

The Disciple

a monthly publication of
St. Mary's Parish
Feb. 2016



Advocacy Team Will Focus on Mass Incarceration

On March 1st from 6:00PM - 9:00PM, JPIC of St. Mary's will welcome Maiya Zwerling, National Field Organizer for the *Friends Committee on National Legislation*. FCNL is a Quaker lobby that works with Quakers and non Quakers to move issues primarily focusing on peace, justice, and sustainability. The purpose of her visit will be to form an advocacy team in Johnson City. These are groups who work with local communities to build relationships with their Members of Congress to promote social justice issues. In-person lobby visits are the single most effective way to influence policy decisions. These advocacy groups focus on one issue at a time. The goal of this 3 hour event is to have a good turnout so that a successful team can be built.

Befitting our Jubilee Year theme for Corporal Works of Mercy, the focus for this year is mass incarceration.

"More than 2 million people are behind bars. We spend \$80 billion a year to maintain status quo. The federal prison system consumes over 25 percent of the Department of Justice's budget. Those resources could be better spent addressing root causes of crime." <http://fcnl.org/advocacy/teams/>

The US has 5% of the global population but houses 25% of the world's prisoners. We have the largest prison population in the world. This has grown fivefold in the last 30 years, mostly originating from legislation that came out of the war on drugs. These mandatory sentences have been found to be largely ineffective and detrimental to families and the individuals who are incarcerated. New legislation would reduce mandatory minimum sentences that tie the hands of judges and instead give fair sentences to those who face them. It would give individuals the opportunity to live in dignity by entering back into society rather than just continuing on the cycle of returning to prison.

This event, hosted by JPIC, is open to all parishioners and to others from outside St Mary's. This advocacy group will involve other faith communities as well. This introductory workshop is open to all who would be interested in learning more about advocacy or would like to become engaged in the creation of a local Advocacy Team. For more info, please contact Mildred Maisonet at: mildred_maisonet@hotmail.com ●

This Lent from Feb 10- Mar 20, St. Marys and other Tri-Cities congregations are uniting with other cities across the Americas and around the world for massive coordinated pro-life mobilizations --- the 40 Days for Life campaign.



This campaign has generated large life-saving results in hundreds of locations: some report as much as a 28% drop in local abortion numbers, and scores of ne people getting involved in local pro-woman pro-life ministry efforts. The key elements:

Prayer and Fasting:

Inviting people of faith in the Tri-Cities to commit to fervent prayer/fasting for an end to our neglect of pregnant women in their needs, and the shedding of innocent blood.

Peaceful Vigil: standing for life on the sidewalk outside of Bristol Women's abortion site, 2901 West State Street, Bristol TN

Community Outreach: taking a positive, upbeat pro-life message to every corner of our region through media efforts, church presentations and public visibility.

As in previous years, our Catholic vigilers will be responsible for the six Friday afternoons in Lent: February 12 - 19 - 26 and March 4 - 11 - 18, from Noon-4:00 pm each Friday. Come when you can, leave when you must!

For more Tri-Cities info: Julianne Wiley, jlw509@embargmail.com.

For hundreds of other locations and vigil news from around the world: www.40daysforlife.com ●



Profile: Deacon John Hackett

by Mary Alice Basconi

Deacon John was raised in Brooklyn, New York, and later in Florida. His mother's family name was Isolini, and through her he learned to love the Italian saints Frances X. Cabrini and Rita of Cascia. "Mother" Cabrini, the first American saint, was "a big player in any Italian immigrant's life," John said.

His mother and her family were lively and outspoken. His Irish father was quiet and reserved, an attorney who loved books so much that he had read the entire works of Dickens and Shakespeare by the time he finished sixth grade. "They both loved the Church, but in different ways," he said.

Deacon John's ties to the Johnson City area go back to his days at Milligan College, where he earned a degree in psychology after getting out of the Navy. He came to appreciate the Bible because Milligan required students to take several scripture classes. After graduating from Milligan, he earned a master's in counseling from Radford University in Virginia. Deacon John and his wife, Bridget, have a son, also named John. Father and son are members of the Knights of Columbus.

