

NCCatholics

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FEATURE STORY

ON THE WEEKLY

UNC-CH student starts rosary prayer group

SPECIAL REPORT

THE 40 DAYS of Lent

CATHOLIC RELIEF SERVICES

“NO LONGER THEORY”

One deacon describes his fellowship to Zambia



CARE WELCOME SERVE

When medicine meets ministry

THE WAYS GOD CALLS

I HAD TO LAUGH. As I sat down to write this reflection, I typed the words “I am amazed at the way in which God calls.” As I stared a blinking cursor, my cell phone began to ring. It was a dear friend who called to let me know that he and his family were being relocated back to Raleigh.



**FATHER
PHILIP M. TIGHE**
*is the director of
Vocations for the
Diocese of Raleigh*

We laughed together when I told him that God was using him and that well-timed ring. It was God’s way of breaking in to my day to reassure me that he is with me always and that all I have to do to write this article - or to accomplish any work - is to pause, invite God in and let him speak.

As a new director of Vocations and Seminarian Formation, I am discovering the absolute truth that vocations are the fruit of prayer. I know that my own vocation not only sprang from prayer, but it is sustained daily by prayer, both by my own poor prayers and by the overwhelming generosity of so many prayers of others.

The truth about prayer is sometimes too easy to forget. I am often tempted to apply the latest technology or some proven program or

event that engages and encourages vocations. In the end, these things can be helpful but they are no real substitute for prayer.

I grew up in a Catholic

family in North Carolina, when the population of Catholics was only 2 percent. Many of my friends had misconceptions about Catholics. But, to us, Catholicism was normal. It was the way my family lived. We prayed the nightly rosary, and we dressed for Mass on Sunday. We lived our Faith as a family.

As I reflect on my early Catholic life in the South, I didn’t know it at the time, but being different as a Catholic in the South was normal to us. My parents didn’t voice this; it was modeled by them. And living the truths of our Catholic Faith made a difference in the community in which we lived. Even in public, we prayed grace before meals. We brought meals to poor families

and we helped prepare little cups with treats for patients at St. Joseph’s nursing home. Our parents were forming us as disciples of Christ and we didn’t know it.

Later in life, while secretly discerning a call to the priesthood, that same difference which I felt as a child became obvious to me again.

After college and grad school, while living in Chicago, I would reverse commute to IBM’s office in Oakbrook. I would leave the city of Chicago at 5 a.m. so that I could get to a little Polish church that had a daily 6 a.m. Mass.

In the winter, Mass was held downstairs in the crypt, so they didn’t have to heat the upper church. It was an intimate place, with just a warm glow around the altar. Each morning I would cross the black ice in the parking lot and sit in the small darkened nave of the crypt church. Each day, there were only two older Polish women, bundled in coats, with canes and their customary babushkas covering their heads. There we sat and prayed waiting for Mass to begin. Why were a 25-year-old kid from North Carolina and these two Polish ladies secretly going to Mass each morning, unseen and unnoticed by the world? I don’t know, but it struck me that I was different. Not better, just different. And I was searching for what God wanted. It felt like home. It still does today. †



The truth about prayer is sometimes too easy to forget. I am often tempted to apply the latest technology or some proven program or event that engages and encourages vocations. In the end, these things can be helpful but they are no real substitute for prayer.

LESSONS:

- Be open to God in every moment.
- Be aware of the people you are praying with and those who are praying for you.
- Formation starts in the home and lasts a lifetime. Parents are key to the future.
- God is always pursuing us in love; we must learn how to cooperate.
- Be aware of where we are resisting God’s loving invitation to go beyond ourselves.
- Our lives are about giving.



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FOLLOW
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SHARE YOUR
FAITH WITH YOUR
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LOCAL NEWS

■ St. Peter WiredCats Blue team members, in center with banner, march in the opening parade of the FIRST Lego League NC State Championship tournament on Jan. 15 at N.C. A&T State University in Greensboro.



ST. PETER SCHOOL COMPETES IN STATE LEGO-ROBOTICS CONTEST

■ Middle school students from St. Peter School in Greenville participated in the NC FIRST Lego League Championship tournament Jan. 15 at N.C. A&T State University in Greensboro. The school sent two teams: WiredCats Green and WiredCats Blue. In a field of 120 teams, the green team earned the 10th highest score in autonomous robot game competition. And the blue team received a judging callback because of their strong performance in the Core Values area. Teams were judged on their project (an engineering design project that proposes a solution to a problem), core values (how well team members work together as a unit) and robot design.



■ (Left to right) Carl Bilotta, principal, Scott Watson, of HIS Radio, Kathy Sutphen, teacher, and Monsignor David Brockman, pastor, celebrate the Teacher of the Month recognition Jan. 20.

ST. CATHERINE OF SIENA SCHOOL TEACHER WINS LOCAL HONOR

■ A kindergarten teacher at St. Catherine of Siena School in Wake Forest was the January HIS Radio Teacher of the Month. Kathy Sutphen was nominated by her school community, and received a plaque, flowers and other prizes. One parent wrote, “Mrs. Sutphen lives out Christ’s messages of love and mercy throughout the day ... through her lessons and interactions with students and teachers.” A radio representative visited the school Jan. 20 to present the award.



40 DAYS FOR LIFE KICKS OFF MARCH 1

■ The diocese will take part in a national prayer campaign that begins March 1. The organized prayer vigil takes place during Lent and focuses on continued prayer from 7 a.m. to 7 p.m. each day. Participants each take responsibility for a block of time. For more information, visit the Human Life and Dignity page at DIOCESEOFRALEIGH.ORG.

CATHOLIC SCHOOLS WEEK CELEBRATES FAITH, KNOWLEDGE AND SERVICE

■ Twenty-nine Catholic schools and early childhood centers in the diocese celebrated Catholic Schools Week Jan. 29 – Feb. 4. The annual, national event is a time for schools to showcase what makes them unique. Schools celebrated with Masses, open houses and other programs. Blessed Sacrament School in Burlington celebrated with a nine-language prayer service. In addition to sign language, the community incorporated Chinese, Japanese, Spanish, French, Italian, Arabic and other languages into their event. “It was a wonderful piece to our CSW because it teaches our students to accept all people of different backgrounds and faiths ... [and to] embrace diversity since everyone was created in the image of God,” Maria Iniquen-Gomez, principal, said.

About 100 middle school students from St. Peter School in Greenville visited a food bank during CSW. They bagged 5,854 pounds of potatoes. “It was a great time for us as Catholic students and teachers to leave our classrooms and go out into our community,” Shari Crumpler, the school’s technology facilitator, said. “Working at our local food bank was a good opportunity for our students to help others in need. And it opened their eyes to the fact that there are people who worry about where their next meal is coming from.”

The school also had a friendly competition between classrooms that raised 3,949 cans of food for the St. Vincent de Paul Food Pantry.



■ Blessed Sacrament School held a nine-language prayer service during CSW.



■ St. Peter students raised 3,949 cans of food to serve those in need.



■ Students from St. Peter School bagged 5,854 bags of potatoes at a local food pantry during CSW.



DIOCESE CELEBRATES CONSECRATED LIFE

■ The faithful celebrated a Mass of Thanksgiving at Our Lady of Lourdes in Raleigh Feb. 4. The Mass recognized the work of consecrated women religious, including Sister Theresine Gildea, C.D.P., who celebrated her 60th anniversary, or jubilee. Monsignor Michael Shugrue, diocesan administrator, celebrated Mass; Fathers Joseph Dionne, C.Ss.R., John Forbes, Kevin Moley, C.Ss.R., Joseph Kalu Oji, C.S.Sp., and Robert Schriber concelebrated. In addition to many sisters serving in the diocese, several families from the Clinton area - where Sister Theresine lives - attended.

DEACONS GATHER FOR CONVOCATION

■ Deacons from throughout the diocese gathered Feb. 11 at St. Michael the Archangel Church in Cary. Monsignor Michael Shugrue, diocesan administrator, led morning prayer for the deacons and their wives. Later he and Father James Garneau, director of the Permanent Diaconate, led a conversation in the fellowship hall. Topics included diocesan leadership, immigration and the aftermath of Hurricane Matthew. The day concluded with Mass.

■ FOR DETAILS AND MORE PHOTOS OF THESE AND OTHER NEWS STORIES, GO TO DIOCESEOFRALEIGH.ORG

Find inspiration and information from your diocese on YouTube

www.YouTube.com/DioceseofRaleigh



■ **Is marriage still relevant?** – Host Billy Atwell interviews Monica Martinez, the new senior director of Married Life. “It’s beautiful to see the effects of marriages on the world around us,” she said.



■ **Capturing faith in art** – Gerry Siver, who produced a painting for Raleigh’s St. Thomas More Academy and an original portrait of Blessed Pier Giorgio, shares his work and his faith.



■ **Cathedral tour** – See the detail – from columns to the glowing copper roof. Flyboy Photo and Media in Raleigh delivers a tour of the Holy Name of Jesus Cathedral construction site.



■ **A music evangelist** – Performer Ben Walther talks about how he reaches youth at his events. “It starts with emotion ... and then it gets them to think on a spiritual level,” he said.

Plus news, and insights: [La Voz Catolica](#) | [A Catholic Life](#) | [Raleigh to Rome](#) | [Bishop Burbidge Homilies & Messages](#)

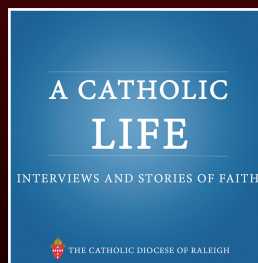
Search **Diocese of Raleigh** in iTunes to find:



Bishop Burbidge



Raleigh to Rome



A Catholic Life



La Voz Catolica



MARRIAGE
MATTERS



HE SAYS:

She is always texting, even during dinner

Jennifer is always texting, even during dinner. I'd really like to have an uninterrupted conversation occasionally, particularly at meals.



SHE SAYS:

I can multi-task; what's the problem?

I have a lot of people who need to get hold of me, often for work. I can multi-task and check texts and listen to Mark at the same time. I don't see the problem.



WHAT DO THEY DO?

ONE OF THE GREATEST GIFTS we can give our loved ones is our undivided attention.

When Mark wants to talk, Jennifer actually is doing something else. She's texting her colleagues at work. Work deserves our full attention during working hours. Our family deserves our full attention when we are home.

Employers feel free to encroach more and more on family time because technology has made workers more available. A boss or colleague who would never have dreamed of calling another employee at home after they left the office sees nothing wrong in texting or emailing. But it's important to maintain a healthy work/life balance. We work to provide a good life for ourselves and our families. Work shouldn't prevent us from having a

good life. A healthy ordering of priorities is first God, then family, and lastly work.

Jennifer and Mark might want to institute a no-technology rule, at least for mealtimes. A few decades ago, the question was whether to put the television on or answer the telephone during dinner. The easy answer was no. The same thing applies with smartphones. Technology is meant to serve us. We don't have to be at the service of our own technology. †

When students write, it's fun to read

I enjoy reading what kids write. They're honest. They're direct. Plus, sometimes they add a smiley face or use a scented pen.



