

SAINT PAUL CATHEDRAL PARISH

SERVING GREENFIELD • HAZELWOOD • OAKLAND

REMEMBER | CELEBRATE | BELIEVE

JANUARY 31, 2021 | FOURTH SUNDAY IN ORDINARY TIME



PARISH ADMINISTRATIVE OFFICE



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[ghocatholics.org](https://www.ghocatholics.org)



[facebook.com/stpaulpgh](https://www.facebook.com/stpaulpgh)



twitter.com/saintpaulpgh

PARISH WORSHIP SITES

Saint Paul Cathedral

Fifth Ave & Craig St
Pittsburgh, PA 15213

Saint Regis

3256 Parkview Ave
Pittsburgh, PA 15213

Saint Rosalia

411 Greenfield Ave
Pittsburgh, PA 15207

Saint Stephen

5115 Second Ave
Pittsburgh, PA 15207

MISSION STATEMENT

The Catholic Community of Greenfield, Hazelwood and Oakland seeks to proclaim, witness and share the Good News of Jesus Christ with everyone. Empowered by the Holy Spirit and nourished by the Eucharist, Saint Paul Cathedral Parish welcomes all to come and to join us on our mission to deepen our faith and holiness, grow in our love for God and others, and extend charity to all, especially the poor and those in need.

WWW.GHOCATHOLICS.ORG

BISHOP OF PITTSBURGH

Most Reverend David A. Zubik, D.D.

CLERGY TEAM

Very Reverend Kris D. Stubna, S.T.D.
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Reverend John S. Odeyemi
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Reverend Daniel L. Walsh, C.S.Sp.
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Reverend Steven M. Palsa, M.Div., M.A.
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Reverend Michael R. Ackerman
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Deacon Thomas J. Berna, Ph.D.
Deacon
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THIS WEEK'S READINGS

Monday, February 1

Weekday -
Heb 11:32-40 * Mk 5:1-20

Tuesday, February 2

The Presentation of the Lord -
Mal 3:1-4 * Heb 2:14-18 *
Lk 2:22-40 or 2:22-32

Wednesday, February 3

Saint Blaise, Bishop and Martyr;
Saint Ansgar, Bishop -
Heb 12:4-7, 11-15 * Mk 6:1-6

Thursday, February 4

Weekday -
Heb 12:18-19, 21-24 * Mk 6:7-13

Friday, February 5

Saint Agatha, Virgin and Martyr -
Heb 13:1-8 * Mk 6:14-29

Saturday, February 6

Saint Paul Miki and
Companions, Martyrs -
Heb 13:15-17, 20-21 * Mk 6:30-34

Sunday, February 7

Fifth Sunday in Ordinary Time -
Jb 7:1-4, 6-7 * 1 Cor 9:16-19, 22-23 *
Mk 1:29-39

PARISH INFORMATION

MASS INTENTIONS

Monday, February 1

8:15 am	St. Paul Cathedral	Alice Donnelly
10:00 am	St. Rosalia	Police Officers, Living and Deceased
12:05 pm	St. Paul Cathedral	Francisco and Elvira Deluliis

Tuesday, February 2

8:15 am	St. Paul Cathedral	Josephine Hinkle
12:05 pm	St. Paul Cathedral	Clifford Brown

Wednesday, February 3

8:15 am	St. Paul Cathedral	Beverly Orr
10:00 am	St. Rosalia	Our Nurses
12:05 pm	St. Paul Cathedral	James Miller
7:00 pm	St. Paul Cathedral	NO NOVENA

Thursday, February 4

8:15 am	St. Paul Cathedral	Mario DePasquale
12:05 pm	St. Paul Cathedral	Kevin Culligan

Friday, February 5

8:15 am	St. Paul Cathedral	Albert Kiefer
12:05 pm	St. Paul Cathedral	Vincent Febbraro

Saturday, February 6

8:15 am	St. Paul Cathedral	Helen McDonough
12:05 pm	St. Paul Cathedral	Edward and Lillian Plavko
4:00 pm	St. Rosalia	Helen Modrak
6:00 pm	St. Paul Cathedral	Nancy Fritsch

Sunday, February 7

6:30 am	St. Paul Cathedral	Daniel Buetzow
9:00 am	St. Rosalia	Lordeen and Linda Chadwick
10:00 am	St. Paul Cathedral	Frank and Hildegarde Schneider
12:00 pm	St. Paul Cathedral	Rob and Barbara Renwick, Living
12:00 pm	St. Rosalia (Spanish)	People of the Parish
6:00 pm	St. Paul Cathedral	Carol Pauvlinch

