

SAINT PAUL CATHEDRAL PARISH

SERVING GREENFIELD • HAZELWOOD • OAKLAND

REMEMBER | CELEBRATE | BELIEVE

JANUARY 30, 2022 | 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.
Pastor and Rector
kstubna@diopitt.org

Reverend Daniel L. Walsh, C.S.Sp.
Parochial Vicar
dwalshcssp@yahoo.com

Reverend Steven M. Palsa, M.Div., M.A.
*Part-time Parish Chaplain
In Residence*
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Deacon Thomas J. Berna, Ph.D.
Deacon
tberna@diopitt.org

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

THIS WEEK'S READINGS

Monday, January 31

Saint John Bosco,
Priest and Religious Founder -
2 Sm 15:13-14, 30; 16:5-13 * Mk 5:1-20

Tuesday, February 1

Weekday -
2 Sm 18:9-10, 14b, 24-25a, 30—19:3 *
Mk 5:21-43

Wednesday, February 2

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

Thursday, February 3

Saint Blaise, Bishop and Martyr;
Saint Ansgar, Bishop -
1 Kgs 2:1-4, 10-12 * Mk 6:7-13

Friday, February 4

Weekday -
Sir 47:2-11 * Mk 6:14-29

Saturday, February 5

Saint Agatha, Virgin and Martyr -
1 Kgs 3:4-13 * Mk 6:30-34

Sunday, February 6

Fifth Sunday in Ordinary Time -
Is 6:1-2a, 3-8 * 1 Cor 15:1-11 or
15:3-8, 11 * Lk 5:1-11

PARISH INFORMATION

LITURGY SCHEDULE AND MASS INTENTIONS

Monday, January 31

8:15 am	St. Paul Cathedral	Alice Donnelly
12:05 pm	St. Paul Cathedral	Giuseppe, Dolarice, and Mary Varrati

Tuesday, February 1

8:15 am	St. Paul Cathedral	Francisco and Elvira Deluliis
12:05 pm	St. Paul Cathedral	Heidi Edwards

Wednesday, February 2

8:15 am	St. Paul Cathedral	Mrs. Josephine Hinkle
12:05 pm	St. Paul Cathedral	James Kleinosky
7:00 pm	St. Paul Cathedral	Novena and Benediction

Thursday, February 3

8:15 am	St. Paul Cathedral	Beverly and Bill Orr
12:05 pm	St. Paul Cathedral	Richard Simak
6:00 pm	St. Paul Cathedral	Joan Harbin, Living

Friday, February 4

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

Saturday, February 5

8:15 am	St. Paul Cathedral	Poor Souls in Purgatory
12:05 pm	St. Paul Cathedral	Mary Tunney
4:00 pm	St. Rosalia	Mary Lou Miller
6:00 pm	St. Paul Cathedral	Louise Cannon

Sunday, February 6

6:30 am	St. Paul Cathedral	People of the Parish
9:00 am	St. Rosalia	Helen Modrak
10:00 am	St. Paul Cathedral	Enrico Sciulli
12:00 pm	St. Paul Cathedral	William Lennon
12:00 pm	St. Rosalia (Spanish)	For Our Diocesan Bishop, Bishop Zubik
6:00 pm	St. Paul Cathedral	Antonio and Camella Sciulli

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)

Confession Times

St. Paul Cathedral
Friday & Saturday: 12:45pm

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

Finance Council: Thomas Bainbridge, Kathleen Carey-Knecht, Robert Cunningham, Ralph Massaro, Judi Nocito, and Daniel Williams

Pastoral Council: Janet Aland, Lynn Bainbridge, Patricia Blume, Desmarie DeCuir, Ryan Dreliszak, Joseph Deluliis, Thomas Mangan, Susan Massaro, Andrew McCabe, Frances Quirin, Lisa Sciulli, John Tague, and Gregory Thomas

