

SS. Edward & Lucy News

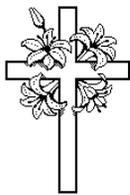
SS. Edward and Lucy Parish is a Catholic community in Eastern Geauga County

MARCH 2014

A TRIBUTE TO FR. WINCA

by Fr. Burkley

The death of one of its members brings most families together to grieve together, remember the past and adjust for the future. The death of our pastor emeritus, Fr. Harry Winca has brought us together in this same way. We celebrate a life well lived and a pastorate that has been a blessing to us all. For 34 years Fr. Winca was with this parish as shepherd, counselor and guide. It was of paramount importance to him that his people had all we needed to gather in worship at Mass, bring up our young in their Catholic faith, and have a place to gather for meetings, meals and other parish celebrations. He very much loved this parish community and was vigilant in keeping us healthy and vibrant. We will miss his presence and always remember his dedication. May he now know the reward of his labors here among us.



HELP WANTED

by Claire Zurbuch

SS. Edward & Lucy's Samaritans/St. Vincent DePaul Society is looking for parishioners who would like to help in our operation. We have divided the duties up so each job is not too much effort. On average, it would require about 1 to 2 hours per month. This service means so much to those in need.

Contact Claire Zurbuch 636-5400 or zurbuchck@gmail.com. Thank you.

'A DYNAMIC CATHOLIC' AM I ONE?

by Mike Hollowell

For those who have not heard about this, Matthew Kelly will be coming to our area on August 9, 2014 to share his wisdom on how to '**Rediscover Catholicism**' and how to become '**A Dynamic Catholic**'. These books were given out at church with the hope of bringing passion and purpose into your life as it relates to your Catholic faith.

Please clear your calendar for 8/9/14 and plan on attending this event as it is sponsored by us, the parish of SS. Edward & Lucy. Watch the bulletin for ticket information!

In preparation for this event, we have been studying '*The Dynamic Catholic*' at Generations of Faith (GOF), our religious education program for the entire family. We have discovered that the four signs of a dynamic Catholic are **Prayer, Study, Generosity, and Evangelization**.

At GOF we have tackled two soul-searching questions; 'Am I Truly A Catholic?' or 'Am I a Cafeteria Catholic?' Our Catholic faith is made up of ALL the doctrines listed on the menu. We become a 'Cafeteria Catholic' when Catholic relativism sets in and we decide to follow certain doctrines of the faith and disregard the remaining because they are politically incorrect, don't fit into our lifestyle, or have been framed by society as 'too judgmental'.

We have come to realize that we cannot become a dynamic Catholic unless we truly know, understand, believe, and live **the entire faith**, from top to bottom, with no exceptions. How can I display generosity and give 100% of myself to something I totally do not believe in or am

not sold on? How can I evangelize to others if I do not believe in **all** of the faith myself? I can't!

This Lenten season we ask that you take a spiritual inventory on what you believe in. On a sheet of paper make three columns. In column 1 list **all of the major faith doctrines** of the Catholic faith. For instance, The Eucharist, Mary, The Pope, moral issues like capital punishment, abortion, contraception, same-sex marriage, living together prior to marriage. You get the idea. Any and everything that you question or have doubts about in your Catholic faith list it.

In column 2 list what the **position of the Catholic Church** is on these doctrines. Your study and research should include, but not be limited to, 'The New Catholic Answer Bible', 'The Catechism of the Catholic Church', 'The Gospel of Life' written by soon to be Saint John Paul II, and Catholic authors like Scott Hahn and Peter Kreeft. Seek to know and understand the reasoning behind the doctrine.

Finally, in column 3 write down **what you believe** in the doctrine. This is the most difficult part of the spiritual journey as you will need to be honest with God and yourself. Do your actions support what you say you believe? Is your faith consistent with the teachings of the Catholic faith? What doctrines do I need to step out in faith and **just believe** in, regardless of the cost and even though someone or something inside you is telling you differently?

May God watch over you and guide you during this Lenten season as you search to become a Dynamic Catholic!



