

# SACRED HEART BEAT NEWSLETTER

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## REFLECTIONS

### *Confession (from Celtic Prayers)*

Jesus, forgive my sins.

Forgive the sins that I can remember,  
and also the sins I have forgotten.

Forgive the wrong actions I have committed,  
and the right actions I have omitted.

Forgive the times I have been weak in the face of  
temptation, and those when I have been stub-  
born in the face of corrections.

Forgive the times I have been proud of my own achieve-  
ments, and those when I have failed to boast  
of your works.

Forgive the harsh judgments I have made of others,  
and the leniency I have shown to myself.

Forgive the lies I have told to others,  
and the truths I have avoided.

Forgive me the pain I have caused others,  
and the indulgence I have shown to myself.

Jesus, have pity on me, and make me whole. Amen.

## IN THE SPOTLIGHT

### *WMSA & Sacred Heart Long Time Friends*



*Now long retired, businessman & Sacred Heart Parishioner Leo Beaudet listens to the Sunday Mass aired by WMSA, a program which he initiated*

It is a tradition that began over 25 years ago with a simple question to Monsignor Floyd Brown, then pastor of Sacred Heart.

“Why,” parishioner and parish council member Leo Beaudet asked “is there no Catholic Mass broadcast

on the local radio station? After all, there are a full two hours of Protestant services on the air every Sunday,” he

pointed out. Monsignor Brown said he would look into the situation and make a request of the radio station. ... Sorry, he was told by station officials, we just don’t have enough room in the schedule for the Mass.

Leo, who at the time owned the Hi-Fi Shop and bought a lot of advertising on WMSA, told Monsignor that he would talk to Station Manager Vic Perry to see if a compromise could be reached. He must have been convincing, because the station soon began broadcasting a weekly Mass between six and seven o’clock every Sunday evening. That was in 1980 and the tradition continues today.

Part of Leo’s motivation was personal. “My mother-in-law, Mary Marando, was living with my wife Betty and me and our family at the time, and she couldn’t get out to church. That was her biggest cross. So, I thought if there was a Mass on the radio, she could at least listen to that each week,” he said.

“That was the highlight of her week. Father Terry LaValley used to come and visit us, but he wouldn’t talk to Mary during the Mass broadcast because she wouldn’t listen,” Leo said with a chuckle.

Each week the radio broadcast is taped during the 9:30 a.m. Mass at Sacred Heart. It is broadcast later that evening. Leo and his sons took on the responsibility of taping the Mass each week. And, of course, it was recorded on a tape deck donated by the Hi-Fi Shop. “We did that nine years, then Roger Pomainville took over,” he said.

“That radio Mass really took off. The number of people who listened to it was remarkable. I used to visit the nursing home and a lot of rooms had it on every Sunday evening,” according to Leo.

“We did a survey and I told Vic, ‘this is really taking off’. So we got the pastors from all of the churches to send letters of thanks to WMSA. In other parts of the country, the parishes have to pay to have the Mass broadcast. But not here, there is no charge. How lucky we are,” he said. And how lucky Sacred Heart is to have parishioners like Leo Beaudet.

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## ON THE BEAT

### LOOKING TO THE FUTURE

#### *Jennifer Bellor Trades Legal Notes For Musical Ones*



*Jennifer smiles as she looks ahead at a life filled with music*

Jennifer Bellor picked up the violin at 3 years of age. Today she is an enthusiastic Syracuse University student in their Masters of Music program.

She is a 2005 Cum Laude graduate from

Cornell University's BA program in Music. Currently she is in her first year as a Master's candidate at Syracuse University. She is launching out into the field of Music Composition. This is the MA she will receive in 2007.

She says that Connie Murray from Potsdam guided her beginning music years on violin. Jennifer's interests and explorations led her to the French horn, piano and voice. However during her early college years at Cornell, law was a strong attraction for her. When push came to shove, as the saying goes, her heart drew musical notations, not legal ones.

The Syracuse 2 year program is for an MA in Music Composition. Jennifer says that she is currently the only student in this track of the music program. Next year another student will join her. Inside and outside of classes she is busy in string quartet, chorus and other musical ventures. What about the future? At present she is aiming for a Doctorate in Music Arts eventually to teach music theory and composition in college.

What about this composing bit? It is an aspect she became interested in when at Cornell. During her senior year as her honor's thesis she wrote, composed, cast and directed an opera. Quite an undertaking. The story came out of an actual situation, an 18th century law case about a woman who was accused of murdering her husband. This is an instance of 2 interests, law and music meshing in a way you would not expect. When asked where she gets the ideas for lyrics to her compositions, Jennifer goes to poetry.

We will look to hear more from her in the years ahead. Good luck, Jennifer!

##

### *S.H. Parishioners Have Special Link With History*

*Please note: This is Part I, of a two-part story.*



*The Kim family arrives at the Sacred Heart Convent in Massena. (Front row) Sherry, 6, and Barbie, 10. (Middle row) Chuong, Cindy, 14, and Luong. (Back row) Sr. Louise Genest, OSM.*

The conditions and quality of life in Massena in 1979 weren't all that different than they are today – 27 years later. But in another part of the world, men, women and children were scrambling to survive to get through another day.