LITURGY SCHEDULE (CURRENT)

Mass Times

St. Paul Cathedral
Saturday Anticipated: 6pm
Sunday: 6:30am, 10am, 12noon & 6pm
Weekdays (Monday - Saturday):
8:15am & 12:05pm

St. Rosalia
Saturday Anticipated: 4pm
Sunday: 9am & 12noon (Spanish)
Weekdays (Monday & Wednesday):
10am

Confession Times

St. Rosalia Parking Lot
Friday & Saturday: 12noon - 1pm

Novena to Our Mother of Perpetual Help

St. Paul Cathedral
Wednesday: 7pm - 8pm
Eucharistic Exposition & Adoration: 7pm
Novena Prayers & Benediction: 7:30pm

Televised Mass

Live on Comcast:
Channel 95 (In Pittsburgh)
Live Streamed Online:
ghocatholics.org/tv-ministry
facebook.com/stpaulpgh
Weekdays (Monday - Saturday): 8:15am
Sunday: 10am

Diocesan Victim Assistance Coordinator: 412-456-3093 (Office); 1-888-808-1235 (Hotline)
PA Child Line: 1-800-932-0313 — Call 9-1-1 immediately if a child is in danger

REFLECTIONS

SCRIPTURE REFLECTION

"If today you hear his voice, harden not your hearts." This is the call to faith in God, to holiness of life, to pursue the things of life that are lasting. Moses admonishes the hard-hearted Israelites for their lack of fidelity to God's way set before them in the Law and the Prophets. "Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it." Time and again, the Israelites chose to ignore God's voice calling them to a life of virtue and goodness and they were led down the path of destruction by the voices of the world and culture in which they lived. It is a similar message that Saint Paul speaks to the early Christians in our second reading. "I should like you to be free of worldly anxieties." We should be anxious, Saint Paul writes, about the things of the Lord. We must hear God's call to holiness of life in body and in spirit so that we can develop "an adherence to the Lord without distraction." But how often in our own lives do we allow the distractions of this world to fill our hearts, leading us away from prayer, from virtue, from love for God and neighbor?

It is interesting in Mark's gospel that the evil spirits are the ones who recognize the voice of God and his power made manifest in Jesus Christ. They live in fear of that voice: "Have you come to destroy us? I know who you are – the Holy One of God." It is God who cries out to us in his desire for our eternal happiness. It is his voice that we must come to recognize and to follow as we navigate the struggles and temptations of this world. It is a voice that wants to guide us to the Truth of the Gospel message, but a voice spoken always in love, seeking our obedience and conversion.

Throughout the gospel of Mark, amidst the continual teaching and miracle-working of Jesus, the question lingers: Who is this man? This continues until, at the moment of his death on the cross, another unlikely voice reveals Jesus' identity. The Roman soldier who sees Jesus die calls out: "Truly this man was the Son of God!" We can admire the teachings of Jesus. And why not? They have had a major influence on the western world and much beyond. We can marvel at the miracles described in the gospels. But do we really grasp and abide in the truth of WHO HE IS? Jesus, not merely a "good man" or the "best of men," but the Holy One of God, the Son of God.

Pope Francis, in quoting words of his predecessor, Pope Benedict XVI, reminds us: "Being a Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction." We are invited, especially through the Holy Eucharist and the sacraments of the Church, into the very heart and life of God himself, made present to us in Jesus Christ. It is this encounter with the living Christ that will transform us and lead us to the path of life. And so, we pray "Jesus, draw us to know you in our hearts as you are: The Holy One of God, the Son of God, our Savior and Lord, alive and in our midst!"

FROM THE HEART OF OUR PASTOR, FATHER STUBNA

We are moving forward with our **Hearing Loop project** at Saint Paul Cathedral. We have raised nearly \$25,000 from grants and donations which will allow us to do several exciting things with the installation of a hearing loop. This includes: (a) hearing loop technology will be

PARISH STAFF

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QUOTES OF THE WEEK

"With the Rosary, the soul sits at the school of Mary and is led to contemplate the beauty on the face of Christ and to experience the depths of his love."
~ **Pope St. John Paul II**

"Jesus Christ, Lord of all things! You see my heart, you know my desires. Possess all that I am – you alone. I am your sheep; make me worthy to overcome the devil."
~ **St. Agatha of Sicily**

SOCIAL MEDIA

For parish updates, news, and more find us on Twitter and Facebook:

twitter.com/saintpaulpgh

facebook.com/stpaulpgh

THE FR. VANYO LIBRARY

The Father Vanyo Library is closed until further notice. You can visit librarycat.org/lib/vanyolibrary to view the books and resources available.