REFLECTIONS

SCRIPTURE REFLECTION

The first reading relates the beautiful call of Jeremiah the prophet. "Before I formed you in the womb I knew you, before you were born I dedicated you." This call speaks to God's desire that his Word will form Jeremiah into what God intends him to be. "A prophet to the nations I appointed you." Jeremiah protests that he is too young and too inexperienced. He even suggests that God call another for the task. But God pushes on with Jeremiah so that his divine will might be made manifest. This was no easy task for Jeremiah as he faces the infidelity of the Israelites, rejection, and great suffering. Unlike the prophet who allowed God's Word to form him into the person God intended, the Israelites refuse to heed the call of God. The image of the broken vessel is more suited to them which we will see in the later chapters of Jeremiah. It is interesting that in the call of Jeremiah in today's first reading, God tells him he will face great resistance. "They will fight against you but not prevail over you, for I am with you to deliver you, says the Lord." Even when God's call to faith involves hardship, we must remember that he gives us the strength and ability to do what might seem impossible: "Be not crushed on their account, as though I would leave you crushed before them; for it is I this day who have made you a fortified city."

The call to be the bearer of the truth is never easy, as Saint Paul reminds the Christians in the second reading. There will be many challenges faced by those who strive to live as God desires. It is why Saint Paul can encourage the Christian to "strive eagerly for the greatest spiritual gifts." It is love that Saint Paul identifies as the greatest and most powerful of all the virtues. "Love bears all things, believes all things, hopes all things, endures all things. Love never fails." Love is not some emotional sentiment or attraction as is so often what the world attaches to love. Saint Paul characterizes love as patient, kind, not inflated, never rude, never self-seeking, not quick-tempered, not brooding over injury. Christian love requires that we lay down our lives in service to another. This kind of love demands that we forgive injuries and hurts, embrace our enemies, give what we have to the poor, always show compassion, understanding and kindness to the stranger. Love requires everything of one who hopes to follow Christ.

In the Gospel Jesus again speaks of the fulfillment of God's promises through him. "Today this Scripture passage is fulfilled in your hearing." He has come to bring to the people of God the fullness of life in the Spirit, the gift of eternal salvation that has been promised through the prophets. But the hearts of so many remain closed to what they see and hear. What is most shocking in today's passage is the expansion of those who have been called by God to salvation. Jesus tells two stories of how God's prophets were sent to help Gentiles, the widow of Zarephath and Naaman the Syrian. Even though Jesus is criticized for helping Gentiles in Capernaum, he points out that he is doing the will of his Father. Salvation is not limited to one people, one nation or race. It is universally available to all those who hear God's call and respond in faith to the person of Jesus Christ, the Son of God sent into the world for the redemption of all. Truly we can lift our voice in joyful praise and join the psalmist in proclaiming, "I will sing of your salvation."

PARISH STAFF

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Part-time Wedding Coordinators:

- Patricia Edwards
- Katrina Malaski
- Liz McKenna
- Joanne Wall

QUOTE OF THE WEEK

"The temptation to complain can ruin so many lives, because one starts complaining and complaining, and life drains away. Complaining always leads you to look for someone to blame. If we proceed with the tired step of grumbling and talking, we will not bring God to anyone, we will only bring bitterness and dark things.

~ Pope Francis

SOCIAL MEDIA

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

twitter.com/saintpaulpgh

facebook.com/stpaulpgh

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.

FAITHFUL STEWARDSHIP

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

Sunday, January 9:

4:00 pm (Rosalia):	\$1,075.00
6:00 pm (SPC):	\$1,101.00
6:30 am (SPC):	\$969.00
9:00 am (Rosalia):	\$671.00
10:00 am (SPC):	\$1,882.00
12:00 pm (SPC):	\$1,161.00
12:00 pm (Rosalia):	\$301.00
6:00 pm (SPC):	\$609.00
Mail-In:	\$7,213.00
Total:	\$14,982.00

THE FATHER VANYO LIBRARY

is open Sunday mornings from 9:00 am – 12:00 pm in Synod Hall. Come visit our improved and comfortable space and browse our collection. Contact library volunteers at vanyolibrary@gmail.com or call the rectory. You can view the library catalog at librarycat.org/lib/vanyolibrary.

