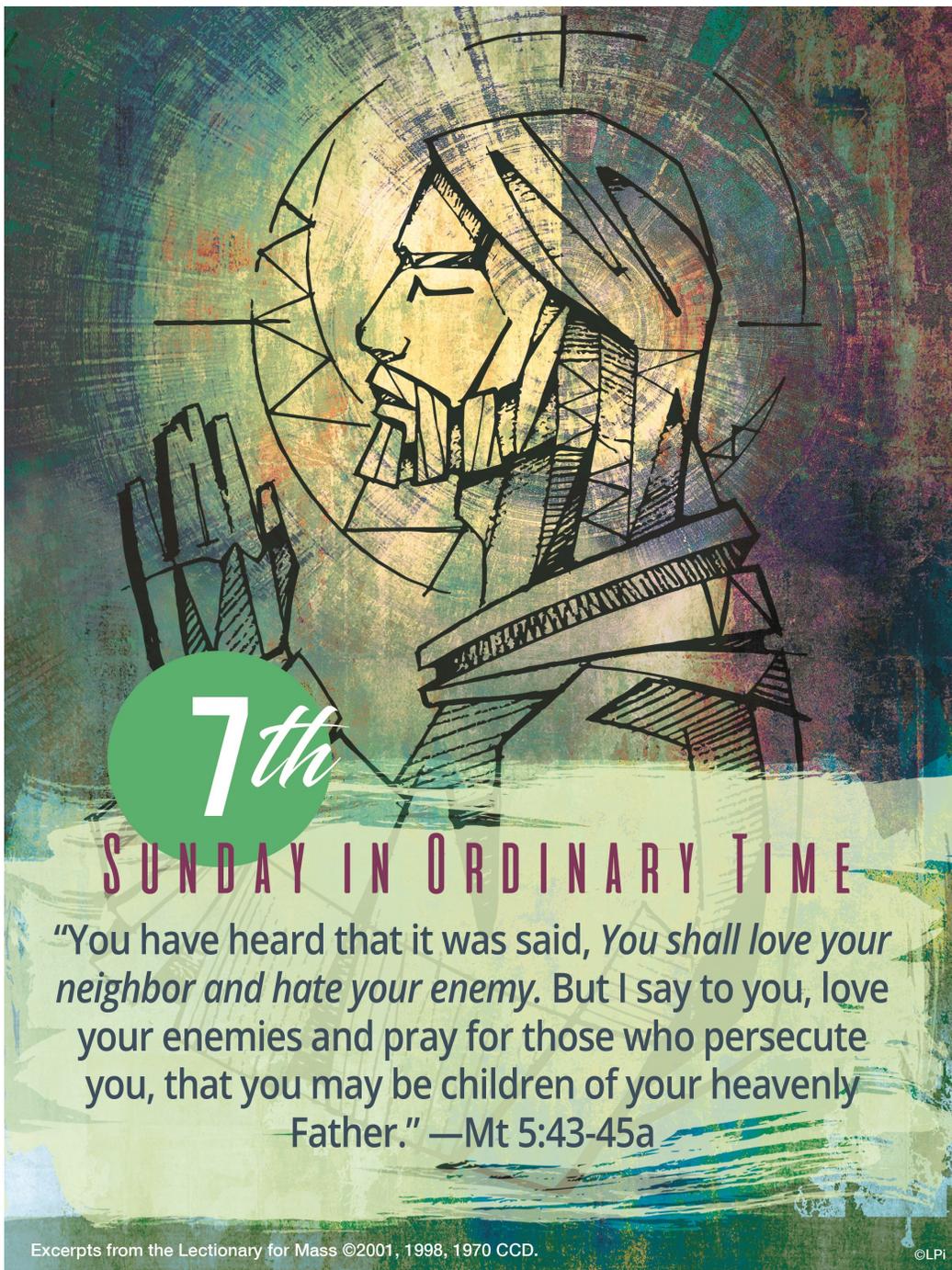




7th Sunday in Ordinary Time  
February 23, 2020

ST MICHAEL'S CHURCH



PARISH OFFICE  
415 Tioga St., Johnstown, PA 15905  
Phone: 814-535-7646  
Fax: 814 536-7850  
Email: [omos@dioceseaj.org](mailto:omos@dioceseaj.org)  
Website: [omostoday.com](http://omostoday.com)  
Monday through Friday, 8:30—4:00

PRESBYTERY  
407 Tioga St., Johnstown, PA 15905  
814-535-7646  
By appointment

ST MICHAEL CATHOLIC CHURCH  
180 Gilbert St., Johnstown, PA 15906  
DIVINE MERCY SCHOOL—WEST  
Phone: 814 539-5315

## FATHER MARK'S

*The purpose of penance is not self-exaltation but interior conversion and transformation of life.*

### Prayer for Deliverance

During the season of Lent, we will be praying the Biblical prayer for deliverance. I hope the prayer is still in your hymnal with the image of the Virgin of the Sign on the front.

