

Our Lady of the Alleghenies

Lilly, PA

NEWSLETTER

March 2026

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Number 3

A Prayer on Fasting

A Prayer on Fasting

Peggy Rowe-Linn

The words you are about to read are the result of my contemplation on the topic of fasting during Advent, Lent or any other period when you want to offer small sacrifices to God for all the blessings he has bestowed upon us. Any one of them is a challenge for me.

Lord, please give me the courage to fast from anger, bitterness and resentment. Please replace those words, feelings and actions with kindness, sweetness and lightness of spirit. Let joy be my companion.

Lord, please give me the courage to fast from gossip. Please let only sincere compliments and gentle words spill forth from my lips.

Lord, please give me the grace to fast from self-indulgence. Please replace avarice and selfishness with the graces of selflessness and charity towards others. Let moderation and love of others be my goal.

Lord, please give me the grace to fast from quarreling. Please bless me with the grace and ability to be your peacemaker. Let peace dwell within me so others may see the light of your presence within me.

Lord, please give me the grace to fast from constant and chronic distractions that separate me from your desires for me. Please grace me with the ability to listen and be attentive to the needs of others and act upon those needs as you would have me act. Let nothing distract me from you.

Lord, please give me the grace to fast from false gods in this fast-paced, consumer-driven world. Please bless me with the ability to discern your will alone and to never lose sight that you, and you alone, are God.

Lord, please give me the grace to fast from all that is irreverent, gluttony, sloth, immodesty and impurity of any kind. Please bless me with the desire to seek only those things in life that are good and holy.

Lord, please give me the grace to fast from the need for me to be always right. Please bless me with the desire to seek and do what is right and just.

Lord, please give me the grace to fast from behavior that promotes my own self-interest. Please give me the grace to desire only your will for my life.

Lord, please give me the grace to fast from all that distracts me from you, as you—Father, Son and Holy Spirit are the passion of my soul. Lord, give me the grace to stay focused on your path towards holiness.

Lord, please give me the grace to fast from all which you do not desire of me. Please bless me with the daily grace necessary and sufficient to be a saint.

Reprinted with permission from: "Apple Seeds",
Fr. Brian Cavanaugh, TOR
Collection Basket, March 2018
Family Life Office

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6  Confessions 8:30am Adoration 8:30-9:30am Stations of the Cross 6:00pm	7  Mass 8:00 am Confessions 3:15 – 3:45
8 Turn Clocks ahead. Daylight Saving Time Begins 	9	10  St. Vincent de Paul Society (2 nd Tuesday) 2:00 PM Church Hall	11	12	13  Stations of the Cross 6:00pm K of C Bloodmobile 12:30-5pm	14  Mass 8:00 Confessions 3:15 – 3:45
15	16	17 	18	19	20  YOUTH Stations of the Cross 6:00pm <i>First Day of Spring</i>	21  Mass 8:00 Confessions 3:15 – 3:45



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25 Knights of Columbus (4th Wednesday of month) 6:00 pm Church Hall	26	27  Stations of the Cross 6:00pm	28 Mass 8:00  Confessions 3:15 – 3:45
29 Palm Sunday 10:00am – Mandatory CCD Mass	30 Chrism Mass 11:00am at Blessed Sacrament Cathedral in Altoona	31 1st Confessions for 2nd Graders 6:00pm	 The Spring Craft Show will be April 11th from 10am-3pm in the church hall. Volunteers needed. Please call Marion Zurich at 814-241-7692			

Like is Like a Clock

Life is like a clock. The hands of time go only forward, never backward.

Life is **not** like a movie. It can never be rerun for a second showing.

Life is **not** like an automobile. It has no reverse gear.

Life is **not** like a pencil. You cannot erase your mistakes.

Today is your opportunity to do all that you can do, so do the best you can today.

**Opportunity
may knock once,
but temptation bangs on
your front door forever.**



Happy Birthday to...