Five of those individuals made their way to this little corner of the world, and to the Sacred Heart Convent.

Chuong Kim and her sister, Luong Kim, made the long trek from Cambodia to Massena, along with Chuong's three daughters, Sherry, 6; Barbie, 10; and Cindy, 14.

According to the U.S. Committee for Refugees, 6,000 Cambodian refugees were admitted to America in 1979. Between 1976-78, a mere 2,700 refugees came to the States. "Bear in mind that these statistics represent refugee admissions to the U.S., and not the number of persons fleeing Cambodia. The relatively small number of refugees admitted from 1976 through 1978 gives an indication of the difficulty of escaping Cambodia during the reign of the Khmer Rouge. The exodus out of Cambodia peaked in 1979-80, immediately after the overthrow of the Khmer Rouge," the U.S. Committee reported.

Sr. Mary Louise Genest, OSM, was one of the people to assist the Kim family upon their arrival to the North Country. She noted the young girls' names, Sherry, Barbie and Cindy, were modified Americanized names made by the sisters.

"There was a Massena Protestant Church group that sponsored them to come to the States," Sr. Louise recently recalled. "They were in a Cambodian camp. Their father (Chuong's husband), had died of starvation. These were devastating times."

She said the Kim's first lived in a controlled compound in Cambodia, and the entire family worked in the fields. They then walked a very long distance to a refugee camp, where they lived until they received their sponsorship.

"Upon their arrival in Massena, they were to live with a family in Massena," Sr. Louise said. "But Sherry had a skin rash, and the family had a new baby. They didn't want the baby exposed."

The Sacred Heart Convent received an urgent phone call on August 9, 1979 asking if the sisters could house the family. Many of the sisters were away at school or for other reasons, so

there was room for the family of five to move in.

“They were here for several weeks, but had to be gone in September when the sisters returned,” Sr. Louise said.

*(Please watch for the next newsletter and the conclusion of this story.)*

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### Youth Director Moss Calls Youth To Faith



*Enthusiastic Ben Moss gives Confirmation Class a challenge to “grow” their faith*

Diocesan Youth Director Ben Moss led 45 of our Massena/Louisville Confirmation candidates in a well received retreat Sunday, February 12. Talks, activities, Mass and a pizza supper kept the youth busy from 11 AM to 5 PM at St. Lawrence Parish Hall.

Moss demonstrated in words, actions and with symbols the retreat message

“What I Do Affects Others”. Church can be boring, he told the teens, but until you invest yourself it will be. Life is a journey. Faith is part of that journey. Each of them does have a certain amount of faith now as demonstrated by their presence at the retreat. Fortunately that amount can increase. As they make further good choices in their life, there can come with age a change and a deepening of one’s faith. It is a challenge worth picking up.



*Attention! Combined Confirmation classes got a head full of information and heart full of inspiration.*



*Count them! There are 8,718 cans bringing in \$455.00 for the Confirmation students’ mission house building project. I am told that they had to be hand-counted since the machine was not working!*

The Confirmation classes send a big thank you to all parishioners who supported their bottle drive. It was the best ever!

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### 14 Gather For A Mid-Winter Retreat

“Finding God In A Fragile World” provided retreatants from Massena and beyond a day of quiet, prayer and reflective sharing on Saturday, Feb. 4 at Sacred Heart Convent. Sr. M.

Stephen and Servite Associate Elsie Scruggs directed the retreat.

The focus was on letting go of “busy-ness” and distractions to look for God in one’s life. Ways of seeing Jesus in each other and in the Eucharist were explored. Retreatants were helped to discover ways each could imitate Jesus’ ways in their own life.



*Catherine Leggue and Gladys Cameron make good use of quiet time away from usual schedules.*



*Shirley Grow oversees the soup pot in preparation for the luncheon following the retreat.*

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### Gabriel’s Helping Hands & Heart Offer Hope

Kelly tossed the blue box into the garbage and wiped a tear from her cheek. A fine mess she was in now. What was she to do? Tim said they could get rid of it, but Kelly couldn’t do that. Her parents weren’t ready for another mouth to feed. Her father just got laid off from his job and her mother was already working two jobs. If Kelly kept the baby she would soon lose her job waitressing and then what! Maybe she should think of adoption. Questions whirled in her head and she felt truly overwhelmed. Where could she turn?

According to NYS statistics, 400 new babies are born each week to teen mothers. Many of them face Kelly’s dilemma. They need support and don’t know where to look. Now there is an answer. St. Vincent de Paul is sponsoring Gabriel’s Helping Hands, a volunteer program designed to promote family life by aiding young mothers with emotional, material, financial and/or spiritual assistance.

