Upcoming Events

'Pathways’ Student Athlete Fellowship - 'Pathways' is a Christian fellowship group for student athletes that will meet on Thursday and Sunday evenings at 9pm in the Unity House. Pathways is designed to be a space for athletically minded and involved students to gather in community, share in discussion on life topics, and develop leadership skills while growing in faith together. All are welcome to attend. No meeting this coming Sunday (Feb. 22). Contact Dani Erdley erdleyd@juniata.edu with any questions.

Midweek Meditation - Wednesday at 5:00 at Unity House. Homily: Contact: Carole Baker (814) 259-0161

Seeds that manifest as body and mind, as realms of being, stages, and worlds, are all stored in our consciousness. That is why it is called "store consciousness." ~ Thich Nhat Hanh

Meal for CROP – Want to help feed those in need? CMB will be asking students to donate their evening meal for March 3. Meals will then be sold to community members to enjoy an evening of dining out in Baker. CMB will be in Ellis during meals next week for sign-ups.

Liturgical Minister Schedule
Feb. 22, 2015

Set-up: David Paul

Hospitality: Veronica Kirchner
Cameron Westerlund

Lectors:
1st – Theresa Uniacke
2nd – Christina Estright
3rd – Marissa Doughtery

Cantor: Katie Shelledy

Pianist: James Fogle

Power of the Word

“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Jesus Christ.”

1 Thessalonians 5:16-18
**Sunday Mass Schedule**
Most Holy Trinity Catholic Church
Sixth and Washington Streets
814-643-0160

Saturday: 5:00 pm
Sunday 8:00 am and 11:00 am
The times for weekday Masses vary from day to day. If you would like to know the times, please call the church at the above number.

The webpage for Most Holy Trinity has numerous resources and links for those seeking information on the Catholic faith or doing research for a class. Check out www.mhtcc.org

**Sacrament of Reconciliation**
Available upon request at Juniata College.
Contact Fr. David to set up a time: also available at Most Holy Trinity.

**Mass Intentions**
If you would like to schedule an intention for Mass in memory of a deceased loved one or to pray for someone who is sick or infirm, contact the Campus Ministry Office. A $10 donation is requested.

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**Liturgical Reflections**
Lent is a preparation for the celebration of Easter. Lent is marked by two themes, the baptismal and the penitential. On Easter Sunday the faithful will be asked to stand and renew their baptismal promises. Forty days of Lenten reflection will assist to deepen the meaning of one’s baptismal identity. Also, the penitential nature of Lent calls for fasting, prayer and giving alms to the poor. During Lent penance should be not only inward and individual, but also outward and social. The liturgy of the Lenten Season reflects the somber tone of renewing baptismal identity and practicing acts of penance. Lent begins on Ash Wednesday and ends late afternoon on Holy Thursday.

The General Norms for the Liturgical Year and the Calendar, Numbers 19 and 27; The Constitution on the Sacred Liturgy, Numbers 109 and 110; The General Instruction of the Roman Missal, Numbers 53, 62, 305, 313, and 346. 2015, Diocese of Altoona-Johnstown, Liturgy Office, 925 South Logan Blvd, Hollidaysburg, PA 16648

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**Finding Strength in Faith By Judy Esway**
Can we expect to grieve differently because of our faith in the resurrection? My experience as a hospice chaplain and bereavement counselor tells me yes, but don’t expect the pain to be less intense.

Grief includes intense emotions sadness, and sometimes depression. But our hope in the resurrection and reuniting with loved ones can hedge against despair. That’s the difference. The very definition of despair is “hopelessness”

Grieving isn’t a sign of despair, not is it inconsistent with being strong and having faith. Grief is the natural consequence of love: the greater our love, the greater our grief. Would we have it any other way? Would we build barriers to love so it won’t hurt in the end? C.S. Lewis writes “The pain now is part of the happiness then. That’s the deal!”

The other side of love is pain, and we can’t do a thing about it. It hurts when loved ones die Grief is the normal response to loss. So go ahead and cry. Tears are good healing, precious to God, and never wasted. “Are my tears not stored in your flask, recorded in your book?”—(Psalm 56:9).

~Originally published in Catholic Update (Jan, 2015) Reprinted with permission from Liguorian, 1 Liguori Dr., Liguori, MO 63057

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**FAMILY RITUAL**
A Lenten Family Prayer
Write a one or two line Lenten prayer or choose a psalm response from Mass to recite together each day during the rest of Lent. An example for a family with young children: “Dear Jesus, we are happy that you love us so much. We love you too.”

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**Catholic Council**
Join us for our weekly meeting on Mondays at 5:30 pm in meeting in BAC room C212.
Connect with us on Facebook – Juniata College Catholic Council