CENTRAL WASHINGTON CATHOLIC

El Católico de Washington Central

Pāchu Washintin Chmuk Tātpas

FEBRUARY 2020 Newsletter

Guidelines for Flu Season – Or Any Other Time of Year

Wherever two or more people gather, some sharing of germs is inevitable. When Catholics gather in Jesus' name to celebrate the Eucharist, our first concern is sharing our gratitude, our faith and our belief in Christ among us.

However, with the cold and flu season at its height – and indeed, at any time of year – each of us has the responsibility of taking precautions to prevent the spread of illnesses. We must wash our hands frequently, be careful when we cough and sneeze, and review our habits, practices and procedures at times when there is a greater chance of spreading illness.

Here are some things to keep in mind regarding illnesses and Mass:

SUNDAY OBLIGATION: The obligation to attend Mass on Sunday and other holy days of obligation is the ordinary expectation for Roman Catholics (Canon 1247). However, extraordinary circumstances such as sickness or severe weather excuse the faithful from this obligation. **If you suspect you have the flu or are suffering from a serious cold, please stay at home and do not risk spreading infection to others.** Instead, set aside time for prayer at home.

HOLDING HANDS DURING THE LORD'S PRAYER: Well-intentioned folks introduced this custom into parishes in the 1980s. Although the ideal is for all of us to be uniform in our postures and gestures during Mass (as a sign of our unity as the Body of Christ), no one is required to hold hands. It is very fitting to pray the "Our Father" with your palms lifted upward, or with your hands placed together in prayer.

SIGN OF PEACE: Please don't be offended if someone chooses not to shake hands with you during the sign of peace. An appropriate gesture for those who are concerned about spreading the viruses might be to strive for eye contact rather than physical contact. You could clasp your hands together and bow gently to those around you, and with a smile say "Peace be with you," or "Peace of Christ."

RECEIVING HOLY COMMUNION: Roman Catholics believe that both the body and the blood of Christ are contained in the Holy Eucharist under the form of the consecrated host. However, the Church encourages reception of the chalice at Mass as a fuller expression of the Last Supper and Christ's precious blood poured out for us in sacrifice. **If you are feeling sick, please receive Holy Communion in the hand, rather on the tongue, and refrain from receiving Communion from the chalice.**

PREGNANT WOMEN AND PERSONS WITH COMPROMISED IMMUNE SYSTEMS: If you've been told by your physician/medical advisor that you are particularly susceptible to infection or to complications due to flu in particular, please refrain from practices that might make you sick, including shaking hands, receiving Holy Communion on the tongue, drinking the Precious Blood from the chalice, etc.

Taking good care of yourself and being sensitive to the health of others is an excellent way to respect life!

Pope Francis Issues Invitation to Come Closer to Sacred Scripture

Pope Francis would like us all to open our hearts and lives to the inspiring words of the Bible.

"The One who is the Word of God has come to speak with us, in His own words and by His own life," the Pope said in establishing a new annual celebration of Sacred Scripture.

In a September 2019 Moto proprio (a document issued by the Pope), titled "Aperuit Illis," Francis called for an annual celebration of the Word of God on the third Sunday in Ordinary Time, usually falling between January 21 and 27. The Holy Father had first proposed the idea at the conclusion of the Extraordinary Jubilee Year of Mercy in November 2016.

However, the new emphasis upon Sacred Scripture is not to be limited to just one Sunday each year, but rather to become a part of our daily lives.

"His word consoles and encourages us. At the same time, it challenges us, frees us from the bondage of our selfishness and summons us to conversion … His word has the power to change our lives and to lead us out of darkness into the light," Pope Francis said, according to the Vatican News website. He urged all Christians to make room in their lives for the word of God.

"Each day, let us read a verse or two of the Bible," Pope Francis recommended, according to the Vatican News. "Let us begin with the Gospel," he said. "Let us keep it open on our table, carry it in our pocket, read it on our cell phones, and allow it to inspire us daily. We will discover that God is close to us, that He dispels our darkness and, with great love, leads our lives into deep waters."