Deacon John focuses his ministry on the redemptive work of Christ's sacrifice on our behalf. He sees a relationship with Jesus Christ as the cornerstone of salvation. Without that relationship, he said, Christianity simply turns into another religion – a code of ethics upon which to found salvation.

"In the final analysis Christianity is faith in a person, not just simply an ethical code, though it does contain an ethical code," Deacon John said. "No other religion espouses this position. So we are a peculiar lot!" ●

*Night Prayer
by Mara Torok*

*At day's end
I retreat into your Word.
It whispers through my head -
a sweet lullaby
Wrapping cradling tendrils
around my spirit,*

*Hugging my heart
in a blanket of comfort.
Within its companionship
I shall rest in peace.*

First Confession In a Long Time

by Julianne Wiley

Assuming you got past the headline, gentle reader, please let me ask: has it been a long time since you've been to Confession?

Now's an excellent time to take the plunge. Just like taking the car to a mechanic to fix that "clunk-clunk-clunk" --- just like calling a doctor to check out that lump --- you've got to make a good Confession because *it's important*, and *now is the time*.

1. Absolutely commit to doing it. Set a date. Put it on your calendar (in ink!) And in your Day-Timer and on your computer notepad. Make sure you've got the time right.

- St. Mary's: Sat 9-10 am and Wed 6-7 pm; or
- Phone a priest to make a private appointment; or
- Yes, you can go to some other parish or even leave the country. -- ;o)

2. Here are the absolute requirements:

- Every Mortal Sin you can remember must be confessed.
- Deliberately keeping back or concealing a Mortal Sin renders the whole Confession null and a sacrilege.
- If you receive Communion after a knowingly sacrilegious Confession, it's another sacrilege. In short: don't do that.

3. Realize a First Confession in a Long Time is a lot like going to your First Confession Ever. It's going to take some work. For example, give your examination of conscience 30 minutes the morning before your Confession. Cut something else out (e.g. surfing the internet??) to make time for this. Here's really pertinent website: <http://tinyurl.com/ConfessPrep>

4. Depending on how long it's been (years??) you might write a quick outline of "stages in my life" with the main things that bother you, sin-wise. It might look something like this:

- My first year in college, seems like every weekend I....
- Back when I was in the military, I got in the habit of...
- In my 20's, one temptation that knocked me down every time was....
- The first couple years of marriage, I really messed up because...

5. WORST THINGS FIRST. You can't possibly confess every little weakness and failing. You really can't. But if you say the worst things first, it'll be a huge relief. And you won't have to get all neurotic about the small stuff.

4. Frequently Asked Questions:

What if I get there and I'm at a loss about what to say?

- Start out by telling the priest, "This is my first Confession since 1996. Yeah, really. Please help me." He'll guide you. He won't leave you hanging.

How specific do I have to get about some sins (e.g. sexual ones)? It bothers me to talk about them.

- Don't go into graphic detail. Briefly address what you did, and about how often you did it, and any special circumstances (e.g. your age). One wise priest said, "Be specific enough so you can honestly say you *named* it and you *nailed it to the cross*."

What if after Confession I remember a Mortal sin I inadvertently forgot to mention?

- Don't worry; if it unintentionally slipped your mind, it's not a sacrilege. The next time you go to Confession --- and make it soon --- explain to the priest you failed to mention a serious sin, but it was not deliberate. He'll give you absolution.

What if there's a sin I'm not really sure I repent?

(E.g., I only *really* feel sorry I was caught!)

- You should still confess it. Ask the priest to help you understand why it was wrong. In a spirit of obedience, trust that what Christ teaches us through the Church is true. God is pleased that we "*want* to repent" and "*will* to understand God's law and keep it". Feelings of remorse are good --- *you should pray to have feelings of remorse*--- and yet repentance is not essentially a feeling, but a decision.

I feel plenty of remorse! What if I'm a weepy type and I'm afraid I'll start crying my eyes out?

- Happens all the time. Bring a box of Kleenex. Leave it there for the next one!