BANNS OF MARRIAGE.

Please remember to keep in your prayers the following couples who are preparing for the Sacrament of Marriage:

III - Joseph Kobs and
Lauren Cook

I - Jorge Rocha and
Katherine Jenkins

PARISH NEWS

FROM THE HEART OF OUR PASTOR, FATHER STUBNA

1. **FLOCKNOTE.** I would continue to urge every single one of our parishioners to sign up Flocknote. It is a wonderful and easy way for all of us to keep in touch. I am able to send messages or words of inspiration to those who have signed up through email on a regular basis. We can instantly communicate something of great importance in our parish, the Church, or our community. We can set up different groups to which parishioners belong and more easily communicate with that group about activities and other important information. Please take the time to sign up today. Those who have signed up have been very positive and excited about our Flocknote communications. It would be wonderful to have everyone in our parish signed up.
2. **WEEKDAY LECTORS.** We are in need of lectors for the 8:15 am and 12:05 pm masses at the Cathedral during the week. Please consider helping us to fill that need by volunteering to become a lector if you are not one already or if you are by offering to read at a weekday Mass – even once a month would be a huge help for our schedule. Proclaiming the Word of God at Mass is such a blessing and gift and brings many graces to the person reading as well as those who hear. If you might consider becoming a weekday lector please contact Father Stubna at kstubna@diopitt.org or at the rectory.

CATHOLIC SCHOOLS WEEK is being celebrated in our country and in our diocese from January 30 through February 5. **The theme for Catholic Schools Week 2022 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 and all the diocesan staff. 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 our parish who attend Catholic schools. We have a number of students attending a number of different Catholic schools in the diocese. We are very proud of you and always pray for your success. Our parish 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!

THIS WEDNESDAY, 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 can be obtained during the week at the parish office.

THE FEAST OF SAINT BLAISE IS CELEBRATED THIS THURSDAY, 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. The priest 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 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. **Throats will be blessed at Saint Paul Cathedral parish on Thursday, February 3, at the 8:15 am, 12:05 pm, and 6:00 pm Masses at the Cathedral.**

Please note that there will be an additional Mass celebrated at 6:00 pm at the Cathedral on Thursday, February 3. We hope that many will take advantage of this special evening Mass. Throats will be blessed during the Mass.

CATHOLIC ADULTS WHO HAVE NOT BEEN CONFIRMED. If there are any adult Catholics who have not yet received the Sacrament of Confirmation but are active practicing Catholics, please contact Father Stubna if you are considering receiving the Sacrament. Formation and preparation is required, but for those who are active participating Catholics we have a program that can help you get prepared for the reception of this Sacrament.

A SPECIAL WORD OF RECOGNITION, THANKS, AND PRAYER FOR ALL THE MEN AND WOMEN FROM OUR PARISH WHO ARE SERVING IN THE ARMED FORCES OF OUR COUNTRY. Let us never forget to keep these brave men and women in our prayers as they put their lives at risk every day in defense of our freedoms and our nation. I came across this prayer that can be offered for all those in the armed forces: "Heavenly Father, we commend to your gracious and protective care, all the men and women of our Armed Forces at home and abroad. Defend them day by day with your guiding hand and heavenly grace; encourage them and strengthen them in their trials, temptations, and discouragements; grant them your abiding presence wherever they may be. We ask this through Christ our Lord. Amen."

ST. PAUL CATHEDRAL SANCTUARY CANDLE

This week, from January 29 through February 4, the Sanctuary Candle at St. Paul Cathedral is being offered for:

JERRY AND JOAN MONDINE

May they rest in peace.

ST. PAUL CATHEDRAL BLESSED MOTHER VIGIL LIGHT

This week, from January 29 through February 4, the Blessed Mother Vigil Light at St. Paul Cathedral is being offered for:

**OUR MEN AND WOMEN
SERVING IN THE MILITARY**

SUBSCRIBE TO RECEIVE EMAILED BULLETINS

Visit our website (ghocatholics.org) to receive email notifications when new bulletins become available on Saturday evenings. To subscribe go to the "Bulletins" page under the "About" tab at the top of the screen. Once there you can view our latest bulletins and click on the "Subscribe Now" button to sign up to receive email notifications when new bulletins are available.

