



OUR PARISH LIFE

HOLY CROSS CATHOLIC CHURCH NEWSLETTER

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NEWSLETTER ALERT !

The next Newsletter is due out in November. The cut off date will be October 10th. This is the issue to let our Parishioners know what our church community has done since the August Newsletter and to inform our Parishioners of all the upcoming programs for the Thanksgiving, Christmas and New Year season.

Your articles do not have to be lengthy. Pictures are always welcome. Poems and recipes are always enjoyed. What are your family holiday traditions ? What is your circle doing ? What is your committee planning ?

The continued success of the Newsletter depends on your participation !

The Newsletter was born out of the idea that we are not only a church but we are a community, a family. "Families" feel closer when they can share in the activities whether they are able to attend or not. This is

a large parish with many, many activities and our Newsletter is a perfect and easy way to share what we are doing and to encourage others to participate.

So, remember, it's easy to submit your article. There's a box in the office marked "Newsletter", you can give it to Margie or George. You can drop it in the collection basket at Mass. (please mark "for Newsletter") You can e-mail them to Newsletter4hc@aol.com and finally you can mail them to the church or to me at 160 Jane Terrace, Madison Heights, Va 24572. If you have questions call Margie at the church or call me at 929-5720.

Please support your Parish Newsletter !

Joy

EXCERPTS FROM THE CATECHISM ON THE PRIESTHOOD

By St. John Vianney

My children, we have come to the Sacrament of Orders. It is a Sacrament which seems to relate to no one among you, and which yet relates to everyone. This Sacrament raises man up to God. What is a priest? A man who holds the place of God -- a man who is invested with the powers of God. "Go," said Our Lord to the priest; "as My Father sent Me, I send you. All power has been given Me in Heaven and on earth. Go then, teach all nations.... He who listens to you, listens to Me; he who despises you despises Me." When the priest remits sins, he does not say, "God pardons you"; he says, "I absolve you." At the Consecration, he does not say, "This is the Body of our Lord;" he says, "This is My Body."

Saint Bernard tells us that everything has come to us through Mary; and we may also say that everything has come to us through the priest; yes, all happiness, all graces, all heavenly gifts. If we had not the Sacrament of Orders, we should not have Our Lord. Who placed Him there, in that tabernacle? It was the priest. Who was it that received your soul on its entrance into life? The priest. Who nourishes it, to give it strength to make its pilgrimage? The priest. Who will prepare it to appear before God, by washing that soul, for the last time, in the blood of Jesus Christ? The priest -- always the priest. And if that soul comes to the point of death, who will raise it up, who will restore it to calmness and peace? Again, the priest. You cannot recall one single blessing from God, without finding, side by side with this recollection, the image of the priest.

Go to confession to the Blessed Virgin, or to an angel; will they absolve you? No. Will they give you the Body and Blood of Our Lord? No. A priest, however simple he may be, can do it; he can say to you, "Go in peace; I pardon you." Oh, how great is a priest! The priest will not understand the greatness of his office till he is in Heaven. If he understood it on earth, he would die, not of fear, but of love. The other benefits of God would be of no avail to us without the priest. What would be the use of a house full of gold, if you had nobody to open for you the door? The priest has the key for the heavenly treasures; it is he who opens the door; he is the steward of the good God, the distributor of His wealth. Without the priest, the Death and Passion of Our Lord would be of no avail. Look at the heathens: what has it availed them that Our Lord has died? Alas, they can have no share in the blessings of Redemption, when they have no priests to apply His Blood to their souls!

The priest is not a priest for himself; he does not give himself absolution; he does not administer the Sacraments to himself. He is not for himself, he is for you. After God, the priest is everything. Leave a parish twenty years without a priest; they will worship beasts. If the missionary Father and I were to go away, you would say, "What can we do in this church? There is no Mass; Our Lord is no longer there: we may as well pray at home. "When people wish to destroy religion, they begin by attacking the priest, because where there is no longer any priest there is no sacrifice, and where there is no longer any sacrifice there is no religion.

Automated External Defibrillator

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The Parish has purchased an automated external defibrillator. Please take a moment to be aware of

it's location in the Commons next to the entrance to the Shrine of Mary and Joseph.

THE SOCIETY OF SAINT ANDREW

Linda Contreras is yelling.