ONLINE GIVING

Giving has never been easier! Visit ghocatholics.org and click on the "Donate to St. Paul Cathedral" page under the "Resources" tab. First-time users will need to create a new account. Schedule recurring gifts or make one-time donations.

FOR THE MOST UPDATED INFORMATION

on the diocesan response to COVID-19, please visit diopitt.org.

FAITHFUL STEWARDSHIP

A word of thanks to all who give so generously to support our parish and its many services.

Sunday, January 10:

4:00 pm:	\$911.00
6:00 pm:	\$422.00
6:30 am:	\$795.00
9:00 am:	\$294.00
10:00 am:	\$2,093.00
12:00 pm:	\$1,536.00
12:00 pm (Spanish):	\$63.00
6:00 pm:	\$353.00
Mail-In:	\$5,662.00
Total:	\$12,129.00

MANY THANKS FOR DONATIONS MADE

recently to Saint Paul Cathedral parish in memory of several people who have died. These include **ELSIE GRECO CUPELLI** and **NORMAN ZIELMANSKI**. We pray for their eternal rest and are grateful for the benefactors who made a gift to our parish in their memory. God bless you.

REFLECTIONS

installed in the entire nave (body) of the Cathedral and the sanctuary area; (b) the social hall will also have hearing loop technology installed; (c) one confessional will have the hearing loop installed on both the priest and penitent side; (d) six handsets will be available for those who do not have hearing aids and need some hearing assistance. We have chosen the "phased array" hearing loop system which is the best technology available. We have contracted with Brown Audio Service, located in Norton, Ohio and installation will take place the week of February 8. Hearing loop technology works in sync with hearing aids that have a T-coil. Hearing Loops allow people who wear hearing aids to directly receive the sound from the PA system in their own hearing aids without having to pick up a separate listening device. If you wear hearing instruments you will need to find out if your hearing aids have the wireless receiver called a T-coil or Telecoil in order to hear better with the hearing loops in our facilities. The T-coil program is accessed by pushing a button on a hearing aid. This T-coil program has to be activated by your audiologist. Talk to your audiologist to find out if your instruments can have both a T (no background noise pick up) and an MT program (blended micro-phone and T-coil program). Please see the extra pages in this week's bulletin to learn more about the T-coil. I want to thank, in a particular way, Ann Conway and Linda Marino, who are working with me on the coordination of this project. We hope to provide some additional information sessions for those interested at some point when we are able to gather together. This project will be a significant help to those with hearing impairments enabling them to become more active participants in the Mass and other parish activities.

TUESDAY, FEBRUARY 2, IS THE FEAST OF THE PRESENTATION OF THE LORD.

This feast dates back to the 4th century of the Church and commemorates the presentation of Jesus in the Temple according to the prescriptions of Mosaic Law and the purification of Mary forty days after the birth of Jesus. This feast is also known as Candlemas Day, from the practice of blessing the candles that are used in the Church throughout the year. We will bless the candles at all the Masses on February 2. We do have some limited number of candles for use at home available for \$5.00. These will be on a table near the front of the Church after each of the Masses today and can be obtained through the week at the rectory office.

WORLD DAY OF PRAYER FOR CONSECRATED LIFE

is celebrated in the universal Church on February 2. Its purpose is to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels, as well as to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervor which should inspire their offering of themselves to the Lord. We extend our deepest appreciation, our prayerful support, and solidarity with all the women and men in consecrated life who serve our Church with fidelity and love. God bless you! We also remember in prayer and salute those religious men and women who are you part of Saint Paul Cathedral parish including those from the Sisters of Mercy, Sisters of Charity, Sisters of the Immaculate Heart of Mary, the Christian Brothers, and others.

PARISH NEWS

CATHOLIC SCHOOLS WEEK is being celebrated in our country and in our diocese from January 31 through February 6. **The theme for Catholic Schools Week 2021 is "Catholic Schools: Learn. Serve. Lead. Succeed."** Catholic schools are a great gift and blessing not only to our Catholic school students and their families, but also to the Church and to our nation. Catholic schools provide our young people with an academically excellent education in an environment of faith, nurturing, and love. Catholic schools do provide the great beginnings that last a lifetime. I want to salute all our Catholic school administrators, teachers, and staff for their excellent work. We thank the diocesan leaders, Anna Torrance and Michelle Peduto and all the diocesan staff. We are part of the PERCES regional school system in the East under the leadership of Joe Rosi. I had the privilege of working with so many of them for years and I know their dedication and excellence. I want to recognize and salute all the young people from Saint Paul Cathedral parish who attend Catholic schools. We have a number of students from the Cathedral attending a number of different Catholic schools in the diocese. We are very proud of you and always pray for your success. The Cathedral helps to support Catholic schools by our annual elementary school grant contribution. It is a blessing to have so many of our Catholic school students help as altar servers and lectors here at the parish and to help in so many other ways. To our parents who make such great sacrifices in order to provide their children a Catholic education, you are to be commended for making such a great investment in your child's life. Let us all remember to support our Catholic schools in every way we can and to pray for all our Catholic school students and their parents, along with all our Catholic school administrators, teachers, and staff members. Happy Catholic Schools Week!