5. Make a list of the Ten Commandments: how have you stretched, bent, or broken them? Each of the "Big Ten" is not just an "item"; but more like a chapter heading.

"Thou shalt not steal" is not just "Did I rob a bank?" But also misusing company property? By goofing off and failing to work diligently to earn my salary? Did I exploit an employee by demanding extra work without sufficient extra pay? Did I write things that weren't strictly true on

forms, applications or documentation? Have I ever used a false I.D.? Did I fraudulently access government benefits or services to which I was not fully entitled?" etc.

There are many good Confession guides online, most of them based on the Ten Commandments. For instance:

<http://tinyurl.com/ConfessOne>
<http://tinyurl.com/ConfessTwo>
<http://tinyurl.com/ConfessThree>

Another approach: here's a list of the Seven Deadly Sins and their Antidotes. (Memory trick: the words **PALE GAS** = Pride - Anger - Lust - Envy - Gluttony - Avarice - Sloth). Identify your major malfunctions:

Pride

Antidote: attitudes and acts of Humility.

- Do I have a "better-than-you" attitude in thinking, speaking or acting?
- Or a "holier-than-thou" attitude in religious observance?
- Am I offensive or verbally careless with others?
- OR am I too super-sensitive, too quick to feel hurt or to take offense, myself?
- Do I demand attention? Do I always want to be first?
- Am I so obsessed by personal advancement that I'm a "workaholic" to the detriment of my health, my family and my God?
- Do I scorn advice? Brush off others' point of view?
- Am I in any sense a "bully"? Do I intimidate people verbally, or physically?
- Am I too critical of those close to me? Am I resentful because I think my spouse or children are not good enough for me?
- Do I place the blame on others, excusing myself?
- Do I frequently serve myself? Advertise myself? Promote myself?
- Do I crave the attention of rich, popular, fun or successful people?
- Do I avoid contact with poorer, less-attractive, difficult, less-popular people?
- Do I think I'm "too special" to practice obedience toward my parents? Toward my lawful superiors? Or toward the teachings of my Church?
- Do I think I'm "too good" to participate in a Church that has such sinful human members and/or leaders?

Anger

Antidote: the cultivation of a habit of loving Patience.

- Does practically any little thing arouse my temper? Do I have "a short fuse"?
- Do I have a long memory of insult or injury? Am I holding a grudge, refusing to let it go?
- Do I fume over slights, and even "perceive" insults when possibly none was intended?
- Do I rejoice at the misfortunes of others? Do I think of "getting even"?
- Am I hard to get along with? Do I get sarcastic when I'm annoyed?
- Does my mouth get way out of line when I'm angry? Do I make cutting remarks? Use vulgar language? Do I take the Lord's Name in vain?
- Do I talk about the faults or defects of others?
- Do I "snark" or speak demeaningly of individuals or groups of people online or on the "social media"?
- Do I associate with people, media or movements (including religious and political movements) which arouse or magnify anger?
- Am I resentful of others because of their race or color--- e.g. their "whiteness" or "blackness" --- or because of their sex, religion, language or national origin?
- Did I hit or hurt someone in anger? Do I ever get so enraged I "lose control"?



Lust

Antidote: Pure Love, unselfish chaste friendship, honoring God with our bodies.

- Do I expose myself or my children to unchaste entertainment, including sexual themes in movies, music, videos and TV programming?
- Do I make light of sexual transgressions such as non-marital or disordered sex and adultery in popular entertainment?
- Have I engaged in any act --- outside of marriage --- intended to cause sexual arousal or sexual gratification? By myself, or with somebody else?

- Have I deliberately, outside of marriage, entertained thoughts /fantasies to excite my sexual appetite?
- Have I used any form of pornography?
- Have I engaged in any act (including within marriage) which was deliberately degrading, un-loving, perverted, or intentionally closed-off to the transmission of life?
- Have I neglected to seek, learn more about, and embrace, the Catholic Church's teachings on the Sacramentality and Sanctity of sexual marital love?

Envy

Antidote: words and acts of Brotherly Love; contentment with one's life, however modest.