**KATE TURGEON
WATSON**
*is the editor of
NC Catholics*

My family received wonderful letters from young students when my dad died. He was an elementary school principal, and I'm sure the teachers encouraged the writing. But that didn't make it any less special. Most notes were written in pencil on wide-rule paper.

They told stories of moments we wouldn't have known otherwise. They told us about when he played outside, visited their classrooms or let them push the button on the singing toy fish in his office.

One message is still in my memory. A child had written in letters that were about two inches tall each: "Don't be sad. Play ball!" He drew people kicking a ball, and another scene where people were throwing a ball.

I took that sweet card to mean: stay busy, go outside and breathe fresh air. (Incidentally, it also reminded me of a baseball umpire yelling, "Play ball!")

I recently came across a stack of letters here at the Catholic Center. Thankfully, it was for a happy occasion. The students from St. Mary Magdalene School in Apex had penned letters to diocesan seminarians, those who are studying in priestly formation.

Some students offered encouragement. "Remember to keep your heart, mind open," one wrote. "Don't be afraid," another shared.

Students shared personal experiences. One wrote: "A priest at my school helped me turn back to God. So if you chose this path, you could influence someone's life." Still another reminded a seminarian that she looks to her priest to help her understand the Bible.

The letters were addressed to seminarians by name, and a lot of the letters were about gratitude. "Thank you" was a common message. The students shared gratitude for the seminarians' prayers, studies and effort. Many shared favorite Bible verses.

All and all, those simple stacks of paper showed exactly what time and concern look like. And I have a feeling that those seminarians are going to enjoy reading through the letters when they arrive in the mail.

Really, those papers – nestled in envelopes – are an inspiration to us all. And a reminder that the simple act of writing a letter can never be underestimated. †

THE 40 DAYS OF LENT

WHY DO WE HAVE PENITENTIAL SEASONS?

■ Jesus gave the example of a penitential retreat, spending prayerful time in the desert preparing for his ministry, reflecting on God's will and determining how he'd freely make that happen. Penitential seasons offer us this same opportunity: to withdraw from our routines and evaluate our spiritual progress or regression. We do this through reflection and repentance, which enable us to identify our weaknesses and make reparation to amend our sinful ways. Penitential seasons create time to reflect on our need to make God the focal point of our lives. The result can be spiritually rewarding.

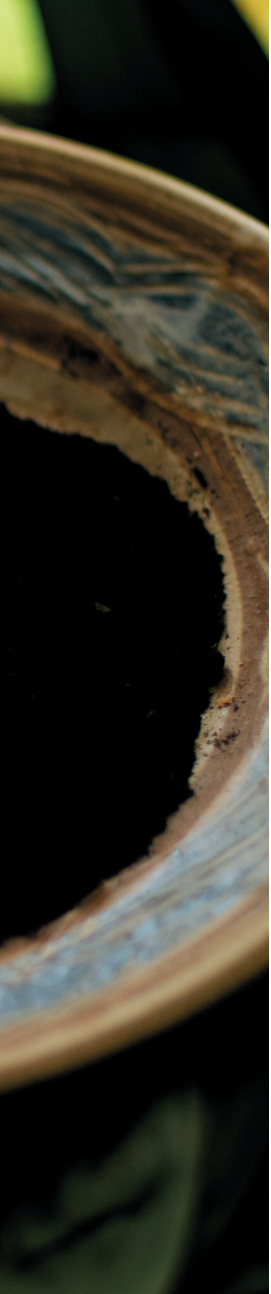
WHY 40 DAYS?

■ The number 40 has ecclesial significance: Moses spent 40 days on Mt. Sinai before receiving the Ten

Commandments; Jesus spent 40 days in prayer and fasting prior to beginning his ministry. So, too, we spend 40 days preparing to do God's work.

HISTORY OF LENT: WHAT DID FASTING USED TO LOOK LIKE?

■ The Lenten season, preparation for Easter, has been observed from the onset of the Church, although there have been inconsistencies with duration and practices. The Council of Nicea, 325 A.D., established Easter's fluid date as the Sunday following the first full moon of the vernal equinox. In 461 A.D., Pope St. Leo established the duration as 40 consecutive days before Easter. Pope Gregory the Great, in the sixth century, added the dispensing of ashes the preceding Wednesday (Ash Wednesday), making Lent 46 days. Sundays were considered feast days and not included in the count.



Initially, all forms of meat, fish and animal products were excluded for the entirety of Lent. People were allowed one meal per day, after 3 p.m. In the 1400s, that time was revised to noon. Eventually, a small snack was included to sustain energy. Over time, fish, meat and eventually dairy products were allowed. However, fasting was required all 40 days. It wasn't until 1966 that fast days were reduced to Ash Wednesday and Good Friday only.

WHAT ARE THE CURRENT RULES FOR LENT?

■ All Catholics, ages 14 and onward, are bound by the law of **abstinence**. Abstinence means refraining from the consumption of meat (land animals) on Ash Wednesday and all Fridays of Lent. Why Friday? To unite ourselves with Jesus' sacrifice, made for us on Good Friday.

All Catholics, ages 18-59, are to **fast** on Ash Wednesday and Good Friday. Fasting is defined as eating one full, meatless meal on prescribed days. Bits of food

can be taken at other traditional meal times, though their combined total should not equal a full meal.

Penitential practices, like fasting and abstinence, are intended to refocus our thoughts and intentions toward God. Lent's 40 days include Ash Wednesday to Holy Thursday (the Lenten fast continues until Holy Saturday), not including Sundays. Sundays are optional, but encouraged. For health reasons, the infirm, ill and pregnant or nursing mothers are exempt.

Three other Lenten disciplines are prayer (daily conversation with the Lord), fasting (from behaviors which detract from our relationship with God) and almsgiving (sharing our resources, ensuring the basic needs of human dignity).

WHY PURPLE?

■ Colors powerfully convey unspoken messages and evoke emotions. Scriptural accounts share

that Jesus was robed in purple to mock his implied royalty as king of the Jews. The pain of his Passion and crucifixion became associated with this color. Purple reminds us Lenten days are times of repentance and atonement, of acknowledging how our selfish desires continue to suppress and crucify the goodness of God today.

WHY DON'T WE SING THE GLORIA OR SAY ALLELUIA DURING LENT?

■ The *Gloria* is a joyful hymn of praise thanking God and recognizing Jesus as the Lamb of God. The *Alleluia* is another exclamation of praise. While we literally know Jesus has risen and set us free, during Lent, we focus expectant anticipation of these events to come.

Lent is a time to revisit Old Testament events leading to Christ's mission and humanity's salvation. It's a time of facing the human struggles impeding our own resurrection. Refraining from joyous hymns of exultation maintains Lent's penitential mood.

WHAT IS LAETARE SUNDAY?

■ The Church builds in a break from our deep reflection and self-denial on the fourth Sunday, *Laetare* (meaning "rejoice") Sunday. A passage from Isaiah, "rejoice with joy, you that have been in sorrow," is read, rose vestments are worn and flowers may appear. This day is a gift to take a short break and breath in so we can courageously resume our walk to Calvary.

WHAT ARE THE SCRUTINIES?

WHY DO THEY HAVE DIFFERENT READINGS?

■ The scrutinies, celebrated on the third, fourth and fifth Sundays of Lent, are special rites for the elect (those preparing for baptism at Easter Vigil) to deliver them from the power of sin, protect them against temptation and strengthen them in Christ. These rites begin with the entire eucharistic assembly silently praying for these intentions.

The particular readings correlate with the intended conversion experience of each scrutiny. The first scrutiny Gospel is the Samaritan woman (Christ is the living water); the second Gospel is the man born blind (Christ is the light of the world); and the third Gospel is the story of Lazarus (resurrection and life.) †



■ Deacon Mark Westrick, of St. Stephen Parish in Sanford, visited Zambia in January as a CRS Global Fellow.

“NO LONGER THEORY”

One deacon describes his fellowship to Zambia

FOUR MONTHS AGO Deacon Mark Westrick didn’t know anything about Zambia other than its location in Africa. Today, after eight days on the ground there as a Catholic Relief Services Global Fellow, he can rattle off names of Zambia’s towns and cities. He can recall happy children in its orphanages. And he can describe how and why an internal savings and lending community is able to work for its people.

The deacon, who is assigned to St. Stephen the First Martyr Parish in Sanford, recently sat down with *NC Catholics* to describe his fellowship and the experience in Zambia.

CATHOLIC RELIEF SERVICES

KATE TURGEON WATSON

PHOTOGRAPHY BY MIKAELE SANSONE/CRS

NC Catholics: How did you find out about CRS and its Global Fellows program?

Deacon Mark Westrick: I knew about CRS from taking the Just Faith class at St. Michael Church about four years ago. Last year we had a speaker from CRS come in to do a program ... I was preaching that week and the handler for the speaker approached me about being a Global Fellow. I

spent the weekend talking to him about it. And I found out Father Dan Oswald was a Global Fellow. I was able to do some discernment with him, and research online.

NC: How and when were you accepted?

DMW: I applied last year and was accepted. In August I went to Baltimore for four days for training and orientation. I wasn’t

supposed to travel anywhere for two years, but they had an opening in the trip for Zambia.

NCC: What were your impressions when you arrived in Zambia?

DMW: We flew into Lusaka; it’s the second largest city. [We] saw a lot of poverty around it, but it wasn’t near what we saw when we started driving. We drove to a town called Ndola. It was a six-hour drive. If you had decent roads you could probably do it in about three. We saw folks living in homes that were probably not as big as a shed ...[with] thatched roofs and concrete block walls. Entire families lived in those one-room entities.

NCC: What were you supposed to do there?

DMW: Learn the workings of CRS. Up to the point of seeing it ... it’s all theory. [But] when you’re meeting the people and you’re seeing the work they do, now it’s no longer theory. It was not mission work. Purely observation.

NCC: What did you observe that stuck with you the most?

DMW: On the second day, we were at an orphanage. My professional background is developmental disabilities; I ran group homes. We were in this orphanage and could see kids laying on these thin mats. The equipment was very out of date. But ... the quality of care that these kids were getting was actually better in a lot of ways than what we get here in the U.S. because the focus was all about the person. The focus here in the states can be about paperwork, site visits and documentation. Down there they put the focus on the child. We have a lot to learn from them.



■ Deacon Mark Westrick (pictured back row, far left) poses with the CRS Global Fellows team.

NCC: The children you mentioned, what makes them happy?

DMW: Purely God. They loved celebrating Mass. Imagine this room full of these kids ... and they are just excited because they don't get to go to Mass every day. And for them to be able to give the sign of peace to guests and sing and receive the Eucharist? You could see the joy in their faces.

NCC: Did you meet any leaders?

DMW: Bishop Alick Banda, of Ndola. We talked about the issues ... Ndola is in the copper belt. But with that brings a lot of problems – environment destruction ... corruption. They privatized the copper mines and companies aren't necessarily willing to provide better worker safety. And if the government tries to intervene people get upset at the government, not at the mine owners. A lot of what the bishop does there is to educate the people in hopes they will become well informed on the issues and make the change from within.

