



OUR PARISH LIFE

HOLY CROSS CATHOLIC CHURCH NEWSLETTER

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"HAPPY NEW YEAR!"

HOLY CROSS PARISH RETREAT

March 7 - 11 2009

Our Lenten Journey: Making Room for Grace

Long time friends of Holy Cross Church **Marty Huber and Jo Ann Detta** come to us from Abingdon, VA. They have ministered as a team in Christian Formation since 1976. For the past 23 years, they served parishes in Regions in the far southwestern part of the Diocese of Richmond. The last 17 of those years Marty and Jo Ann served as Region 10 ministered for the Diocesan Office of Christian Formation. In 2005 they were honored by

the National Conference of Catechetical Leadership with its Distinguished Service Award for their ministry in small rural parishes.

Much of their work in the recent past has included development of leadership training as well as facilitating various types of workshops and retreats for adults, teens, and children. Currently, they are serving as outreach coordinators for Healthy Families-Family Farms, leading efforts that link

Please continue to page 4, See: Parish Retreat

The Collection

It is a familiar routine. A collection is taken up -- for a baby gift, a departing colleague or a local event. With varying degrees of willingness, we put our money in the basket and feel that we have done our duty. That same invitation is made to us in an entirely different context every Sunday as we gather to offer God thanks and

praise. During the liturgy of the word, we listen to the voice of God in the scriptures, proclaim our belief in the creed and offer prayers for the needs of the church and the world. Then a collection is taken up. It is commonly understood that the money given during the

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Thanksgiving and Christmas Food & Gift Baskets



BISHOPS' PASTORAL AT 30: Shattering Barriers & Forging New Paths

On November 15th, a Parish Advocate Conference, entitled "The **Bishops' Pastoral at 30-Shattering Barriers and Forging New Paths**" was held in Richmond at the Pastoral Center, in the Diocese Office of Persons With Disabilities, commemorating the 30th anniversary of the *Bishops and Catholic Social Teaching' 1978 Pastoral Statement* which affirms the "dignity and giftedness of all people".

The conference featured Janice Benton, Ex. Dir. of the National Catholic Partnership (NCPD), the primary speaker. One of the purposes of the conference was to gather together all of the Parish Advocates in the Richmond Diocese in order for us to learn more about disabilities and to brainstorm ideas to improve parish life for all parishioners, both adults and children, who have any type of handicap that would inhibit their participation in mass and other church activities. A brainstorming session was held to discuss ideas on how each parish advocate could work on improving inclusion for persons with disabilities.

My husband, Ron and I attended the "webinar meeting" which was held in Roanoke at Our Lady of Nazareth Catholic Church. Facilitated by Dr. Richard and Ricky Holt, it was intended for those advocates who could not go to Richmond. A webcam was in place so we could be included in the meeting and discussions were held in our group.

The Parish Advocate program is in place in almost all Catholic dioceses, throughout our country. The catholic church wants us all to feel that we are a part of one "flock".

"We are a single flock under the care of a single shepherd. There can be no separate Church for persons with disabilities."

{*Pastoral Statement of US Catholic bishops in Persons with Disabilities. Welcome & Justice, Paragraph 1*}

Holy Cross Church is far ahead of many other parishes in our diocese in providing accessibility to persons with disabilities. Some of the programs already in place here are:

1. Handicapped Entrance: An automatic door from the outside of the church.
2. An elevator to go to all floors of the building.
3. Handicapped Parking spots
4. Wheelchairs at the handicapped entrance, for anyone's use while attending services.
5. Restrooms are handicapped accessible.
6. Spaces at several back pews to insert a wheelchair.
7. Parish nurses who are available for advice and assistance in most circumstances.
8. Friendly ushers and parishioners who are readily available to assist someone who may need help at mass.
9. A healthcare supply room, which has on loan: walkers, wheelchairs, potties, crutches, canes and other medical devices , for any parishioner who is in need. Donations of items are accepted.
10. Individual soft chairs in the back and front of the church. Those who cannot sit on a wood pew, due to osteoporosis or other ailments, could be directed to sit there.
11. Holy Cross has an active social and hospital ministry which contacts a parishioner who goes into the hospital and follows them through until they are back on their feet and

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Upcoming Programs at Tabor Retreat Center

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The Tabor Retreat Center is located at:
2125 Langhorne Rd. Lynchburg
434.846.6475
www.taborretreat.com

Know Your Faith Video Series

Do you really know what the Catholic Church teaches and why?

“In order to love Christ more deeply one must come to know Him more intimately. Knowing the faith is knowing Jesus.”

Fr. John Corapi, S.O.L.T.
Sundays 2-4 pm.

January 11	The Creed
January 25	The Creed
February 8	The Creed
February 22	Conceived by the Spirit, Born of a Virgin
March 8	The Life and Mission of Christ is Mystery
March 22	The Paschal Mystery
April 26	The Paschal Mystery

Father Corapi is a perpetually professed priest member of the Society of Our Lady of the Most Holy Trinity. The essence of Father's message is the essential message of Jesus Christ. It is Good News:

a message of truth and goodness, love and mercy. It is above all else a message of hope

Spiritual Reading Group

Second Thursday of each month at 7:00 p.m.

The purpose is to read and discuss inspirational, challenging, and faith-nurturing Catholic books, in a comfortable environment of acceptance and love.

Full listing of books can be found at
www.taborretreat.com

January 8 The Practice of the Presence of God by Br. Lawrence
February 12 Living Simply in an Anxious World by Richard J. Wicks
March 12 The Wounded Healer by Henri Nouwen
April 9 Edith Stein ... by Waltraud Herbstrith

Tricia (384-5512) (psc5512@aol.com) or Joann (237-5340) (berrier@jetbroadband.com)

Second Annual Couple's Valentine Dinner

Saturday February 14th 6pm

Make your reservations early. Space is limited to 20 couples. \$75 per couple.

