

Sacred Heart Beat Newsletter

MARCH 2007

IN THE SPOTLIGHT

MISSION...NUTRITION! TRINITY'S CHIEF COOK AND BOTTLE-WASHER

Your mission, should you choose to accept it, provide a healthy, nutritious lunch that meets all state and federal nutritional guidelines for roughly 200 children ages 5 to 11 with varying tastes and appetites five days a week. Oh, and do it for about \$1.30 each! For anyone who can't get two children at home to agree on a meal, that sounds like an impossible task. It's tough, but is a job Trinity Catholic School Cafeteria Manager Val Terry attacks with relish (but not too much due to the salt and preservative content).

Preparing and serving school lunch is not like it was 30, 20 or even 10 years ago. Val says there is much more concern about the quality of the food that is



served to children today. "The USDA mandates that we offer more healthy food choices to kids today," said Val while supervising the kitchen at the recent Trinity Pancake Breakfast.

Whereas even a few years back, high-sugar fruit cocktail and canned beans and peas were frequently menu items, today there is more emphasis on fresh fruits and veggies. "Even at Trinity, there are some children for whom school lunch might be their best meal of the day, so it's important the food served is of high quality and high nutrition," said Val. Chef salads with a bit of hard-boiled egg, tomatoes and more nutritious romaine lettuce are frequent fare, rather than the old standby iceberg.

Making the school lunch mission even more challenging is the "fast food" mentality of many elementary-aged kids. Val explains, "Not that long ago, grilled cheese and tomato soup was a favorite of lots of students. Now our most popular lunches are pizza and hamburgers. USDA was providing us with some beautiful pork roasts, but I couldn't get the kids to eat it. It's not something they are used to."

But serving food children will actually eat is only part of the battle. There are twice yearly visits by the state health department, state reviews of menu items and their nutritional analysis, standardization of recipes, and, of course, shopping for the best bargains she can find. "It's hard to conform to all the mandates and provide an affordable and healthy lunch, but the children make it worth the effort," she said.

ON THE BEAT

TWO CONTINUE IN PARISH RCIA PROGRAM

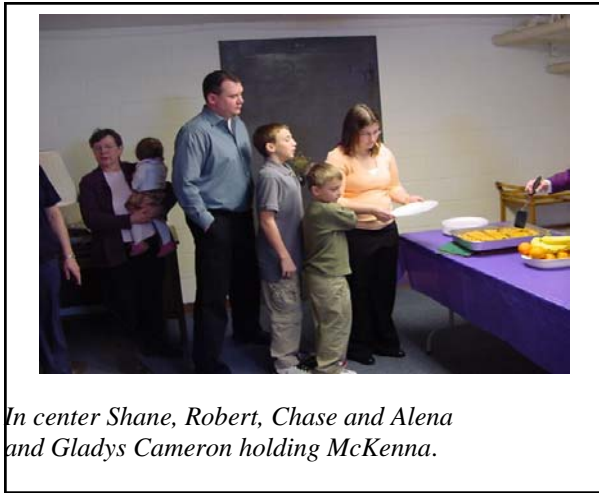
Sacred Heart enrolled two new candidates for membership in the church and our parish recently: Shane Cameron and Kristine Terry.

Shane and his wife, Alena, have three children: Robert (11), Chase (7), and McKenna Grace, just a year this month. Alena and the children are already Catholic. Shane is an Alcoa worker and Alena works for Fed Ex.

Kristin is looking forward to her marriage to Scott Sharp. She has a degree in elementary education. Presently she works at Hannaford.

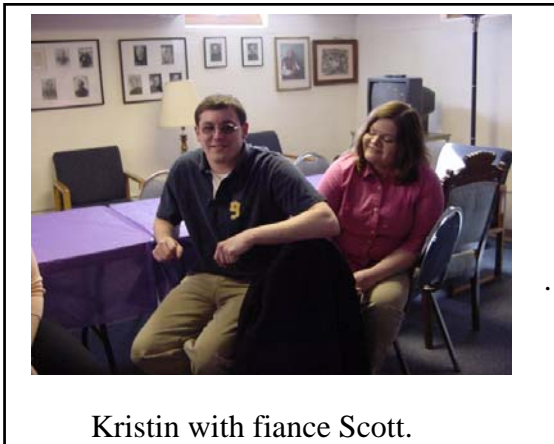
Shane was asked what moved him to begin the process of entering the Catholic Church. "My fam-

ily, my wife, children, Alena's mom and sister, Catherine," he said. But most of all, he wants his children to have a religious background for their own family life.