- Do I feel sad at the prosperity of others? Irritated at their success? Their income? Their popularity? Their status in school? In athletics? In reputation?
- Do I rejoice at their failures? Am I pleased when somebody else gets 'taken down a peg'?
- Do I envy the riches of others? Their vacations? Their cars? Their seemingly easy lifestyle?
- Am I jealous of other people's relationships: their popularity with the opposite sex? Their marital success? Their family and friends? Their professional advancement?
- Do I covet another person's spouse? Or their job, their promotion, their possessions or property?
- Do I resent whole classes of people? Women? Men? "Right-wingers"? "Left-wingers"? Do I show contempt for "the shiftless poor" or "the filthy rich"?
- Have I passed on damaging information to make somebody else look bad?
- Am I motivated by envy politically or professionally?



Gluttony

Gluttony is 'consuming hastily, sumptuously, too much, too greedily, too daintily.' - St. Thomas Aquinas

Antidote: Moderation; in some cases, Abstinence. A reasonable relationship with food and drink.

- Instead of "eating to live," do I "live to eat"? Do I eat unhealthy things, or to an unhealthy extent?
- Am I overly demanding and "particular" about food, e.g. "gourmet foods" or "health foods"? Do I accept only the finest, or most exacting ingredients or preparation?
- Am I ill-tempered if I miss a meal, or rude if the food I am given does not please me?
- Do I drink to excess? Do I get drunk? Do I commit other sins while drunk? Do I drink and drive?
- Have I become addicted to any illegal "substance"?
- Do I abuse any mood-altering drug, whether "prescription" or "illegal"?
- Have I endangered my health, my job, my marriage or my family with bad eating or drinking habits?
- Do I neglect religious fasts because of my lack of control over my appetite?

Avarice

Antidote: Generosity, frequent, cheerful giving.

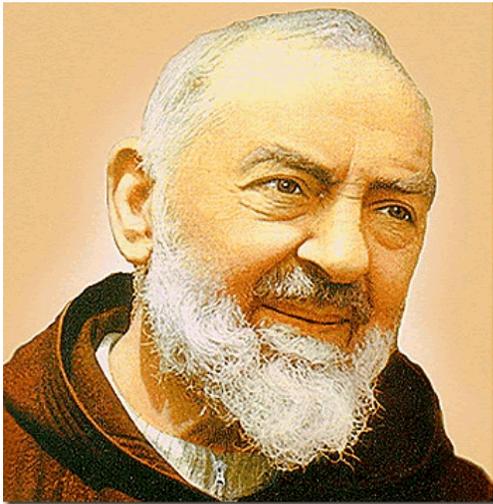
- Do I fail to regard money and the things of this world as resources to be used for the glory of God?
- Am I so interested in self-advancement and/ or making money, that I don't give it a rest even on Sunday?
- Do I inordinately crave property, expensive pets or hobbies, unneeded clothes, or vacations and travel?
- Do I pursue luxuries while others (especially fairly close to me) lack necessities?
- Do I shrug off my duties in justice to my fellow man? Do I fail to faithfully fulfill contracts? Meet my job requirements? Promptly repay debts?
- Am I un-charitable toward the less fortunate? Those struggling with calamities, disasters, disabilities, personal failure and hardship?
- Do I skimp on my duty of justice to the Church? Do I give only minimally or resentfully to my Parish and my Diocese, and to concerns recommended by my Faith?
- Am I willing to profit from business practices --- even if legal ---which are unethical or ecologically irresponsible?



Sloth

Antidote: Diligence and Fervor in the ordinary duties of our state in life, and in the challenges to which God calls us.