### Our New Nursery

Our new nursery – in the church -- is finally finished, and we are inviting all our parents of little ones to come and take a look. As with our nursery in the school, the idea is to allow the parents to come to Mass while we take care of your little ones. Any little one from 6 months to 5 are welcome! So, take a

### The Lenten Fast!!

Why do Catholics fast? What did Jesus teach about fasting? Is fasting still an obligation for Catholics? RESPONSE: Fasting is a “spiritual exercise” by which we repent of our sins and strive to become more Christ-like as sons and daughters of God (Catechism of the Catholic Church, nos. 1438, 2043; cf. Rom. 8:14-17). While Jesus cautioned against prideful fasting (Mt. 6:1-5, 16-18), He fasted (Lk. 4:1-2) and encouraged others to do so to advance His Kingdom (Mt. 17:21). From her inception, the Church has followed Christ’s example regarding fasting. She continues to require the faithful to fast and abstain on prescribed days during Lent.

The Church encourages fasting, prayer, and almsgiving above all other forms of penance (Catechism, no. 1434; cf. 1438-39). The purpose of penance is not self-exaltation (Mt. 6:1-5) but interior conversion and transformation of life. “Rend your hearts, not your garments,” summarizes the prophet Joel in the Church’s Ash Wednesday reading (Joel 2:13). The prophet Isaiah elaborates on “acceptable” fasting (Is. 58:1-12) – acts of charity that “will cover a multitude of sins” (Jas. 5:20; 1 Pet. 4:8). While fasting is frequently associated with Lent and penance (Catechism, nos. 1438-39), it should be part of our ongoing spiritual exercises. Our Lord calls us to seek perfection through the evangelical counsels of poverty, chastity, and obedience, according to our state in life (Mt. 19:16-29; Catechism, nos. 2052-53; cf. Mt. 5:48). Christ, the God-man, fasted and prayed to prepare for His encounter with the devil in the desert (Lk. 4:1-13). We too, are called to prepare for and engage in this battle for the Kingdom (Eph. 6:10-20). And, what a battle it is!! WILL YOU JOIN US IN THIS LENTEN FAST?

### Lent & Arise

Wow!! Imagine lent is coming soon – very soon -- to a Church near you – like OMOS! And, with lent comes the 4<sup>th</sup> Season of Arise titled, “New Heart, New Spirit.” Last week we talked a bit about small groups and if we got you thinking... maybe now is the time to give it a shot! Time to talk about these important topics, including forgiveness, in this our fourth season. Go to our web site check out small groups and, be bold – sign up!!

### Unbound Ministry

Elsewhere in the bulletin, you will find an announcement about the Unbound Ministry. May I recommend this to you as a way of letting go of all those wounds that prevent us from opening our hearts to the love God has for you. What are those things that “bind” us and prevent us from being free? What a joy to live “unbound and set free.”

### Stations, Soup, Salad, and Scripture (SSSS)

This year when we have our traditional Stations of the Cross here at OMOS, we want to make an evening of it!! A great evening. We will begin Stations of the Cross at 6:00, followed by a “simple” lent meal of soup and salad, and finally a 10- minute reflection on the Scriptures for that week by one of the ministers in our area. It’s a way of hearing a different voice, and also a way to bring our diverse communities of faith

## CENTENNIAL NEWS

**Change Matters**– We will be handing out our “Change Matters” cups for everyone to begin their spare change collection through Pentecost. Everyone can participate in this fun project. The funds from this collection will be used to help the neediest of the poor.

**Soup, Salad & Scripture** – Join Pastor Streets and all of us this Friday night, February 28 for Soup, Salad, and Scripture. Stations of the Cross begin in the church at 6 pm, followed by soup, salad, and fellowship. Pastor Streets will follow the simple meal with a few words about the Scriptures. Let us all begin our Lenten season in fellowship with our neighboring Christians as we all prepare for our holiest of days, the Holy Triduum.

## INDIVIDUAL UNBOUND PRAYER MINISTRY

Do you long for spiritual, relational, and/or emotional freedom but feel unable to receive it? Do you struggle with forgiveness? Do past sins, hurts, or memories weigh you down?

We have loving, trained prayer ministers available to provide individual prayer sessions according to your schedule using the UNBOUND Model of prayer.

UNBOUND Prayer is based on 5 scriptural keys that help you unlock those areas of your life where you want to receive greater freedom and spiritual growth.