The evening begins with hors d'oeuvres followed by a candlelight dinner. Msgr. Rush will celebrate mass and speak about the marriage relationship.

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“Parish Retreat”

local farmers, the Second Harvest Food Bank, and food pantries in 11 counties in southwest Virginia.

Jo Ann and Marty are looking forward to companioning us on our spiritual journey this Lenten Season.

Topics for our retreat include:

“Lenten Days-Jesus says: ‘Just Get to Me!’”
“Opening the Doorways of Prayer”
“Oiling the Hinges of Our Heart”

“Crossing the Threshold of Forgiveness”

Childcare will be provided with advanced notice to Mrs. Contreras, 846-5245

Check the coming Sunday bulletins for more details.

Chennai, India October 14, 2008

They say that to truly experience India, you need to smell, see and taste the country. We think they're right. This morning, we woke up to the smells of India. We really didn't know what to expect of India, other than it being overwhelming with lots of people in a chaotic atmosphere. With that in mind, we were quite happy to be on a tour where locals picked us up at the pier and drove us around. Gustavo led a field trip to St. Thomas Mount, the hill where, tradition has it, the Apostle was martyred.

(From Christian) We saw a small chapel. Inside the chapel was a relic, a small piece of St. Thomas' bone, and a painting done by St. Luke, the Apostle. The chapel was built in 1523 by the Portuguese. The actual tomb of the Apostle is in the Basilica of St. Thomas, in another part of Chennai. My dad (Gustavo) led the trip there because in his class they were talking about Marco Polo, who visited the site in the 13th century and wrote about it in his travels. (Time to eat) They call restaurants "hotels" here. We randomly ordered by looking at what other people were eating. It was delicious! We don't know what we ate, but it was really good and spicy, but not too spicy. We ate with our hand, our right hand only, like they do here and on a banana leaf. We ate a ton of food and it cost about \$5, that's for all four of us to eat. We like India!

**Kancheepuram & Mamallapuram, India
Oct. 15th**

We headed southwest for about 70 km and 3 hours, to Kancheepuram where we visited two of 100 temples. This group of temples is one of the seven most sacred places of pilgrimage for Hindus. The first was a temple dedicated to Siva and his wife, and it was huge. The special part about this temple was that Siva's wife closed his eyes (the sun and the moon) and then had to open another eye to give light to the world, which was a sin. So, she went to earth and prayed at a

mango tree. Shiva was so pleased with seeing her praying, through floods he sent, that he came down and married her again at this temple. There's a mango tree here that's 3000 years old, the Hindu faith says. People come to pray specifically at this tree.

**Penang, Malaysia
Kampung Jalen Bharu Village Homestay
October 24th**

(from Lucas & Christian) About the family: In the house there were the grandparents, Asmah and Arshad. Their daughter, Normi, and her husband, Shahidan, and their four kids (twin 11 yr. old boys, Mikail and Adha, a 4 yr. old boy who was terrified of us, Darwisy, and an 18 month old girl, I don't remember her name). Normi and Shahidan spoke English with us and the grandparents spoke some words of English, but we got along fine with hand signs. The older boys spoke a little English, and their friend Ariff spoke a lot of English, really well and we played with them a ton. We learned a new way to play mancala.

From Lori: The homestay was a such a special experience. It gave us unique insight into the Malay culture, the Muslim faith, life in a village, and most importantly, we made bonds with wonderful, warm, generous and open people. Seeing the kids all play together was the best. The international language of play took over and they were off. Soon the grandparents were showing us photos from their travels.

Ho Chi Minh, Vietnam Oct. 30th

First stop, city hall, beautiful. You can feel the French influence all over the city in its architecture, especially, which makes for a lovely city. There's even a Notre Dame Cathedral, on a smaller scale than the original, but still impressive.

We visited the Museum of Vietnamese History and saw a short water puppet performance, very fun, among other cultural and historical exhibits. The Reunification Palace had everyone remembering the photos of the tanks crashing through the gates. We saw the room where the president of South

Vietnam surrendered to the north, thereby unifying the country again. Downstairs we saw the bomb shelter and communications center. This is an intense place for many people, chock full of history and emotions. The Vietnamese are friendly to Americans. we feel welcome here and enjoy walking around markets, streets and temples.



↓ **A Smaller Scale Notre Dame Cathedral
Ho Chi Minh, Vietnam**



**Siem Reap, Cambodia -
Angkor Wat
1031, 08**

(From the boys:)We went directly to Angkor Wat, one of my dad's (Gustavo) life long dreams and toured the temple complex for three hours, it was huge. The temples began as Hindu

temples, but are now Buddhist temples. Lots of Buddhist monks were there visiting and some even pulled us over to take pictures with them. We walked down this huge bridge leading to the first part of the temples, went through them and walked along another promenade to the biggest temple with 5 towers. You could see the 5 towers really well in the reflection in the lake in front of the temple

(From Lori:) We've been climbing and exploring the temples for two days now, getting to know each place for it's own uniqueness. Angkor Wat is sprawling and grand. Bayon is more compact, with

faces staring at you wherever you are. There are carved elephants and real ones, giving the whole Angkor Thom complex an exotic feel. The custom of bowing here is important and conveys many things, most of all respect depending upon how far up your face you place your hands together and the depth of your bow.