“Pretend you’re a mom that has to feed five kids with these potatoes and she gets a seven pound bag instead of 10 pounds,” the slight, dark-haired Contreras yells to the families that have gathered in the Holy Cross Catholic parking lot.



On a Saturday morning in May 2009 the sun shown down on close to 100 people ranging in age from young to old.

The event is called a potato drop. It is sponsored by the Society of St. Andrew which was co-founded by Marian Kelly and has been organizing events like this one since 1979.

The concept is simple; end hunger. An event like this one at least makes a dent in some of America’s hungry. Some 36 million go to bed at night hungry. The mound of potatoes scattered across the Holy Cross parking lot is only a fraction of the 13 million pounds of unsellable potatoes that the Society collects in Virginia every year.

Linda Contreras is the Director of Christian Formation at Holy Cross. She has attended the church for 9 years and says the congregation is very concerned with social justice. Part of Mrs. Contreras’ work at the church is to put a face on social problems. A mother of eight, she becomes visibly emotional when talking about empty stomachs and aching hearts.



By the end of the day 40,000 pounds of potatoes were sent to area food banks in Lynchburg, Lexington, Charlottesville and the Blackstone area.

Named after the Apostle Andrew, who brought the boy with five fish and two loaves to Jesus, who turned and fed 5,000. The society was founded by a pair of United Methodist ministers Ray Buchanan and Ken Horne who began the potato project in 1983.

A few years from now, when Holy Cross hosts another potato drop, Mrs. Contreras will still be yelling. Yelling because hunger is real, because families in Lynchburg and around the Blue Ridge will still be going to bed hungry. She will be yelling lest we forget.

(Taken from the July/August edition of Lynchburg Living “The Society of Saint Andrew” “The Race To End Hunger” by Mitchell Malcheff)

Members of Holy Cross responded very generously when asked to support a recent venture to Haiti. At the Masses on Mother's Day weekend, Kaky Bowden and Anne Gibbons described the needs of a partnership school on the small island of LaGonava where both had previously visited. As a result of the donations received after each Mass, the wish became a reality.

Thanks to the kindness of many parishioners, the four travelers (Anne Gibbons, Marlena Pipkin, Carly Eccles - both Holy Cross Catholic School graduates and Courtney Williamson) were able to purchase needed supplies and tools that had been requested by the Matenwa Community Center. The group visited the community garden for which many seeds, garden gloves, and tools had been purchased. Each classroom takes turns working on their own particular plots and they take great pride in the produce which is then used for the breakfast program. During dry seasons the water from the cistern will be able to be used now that the solar powered pump has been purchased.

Medical supplies were quickly put to use when one of the co-directors burned her leg as a result of a motorcycle accident. The roads are harrowing to begin with, especially after a hard rain, so accidents are not uncommon. In order to travel to the mainland for business and medical appointments, community members must travel by ferry. The group brought down many lifejackets which were being used almost as soon as the visitors arrived. Miscellaneous items such as sturdy can openers for the cooks and medical books written in Creole were safely placed in the food storage closet and school library.

Lastly, monies not spent on the above items were contributed to the child health fund to take care of urgent needs. While staying with a host family, one of the Haitian daughters had a seizure during the night but her family could not afford the medicine to address her concerns. Holy Cross

money was given and the father drove his motorbike to a nearby town and gratefully received the needed prescription.

The eleven days of sharing in Haitian life were filled with challenges and great joys. Should any group be interested in hearing more about the trip and the work of the learning center, please let Anne Gibbons know and she will be happy to arrange a presentation. Please know that the people of Matenwa are deeply grateful to the entire parish for your many kindness' to them.



Through The Haiti Twinning Program of Richmond, Virginia MCLC has a partnership with Lynchburg College. Kona, studying development, from Brown University (center) was visiting to see our arts



School children at the Matenwa Community Learning Center listen to a lesson. A new library built and furnished by Rotary clubs provides the children with access to the Internet. *Photo courtesy Rotary Club of San Juan, Puerto Rico.*

THE CENTRAL VIRGINIA MEDICAL MISSION TEAM BACK FROM JAMAICA

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Dear Holy Cross Family,

Here's a few shots of the 'catholic', Team C. We invoked St. Anthony many times this week and our protestant friends really began to rely on Tony's power of finding lost items:) You can see more pictures on the website, jamaicamedical.blogspot.com.

