

79th Annual Pilgrimage in Honor of Our Lady of Perpetual Help

The weekend weather forecast was not promising, but Labor Day weekend turned out to be a lovely weather weekend for the 79th Annual Pilgrimage in Honor of Our Lady of Perpetual Help, August 31 & September 1.

Thousands of pilgrims came to the Mount for this annual and beautiful religious experience, which has become a long time family tradition for so many faithful Byzantine Catholics.

In addition to pilgrims who came from Southwestern Pennsylvania, many came from far away places including California, Canada and Slovakia - just to name a few of the distant locations.

In addition to enjoying the beauty of Mount Saint Macrina, those who came to participate in the Pilgrimage experienced many beautiful services



On Saturday, Sisters in procession from Divine Liturgy at the Shrine Altar to Lourdes Grotto for the Solemn Blessing of Water

and spiritual activities all focused on the theme: "Theotokos, Steadfast Foundation of Faith". Throughout the weekend, Pilgrims attended Divine Liturgies, candlelight processions, enrichment sessions and other inspiring services. There were also activities for children and teens, including the very popular Children's Procession on Sunday afternoon.

Every year, pilgrims leave the Pilgrimage

feeling refreshed in mind, body and spirit and look forward to their next visit to the Mount.

As Sister Seraphim Olsafsky, Provincial said, "Your presence lights up this mount, and the shadow casts a peaceful glow over Mount St. Macrina throughout the year."

In 2014, the Sisters will celebrate the 80th Annual Pilgrimage over Labor Day weekend. Please be sure to mark your calendar for August 30-31.

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Photo Gallery—79th Annual Pilgrimage

*Photos from the 79th Annual Pilgrimage
in Honor of Our Lady of Perpetual Help,
August 31 & September 1, 2013 at Mount
Saint Macrina.*





Photo Gallery—79th Annual Pilgrimage



**“Theotokos, Steadfast
Foundation of Faith”**

Books on Pope Francis



“Pope Francis in His Own Words” (New World Library 2013, \$12.95), edited by Julie Schwietert Collazo and Lisa Rogak, gives us a quick-reference collection of quotations from the new pope organized by topic, e.g., “On Age and

Aging,” “Assisted Suicide,” “On Beauty,” “On Atheists.”

“Pope Francis” (Our Sunday Visitor, 2013, \$16.95) by Matthew Bunson is a journalist’s and church historian’s detailed discussion of events surrounding the new pope’s election, from the resignation of his predecessor, Pope Benedict XVI, to the installation of the former Cardinal Jose Mario Bergoglio of Argentina as the first Pope Francis.

“Pope Francis: The Pope from the End of the Earth” (St. Benedict Press, 2013, \$22.95) by Thomas Craughwell comes closest to being an actual biography of Pope Francis.

“Pope Francis: From the End of the Earth to Rome” (Harper Collins Publishers, 2013, \$6.99). This is a remarkably thorough look at the new pope’s personal history, his years as a Jesuit priest in Argentina, and the years, months, weeks and hours that led up to his election as Pope Francis.

“A Call to Serve: Pope Francis and the Catholic Future” (Crossroad Publishing, 2013, \$16.95) by Stefan von Kempis and Philip F. Lawler, covers events leading to the appearance of Pope Francis before the crowds in St. Peter’s Square, and it describes the surprisingly and refreshingly humble style of the new pope that became evident in the first weeks following his installation.

Other than attend Divine Liturgy, what else must I do?



Pope Francis has been speaking much about mercy as service— a duty of the followers of Christ in addition to prayer and right-living. The Catholic Church long ago identified just what offering mercy looks like concretely. Take these ideas for a personal reflection before the next time you receive the Eucharist.

We are called to perform works of mercy. **“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.”** (Catechism of the Catholic Church, 2447).