NCC: What is CRS looking for once fellows return home to the United States?

DMW: Our job is to take the stories of the people and bring them here so people learn about the work of CRS and Catholic social teaching. My hope is that I

could speak at every parish in the diocese about what I learned. [Of course] I am a deacon in Sanford and I have responsibilities there so it has to play out over a period of time.

NCC: How did you rely on your faith through this journey?

DMW: Agreeing to go took faith! I was asked the Tuesday before Thanksgiving so there I was, traveling with my wife in a car, road tripping to Pennsylvania. I am married; I have somebody else I have to think about. And I have kids who are grown, but I had to think about them, too. I really prayed: Was this a good move for me? Was this the right time?

While I was there I asked God to help me use my mind and heart. It's very easy to get caught up emotionally, but at the same time you have to be logical with some of these things, too. You can't save the world overnight.

NCC: If people want to help, what can they do? Donate to CRS?

DMW: They could. But one of the things I would prefer them to do is to look into the CRS Rice Bowl program during Lent. It's an incredible way for families to do something together in Lent and understand the issues. CRS provides a tremendous amount of online material to help people be more reflective and get the most out of a Lenten experience. †





'RADICAL HOSPITALITY' DRIVES FOUNDERS OF HOUSTON FOOD TRUCK PARK TO SERVE

■ Above a row of dozens of craft beer taps, a handwritten line from the Rule of St. Benedict declares a mission: “Hospites Tamquam Christus Siscipiantur.” Translated from Latin, it says, “Greet others as if they were Christ,” or “All guests have been received as Christ.”

It’s the mandate that motivates Kevin Mims and Joey Muckenthaler, co-owners of Deacon Baldy’s Bar and Food Truck Park, to serve all who visit their newer Magnolia business venture as if they were Christ.

Northwest of Houston, Deacon Baldy’s features a rotation of several gourmet food trucks with a curated selection of 40 craft beers from breweries in California to neighboring Conroe, among dozens of others, and it was named after the late Deacon Mike Mims of St. Anthony of Padua Catholic Church in The Woodlands. Deacon Mims, who was Kevin Mims’ father, died in a helicopter accident in January 2015.

According to Mims, he and his father were already developing the idea for a food truck park in the area. And when the deacon died, Mims brought on high school friend Muckenthaler to make the dream a reality.

Just outside the pavilion, a lofty tower bears a stylized image of Deacon Mims himself. A pair of glasses keeps watch over the road and the families who pass by and through Deacon Baldy’s.

Mims said the Deacon Baldy’s team did a lot of work, building the long community-style picnic tables, as well as the bar’s hanging door. Back inside the pavilion, small crosses, images of Mary and other signs of faith pepper the structure, almost organic symbols of the duo’s faith lives.

The question can be obvious at times: “Who is Deacon Baldy? The face on the tower?” Dozens will ask Muckenthaler and his staff behind the bar this question. This is how conversations about faith and life come up organically on both sides of the bar, Muckenthaler told the Texas Catholic Herald, newspaper of the Archdiocese of Galveston-Houston.

Not long after opening, a couple stopped Mims to ask about a cross hung on a nearby wall. This spurred an organic

NATIONAL NEWS

conversation about the Catholic Church, Jesus Christ and faith, in the middle of one of the busiest nights.

For Mims and Muckenthaler, life before Deacon Baldy’s revolved around faith. Mims’ father was a very active deacon and businessman and Muckenthaler was no stranger to catechesis, serving teens for almost a decade as a youth minister in Houston and Austin.

Truly a business venture, the two dealt with the tough learning curve of opening a new business in a burgeoning area. But soon the staff learned how to handle the bumps of business, how to have conversations like Mims’ and how to keep going.

Muckenthaler said that while he doesn’t minister to teens anymore, he finds himself ministering to his staff.

“Everyone needs help, love and advice,” he said. “My staff knows they can talk me, and I hope to introduce Christ in conversation.”

Father Tom Rafferty, pastor at nearby St. Anthony of Padua Catholic Church, where the deacon served, said Deacon Mims was “all about family.”

“He was completely devoted to his personal family, his parish family and the family of the church worldwide,” he said. Father Rafferty said a clear example of this devotion was seen in the medical and sacramental mission in Honduras that the deacon helped lead.

That unconditional love falls right in line with the Christian hospitality that drives Mims and Muckenthaler.

Faith is “how we run our lives,” Mims said. “It’s a factor in everything we do.” The team hopes to serve a beer whose profits will go directly back to charity, in addition to the number of charity events already hosted at the venue.

Deacon Baldy’s community-style seating prompts conversation among strangers. And more and more groups are finding a home at the place, including a local Theology on Tap young adults group and a nearby parish’s men’s group.

“It’s a great place to come and hang out and bring the family, which is exactly what we wanted,” Muckenthaler said. “There are ways my faith has impacted the business directly and indirectly ... we have more time for family prayer.” †

— James Ramos, Catholic News Service





SPECIAL OLYMPIANS SHOW WORLD THAT 'EVERY PERSON IS A GIFT,' POPE SAYS

■ The athletes of the Special Olympics witness to the world the beauty and value of every human life and the joy that comes from reaching a goal with the encouragement and support of others, Pope Francis said.

“Together, athletes and helpers show us that there are no obstacles or barriers which cannot be overcome,” the pope told representatives of the Special Olympics World Winter Games, which will take place in Austria March 14-25.

“You are a sign of hope for all who commit themselves to a more inclusive society,” the pope told the group Feb. 16. “Every life is precious, every person is a gift, and inclusion enriches every community and society. This is your message for the world, for a world without borders, which excludes no one.”

Pope Francis praised the passion and dedication of the Special Olympians as they train for their events, and said sports are good for everyone, physically and mentally.

“The constant training, which also requires effort and sacrifice, helps you to grow in patience and perseverance, gives you strength and courage and lets you acquire and develop talents which would otherwise remain hidden,” the pope told the athletes.

“In a way,” he said, “at the heart of all sporting activity is joy: the joy of exercising, of being together, of being alive and rejoicing in the gifts the Creator gives us each day. Seeing the smile on your faces and the great happiness in your eyes when you have done well in an event – for the sweetest victory is when we surpass ourselves – we realize what true and well-deserved joy feels like!”

Watching the Special Olympians, he said, everyone should learn “to enjoy small and simple pleasures, and to enjoy them together.”

Sporting events, especially international events like the Special Olympics World Winter Games, help “spread a culture of encounter and solidarity,” the pope said, wishing the athletes “joyful days together and time with friends from around the world.” †

– Cindy Wooden, Catholic News Service

■ Pope Francis receives a stuffed animal from a participant in the Special Olympics during a meeting Feb. 16 at the Vatican. The athletes and organizers were at the Vatican to promote the Special Olympics World Winter Games, which will be held in Austria March 14-25.

ONE FAITH,
ONE PEOPLE

THE WHY BEHIND SAINTS AND THEIR RELICS

Part two of a four-part series



ALTAR

HOLY NAME OF JESUS CATHEDRAL

JANUARY 26, 2016

O'BRIEN & KEANE
ARCHITECTURE • LAND PLANNING • INTERIORS

THE YEAR WAS 155 A.D. In Smyrna, Christians had just suffered the death of their martyred Bishop Polycarp. Knowing how well-loved he was, it's said that the Romans were determined to keep them from venerating, or honoring, the bishop's body. They burned his body, but his flock collected his bones from the ashes. To the faithful, the remains were "more valuable than precious stones and finer than refined gold."

BY AARON SANDERS,
DIRECTOR OF
THE OFFICE OF
DIVINE WORSHIP

Those bones were relics – which comes from the Latin for "remains." And that story is one of the earliest references of the Church to the preservation of relics, whose place in Catholic spirituality has only grown throughout the centuries.

But why does the Church care about relics? It begins with the importance of the body.

Some believe that there is a more incidental connection between the soul and the flesh. For Catholics, though, there is understanding that the body forms a key part of our human identity. The material and the spiritual are so intimately bound that even spiritual gifts are received through

material means. Thus, we come to know God by seeing His glory reflected in creation, in hearing His Gospel proclaimed and in the celebration of the sacraments, which use water, oil, bread and wine.

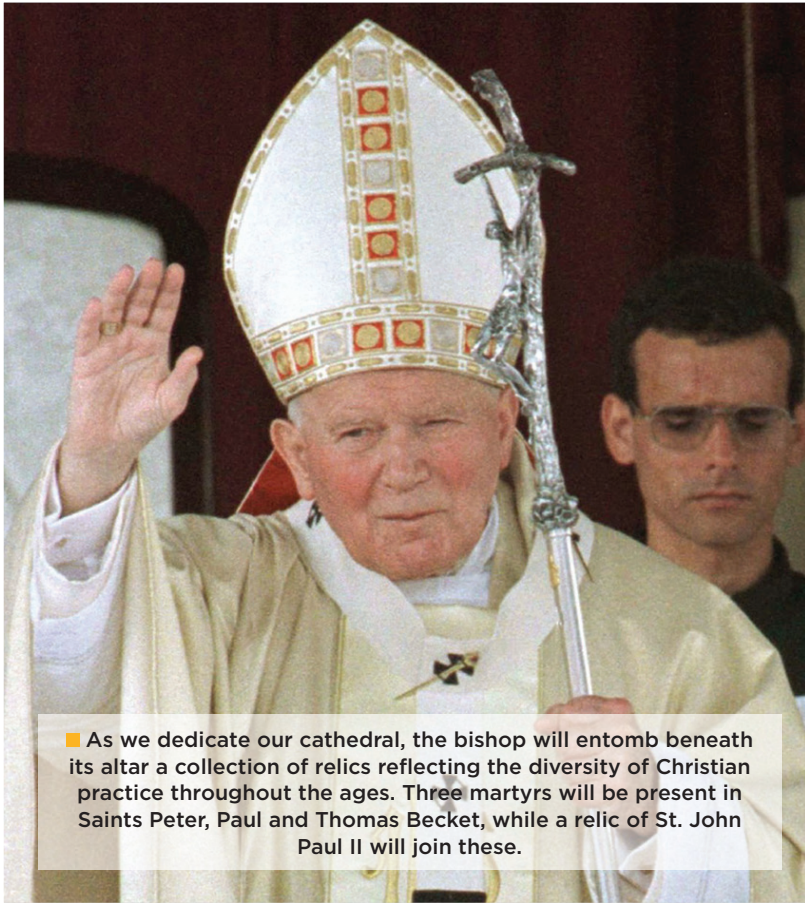
HONORING THE BODY OF A SAINT

■ This reverence for the body also extends after death, especially for the bodies of those baptized, which, having served as "temples of the Holy Spirit" (1 Cor 6:19) in this life, are to be respected, especially so for those who have lived a life of heroic holiness, such as the saints.

INTERCESSION THROUGH RELICS

■ The relics of the saints do more than remind us of our connection to those who live in heaven and our goal of union with God there. By honoring saints at their tombs, Christians have given glory to God and sought the intercession of these saints for centuries.