(Nov 1,08)This morning we headed for a floating village on Tonle Sap Lake. Tonle Sap Lake's size changes enormously due to the rains. It is the 2nd largest fresh water lake in the world (the 1st is in Russia). There was a floating Vietnamese village, people wanting to be Cambodians but lacking the legal paper work. They had everything they needed, a school, church, basketball court, market, restaurants, except safe drinking water. For that, they had to get to land where large containers held "safe" water and from there they would transport it back to their floating homes. The last stop is Ta Prohm, a temple complex in the jungle with moss and huge trees growing in and around it. If you've watched the first Lara Croft: Tomb Raiders movie, you saw this temple, the movie was filmed here.

This is all we have room for in this issue. We'll continue with part 3 in the upcoming May 09 Issue.



“We believe in one, holy, catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins.” Every Sunday, we recite these words from the Nicene Creed. However, I would like to invite you to reflect for a few moments on what those words should mean for us in our relationships with other Christians, especially those interested in becoming Catholic.

For many years, here at Holy Cross, and at many parishes across the country, The RCIA process did very little to differentiate between those who were baptized in another Christian community and those who were not. Someone who grew up Episcopal – attending services every Sunday, knowledgeable of Scripture and living a life model on that of Jesus Christ was expected to complete the exact same process as someone who had never darkened the doorway of a Church or heard any of the Gospel stories we all know so well.

All those seeking membership in the Catholic Church are often lumped together under the title “converts.” They are dismissed after the Liturgy of the Word, participate in all the same classes and presentations, and, after about nine months, receive whatever initiatory sacraments they have not yet received at the Easter Vigil. It can be very easy to identify all those who are not Catholic as ‘outsiders’. However, theologically speaking, nothing could be farther from the truth! It is important to remember that those who have been baptized already – whether by a Presbyterian minister in a church, a Baptist preacher in a service at the riverside, or even an atheist nurse in a hospital room, are really, truly baptized. They have been initiated into the mystical body of Christ and - get ready for this – are already part of the Church! That status affords them some very important rights, and we must all be careful not to violate them.

For example, it is their right to be present at the Sunday celebration of the Eucharist. Although they cannot receive Communion until they are received into the Full Communion of the Church, there is more to participating in Sunday Mass than receiving the Eucharist. It is their right to profess the Creed. It is their right to participate in the Prayers of the Faithful. After all, they are part of ‘the Faithful’.

Quoting a passage from the Acts of the Apostles, the Rite of Christian Initiation of Adults instructs us that “no greater burden than necessary is required for the establishment of communion and unity.” (RCIA #473) I agree, that sure sounds messy! After all, doesn’t that mean that we must greet each person seeking membership as an individual, helping him or her to discern what is necessary to help them complete their Christian Initiation? A fifty-five year old Episcopalian will most certainly not need the same thing that a twenty-three year old Pentecostal will need. And both of them are quite likely in a totally different place from a forty year old atheist!

So, a little over a year and a half ago, the RCIA Team at Holy Cross made the decision to make some major revisions to the initiation process. We no longer use a ‘school-year’ type model where everyone starts in September and ‘ends’ at Easter. Instead, people start the process throughout the year, and those who are previously baptized are received into the Full Communion of the Church and receive the remaining sacraments of Initiation (Confirmation and First Communion) at a Sunday Liturgy whenever they are ready. Those who are not baptized are invited to join

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Richmond Diocesan Marriage and Family Life Conference

The Richmond Diocesan Marriage and Family Life Conference will be Saturday, July 25th, 2009. It will be at the Mary Mother of the Church Abbey in Richmond. It will begin at 9am and end by 3pm. Childcare will be available. For more information, please call Laura Hall (434) 384-1798 or email mrs.laura.hall@gmail.com

We are made in God's image. God loves us completely. God loves us without conditions. God loves us just as we are. We are to love as God loves. What we do with our bodies is what we do with our souls. We say to our spouse "I love you, I want to give myself to you, I want you to give yourself to me." But when we use contraception we say "I love you, but there is a part of me I do not want to give to you." Or "there is a part of you I do not want."

Natural family planning (NFP) is a safe, healthy and effective way of postponing or achieving a pregnancy. By respecting the love-giving and life-giving natures of marriage, NFP can enrich the bond between husband and wife. Laura and Brian Hall will be teaching a three part NFP series of classes this Spring at Best Start Parenting Center in Lynchburg. The first session will be held Tuesday, February 24th, 2009 at 7pm. The class will run about 2 1/2 hours. The other two sessions will be March 24th and April 28th. We will be teaching the Sympto-Thermal Method as taught by the Couple to Couple League (CCL.) For questions, more information, and to register for the Spring series, contact Laura or Brian Hall at mrs.laura.hall@gmail.com or phone (434) 384-1798.

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home again. Then another ministry visits them at home with communion and a meals program, delivered twice weekly.

I have heard other advocates describe the needs of their church, and many say that they still have goals to implement some of these services in their parish.

Please let me know if you or someone in your family have barriers that still need to be lifted in order to be included in Holy Cross parish Life; especially the children needing religious

education, the elderly, physically handicapped, vision and hearing impaired.

As the parish advocate, I am the liaison between the parishioner and the church council to recognize what is yet needed to assist in the inclusion, comfort and enjoyment of each person who attends mass at Holy Cross. Feel free to contact me with your input.

(434) 384-7568 e-mail: hcparishadvocate@msn.com

*Submitted by Mrs. Carole McCorkle,
Holy Cross Parish Advocate*

Mark Your Calendars for the Potato Drop !

Saturday, May 9th

The Society of St. Andrew began the potato project in 1983. Produce, which normally would be dumped to rot, is gleaned, bagged, and given to food banks.

In 2006 Holy Cross parishioners bagged 36,000 lbs. of sweet potatoes which had been delivered by an 18 wheeler and dropped in our parking lot. It is GREAT fun and hard work for the entire family.

collection will be used to support the ongoing work of the church. This includes setting aside a portion of those funds to be used directly for those in need. But in this age of credit cards and automatic fund transfers, isn't there a more efficient way to do this ?