THE FEAST OF SAINT BLAISE is celebrated on **Wednesday, February 3**. It is on this day that the Church blesses throats. This centuries old tradition has been adopted by the Church as one of its official blessings. Typically, the priest or deacon crosses two candles against the throat of the person to be blessed and says: "Through the intercession of St. Blaise, bishop and martyr, may the Lord free you from every disease of the throat and from every other illness. In the name of the Father, and of the Son, and of the Holy Spirit." St. Blaise was a bishop in Sebaste Turkey in the 4th century when the persecutions broke out. He died a martyr's death. The custom of blessing throats on this day is based on the story of St. Blaise healing a young boy who had a fish bone stuck in his throat. The candles used in the ceremony commemorate those brought to him in prison by the boy's mother. **Due to the pandemic and the restrictions in place, we will have a communal blessing of throats at every Mass as part of the final blessing. We will do this at the end of all the Masses this weekend (January 30-31) and on Wednesday, February 3. There will be no individual blessing of throats this year due to the health and safety concerns of the pandemic.**

Masses scheduled for the Feast of St. Blaise (February 3):

8:15 am	Saint Paul Cathedral
10:00 am	Saint Rosalia site
12:05 pm	Saint Paul Cathedral

ST. PAUL CATHEDRAL SANCTUARY CANDLE

This week, from January 30 through February 5, the Sanctuary Candle at St. Paul Cathedral is being offered for:

ALL CATHOLIC SCHOOL TEACHERS

ST. PAUL CATHEDRAL BLESSED MOTHER VIGIL LIGHT

This week, from January 30 through February 5, the Blessed Mother Vigil Light at St. Paul Cathedral is being offered for:

BISHOP ZUBIK

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SANCTUARY CANDLES AND BLESSED MOTHER ALTAR CANDLES

can burn in memory of a deceased loved one or for a special intention at both St. Rosalia site and St. Paul Cathedral. Only those intentions that have actually been requested with an offering will be listed in our weekly bulletin. Please call the parish office if you want to request an intention.

VIGIL CANDLES CAN BE LIT AT OUR CHURCHES

by sending in your donation and the intention that you want to offer. We are happy to light the candle and say a prayer for that intention on your behalf.

POPE FRANCIS' PRAYER INTENTION (FEBRUARY):

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

PARISH NEWS

SAINT OF THE WEEK. February 6 marks the feast of **SAINT PAUL MIKI AND 25 COMPANIONS.** Less than 40 years after the preaching of Saint Francis Xavier there were nearly 200,000 Japanese converts to the Catholic faith. In 1587 Emperor Hideyoshi ordered the banishment of all Catholics from Japan and in 1597 he rounded up 26 Japanese Catholics and put them to death. Among them were Franciscan and Jesuit priests, as well as doctors, artisans, catechists, old men and young children – all united in their faith and love for Jesus and the Church. St. Paul Miki was a Jesuit novice, having finished 11 years of training and ready to be ordained a priest. Hideyoshi had them taken to Nagasaki, tortured the 26 Catholics, and had them tied to crosses with their necks held in place by iron rings. While hanging on the cross, Saint Paul Miki preached to the people gathered there. Eyewitnesses said that Paul Miki gave thanks to God for the precious favor of being put to death like Jesus Christ. He said, “There is no other way to salvation than the one followed by Christians. I obey Christ and after the example of my Savior I forgive my persecutors. I ask God to have pity on them and I hope that my blood will fall on my fellow men as fruitful rain.” The entire group sang the canticle of Zachary as they awaited death and an eyewitness recounted, “their faces shone with great gladness.” These first Japanese martyrs kept the faith alive in the hearts of many and their death led to the conversion of many others. The Catholic faith was kept alive secretly for more than two hundred years until missionaries were once again allowed into Japan.