Early Christian history, including the eyewitness testimony of Saint Jerome and Saint Augustine, is filled with evidence of health restored and other miracles taking place at the tombs of the saints. Later in Church history, the Council of Trent (Sess. XXV) explained that "through [relics] many benefits are bestowed by God on human beings," reaffirming the value of honoring the bodies of saints in seeking their intercession.



■ As we dedicate our cathedral, the bishop will entomb beneath its altar a collection of relics reflecting the diversity of Christian practice throughout the ages. Three martyrs will be present in Saints Peter, Paul and Thomas Becket, while a relic of St. John Paul II will join these.

RELICS - from the Latin for “remains,” that which is “left”

THE PLACEMENT OF RELICS IN AN ALTAR

■ Although Christians throughout history visited tombs of saints at any time, it was also common for the community to gather at the grave of a martyr on the anniversary of death, which the Church celebrated as the date of their “birth” into eternal life. The Mass celebrated on these anniversaries provided a vivid reminder of the heavenly liturgy depicted in the Book of Revelation. Within that vision, Jesus appears as the Lamb who was slain, sacrificed for our sake, while the martyrs are present beneath the altar, as sharers in their Savior’s sacrifice. Over time, the Church grew to appreciate this biblical

image so significantly that the Second Council of Nicaea (A.D. 787) decreed that every altar should contain a relic from a martyr.

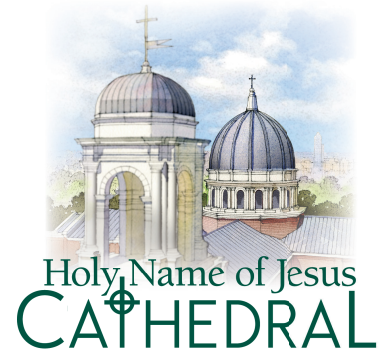
FURTHER DEVELOPMENTS

■ But the body of a saint is not all that each has “left behind” as relics. Objects used by them during their earthly lives may also be venerated and provide miraculous intervention. Indeed, the Bible shows that a saint need not even have used the item in question, since cloths and aprons that had merely touched the Apostle Paul were associated with miraculous cures and exorcisms (Acts 19:12).

As the increase in the number of churches made it difficult

to provide the body of a martyr for every altar, some parts of the Christian world began to use not the body itself, but a cloth that had been allowed to

rest on a martyr’s tomb for a certain length of time. Other churches resorted to fracturing martyrs’ remains in order to share these among a number of altars. In more modern times, the requirements were relaxed to allow for use of relics from saints who were not martyred and then the requirement dropped altogether if the alternative would be further fragmentation of the remains of the saints.



Holy Name of Jesus CATHEDRAL

THE RELICS TO BE PLACED IN THE ALTAR OF HOLY NAME OF JESUS CATHEDRAL

■ Today, when a new altar is dedicated, relics may still be placed within the altar. As we dedicate our new cathedral, the bishop will entomb beneath its altar a number of relics which will reflect practices of the Church throughout the ages.

Relics from three martyrs will be placed in the main altar: Saint Peter, Saint Paul and Saint Thomas Becket, as well as a portion of the tomb of Saint Peter from beneath the Basilica of Saint Peter in Rome. A relic from Saint John Paul II will join these relics of the martyrs. Additionally, two objects intimately connected with the sacrifice of Christ will be placed in the altar: a relic from the Cross on which Our Lord died and a relic from the table on which He celebrated the Last Supper. †

■ *The Second Vatican Council expressed the desire that “through a good understanding of the rites and prayers,” the Christian faithful “should take part in the sacred action, conscious of what they are doing, with devotion and full collaboration.” These reflections are intended to prepare our diocese to collaborate most fully in the dedication of Holy Name of Jesus Cathedral.*



CARE

WELCOME

SERVE

When medicine
meets ministry



IN HIS REMARKS LEADING UP TO WORLD DAY OF THE SICK, POPE FRANCIS SAID, **“TO CARE FOR THE SICK IS TO WELCOME THEM; TO SERVE THEM IS TO SERVE CHRIST!”**

These words resonated with Peter Le, co-founder of St. Joseph Primary Care, a direct primary care medical organization in Raleigh. Mr. Le and his wife, ThuHuong Trinh, a medical doctor, felt a call to care for the sick in their community.

Using Dr. Trinh’s extensive medical training – which includes 20 years of experience and degrees from Princeton University and the Medical University of South Carolina – and Mr. Le’s communication expertise, they sought to provide comprehensive, affordable and personal care to people regardless of their income, insurance, faith or documentation status.

SJPC opened in 2014 as a membership care, or concierge, practice. Since that time it has offered a model where patients pay an annual fee, like a gym membership, to see Dr. Trinh as many times as needed throughout the year.

A primary mission of SJPC is to follow the tradition of Catholic healthcare and follow life-affirming teachings of the Church, which includes encouraging the use of Natural Family Planning and compassionate hospice care at the end of natural life.

After years working in both large and small hospital settings, Dr. Trinh saw the need for better relationships between doctor and patient. She wanted a practice that offered an opportunity to look beyond presenting symptoms and address chronic stresses and unhealthy behaviors.

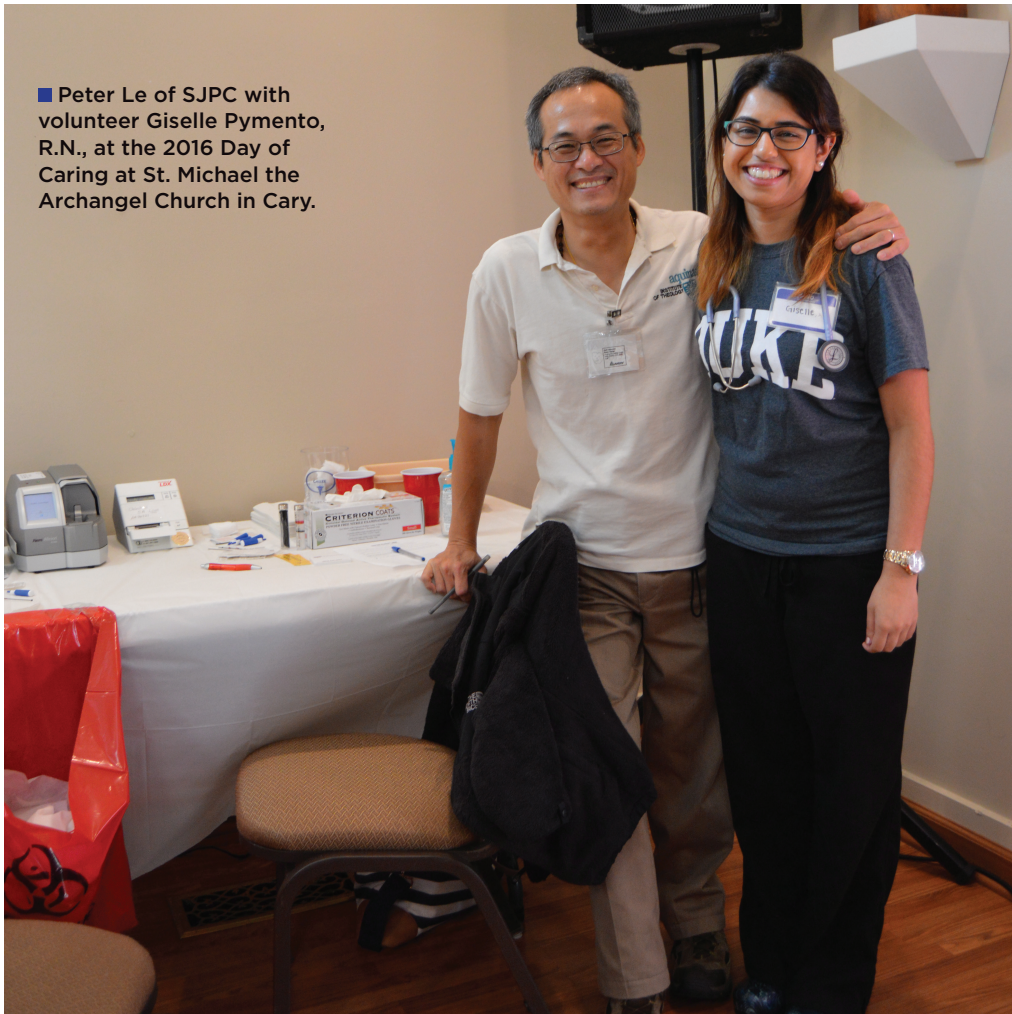
At the heart of it, she wanted patients to have more one-on-one time with their physician. And she wanted that situation for all patients, including those who don’t speak English. They are at a greater risk than others, she explained, and sometimes have a hard time communicating with medical professionals. And their health may be at a further disadvantage if they fear seeking medical care because they are undocumented.

After seeing too many instances of issues that could have been more easily resolved if they were caught sooner, Dr. Trinh decided with her husband that it was time to do something about it.

“

To care for the sick is to welcome them; to serve them is to serve Christ!”

■ Peter Le of SJPC with volunteer Giselle Pymonto, R.N., at the 2016 Day of Caring at St. Michael the Archangel Church in Cary.



■ SJPC holds an annual Day of Caring, which brings medical care directly to those in need.



A CATHOLIC LIFE

■ Peter Le and Dr. ThuHuong Trinh, of St. Joseph Primary Care in Raleigh, talk to host Billy Atwell about their medical ministry. Search *A Catholic Life* on YouTube or iTunes to watch or listen.

DAY OF CARING TAKES CARE TO THE PEOPLE

■ The couple knew they couldn't sit back and wait for people to seek them out. Instead, since their founding, they have organized two events, each called a Day of Caring.

In October, SJPC held its second annual Day of Caring at St. Michael the Archangel Church in Cary.

For weeks before the event, parishioners and SJPC got the word out to the community about this "backyard medical mission." Patients registered ahead, and received a full day of primary medical care.

Nearly 200 patients walked through the doors that day. Each patient was greeted with a warm hello and efficient registration,

traits often seen in traditional doctors' offices. Students from local colleges and volunteer

translators were present for non-English speakers. If they needed help, their volunteer translator walked with them through the whole visit. Patient Martha Palacios, an immigrant without medical insurance said, "Volunteers are here, taking you by the hand and staying with you the whole way. It is wonderful because, we are nervous."

Ms. Palacios added that letting people speak in their native tongue made a big difference. "I help take care of a lady who is 102 ... I have seen a lot of doctors with her. They ask me concerns about her," she said. "Sometimes I worry because I don't know the exact word in English that I would use in Spanish. And I don't want to tell them something wrong. Today, the doctor spoke Spanish and it's so nice because I feel comfortable and know I am saying what I mean to say."

After an initial health screening that included blood pressure, height and weight, patients were escorted to have blood drawn and receive flu shots. They also received time with a nurse who asked questions to determine potential risk factors.

Giselle Pymonto, BSN/RN, works at a Duke medical clinic and volunteered at the Day of Caring in 2015 and 2016.

"It's such a blessing to help people. I work at a clinic ... and I know there is a desperate need for

"It's such a blessing to help people. I work at a clinic ... and I know there is a desperate need for healthcare and that people can't always afford it."