It will take some time for each diocese and parish to decide how to implement the new document from Pope Francis, observed Monsignor Robert Siler, chancellor for the Diocese of Yakima. The first celebration, January 26, has already passed, without a lot of attention.

"It reminds me of when Pope John Paul II proclaimed the Second Sunday of Easter to be Divine Mercy Sunday, in the year 2000," he said. When the first celebration arrived a year later, it caught many by surprise. But over the past 20 years, Divine Mercy Sunday has become an important reminder of God's love and care for the world.

With the special emphasis upon Sacred Scripture, the website www.catholic.bible, of the United States Conference of Catholic Bishops (USCCB), offers resources for the greater use of scripture for teaching, ecumenical sharing, liturgy and prayer.

One idea for families would be for the Sacred Scripture to be "enthroned" at a suitable place in our homes. This would be a way to "raise our awareness of the importance of the word of God," Monsignor Siler said, in a way similar to how the image of Our Lady of Guadalupe is honored in Hispanic homes, surrounded by candles and rosaries.

The USCCB website also offers suggestions for deepening the practice of *lectio divina*, the "divine reading" of Sacred Scripture that developed within the monastic tradition and has been practiced for centuries within the Catholic Church. The slow reading of short passages of the Bible, then meditating on them, leads to prayer. Perhaps a word or phrase will stay with readers throughout the day, even after their prayer time is finished. Some persons may even be drawn through their prayer into contemplation, a closer union with God.

"It's really about deepening our encounter with Christ," Monsignor Siler said. It's also about "helping people experience God's mercy at a greater level," enlivening our prayer life, and giving rise to "concrete gestures" and works of charity, and glorifying God in our lives.

For more information and resources, visit www.catholic.bible or www.usccb.org.

Here Are Important Lenten Reminders for You

Lent is the 40-day season of penance in preparation for the celebration of the greatest event in human history: the redemption of the human race by Jesus Christ. Lent begins Ash Wednesday, February 26, and ends on Thursday, April 9, followed by the Sacred Triduum, April 9-11, and Easter Sunday, April 12.

The following information is vital for all Catholics to have:

Lenten Disciplines

"All Christians, by the nature of their lives, are obliged to live in a spirit of penance whereby our exterior acts of prayer, self-denial and charity bear witness to the inner values of our Faith."

The Church specifies certain practices of penance during the season of Lent:

Continued on page 2

A Message from Bishop Tyson…

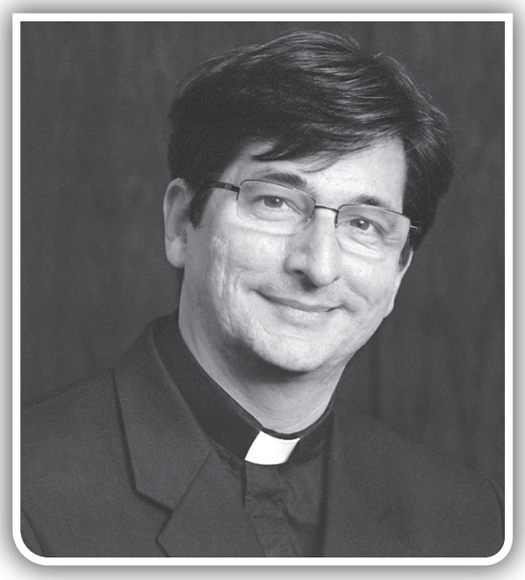
Dear Friends:

I write this from Rome at the end of my visit "ad limina apostolorum," a phrase in Latin that means "to the threshold of the apostles." Every five years, the Holy See asks each bishop to submit a report about his diocese and then visit the Vatican to discuss it with the Pope. This "five years" turned into seven for Pope Benedict XVI in 2012, and eight years for Pope Francis. But more than coming to Rome and reviewing reports, the "ad limina" is meant to be a time of renewal where we, as bishops, unite ourselves with the witness of the apostles. As bishops, through the laying on of hands, we are their successors.

At our ordination as bishops, the Book of the Gospels was placed over our heads in a gesture that speaks of our role as chief preacher of God's Word. How appropriate, then, that our Holy Father Pope Francis has established each Third Sunday of Ordinary Time as "Word of God" Sunday. Significantly, he chose to announce this new devotion last year, on the Feast of St. Jerome, September 30.