- Do I act lazily? Am I too fond of rest? Do I waste a lot of time on TV digital entertainment or the Internet?
- Do I feel the ordinary duties of life are not worth the best of my time and effort?
- Am I too lazy to worship God every day? To say my Morning Offering? Or to pray for myself and others?
- Do I avoid defending truths of the Faith, when challenged, because it's too much of a bother?
- Do I neglect tasks I should do for my husband, wife, parents, or children?
- Do I delay chores, or do them resentfully or in a sloppy, slack, or minimal way?
- Do I gripe about my work, about things that cost me real effort and exertion?
- Do I delight in idle conversation? Worthless reading material? Too much social media? Stupid amusements?
- Do I act like it's "too much of a hassle" to give moral guidance to my children? Do I fail to require good behavior from my minor children, students, or subordinates for whom I am responsible?
- Do I neglect the needs of my aged, ailing, emotionally needy or disabled parents or grandparents?
- Do I "slack off" on tasks I promised to do for my parish or for charitable groups?
- Have I ever failed to attend Mass on a Sunday or Holy Day of Obligation out of negligence?



Padre Pio (1887 – 1968)
(St. Pio of Pietrelcina, Patron of Confession)

Pope Francis has declared the beloved 20th century Italian monk, Padre Pio, co-patron of the Year of Mercy. His remains, still bearing the marks (stigmata) of Christ's passion, were transferred to the Vatican in early February, and will be displayed throughout the Jubilee Year, which runs until November 2016. See <http://tinyurl.com/PadrePioNews>

As CruxNews editor John Allen reports, "The statistics are staggering. Early on, Padre Pio would hear confessions 15 to 19 hours every day. Later, by the 1940s and 50s, he was forced to curtail things a bit, limiting himself to eight hours a day. Still, in 1967, the year before his death, he heard the confessions of around 15,000 women and 10,000 men, for an average of 70 people every day. Overall, during his lifetime he's believed to have heard 5 million confessions."

The whole CruxNews article is astounding and well worth a click. <http://tinyurl.com/PadrePioPatron>

How important is this? Really, really important. Take it from Pope Francis. Think of Padre Pio of Pietrelcina, passionately praying for us right now before the Throne of God, that we may have the grace to make a good Confession.

*God is delighted by your intention to confess your sins!
He is so eager to get you back!
- Padre Pio*



???QUESTIONS AND LETTERS???

Dear Disciple, are you no longer covering upcoming parish events? - Discombobulated

Dear Discombobulated, Because The Disciple is monthly, there can be a long lag-time between when an article is submitted and when the issue makes its appearance, The Disciple is not ideal for fast-turnover announcements.

However, in the interests of general re-combobulation, if time-sensitive items are submitted here, we will either forward them to the Parish Bulletin (weekly) or send them out as a Disciple E-mail (pronto) for the needed fast action. To opt-in to the Disciple E-mail, contact jlw509@embarqmail.com. For the record, here are some timely upcoming events:

Feb 12 – March 18 –KofC Fish Fry in St. Mary's Gym. 5:00 – 7:00 pm every Friday of Lent. For more info see the *St. Mary's K of C Lenten Fish Fry's 2016* Facebook page.

Feb 13-14 National Black and Indian Collection. For 130 years, the BIM collection has provided African-American, Native American, Eskimo and Aleut missions with crucially important support. No special envelope? You can still donate via cash or check to "Black and Indian Missions": put in an envelope and drop in the collection basket.

Feb 13-14 St. Valentine's Bake Sale – by our Social Committee. Bring money to buy yummys for your sweetie. Dual benefit for "Feed the Hungry" and the parish Food Pantry.

Feb 16 + 10 weeks - Consoling the Heart of Jesus Retreat.

Weekly meetings, convenient morning or evening, wonderful content, contact Lillian Isaac at 423-467-3330 or lisaac420@yahoo.com

KNOXVILLE DIOCESE EVENTS:

Feb 20 – 10 a.m. - Join Bishop Stika for Rosary for Life, in front of Knoxville Planned Parenthood. Info: Paul Simoneau at psimoneu@dioknox.org.

Feb 20 – 8:00 p.m.- "Doc Rock" – the "Spinal Tappin' Docs" benefit for the St. Mary's Legacy Clinic. Tickets \$15 at the door. NV Nightclub, 125 E. Jackson Ave., Old City, across from Barley's in Knoxville.