WE HAVE A SPECIAL FUND IN OUR PARISH CALLED THE ST. ELIZABETH OF HUNGARY FUND.

Thanks to a donor in the parish who wishes to remain anonymous, we have created a fund that will provide the parish with much needed resources to respond to the emergency needs of those coming to our doors for assistance. In addition to the food pantry and social service outreach provided on an ongoing basis by the Cathedral parish, we are faced many times with people who come to us with desperate needs, often facing a crisis or emergency situation. We are very limited in our ability to help in those times. Sometimes we can find some emergency help from the Ladies of Charity, the St. Vincent DePaul Society, and Catholic Charities, but sometimes we cannot. This fund helps us to have some resources on hand to provide for the emergency needs of the poor in our parish and the wider community who come to us for help. Many, many thanks for the vision and leadership of our anonymous donor, a long-time parishioner who has a great devotion to St. Elizabeth of Hungary. Please consider making a contribution to this fund which is used to help serve the needs of the poor and disadvantaged.

GIVING TREE PROJECT. We received some thank you notes this past week from the agencies we supported during our virtual Giving Tree Project this year. **Angel's Place** wrote: “Thank you so much for your continued support of Angel's Place. It is greatly appreciated, and we thought you should know that you will always be an angel in our community.” **Providence Connections** wrote: “Thank you for your generous gifts that help us to fulfill our mission of strengthening families and enriching lives on a daily basis. We could not accomplish this without a core of faithful supporters like you and for that we are deeply grateful.” Many thanks to Kathleen Garvey who coordinated this project for our parish this year and thanks to everyone who contributed and made this a great success. God bless you.

MESSAGE FROM CARDINAL TIMOTHY DOLAN on the celebration of RELIGIOUS FREEDOM DAY. “The right to religious freedom is rooted in the dignity of the human person, who has a duty to seek the truth. Yet our country is riven by political and cultural factionalism, where competing groups seek not truth but rather mere power. Appeals to objective truth are treated as attempts to oppress. Narrative and spin are the weapons of choice. Recent popes have rejected this cynical view. Truth, not power, is the basis of our law and politics, even in a pluralistic society. In his recent encyclical, *Fratelli tutti*, Pope Francis says, ‘If society is to have a future, it must respect the truth of our human dignity and submit to that truth.’ And he adds, ‘In a pluralistic society, dialogue is the best way to realize what ought always to be affirmed and respected apart from any ephemeral consensus.’ Religious freedom opens up space for that dialogue by allowing communities to live in accordance with their convictions and thus contribute to the larger society. When that space for dialogue is constricted, the broader society suffers. On this National Religious Freedom Day, may American Catholics and all people of good will commit themselves to nurturing our country's great legacy of religious liberty for all.”

OUR PARISH MINISTRY OF PRAYER Ministry of Prayer is undertaken by the Ladies of Charity of St. Paul Cathedral Parish. Each month Ladies meet to attend mass and pray for all of the intentions requested in the Ministry of Prayer. Your intentions are also included in the daily prayers of the Ladies of Charity. Boxes are (or soon will be) located in both the Cathedral and St. Rosalia buildings, along with cards and pens to write down your prayer requests. You may also bring your already written requests with you to church and place them in the box. You can mail or email your intentions and we will place them in the box as well. These requests are entirely confidential. The Ladies of Charity are happy to be of service in this way and hope that many of you will take advantage of this ministry.

LENTEN SERIES. A large part of each Gospel is the Passion Narrative. During Lent, join the parish ZOOM Bible Study on Sunday evenings from 8:00 to 9:00 pm to examine the unique perspective and presentation in each Gospel. Several weeks will be devoted to the Synoptic Gospels – Matthew, Mark, and Luke. Special attention will be given to the Gospel of John. Father Steve Palsa, our Parish Chaplain, will lead the study – including reflections, discussion, and prayer. The first session is set for Sunday, February 14. To register contact Regis Flaherty at 412-287-4007 or regisflaherty@gmail.com.

A MESSAGE FROM OUR SAFE ENVIRONMENT COORDINATOR. Five years ago, Saint Paul Cathedral parish volunteers signed a “Diocese of Pittsburgh Disclosure Statement Application for Volunteers” required by the Child Protective Service Law. This form, also referred to as a waiver, must be renewed every five years. Recently, many volunteers received a cover letter and renewal waiver. Presently our return rate is low. If you received this mailing, please return your signed form as soon as possible. Thank you for your cooperation. **Mary Ann Hvizdos**

2020 TAX STATEMENTS. If you need a tax statement for 2020 please call the rectory office. Please note that all contributions are credited for the year in which they are given, regardless of the contribution envelope. No statements can be given for cash contributions of which we have no record – some people ask that we write letters based on what they reportedly have given without any documentation. This is a violation of IRS rules and something we are not permitted to do. If there is a discrepancy in the statement you receive and the contributions you have made, please bring your cancelled checks to the rectory and we are more than happy to correct our records and give you a revised statement.