■ Dr. ThuHuong Trinh

healthcare and that people can't always afford it," she said. "Today's a really good day to just give back to the community and [allow patients to] see nurses, have their vitals done and talk to providers."

The Day of Caring gave patients one-on-one time with a doctor to discuss any issues that may have come up during screening.

Arelis Dominguez Perez, a St. Michael parishioner, took part in the event and learned that she had a tumor in her foot, and that her husband, Patricio, had a bacterial condition that required medication.

For her, the diagnoses were important. And the news explained why her husband hadn't been feeling well. But the way they were treated was just as important as anything they learned that day.

"I love it," she said to an interpreter. "I love how they welcomed me, and how the doctor talked to me."

The Day of Caring incorporated agencies outside SJPC. The Wake County Health Department set up women's health exams that focused on screenings for breast and cervical cancer. A registered dietician offered a nutrition class. And a dentist, Smiles of Cary, gave dental screenings.

Sarah Connelly, a registered nurse, volunteered for the first time at the 2016 Day of Caring. She emphasized the importance that screenings and education can provide.

"What we are doing is simple, but it's very important. Many of the people here today have manual labor jobs. Maintaining their health helps them continue to work and helps them to survive doing difficult labor. Health is important to all

of us, but when you're out doing manual labor, and with so few resources, then having a health problem like diabetes or heart disease can really ... leave you destitute," she said.

THE CARE CONTINUES

■ After the event, Ms. Perez, 33, and her husband became SJPC patients. They enrolled in Project Access, a care program that cuts costs for visiting area medical facilities and hospitals.

"With this program, they are now able to go to REX Hospital and 24 other specialists throughout Wake County for no charge. They only have to pay a small amount of co-pay ... ranging from \$10-\$150 per visit," Mr. Le said. "Project Access is part of the N.C. Medical Society. Patients can enroll regardless of their immigration status."

REACHING HUNDREDS, TREATING ONE AT A TIME

■ As Mother Teresa famously said, "Never worry about numbers. Help one person at a time, and always start with the person nearest you."

It's a saying Dr. Trinh, who was born in Vietnam, and Mr. Le, an immigrant who credits the U.S. for much in his life, live by.

"We worked our way through and America gave us so much. It's wonderful for us to have a chance to give back to the community," he said. "Truly and sincerely, from the bottom of our hearts that's what it is all about; giving back. What an honor to be able to give back." †

"Never worry about numbers. Help one person at a time, and always start with the person nearest you."

OUTREACH IN 2017

October: 3rd Annual Day of Caring

August, September and October: Free flu shots at the St. Joseph Primary Care Clinic in Raleigh

To learn more about the Day of Grace, which offers healthcare for no or low cost, and free mammograms, visit

STJOSEPHPRIMARYCARE.ORG



ON THE WEEKLY UNC-CH student starts rosary prayer group

LEE TREML LOOKED AROUND. No one was close to his age. In fact, he was probably 25 years younger than everyone else in the crowd. He was also the only male.

Reflection, amid a hectic pace

“I’m so glad that Lee has taken the initiative to start a rosary group at Newman. We want to encourage our Catholic students at UNC to practice their faith in meaningful ways, and the rosary is an awesome way to bring meditative prayer into one’s weekly schedule. Amid a hectic, rigorous pace of academic studies and work at Carolina, finding time to slow down and reflect on the way God was present in Jesus’ and Mary’s lives helps us to see the presence of Christ in our own journey. We too have joys and sorrows, light and glory in our lives – and what a great thing it is to engage those experiences through prayer with one another through the rosary.”

- Father Justin Ross, O.F.M., Conv.

It didn’t dissuade him, though. At 21 years old, he enjoyed the rosary prayer group at St. Thomas More Parish in Chapel Hill. He fit there not because he looked like those he prayed with, but because he loved the rosary as much.

But what prompted the college student to look for his rosary beads in the first place? After all, Catholics born in the 1990s are less likely to be active in parish life, according to a 2016 study by Georgetown University’s Center for Applied Research in the Apostolate. In fact, CARA, which once surveyed Catholics about how often they prayed the rosary, rephrased the question for the 2016 study and asked more generally about prayer.

For Mr. Trembl, it all started with a book.

“Last year I started reading *33 Days to Morning Glory*. It’s a book about the rosary and four saints - St. Louis de Montfort, St. Maximilian Kolbe, St. Teresa of Kolkata and St. John Paul II - who were dedicated to praying the rosary all the time,” he said. “After reading it I realized the importance.”

As he prayed last summer, the importance he learned became something he felt in his heart. And when Karen Lewis, a member of the St. Thomas More Parish rosary group, suggested that he start a group at UNC-Chapel Hill, he accepted her challenge. She armed him with instructional pamphlets and handmade rosary beads.

When school began in the fall of 2016, he sought out fellow Catholics at the Newman Catholic Student Center Parish and invited them to pray with him. They linked their rosary prayer to Wednesday night activities which – at Newman – involved Mass and dinner.

Today, just a few months after its inception, the group attracts between four and 10 students each week.

“This group ... having it scheduled each week makes sure that I do pray the rosary. It allows me to focus,” he said. “My prayer life wouldn’t be as good as it is now without it.” †

Leave A Legacy

Join the faithful who are remembering loved ones with a gift to Holy Name of Jesus Cathedral. Through the honor and memorial opportunities of religious art or liturgical items, your family and loved ones will have a special place in our new cathedral for generations. Gift levels vary. To learn more, go to www.holynamecathedralinc.org or contact Greg Leitner at 919-821-9721 or via e-mail at greg.leitner@raldioc.org.

Opportunities Include:

- Stained Glass Windows
- Stations of the Cross
- Statuary and Sacred Art
- Liturgical Furnishings & Pews

Holy Name of Jesus
CATHEDRAL

PRIESTHOOD DISCERNMENT

Visit www.ncpriest.org

■ Adult Catholic men ages 17 – 48 who are discerning a possible call to the priesthood are invited to the discernment group. If you are just beginning to contemplate a vocation, or are more serious about a call, please consider visiting ncpriest.org for more information, including dates and times for Mass, meetings and pilgrimages. The discernment group provides a fraternal environment for discussion with other men who are also examining the call. Group members discuss issues within the context of prayer, presentations and conversation. Contact: Father Philip Tighe at Fr.Philip.Tighe@raldioc.org.

ST. PADRE PIO PRAYER GROUP

Our Lady of Lourdes Church, Raleigh
First Sat. of each month
(except June – Aug.) 9 a.m.

■ The group will have confession after Mass, the rosary and intercessory prayer in the Adoration Chapel. Spiritual direction is available by appointment with Father Forbes.

SINGLE/SINGLE AGAIN

Cardinal Gibbons High School, Raleigh
Sun. March 19 and April 23, 5:30 – 7:30 p.m.

■ This group of single, divorced and widowed Catholics meets to pray, serve and play together. It was formed to offer help and support in facing the challenges of being single and “single again.” The group meets for Mass once a month. After Mass, join friends for a pot luck dinner in the cafeteria. Attendees can bring a dish or dessert to share with everyone. Visit singlesingleagain.com for more information.



LENTEN PARISH MISSION WITH
FR. DAVE PIVONKA, T.O.R.

Our Lady of Lourdes Church,
2718 Overbrook Dr., Raleigh
Sun. April 2 – Wed. April 5, 7 p.m. - 8:30 p.m.
Mission Presentation
Mon. April 3 – Wed. April 5, 8 a.m.
Mass with Fr. Dave

■ All are invited to welcome renowned author and spiritual guide **Father Dave Pivonka, T.O.R.** His message on the Holy Spirit is timeless and meaningful for all age groups. See <http://>

thewildgooseisloose.com for details on his message of hope in a challenging time. For additional information see ourladyoflourdescc.org or contact joan.rose@raldioc.org

IGNATIAN RETREAT FOR MEN

Avila Retreat Center, Durham
Fri. May 19, 5 p.m. – Sun. May 21, 12 p.m.

■ St. Luke’s and St. Raphael’s Knights of Columbus Councils, in collaboration with St. Raphael’s Office of Life Long Faith Formation, are sponsoring this silent retreat weekend for Catholic men of the diocese. The theme is “God’s creation and our place in it.” Father Peter Murray, S.J., parochial vicar at St. Raphael the Archangel Parish, will direct the retreat, drawing on the spiritual exercises of St. Ignatius of Loyola. Cost: \$185, includes private room and meals. Contact Jim Haag at 919.995.1057 or JJMTHAAG@TWC.com. Or make reservation by sending \$85 deposit to K of C Council #12455. Note “men’s retreat” on check and mail to Ignatian Men’s Retreat, C/O Jim Haag, 500 Emerywood Dr., Raleigh, NC 27515.



2017 CATHOLIC CAMPOREE
Camp Bowers, White Oak
Fri. March 24 – Sun. March 26

■ All Scouts (Girl Scouts, Brownies, Daisies, Cub Scouts, Venture Scouts, Boy Scouts and American Heritage Girls) and their families are invited to attend the 2017 Catholic Camporee, hosted by the Catholic Committee on Scouting. Activities include hiking, geocaching, climbing, crafts, games, and reflection. Michael Bayer, senior director of Youth and Young Adult Ministry, will be the guest speaker. Training opportunities will be provided for youth and adults alike. Cost: \$18 per person (tent campers) or \$10 per person (day campers.) Max per family: \$60. Cost covers all activities, Saturday lunch and a patch. Contact: catholiccamporee2017@t316apex.org or call Frank Jackson at 919.740.8329. Or register online by visiting dioceseofraleigh.org, then clicking on: Offices – Youth Ministry – Catholic Scouting – Catholic Camporee.

Seeking Catholic School Principal for 2017-2018 school year

■ St. Thomas More Catholic School in Chapel Hill, North Carolina seeks a visionary and creative principal to lead our school community, which is among the most important ministries of The Catholic Community of St. Thomas More. The principal will further us in our quest to become a community of intentional disciples by helping to strengthen our students, faculty, staff and parents in developing their relationship with Jesus Christ, who stands at the heart of our school.

The mission of St. Thomas More Catholic School is to provide an exceptional education for each learner in a God-centered environment through a community focused on spiritual development, academic pursuits, and service to others.

Our school was founded in 1964, and is accredited by AdvancEd. The current enrollment is 411 students.

Qualifications:

- The candidate must be an experienced school leader, inspiring and committed to advancing/enriching the school's mission in an environment that cultivates faith formation, technology advancement, and promotes academic excellence to students.
- The candidate must be a practicing Catholic who embraces Catholic values and seeks an exceptional opportunity to

build upon the success of the school. He or she must have demonstrated successful experience in spiritual leadership, school finances, stewardship and institutional advancement.

- The candidate must have a Master's Degree in Education/School Leadership or a related field, with a minimum of three years experience as a Principal or as an Assistant Principal and a North Carolina Principal License, or eligibility for a North Carolina License.
- The candidate must have superior communication and interpersonal skills and be knowledgeable in current areas of learning, teaching, differentiation and professional development.
- A knowledge of the Spanish language would be a plus.

