “I am willing to pay.”

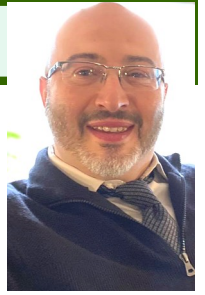
If you fit in to one or more of the above categories and would like to have your name added to our **PAID HOME COMPANIONS LIST**, please call the parish social ministry office for further information.

You will definitely touch someone in need.

PARISH CENSUS

All parish households of Our Lady of Mount Carmel Parish will soon receive a copy of the parish census form to complete. The information you share will help us to know.

**THIS IS US
THANK YOU!**



Ted Rybka

Sixth Sunday in Ordinary Time

God's law takes center stage today, as we hear ways to understand it more deeply. We all have free will, so we can choose to obey or disobey God's commands. Saint Paul speaks of God's wisdom, which informs God's law. Jesus, the fulfillment of the law, takes four commands from the Torah and broadens each one, teaching that obeying the letter of the law is not enough. May what we hear today inspire us to live according to the spirit of God's law.

Music Ministry Fundraisers

Your unwavering support of the **300 Club**, **North Hills Food Truck Festival**, **CASH BASH**, and the **Caritas Concert Series** will allow us to move ahead with the following music ministry projects in the near future:

- ♦ **Begin the new pipe organ project at Incarnation of the Lord Church.**
- ♦ **Refurbish the choir loft at St. Athanasius Church with all new seating and music racks.**
- ♦ **Install a new festival trumpet division on the pipe organ at St. Sebastian Church.**
- ♦ **Build choir risers at Incarnation of the Lord Church.**
- ♦ **Install humidifiers on the baby grand pianos at St. Athanasius, Incarnation of the Lord, and St. Sebastian Churches.**



Looking for an easy way to help us with these projects? The new season of the 300 Club will begin on St. Patrick's Day. Join the 300 Club, win cash prizes totaling \$12,000, and help support our music ministry projects. You can join the 300 Club on our parish website, pick up a form in the narthex or parish center, or contact Judy Dulemba at 412-367-9001, Ext. 8517, or email jdulemba@mountcarmelpgh.org. A million thanks for your support!

Here are the winning numbers for the entire months of October, November, December, and January totaling **\$4,600** in regular prizes and *bonus prizes:

<u>October 2022</u>	<u>November 2022</u>	<u>December 2022</u>	<u>January 2023</u>
3rd: # 266 (\$100)	7th: # 143 (\$100)	5th: # 222 (\$100)	2nd: # 184 (\$100)
10th: # 237 (\$100)	14th: # 256 (\$100)	12th: # 276 (\$100)	9th: # 127 (\$100)
17th: # 299 (\$100)	21st: # 113 (\$100)	19th: # 273 (\$100)	16th: # 226 (\$100)
24th: # 232 (\$100)	*24th: # 261 (\$400)	*25th: # 178 (\$1,000)	23rd: # 268 (\$100)
31st: # 057 (\$100)	28th: # 003 (\$100)	26th: # 020 (\$100)	30th: # 108 (\$100)
*31st: # 139 (\$400)		*31st: # 226 (\$1,000)	

Remember to keep checking your mailbox as our weekly cash drawings for the current season will continue until March 16, 2023.

The new season will begin on March 17, 2023, and run until March 16, 2024. Good luck!





Will Reaves

Faith Formation

ths

Having talked a little about the “how” of prayer, it’s time to move into the “what.” For most Catholics, our introduction to prayer, and perhaps the only way we ever pray, is through rote prayers, like the Our Father, Hail Mary, or the traditional prayer before meals (“Bless Us O Lord”). Sometimes we branch out to prayers on the back of Saint cards, or longer prayers like the Rosary or the Divine Mercy Chaplet. What these prayers have in common is that they are provided for us, from Scripture and the tradition of the Church. The advantage of these prayers is that they are grounded in scripture and the faith life of the Church, and are attested to by countless saints. The potential problem is that we can often fall into a rut, saying the words without really thinking about them or connecting with God.

There are a couple ways around this. One, which is a common method of praying the Rosary, is to *not* think about the words and to instead meditate on, say, the specific mystery being contemplated. For situations outside of the Rosary, this might involve focusing on the intention for which the prayer is being offered. Another, opposite way is to focus on the words of the prayer very deliberately, perhaps each time emphasizing a different clause of the Our Father and reflecting on how the specific request of that line applies to your life. Of course, it’s also a good thing to offer prayer in your own words, and we’ll talk about ways to do that in the coming weeks. But there’s something special about praying the words that Jesus specifically taught us to pray. So let’s pray them well.

Challenge: Take a moment during your next prayer time to slowly pray through the Our Father several times. Each time, focus on a different petition.

Introducing Our Religious Education Associate!



Hello! My name is McKenzie Gamache, and I am a senior at Franciscan University of Steubenville finishing up my degrees in History and Theology. I lived in Colorado and New York growing up, and during my time at Franciscan, I was blessed to study abroad in Austria. I LOVE traveling, and was able to visit Rome, Assisi, Poland, Switzerland, Slovenia, Medjugorje, Ireland, and Germany, while living in an old Carthusian monastery as I studied during the week. I've also been to forty of the fifty states.

I'm a cradle Catholic who fell away at the end of high school, and after a beautiful encounter with the Lord at the Easter Vigil, He called me back home and asked me to transfer to Franciscan. Ever since, my life has been changed and I've been inundated with His merciful love through various vessels on and off campus. Praise Jesus! I've also had the opportunity to work as a summer missionary doing Totus Tuus for the Diocese of Syracuse and as a high school mentor in the Diocese of Oklahoma City. Watching children and teens encounter Christ was the greatest gift. I can't wait to hear how the Lord has moved in your lives.

I'm excited to help foster a safe and fun place for your children to grow in love with Him too! God bless you all.



Mr. Noah Wolf
Principal

DiBella's Subs

Dine **TO** Donate Online

Support a great cause while enjoying Pittsburgh's favorite subs!

Place an order online or in store from Feb. 12 to Feb. 18

& 20% of your check will be donated to:

Holy Cross Academy

Using code: HCA20

In store

1. When checking out, mention the fundraiser's code to have 20% of your subtotal donated to the organization

Online

1. Order online at order.dibellas.com or scan the QR code



2. Select your store and items you'd like to order

3. Click "checkout"

4. Enter code HCA20 in the "Dine to Donate" box under the payment method

Valid for orders in store and online placed at DiBellas.com or via the DiBella's mobile app only. Not valid on 3rd party or catering orders.

Order online or visit us in store at:

**9030 St. Simon Way
McCandless Township, PA 15237**

DINE-IN » TAKEOUT » DELIVERY » CURBSIDE | Order at DiBellas.com

Please visit the **Giving Wall** in the back of one of our four churches and take an envelope. Our goal is to fill all 100 envelopes and raise money for Holy Cross Academy! Put the amount of money that equals the number on the envelope you took and return it to the school in the self-addressed envelope provided inside. (For example: if you take envelope #23, you are pledging to donate \$23 to Holy Cross Academy and will send \$23 to the school; If you take envelope #113, you are pledging to donate \$113 and will send \$113 to Holy Cross Academy.)

Giving Wall