HAPPY BELATED BIRTHDAY TO ANTOINETTE QUATTRUCCI who turned 95 on January 19. May God bless her with health, joy, and peace. Happy Birthday.

CONGRATULATIONS to our parishioners from Oakland Catholic High School who achieved honor roll status this past quarter:

HIGHEST HONORS: **Katie Carney, Caroline Caruso, Shea Deasy, Isabella Deiuliis, Arianna Kelly, Mary Knecht, Monique Mauler, Madison Mock, Carina Novak, Carola Petrucci, Kyra Rockovich**

HONORS: **Carmen DePasquale**

YOUNG ADULT MINISTRY CORNER

FIRESIDE FAITH. Join the Young Adult Ministry on the first and third Wednesdays of the month at 7:00 pm in Saint Paul Cathedral’s Synod Hall for conversation and fellowship. All young adults are welcome.

JOIN US FOR LECTIO DIVINA, the ancient practice of reading and praying over scripture. On Friday, February 12, we invite you to gather in Synod Hall at St. Paul Cathedral at 7:00 pm to pray together, reflect on the Gospel reading for the upcoming Sunday, and faith share. We ask that you wear a mask. We encourage you to bring your own Bible or use your phone to follow along the Gospel.

PARISH NEWS

WINE, CHEESE, AND THE GOSPEL: SPRING 2021. Father Stubna will host four sessions of Wine, Cheese, and the Gospel beginning on Monday, March 1. In light of the pandemic and restrictions in place, we will plan on hosting Wine, Cheese, and the Gospel virtually until we can begin to gather in person. The program begins at 7:00 pm with a presentation and then time for questions and answers until about 8:00 pm. It will be cablecast on Comcast Channel 95, livestreamed from our parish website and on Facebook. It is open to all young adults and adults and all are welcome to attend. Each session has a different topic and is an informal gathering of fellowship and faith as we seek to learn more about what we believe as Catholics. Please mark your calendars and plan to join us for Wine, Cheese, and the Gospel this spring.

March 1: Year of St. Joseph: What do we believe about St. Joseph?
March 29: The Rituals of Holy Week
April 26: Sacramentals and Some Popular Devotions
June 28: The Post-Nicene Fathers of the Church

PASSING FROM DEATH TO NEW LIFE. We extend our deepest sympathies and prayers to the families of those who were buried from our parish recently. May their souls and all the souls of the faithful departed rest in peace.

St. Paul Cathedral

**ALADINO DINARDO, BERNARD SPOLTRE,
ELIZABETH GANLEY, HERBERT OPARA**

We also extend our deepest sympathies to the family of **DELORES CARLES**, grandmother of Kierstin Edwards, who passed away this past week. May she rest in peace.

2020 PARISH SHARE UPDATE. Since the parish share program for 2020 began this past February, before our parish merger, each of the four parishes was given an individual goal and we are tracking the gifts and pledges separately. We are providing an update through the end of December. Many thanks to those who have made gifts and pledges. We appreciate your generosity and support. Anything raised over our diocesan obligation remains in the parish and will help us to meet our financial obligations.

PSP 2020 UPDATE (BASED ON DECEMBER EXPORTS):

Parish Name	Goal	Total Pledged	Total Paid	Total Pledges	Pledges Not Paid	Outstanding Balance Owed	Amount Needed
St. Paul	\$40,000	\$109,826	\$108,886	227	8	\$940	(\$69,826)
St. Regis	\$14,050	\$9,736	\$9,736	36	0	\$0	\$4,314
St. Rosalia	\$28,656	\$27,619.96	\$27,014	107	7	\$605.96	\$1,036.04
St. Stephen	\$24,000	\$11,935.00	\$11,735	44	1	\$200	\$12,065

MEDITACIÓN DEL EVANGELIO – 31 DE ENERO DE 2021 – 4º DOMINGO DEL TIEMPO ORDINARIO.