In center Shane, Robert, Chase and Alena and Gladys Cameron holding McKenna.

For Kristine, she was at a place in her life where something was missing. "I turned to partying with my friends and that wasn't it! I was lost. Then I heard about these classes (RCIA) and decided to inquire." By that time she was engaged and realized she wanted to raise her family as a Christian family. The Catholic Church, to which her husband-to-be belonged, was her answer.



Kristin with fiancé Scott.

PARISH WEB SITE : ANOTHER WAY TO COMMUNICATE

Did you miss a recent issue of a bulletin or past Sacred Heart Beat Newsletter? Did you wish you knew a little more about the history of the parish? Or maybe you'd like to take a peak into Trinity Catholic School or into an event that recently happened involving the parish. All of this information is readily available via the

Internet. Sacred Heart Church's website is located at www.catholic-church.org/massenasacredheart

The site is up-dated on a regular basis.. The page with the most change is "Publicity and Events," where photos of parish happenings, bulletins, and newsletters are posted.

Sr. Juliana can often be seen around the parish with her camera in hand. In a very timely fashion she prepares the pictures and related information to be turned over to parishioner Pamela Ouimet. In turn, Pam prepares and loads the material on Sacred Heart's web page. Each week Parish Secretary Kathy Favreau loads the most recent copy of the bulletin, and five to six weeks worth of editions are always available.

Other sections on the web site include the "History" link where viewers can read information on the background of the church. "Sacraments & Schedules" gives a detailed list of church services, and a link to St. Mary's Church.

"Ministries" contains links to Worship, Christian Formation, Pastoral Outreach, and Communications. Within these pages, viewers can learn exactly what the various committees/ministries do within the parish, and who to contact for more information. The "Staff" page lists names, positions for many people involved in the parish. Contact is through the parish phone 769-2469.

"Calvary Cemetery" provides a brief history of the cemetery, along with information about the cemetery itself and how to go about getting a burial plot. On the "Vocations" page interested individuals can go directly to a number of sites regarding vocations. The "Trinity School" page provides a direct link to the school.

"Prayer & Spirituality" and "Church Connections" are pages dedicated to giving viewers additional links to go to for Catholic news and information.

Visit the web site often to be completely up-to-date on parish events, to be reminded of everything the church offers, or to find out how to get involved.

GENEOLOGICAL CONNECTION MADE TO PAST SACRED HEART PASTOR

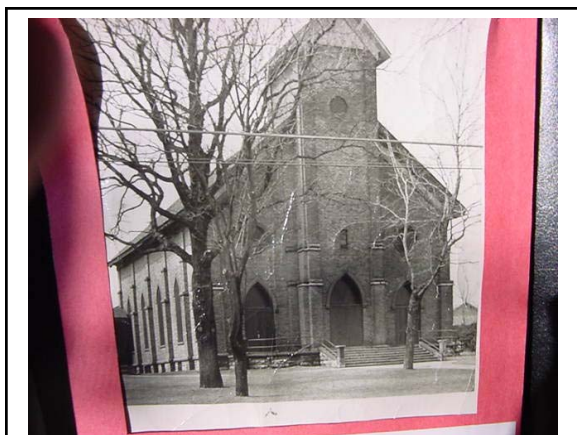
An inquiry to the town clerk by a Mr. William K. Kelleher several months ago sent staff on a scramble through parish files, archives, & folders stored away.



The gentleman is a grand-nephew of our second pastor, Fr. Thomas Kelleher (pastor 1878-89) Found was a newspaper clipping at the time of his death. It gives a striking glimpse of the man and the times so we are printing it here.

In our last issue, we announced that the Rev. Thomas Kelleher, of Massena, had entered the city hospital for temporary medical treatment. Medical skill, was however, powerless to aid him; and today we announce with profound sorrow that he is no more. On Sunday, May 19th, he heard upwards of fifty confessions, and then weak and exhausted, sang the holy mass.

Who of the devoted flock assisting at that holy sacrifice, who of all his brother priests, would have dreamed that Fr. Kelleher was at that hour celebrating his last mass on earth,—that the next Sunday he would meet in judgment the Christ whom he then held in his fingers.