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.

OUR PARISH FOOD PANTRY

operates every Tuesday from 2:00 until 3:00 pm at our Saint Rosalia site Rectory (411 Greenfield Avenue, Pittsburgh, PA 15207).

PARISH NEWS



OUR WEEKLY NOVENA TO OUR MOTHER OF PERPETUAL HELP. At Saint Paul Cathedral on Wednesday evenings the Eucharist is exposed on the altar at 7:00 pm and the novena prayers and Benediction begin at 7:30 pm until about 8:00 pm. Please consider attending and bringing your needs and prayers to the attention of Our Blessed Mother who always hears our prayers and desires to lead us to the loving heart of her Son, Jesus Christ.

WORLD DAY OF PRAYER FOR CONSECRATED LIFE will be celebrated on Tuesday, February 2, as well. 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 to rekindle the fervor which should inspire their offering of themselves to the Lord and his Church. Our prayers and blessings to all those in consecrated life, especially the women and men in consecrated life who are a regular part of our parish. We salute, in a particular way, the Sisters of Mercy who have long served at the Cathedral parish, the Sisters of Charity, the Sisters of the Immaculate Heart of Mary, and our neighbors the Christian Brothers. Our parish has been blessed over many generations with the witness and the service of consecrated women and men and we salute them and we remember in our prayers, the living and those deceased.

QUESTION OF THE WEEK. Why does the Church not permit eulogies at Catholic funeral Masses?

Answer: This may come as a surprise to many people, because it happens at some Catholic funerals that eulogies are allowed to be given. What is permitted, with the pastor's permission, are very brief (2-3 minutes) "words of remembrance," following communion, but delivered by only one person. What we need to remember is that the Funeral Mass is first and foremost an act of praise to God in which we offer the prayer of the Church to assist the deceased in making their final journey to fullness of life with God in heaven. Despite what some people like to believe, the Funeral Mass is not a memorial service. It is the celebration of the Eucharist that requires strict adherence to the liturgical norms of the Church to protect its dignity and sanctity for what it is. A eulogy can be delivered at the funeral home, or at the gravesite, or better yet at the gathering following the burial where the family and friends of the deceased join together for a celebration of that person's life. All too often eulogies detract from the sacredness and dignity of the Mass, contradicts and makes light of Catholic teaching and values, and creates an atmosphere that is not appropriate for the Sacred Liturgy. What is most important is the sacrifice of the Mass, offered for the salvation of the deceased, and the consolation of those who mourn that person's death.

BIRTHRIGHT OF PITTSBURGH sent a thank you to Saint Paul Cathedral parishioners for their great support through the annual Giving Tree project. Regina Ranelli, Executive Director, wrote: "Once again, I am filled with gratitude and hope for the unborn and their parents here in Pittsburgh! Because of your generous donation of over \$2,000 in gifts cards to Birthright of Pittsburgh, we are able to offer greater practical resources than ever before to mom's bravely choosing life for their babies. Together we will continue to receive abortion vulnerable women and their precious preborn babies with open arms, as we continue to cultivate a culture of life and love in Pittsburgh!" Thanks to everyone who supported this important ministry. God bless you.

2021 TAX STATEMENTS. If you need a tax statement for 2021, 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.



WHAT IS FLOCKNOTE? Flocknote is an easy and efficient way for St. Paul Cathedral Parish to communicate with parishioners and parish groups through email and text messages. It allows us to reach our members at a moment's notice, resulting in higher attendance at Mass and parish events, increased stewardship, and a more connected parish community. But Flocknote can only be effective if you sign up! There are two ways to join Flocknote:

1. Visit our unique URL: StPaulCathedralParishPGH.flocknote.com/everyone
2. Text to join by texting the word CATHEDRALPGH to 84576

