Liturgical Minister Schedule  
March 1, 2015

Set-up: David Paul

Hospitality: Brittany Jasper  
Theresa Uniacke

Lectors:  
1st – Alex White  
2nd – Maggie Lykens  
3rd – Veronica Kirchner

Cantor: David Paul  
Pianist: James Fogle

Upcoming Events

'Pathways' Student Athlete Fellowship - 'Pathways' is a Christian fellowship group for student athletes that will meet on Thursday and Sunday evenings at 9 pm 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. Contact Dani Erdley erdleyd@juniata.edu with any questions.

Midweek Meditation - Wednesday at 5:00 at Unity House. Homily: “Whether transmitted by family, friends, society or education, all our seeds are by nature, both individual and collective.” ~ Thich Nhat Hanh, Understanding Our Mind

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.

Catholic Council  
No meeting this week

March 1  
Mk 9:2-10

The apostles thought they knew Jesus, but when he changed in front of them at the Transfiguration, they were “afraid.” In families we cannot freeze relationships because change and growth are inevitable. Children grow up, parents grow old and spouses change. Transfigurations are all around us and within us. Relationships can only grow when we embrace the new and let go of the old.

Power of the Word

“Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”  

Joshua 1:9
**Liturgical Reflections**

The General Instruction of the Roman Missal makes specific references to the Season of Lent. The Glory to God is not prayed during the Sundays of Lent. During Lent, instead of the Alleluia, the Verse before the Gospel is sung. During Lent it is forbidden for the altar to be decorated with flowers (exceptions are the Fourth Sunday of Lent, solemnities and feasts). The playing of the organ and musical instruments is allowed only in order to support the singing. The color violet or purple reflects the seriousness of the season. The Sundays of Lent are prayed without exception; no other choice of Mass is permitted. A Funeral Mass may not be celebrated on Sundays of Lent, Holy Thursday, and the Paschal Triduum (Good Friday, Holy Saturday, and Easter).


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

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**Simplifying Your Life**

“Jesus, help me to simplify my life by learning what You want me to be and becoming that person.” —St. Therese of Lisieux

These words by the beloved saint may be over 100 years old, yet they challenge those of us in the modern world to take a fresh look at our lives—or more precisely they challenge us to explore ways that we can simplify our lives.

Pursuing simple living is countercultural in a society that often seems all too focused on urging us to want more of everything. Yet for spiritual, ecological, and economic reasons, many people hope that cutting back on consumption will help reduce their personal stress levels, improve their relationship with God, and even promote justice in the world at large.

For many, the first step to living simply is to start small. When Susan Vogt decided to clear her home of clutter, she challenged herself to get rid of one item a day during the Lenten season. She hoped to simplify her space by donating unneeded items to those in need. The experiment was fruitful and fulfilling in both a spiritual and practical sense, so she chose to continue the effort for a full year. She described the journey in her book *Blessed by Less: Clearing Your Life of Clutter by Living Lightly*.

Vogt says the process has helped her to obtain a better balance in her life, and to recognize that while she can’t give to the point of destitution, neither can she justify holding on to items that could be useful to someone else: “I have become more attuned to what is really important in life and what things I had been hanging on to or worrying about that I could let go of.

In addition, she says, “It was a reminder of my need to clean out the interior, my inner self, as well. On the outside I will look the same, but it’s important to consider what’s going on inside. It’s about changing one’s attitude.

~ Christopher New Notes, 5 Hanover Square New York, NY 10004