1	Maddax Laret	14	Mason McCarthy	20	Madeline Conrad
	Joseph Mardula		William McGowan		Cynthia Hartline
	Julia Myers	15	Greta Hurley		Charles Shedlock
	Mary Rainey	16	Valerie Borlie	21	Zachary Eckenrode
5	Faber Conrad Sr.		Anelaine Scott	23	William McGowan III
6	Horace Pysher	17	Joseph Batdorf	24	Stefanie Daugherty
7	Madison Clinemyer		Paxton Erzal	25	Cynthia Giblock
	William Leahey		Allura Nesbella		Adrienne Rabatin
	Regina Siuniak		Hunter Pyo	26	Robert Kunrod
8	Monica Barlick		Shawn Stevens	27	Lillian Guzik
9	Timothy Salony	18	Isabella Vinglas	28	Kiersten Petrunak
	Holly Tremel		Frank Wyland		Amanda Stoudnour
10	Kathleen Bost	19	Travis Braatz	29	George Letzo
12	Cyrus Lee		Danielle Dunmyer	30	Gerald Behe
	Emma Stoudnour		Richard Leja	31	Carmella Drass
14	Carol Cox		Catherine Serre		Kip Maurer
	Stephanie Eckenrode		Dayne Summerville		Linda Wheeler



Special Birthday Celebrations

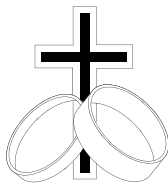
The following members of the parish family will be celebrating special birthdays this month.



Robert Kunrod	99	George Letzo	85	Madeline Conrad	82
Reginia Siuniak	87	Faber Conrad Sr.	82	Timothy Salony	80

Please call the rectory if there are corrections.

Wedding Anniversaries



March 5.....Jeffrey and Susan Wilson
March 12.....Vance and Kelley Brown
March 16.....Chris and Amber Kertes
March 24.....Guido and Tara Fabbri

Anniversary Milestones

Congratulations to Jeffrey and Susan Wilson
who are celebrating their 60th wedding anniversary on March 5th.



Beatitudes for Aging

*Blessed are they who understand
my faltering steps and palsied hand.*

*Blessed are they who know my ears today
must strain to catch the words they say.*

*Blessed are they who see that my eyes
are dim and my wits are slow.*

*Blessed are they who looked away
when I spilt my cup of tea today.*

*Blessed are they with a cheery smile
who stop to chat for a little while.*

*Blessed are they who never say,
“You’ve told that story twice today.”*

*Blessed are they who know the ways
to bring back memories of yesterdays.*

*Blessed are they who make it known
that I’m loved, respected and not alone.*

*Blessed are they who know I’m at a loss
to find the strength to carry my cross.*

*Blessed are they who ease the days
on my journey Home in loving ways.*

- Author Unknown
- 2025 Exchange (1)
- Trinity United Methodist Church, Portage,
PA

Call to order: 6:05pm

Present: Fr. Matthew, Bill Mulhearn (chair), Ted George, Gary Nagy, Matt George, Pat Rainey, Andy Ronan, Liz Wilt, and Deacon Sam

Excused: Jenny Schilling

Absent: Rich Giraud

1. Fr Matthew reviewed the CD investments
 - a. Mt. Carmel Perpetual Care CD will be renewed at 3.3% with renewal in February 2026
 - b. \$100,000+ general account CD will be renewed in March 2026.
 - c. \$54,000+ general account CD was renewed in December 2025

2. Parking Lot work Proposals

- a. Knopp and Klatt submitted a proposal for spot repairs and new paving over the grass area of the former school building and the grass between the new sidewalk and parking lot for \$8,430.00
 - i. In conjunction with this above proposal Mattas Asphalt Maintenance Co. Inc, submitted a sealing bid of \$13,625.00 (Knopp & Klatt does not do sealing work)
- b. Through the process of obtaining a sealing bid from JW Fleming it was told to us that we needed to scrape the entire lot and address underlying issues of cracking and the repave it all. Matching bids were sought
 - i. JW Flemming Inc. submitted a total paving bid of \$66, 818.00
 - ii. Knopp and Klatt also submitted a proposal to repave the entire lot for \$53,265.00.
 - iii. T.I. General Labor total paving bid was \$73,746.00.
 1. The Council unanimously agreed and voted that it was not necessary to pave over the entire parking area at this time.
- c. Motion made and seconded to accept the original bid of \$8430.00 by Knopp and Klatt to pave the new areas adding to this bid additional driveway repair to level the surface near the rectory



- i. This was voted on and approved unanimously. Fr. will contact Knopp & Klatt to have this bid adjusted to include added driveway repairs.
- d. Payment will come from the general operating account.
- e. Fr. Matthew will contact Pennsylvania Sealcoating at 1024 Main Street Lilly, PA 15938 and Cove Asphalt for additional sealing bids before Council accepts a bid for sealing the lot.
 - 1. Note: Cove Asphalt mailed an unsolicited bid but without addressing necessary crack repairs with the sealing work.
- 3. Meeting concluded at approximately 6:30pm with a prayer.