If you would like to schedule an appointment or want more information, please go to our website [omostoday.com](http://omostoday.com) under the “Explore” tab and click on “Receive Care and Support”. You may also call the Parish Office at 535-7646 and let them know you would like to speak to someone about Unbound Prayer.

According to the UNBOUND Model, you are asked to read at least

## LENT FASTING SUGGESTIONS

Lent begins this Wednesday, February 26th. How are you going to spend this important season?

1. Fast from hurting words and say kind words.
2. Fast from sadness and be filled with gratitude
3. Fast from anger and be filled with patience
4. Fast from pessimism and be filled with hope.
5. Fast from worries and have trust in God.
6. Fast from complaints and contemplate simplicity.
7. Fast from pressures and be prayerful.
8. Fast from bitterness and fill your heart with joy.
9. Fast from selfishness and be compassionate to others.
10. Fast from grudges and be reconciled.
11. Fast from words and be silent so you can listen.

## NURSERY RELOCATION

Our Sunday 11 am Mass nursery has been relocated to the room beside the choir area. Our newly renovated nursery is a place for children 6 months old to age 5 to stay while their parents attend Mass. Sabrina Deitke staffs the nursery along with caring volunteers to allow parents to fully participate in the Mass while their “darlings” are playing, coloring, reading, etc. Hope to see you

## SMALL GROUPS/ARISE

It is never too late to sign up for a small group. We will be starting our parish *Arise Together in Christ* series next week. Join the parish as we all read and study together the words and message of Jesus Christ. This will help all of us embrace a New Heart and New Spirit in our lives as we work to be in-

## EASTER PARTY PLANNING MEETING

We are having an Easter party for our children, and you can help! If you have great ideas to share or want to be part of a fun-filled day for our little folks, please come to our meeting at 5 pm on Tuesday, February 25, 2020, at Holy Grounds.

## COMMITMENT CARDS

Thanks to the 293 families/individuals who have returned their commitment cards. If you have not had a chance to return your card yet, we encourage you to return it regardless of your giving. This is a way of showing us that we have thought about our

## Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

## Stations of the Cross

Friday, February 28

1:30 p.m. Divine Mercy Students – All Welcome

6:00 p.m. OMOS Parish— followed by Soup, Salad, &

## HIGH SCHOOL



### Sharing the Love of Jesus in the City of Brotherly Love



Are you ready for a  
life-transforming experience?

**JOIN US**

**July 12-17, 2020**

**OR**

**August 2-7, 2020**

Mission trips are a volunteering opportunity focused around helping deserving people and the communities of Philadelphia.

Volunteers make a tangible impact in their host communities by providing time & expertise, working closely with like-minded volunteers, & leave with meaningful experiences & a new perspective of God's mission.

**You provide your passion for serving the poor & this trip will provide opportunities for hands-on experiences in meeting physical and spiritual needs in and around Philadelphia.**

**SERVICE:** Through service, students are given the opportunity to meet and work with people they would not typically encounter in their day to day lives, partnering with different service sites throughout the area that serve various populations including children, elderly, individuals with disabilities, individuals experiencing homelessness, individuals recovering from addiction, etc. Service is not just something we do for others, but with others.

**REFLECTION:** Service, without reflection, is just work. Therefore, reflection and prayer are vital parts of the experience here at the center. We desire to give students the chance to reflect inwardly how each person, service site, and educational activity impacts them.

**AND so much more ...** Contact Matt DiFrancesco or Ali Koch for more information TODAY. Don't let this opportunity pass you by! Call the OMOS Office, 814-535-7646 for details!

## ALPHA MEALS

We need YOUR HELP to feed our Alpha Guests and our Youth Alpha Teenagers. PLEASE consider helping throughout the next 11 weeks! What a great small group activity! All contributions are greatly appreciated!!

**Adult Alpha—  
Mondays**

[www.perfectpotluck.com](http://www.perfectpotluck.com)

Last Name: Alpha  
Password: OMOS

## JOURNEY THROUGH

*Have you, your family or friends experienced a significant loss through death?*

*Dealing with your loss, whether recent or in the past may still be difficult.*

The Parish Family at Our Mother of Sorrows would like to help.