Mar 4 – 6 – Retrouvaille Program – help for distressed couples to rebuild their marriages. For confidential info or registration, call 1-800-470-2230 or 615-523-0631, or visit www.HelpOurMarriage.com

Dear Disciple, why is a Baptismal Certificate so important for the Annulment process? - Canonical Doldrums

Dear Can Do, here's the best info I could get, from canonist Fr. John Zuhlsdorf - <http://tinyurl.com/AskFrZ>

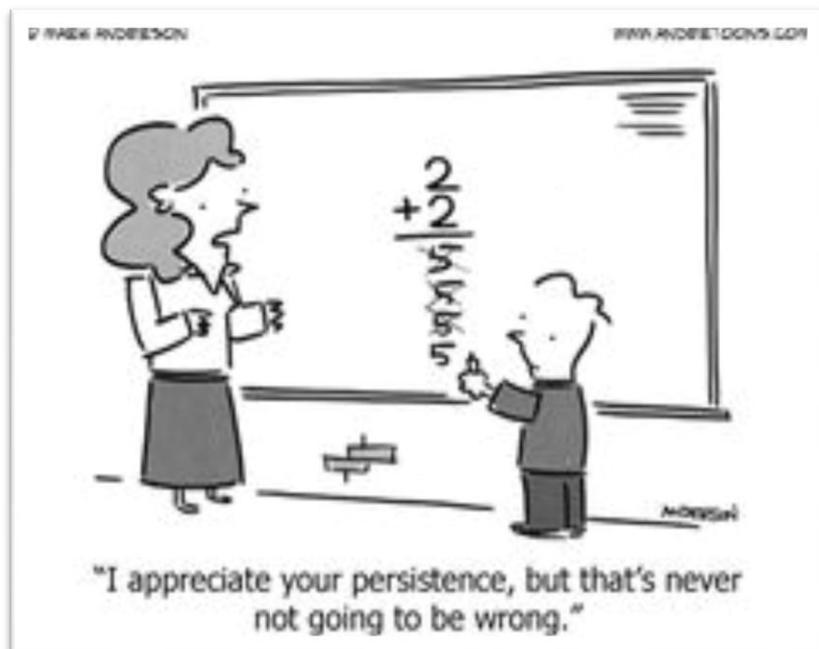
Baptismal records ---kept at the parish of our baptism – *are supposed to* record all of the sacraments we receive in life: our sacramental biography. A tribunal needs these for annulments because they establish whether the parties were baptized Catholics (and therefore bound by law to observe the Catholic form of marriage). They also indicate the "rite". Say a Maronite (eastern Catholic) marries a Presbyterian in the Catholic Church: that marriage might be invalid because of a lack of jurisdiction.

With a church wedding, the pastor is obliged by law to notify the parish of baptism of both parties so the records can be updated. There may also be other issues discovered in the baptismal record, such as a prior marriage, religious vows (i.e. the person was a vowed celibate), or ordination: these can impact the decision of the Tribunal.

Every Catholic ought know where his baptismal certificate is. If the parish where you were baptized was closed or merged, the records may be the new parish, or at the diocesan chancery. If you were baptized in a hospital or orphanage, the records may be there or they may be in the keeping of the territorial parish. If you were baptized in a non-Catholic church and then converted to Catholicism, your record should be at the Church where you were received into Catholicism.

Got records? Keep them in a secure place, even a fire-proof vault! When it is impossible to obtain a baptismal certificate, the "living memory of witnesses" can sometimes substitute. ●

A Short Lesson on Moral Law...



Thanks and a tip o' the hat to John Krueger and his crew at MailWorks, Inc., 320 Wesley Street in Johnson City, for their gift of printing "The Disciple." Let them give you a bid for your copy/print work.

Expanded versions of the Disciple articles, with links to more perspectives and information, can be found by clicking the Parish News button at the St. Mary's Website at www.stmarysjc.org/

Please send all communications intended for St. Mary's Website to saintmaryswebsite@gmail.com.

St. Mary's Ladies' Ministry - - <http://tinyurl.com/St-Marys-Ladies>

We need your input! To submit an article, send a letter or suggest an idea to "The Disciple," please send before the 20th of each month, for the next month's issue. Julianne Wiley e-mail: jlw509@embarqmail.com Signed articles reflect the opinions of the authors.

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