FIRST FRIDAY DEVOTIONS. Friday, February 4, is the first Friday of the month. The first Friday of each month was designated by our Savior Himself as a day to be consecrated to honoring His Sacred Heart. These were the revelations given to St. Margaret Mary Alacoque. As the object of this devotion is to make our Savior Jesus Christ ardently and perfectly loved, and to make reparation for the outrages offered to Him in the past, as well as for those which he daily receives in the Blessed Eucharist ... Jesus Christ merits our love at all times, but alas! He is despised and outraged in the Sacrament of His love at all times, and so people should at all times make reparation to Him. We should make every effort to adore Jesus Christ in this august Sacrament, make a fervent act of love to Jesus in the tabernacle, thank Him for having instituted this Mystery of love, express our sorrow at seeing Him so abandoned, and resolve to visit Him as soon as possible and love Him unceasingly. Attendance at the Holy Sacrifice of the Mass is assuredly the best means of honoring and loving the adorable Heart of Jesus. Also, prayer before the Blessed Sacrament, particularly making a holy hour or spending time in prayer during Eucharistic adoration, are great devotions to the Sacred Heart of Jesus.

The Promises of the Sacred Heart of Jesus to St. Margaret Mary Alacoque:

1. "I will give them all the graces necessary in their state of life."
2. "I will establish peace in their homes."
3. "I will comfort them in their afflictions."
4. "I will be their secure refuge during life, and above all in death."
5. "I will bestow a large blessing upon all their undertakings."
6. "Sinners shall find in My Heart the source and the infinite ocean of mercy."
7. "Tepid souls shall grow fervent."
8. "Fervent souls shall quickly mount to high perfection."
9. "I will bless every place where a picture of My Heart shall be set up and honored."
10. "I will give to priests the gift of touching the most hardened hearts."
11. "Those who shall promote this devotion shall have their names written in My Heart, never to be blotted out."
12. "I promise thee in the excessive mercy of My Heart that My all-powerful love will grant to all those who communicate on the First Friday in nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving the Sacraments; My Divine heart shall be their safe refuge in this last moment."

PRO-LIFE CORNER

"The cornerstone of the church's social teaching is the truth concerning the dignity of the human person. Every person is created in God's image and likeness and is endowed with inviolable dignity from the moment of conception until natural death. Each person is God's handiwork and is made for God's friendship. We further believe that the true dignity of the human person is most fully revealed in Christ our Redeemer, the Son of God who assumed our humanity. Becoming one of us, God's Son united himself to each person and called us to conversion and eternal life. Indeed, our defense of human life and dignity must always be 'clear, firm, and compassionate' and extend to every person at every stage of development. Some lives cannot matter more than others. Every life matters."

~ Archbishop William Lori, Archbishop of Baltimore

PARISH NEWS



SAINT PAUL CATHEDRAL HAS A HEARING LOOP to help those with hearing loss hear our services better. If you have a T-Coil equipped hearing aid, please switch your hearing device to the T setting. For those without hearing aids, wireless headsets are also available. You can find more information on our website here: ghocatholics.org/hearing-loop.

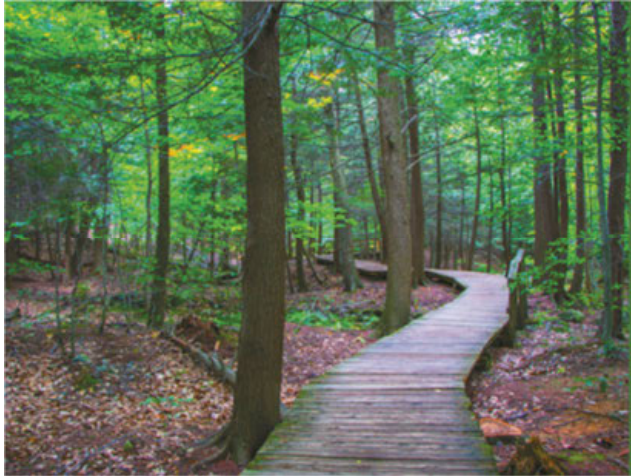
THE GLOBAL SYNOD: Listening to the Holy Spirit together. Christians are called to community, not isolation. We are called to serve God as one body with many parts. One way we serve God is by listening to one another about how we can carry out the continuing mission of the Church. Pope Francis has asked us to dream of better ways for Christians across the globe to listen together to hear the prompting of the Holy Spirit as He is calling us here and now. These synodal sessions will be held across our diocese in early 2022. For more information text "Synod2021" to 84576 and go to www.diopitt.org/journeying-together to download your Participant Guide.