If it were only a matter of paying bills, yes, there are probably simpler ways to collect money. But our monetary contributions are more than just financial transactions; they symbolize our willingness to place our lives at God's disposal and to be ourselves transformed into the body and blood of Christ. The act of bringing our hard earned money (in cash or check, in an envelope or not) and placing it in the basket together is a ritual sign

of the real offering that will happen when the priest invites us, "Lift up your hearts," and we respond, "We have lifted them up to the Lord."

Clearly, such a vision is beyond the realm of simple accounting. The pooling of our resources is a preparation for the pooling of our lives in loving service to one another and to the poor.

*Copyright 1997 Archdiocese of Chicago;
Liturgy Training Publications, 1800 North
Hermitage Avenue, Chicago, Il 60622
Text by Kathy Luty*

Liturgical Banners

The Liturgical Committee at Holy Cross in 1994 requested the creation of banners to enhance the spiritual environment by adding visual inspiration for many of our parishioners. Like stained glass windows they provide a theme in relationship to the season.

The Easter banners made in 1994 reveal our Baptismal vows. The six banners, in rainbow colors are hung with three on one side of the altar and three on the other side. The symbols, chains (slavery of sin), Tinsel (glamour of evil), Death (a barren tree), Creation (growth of a flower), Light (the sun our redeemer), and Water (our Baptism) depict the vows.

In 1995 we created banners that showed a barren tree on a peach background with a pupa case hanging from one of the branches. On Easter morning the case opened and the butterflies burst out and covered the tree. This demonstrated new life arriving as our Baptism. These were created in 1995.

The advent banners show our journey through the deep purple tones to the lighter tones of the mountains as we await the birth of Christ. The pink color of the sun represents a time of rest on Gaudete Sunday during our waiting period. These banners were made in 1996.

Our Lenten theme in 1997 was the banner with the large shell portraying the pilgrims who carried shells with water as a sign of their Baptism.

For Pentecost and Confirmation, the banners portray the seven gifts of the Holy Spirit; wisdom, knowledge, miracles, faith, healing, prophecy, speaking of tongues, and the ability to interpret what has been said. All of these are described in Paul's first letter to the Corinthians 12:7-11. Each dove represents one of the gifts. These were made in 1998.

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See "Liturgical Banners"**

The green banners with the fishes and the loaves on one and the lilies and the bird on the other signify ordinary time. They are a reflection from Matthew, Chapter 6:25-34 where he tells us not to worry about our life, what you will eat or drink; or about our body, what you will wear. Birds do not sow or reap and yet your heavenly father feeds them. The lilies of the field do not labor or spin yet God clothes the fields with their beauty. These were made in 2001.

In 2003 we hung plain purple banners in advent, again to represent the darkness as we await the coming of Christ.

Our celebration banners “Eucharist” and “Resurrection” were created in 2005 to celebrate the 125th anniversary of the Holy Cross Church building. The wheat is the bread and the grapes are the wine that represent the body and blood of Christ. The lilies and the passion flower represent the resurrection of our Lord.

We hope this explanation of the meaning of the banners helps our parishioners in their meditation and contemplation as they prepare for mass. We have enjoyed sewing the banners and have been encouraged by how well they have been received.

Marge Denham
and the (late) Sarita Harvey

JESSE TREE STOCKINGS Submitted by Elaine Jackson

Most folks are familiar with the Holy Cross Jesse Tree gifts and food baskets distributed every Christmas. But did you know that the gift bags also include stockings for the children? 89 stockings in 2008! Stockings go to all Jesse Tree family children from infants through age 12. (Okay, 13 if there are younger siblings.)

The stockings process is the earliest Jesse Tree activity. It starts each year in January, when Jesse Tree committee folks hit the after Christmas sales to buy 75% off stockings for the next year. Then all is quiet until summer. In late August parishioners support a “Christmas Stockings In August?” drive. A “chimney” in the Commons is used to collect donations of school supplies, small toys and stuffed animals (new or gently used), baby things (sippy cups, etc.) and toiletries. Donations are then sorted by age groups and counted. In November, after the Jesse Tree recipients have been identified, the list of

children is matched to the inventoried stocking stuffers and any holes are filled. In December candy canes and snacks are purchased, and a classroom becomes Santa’s Workshop. The stockings are labeled with each child’s name, age and gender; and the collected items and are laid out on tables in appropriate groups. (Those gloves are too small for a 12 year old boy. And a stuffed animal with button eyes could be dangerous for an 18 month old child.) Jesse Tree elves stuff the stockings, trying to mix practical and fun items (a toothbrush AND a small toy). The elves also try to work on one family at a time, so siblings receive similar items.

The 2008 elves were Joann Berrier (stockings organizer), Kathleen Mee, and Nancy Ashworth from the Jesse Tree committee, and Tate MacDonald with some of her 5th grade students. Tate pioneered the

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stockings effort with Amy Foley in the mid 1990's. Joann is also the VIRTUS trained rep, which is required by the Diocese if students are present.

For parishioners thinking ahead to next year, the hardest age group to fill stockings for is 2 to 5. Small stocking stuffers include things like

Happy Meal toys. Save small stuffed animals when they are outgrown.

All involved extend a sincere thank you to the wonderful Holy Cross parishioners, whose generosity makes the entire Jesse Tree ministry possible!

CELL PHONE ALERT !

REMEMBER: Cell Phone Numbers Go Public next month. REMINDER.... all cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. **YOU WILL BE CHARGED FOR THESE CALLS**

To prevent this, call the following number from your cell phone: 888-382-1222. It is the National DO NOT CALL list. It will only take a minute of your time. It blocks your number for

five(5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

HELP OTHERS BY PASSING THIS ON TO ALL YOUR FRIENDS... It takes about 20 seconds.