REFLECTIONS ON W.O.W.

by Angela Scharf

By the time this article is in print our parish will be the recipient of a new formation group of women. This is not a reference to RCIA or the young women preparing for Confirmation; though assuredly their formation is one of inspiration and spirituality. Rather, it is the remarkable group of women who have just participated in the 2014 Parish Renewal Program – Christ Renews His Parish.

With each passing year, as the invitation goes out to discover what this renewal weekend offers, a remarkable new group of women seek to experience a broader understanding of themselves and their faith. With an open heart and a thirsting soul, they enter an, as yet, uncharted territory allowing the soul to receive the graces, the peace and the inspiration to delve deeply within the recesses of their own lives. Each woman brings her unique ‘self’ to this experience, making each year’s Renewal Group a distinctive, irreplaceable, one-of-a-kind band of sisters.

Scripture often focuses on men, a reflection of the male-dominated culture of Jesus’ time. But let’s look more closely at the Gospels. When women become part of the narrative they literally glow. These women do so much more than HEAR Christ’s words, they embrace His teachings and ACT on them. Jesus does not relegate women to household duties – note He admonished Martha for worrying about such things – but rather appreciated Mary’s attention to His teachings. Nor does He belittle the everyday duties the women of His day performed. After healing Peter’s mother-in-law she ‘immediately got up and began to wait on them.’ What Jesus did make clear is that women were then, as now, open to the truth of His words and willing to step out of their comfort zones to hear and share that truth with others in humility and grace.

Take, for example, the woman at the well. Jesus was direct when speaking with her, not sugar-coating her past life or her present situation. She could have easily become indignant or defensive, but chose instead to accept the truth and, in all humility,

return to the village to share what happened to her during her interaction with Jesus. Think how she must have had to swallow her pride in admitting ‘He knew everything I did.’ Still she did not hesitate to share with others the Good News of Christ.

And again, when we hear of the woman who dared to touch the hem of Jesus’ garment in an effort to be healed, we witness a daring act of courage. It would be unacceptable in Jesus’ time for a woman to ‘touch’ a man in public (even the hem of his clothing), and more so, because He was considered a Rabbi. How daunting to come forward in front of such a large crowd and admit to this act. But she was filled with faith and believed in Jesus’ power to heal her. What an example of trust!

Throughout Scripture and Church history the lives of women have built the body of Christ. These were W.O.W. women – Women of Worth. Prompted by the Spirit and willing to act on that prompting, many women have provided the catalyst of holy change within their homes, their neighborhoods, their circle of friends, and beyond. So what has this to do with our beautiful parish Renewal women you may ask?

We have only to look around us to realize we are surrounded by W.O.W. women whose renewal experience has changed the face of our own parish. It is often no small task for some of these ladies to carve out a weekend and place it in the hands of the Holy Spirit, but when they do they come away profoundly changed. They have ‘listened at the well’ and touched His ‘hem’. And by that process, they come to recognize their true worth and we are all made better for having them return to us spiritually awakened, refreshed, empowered, and strong WOMEN OF WORTH. Wow!!

The Sunday morning St. Lucy Choir is looking for voices to praise and glorify God. Please contact Kathy Adams, 440-635-5578 with questions.

A NEW DAY FOR THE YOUTH GROUP

by Jerry Joyce

The 2013 Youth Group year started with a bang. We ventured into holding our annual retreat in the fall instead of the spring. We had a great time with about 29 students attending. They heard witnesses, prayed, drew closer to each other and most of all emotionally experienced our Lord Jesus. It is always a moving experience to witness and more so to be a part of.

Winter came and with so many obligations, weather and holidays we fell a bit out of sync, not entirely unlike the ebbs and flows of our own personal faith walks. I am writing today to let you know about some grace filled assistance and changes that have occurred this winter which I believe will transform our group for the better and have a positive impact on our parish.