FAMILY FAITH FORMATION - Sunday, February 6. Families with children (grades K – 8) are invited to a special 10:00 am Mass and event at Saint Paul Cathedral next **Sunday, February 6.** Family Faith Formation is a monthly gathering for our families and students who are home schooled, attend a Catholic school, or who attend our own parish Faith Formation program. This is an opportunity to gather as a parish family to listen attentively to God's Word in the Scripture and share the Eucharist at the Table of the Lord. After Mass, an informal breakfast is offered in the Cathedral Social Hall with muffins, donuts, bagels, juice, milk, and coffee. Later, our parish deacon, Deacon Tom Berna, will give a talk to the parents while the children focus on a learning project. Prayer booklets will be given to each family to promote family prayer. Families should please sign up by responding to the email invitation or by emailing info@saintpaulcathedral.org.

EUCCHARISTIC AMAZEMENT AND THE MASS - Why do we do this? A series on the recent document from the U.S. bishops - *The Mystery of the Eucharist in the Life of the Church, USCCB, 2021* is underway on Thursday evenings. Father Steven Palsa, our parish chaplain, and Regis Flaherty, who leads a Scripture Study at the parish, co-host. Cradle Catholics, as well as adult seekers, and all interested persons are welcome to take part in this Zoom presentation and discussion on six Thursdays from 7:00 to 8:00 pm. Contact Father Steve at frstevenpalsa@gmail.com to sign up. Before each session you will receive resources and the Zoom link. All are welcome to take part in this opportunity for personal spiritual enrichment. This week the focus will be on the Mass as Sacrifice. In case you missed last week's session, you are very welcome to join in this week!

NEW OPTION FOR MEN'S PROGRAM THAT MAN IS YOU. Now you have two opportunities every week to attend our parish men's program, *That Man Is You*. Join other men every Wednesday morning for the thirteen weekly sessions via Zoom from 6:30 to 7:30 am beginning on February 2 or join us every Saturday after the 8:15 am Mass for our in-person session in Synod Hall beginning on February 5. It's your chance to share weekly with like-minded men and to grow as a man, a husband, and a father. For additional information or to register for either session, contact Regis Flaherty at 412-287-4007 or regisjflaherty@gmail.com.

PART-TIME WEDDING COORDINATORS NEEDED FOR SAINT PAUL CATHEDRAL. We are seeking one or two people who might be interested in serving as part-time wedding coordinators for Saint Paul Cathedral. This would involve one or two weekends a month. This person would be responsible for coordinating Friday afternoon weddings at 2:30 pm (along with a Thursday evening rehearsal at 4:30 pm) and the wedding rehearsals on Friday (typically from 4:00 pm through 7:00 pm) and the weddings on Saturday afternoon (typically from 1:00 pm until 6:00 pm). Training would be provided. Must be a practicing Catholic and have some organizational skills. We currently have several people who are helping with this ministry, but we need to find one or two more. Compensation is provided per wedding. Please contact Father Stubna if you are interested (kstubna@diopitt.org) or call the Cathedral rectory.