**Respectfully submitted by Liz Wilt, Finance Council Secretary*

A Lenten Reflection

By Mary Carol Kendzia

Whenever you fast, do not look dismal, like the hypocrites; When you fast, put oil on your head and wash your face. —Matthew 6:1-6, 16-18

A few years back, Bobby McFerrin sang, “Don’t worry, be happy.” This could well be our theme song for Lent. Jesus tells us that when we undertake the three key Lenten practices—to fast, pray and give alms—we should smile and go about our work without a grand show of self-righteousness. “Do not let your left hand know what the right hand is doing.”

Traditionally, Lent is a time of penance and increased self-discipline. And yet, in the midst of this, Lent can still be a time of joy. It is a time to devote our hearts and minds to becoming better Christians. It is a time to lay down our worldly burdens and put on the robes of reconciliation. It is a time to take on an attitude of simplicity in our everyday life,

a time to move closer to God with our family. Most of all, it is a time to say, “Don’t worry. God will provide.” And that is great cause for happiness.

Lord, you watch over us and provide for us every minute of our lives. Teach us not to worry, and to trust in your everlasting care.

Jesus, fill our hearts with the joy of your love.

Jesus, you offer us everlasting life, a gift more precious than anything money can buy.

We thank you, Jesus, for your kindness and goodness.

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March 19 – Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary

Patron Saint of the Universal Church, families, fathers, workers, a happy death, carpenters, engineers, craftsmen

St. Joseph, Spouse of the Blessed Virgin Mary, stands among the greatest saints in salvation history, entrusted with the care and safety of Jesus Christ and His Mother. Although little is recorded about his life, Scripture presents St. Joseph as a “righteous man,” faithful to God and obedient to His Will.

When St. Joseph learned that Mary was with child, he resolved to act with compassion. Through a divine message received in a dream, he accepted Mary as his wife and welcomed Jesus as his own son. St. Joseph protected the Holy Family during their flight into Egypt, where he found employment, and later also provided for them through his work as a carpenter in Nazareth.

Through his work as a skilled carpenter, St. Joseph’s humble service models the dignity of human work and the responsibility to care for

the family. As a loving husband and father, he provided for his family’s needs and taught Jesus the carpentry trade. In silence, St. Joseph fulfilled his vocation, always mindful of the responsibility and trust God had placed in his hands.

The Church has long recognized St. Joseph as a powerful intercessor. In 1870, Pope Pius IX declared him Patron of the Universal Church, entrusting to him the care and protection of all the faithful. St. Joseph is recognized as a powerful intercessor, and devotion to him has continued to grow, with many saints throughout the centuries invoking his assistance.

Although Scripture does not record any words spoken by St. Joseph, his actions reveal his humility, obedience, courage, and selfless love. St. Joseph is especially honored as a patron of families, workers, and those seeking guidance. His quiet strength and unwavering faith continue to inspire the Church across generations.

-<https://missions.ewtn.com/dailysaint/st-joseph/>

Sleeping St. Joseph Devotion

Saint Joseph had received messages from God while he was sleeping. For this reason, Pope Francis kept a statue of a sleeping Saint Joseph in his quarters.

If Pope Francis had a troubling issue that he needed help resolving, he writes the issue down on a piece of paper and places it under the statue overnight. This is in hopes that Saint Joseph can help Pope Francis resolve the issue at hand while he was sleeping.

You can also. S ask Saint Joseph for help in solving your problems. Like the Pope, place



Saint Joseph in your bedroom at home. Each evening, write down what is troubling you and place it under the sleeping Saint Joseph figure. While you sleep, God and Saint Joseph will be working together to help answer your prayers.

-Written by Joseph Studio.