Interested individuals should send a cover letter stating interest and qualifications for the position, a current resume, and a statement of educational philosophy, along with salary requirements and three references including names, relationship to the applicant, addresses, e-mails and phone numbers by mail to:

Very Rev. Scott E. McCue - Pastor

The Catholic Community of St. Thomas More
940 Carmichael Street
Chapel Hill, NC 27514

or by email to: STMprincipalsearch@stmchapelhill.org

Applications will be accepted until the position is filled.
School Website: www.stmcsnc.org



PLEASE PRAY FOR THESE DECEASED PRIESTS AND DEACONS

APRIL

Rev. Chan H. Chase, 1997	Rev. William J. Olson, OP, 1956
Msstr. Thomas P. Griffin, 1931	Rev. Walter F. Higgins, 1981
Rev. P. Patrick Gavigan, 2007	Rev. Msgr. Cornelius Murphy, 1954
Rev. James H. Telvin, 1966	Rev. Guido John Carcich, 2002
Rev. Corbin W. Ketchersid, 2003	Rev. Michael W. Murphy, 1990
Rev. James F. Keegan, 1988	Rev. Herman Bosschermuller, 1966
Rev. Joseph F. Gallagher, 1946	Rev. Msgr. Charles Gable, 1977
Rev. Francis J. McCourt, 1982	Rev. James A. Manley, 1940
Rev. Howard V. Lane, 1967	

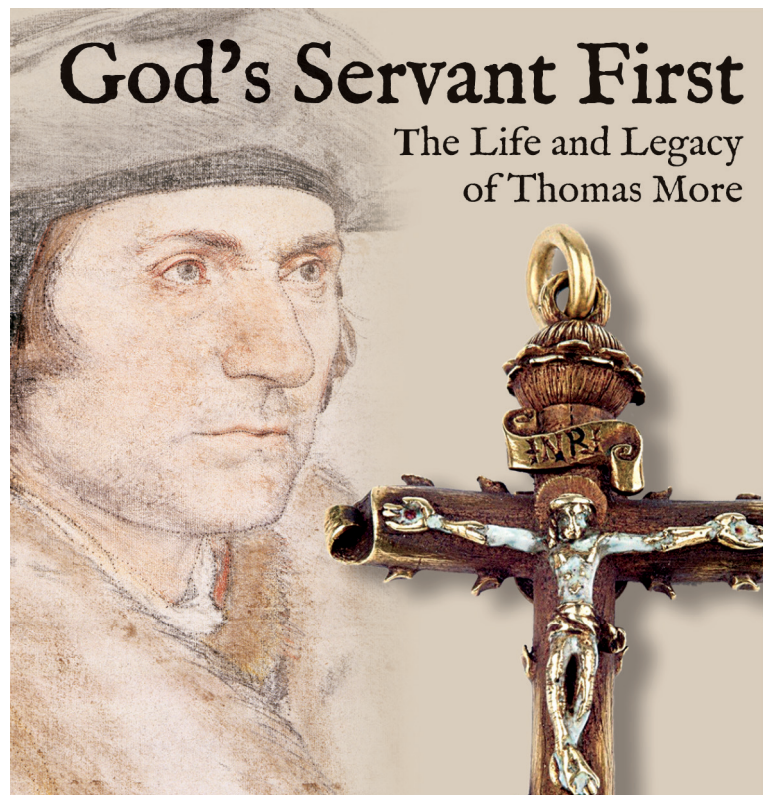
MAY

Deacon Vicente Colon, 2010	+Most Rev. William J. Hafey, 1954
Rev. Eugene P. Carroll, 1937	Rev. Alan J. Dash, 2012
Rev. Henri Blanc, 1972	Rev. C. Ralph Monk, 1985
Rev. Joseph F. Bumann, 1989	Rev. John J. Harper, 2003
Rev. William T. McShea, 1973	Rev. James J. Noonan, 1992
Rev. Francis J. McCourt, 1982	+Most Rev. George E. Lynch, 2003
Rev. Msgr. Michael F. O'Keefe, 1994	Rev. John A. Beshel, 1955

JUNE

Rev. Msgr. John Roueche, 2000	Rev. Msgr. James R. Jones, 2008
Rev. Edward L. Gross, 1963	Rev. Michael A. Jordan S.J., 1999
Rev. Hugh Kennedy, 1968	Rev. Nicholas Liston, 1955
Deacon George Junginger, 2010	Rev. Francis J. Gallagher, 1931
Rev. Msgr. Richard F. Allen, 2005	Rev. Francis Donahue, ST, 1971
Rev. Msgr. John F. (Tim) O'Connor	Rev. Jesse L. Creel, 2011
Rev. Philip B. Edelen, 1944	

KNIGHTS OF COLUMBUS NORTH CAROLINA STATE COUNCIL
www.kofcnc.org



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The Life and Legacy of Thomas More

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That Hands You

The Gift

Of A Lifetime.



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■ Pope Francis leads a Mass at the Roman Parish of Santa Maria a Setteville di Guidonia on the outskirts of Rome.



POPE WATCH

WHAT POPE FRANCIS HAS BEEN SAYING AND DOING RECENTLY



CALL TO PERSEVERE IN PRAYER FOR CHRISTIAN UNITY

■ During the Week of Prayer for Christian Unity in late January, Pope Francis called for continued prayer for unity. The theme of the week was “Reconciliation: The love of Christ compels us.” The week concluded with an ecumenical vespers service at a basilica in Rome. The Holy Father said, “I invite you to persevere in prayer so that the desire of Christ, ‘That they might be one,’ may be accomplished.”

UPCOMING SYNOD NEEDS YOUNG PEOPLE'S VOICES

■ Initiating preparations for a meeting of the Synod of Bishops focused on youth, Pope Francis



released a letter in January asking young people for their input. The Church, he says, wants “to listen to your voice, your sensitivities and your faith, even your doubts and your criticism.”

Pope Francis chose “Young people, faith and vocational discernment” as the theme for the synod gathering, which will be held in October 2018.

“Make your voice heard,” the pope told young people. “Let it resonate in communities and let it be heard by your shepherds of souls.” †



ON INSTAGRAM:

Jan. 23: “Anyone who is Christian has a duty to bear this witness to the Gospel: to protect life courageously and lovingly in all phases.”

LOS 40 DÍAS DE CUARESMA

¿CÓMO ERA ANTES EL AYUNO?

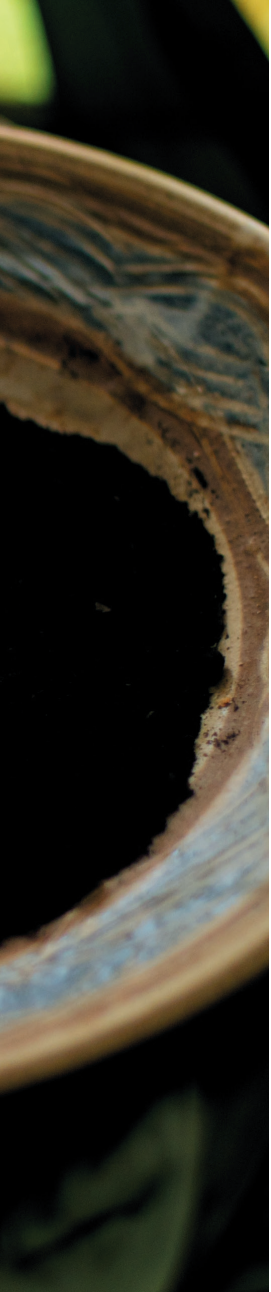
■ El tiempo de Cuaresma, preparación para la Pascua, se ha vivido desde los principios de la Iglesia, aunque ha habido variaciones en cuanto a su duración y prácticas. El Concilio de Nicea, del año 325, estableció la fecha móvil de la Pascua en el domingo siguiente a la primera luna llena del equinoccio de primavera. En el año 461, el Papa San León estableció su duración en los 40 días consecutivos inmediatamente anteriores a la Pascua. El Papa Gregorio el Grande, en el siglo VI, añadió la imposición de las cenizas el miércoles precedente (el Miércoles de Ceniza), de manera que la Cuaresma se extendió a 46 días. A los domingos se los consideró días de fiesta, no incluidos en la cuenta.

En un principio se excluyeron todas las carnes, pescados y productos animales durante toda la Cuaresma. La gente podía hacer una comida al día, a partir de las 3 de la tarde. En el siglo XV, esa hora se cambió al mediodía. Más adelante, se permitió un pequeño tentempié para

poder mantener la energía. Con el tiempo, el pescado, la carne y finalmente los productos lácteos también fueron permitidos. Sin embargo, el ayuno era obligatorio los 40 días. No fue hasta 1966 cuando los días de ayuno pasaron a ser solamente el Miércoles de Ceniza y el Viernes Santo.

¿POR QUÉ TENEMOS TIEMPOS PENITENCIALES?

■ Jesús dio ejemplo de un retiro penitencial, pasando tiempo de oración en el desierto para preparar su ministerio, reflexionando sobre la voluntad de Dios y decidiendo cómo pondría eso en práctica libremente. Los tiempos de penitencia nos ofrecen esa misma oportunidad: apartarnos de nuestra rutina y evaluar nuestro avance o retroceso espiritual. Hacemos esto a través de la reflexión y el arrepentimiento, que nos permiten identificar nuestras debilidades y hacer reparación para corregir nuestros caminos pecaminosos. Las temporadas de penitencia crean tiempo para



reflexionar sobre nuestra necesidad de convertir a Dios en el enfoque central de nuestras vidas. El resultado puede ser espiritualmente gratificante.

¿CUÁLES SON LAS REGLAS ACTUALES DE LA CUARESMA?

■ Todos los católicos, de edades comprendidas entre los 14 y 59 años, están obligados a seguir la abstinencia. La abstinencia quiere decir no comer carne (animales terrestres) el Miércoles de Ceniza y todos los viernes de Cuaresma. ¿Por qué los viernes? Para unirnos al sacrificio de Jesús, que lo hizo por nosotros el Viernes Santo.

Todos los católicos de 18 a 59 años, deben ayunar el Miércoles de Ceniza y el Viernes Santo. El ayuno se define como hacer una comida completa, pero sin carne, en los días indicados. A las horas de las otras comidas habituales, se puede tomar algo, pero el total combinado de esos alimentos no debería equivaler a una comida completa.

Las prácticas penitenciales, como el ayuno y la abstinencia, tienen como finalidad enfocar nuestros pensamientos e intenciones hacia Dios. Los 40 días de la Cuaresma van desde el Miércoles de Ceniza hasta el Jueves Santo (el ayuno cuaresmal continúa hasta el Sábado Santo), sin incluir domingos.

Los domingos son optativos, pero se recomienda. Por razones de salud, personas enfermizas, los enfermos, las embarazadas y las madres que estén amamantando bebés están excluidos.

Otras tres disciplinas cuaresmales son la oración (conversación diaria con el Señor), el ayuno (de comportamientos que deterioren nuestra relación con Dios) y la limosna (compartir nuestros recursos, asegurar las necesidades básicas para la dignidad humana).

¿POR QUÉ EL PÚRPURA?