JOURNEY

TO THE FULLNESS
OF LIFE IN CHRIST

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CONGRATULATIONS to the newest member of the Cathedral parish who was baptized last Sunday:

MACKENZIE NOELLE DWORAK, daughter of Zachary and Alaina (Krupa) Dworak

SAINT PAUL CATHEDRAL PARISH RAFFLE. We are hoping that everyone in our parish community will consider supporting this parish-wide fundraiser to help with our parish expenses. This raffle is based on the daily three-digit pick three evening PA lottery. Tickets are numbered from 000-999. Tickets are \$5 each and the number is eligible for the entire month. Most days the winner will receive \$50 however, there are specific days each month that the winning ticket is worth from \$100-\$250. The prize for winning on the last day of each month is \$500. Ticket stubs must be returned by the final day of the previous month with the ticket stub filled out completely and legibly. Tickets are available in the rectory office or can be mailed. Payment of cash or check is accepted. If you have a favorite number(s), you can reserve it/them each month if available. All proceeds benefit our parish. For more information or to obtain tickets please contact the parish office. We sponsor this raffle in the name of Saint Paul Cathedral Parish, our legal entity name, for which we have a small games of chance license that allows us to operate this raffle.

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

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(She served as the Cathedral Parish secretary for 48 years)

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PARISH NEWS

ONLINE STUDY GROUP FOR MEN AND WOMEN. Want to dig deeper into the Sunday Mass Scripture readings? Join other parish members for an online study group every Sunday from 8:00 to 9:00 pm. High school age and older are welcome. Contact Regis Flaherty for additional information or to register (412-287-4007; regisflaherty@gmail.com).

VOLUNTEERS NEEDED. Fishes and Loaves needs help with Meals on Wheels. Could you help for an hour or two in the kitchen one day a week – helping to prepare lunches for our clients? We also need help delivering the meals – could you drive and deliver about 10 – 15 meals one morning during the week? All our clients live in Hazelwood or Greenfield. Please contact Deacon Tom at tberna@diopitt.org or 412-414-3125 for more information.

POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY: We pray for all religious sisters and consecrated women thanking them for their mission and their courage, may they continue to find new responses to the challenges of our times.

MEDITACIÓN DEL EVANGELIO – 30 DE ENERO DE 2022 – 4º DOMINGO DEL TIEMPO ORDINARIO.

Ser cristiano es ser un profeta comprometido en el amor y en la esperanza. La Liturgia de hoy, por medio del profeta Jeremías, nos pone en alerta sobre este asunto del llamado de Dios al discipulado ya desde el vientre materno: *“Antes de formarte en el seno de tu madre, ya te conocía; antes de que tú nacieras, yo te consagré, y te destiné a ser profeta de las naciones” (Jeremías 1,5).* Para comprender con mayor claridad y poner manos a la obra en este llamado, debemos recordar que, el domingo pasado, Jesús se encontraba en la sinagoga de Nazaret y sus últimas palabras del pasaje de la Escritura decían: *“Hoy se cumplen estas palabras proféticas y a ustedes les llegan noticias de ello” (Lucas 4,21).* Los que escuchaban a Jesús se admiraban de su elocuencia. ¡No lo podían creer! Ellos lo conocían, habían vivido a su alrededor, tenían familiaridad con él. Por lo menos sabían su oficio, “carpintero, hijo de José y María”. Jesús conocía sus pensamientos y responde: *“Seguramente ustedes me van a recordar el dicho: Medico, cúrate a ti mismo. Realiza también aquí, en tu patria, lo que nos cuentan que hiciste en Cafarnaúm” (Lucas 4,23).* ¿Por qué nadie es profeta en su tierra? Le pasó a Jesús y nos pasa muchas veces a nosotros, hacemos el bien por ahí y cuando se dan cuenta los vecinos y la familia, viene el cuestionamiento y los comentarios sin saber realmente lo que la persona es, vive, o siente. O, mejor dicho, se ignora su compromiso con el amor, como lo expresa San Pablo a los Corintios: *“Ahora, pues, son válidas la fe, la esperanza y el amor: pero la mayor de estas tres es el amor” (1 Corintios 13,13).* ©LPi

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FROM OUR NEIGHBORS

AQUINAS ACADEMY ADMISSIONS OPEN HOUSE. Aquinas Academy is hosting a preschool – grade 12 admissions open house for families on Saturday, February 5, from 11:00 am to 1:00 pm. Find out how your child will benefit from an Aquinas Academy education. Information about merit scholarships and financial aid will be available. For more information contact Mr. Joe Austin, Director of Enrollment, at 724-444-0722 Ext. 15 or austin@AquinasAcademy-pittsburgh.org. Register online at www.AquinasAcademy.info.