The Knowing Your Faith Series by Fr. John Corapi, S.O.L.T. is going well at Tabor Retreat Center. There are fifteen to twenty in attendance at each viewing. He has made the Catechism of the Catholic Church much clearer for most of us and defined it as "The Teachings of Jesus Christ."

This is a very different view of what some of us imagined and we have come to see the catechism as a scriptural based guide on how to live our lives in Christ. It has been stressed that foremost we must come to know Jesus, who is the "living word." Fr. Corapi manages to make the catechism come alive for us and stimulates much discussion.

We have come to realize that we are all called to catechesis, meaning that we are all called to lead others to Christ. We do this, first of all by responding to our Lord, accepting Him as Lord and savior. He then works through us in our lives by the way we live our faith and by sharing it with our family and others.

What some don't realize is that the Catechism of the Catholic Church came out of

the second Vatican Counsel. It combines Scripture and Tradition; note with a capital "T". Tradition in this sense are teachings handed down from the time of Christ through the apostles and writings of our apostolic fathers. The catechism was written after much prayer and through the guidance of the Holy Spirit.

Fr. Corapi has stressed the Bible as the Word of God, Jesus Christ himself, and to know the Bible and the catechism is to know Jesus.

This series will be ongoing, meeting twice a month. We welcome all to join us in building a faith community. Topics and dates of the meetings are published in the bulletin. We hope you will join us in this "walk in faith."

by Mary Mugnolo

The meetings are the first and fourth Sunday of each month and will be ongoing.

For more information contact The Tabor Retreat Center.

THE COLLABORATIVE PROCESS

The end of a marriage signals the death of a relationship and involves grieving, as any death does. For Catholics, the end of the marriage must be accomplished in civil courts by a legal process before a Church court annulment is contemplated. A Church court annulment is required if a divorced spouse wishes to remarry in the church. Catholics who face an irreparably broken marital relationship face the same process as all other people, and the legal divorce process often involves litigation. The problem with litigation is that it is very adversarial and damaging to a family unit that has already fallen apart. Each spouse experiences confusion, anger, loss, and conflict. The children of the marriage are inevitably drawn into the respective parents' positions. It becomes a lose-lose situation for all, and the most vulnerable suffer greatly: the children.

This does not have to be. There is a process now being utilized, not only in Virginia, but world wide that is known as the Collaborative Process". The Process is an

alternative to court litigation and is very gentle on the family unit. A growing number of parting couples, along with other professionals such as lawyers, mental health professionals and financial specialists, are using this constructive alternative to the courtroom. These professionals have developed the Collaborative Process Model.

The three basic principles are: (1.) a pledge not to go to court; (2.) an honest exchange of information by both spouses; and (3.) a solution by mutual agreement, which takes into account the highest priorities of the parties and their children.

Mutual respect is fundamental to the Process. You cease being spouses, but you do not cease being worthy human beings: "It is not what a lawyer tells me I may do; but what humanity, reason and justice tell me I ought to do," Edmund Burke.

The Process is started by contacting an attorney trained in the Collaborative Process and then to give your

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I keep hearing about the *Ladies of Charity* - but - who are they and what do they do? They appear to be very active in and around the parish, sponsoring fund raising activities such as the annual bake sale, country store, book sale, etc. What do they do with these funds?

Locally, we have four circles - dedicated to prayer and "good works" according to the charter established down through the ages (would you believe since 1617?) As times and needs for the community have changed, so have the things that we do.

Perhaps the simplest explanation is that they were founded to "assist the poor, the hungry and the sick."

The depression year's records show coal deliveries, helping to procure jobs, paying rent and making visits to sick families, supporting minorities and war relief. In attempting to meet material and spiritual needs, they served as Eucharistic ministers for the homebound and nursing homes and helped out as leaders in youth ministries. Also, giving comfort and assistance to unwed mothers, providing help for those getting out of prison as well as rehabilitation assistance, were part of their ministry.

Just a few of the "duties" we now take on are not only to follow in the footsteps of our predecessors who led the way, but locally, to support the Basket Weavers, Gateway, Guest House plus others who need help. We would run out of space trying to get all of what we do into print.

However, we have one major problem - and it is YOU, if you do not belong to one of the Ladies of Charity circles! If not, why not? The reason the problem could be YOU, is that you have not stepped forward to join us. If you are new to our parish, this is a wonderful way to meet us and become involved in some aspect of our Lord's work.

If you have been here for awhile or a long time, maybe you have not been asked - maybe family and career priorities have prevented you from giving of this time. **Lots** of maybes' but *just* maybe this is the time to say "YES"! The payback for volunteering cannot be measured on this earth. YOU are always needed - your hands and your heart are needed -

especially when we foresee a greater need this year with the economy looming as a dark cloud.

Maybe, just maybe, there is more need for all of us to be available to help out - to do what little we can to bring comfort to those in need.

I have listed below the name of each circle, the contact person and phone number of each circle as well as their dates, times and meeting places. Check us out. Find out for yourself where you might best be able to serve with regard to time and location.

Our Ladies of Charity Circles - Holy Cross Catholic Church

Our Lady of Lourdes

Chairperson - Kathleen Mee
Contact Person - Carole McCorkle (434) 384-7568
2nd Monday of the month, @1-3 p.m. at Holy Cross Church, 2nd floor

Our Lady of Peace

Chairperson - Lillian Fugate (434) 385-7844
2nd Monday @7:30p.m., at Rivermont and Boonsboro area homes

St. Jude

Chairperson - Sue Filiaggi - (434) 384-7132
2nd Monday @6:30 pm, at Amherst county homes

St. Vincent de Paul

Chairperson - Winnie Schamerhorn (434) 384-0246
2nd Tuesday @ 1:30 p.m., at Boonsboro & Peakland area homes

If you would like to trace us "back through the ages", look for the blue **History of the Ladies of Charity** information sheets placed in the commons on the parish pick-up table and "read all about us."