En el Evangelio de este domingo, Marcos presenta algo como la jornada de Jesús. Primero, él está en la sinagoga enseñando con autoridad, no como los maestros de la ley que repiten e interpretan la misma. Su autoridad se presenta al ordenar salir al espíritu impuro del hombre que entró a la sinagoga, y comienza a gritar a Jesús. *“Yo sé que tú eres el Santo de Dios”.* Jesús le ordena: *“¡Cállate y sal de ese hombre! (Marcos 1:26).* Nos dice el Evangelio que a causa de ese milagro su fama se extendía por todo el territorio de Galilea. Jesús tenía autoridad porque hablaba con la verdad, lo que proclamaba de justicia, lo hacía él mismo, no tenía doblez, era la bondad misma de Dios en el mundo. La autoridad de Jesús es más fuerte que el mal. Lo decimos al final del Padrenuestro: *“No nos dejes caer en tentación y libranos del mal”.* Sí, Señor, libranos como al hombre endemoniado de tu tiempo, de los males que nos aquejan hoy día, enfermedad, hambre, e injusticia. Además, danos una ayudadita, con los líderes del mundo con respecto a la autoridad. Que sean respetuosos, leales al pueblo, que hagan leyes justas que protejan a todos. La sociedad de hoy necesita palabras con autoridad que erradiquen el mal. ¿Crees tú que Jesús puede liberar en este tiempo? ¿En quién está la autoridad que libera? No tenemos que pensarlo mucho. La autoridad está en cada uno de nosotros. Se nota en la justicia y el trabajo por la paz que llevemos a cabo en la familia, la sociedad y en el mundo.

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Why a Hearing Loop?

By Saint Paul Cathedral parishioner Ann Conway

What will a hearing loop do for you and our congregation? Parishioners at a Pittsburgh-area congregation that installed a loop say:

"I could hear perfectly," noted one. "It was fantastic. For the first time in five years, I was able to understand every word read or said." Another added, "It's totally clear ... it's like the mic is right inside your ear."

If you live with hearing loss (as do at least 38 million people in the U.S.), you might think this is impossible. I've lived with hearing loss for 30 years. When I put headphones on to test the loop we were thinking of installing, I was floored. I could hear more clearly than I have in a long time.

For people of faith, hearing well at Mass or church events can be challenging. Volume is not necessarily the issue; difficulties with sound and word discrimination may be involved. The combination of spacious church architecture with modern audio technology can lengthen the time for sound to reverberate, making it hard to understand the spoken word.

So, you may not hear announcements. You have to search your bulletin or ask others about what's been announced. You may not hear the words to the hymns or know what song is being sung. You may adapt by sitting upfront and doing the best you can. You may follow along with Magnificat or another reader.

Or sadly, you may stop going to Mass. We want you back!

Helen Keller wrote that "blindness cuts us off from things, but deafness cuts us off from people." Anyone who lives with deafness (or who has a hard of hearing loved one) knows that it can be lonely. You may feel like an outsider.

Luckily, we are never outsiders to the Lord. But to fully participate in a worship community, even if we don't know every neighbor in our pew, is a great gift.

A hearing loop will facilitate that participation. Before the loop is installed and available, we urge you to find out if you have a telecoil (which will enable you to access the loop) in your hearing aid. Ask your hearing health provider to activate it if necessary. Cochlear implants can also access the loop through the telecoil. You can also connect to it through headsets, which will be available at the Cathedral.

And get ready to be surprised!

The Telecoil *Connecting Directly to Sound*

A telecoil can make a dramatic difference in your ability to hear clearly and understand dialogue.

Even with today's technology, the best hearing aids and cochlear implants can't separate the sounds you want to hear from background noise, or pick up all the sounds coming from a distant source like a stage or movie screen.

With a telecoil you can expand the functionality of your hearing aid or cochlear implant. A telecoil in a hearing aid functions as a wireless antenna that links into a sound system and delivers customized sound to the listener.

What is a telecoil?

A telecoil is a small copper coil that is an option on most hearing aids and is built into cochlear implant processors. They are also known as t-coils and were originally used to boost the magnetic signals from the telephone handset. The telecoil is activated by a t-switch on the hearing aid or cochlear implant. All landline and some cell phones are designed by law to be used with a telecoil.

The telecoil can make a noticeable difference in your life when you combine it with hearing assistive technology. This pairing of technology bridges the physical space between you and the sound source. Hearing assistive technology connects the listener directly to the sound source while most background noise is eliminated.

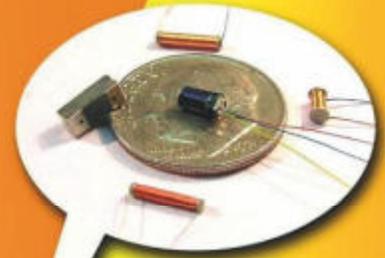
When would you use a telecoil?

