Upcoming Events

**Pasta Dinner** – Please join Campus Ministry for your pasta dinner on Tuesday, March 17 from 5:30-6:30 PM at Stone Church. RSVP by emailing campusmin@juniata.edu by Monday, March 16 at 2pm.

**Meal for CROP** – Has been rescheduled for March 24. There is still time to give up your meal for that evening. Want to help feed those in need? Please contact Katie with your ID number (Shoemke12@juniata.edu) 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 Reflections

The Church has consistently endorsed for fifty years that the faithful receive the Lord’s Body from hosts consecrated at the same Mass. It is most desirable that the faithful, just as the priest himself is bound to do, receive the Lord’s Body from hosts consecrated at the same Mass. By this practice the sign of Communion stands out more clearly as a participation in the sacrifice actually being celebrated. The Church desires that hosts from the tabernacle not normally be distributed at Communion, but rather the distribution would be from those hosts consecrated at the altar during that Mass.

The Constitution on the Sacred Liturgy, Number 55. The General Instruction of the Roman Missal, Number 85. 2015, Diocese of Altoona-Johnstown, Liturgy Office, 925 South Logan Blvd, Hollidaysburg, PA 16648

Remember there will be no Mass on campus on Sunday, March 15.

**March 15**

Jn 3:14-21

Today’s gospel speaks of light and darkness. Often a parent is deliberately “left in the dark.” Darkness can be comforting for it makes no demands on us. Light can be disturbing for it forces us to take action. Parents walk a delicate balance of when to “sit in the dark” and when to “turn on the lights.”

Your Lenten Journey

Has your Lenten Journey opened you to Jesus? Is your soul thirsting? Are you listening in the silence of prayer? The question is not “what have you given up” but “what have you gained?”

There will be a Catholic Council meeting on Monday, March 16 at 5:30 pm in BAC C212. We will be holding elections for the 2015-2016 academic year.
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.

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.

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