■ Los colores transmiten mensajes sin palabras de una manera poderosa y también evocan emociones. Los relatos de las escrituras hablan de Jesús cubierto con un manto púrpura para burlarse de su realeza implícita como rey de los judíos. El dolor de su pasión y crucifixión se asoció con este color. El púrpura nos recuerda que los días de Cuaresma son tiempo de arrepentimiento y reparación, de reconocer cómo nuestros deseos egoístas continúan suprimiendo y crucificando hoy la bondad de Dios.

¿POR QUÉ NO CANTAMOS EL GLORIA O DECIMOS ALELUYA DURANTE LA CUARESMA?

■ El Gloria es un gozoso himno de alabanza en el que damos gracias a Dios y reconocemos a Jesús como el Cordero de Dios. El Aleluya es otra exclamación de alabanza. Aunque sepamos literalmente que Jesús ha resucitado y nos ha liberado, durante la Cuaresma nos centramos en la anticipación expectante de estos acontecimientos que están por llegar.

La Cuaresma es un tiempo para volver a visitar acontecimientos del Antiguo Testamento que apuntan a la misión de Cristo y a la salvación de la humanidad. Es un tiempo para encarar las luchas humanas que impiden nuestra propia resurrección. Abstenerse de alegres himnos de exultación mantiene el talante penitencial de la Cuaresma.

¿QUÉ ES EL DOMINGO LAETARE?

■ La Iglesia introduce un descanso de nuestra profunda reflexión y sacrificio en el cuarto domingo o Domingo Laetare (que quiere decir alegrarse). Se lee el pasaje de Isaías "llenaos con ella de alegría los que con ella hicisteis duelo", se usan vestiduras rosadas y pueden aparecer flores. Este día es un regalo para darse un breve descanso y tomarse un respiro, de manera que podamos reemprender con valentía nuestro camino hacia el Calvario.

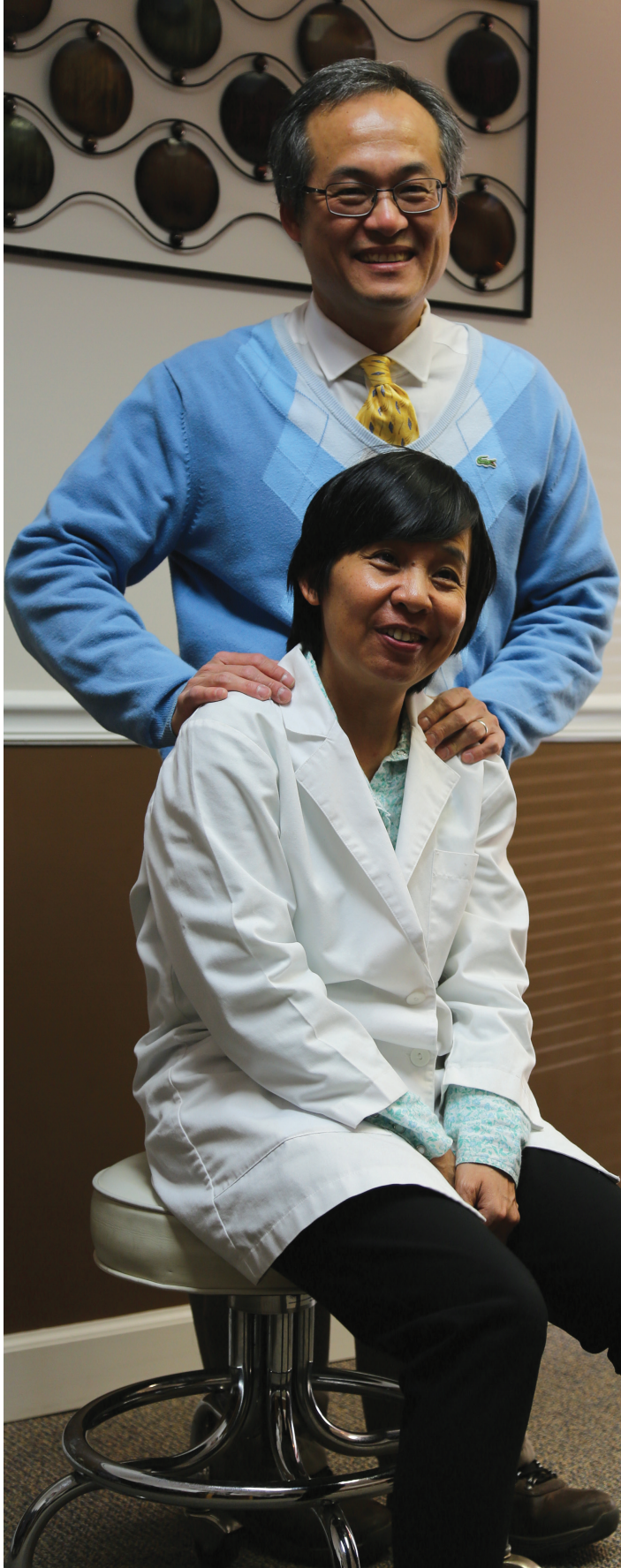
¿QUÉ SON LOS ESCRUTINIOS? ¿POR QUÉ TIENEN UNAS LECTURAS DIFERENTES?

■ Los escrutinios, que tienen lugar el tercer, cuarto y quinto domingos de Cuaresma, son ritos especiales para los catecúmenos (aquellos que se están preparando para bautizarse en la Vigilia Pascual) con la finalidad de liberarlos del poder del pecado, protegerlos contra la tentación y fortalecerlos en Cristo. Estos ritos comienzan con toda la asamblea eucarística rezando en silencio por estas intenciones.

Las lecturas específicas se corresponden con la experiencia de conversión buscada en cada escrutinio. El evangelio del primer escrutinio es el de la mujer samaritana (Cristo es el agua viva); el segundo es el del ciego de nacimiento (Cristo es la luz del mundo); y el tercero es el relato de Lázaro (resurrección y vida).

¿POR QUÉ 40 DÍAS?

■ El número 40 tiene significación eclesial: Moisés pasó 40 días en el Monte Sinaí antes de recibir los 10 mandamientos; Jesús pasó 40 días de oración y ayuno antes de comenzar su ministerio. Así, también nosotros pasamos 40 días preparándonos para hacer el trabajo de Dios. †



ATENDER, RECIBIR Y SERVIR

Cuando la medicina se encuentra con el ministerio

En los comentarios previos a la Jornada Mundial de los Enfermos, el Papa Francisco dijo: “Curar a un enfermo, acogerlo, servirlo es servir a Cristo.”

Estas palabras resonaron en Peter Le, cofundador de St. Joseph Primary Care, una organización médica directa de atención primaria en Raleigh. El Sr. Le y su esposa, la Dra. ThuHuong Trinh, sintieron el llamado de curar a enfermos en su comunidad.

Con el amplio entrenamiento médico – que incluye 20 años de experiencia y títulos universitarios de la universidad de Princeton y la universidad médica de Carolina del Sur – y la experiencia de comunicación del Sr. Le, proporcionaron atención integral, asequible y personal a la gente sin importar el estatus económico, de seguro médico, de fe o de documentación.

SJPC, por sus siglas en inglés, inauguró en 2014, como una membresía de cuidado o de asistencia. A partir de allí, ofreció un modelo para que los pacientes paguen una cuota anual, como

una membresía de gimnasio, para ver a la Dr. Trinh, cuantas veces sea necesario durante el año.

La misión principal de SJPC, es continuar la tradición de atención médica católica y seguir afirmando

“Es una gran bendición ayudar a la gente. Yo trabajo en una clínica... sé que hay una gran necesidad de cuidado de salud, y a veces la gente no cuenta con los suficientes recursos”

las enseñanzas de la Iglesia sobre la vida, incluyendo fomentar la Planificación Familiar de Métodos Naturales y el cuidado compasivo de hospicio al final de la vida natural.

Después de años, trabajando en ambientes hospitalarios tanto grandes como pequeños, la Dra. Trinh vio la necesidad de una mejor relación entre el médico y el paciente. Ella buscaba algo práctico que brindara la oportunidad de indagar más allá de los síntomas para ver las tensiones crónicas y conductas poco saludables.

Su deseo era que los pacientes tuvieran más tiempo uno-a-uno con su médico. Y quería la misma situación para todos los pacientes, incluyendo a los que no hablan inglés. Ellos corren un mayor riesgo que otros, explicó ella, y a veces tienen dificultades para comunicarse con los médicos profesionales; la salud de la persona puede estar en riesgo, ya que tienen miedo de buscar atención médica debido a su situación legal.

Tras analizar las situaciones, este problema se podría haber resuelto fácilmente si se hubiera detectado más temprano. La Dra.

Trinh, junto con su esposo, hicieron algo al respecto.

DAY OF CARING SE ENCARGA DE CUIDAR A LA GENTE

■ La pareja sabía que no podía esperar a que la gente los buscara. En cambio, desde su fundación, han organizado dos eventos, cada uno llamado “Day of Caring” (día de atención).

En octubre, SJPC realizó el segundo evento anual de “Day of Caring”, en la Parroquia St. Michael the Archangel en Cary.

Semanas antes del evento, los feligreses y SJPC anunciaron que la “backyard medical mission” se realizaría en la parte de atrás de la parroquia para atender a la comunidad. Los pacientes se registraron con anticipación y recibieron un día completo de cuidado médico.

Alrededor de 200 pacientes de todas las razas, culturas e idiomas cruzaron las puertas ese día. Se les dio una calurosa bienvenida a cada paciente, brindándoles un registro eficiente, la misma atención que reciben en una oficina de doctor.

Alumnos de colegios locales y traductores voluntarios estuvieron presentes para asistir a las personas que no hablan inglés. Los traductores voluntarios guían a los pacientes durante su visita. La paciente Martha Palacios, una inmigrante sin seguro médico dijo: “Los voluntarios te llevan de la mano y se quedan contigo todo el tiempo; es maravilloso, porque estamos nerviosos”.

La Sra. Palacios agregó que darle la oportunidad a la gente de hablar su lengua nativa hizo una gran diferencia. “Yo cuido a una Sra. que tiene 102 años... la he llevado a muchas citas médicas. Cuando me preguntan cuáles son mis preocupaciones en torno a ella, me preocupa no saber expresarme bien en inglés como lo haría en español; porque no quiero transmitir un mensaje equivocado. Hoy, el doctor habló en español y me hizo sentir en confianza y logré comunicarme con él”.

Después del examen médico, que incluyó tomar la presión, la estatura y el peso, los pacientes fueron acompañados para sacarles sangre y recibir la vacuna contra la gripe. También fueron atendidos por una enfermera que les hizo preguntas para determinar los posibles factores de riesgos.

Giselle Pymiento, BSN/RN, trabaja en la clínica médica de Duke y ayudó como voluntaria en el “Day of Caring” en 2015 y 2016.

“Es una gran bendición ayudar a la gente. Yo trabajo en una clínica... sé que hay una gran necesidad de cuidado de salud, y a veces la gente no cuenta con los suficientes recursos”, dijo ella. “Hoy es un día realmente bueno para devolver a la comunidad y permitir que los pacientes vean a las enfermeras, tengan sus signos vitales y hablen con los proveedores”.