As I traveled to the "ad limina" visit, I had a quick four-day layover in Germany. As many of you know, German is my grandparents' maternal language. I made a visit to Trier where St. Jerome is reported to have been baptized and became Christian. Part of the "ad limina" visit is daily Mass at one of the seven major basilicas in Rome. At St. Mary Major, the remains of St. Jerome are buried. Those who went with Fr. Felipe Pulido and me to the Holy Land visited the small room in Bethlehem where St. Jerome is said to have translated the bible from Greek into Latin.

At Eucharist, we speak of the Mass with two movements: the Liturgy of the Word and the Liturgy of the Eucharist. Attentively listening to the Word of God prepares us to receive Jesus Christ in all of His humanity and all of His divinity in the Blessed Sacrament.



Bishop Joseph Tyson

Elevating the Word of God for a special Sunday draws attention to this preparatory movement in the Mass. Hopefully, it prepares us to share the Word of God in our daily lives as well. One of the more impressive moments of our "ad limina" visit was our pastoral encounter with Pope Francis. I will be speaking more about this during my regional visits this spring, but note that the Holy Father spent two and a half hours with us bishops from the Pacific Northwest.

In word and gesture, he expressed a deep solidarity with us. Being in a highly immigrant diocese where nearly three-fourths of our parishioners are Hispanic, I raised the question of immigration as well as the challenge of maintaining unity in a very divisive political and social climate. I told him that there were two teams here. One team cares deeply for the unborn. A different team cares about the plight of immigrants. In a reference to his favorite soccer team in Argentina, I told him that neither team has the name "San Lorenzo." Sometimes, parishioners have assimilated these kinds of questions as coming from different spheres of human concern rather than being part of a united Church teaching.

The Holy Father spoke about preaching the Word of God in this context. He noted how he tries to tie together the body of Catholic social teaching by uplifting the sinful reality of a "throwaway culture" that discards the elderly at death and the unborn at the beginning of life. He spoke about how this undermines attitudes of care and concern for migrants, refugees and the newly arrived who risk their lives immigrating to better support themselves and their children. We use their labor. Then, we throw them away. The divisive language against immigrants reflects a "throwaway culture."

At the end of the visit, we each greeted the Holy Father personally. Naturally, my words of greeting were in Spanish. In Spanish, he made a point of personally thanking me for our ministry and outreach to the immigrant population. That is "our" ministry. Yours and mine. That ministry is the Word of God translated into words of welcome that counter the harsh words so prominent in public discourse.

As Vicar of Christ, our Holy Father has the singular role of bringing together the words of Christ with the reality of today. I am so grateful for the ministry of the Holy Father. I am also very grateful that so many of you take the Word of God so seriously and that so many of you are learning to translate the Word of God into words of welcome, countering the "throwaway culture" in which we sometimes find ourselves living.

Many prayers and blessings to all of you! Thank you for who you are and who you are to become: embodiments of the Word of God.

With every best wish and blessing,

Yours in Christ,

Most Reverend Joseph J. Tyson
Bishop of Yakima

Here Are Important Lenten Reminders for You *Continued from page 1*

1. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended.

2. Catholics are obliged to fast and abstain from meat on Ash Wednesday, February 26, and Good Friday, April 10.

3. The Fridays of Lent are obligatory days of abstinence.

4. Catholics age 14 and older are bound by the law of abstinence.

5. The law of abstinence forbids the eating of meat.

6. The law of fasting is obligatory for Catholics from the age of 18 through age 59.

7. The law of fasting prescribes that only one full meal be taken per day; the other meals, if needed, should be significantly smaller, but in accord with one's health needs. Fasting assumes avoidance of food between meals.

The "substantial observance" of these laws is a grave obligation; that is:

1. Anyone who neglects all forms of penance, or deliberately shows contempt for the Church's penitential discipline, may be guilty of serious sin.

2. Occasional failure to observe penitential regulations is not seriously sinful.

3. Proportionately grave circumstances – sickness, dietary needs, social obligation – excuse from the obligation of fast and abstinence, but not from seeking out other forms of penance.