Building began in 1874. Dedicated in 1875

Born in Ireland forty years ago, he came to this country while still an infant and settled in New

York City. His primary studies were made in St. Michael's School from which he graduated to St. Francis Xavier College on Sixteenth street. Hence he went to St. Therese college, Canada, where he acquired that proficiency in the French language so necessary in the mixed congregation of Ogdensburg Diocese.

In 1872 he entered St. Joseph's seminary at Troy, N.Y., where he was ordained in 1876. During his theological course he made, through his affable and genial manner, many true and lasting friends. Immediately after his ordination he was appointed assistant at Ausable Forks, where he endeared himself to both pastor and people by his earnest zeal and genuine piety.

He subsequently acted as secretary to Rt. Rev. Bishop Wadhams. Later on he was appointed rector of Gouverneur and adjoining missions, which he served till promoted to the important charge of Massena and Louisville. He labored for eleven years—how zealously and untiring he labored, is best attested by the magnificent presbytery which he erected and the church which he so beautifully furnished and decorated. Through his able management Massena can boast a church and rectory that are a credit to the parish and the diocese.



Rectory built in 1870's by Fr. Kelleher.

He died on last Sunday, at two o'clock p.m. On Monday the remains were taken to Massena, where the funeral was held on Tuesday. The Rt. Rev. Bishop and twenty-seven priests assisted at the sad obsequies. ... Rev. Bernard Marron of Potsdam preached an eloquent sermon, the tears which his words elicited showed how deeply the loss of Fa-

ther Kelleher affected the flock whom he had so faithfully tended.

In the afternoon the remains were conveyed to New York, where the final services were held in St. Michael's Church, the old parish church of Father Kelleher. His body was buried in Calvary Cemetery (N Y. City), but his memory lives in the hearts of his people and brother priests. R.I.P.

REPORT ON SERVICE FAMILY MEMBERS

Colonel **Timothy Fay** and family live outside Omaha where he is stationed with STRATCOM working on high tech programs and research facilities around the country. He is the son of Pat and Ed Fay.

Lt. Col. **Christopher Sharpsten**, his wife and 2 children are stationed in No. Carolina. A 14 yr. Veteran he is with special services. He is son of Doris. Her grandson Kevin now out of service is in College studying accounting.

Chief Petty Officer **Jason Rufa** is at Fort Meade on alert to go to the Mid-East. Captain **Justin Rufa**, U.S. Air Force, is stationed at Patterson AF Base. Currently he is working on his masters in Aeronautical Engineering and expects to graduate this month. They are sons of Glory and Robert Rufa

Adam Mason, son of Kathy Mason, after 2 tours of duty in Iraq, is out of service. Presently he is an EMT in Boston and making plan to attend medical school next semester.

FAITH ISSUES —Remember the days when, as a child, you “gave up sweets” for Lent? Mainly it was candy. And you waited until exactly 12:00 noon on Holy Saturday then attacked the first chewy sweet, yellow marshmallow chicken available. Seems like a long trip from then to now. His beating, crowning and being nailed to the cross were anything but sweet. In a way it represents the distance from our childhood asceticism and what should be our mature Lenten practice.

Mosaic Law prescribed a day of fast only on the Day of Atonement (Lev. 16:29 and Num 2:7). Here, the purpose was clear. Atonement for breaking their Covenant commitment to God. The early Christian communities fasted when they were appointing community officers (Acts 13:3 & Acts 14:22). Here, the purpose was to free their spiritual powers for better insight into God's will for the community.

At this point in history, we have come to understand ourselves much more deeply physically, psychologically and spiritually. And so our Lenten penances need to move to a deeper level of our selves.

The child's sacrifice of candy during Lent was framed in terms of sharing Jesus' suffering in the Passion. But is also contained another element—training the will to control those selfish appetites and habits which gain the upper hand as we go through life.

At its highest level asceticism is a means for a mature person to peel away the self-centered motives and patterns of life that block our relationships with God and one another. Love is the driving force.

OURNEWLY BAPTIZED MEMBERS

Landon Roland son of Terri (Haddow and Chris Maynard

Shane Logan, son of Michelle (Talarico) and Bill J. Favreau

Morgan Marie, daughter of Renee L. (Donahue) and John P. Hotte

Caleb, son of Amanda (Layo) and Scott LaPage

Aaron Paul, son of Melissa (Layo) and Aaron Goodfellow

Benjamin Patrick, son of Kim (St. Pierre) and Patrick Thompson.

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