Thank you for all your prayers. I know it is the reason this year's trip was so successful.

God Bless!

Ellen Nygaard



Ellen and Susan Canny in Pharmacy



Please turn to Page 6 for more information on this wonderful mission.

Central Virginia Medical Mission Team had another successful trip this spring. Returning as always to St. Thomas, Jamaica, the team held a weekend Health Fair and weekly clinics in outlying communities. The team examined, taught, and prescribed medicine for over 2000 patients this year.

Each year the trip is very rewarding and unique. The culture of the experience develops according to the complexion of the group, the patients served, and the volunteers who help the team. This year the team was not able to recruit any dentists but our dental assistant and her team did much needed oral care and teaching. Dental care is a real need in this poor part of the world and this upcoming year a couple dentists have already committed to participate. Two second year medical students from Washington University in St. Louis accompanied the group. Kristin Bibee (PUMC) and her classmate Susan Canny were so much fun to have along. Not only were they smart, enthusiastic and dedicated, they were willing and able to help with some of the heavy lifting and late night statistical calculations. The team hopes to recruit some Lynchburg College students for this year.

Dr. Remo Lotano, a Holy Cross parishioner, brought his years of ophthalmologic experience to St. Thomas. He remarked that he had never seen as many cataracts in one day in all his years of practice! The team knew that this was a common problem in Jamaica due to the tropical climate's constant sunlight. The government of Jamaica considers this a cosmetic problem so national health insurance doesn't cover surgery. Many Jamaicans save their money and travel to Cuba for the procedure. The team is in conversation with Princess Margaret

Hospital and Lynchburg eye doctors to consider a team of eye surgeons to sponsor a surgical trip. Centra Health has also agreed to help bring a young child with cataracts to Lynchburg for eye surgery.

One evening several members of the team, Drs. Pletke (STM), Nygaard (HC), Giles, and Blackman (PUMC) went into town and held a panel discussion on health issues for the 7th Day Adventist Church. It was a revelation to the team to hear of the Jamaican perceptions of their health problems. It was informative and really a lot of fun.

So, all in all, it was another exhausting but fulfilling experience. The yearlong planning pays off in the end. The team is so appreciative of all the love and support that the home Lynchburg churches offer to them. This year several team members enlisted home prayer partners and shared prayer journals with friends and the efforts sent forth the Holy Spirit on the whole experience.

Next year the team will travel to Jamaica March 12-20, 2010. We still have room for health professionals who might be interested in participating.

We will be sponsoring the annual CVMT golf tournament on Saturday, September 12, 2009, at London Downs. Please watch the bulletin for the flyer and sponsorship forms. This is our only fundraiser and it allows the team to purchase medicine and eyeglasses for the trip. The team has become a 501 © (3) for tax purposes therefore donations are now tax deductible.

View our blog on the Internet; www.jamaicamedical.blogspot.com for great pictures of the week. Check out The Catholic "C" Team!

Any questions please call Ellen Nygaard at 384-5101, or email at egnygaard@mac.com.

Do you love to sing and would enjoy the fellowship and fun of joining the Traditional Choir? Please consider how your music ministry to our parish will enable our corporate worship and be a blessing to you. The Traditional Choir rehearses on Thursday evenings at 7:30. The Traditional Choir, led by Dr. Rebecca McCord, our church organist, sings a variety of musical styles ranging from contemporary to classical favorites. We have members of all ages and all musical backgrounds. Some singers are trained and some don't read music. We are hoping to add members in each voice range — soprano, alto, tenor and bass. Give Rebecca a call at the church office to express your interest or to ask questions.

Holy Cross is blest with five musical groups — the Traditional Choir, the Contemporary Choir, the Teen Choir & Band, the Spanish Choir & Band, and the College musicians — all who faithfully minister to the diverse Mass formats offered each weekend. Pictured here with Msgr. J. Kenneth Rush, are members of the Traditional Choir, including Marge Macdonald, Tricia Christian, Angela Philastre, Joyce Washington, Rebecca McCord, Loretta Seabolt, Charlotte Smith, Marge Chamberlin, Nancy Ashworth, Gary Frye, Charles Ashworth, Kevin Chamberlin, Kim Downey and James Meyer. Not pictured are members Melissa Schill, Bernadine Weatherford, Larry Weatherford. Four of our college-age members, namely Rachel Ray, Brittini Van Curren, Caitlin Nealon, and Gretchen McDonough, are away for the summer.

