Upcoming Events

Ash Wednesday Service - There will be an Ecumenical Ash Wednesday Service co-sponsored by Campus Ministry and Stone Church on Wednesday, February 18 at 5:30 pm at Stone Church of the Brethren. All members of Juniata College and the Huntingdon community are invited to attend and receive ashes.

'Pathways' Student Athlete Fellowship - 'Pathways' is a Christian fellowship group for student athletes that will begin meeting this week; first on Thursday Feb. 12 at 9pm, and on Sunday Feb. 15 at 7pm 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. Please contact Dani Erdley (erdleyd@juniata.edu) or Rick Cartwright (cartwrr@juniata.edu) with any questions.

Midweek Meditation - Wednesday at 5:00 at Unity House. Homily: Every day is Ash Wednesday for Buddhists." Contact: Carole Baker (814) 259-0161

"In us are infinite varieties of seeds--seeds of samsara. nirvana, delusion and enlightenment, seeds of suffering and happiness, seeds of perceptions, names and words.
~ Thich Nhat Hanh - Understanding Our Mind

Labyrinth - Want to “listen deeply” and walk in warmth? Walk the labyrinth between 5:00 PM, Wed., Feb. 18 and 2:00 PM, Thurs., Feb 19 in Sill Boardroom. Listen in the silence, walk in the warmth, sit in the center.

Spaghetti Dinner Benefit - Most Holy Trinity Social Concerns Committee is hosting a Valentine's Day Dinner on Sat. Feb. 14 from 6-7:30 pm. Proceeds benefit St. Joseph in Lalomas Haiti.

Liturgical Minister Schedule
Feb. 15, 2015

Set-up: Kyle Heasley

Hospitality: Theresa Uniacke
Christina Estright

Lectors: 1st – Katie Shelledy
2nd – David Paul
3rd – Steven Bonn

Cantor: Bridget Rea

Pianist: James Fogle

Liturgical Reflections

This Wednesday, February 18, is Ash Wednesday when the Church begins the forty day journey toward the Triduum (The Three Days) with the annual discipline of fasting, praying and giving alms. Ash Wednesday (February 18) and Good Friday (April 3) are days of fast and abstinence. All Fridays in Lent (February 20, 27; March 6, 13, 20, 27) are days of abstinence. FASTING refers to only one full meal, with two small meals and no eating otherwise for the day. ABSTINENCE refers to not eating meat at all during the day. The Church directs the holy FAST to all those in their 18th year until their 60th year (Canon 1252). The ancient practice of fasting and abstaining can occur throughout other days in Lent. This is not obligatory and can take a variety of forms distinct from food.

2015, Diocese of Altoona-Johnstown, Liturgy Office, 925 South Logan Blvd, Hollidaysburg, PA 16648
**Liturical Reflections**

The Priest may in the exercise of his office of presiding over the gathered assembly offer certain explanations within the Mass. Where this is laid out in the rubrics, the Priest is permitted to adapt the explanations somewhat so that they correspond to the capacity for understanding of those participating (following closely the sense of the explanatory text given in the Missal). The priest is further permitted, in a very few words, to give the faithful an introduction to the Mass of the day (after the Greeting and before the Penitential Rite), to the Liturgy of the Word (before the readings), to the Eucharistic Prayer (before the Preface), and concluding comments regarding the entire sacred action (before the Dismissal).

The General Instruction of the Roman Missal, Number 31.
2015, Diocese of Altoona-Johnstown, Liturgy Office, 925 South Logan Blvd, Hollidaysburg, PA 16648

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**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](http://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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**February 15**  
*Mk 1:40-45*

Family life is about decisions. The leper in today’s gospel knew this when he said to Jesus. “If you will, you can make me clean.” Jesus knew this when he said, “I do will it.” Love is not an emotion. It is a decision to be with and for another person in “good times and bad,” even when we don’t feel like it.

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**God, give me Love so others may feel your true presence in the world.**

_Dear Lord, Your love for us is perfect. Help us to learn to love like you. Sometimes we find ourselves in situations when it is hard to love others. Help us, Lord to always remember that you have commanded us to love others as ourselves. Thank you for loving us so perfectly. May we truly learn to love like you. Amen._

Reprinted from 2015 Family Calendar published by the Family Life Office Diocese of Altoona-Johnstown

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**Power of the Word**

“In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”

~Dietrich Bonhoeffer

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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
What is the meaning of Lent? Is it a time to do penance? Partly, but not entirely! Is it a time to change our hearts? Definitely!!!

To change one’s heart is not easy. It can be very difficult and probably none of us will do a “complete change of heart” in any Lenten season. That’s why we need one every year. We need to try again. Jesus frowned on those who avoided this effort by performance of many actions. He criticized those who had a long list of actions, but never changed their heart. The Church is of the same opinion. When the old Lenten rules were changed by Pope Paul VI in 1966, he did so for just this reason. He was afraid people were becoming more concerned about performances than about changing their hearts. For that reason he had to take the emphasis off “performed acts” as the object and purpose of Lent.

~ Reprinted from the booklet published by the Family Life Office entitled “A CHANGE OF HEART - Lent and Easter at Home.”

Write a “love letter” to someone who has loved you. It could be a parent, godparent, favorite relative, a mentor, etc. Thank them for the gift of love and tell them how it has affected your life. Consider writing a love letter to God, as well, for He surely is the one who has loved you the most!