As you well know, the time that you give to others is simply "casting your bread upon the waters" and through you and your efforts, by the grace of God, the loaves will be multiplied.

WHERE ARE YOU - NOW THAT WE NEED YOU?

Won't you just give one of us a call - *Please?*

Submitted by Margorie Dunn,
Our Lady of Lourdes Circle
<http://famvin.org/LCUSA/about>

Welcome New Parishioners !

We welcome three new families to Holy Cross Parish since our November Issue.

Gary and Eileen Cantrell

**Ryan and Sarah Knapp
Paul and Julie McAndrews**

Welcome to each of you !

Congratulations to the following Holy Cross Church Students for their Fall 2008 Holy Cross School Achievements

Congratulations to **William Loftus (10th grade)** for winning first place in the Public Forum event during the October South-Western Virginia Forensics Tournament. **William** also came in 2nd place at the Catholics Forensics meet in Richmond in November.

Jenna Pierce (8th grade) was named to the All-Tournament Team during the December Roanoke Catholic Holiday Basketball Tournament. **Go Jenna!**

Congratulations to **Tom Bruzek (7) and Molly Graham (3)** for placing in the Holy Cross art contest and to **Joe Bruzek (9)** for winning the recent Celebration 130 t-shirt contest.

The following high school students were chosen to serve as election day pages for the City of Lynchburg last November: **Wyatt Burnham (12), Carey Harvey (12), Elizabeth Henson (11), and Marie Walker (12).**

Congratulations to the following students for being selected to participate in the elementary Student Government Association as officers and/or class representatives:

V.P. Glenn Trent, Jr., Secretary Niki Leal and Class Representatives -Makayla Rony, Michael Charlton, James Schubert, Lanie David, Sydney Walker, and Molly Graham.

Congratulations to **Joe Bruzek (9)** for receiving one of only eight Best Actor/Actress awards during the Virginia Theatre Association 2008 conference and competition involving over 40 schools and over 200 actors/actresses.

Go Gaels! The following students received special sports recognition during the fall sports ceremony in December:

Varsity Soccer: **Justin Gibbons (12)** and **Wyatt Burnham (12)**

JV Soccer: **Liam Roach (8)** and **Thomas Bruzek (7)**

Volleyball: **Jenna Pierce (8), Alexandra Rapadas (8)** and **Kate Lemley (7)**

2008-2009 Middle and High School Student Action Council includes the following Holy Cross church students: **Alexandra Roach, Thomas Bruzek, Joseph Bruzek, and Kenny Sterne.**

2008-2009 Gael Guides from Holy Cross are: **Glenn Trent, Jr., James Schubert, Lanie David, Makayla Rony, Michael Charlton, Kate Lemley, Tom Bruzek, Leigh Ann Murdock, Joe Bruzek, and Kenny Sterne.**

Holy Cross School

Winter and Spring Open House Programs

Saturday, January 24th:

3:00 – 5:00 Prospective Student Open House

Monday, January 26th:

Noon – 4:00 Prospective Student Open House

Friday, February 6th

8:30 – 3:30 *Future Friends Friday Open House

Friday, February 13th

8:30 – 3:30 *Future Friends Friday Open House

Friday, February 20th

8:30 – 3:30 *Future Friends Friday Open House

Friday, February 27th

8:30 – 3:30 *Future Friends Friday Open House

Thursday, March 5th

4:30 – 6:30 Prospective Student Open House

**For more information, please contact:
Pat LeDonne, Director of Enrollment**

Ledonne_p@hcrs-va.org

434-847-5436

*Students have the opportunity to shadow a current Holy Cross student for the day!

our community for a full liturgical year in order to experience the Christian life fully and to be taught by our community what it means to be a Christian. After completing a year as a Catechumen, they will be baptized, confirmed and make their First Holy Communion at the Easter Vigil.

Over the past few weeks, our community has seen the ‘first fruits’ of those efforts. On January 11 (The Feast of the Baptism of the Lord) Deborah Bauer and Gretchen Kreis were received into the Full Communion of the Catholic Church and completed their Christian Initiation! The Rites were celebrated at the 8:00 and 11:00 liturgies. At present more than five candidates for reception and two catechumens preparing for baptism are involved in the process. Please keep them in your prayers, especially as we recite the Creed each Sunday!

Holy Cross School Students Honoring Our Veterans

Over 40 Holy Cross students participated in the wreath laying ceremony honoring veterans in the Old Cemetery on December 13, 2008



Continued from Page 12

“The Process”

spouse the list of lawyers trained in the Process. From there, other professionals may or may not be brought into the Process, depending on the facts of each situation. The mental health professionals assist with diminishing the anger, as well as helping with the children’s emotional well being. The financial expert helps with informing the parties of the value of their assets, and for tax consequences of various division scenarios. Through a series of sessions with these professionals, the parties come up with their own agreement. By preserving respect and encouraging

cooperation, the Collaborative Process helps parents and children keep family bonds while embracing new lives.

If you or someone you know is involved in a separation process, please let them know about this new constructive and sensible alternative to the courtroom battle. For more information, you may contact Patricia McAdams Gibbons at (434) 847-8149 for information and/or a list of participating lawyers.

A Note form the Editor

Happy New Year ! My “Thank you’s” to all who have submitted articles to this issue !