First it was clear to me that it was time to create a Core Team of adults to assist with the youth. These are leaders of our group who will contribute their personal and spiritual gifts and talents for the betterment of our parish family. I want to thank in advance, Tammy & Rob Stanziale, Dawn & Tom Politzer, Dawn & Tim Ball, Ann Bierer & Sue Maddox. These individuals and couples have committed to helping lead the group at a deeper level. They will be assisting in developing, organizing and executing activities, primarily for the upcoming 2014-2015 year, as well as the balance of this school year. I also hope to add 3 to 4 teens to the leadership group as it will be their feedback which will direct activities to meet their key needs. Due to weather and illness we have not had a chance to hold our first organized meeting but we will be soon.

The balance of this school year and into the summer will consist of many activities including a trip to see the passion play Tetelestai, an overnight lock-in, Mass at St. John’s Cathedral and a Tribe game, a trip to the FEST in August and most notably, our first ever **Mission Trip!** I am so excited for our youth. This Summer, 18 students and 4 chaperons will embark on a Mission Trip to

Cincinnati, where they will work under the direction of the Cincinnati SVDP Outreach for three days. The experience will be one of solidarity with our brothers and sisters in need as well as spiritual awakening to the challenges that face others in life. We ask for your prayers and support!

The mission will cost approximately \$150 per person so the students will be coordinating a Rummage Sale in May to help offset the costs. More than anything I ask you for your prayerful support. A strong youth group has an infectious impact on the parish as a whole and I am excited to see so many great people eager to assist both in leadership and action for our youth. If you would like to help by volunteering, we always have something for you to tackle. Thank you & God Bless.

FLORIDA COURT SETS THE ATHEIST HOLIDAY

In Florida, an atheist created a case against the upcoming Easter and Passover Holy days. He hired an attorney to bring a discrimination case against Christians and Jews and observances of their holy days. The argument was that it was unfair that atheists had no such recognized days.

The case was brought before a judge. After listening to the passionate presentation by the lawyer, the judge banged his gavel declaring, "Case dismissed!"

The lawyer immediately stood objecting to the ruling saying, "Your honor, how can you possibly dismiss this case? The Christians have Christmas, Easter and others. The Jews have Passover, Yom Kippur and Hanukkah, yet my client and all other atheists have no such holidays."

The judge leaned forward in his chair saying, "But you do. Your client, counsel, is woefully ignorant."

The lawyer said, "Your Honor, we are unaware of any special observance or holiday for atheists."

The judge said, "The calendar says April 1st is April Fools Day. Psalm 14:1 states, 'The fool says in his

heart, there is no God.' Thus, it is the opinion of this court, that, if your client says there is no God, then he is a fool. Therefore, April 1st is his day. Court is adjourned."

You gotta love a Judge that knows his scripture!

BEST BIBLE FOODS FOR HEALTH AND ENERGY

by Rita Heikenfeld

God said, "I have given you every plant with seeds on the face of the earth and every tree that has fruit with seeds. This will be your food." Genesis 1:29.

People of Bible days knew that certain foods allow us to slow down the aging process and help prevent some of the diseases and ailments which cause us to lose our vitality.

APPLES/APPLE CIDER VINEGAR: The 'forbidden fruit' mentioned in Genesis, Chapter 3 where we learn about Eve tempting Adam with the only fruit they were not permitted to eat could have been an apple, according to some Biblical scholars.

Apples can lower the risk of heart disease, prevent cancer and help control diabetes. Much of the healing power is in the skin. They are loaded with pectin, which helps lower cholesterol. Organic apple cider vinegar can help lower blood pressure and is believed to help arthritis, major concerns as we age.

GARLIC AND ONIONS: Numbers 11:5: When the people wept "Oh that we had some of the delicious fish we enjoyed in Egypt - cucumbers, melons, leeks, onions and garlic..."

Garlic should be at the top of any list of health giving foods. It's good for your immune system, cancer, cholesterol, lower blood pressure and it fights infections.

Onions were eaten by slaves when they were building the pyramids. Onions help clear waste from the body cells. They even produce tears which helps cleanse the eyes.

BEANS: 2 Samuel: They brought David.....serving bowls, wheat and barley flour, parched grain, lentils,

honey, butter, cheese and beans.

The healing power of beans include stabilizing blood sugar. Plus they are full of protein, and fiber, which keeps our digestive system healthy.