If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out.

The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards a bishop, priest, deacon or diocesan employee or volunteer. (888) 276-4490

Central Washington Catholic

FEBRUARY 2020 • Volume 61 • Issue 2

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The Central Washington Catholic (ISSN 0195-1831) is published monthly by the Diocese of Yakima, 5301-A Tieton Drive, Yakima, WA 98908-3493.

Submission schedule: Deadline for the submission of material is at noon on the first day of the month of publication.

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Helping PREPARES Family Fosters Gratitude for Blessings

Alice began attending RCIA at St. Joseph's parish in Wenatchee, and had her first Sacrament of Reconciliation at the age of 70. "I felt like I had a huge load lifted off my shoulders and felt like I was light as a feather," she said. In Reconciliation, Father Teodulo Taneo gave her the penance of taking a gallon of milk to a PREPARES family. After providing the milk, she found that she wanted to continue to aid that family.

Alice thinks priests should offer a penance like this more often. "This penance allowed me to see how fortunate I am. I have a roof over my head, food, and transportation and some of these families do not," she observed. She also appreciated how her actions allowed her to be more involved in the parish.

Why not consider doing an act of charity for PREPARES? You may find joy.

A young member of a PREPARES family enjoyed donated milk.

New Volunteer Manager Named

Becki Lambert has been named as volunteer manager for Catholic Charities Serving Central Washington. A former Yakima resident, Lambert moved back to the Valley from Wlier, Switzerland. There, she served with Youth with a Mission in the Justice Discipleship Training School, leading students on social outreaches to countries such as Romania, Bulgaria and Malawi.

Becki Lambert

Lambert has a Master of Arts in Communication and Culture from Trinity International University and a Bachelor of Science in Bible. She worked with Catholic Charities of Los Angeles, Inc., in the Immigration and Refugee Department; served refugees through AmeriCorps VISTA in Phoenix, Ariz.; and taught English and served with a ministry in Taipei, Taiwan.

"I look forward to partnering with parishioners throughout Central Washington who are interested in bringing hope to life by volunteering with the many programs that this agency offers throughout the Diocese of Yakima," she said.

For more information on volunteer opportunities with Catholic Charities, visit https://catholiccharitiescw.org/services/involvement/volunteer-opportunities or call Lambert at (509) 965-7100, Ext. 1196.

Foundation Offers Scholarships

The Central Washington Catholic Foundation offers three scholarships for college students.

The **Celebration of Faith Scholarship** is awarded to up to five practicing Catholics from the Diocese of Yakima attending or planning to attend a Catholic college or university. Emphasis is on a commitment to serve the Church through past activities and future plans and goals. Current recipients will be eligible to reapply and will compete with new applicants. Recipients can expect to receive $2,000.

The **John Rodriguez-Kranz Memorial Scholarship** is given to a graduating senior of A.C. Davis High School in Yakima. Emphasis for scholarship is overcoming adversity through personal growth. A recipient of this one-time scholarship can expect to receive $1,000.

The **Mary Ellen Chott-Mahre Scholarship** recipient will be attending, or plan to attend, a Catholic college or university and demonstrate a commitment to serve the Church through past activities and future plans and goals. Priority for this renewable scholarship is given to students graduating from Naches Valley High School who attend St. John Parish in Naches. A recipient can expect to receive approximately $8,000.

A completed application form and all accompanying documentation must be submitted no later than April 1. For more information, visit cwcatholicfoundation.org or call (509) 972-3732.

Celebration of Faith Education Funding Available

Central Washington CATHOLIC FOUNDATION

Looking for college scholarships?
Check out our website for available funding. **Deadline is April 1st**

Does your parish desire to provide a more dynamic religious education experience for your children?
Parish Religious Education Program (PREP) grants provide support for religious education programs and ministires and training for Catechists. Deadline is May 1st.

Want to send your child to a Catholic school?
Tuition assistance is available for children to attend one of our eight area schools. Contact your local school to learn more and request a referral. New students may apply from April 1 through May 1.