### Two Groups Identified Need

It all began in the summer of 2004 during the Diocesan Pastoral Planning Process for Massena area Catholic parishes. An outreach sub-committee met to review area needs and take joint action among the 4 local parishes. That fall John Whalen, president of SVDP, saw the need for the Society to broaden its assistance in areas yet untouched by the Society. It had become clear that the area of need was increasingly with children and their family situations. Planning Committee Outreach members were also SVDP members. It was a match.

Taking up the challenge were SVDP members Linda Proulx, Sr. Evelyn McCarte and Toni Fiacco-Price who coordinate this ministry. Twelve volunteers assist: Sandra & Earl Cunningham, Dr. Suzanne Daye, Sr. Stephen Durant, Kathy Hart, Jeanine LeBoeuf, Carol Morgan, Pat Pellegrino and daughter Andrea, Emily Romeo, Doris Sharpsten, Julie Whalen and Amy

Wilmshurst. Presently seven families are being assisted.

*Needs Govern Services Offered*

Volunteers provide transportation for young mothers to attend doctor appointments or go grocery shopping. Sometimes the volunteer finds material needs for the mother and child such as a crib, a dresser, clothes for the growing baby. Sometimes the young mother simply needs someone to talk to, someone to share a cup of coffee with.

Gabriel’s Helping Hands isn’t just for the young mother. Often grandparents are the caregivers for the new baby. After raising their own children, they find themselves raising their children’s children as well. Raising a new baby when you are young is one thing, but finding the energy to devote yourself to the needs of a baby when you are in your 50’s or beyond can be daunting. The program is available to mothers, fathers, grandparents or any caretaker of an infant up to the age of three.

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***Sunday After-Mass Social Building Parish Community***

Among the most successful recent experiment at Sacred Heart Church is the addition of an informal social gathering featuring coffee, donuts, juice and plenty of lively, friendly conversation after the 9:30 AM Sunday Mass. The idea for the ‘social hour’ came from parishioners Tom and Jackie Chatterton, who have for a number of years organized a parish picnic roughly coinciding with the Feast of the Sacred Heart in June.

“This was something we did 20 years ago in Watertown and it was a great success,” said Tom. Now, two decades later in Massena, Tom says Sacred Heart parishioners are enjoying each other’s company and building a closer parish community.

When the social time began in January 2003, just a few people stayed in the sometimes chilly vestibule of the church. But as time has passed, the response to the opportunity to chat over a pastry and a cup of “joe” has developed into quite a turnout. Over 80 people one recent Sunday stayed for the social. “We started out with just a couple dozen donuts and cookies a week. Now we have to get 7 or 8 dozen. People really enjoy this, especially the children. Now they look forward to coming to church,” noted Tom.

While Tom and Jackie have enjoyed heading up the effort, they now have a cadre of volunteers willing to help. Over 20 couples have signed up to help provide the service.

With the success of the after-Mass social, Tom and Jackie say that they are looking to other avenues to bring more community to the parish. “It would be nice to do this after every Mass, but the time between the two Sunday Masses makes it too tight to do so,” they say.

In February, a dance was held with all Massena/Louisville parishes at St. Joseph’s social hall. More social events are in the

making and the Chattertons are looking for volunteers to help make these events possible and provide other ideas for events. These things bring people closer together and give everyone an opportunity to meet others and have a good time working for a common goal, say Tom and Jackie.

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## Faith Issues

### ***Still Called to Penance & Conversion***

Did you rejoice when we were allowed to eat meat on Fridays? Well, you are not really off the hook. Fasting, Abstinence, Prayer are code words for Lent in the Catholic Church.

For the ancient Jews, Wednesdays and Fridays as well as the fast & prayer days associated with feasts and national commemorations were part of their religious practice. And Jewish fast days were a total fast from food and drink for the full day. So it is no surprise that Jesus himself and his followers, Jews and Gentiles, alike continued these disciplines in the centuries following. Also, from the 1<sup>st</sup> Century abstinence from flesh foods was practiced on Friday in remembrance of Jesus’ crucifixion.

In 325 C.E. (Common Era), the Council of Nicea spoke of a 40-day period before Easter as preparation for the feast of Jesus’ Resurrection. Lent was born. The 40 days recalled the Israelite forty year journey to the promised land and Jesus’ time of fasting and prayer before his public life began.

Lenten fast allowed only one main meal and no fish, meat or dairy products. Some adjustments were made through the centuries. Geography and culture had their influence. All Lenten days were fast days except Sundays. In the Middle Ages fish and dairy products were permitted on Fridays and other penitential days except Good Friday.

Reformation and other Christian churches dropped these penitential practices but in recent years have brought them back.

Finally, in 1966 Pope Paul VI issued his Apostolic Constitution “Paenitemini”. Ash Wednesday and Fridays during Lent are universal days of abstinence - no meat days. Ash Wednesday and Good Friday are fast days. The challenge now is that we are free to discern how our own personal and regular weekly Friday fasting and abstaining are to be carried out.

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***Corrections*** to January 6 issue—Our sincere apologies to Kathy Mason’s son Adam (not Eric) and to John Kozsan whose name was omitted in the list of commissioned Lay Ministers.

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