El “Day of Caring” le brindó a los pacientes tiempo para estar uno a uno con el doctor, para discutir cualquier problema que haya resultado en el examen.

Arelis Domínguez Pérez, feligrés de St. Michael, recibió atención y le detectaron un tumor en el pie, y a su esposo, Patricio, una bacteria infecciosa que requería medicamento.

El diagnóstico fue importante para ella, y ahora entiende los malestares de su esposo. Pero la atención que recibieron fue igual de importante que la noticia que recibieron ese día.

“Me encanta”, dijo ella a un intérprete. “Me encanta el

recibimiento que me dieron, y en la forma que se comunicó el doctor conmigo”.

El “Day of Caring” incorporó a agencias fuera de SJPC. El Departamento de Salud del Condado de Wake, estableció exámenes de salud para la mujer, enfocándose en un examen de cáncer de mama y cervical. Una dietista ofreció una clase de nutrición. Y una dentista de la clínica, “Smiles of Cary”, ofreció exámenes dentales.

Sarah Connelly, una enfermera registrada, por primera vez ayudó como voluntaria en el “Día de la Caridad” en 2017. Ella enfatiza sobre la importancia de proveer exámenes y educación.

“Lo que hacemos es simple, pero muy importante. Hoy, muchas personas tienen un trabajo donde requiere labores manuales. Mantener la salud les ayuda a seguir trabajando y sobrevivir en tiempos de escasez de trabajo. La salud es importante para todos nosotros, pero cuando te dedicas a estos trabajos manuales, con pocos recursos, con problemas de salud como la diabetes o el corazón, puedes quedar desamparado”, dijo ella.

CONTINÚA EL CUIDADO

■ Después del evento, la Sra. Pérez, 33 años, y su esposo se convirtieron en pacientes de SJPC. Se inscribieron en el Project Access, un programa de atención que reduce el pago de servicios médicos y de hospital en el área.

“Este programa, permite que sean atendidos en el Hospital REX y por especialistas del Condado de Wake, sin costo. Solo pagarían una pequeña cuota o un copago de \$15 hasta \$150 por visita”, dijo la Sra. Le. “El ‘Project Access’ es parte de N.C. Medical Society. Los pacientes pueden inscribirse, no importa sus estatus migratorios”.

ATENDIENDO A CIENTOS, AYUDANDO UNO A LA VEZ

■ Como dijo la Madre Teresa, “Nunca te preocupes por los números. Ayuda a una persona a la vez y comienza siempre con la persona más cercana a ti”.

Es un dicho de la Dra. Trinh, quien nació en Vietnam, y del Sr. Lee, un inmigrante quien está agradecido con los Estados Unidos por todos sus logros en la vida.

“Hemos salido adelante y América nos ha brindado mucho. Que maravilloso es tener la oportunidad de dar a la comunidad”, dijo él. “Verdaderamente y sinceramente, desde el fondo de nuestros corazones se trata de dar. “Es un honor poder dar”. †

AYUDA EN 2017

Octubre: Tercer Anual de “Day of Caring”

Agosto, Septiembre y Octubre: Vacunas para la gripe gratis en la Clínica St. Joseph Primary Care, en Raleigh

Para saber más acerca de “Day of Grace”, que ofrece atención médica por nada o bajo costo y mamografías gratis, visite: STJOSEPHPRIMARYCARE.ORG

CÓMO DIOS LLAMA



**FATHER
PHILIP M. TIGHE**
*is the director of
Vocations for the
Diocese of Raleigh*

“
**Lo cierto es
que la oración
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se olvida a
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Al final,
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pueden ser
útiles, pero
realmente no
sustituyen la
oración.”**

TUVE QUE REÍRME. Mientras me sentaba para escribir esta reflexión, escribía en la computadora: “Me sorprende cómo Dios llama”. Mientras miraba el cursor en la computadora, comenzó a timbrar mi celular. Era un amigo querido para avisarme que él y su familia habían sido reubicados nuevamente en Raleigh.

Nos reímos cuando le dije que Dios lo estaba utilizando y a buena hora. Así es como Dios entra en mi para reconfirmar que siempre está conmigo y lo que debo de hacer para escribir este artículo - o para cumplir cualquier trabajo - es pausar, invitarlo y dejarlo hablar.

Como nuevo director de Vocaciones y Formación de Seminaristas, estoy descubriendo la verdad absoluta, que las vocaciones son frutos de las oraciones. Sé que mi vocación no surgió meramente de la oración, pero se sostiene diariamente a través de ella y de las oraciones generosas de los demás.

Lo cierto es que la oración fácilmente se olvida a veces. Con frecuencia me siento tentado a aplicar la última tecnología, un programa aprobado o un evento que envuelve y alienta las vocaciones. Al final, estas cosas pueden ser útiles, pero realmente no sustituyen la oración.

Crecí en una familia católica en Carolina del Norte, cuando esta población era 2 %. Muchos de mis amigos tenían un mal concepto sobre los católicos. Para nosotros, el catolicismo era normal. Así vivía mi familia. Rezábamos el rosario todas las noches y nos vestíamos para asistir a Misa los domingos. Vivíamos nuestra fe en familia.

Al reflexionar sobre mi vida católica en el Sur, ignoraba en ese tiempo que, ser católico era normal para nosotros. Mis padres no hablaban de esto; lo mostraban. Y vivir verdaderamente nuestra Fe Católica, hizo una diferencia en la comunidad en la que vivíamos. Incluso, bendecíamos los alimentos en público. Llevábamos comida a los pobres, y ayudábamos a preparar tazas con regalitos para los pacientes del asilo de St. Joseph. No nos dábamos cuenta que nuestros padres nos formaban como discípulos de Cristo.

Más tarde en la vida, mientras que discernía secretamente la llamada al sacerdocio, esa misma diferencia que sentí cuando era niño, obviamente

regreso a mí.

Después de la Universidad y graduado de la escuela, mientras vivía en Chicago, viajaba ida y vuelta a la Oficina de IBM en Oakbrook. Salía de la ciudad de Chicago a las 5 de la mañana para llegar a una Iglesia pequeña polaca que ofrecía Misa diariamente a las 6 de la mañana.

En el invierno, la Misa se celebraba en la cripta localizada en el primer piso, para evitar usar la calefacción en la parte superior de la Iglesia. Es un lugar íntimo, con un resplandor cálido alrededor del altar. Cada mañana, cruzaba el hielo negro en el estacionamiento y me sentaba en la pequeña nave oscura de la Iglesia en la cripta. Sólo dos mujeres mayores polacas con abrigos, bastones y sus velos habituales cubriendo sus cabezas asistían. Allí nos sentábamos y orábamos esperando que comenzará la Misa. ¿Por qué un joven de 25 años de edad de Carolina del Norte, y dos señoras polacas asistían secretamente a Misa todas las mañanas, en lo oculto y sin que el mundo los viera? No lo sé, pero me impresionaba que era diferente. No mejor, simplemente diferente. Yo buscaba lo que Dios quería. Se sentía como en casa. Y se sigue sintiendo hoy. †

LECCIONES:

- Ábrete a Dios en cada momento.
- Saber por quién rezas y quien está rezando por ti.
- La formación comienza en el hogar y dura toda la vida. Los padres son clave para el futuro.
- Dios siempre nos persigue en el amor; debemos aprender a cooperar.
- Saber cuál es nuestra resistencia a la invitación amorosa de Dios para ir más allá de nosotros mismos.
- Nuestra vida se tratar de dar.



HISTORIA PRINCIPAL

ATENDER, RECIBIR Y SERVIR CUANDO LA MEDICINA SE ENCUENTRA CON EL MINISTERIO
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Los 40 días de Cuaresma



SEGUNDO ENTRENAMIENTO DE LA GUÍA PARROQUIAL DEL V ENCUENTRO-REGIÓN PASTORAL NO. 2

EL 25 DE FEBRERO, cerca de 100 líderes, pertenecientes a los equipos parroquiales de los Decanatos de Newton Grove, Cape Fear y New Bern, llevaron a cabo su primer entrenamiento en la implementación de la guía parroquial y el diario de misión y consulta, camino al V Encuentro Nacional de Pastoral Hispana—Latina. En este mes de marzo, el turno es para las parroquias y misiones correspondientes a los decanatos de Tar River y Albemarle, al entrenamiento de la guía parroquial que entre los meses de marzo y agosto desarrollarán en cada comunidad.

Si desea conocer más sobre el V Encuentro, nuestro plan de trabajo 2017 donde llevaremos a cabo los siguientes entrenamientos parroquiales, encuentros inter-parroquiales, el Encuentro Diocesano y la Celebración de la Herencia Hispana el 14 de octubre en la Nueva Catedral Santo Nombre de Jesús, lo invitamos a que visite nuestra página web: <http://dioceseofraleigh.org/vencuentro>

Segundo Entrenamiento: Decanatos de Tar River y Albemarle

Fecha: marzo 18

Lugar: Parroquia San Gabriel

Dirección: 3250 Dickinson Ave. Greenville, NC 27834

Hora: 9:00 a.m. a 4:00 p.m.

Incluye: Materiales, Guía de Entrenamiento y almuerzo.

¿QUIÉNES PUEDEN PARTICIPAR?

Los equipos parroquiales (de 5 a 25 personas) autorizados por su párroco e inscritos previamente.

Para este entrenamiento NO contaremos con el cuidado de niños. †

SI DESEAS RECIBIR MÁS INFORMACIÓN PUEDES COMUNICARTE CON:
WILLIAM CARDONA-ARIAS
COORDINADOR DIOCESANO DEL PROCESO HACIA EL V ENCUENTRO WILLIAM.
CARDONA@RALDIOC.ORG
MOBILE:
919-810-4213

 Diócesis de Raleigh Ministerio Hispano	
En Camino hacia el <h1>V ENCUENTRO</h1> <small>DISCÍPULOS MISIONEROS: TESTIGOS DEL AMOR DE DIOS MISSIONARY DISCIPLES: WITNESSES OF GOD'S LOVE</small>	
ENTRENAMIENTO PARROQUIAL REGIÓN 2	SÁBADO 18 DE MARZO DE 2017 / 9^{AM} - 4^{PM}
<small>Decanatos de Tar River y Albemarle</small>	<small>Parroquia St. Gabriel 3250 Dickinson Ave. Greenville, NC 27834</small>
\$10.00 dólares por persona	
Si desea participar en este proceso, comuníquese con el párroco y director del ministerio hispano de su comunidad.	
Más información: Hermana Martha Atvarado / 252-505-6258 Adriana Mosquera / 919-607-3665	
#VENCUENTRO #VENCUENTORALEIGH	

NCCatholics

www.NCCatholics.org
marzo 2017

REPORTE ESPECIAL

LOS 40 DÍAS
de Cuaresma

COLUMNA DE INVITADOS

**CÓMO DIOS
LLAMA**



**ATENDER
RECIBIR
Y SERVIR**

Quando la medicina
se encuentra
con el ministerio