For more information, go to www.cwcatholicfoundation.org or call (509) 972-3732

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NEWS
from Around the Diocese

Novena of Grace To Begin

The annual Novena of Grace, in honor of St. Francis Xavier, is scheduled for March 4-12 at St. Joseph Church in Yakima. The Novena talks and prayers will be held during Mass at noon and 7 p.m., weekdays and Saturday, and at 8:30 a.m. and 5:30 p.m. Sunday. Confessions will be offered after all Masses, except on Sunday.

This year's Novena will be directed by Father Gerry Chapdelaine, S.J. Father Chapdelaine is a Yakima native and graduate of Marquette High School. He is currently Chaplain at Bellarmine Preparatory School in Tacoma, guiding the varsity football and basketball teams, and Chaplain of the Franciscan Sisters in Tacoma.

Help Others Through Rice Bowl Program

During the Lenten season, Catholic Relief Services (CRS) is asking Catholics to remember the Gospel story of the feeding of the 5,000, as we celebrate the 45th anniversary of CRS Rice Bowl.

Just as the modest amount of five loaves and two fish was multiplied to be shared by thousands, small sacrifices add up to make a big difference in the lives of our brothers and sisters around the world. This is one of the lessons CRS Rice Bowl brings to families each year when they use the popular Lenten program.

Parishes and schools through the Diocese of Yakima will participate in this year's Rice Bowl collection. Funds collected in the rice bowls are distributed both around the world and in local communities to combat hunger – 75 percent of every donation goes CRS' humanitarian efforts around the world, while 25 percent is returned to the diocese to support local efforts to alleviate poverty. Last year, 24 grants of $750 each were awarded to non-profit organizations in the Yakima Diocese.

Catholic Relief Services *is the official international humanitarian agency of the Catholic Church in the United States.*

"We can all be inspired by the miracle Jesus performed in the Gospel story of the loaves and fishes," said Beth Martin, CRS director for Mission and Mobilization.

At the end of Lent, Rice Bowls may be returned to your parish office. For further information on CRS, visit www.crs.org or call Leanne LaBissoniere, diocesan Rice Bowl coordinator.

Summer Youth Camp Planned

Registration now is open for the third annual Catholic Youth Camp in our area!

With a theme of "Ocean of Mercy," the camp is open to students who will be entering fifth grade in the fall through 2020 high school graduates. It is scheduled for June 20–26 at Lazy F Camp in Ellensburg.

Formerly known as Central Washington Catholic Youth Camp, the activity has been rebranded as Cor Cristi Camp, with a new website. You can register at CorChristi.net/camp.

This quality, weeklong adventure for your kids or grandkids will include daily Mass and the Rosary; Adoration; Reconciliation; priests, sisters and seminarians in attendance; daily faith talks; plus songs and games; swimming; inner tubing; a climbing wall; zipline; and camp fire every night!

Please get your campers registered while there is still space. For questions, contact Director Michael Drollman at (509) 699-1235.

Pro-Life Events Held Around Diocese of Yakima

Hundreds of people across Central Washington attended events in late January, focusing on respect for human life. The gatherings marked the anniversary of the 1973 Supreme Court decision that legalized abortion.

Photo courtesy of Steve Wilmes

The annual Diocese of Yakima Mass for Life was held January 19 at Holy Family Church in Yakima. Bishop Joseph Tyson celebrated the Mass, followed by a lunch and program in the Father Murtagh Gathering Hall.

Photo courtesy of Teresa Drollman

A pro-life rally was held on the courthouse steps in Wenatchee on January 18, with speakers including Gene Helsel. Participants later walked around Memorial Park carrying signs and banners.

Photo courtesy of Christine Conklin

On January 25, about 350 people joined in a Walk for Life in Yakima, after meeting at Grace of Christ Church. The group walked with pro-life signs and balloons along Yakima Avenue to Millennium Plaza.

Photo courtesy of Lindy Styer

The Edward and Catherine Carroll Chapter of Students for Life in the Tri-Cities organized a January 20 gathering for life. About 100 people stood along George Washington Way, many with pro-life signs, later congregating in John Dam Plaza in Richland.