Please remember to get your articles in by the cut-off date. After the articles are received and I put them in the format, the newsletter goes to the proof reader. Once all corrections are made, the newsletter then goes to the printer. It is then printed (according to their schedule) and returned to the church where

address labels are applied. As this is a rather large parish, applying the labels takes time. Then the newsletters are sorted according to the rules of the post office and then are taken to the post office to be mailed. So, the “cut-off” date is important in order to get the newsletter out in a somewhat timely manner. Again, Thank you ! You articles and information are so appreciated by all !

Joy

Deacon Classes *Submitted by Joe Marotta*

A few times a month, someone will ask me how are things going with the 'deacon classes'. A quick follow up is often, "So, when will you be ordained?" The expression when I reply, "God willing, in another four years," has been pretty uniform. After all, there are not many things in life that involve nearly five years of preparation!

This is especially true when you consider that the permanent diaconate is not what most people would describe as a full time job or a profession. While it is true that anyone who is ordained is never truly 'off duty,' married deacons are required to support their families by way of an occupation other than the diaconate. However, there is wisdom in requiring this much time and space to prepare, and I am quickly realizing that it can teach us all a lesson about how to prepare in other areas of our life.

A few weeks ago, seminarian Scott Sartini came to visit our parish and spoke about his vocation to the priesthood. As I listened to him speak, I thought about what has been commonly referred to as the 'crisis in vocations.' Every week, our bulletin includes a prayer for vocations. From time to time, we include a prayer for vocations in the General Intercessions. However, I would respectfully submit that there is not a crisis in vocations. The crisis, if there is one, is in our response (or lack thereof). Let me explain.

The word "vocation" comes from the Latin verb 'to call'. When we talk of a vocation we are describing the action of God calling an individual to live his or her life in a special way. No one has an innate right to serve in a given ministry. Only God can call us to serve Him. It is for this reason, that out of the 130 men who originally expressed an interest in the diaconate, only 90 submitted applications. Of those 90, only 50 are

currently in the formation process. It would not be surprising to see that after four more years, that number may drop by an additional 50%. The Church has an awesome responsibility to assist in the discernment process. It must help others to listen for the voice of God. The word discern also has Latin roots – literally translated it means 'to sift'.

And so, I think that as a Church, it would be much more accurate to describe our situation as a 'crisis in discernment'. God continues to call His people to serve. The question really becomes, "How well are we listening?" Scott made a very good point when he pointed out the primary role that parents play in the lives of their children. However, I would suggest that this role is not only performed by suggesting or even urging that a child look into the ordained or consecrated life. A far more effective method of formation is to help develop listening skills.

Of course, this assumes that we are good listeners ourselves. It means that we lead by example and are able to perceive the work of God all around us. A favorite quote of mine has become very important in my own spiritual journey, and I would invite you to reflect upon it yourself. Using the powerful imagery of Moses encountering God in the Burning Bush, Elizabeth Barrett Browning wrote,

"Earth's crammed with heaven, And every common bush afire with God; But only he who sees, takes off his shoes, The rest sit round it and pluck blackberries, And daub their natural faces unaware."

The next time you gather at table, look at those around you. Do you see a "bush afire with God"? If not, I suggest that you look a little harder. Pray a little harder. The Truth is each of us has the light of Christ within us. We all must work together to ensure the light shines its

Please continue on Page 20 See "Deacon Classes"

An update from Mr. Jones

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Dear Holy Cross Parish Family:

I write again to express the school's gratitude and appreciation for your ongoing support and commitment to Holy Cross School and to Catholic education. We remain hard at work providing the children and young adults with the very best Catholic education possible. It remains centered upon excellence and religious education that provides the students with a well-rounded education, one that encourages them to be productive students, good citizens and energetic apostles! When you support this effort, you truly support both the school and the Church.

I also write to bring you up to date with Campaign 130 and our efforts to match the \$350,000.00 donated by Al Stroobants. As you know, as soon as we match this amount with donations and pledges, Mr. Stroobants will donate an additional \$150,000 to the school. This is a huge opportunity for us and I invite and encourage you to make a contribution to the campaign. You may even want to be one of the 350 for the 130. By that I mean one of the 350 individuals or families that donate \$1,000.00 helping us match the \$350,000.00! You may do this either at once or over a period of a time as a pledge.

Please know that the school recognizes the challenges associated with the current economic scene and yet we also realize that an opportunity like this is practically a once in a lifetime dream. You may contribute by writing your check or making your pledge to Holy

Cross School Campaign 130. Please, as the Catholic community, help us as the Catholic School make this a reality. This is more than where our children go to school, it is about promoting and sharing our Catholic identity in keeping Holy Cross Catholic School alive and well in the Lynchburg area for another 130 years! To this extent, Holy Cross School belongs to every Catholic family throughout the greater community regardless of a school of choice. WE are the Catholic family.

I have included some statistical information regarding the Campaign to date. This amount includes cash and pledged contributions from the following categories: Businesses, Holy Cross School Parents, Friends of the School, Faculty/Staff, Alumni, School Board Members, Holy Cross Students, and our Pastors/Catholic Churches. The amount to date in cash and pledges is \$173,687.00. As you can see, after five months, we are nearly half way to our goal and we have not as yet conducted our designated and sustained campaign drive with our alumni and churches, however they are forthcoming. Please know that we will also continue to encourage all other constituents to make a contribution or pledge. In fact, many of them are in process now!

If you have any questions or concerns about Campaign 130, please give me a call at school (847-5436 ext. 111).

God Bless You... and thanks for your support,

Holy Cross Elementary School News

Holy Cross Elementary School has enjoyed an exciting, learning-filled start to our school year. Grades Pre-Kindergarten through Fifth grade brought their pets to be blessed at the annual Blessing of the Animals service. They have broken piñatas after hearing about Our Lady of Guadalupe, and they have enjoyed ginger snaps provided by St. Lucia and treats from St. Nicholas.