There are **seven spiritual works of mercy:**

- **to admonish the sinner**
- **to instruct the ignorant**
- **to counsel the doubtful**
- **to comfort the sorrowful**
- **to bear wrongs patiently**
- **to forgive all injuries**
- **to pray for the living and the dead.**

(Continued on page 5)



Other than attend Divine Liturgy (Continued from pg. 4)

There are also seven corporal works of mercy. They are:

- **feed the hungry**
- **give drink to the thirsty**
- **clothe the naked**
- **visit those in prison**
- **shelter the homeless**
- **visit the sick**
- **bury the dead**



How important is it for us to perform these acts? Jesus said, “For I was hungry and you gave me food. I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me” (Mt 25:35-36). That makes it very important.

Saints, Scriptures & Solemnities

October 1

The Protection of the Theotokos
Heb 9:1-7
Lk 10:38-42 & 11:27-28

October 6

20th Sunday After Pentecost
Thomas - Apostle
Gal 1:11-19
Lk 7:11-16

October 13

Sunday of the Fathers of the 7th Ecumenical Council
Gal 2:16-20; Lk 8:5-15 or
Heb 13:7-16; Jn 17:1-13

October 20

22nd Sunday After Pentecost
Gal 6:11-18
Lk 16:19-31

October 27

23rd Sunday After Pentecost
Eph 2:4-10
Lk 8:26-39

November 3

24th Sunday After Pentecost
Eph 2:14-22
Lk 8:41-56

November 8

Archangel Michael and All Angels
Heb 2:2-10
Lk 10:16-22

November 10

25th Sunday After Pentecost
Eph 4:1-6
Lk 10:25-37

November 17

26th Sunday After Pentecost
Eph 5:9-19
Lk 12:16-21



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Confession : It Puts You Straight With Everyone

Confession has benefits:

1. Confidentiality guaranteed: There's nothing like confessing your sins to someone guaranteed not to tell anyone else. Sometimes you need to talk in absolute confidence. Even under subpoena, a priest can't tell anyone what's said to him in confession. He can't even hint at it. Now that's confidentiality.

2. Housekeeping for the soul: It feels good to be able to start a clean life all over again. Like going into a sparkling living room in your home, it's nice when clutter is removed – even if it's your own.

3. A balm for the desire for revenge: When you have been forgiven, you can forgive others. If the perfect Jesus forgives me, who am I to want to avenge the slights in my life. Think: "Why did they promote him over me?" or "Mom played favorites!"

4. Low cost therapy: It's free, which makes it cheaper than a psychiatrist for dealing with guilt.

5. Forced time to think: Socrates said that the unexamined life is not worth living. To examine our lives and acknowledge failings mark the first step of making things right with God, others and ourselves. Life can be more worth living when you ponder the meaning of your own life.

6. Contribution toward world peace: The Second Vatican Council's Pastoral Constitution on the Church in the Modern World said that the imbalances in the world that lead to war and tensions "are linked with that more basic imbalance which is rooted in the heart of man." Peace of soul leads to peace of heart leads to peace beyond oneself.

7. A better neighborhood: Confession leaves you feeling good about yourself, thereby cutting back the inclination to road rage and aggressive shopping cart driving. With the grace of the sacrament, you're energized to – as Jesus said to the woman caught in adultery - "go and sin no more."

8. Realistic self-perception: Confession helps overcome arrogance when you have to admit you're as much of a sinner as anyone else. It helps build tolerance for others' perceived shortcomings.

9. One more benefit of being Catholic: There are lots of benefits, including a sense of community, liturgical rites to help us encounter God in prayer, and the wonderful sense of humanity exemplified in the saints. The sacrament that leads us to inner peace is among the greatest boons.

10. Closeness to God: Confession helps you realize that you have a close connection to God and receive his grace through the sacraments. What can be better than knowing God's on your team, or, to be less arrogant about it, that you are on God's?

[Sister Mary Ann Walsh, U S Conference of Catholic Bishops – Reproduce and share]