NUTS: These trees flourished in the Galilee region. The passage goes like this: I came down to the nut garden to look at the fresh growth. All nuts are a good energy and protein source. Almonds are especially good since they have lots of calcium.

FIGS were a common fruit eaten during Bible times, and mentioned for the first time in Genesis. Remember how Adam and Eve became aware of their nakedness so they strung fig leaves together to cover themselves. Figs can help overcome male sterility. Figs contain fiber which helps maintain weight and a good digestive system and also potassium, good for the heart and muscles.

DATES were eaten thousands of years before Christ was born. Dates are a good source of fiber and have all of the B complex vitamins except B-12. Dates also contain iron and potassium.

OLIVES are another good food with many passages in the Bible. They're a healthy food for everyone, but particularly for women - they help in the health and function of a woman's ovaries.

GRAPES: John 15:5 - I am the vine, you are the branches - he that abide in me and I in him, brings much fruit; for without me you can do nothing.

Dark colored grapes are good for keeping prostate glands in men healthy. Grapes are also good for our motor skills and help keep our eyes and hearts in good condition.

WHEAT: John 12:24: Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain.

Whole wheat contains all the good parts, the bran, endosperm, and germ. Whole wheat contains B vitamins, protein, zinc, fiber and vitamin E - called the vitamin for the heart as it helps lower cholesterol.

Volunteers are not paid - not because they are worthless, but because they are priceless.

THE DEATH OF JESUS

At the age of 33, Jesus was condemned to the death penalty. At the time crucifixion was the 'worst' death. Only the worst criminals were condemned to be crucified. Yet it was even more dreadful for Jesus, unlike other criminals condemned to death by crucifixion Jesus was to be nailed to the cross by His hands and feet. Each nail was 6 to 8 inches long. The nails were driven into His wrist. Not into His palms as is commonly portrayed. There's a tendon in the wrist that extends to the shoulder. The Roman guards knew that when the nails were being hammered into the wrist that tendon would tear and break, forcing Jesus to use His back muscles to support himself so that He could breathe. Both of His feet were nailed together. Thus He was forced to support Himself on the single nail that impaled His feet to the cross. Jesus could not support himself with His legs because of the pain so He was forced to alternate between arching His back then using his legs just to continue to breathe. Imagine the

struggle, the pain, the suffering, the courage. Jesus endured this reality for over three hours. Yes, over three hours! Can you imagine this kind of suffering?

A few minutes before He died, Jesus stopped bleeding. He was simply pouring water from his wounds. From common images we see wounds to His hands and feet and even the spear wound to His side. But do we realize His wounds were actually made in his body? A hammer driving large nails through the wrist, the feet overlapped and an even larger nail hammered through the arches, then a Roman guard pierced His side with a spear. But before the nails and the spear Jesus was whipped and beaten. The whipping was so severe that it tore the flesh from His body. The beating so horrific that His face was torn and his beard ripped from His face. The crown of thorns cut deeply into His scalp. Most men would not have survived this torture. He had no more blood to bleed out, only water

poured from His wounds. The human adult body contains about 3.5 liters (just less than a gallon) of blood. Jesus poured all 3.5 liters of his blood; He had three nails hammered into His members; a crown of thorns on His head and, beyond that, a Roman soldier who stabbed a spear into His chest. All these without mentioning the humiliation He passed after carrying His own cross for almost two kilometers, while the crowd spat in his face and threw stones (the cross was almost 30 kg of weight, only for its higher part, where His hands were nailed).



Jesus had to endure this experience, so that you can have free access to God. So that your sins could be "washed" away. All of them, with no exception!

**JESUS CHRIST
DIED FOR YOU!**

We gratefully acknowledge the J.S. Paluch Printing Company, who prints our parish bulletin and the parish-
ioners who invested their time and talents to produce the newsletter.

St. Edward Church St. Lucy Mission
P.O. Box 709 P.O. Box 98
16150 Center St. 16280 High Street
Parkman, Ohio 44080 Middletown, Ohio 44062