Increasing the volume on your hearing aid or cochlear implant won't necessarily increase the clarity of what you hear. Hearing assistive technology combined with a telecoil can improve your understanding of dialogue at work, in a meeting, in the classroom, theaters, places of worship, tour buses, and other places. Some people use telecoils at home with the TV while keeping the TV volume low for the comfort of others.

Many public places are equipped with hearing assistive technology. With the implementation of the Americans with Disabilities Act of 1990, hearing assistive technology is increasingly available in public places.

continued on back

10/10



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The telecoil, a small copper wire, is located inside the hearing aid.

Get in the Hearing Loop

A Joint Project of the
Hearing Loss Association
of America and the
American Academy
of Audiology

What is Hearing Assistive Technology? (HAT)

There are three types of wireless hearing assistive technology discussed here:

The **hearing loop** is a wire that circles a room and is connected to the sound system. The loop transmits the sound electromagnetically. The electromagnetic signal is then picked up by the telecoil in the hearing aid or cochlear implant. To use a hearing loop, one easily flips the t-switch on the hearing aid or cochlear implant. No additional receiver or equipment is needed. Using a telecoil and hearing loop together is seamless, cost-effective, unobtrusive, and you don't have to seek out and obtain special equipment.

An **infrared system** uses invisible light beams to carry sound from the source to a personal receiver. (The sound source must be in the line of sight.) Different types of attachments may be connected to the personal receiver such as a neck-loop or a behind-the-ear silhouette inductor. The telecoil then picks up sound from the receiver via the attachment.

An **FM system** works similarly, but sound is conveyed through radio waves to a personal receiver.

What other uses are there for telecoils?

Telecoils can improve hearing on hearing-aid-compatible phones and can be used with neckloops to replace headphones. A neckloop is similar to a hearing loop, except that it is worn around the neck and can be plugged into other audio devices (such as an MP3 player, computer, or FM or infrared receivers) to transmit the audio signal directly to the hearing aid telecoil, bypassing the need for headphones.

How do you get a telecoil? Are they expensive?

Ask for a telecoil when you buy your hearing aids. A telecoil may add a small amount to the cost of your hearing aid but the benefits far outweigh the cost. Ask your audiologist or hearing instrument specialist to include a telecoil in your hearing aid and ask for advice on how to use it. Many models and styles of hearing aids and all cochlear implants can be fitted with telecoils. Telecoils can sometimes be added to your current hearing aid but it will cost less if you include it in your original purchase.

Purchasing a Hearing Aid

Don't assume that your hearing aid will automatically come with a telecoil or that it will be recommended. Or, if a telecoil is present, don't assume it has been programmed to suit your individual needs. Today, approximately 65 percent of all hearing aids dispensed in the United States have telecoils. Yet, few consumers are told about them and know how to use them.

Use the Consumer Checklist published by the Hearing Loss Association of America when purchasing a hearing aid (available on www.hearingloss.org or in hard copy). This checklist includes asking about telecoils. Some states have laws that require audiologists and hearing instrument specialists to tell consumers about telecoils when purchasing hearing aids (as of January 2009, Arizona, Florida, and New York).

Note: Automatic telecoils are available but work only with telephones, not hearing loops, so ask your audiologist or hearing instrument specialist to include a manually-operated telecoil in your hearing aid and ask for advice on how to use it.

This brochure is produced as part of "Get in the Hearing Loop," a national educational campaign to increase awareness about assistive listening technologies, especially hearing loops and telecoils, that are available to people with hearing loss. The project is a collaborative public awareness campaign developed by the Hearing Loss Association of America (HLAA) and the American Academy of Audiology.

Resource for People with Hearing Loss

The Hearing Loss Association of America is the nation's leading advocacy organization for the 36 million Americans with hearing loss. HLAA publishes *Hearing Loss Magazine*, holds annual conventions, produces the national Walk4Hearing™, hosts online learning with the Hearing Loss Academy, holds monthly webinars, and advocates for the rights of people with hearing loss. HLAA has more than 200 chapters and 14 state organizations.



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Useful Links

www.HowsYourHearing.org
American Academy of Audiology
To find an audiologist in your area

www.hearingloop.org
Nonprofit informational website on hearing loops

This brochure was sponsored by
The David and Carol Myers Foundation
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HLAA Chapter Information

If meeting information has not been provided below,
go to www.hearingloss.org for a chapter near you.

Get in the Hearing Loop

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- Mk 1:23-25

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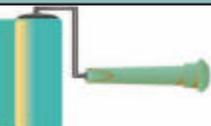


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