Want to know how to join one of the Choirs? Call the office and they can direct you to the right person.

The Traditional Choir



TAKE ME OUT TO THE BALL GAME !



Father Jim Gallagher invited the parishes of Our Lady of Peace in Appomattox, St. Victoria in Hurt and Holy Cross to join him at the ball game on July 3rd. Hundreds of Catholics showed up to watch the Hillcats game and fireworks display at Lynchburg Stadium

*Both of the above articles were submitted by
Rebecca McCord*

TABOR SPIRITUAL READING GROUP FOR 2009-10

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Submitted by Tricia Christian

This group meets on the second Tuesday of the month at 7:00 PM at Tabor Retreat Center on Langhorne Road to discuss inspiring and faith-building books in a casual and relaxed setting. For more information or to sign up, please contact Tricia (384-5512) e-mail psc5512@aol.com or Joann (237-5340) e-mail berrier@jetbroadband.com

September 8 What I Read This Summer! Show & Tell!

At this meeting we will have an open discussion of what we read this summer and we will receive the pre-ordered books for October. (So please sign up by Aug. 25 if you would like a book ordered for you.)

October 13 Story of a Soul: The Autobiography of St. Therese of Lisieux

A true spiritual classic, this is a first hand account of Therese's holy life, giving insight into the "little way" of confidence and surrender practiced by this recently proclaimed Doctor of the Church.

November 10 Left to Tell: Discovering God Amidst the Rwandan Holocaust, by

Immaculee Ilibagiza with Steve Erwin

This is the triumphant story of a remarkable woman's journey through the darkness of the 1994 Rwandan genocide. She shares her soul's struggle through disbelief to anger and rage and ultimately, forgiveness.

December 8 Christmas Party & Book Swap

Bring a favorite party snack to share and a gift-wrapped inspirational book to swap!

January 12 St. Francis de Sales: A Biography of the Gentle Saint by Louise

Stacpoole-Kenny

Barbara Hughes, a regular columnist for the Catholic Virginian, writes after reading this book, "I was truly inspired by the humility and obedience of Francis de Sales, who inspired many Calvinists to return to the Church. His gentle manner, even at the risk of his life, was his weapon of choice." (2/9/09)

February 9 Come Be My Light: The Private Writings of the "Saint of

Calcutta" edited by Brian Kolodiejchuk,

M.C. (the postulator for the Cause of Beatification and Canonization of Mother Teresa of Calcutta)

This collection of her writings and reflections sheds light on Mother Teresa's interior life in a way that reveals the depth and intensity of her holiness. As chronicled by her spiritual journey, she emerges as a classic mystic whose inner life burned with the fire of charity and whose heart was tested and purified by an intense trial of faith, a true dark night of the soul.

March 9 Milestones-Memoirs:

1927-1977 by Pope Benedict XVI

Rich in humor, culture, passion and love of God and of man, this autobiography of Pope Benedict XIV tells of his family life, the years of the Nazi oppression, his extraordinary academic path and his participation in Vatican II.

April 13 Edith Stein: A Biography/ the Untold Story of the Philosopher and Mystic Who Lost Her Life in the Death

Camps of Auschwitz by Waltraud

Herbstrith (a German Carmelite Nun)

This is the moving and inspiring story of a remarkable Jewish woman who converted to Catholicism, became a Carmelite nun, achieved distinction in German philosophy and was sent to a Nazi death camp when she refused to deny her Jewish heritage. This intellectual and spiritual biography bears witness to her mental and moral depth, depicting her as one who integrated Jewish and Christian values in her saintly life and heroic death.

May 11 Meetings With Mary by Janice Connell

Through the centuries and across the world, the Virgin Mary has appeared to ordinary people of every race and culture. In this interesting book, Connell chronicles authenticated Marian apparitions.

Sunday Celebrations in the absence of a Priest at Holy Cross

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On the week-end of June 27 - 28 the 10 Lay Ministers who have been training to be Lay Leaders for Sunday Celebration in the absence of a Priest for our parish were recognized and blessed in their ministry.