The Journey Through Loss Support Group will be holding weekly meetings

beginning on:  
**Monday, March 2**  
**1:00 pm—3:00 pm**  
**Holy Grounds**

*This six week program is designed to acknowledge the pain & loss & offer positive ideas for coping.*

*If you are interested or know anyone interested in attending the Journey Through Loss Support Group,*

## WEEKLY & MINISTRY SCHEDULES

Monday, February 24  
 6 a.m.—Eucharistic Adoration  
 8 a.m.—Mass  
**Server:** Charlie Neumann

Tuesday, February 25  
 6 a.m.—Eucharistic Adoration  
 7:30 a.m.—Confession  
 8 a.m.—Mass  
**Server:** Nico White

Wednesday, February 26  
 7 a.m. Liturgy of the Word & Ashes  
 9 a.m. Mass at OMOS  
**Servers:** Divine Mercy Students  
 12 pm—Mass at St. Michael's  
**Server:** Tim Burgess  
 6 p.m.—Mass at OMOS  
**Servers:** Joe, Matt, Ben Messina  
**Lector:** Tom Polacek  
**Euch. Min.** Rick Wess, Evie Wess, Kim Belskey

Thursday, February 27  
 6 a.m.—Eucharistic Adoration  
 8a.m.—Mass  
**Server:** Bradyn Younkins

Friday, February 28  
 6 a.m.—Eucharistic Adoration  
 8 a.m.—Mass  
**Server:** Vindy Kohan  
 1 p.m.—Stations of the Cross with Divine Mercy Students  
 6 p.m.—Stations at OMOS

Saturday, February 29  
 3 pm—Confessions  
 4 p.m.—Mass at OMOS  
**Servers:** Addy Carbaugh & Nico White  
**Lector:** John Skelley  
**Euch. Min.** Vicki Wesner,

Michelle Petrell, Michelle Rivetti  
**Hosp.** Shirley, Ed, & Edwin Kessler, Pattie Porter, Gerri Isban, Sue & Tom Krise, Jim Galiardi  
Sunday, March 1, 2020  
 9:30 a.m.—Mass at St. Michael's  
**Servers:** Tim Burgess & Alexis Williams  
**Lector:** Doug Puchko

Sunday, March 1  
 8:30 a.m.—Mass at OMOS  
**Servers:** Ella Nibert & Gabrielle Nibert  
**Lectors:** Sandy Mackel  
**Euch. Min:** Dawn Zabala, Rosemary Zenone, Steve Pipan  
**Hosp:** Julie & Ed Sheehan, Arlene Owens, Marge Pipan, Ray & Janette Cowan, John & Julie Fontana

Sunday, March 1  
 11:00 a.m.—Mass at OMOS  
**Servers:** Chase Neumann & Charlie Neumann  
**Lector:** Jeanne Clark  
**Euch. Min:** Mary Beth Lintz, Deron Lintz, Lind Fleming  
**Hosp:** Deb & Anthony Falvo, Janet Hammett, Gail Stotler, Adam Weir, Janice Rayha, Kathy Ashcom, John Onufro

### ST. MICHAEL'S

Are you interested in being a Hospitality Minister at St. Michael's? Please call Jessica

**Prayer Ministry:** Karen Wood, Rick Wess, Vicki DiGuardi, Mary

## WEEKLY READINGS

Monday: Jas 3:13-18/Ps 19:8, 9, 10, 15 [9a]/Mk 9:14-29  
 Tuesday: Jas 4:1-10/Ps 55:7-8, 9-10a, 10b-11a, 23 [23a]/Mk 9:30-37  
 Wednesday: Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/2 Cor 5:20—6:2/Mt 6:1-6, 16-18  
 Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 9:22-25  
 Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/Mt 9:14-15  
 Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32

## MASS INTENTIONS

Saturday, February 22, 2020—Vigil  
 4:00 p.m. Bertha LaRocca (Lena Verhosek)  
 6:00 p.m. Hilary & Lucille Schrum & Karen Pinkas (M/M Stan Urbanik)

Sunday, February 23, 2020—7th Sunday in Ordinary Time  
 8:30 a.m. Living & Deceased Members of Wolff Family ("Wanna "B")  
 11:00 a.m. Gladys Keck (Husband, Rudy & Family)

Monday, February 24, 2020  
 8:00 a.m. Mary Jane Foster (Bernadette Wolff)

Tuesday, February 25, 2020  
 8:00 a.m. Teresa Oliverio (Andrew & Risa Billow)

Wednesday, February 26, 2020  
 9:00 a.m. People of the Parish  
 12:00 p.m. Deceased Members of St. Michael's  
 6:00 p.m. Deceased Members of OMOS

Thursday, February 27, 2020  
 8:00 a.m. Ray Peterson (wife, Cil)

Friday, February 28, 2020  
 8:00 a.m. Edward, Sr. & Marie Burkhard (Edward Burkhard, Jr.)

Saturday, February 29, 2020—Vigil  
 4:00 p.m. Ray Peterson (Terrie & Bill Ray)

### REST IN PEACE

**Catherine Buchan-Haebich**  
 Mother of Jack & Tammy Buchan

### SUNDAY COLLECTION

#### February 16, 2020

Envelopes.....	\$ 9,848
Loose.....	1,299
Online (76).....	5,199
Total.....	\$16,346
St. Michael's .....	