“NAMING AMBIGUOUS LOSS & GRIEF.” Loss and grief is not a step-by-step process. We are surprised by a song, a thought, a memory and grief seems to cycle in to who we are yet again. Presenters, Rev. Joseph Hedden, Emmanuel Reformed United Church of Christ; Rev. Taleeta Canady, Rodman Street Baptist Church; and Rev. Dr. William Glaze, Bethany Baptist Church will help us to name losses and griefs and provide coping mechanisms for becoming stronger. This workshop is sponsored by Blessed Be Educators and other faith-based organizations in addition to Carlow University's Education Department. To register contact Mary Ann Hvizdos (mahvizdos@verizon.net or 412-807-1611). Workshop is eligible for two (2) PA Act 48 professional development hours. Saint Paul Cathedral is a BBE member congregation.

UPDATED DIOCESE OF PITTSBURGH COVID-19 SAFETY PROTOCOLS FOR CLERGY, PARISHES AND INSTITUTIONS

In a continuing commitment to care for the health, safety, and spiritual well-being of the faithful, in the Diocese of Pittsburgh, Bishop David Zubik announces the following updated COVID-19 Safety Protocols. **These practices are effective January 7, 2022, and are to be continued until further notice.** The updates are based on the dramatic surge in community spread of the Omicron variant of the COVID-19 virus, and will be re-evaluated on an ongoing basis as more information from the CDC and local healthcare officials becomes available.

Parishes

Effective immediately and until further notice:

- As leaders in their parishes and in the community, unless extraordinary circumstances warrant otherwise, all priests and deacons must wear masks during the celebration of Mass at all times, including when preaching and at the altar.
- All clergy must submit vaccination status and proof of vaccination to our Clergy Office **no later than January 18, 2022**. All clergy who have not yet received a COVID vaccination are reminded of the guidance of Pope Francis on the matter and of their role in the community and are strongly urged to receive a COVID vaccination.
- Everyone entrusted with the distribution of Holy Communion must wear a mask, and must also sanitize their hands immediately prior to distribution. Care must be taken not to directly touch the communicant, especially if distributing on the tongue. If contact is made, the person distributing Holy Communion must re-sanitize their hands before continuing.
- All Extraordinary Ministers of Holy Communion, servers, greeters, ushers, lectors, and cantors must wear a mask. In addition, faith formation leaders, catechists, and those who visit the sick or homebound must wear a mask.
- Choir members are to be masked at all times.
- The presentation of the gifts is suspended until further notice.
- As already directed, the practice of shaking hands to offer the Sign of Peace is suspended until further notice.
- As also previously directed, those attending Mass are urgently encouraged to wear masks, regardless of vaccination status. Based on their age, health history, and family considerations, parishioners must make prudent decisions regarding getting vaccinated, wearing a mask, and staying home if not feeling well. As a reminder, anyone who is sick, feels they are at risk, or is a primary caregiver, as well as those who have serious anxiety about being part of a large group at this time are excused from the obligation to attend Sunday Mass (CCC #2181)
- It is strongly recommended that any parish events outside of Holy Mass are to either be cancelled, rescheduled, or be held virtually.
- It is strongly recommended that where possible, parish staff work remotely. Those who do need to work on site must wear masks when in common spaces. Also, all meetings should be held virtually.
- Livestream Mass options are to continue so that we may serve those who are not able to come to Mass in-person.

Diocesan Events

Events are to be held virtually or re-scheduled. Events that must be held should follow the above mitigation protocols.

SAINT PAUL CATHEDRAL
MONTHLY EUCHARISTIC ADORATION
SUNDAY, JANUARY 30, 2022



4TH SUNDAY IN
ORDINARY TIME

[He said to them], "Today this Scripture passage is fulfilled in your hearing." And all spoke highly of him and were amazed at the gracious words that came from his mouth. They also asked, "Isn't this the son of Joseph?" - Lk 4:21-22

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. GLP

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