These Sunday Celebrations are permitted by our Bishop, Bishop DiLorenzo, when the Priest is sick and cannot celebrate the Sunday Masses or is away and there is no replacement to be found for the weekend Masses. When this happens the Bishop allows trained Lay Leaders to lead the congregation in the Liturgy of the Word and the distribution of Communion from the Reserved Sacrament.

The 10 Lay Leaders who were blessed are:

Mimi Campbell
Marge Chamberlin
Kevin Chamberlin
Brian Clifford
Linda Contreras

Ann Echols
Tom Golden
Beth Ann Good
Joe Marotta
Ellen Nygaard

Where it is necessary, under their leadership our parish will gather, the Word of God is proclaimed and explained. Praise and thanks are given to God in song and Holy Communion from the Reserved Sacrament is distributed. We are grateful for their willingness to serve.

These lay leaders of prayer have prayerfully discerned, have carefully chosen and prepared. By prayer and study and practice they have been formed, and now they are ready to serve you by leading you in worship when our parish is without a priest on Sunday and is unable to celebrate Mass. The Church asks you to pray for them and for all who minister to others.

Submitted by Father Ken Rush

Coming in the Fall

August 22 - 23 Religious Education sign up.

August 29 - 30 Religious Education sign up.

September 12 -13 Mass Schedule returns to 8:00 and 11:00 on Sundays.

September 19 Parish Picnic at Alberts Farm

October 4 The 6:00 pm Mass begins

October Altar Server training. Watch for date and time.

Welcome New Parishioners !

There are six new families who have joined our parish since our last Newsletter in May.

William Keith and Celeste Boris
Sterling Carter
Maria Nathan

Michael and Kelly Spink

Karene Wilder

Ken and Peggy Ann Wrenn

A warm welcome to each and every one of you !

A Sunday School teacher began her lesson with a question, 'Boys and girls, what do we know about God?' A hand shot up in the air. 'He is an artist!' said the kindergarten boy. 'Really? How do you know?' the teacher asked. You know - Our Father, who does art in Heaven... :)

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NOTES FROM OUR NURSES

THANK YOU !

The Parish Nurses would like to thank all those that supported our June Blood Drive ! We obtained 34 units of blood ! Thanks to the donors and the volunteers !

CULTIVATING OPTIMISM

These tips from The How of Happiness by Sonja Lyubomirsky have solid science behind them.

COUNT YOUR BLESSINGS: Even on days when there aren't as many as you'd like. Jot a list and you may be pleasantly surprised to find that there are more great things about your life than you thought.

LOOK AGAIN: Most situations have a bright side, somehow. As in, it stinks that your 9-year-old needed stitches -- but weren't the ER doctors and nurses awesome ?

DON'T STEW: Good rarely comes from dwelling on problems or comparing yourself unfavorably to relatives, friends, neighbors or colleagues.

TELL SOMEONE THEY LOOK TERRIFIC: You might just make their day, which elevates your mood too.

NURTURE RELATIONSHIPS: Strong bonds benefit everyone.

GET LOST: In a book, a movie, a DIY project. Getting so involved that you lose track of time gives your brain a chance to recharge.

REMEMBER WHEN: Think back to times when you felt happy. Those memories can infuse your everyday actions with joy and positivity.

PURSUE A LONG - NEGLECTED GOAL: With passion !

COPE CALMLY: Manage stress in healthy ways, like by walking or talking to friends.

FORGIVE: Work on letting go of anger and resentment toward those who have hurt you.

EMBRACE THE SPIRITUAL: Get more involved in your place of worship. Don't have one ? Maybe it's time to consider joining one.

HONOR YOUR BODY: Exercise, meditate and laugh often.

HAVE A HEALTHY BREAKFAST

Research shows that people who shed the most pounds eat this A.M. meal religiously. Aim to have some lean protein (1.5 oz cheese, 2 slices turkey, or 2 pieces turkey bacon), a little "good" fat (1 tbsp olive or canola oil), and good carbs (whole grains like oatmeal or whole-wheat bread). Try an egg-white omelet stuffed with vegies and 1.5 oz lowfat cheese, or 1 cup lowfat yogurt with 1/3 cup granola.