Elementary students also created a saint and discussed that saint's service with prayer partners for All Saints Day. As we stress service to others, students will continue to donate food and money to our causes this year and their time to help others.

The Holy Cross Middle School sponsored the holiday canned drive and collected over 1100 cans!

WHAT EXACTLY ARE TOXINS ?

Check labels to avoid these:

- **VOCs** Volatile organic compounds can be found in paint, carpet and cleaning products, and may cause headaches, allergies and rashes.
- **PBDEs** Polybrominated diphenyl ethers are flame retardants found in fabric, plastic and some electronic devices. They are linked to a wide range of health problems.
- **PESTICIDES** They are found in plant and insect poison, and have been linked to allergies, infertility and cancer.

HEALTHIEST HOUSE PLANTS

Remove harmful chemicals from your home with hardworking houseplants

Chemicals from building materials, furniture, and even air fresheners can make indoor air toxic, according to the Environmental Protection Agency. But just getting some greenery can help, says B.C. Wolverton, PhD, a former NASA research scientist and the author of *"How to Grow Fresh Air"*.

"Houseplants give off oxygen and help remove chemicals like formaldehyde, a common indoor vapor that can cause respiratory and neurological problems, as well as cancer," he says. Here are some great picks that are available at most nurseries.

English Ivy Available in all kinds of colors and shapes, this climbing vine helps clear out formaldehyde. This plant needs regular misting, especially during the winter.

Bamboo palm Great for removing formaldehyde from the air, the bamboo palm is also low

maintenance. It needs a couple of hours of direct sunlight, and water regularly.

Peace lily A pro at removing a laundry list of toxins, including acetone, benzene, alcohols, and ammonia, the peace lily is the only air-cleaning plant that flowers. Wash the leaves occasionally.



Lady palm This plant clears your air of chemicals including ammonia, and is highly resistant to insects. Trim the leaf tips if they turn brown from a buildup of salt and minerals.

Rubber plant Got a black thumb ? The hearty rubber plant is for you ! It ranks high in eradicating nasty formaldehyde and can tolerate cooler temperatures. Keep well watered.

STOP A BLOODY NOSE - STAT !

Most people think that you should tilt your head back to stop a nosebleed, but that conventional wisdom is wrong, says Yosef P. Krespi, MD, a WD advisor and professor of clinical otolaryngology at Columbia University College of Physicians and Surgeons. (Leaning your head back makes you more likely to swallow blood, which can lead to nausea and stomach irritation.) Instead, keep your head level, and pinch your nostrils at the tip of your nose with your index finger and thumb for 3 to 5 minutes to stop the flow. If that doesn't work, gently push a cotton ball or swab into the nasal passage to seal the area. (Go to the ER if a bleed lasts more than 10 minutes.) Prevent future nosebleeds by using a humidifier, staying hydrated and lubricating your nose with a petroleum jelly product like Vaseline)

VOLUNTEERS NEEDED !

 *What is something wonderful, intergenerational,  and desperately needed by hungry people?*

THE POTATO DROP !

SATURDAY MAY 9

7:30 AM -- 11:00 AM

HOLY CROSS PARKING LOT

I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think,
that I am following your will does not mean that I am
actually doing so.

But I believe the desire to please you does in fact please
you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that
desire.

And I know that if I do this you will lead me through
the right road though I may know nothing about it.

Therefore I will trust you always though I may seem
to be lost and in shadow of death.

I will not fear, for you are ever with me, and you will
not leave me to face my peril alone.

Thomas Merton
Submitted by Linda Contreras

Catholic Books to Read

If you want to learn about Catholicism, browse or search a range of offerings on <http://www.catholicculture.org/culture/library/>— and let the Catholic world unfold beneath your feet.

HIGHLIGHTED DOCUMENTS

“God Dwells on High, Yet He Stoops Down to Us!” (Pope Benedict XVI)

“Bethlehem's Divine Light Spread Out Over All the Earth” (Pope Benedict XVI)

“The Holy Spirit Gives Us Joy, and He Is Joy” (Pope Benedict XVI)

“Our Crumbling Civilization” (Rev. P. W. Browne D.D., Ph.D.)

Convocatio, Communio, Missio: God's Word Spoken, Lived and Shared (Bishop Marc Ouellet)

Easy Vegetarian Vegetable Bean Soup

3 cans (14 oz each) vegetable broth
2 cups unpeeled potatoes
2 cups sliced leeks (about 3 medium), white part only
1 can (14 1/2 oz) diced tomatoes, undrained
1 medium onion, chopped
1 cup chopped or shredded cabbage
1 cup sliced celery
1 cup sliced peeled carrots
3 cloves garlic, chopped
pinch of dried rosemary

1 can (16 oz) white beans, drained
Salt and black pepper

Slow Cooker Directions:

Combine all ingredients except beans, salt and pepper in slow cooker. Cover and cook on HIGH 8 hours. Stir in beans and season to taste with salt and pepper. Cover and cook about 30 minutes or until beans are heated through.

Makes 10 servings

brightest in each and every person, to the greater glory of God.

I invite you to join me in a new prayer for vocations:

Heavenly Father, your Son instructed us to ‘ask the master of the harvest to send out laborers for his harvest.’ We are confident that you have called all those necessary to lead and serve your flock. Help each of us, therefore, to hear that call, and give us the courage to answer.

Reminder From the Editor !

Reminder !

The next Newsletter is due out in May ! The **cut off date** will be April 10th. You can begin submitting your articles as early as March 1st. and until April 10th. Articles can be submitted by several methods: email at Newsletter4hc@aol.com, Bring to the Church Office, place in the collection basket during Mass marked “for Newsletter”, and by snail mail.

For more information you can call me at 929-5720

Please include your Name and phone number.

Thanks again !

Holy Cross Catholic Church

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